

# Stewart/Hunter Lifestyle

## 3rd Inf Div honors warriors



Photos by Sgt. Tanya Polk

Tony Lett performs a traditional dance for the Soldiers and civilians of Fort Stewart in honor of Native American Indian Heritage month, Nov. 13.

Sgt. Tanya Polk  
Editor

Before there was Fort Stewart, there was Creekland. But, under the Indian Removal Act of 1830 Creekland was no longer.

Fort Stewart is helping to preserve the heritage of those who once occupied Creekland and other former Native American land throughout the nation by honoring its warriors from the past and present.

Voice in the Wind, a Native American group who has performed for Fort Stewart since 1999, returned to Stewart's Cottrell Field, Nov. 13 to teach American Indian culture and to help celebrate National American Indian Heritage month.

The group was founded by Paul Eddy, who took Americans on a journey through Native American history by storytelling. Storytelling is a common way the Native American people share their history and knowledge to others. After Eddy passed in August of 2006, his wife Leotis kept Voice of the Wind alive as they have now performed throughout Georgia for more than 16 years.

"My husband always felt like it was just a misinterpreted or misunderstood culture," said Leotis. "He said 'If you don't know the culture you might do something to be disrespectful, so let's teach them.'"

Voice of the Wind, a group of six Native Americans from all around the nation and Canada, taught some of their heritage for the troops and civilians of Stewart through several dance demonstrations. The presentation began with the pow-wow, or the beat of the drum.

"The drum is the heartbeat of mother Earth," said Billy Lacy, friend to Eddy, cancer survivor, and former Marine. "Every one of us is born with the sound of that drum from our mother."

Lacy went on to explain the importance of educating others on American Indian heritage.

"It's important for us, Indian people, to teach," Lacy said. "(It is) from our heart that we share these things."

The presentation was well embraced as Voice of the Wind hoped the Stewart community left with a better understanding and appreciation for Native American culture.

"We are all one people," Lacy said, "and never forget that."



Bronson Haywahe, a member of Voice of the Wind, demonstrates the "Grass Dance" at Stewart's Cottrell Field.

## Stewart-Hunter photographers earn national recognition

Special to the Frontline

The Fort Stewart and Hunter Army Airfield Deputy Garrison Commander, Paul Andreshak, presented garrison coins to two

Directorate of Information Management employees in a brief ceremony at the Command Conference Room, Nov. 13.

The two people recognized worked at the Multi-Visual

Information Center as photographers.

Jimmy McSalters and Catherine Johnson were congratulated after each entered and won for best photos in the

Association of the United States Army's Army Magazine photo contest.

McSalters and Johnson's photos were published in the November issue of the Army Magazine.

The photos depicted the lives of Soldiers in the Marne Division and Fort Stewart-Hunter Army Airfield and although submitted individually showed moments of celebration and grief.



"My Comrade", a photo taken by Jimmy McSalters  
An unidentified Soldier kneels at the base of the Operation Iraqi Freedom III monument dedicated to fallen comrades of the 4th Battalion, 64th Armor Regiment, Fort Stewart.



"Army Strong", a photo taken by Catherine D. Johnson  
A Soldier assigned to the 3rd Infantry Division holds up the U.S. flag in a crowd of Soldiers waiting for the arrival of Vice President Dick Cheney at Cottrell Field, Fort Stewart, July 21, 2006.

## Community mayors wanted for Stewart-Hunter

Frontline Staff

The Fort Stewart Community Mayors program is now accepting applications for the 2008 term of office. Candidates must complete a multi-phase process prior to elections in March. Each housing area has one mayor and several vice-mayors, with several positions open, particularly in Coastal Ridge, Marne Terrace, North Bryan Village and Southern Oaks.

"We have made several changes within the Community Mayors program in the past few months," said Kara Casto, Army Community Service unit services coordinator. "We have received input from the may-

ors and from community members and we are applying that feedback to create positive changes that will continue to strengthen the program."

One such change is the election process. According to Casto, interested residents must meet several criteria. Aside from living in the Fort Stewart housing community they wish to represent, residents must pass a background check, provide personal references, and complete a three-step interview.

The program is part of ACS and represents both residents and Garrison Command in community well-being initiatives. Mayors help improve the quality of

life for residents and the Fort Stewart-Hunter Army Airfield community by providing information on available resources, social opportunities and recreational activities. They act as a liaison between residents, Garrison Command, and community representatives to communicate concerns and to seek solutions for unresolved issues.

Community mayors sponsor activities such as bicycle rodeos and the Halloween Trunk or Treat event, and support programs like Community Watch and the Bi-Annual Post-Wide Yard Sale.

"One of the things that we reiterate often is that issues should be resolved at the low-

est level," Casto said.

"We have outstanding organizations on our installation that care about the quality of life here. Many people don't know who to contact if they have a problem, and end up frustrated and disengaged from their community. Our mayors are here as a link to those services, and are well-trained to refer residents to the resources they need," said Casto.

Fort Stewart residents who are interested in joining the Community Mayors program are encouraged to call Casto at 767-1297. Applications are available at the Family Readiness Center, Building 87, and will be accepted through the end of January.

## HEALTH MATTERS

## Winn Army Community Hospital

## Antibiotics not always the right answer

Carla E. Jones  
U.S. Army Center for Health Promotion, Preventive Medicine

Antibiotics are not the answer for every illness. Many people want to start using an antibiotic right away when they catch a cold. However, antibiotics do not help fight viruses that cause colds, flu, bronchitis and most sore throats. In fact, taking antibiotics when they are not needed may do more harm than good.

Most infections are caused by two types of germs: bacteria and viruses. Bacteria are organisms that are found almost everywhere in the human body, except normally sterile places like the blood stream and in spinal fluid. Viruses, on the other hand, are organisms that cause disease by invading healthy host cells in the body. When the virus particles multiply, the host cells burst. This allows the viruses to infect other cells.

So, what's the problem with using antibiotics to treat the most common colds or flu? The problem is that antibiotics kill bacteria, but not viruses. So, antibiotics will not work against upper respiratory viral illnesses such as colds, flu, runny noses or most coughs. Taking antibiotics for these kinds of viral infections will not:

- Cure the infection.
- Keep other people from catching the infection.
- Help someone feel better.

In fact, taking antibiotics for viral infections will increase the risk of antibiotic resistance later.

Every time someone takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are the primary causes of an

increase in drug-resistant bacteria. Nearly all of the significant bacterial infections in the world are becoming resistant to the most commonly prescribed antibiotic treatments. The problem with this resistance is that when antibiotics don't work, the consequences can include longer-lasting illnesses, more doctor visits, extended hospital stays and the need for more expensive medications. Some resistant infections can even cause death.

**To prevent antibiotic resistance:**

- Do not take an antibiotic for a viral infection like a cold or the flu.
- Take necessary antibiotics exactly as the doctor directs. Don't skip any doses.
- Don't take someone else's prescription.
- Talk to your healthcare provider about antibiotic resistance. Ask whether an antibiotic will be effective in treating your illness.
- Do not demand antibiotics for your children if their healthcare provider has determined they are not needed.

Be smart when using antibiotics. Remember that colds and flu are caused by viral infections that cannot be treated by antibiotics. Children and adults with viral infections will recover when the illness has run its course. The spread of viral infections can be reduced through frequent hand-washing and by avoiding close contact with others. Since viral infections can sometimes lead to bacterial infections, healthcare providers need to know if an illness gets worse or lasts a long time. To get smart about knowing when antibiotics work, visit the Centers for Disease Control and Prevention Web site at [www.cdc.gov/drugresistance/community/know-and-do.htm](http://www.cdc.gov/drugresistance/community/know-and-do.htm).

## Winn Briefs

**Assistance offered to Soldiers**

Charles McClain, ombudsman, is here at Fort Stewart-Hunter Army Airfield to assist Warriors in Transition and their Families regardless of whether the issue is related to medical matters. Please contact Mr. McClain at his office 435-5415 or cell 980-8143, email: [mac.mcclain@amedd.army.mil](mailto:mac.mcclain@amedd.army.mil) or visit his office in the Lloyd C. Hawks Troop Medical Clinic 192 Lindquist Rd., Room 104, Fort Stewart.

**New walk-in hours for ASAP**

Effective Nov. 19 the Army Substance Abuse Program Counseling Center will have new hours for walk-ins (i.e. Soldiers who are being referred for the first time for screening and Soldier with prior enrollments being referred for screening.) Monday, Tuesday, Wednesday and Friday 7:30 to 9:30 a.m.; Thursday 12:30 to 3 p.m. For more information, call Mrs. Graham at 767-5265 or 767-5267.

**Get your flu vaccine**

With the upcoming influenza season, here are the times and locations to receive your flu vaccine. The flu vaccine will be administered at Winn's Immunization Clinic: 8 to 11 a.m. Mon., Wed., and Fri.; 1 to 3 p.m. Tues., and Thurs • Tuttle Immunization Clinic 1 to 5 p.m. every Thursday. Make sure to bring your valid military ID card. We ask that you, our valued customer, be flexible as circumstances change, and the vaccine continues to arrive. For more information, call Army Public Health Nursing at 435-5071.

**Health Clinic's new location**

Winn Army Community Hospital's Behavioral Health Clinic is now located at Building 9242 Worcester Ave., Fort Stewart, across the street from Winn. For more information, please call 767-1647.

**Ortho, Podiatry Clinic new location**

Winn Army Community Hospital's Orthopedic and Podiatry Clinic has moved to the Lloyd C. Hawks Troop Medical Clinic, 192 Lindquist Road, Fort Stewart. For more information, please call 435-6633.

**Family strategies for staying healthy**

This class offers strategies for staying healthy. Upon completion of the class, individuals will be given an over-the-counter pharmacy card for use at Winn. The class is held 2 to 3 p.m. the second Wednesday of each month. Call 435-5071 to register.

**I'm pregnant, now what?**

Congratulations on your pregnancy. Prenatal care

is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health Clinic at Hunter Army Airfield. Pregnancy tests are available. Active duty Soldiers need a documented pregnancy from the laboratory.

Civilian spouses may confirm pregnancy with a home test or by a hospital urine test. Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle. You can also make appointments in person.

The Women's Health Center - One Heart... One Purpose... One Team.

**Diabetic Clinic at Tuttle**

Tuttle Army Health Clinic has started a Diabetic Clinic for patients that have been diagnosed with diabetes. The clinic is a disease management clinic for the treatment of diabetes only.

Diabetic patients will continue to see their primary care provider for other healthcare concerns. Patients will be seen by an internist and a clinical pharmacist. For an appointment please call 435-6633 or 1-800-652-9221.

**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.

**Fix DEERS to receive healthcare**

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive healthcare 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.

**Tuttle Army Health Clinic hours**

Tuttle Army Health Clinic and its Pharmacy, Laboratory, Radiology and Medical Records are open 8 a.m. to 5 p.m. Monday - Friday. However, the clinic is closed the fourth Thursday of every month from 8 a.m. to 1 p.m. for training. For more information, call 315-6500/6811.

**Book appointments online**

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

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

## 'Customer' feedback crucial to Medical Action Plan

Franz Holzer  
Army News Service

"The challenge for all of us," Brig. Gen. Michael S. Tucker asserted, before beginning the Army Medical Action Plan Assessment Conference, in Landsdowne, Va., late last month, "is to ensure we stay focused on our wounded Soldiers' recovery." Tucker leads the Army Medical Action Plan, a restructuring of the way Warriors in Transition receive treatment.

For eight months, now, the Army Medical Action Plan has sorted through the systems which provide health care and support services to the Army's Soldiers and Families in need. These ill and injured Soldiers, and their Families, often have felt helpless against those systems, so AMAP was set up to make the systems easier to use.

Many patients experiencing these challenges say they welcome the positive changes.

"There's probably not a thing on my mind that I can say bad about this place," said Spc. Marco Robledo, as he readied for his afternoon session in the Upper Body Room at Walter Reed

Army Medical Center's new physical rehabilitation facility. "I just wish I were home," added the native Arkansan.

Under AMAP, recovering patients get individualized care, with attention to their specific needs, including choices about where to undergo recovery. Lt. Col. Greg Gadson was a battalion commander when he nearly died from his wounds: "My opinion," he said with a shrug, "it's a lot better here," comparing WRAMC's facility to those of his other choices.

Still, Gadson said, AMAP and his care-providers -- as good as he believes they are -- "can't read your damn mind!" Throwing his torso forward for emphasis, "I understand how to advocate for myself, 'cause I'm a little senior, but I think some of these (WTs) are a little intimidated by the Army," and in some cases the system.

Kim Gadson, quietly showing pride in husband Greg's progress on his upper-body exercises, shared his sentiments, in a way, about Family members new to the Army. "A lot of perceptions they bring with them," the Soldier-turned-teacher hesitates, "are sometimes justified (by their experiences in the early stages of the process)." The Gadsons' knowledge of how

the Army works comes from their nearly 40 years of combined experiences with advocating for themselves.

Warriors in Transition can ask for help from a close friend or Family member, with the Army picking up much of the expense for them.

"My dad had to go back home," Spc. Robledo told a facility employee, looking resigned. "Mom and my brother are here, and I like that," putting a smile back on his face.

Among those needs, some WT's and their Families see real progress in their access, now, to services unavailable to them when they began their recovery, even if the transformation is unfinished.

"Now, I know they're trying to fix it," Gadson said, "but life goes on," he added, taking personal responsibility for his share of his progress.

When asked about what people can complain about, Robledo points with the right arm he now has to make dominant, in the absence of what his nearly fatal injury in Iraq cost him.

See AMAP \_\_\_\_\_ Page 8B

## BIRTH

## ANNOUNCEMENTS

Provided by Winn Army Community Hospital

**October 15**

• **Jackson Ramsey Bergemann**, a boy, 8 pounds, 14 ounces, born to Pfc. Roger Bergemann and Katheryn Bergemann.

• **Eric Adel Lee**, a boy, 8 pounds, 7 ounces, born to Spc. Eric Lee and Yira Lee.

**October 16**

• **Sean Adam Fortier**, a boy, 8 pounds, 15 ounces, born to Spc. Marc Fortier and Jamie Fortier.

• **Addison Marie Leone**, a girl, 10 pounds, 1

ounces, born to 2nd Lt. Joshua Michael Leone and Michelle Catherine Leone.

**October 17**

• **Ethen Deb**, a boy, 7 pounds, 12 ounces, born to Spc. Shiladitho Deb and Spc. Anabel Deb.

• **William Chase Adam Demos**, a boy, 9 pounds, 12 ounces, born to Spc. Nickolous Demos and Christina Demos.

**October 18**

• **Gabriella Michele Green**, a girl, 7 pounds, 4 ounces, born to Warrant Officer Ronald Green and Claudia Green.

**October 19**

• **Kayden Richard Herd**, a boy, 6 pounds,

9 ounces, born to Spc. Dustin M. Herd and Heather Herd.

**October 20**

• **Benjamin Josiah Hansen**, a boy, 7 pounds, 9 ounces, born to Staff Sgt. James Hansen and Rebecca Hansen.

• **Riley Jane Setters**, a girl, 6 pounds, 7 ounces, born to 1st Lt. Matthew Setters and Brandy Setters.

**October 21**

• **Angela Renee Villa**, a girl, 7 pounds, 12 ounces, born to Pvt. Jose Angel Villa and Lisa Leaset Villa.

**October 22**

• **Logan Christopher Chacon**, a boy, 7

pounds, 2 ounces, born to Pvt. Christopher Chacon and Spc. Sandra Charcon.

• **Madelyn Grace Shields**, a girl, 6 pounds, 4 ounces, born to Pfc. Robert Shields and Katelyn Shields.

• **Mia-Elizabeth Vasquez**, a girl, 5 pounds, 8 ounces, born to Sgt. Sergio O. Vasquez and Melissa V. Vasquez.

**October 23**

• **Aneea Ishan German**, a girl, 7 pounds, 12 ounces, born to Sgt. Augustus Lamonte German and Amika Deanne German.

• **Madison Elizabeth Nakamoto**, a girl, 5 pounds, 14 ounces, born to Sgt. Bruce Nakamoto and Elizabeth Ashley Nakamoto.

# MWR Briefs

## Command to give Pot-of-Gold Awards

The commanding general's Pot-of-Gold Award program nominates outstanding volunteers and recognizes their contributions to Soldiers, Families and the community. Pot-of-Gold ceremonies will be held 11:30 a.m., Dec. 5 at the Hunter Club, and 10 a.m., Dec. 10 at Club Stewart. For more information and forms, call Army Community Services at 767-1297.

## Attend outdoor recreation classes

Education classes are available upon request for groups to learn about the unique environment in Southeastern Georgia. The program is designed for kids in grades 4 - 8. The curriculum utilizes materials from Project Wild, plus Wet and Learning Tree.

Teachers and group leaders are encouraged to contact Outdoor Recreation at 767-8609 for further information and scheduling. Cost varies per size and location of class.

## Mommy-and-Me Tumbling offered

Tumbling classes are offered every Wednesday at Jordan Gym from 9:30 to 10:15 a.m., for ages 1 - 2, and from 10:30 to 11:15 a.m., for ages 2 - 4. Sports physicals are required for all participants. Register by calling 767-6071.

## Tumbling classes offered at CDC

Tumbling classes for children ages 2 and older are available at the Child Development Center, building 403, 9 to 9:45 a.m. every Tuesday. Children must be registered through Child Youth Services. For more information about CYS classes, call 767-2312.

## Basketball/cheerleading registration begins

Registration is underway for Child and Youth Services Youth Sports basketball and cheerleading. Registration is open to all CYS members living on or off-post (ages 5-18) for basketball and (ages 6-13) for cheerleading. Tentative age divisions for basketball will be 5-6 (co-ed), 7-8 (co-ed), 9-10 (boys), 8-10 (girls), 11-12 (boys), 11-14 (girls), 13-14 (boys), and 15-18 (co-ed). Age divisions for cheerleading will be determined by number of participants registered. Register at the Fort Stewart CYS, Building 443. Special discounts may apply for children of deployed Soldiers. For more information, call CYS at 767-2312 or Jordan Gym at 767-4371. Volunteer coaches are needed. If interested, please call 767-2312.

## New Family orientation and post windshield tour

Come take a tour of the installation and learn about a variety of helpful programs for new Families. Meeting on the second floor of the Soldier Services Center, Building 253 at 9 a.m.

every Tuesday and Thursday. Orientation is held from 9 a.m. to noon and breaks for an hour lunch. The tour of the installation is from 1 to 2 p.m. Free childcare is available upon request. For more information, call ACS at 767-5058.

## Teen Council Meeting today

Get involved improving the teen quality of life. The teen council meeting will be held at 5 p.m. today at the Youth Center. For more information, call 767-4491.

## Fort Stewart Library Book Club

Join fellow readers and participate in book discussions. Club will meet from 7-8 p.m. today at The Fort Stewart Library. Free books will be provided to club members for use in the discussion. Limited spaces (20 readers). For more information, call 767-2828.

## Turkey Shoot at Stewart Skeet Range

Come and test your skills against other skeet shooters at 5 p.m. today. The shoot will begin with five shooters and the last person hitting their trap or skeet of each round will win a turkey. Cost is \$4 per round. For more information, call 767-8609.

## Home schooling monthly meeting

The home schooling meeting will be held at 11 a.m., Nov. 16 at the Youth Center. Come meet other home schooling Families to learn, share information and experiences. Pot luck lunch will be at noon Home School Academy held at 9:30 a.m. every Friday. For more information, call 767-4491.

## Walk to Iraq Turkey Trot at Stewart - Hunter

Join the Walk to Iraq along different routes through Stewart and Hunter in support of our Soldiers who are deployed to the Middle East. The walk will be held at 9 a.m., Nov. 17 at Newman and Tominac (Hunter) Fitness Centers. For more information, contact your FRG leader or FRSA.

## Inaugural wiffle ball tournament at Hunter

Come out and participate in the wiffle ball single elimination tournament. The tournament will be played at the Tominac (Hunter) Fitness Center with a wiffle perforated plastic ball designed to be played indoors and take the place of baseball, stickball and softball. The event will be held at 1 p.m., Nov. 17 and is open to Stewart-Hunter active duty, Department of the Army civilians, and retirees. For more information, call 315-2019.

## Big Buck contest held at Stewart

Stewart-Hunter's first big buck hunting contest will held from 9 a.m. to 9 p.m. Nov. 17 and 18. The bucks will be scored using the Boone and Crocket scoring system. Check in at skinning rack located near Stewart Pass and Permit office. Prizes will be awarded for first through tenth place. First prize is a

\$500 gift card, plus free mounting. A \$35 entry fee is required. For more information, call 435-8061.

## Moonlight Bowling at Stewart Lanes

Stewart Lanes will be open from 9 p.m. to 1 a.m. on Nov. 24 for moonlight bowling. The cost is \$2 per game, per person and \$.75 shoe rental. For more information, call 767-4273.

## Pets of the Week



**B**ubbles the kitten and Zoolander the 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

NOV 15 TO 21

### Eastern Promises

**Today — 7 p.m.**  
(Viggo Mortensen, Naomi Watts)  
The mysterious and charismatic Russian-born Nikolai Luzhin is a driver for one of London's most notorious organized crime families of Eastern European origin. The family itself is part of the Vory V Zakone criminal brotherhood. Headed by Semyon, whose courtly charm as the welcoming proprietor of the plush Trans-Siberian restaurant impeccably masks a cold and brutal core, the family's fortunes are tested by Semyon's volatile son and enforcer, Kirill, who is more tightly bound to Nikolai than to his own father. *Rated R (brutal violence, graphic sexuality, language, nudity) 100 min*

### The Heartbreak Kid

**Friday — 7 p.m.**  
(Ben Stiller, Michelle Monaghan)  
Single and indecisive, Eddie begins dating the

incredibly sexy and seemingly fabulous Lila. Upon the urging of his father and best friend, Eddie proposes to her after only a week, fearing this may be his last chance at love, marriage, and happiness. However, while on their honeymoon in sunny Mexico, Lila reveals her true beyond-awful nature and Eddie meets Miranda, the woman he realizes to be his actual soul mate. Eddie must keep his new, increasingly horrid wife at bay as he attempts to woo the girl of his dreams. *Rated R (strong sexual content, crude humor and language) 120 min*

### Elizabeth: The Golden Age

**Saturday — 7 p.m.**  
(Geoffrey Rush, Clive Owen)  
Growing keenly aware of the changing religious and political tides of late 16th century Europe, Queen Elizabeth finds her rule openly challenged by the Spanish King Philip II -- with his powerful army and sea-dominating armada

-- determined to restore England to Catholicism. Preparing to go to war to defend her empire, Elizabeth struggles to balance ancient royal duties with an unexpected vulnerability in her love for Sir Walter Raleigh. But he remains forbidden for a queen who has sworn body and soul to her country.

*Rated R (strong sexual content, crude humor and language) 120 min*

### We Own The Night

**Sunday — 7 p.m.**  
**Nov. 21 — 7 p.m.**  
(Joaquin Phoenix, Eva Mendes)  
At the height of a bloody 1980's struggle between New York city police and a Russian mob that targeted law officers and their families, the NYPD hung "We Own the Night" banners in precinct houses and stepped up their efforts.

*Rated R (violence, drug material, language, sexual content, nudity) 117 min*



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.

# Celebrate Thanksgiving every day, remember our troops



## CHAPLAIN'S CORNER

**Chap. (Lt. Col.) Wilbert C. Harrison**  
Deputy Installation Chaplain

Thanksgiving Day is a special day of the year. If you are like me you look forward to this day because this is one of the few days in the year where Family and friends get a chance to gather around to celebrate another year of good fortune. Yes, that is exactly what it is, a day of celebration as we look back over the year to thank God for the many blessings he has bestowed on us throughout the year.

But why wait until Thanksgiving Day to give thanks to God? There is much to be thankful for as we gather as a community to give thanks for all God has done in allowing us to see another season. Coming together as a community and nation is not something new, for we read in the Old Testament in **Exodus 23:14-19** during the Feast of Weeks the nation of Israel was summoned to set a time aside each year after the harvest to offer back and give God thanks for his bountiful harvest. We, as individuals and as a community and nation, should remember our Soldiers in our prayers on Thanksgiving Day as they fight for our freedom and the

freedom of the world. They are away from Family and friends, and we should thank God for them and the sacrifice they make for our liberty, which as society, we often take for granted.

Thanksgiving can be celebrated every day, and you don't have to wait until a certain day of the year to celebrate this wonderful holiday. Here are a few reasons you ought to celebrate Thanksgiving everyday.

First, thank God for your Family. You may not live in the best Family situation, but at least you have a Family; and remember, there are no perfect, Families. All Families have defects, and we learn to live and love the Family God has given us.

Second, thank God for your friends. Friends are precious, and we need them in our lives to help through the tough times.

Third, thank God for your health. Yes, there are aches and pains, but you still have reasonable health and can function. There are many who would gladly accept your aches and pains so long as they are able to walk and do for themselves.

Fourth, thank God for your works. Pay checks put food on the table, clothes on your back, and a roof over the heads of

you and your love ones.

Fifth, thank God for the freedom to worship at a worship center or favorite places in or outdoors where you can go and worship God as you please. There are many places in the world where individuals do not have this kind of liberty.

Sixth, thank God for this country and for what it stands for: Liberty and justice for all. We enjoy basic freedoms that people in other countries can only dream about. In conclusion, I would like to share a Thanksgiving Prayer by Samuel E. Pugh that says it all:

**"O God, when I have food, help me to remember the hungry;  
When I have work, help me to remember the jobless;  
When I have a home, help me to remember the homeless;  
When I am without pain, help me to remember those who suffer;  
and remembering, help me to destroy my complacency; bestir my compassion and be concerned enough to help;  
By word and deed, those who cry out for what we take for granted.  
Amen.**

### Chapel Schedule

#### Fort Stewart

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

Islamic	Location	Time
Friday Jum'ah	Marne	1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		
<b>Jewish</b>		
Contact Sgt. 1st Class. Crowther at 332-2084.		
Friday	Marne	11:30 a.m.

#### Hunter Army Airfield

Catholic	Location	Time
Sunday Mass	Chapel	11 a.m.
<b>Protestant</b>		
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 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

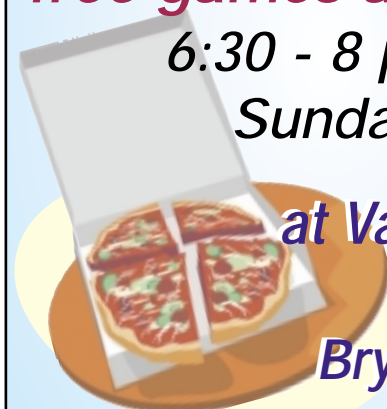
Questions?

Contact Chaplain Ric Thompson at 767-6831

## 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

# Building pillars of success with spiritual fitness

Pat Young  
Frontline Staff

Soldiers, Families and community mem-

bers gathered at Club Stewart Nov. 7 for the quarterly Spiritual Fitness Luncheon, for song, fellowship and worship.

Among those attending was General

Charles Campbell, FORSCOM commander and Hinesville Mayor Thomas J. Ratcliffe Jr.

Ratcliffe, the guest speaker at the event, reflected on moments in history and noted the installation and surrounding communities have seen a lot of changes. He said some of the changes had obvious benefits such as the new post chapel, and some inherently bring concern, such as deployments of loved ones.

Ratcliffe said with all that is happening, a person needed to remain centered in God. He quoted the Gospel according to **Matthew: Chapter 6.**

"Listen to the great teacher as he reminds us that our worries can not add one moment to our life," Ratcliffe quoted. He told how God provisioned for the lilies in the field and the birds in the air, and that at times when he was most worried, he thinks back and it helps him not to worry.

"It reminds me that if God can provide for the grass in the field, and the birds in the air. We can be assured that he cares for

us, and will provide for us." He said when you are faced with compounding worries such as money running low and Family trouble growing large, and it all seems so overwhelming, there is help.

Aside from the sage words of Ratcliffe, the event had musical entertainment provided by Hayley, Heidi and Jana Allen.

Col. Michael Walker, who opened the ceremony, said spiritual fitness was part of Maj. Gen. Rick Lynch's philosophy of readiness; one of the three pillars along with mental and physical fitness.

Staff Sgt. Thaldaria Turner, Headquarters and Headquarters Company, Special Troops Battalion, said the luncheon was very helpful to her.

She said it was nice to see someone like Mayor Ratcliffe who has seen and accomplished so much, be humble and grounded in the Lord.

"Spiritual strength is very important," Turner said.

"You have to have something to fall back on."

## Main Post Chapel

### Worship Transition

Catholic Mass Nov. 17-18

Saturday 5 p.m., Sunday 9 a.m.

Nov. 19 Daily Mass 11:45 a.m.

Dec. 2 Gospel Service 11 a.m.

For more information, call Chaplain (Lt. Col.) Allen Stahl, at 767-6825

# MNC-I Chaplain visits Forward Operating Base Q-West

Pfc. Gaelen Lowers  
3rd Sustainment Brigade Public Affairs

**FORWARD OPERATING BASE Q-WEST, Iraq** - Forward Operating Base Q-West hosted a visit from a Multi-National Corps - Iraq Chaplain, Oct. 30.

Chaplain (Col.) Mike Tarvin, who oversees all MNC-I chaplains in Iraq, came to FOB Q-West to meet and greet the commanders, leaders and more importantly, the chaplains on FOB Q-West.

His visit included a meeting with Col. Darrel K. Williams, commander of the 3rd Sustainment Brigade and FOB Q-West, a luncheon with FOB chaplains and leaders, and tour of the Q-West Base complex.

The tour included stops at each battalion chaplain's office and the Combat Patrol Logistics Readiness Site, where Soldiers are briefed on safety and current threats of the planned route of travel.

"I do believe the Lord likes us to laugh and likes us to have a good time, but he also calls for us to be serious from time to time and we certainly are in a serious business here in Iraq," Tarvin said. "It's an important mission that we do."

Tarvin then thanked the Soldiers and leaders that take the extra time to help in the chapels.

"I know there are a lot of you men and women around the table here that have volunteered some of your valuable time to serve the Lord in the chapel," said Tavin. "I just want to tell you how much I appreciate that as the multi-national corps chaplain. We could not do our mission as chaplains and chaplain assistants without men and women like you who say, 'I'm willing to serve the Lord and take part in the chaplain program and do what needs to be done.'"

"We get into hard times and hard places," Tavin said. "The next year or so here in Iraq, we're going to run into some hard times and hard places, and you're going to feel like you're in that pit. The intention of God is to reach down into that pit and pull you out. He might use someone else, he might reach down there himself, but somehow if you're looking, God with reach down into that pit and put your feet on solid ground."

Pfc. Gaelen Lowers

Chaplain (Col.) Mike Tarvin, the MNC - I Chaplain in charge, talks to troops before they depart for a mission during his visit to FOB Q-West, Oct. 30.



# Coastal Happenings

Courtesy of the Coastal Courier

## 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 and West St. Julian Streets, free, 6:30- 8:30 p.m. Call 232-7731.

### Every first Saturday of the month

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1-3 p.m. at the West Broad Street YMCA, 1110 May Street. Admission is \$3 per person. Call 925-7416 or visit [www.savannahusabda.org](http://www.savannahusabda.org).

### Every third Wednesday of the month

Open Mic Poetry Night - sign up at 7:45 p.m., Gallery Espresso, 6 East Liberty St. Call 233-5348 for more information.

### Saturdays and Sundays

Flannery O'Connor Childhood Home Foundation tours 1-5 p.m. every Saturday and 1-4 p.m. on 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. Call 233-6014.

### Every Sunday

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4-8 p.m. Call 925-7116. The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets cost \$6 and are available an hour before showtime.

## Explore the arts with the Savannah Sinfonietta

The Savannah Sinfonietta and the City of Savannah encourage community members to learn more about the arts. For more information on this and other concerts by Savannah's own professional orchestra, visit [www.savannahorchestra.org](http://www.savannahorchestra.org) or call 800-414-3849.

## Human Resource Management meeting held

Coastal Society of Human Resource Management meets on the 4th Thursday of every month. If you are a human resource professional and would like to attend a meeting or receive more information, please feel free to contact Holly Stevens-Brown, chapter president, at 876-3564.

## Community Thanksgiving Service Nov 18

Hinesville Mayor Tom Ratcliffe hosts the Community Thanksgiving Service at Fort Stewart's new installation chapel Sunday. The community is invited to share in prayer and thanksgiving.

## Book Signing at Stewart Post Exchange

Patricia Barbee, author of "Chicken Soup for the Military Wife's Soul", will hold a book signing for her new book, "Every Shut Eye Isn't Asleep", 10 a.m., Nov. 24 at the Fort Stewart PX.

## Savannah Winds concert Nov 27

The Savannah Winds, Savannah's community wind symphony, will give its fall concert 7:30 p.m., Tuesday, Nov. 27 in the Fine Arts Hall of Armstrong Atlantic State University. Tickets may be obtained in advance or at the door. Call (912) 927 5381 for information. The program of traditional and contemporary band music includes R. Vaughan Williams "Folk Song Suite" and the English march "The Mad Major" by Alford. The Savannah Winds, a community wind symphony affiliated with Armstrong Atlantic State University, performs four to six concerts annually, both on and off-campus. Proceeds are dedicated to music scholarships at AASU. See [www.finearts.armstrong.edu/SWinds](http://www.finearts.armstrong.edu/SWinds) for more information.

## Richmond Hill holds Chili Cook-off, crafts fair

Booths will be filled with chili chefs and craft vendors 7 to 9 p.m., Nov. 30, at the 6th annual Chili Cook-off and crafts fair in Richmond Hill. Be there when the cash awards are given to the best tasting chili in town. Live entertainment provided by Arts on the Coast and The Richmond Hill High School Band. Enjoy a variety of food, a magician, face painting, a balloon artist, a caricature artist, inflatable rides, and lots more fun.

## 3rd annual Christmas Xtravaganza slated

Immediately following Richmond Hill Christmas Parade, the Station Xchange has planned an Xtravaganza, Dec. 1, that will include a *winter wonderland* with real snow, Christmas music, local performing artists, a petting zoo, photos with Santa, ornament making stations, a cookie decorating station, complimentary candy canes, and hot cocoa.

The event is free and open to the public. Smile Innovations of Richmond Hill will operate a refreshment stand at the event and the funds raised will be donated to R.O.C.K. Group, a united community of professionals, individuals, and parents dedicated to protecting and nurturing our children and eliminating reports of child maltreatment through physical, sexual, emotional abuse and child neglect.

For more information contact the development sales office at 912-756-2969.

## Holiday Tour of Homes scheduled

Join in the Richmond Hill Holiday Tour of Homes 1 p.m., Dec. 2. Understand and appreciate the history that lies within Richmond Hill.

This tour will capture the holiday spirit in everyone. Ticket proceeds benefit four local nonprofit organizations and are available in advance at the Richmond Hill Historical Museum for \$20 and \$25 the day of the event.

## Nutcracker Tea Party

Make a wonderful Christmas memory with Southern Style Restaurant 4 p.m., Dec. 2, when they play host to the cast of The Nutcracker. Experience an afternoon tea party that includes a variety of sandwiches and cakes and the cast of the Nutcracker.

Guests will enjoy a photo opportunity with the Sugar Plum Fairy, The Nutcracker and other delightful characters.

## First Presbyterian Church Christmas Bazaar

The First Presbyterian Church invites the community members to its annual Christmas Bazaar, 9 a.m. to 3 p.m., Saturday. The event will feature crafts, gift baskets home baked goods and grilled hot dogs and hamburgers.

## Hunter commissary helps fight against Breast Cancer

Courtesy photo

Volunteers at Hunter Army Airfield raised more than \$1100 to donate to the American Cancer Society of Savannah for breast cancer research early October. The planning committee (right) decorated the commissary in pink and white, held bake sales, set up Breast Cancer awareness displays and sold t-shirts logoed "Moving Towards a Cure." Hunter's Child and Youth Services joined the occasion as they brought more than 180 children to walk against breast cancer.



## AE The Truth about "Lions for Lambs"

Commentary by:  
Sasha McBrayer  
Fort Stewart Museum

What can I say, folks, the critics hate this film. "Lions for Lambs" gets it wrong in general. One rumor is that even the title is an error. It was meant to be a quotation from a WWII Nazi General who compared the fortitude and bravery of British soldiers to "the calculated criminality of their commanders". According to [wikipedia.com](http://wikipedia.com) the true quote is: lions led by donkeys. Perhaps lambs sounded better. Regardless, I suspect this is just the first of two bad reviews for Mr. Tom Cruise as the trailer for "Valkyrie" debuts.

"Lions" is an enthusiastic debate on the War on Terror...for the most part. It pits the young Republican senator (Cruise) against the weathered Liberal pit bull reporter (Meryl Streep), as the first entices the second with a huge story on a new war strategy to be implemented in Afghanistan. This could be the

film's second mistake. Did the writers not have the guts to go straight for Iraq?

While the heated back and forth verbal tennis match progresses with Cruise demanding to know if Streep even wants to win the war at all, and Streep continuously asking questions about past mistakes, we are taken to a college campus. Here director Robert Redford portrays a wise old political science professor with a knack for spotting talented students and drawing more from them. His latest target has decided to forget his ambition and enthusiasm and trade it for parties and girls because the system is so messed up already. In trying to get him to demand more of himself and take a more aggressive role in the world, Redford relates to the student the story of his last two brilliant minds, Arian and Ernest.

Played admirably by Derek Luke and the



always fantastic Michael Pena, Arian and Ernest came from no where and out of sweat and toil had very bright futures ahead of them. Bizarrely they decide to volunteer for the Army. They voice hopes of going to graduate school later "on the Army's dime." Though Redford does his best to dissuade them, they join Special Forces and lead the

crazy new military strategy in Afghanistan which Cruise is trying so desperately to sell to Streep. In fact, they are in a plane ready to begin implementation exactly at the same time that Streep and Cruise spar. Of course something goes terribly wrong and Arian and Ernest may just end up paying with their lives.

While immersed in the film I never thought it would garner such angry reviews. I felt that Cruise (who embodies slick politician any

day) and Streep were showing the good and the bad of both parties pretty well. Meryl Streep is a master at her craft. She could be playing a chimpanzee and she would be a marvel to watch. But looking back, the critics got it right; it really was far too much talking and little to no results. It was a sermon, unable to draw any intelligent conclusion.

The war drama that Arian and Ernest fall into is tense and gripping and human and very sad. It makes you want to cry for every soldier who ever put himself in harm's way. Then again, when you look back on the film, the incongruities start to show. Special Forces soldiers look different from regular Army. They wouldn't act the way they did in the film. The strategy was silly and isn't even shown the way Cruise describes it. It is no wonder soldiers were offended by the film. It is no wonder many say it is anti-American and anti-military. The abrupt ending, too, seems smart, but later you may ask yourself...what just happened?



**Meet**  
**Dr. (Maj.) Adams Sims**  
Emergency Medicine Physician  
Specialty: Emergency Medicine  
Medical Degree: Uniformed Services University of the Health Sciences  
Board Certification: Emergency Medicine



Winn Army Community Hospital  
1061 Harmon Ave. Fort Stewart, Ga.  
(912) 435-6965  
[www.winn.amedd.army.mil](http://www.winn.amedd.army.mil)

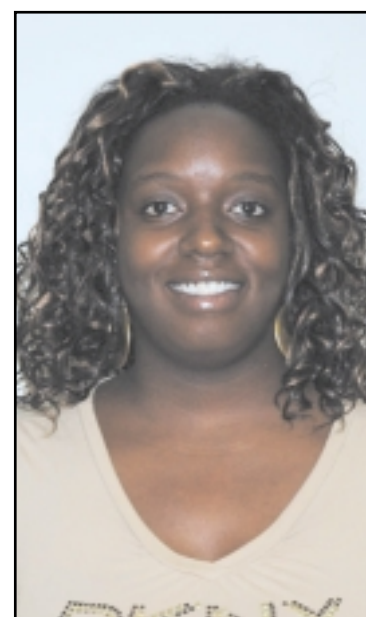


## Volunteer Spotlight

Ericka Banks of Flint, Mich., is an American Red Cross volunteer working in Inpatient Medical Records at Winn Army Community Hospital.

Banks volunteers because she wants to give back for all the help she has received. Also she wants to gain more experience for her major.

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



# Commissary patrons share Thanksgiving recipes

Kay Blakley

DeCA home economist

**FORT LEE, Va.** – Turkey and dressing, giblet gravy, cranberry sauce and pumpkin pie are the traditional “must haves” for any Thanksgiving celebration. But, it’s the side dishes, special salads and additional dessert choices served alongside that allow Families to personalize the menu into unique tradition. Some of those dishes might have been a mother’s or grandmother’s specialty that was adjusted to suit your Family’s taste.

For example, have you ever made Sweet Potato Balls? It’s a mixture of cooked sweet potato with butter and brown sugar folded in, heaping spoonfuls of which are formed around a full-size marshmallow, then rolled in coarsely crumbled corn flakes and baked in a hot oven just until the exterior is nice and crisp. How about Cheesy Potatoes – cooked cubed potatoes set to swim in a smooth Velveeta cheese sauce, then topped with

crumbled cheese crackers and baked until golden?

If you’re a big fan of the green bean casserole topped with French fried onions, you might enjoy a similar dish made with frozen cauliflower, carrots, and broccoli bathed in a mushroom soup and sour cream sauce, then topped with cheddar cheese and French fried onions. Finally, cranberry sauce from a can will do, if you just can’t do any better, but I’ll bet you’d love a jellied cranberry salad that uses a can of whole cranberry sauce, some chopped celery and walnuts, a package of gelatin, and that’s it. It’s quick and easy, and the result is “to-die-for” good!

Actually, all these recipes fall into that same category of “easy, but just can’t beat it – delicious!” They all came from Defense Commissary Agency patrons and will be posted in Kay’s Kitchen on DeCA’s Web site at <http://www.commissaries.com>. When Thanksgiving rolls around, no one will be short of good recipes to serve thanks to these contributions!

Recipes for the Web site are still being accepted. Send them

in the same format found on the site – recipe name, ingredients list, and directions listed numerically. Make sure they are clear, complete, and written in easily understandable terms. Send your recipes to: [kay.blakley@deca.mil](mailto:kay.blakley@deca.mil).

To start the ball rolling here is a must have recipe for my house for Five-Cup Salad. Make some up and don’t forget to share your Thanksgiving recipes with all of us.

## Five-Cup Salad

1 cup pineapple chunks, drained

1 cup mandarin oranges, drained

1 cup flaked coconut

1 cup miniature marshmallows

1 cup sour cream

1 cup chopped pecans (optional)

Drain fruits well.

Mix all ingredients together.

Cover and chill several hours or overnight and serve.

# DES awards elementary students for Red Ribbon Week

Special to the Frontline

On Oct. 31, The Directorate of Emergency Services held a D.A.R.E. Red Ribbon Week Poster Contest. The posters were judged by Sgt. Maj. Max Brown - Directorate of Emergency Services and Donald Snelsire - store director for the Commissary.

The event was hosted and prizes were furnished by the Commissary. The DES had a booth at the store throughout the day providing information and handouts on the D.A.R.E. program. The winners of the poster contest are:

1st Prize – Diamond Elementary - Ms. Laveroni’s class. Prize of \$50.00 Gift Certificate to the Commissary for a class party.

2nd Prize – Kessler Elementary – Mr. Cipola’s class. Prize of \$25.00 Gift Certificate to the Commissary for a class party.

3rd Prize – Brittin Elementary – Ms. Hill’s class. Prize of \$25.00 Gift Certificate to the Commissary for a class party.

Courtesy Photo

(From left to right) Sgt. Maj. Max Brown, Sgt. Joseph Kinard, Sgt. Arthur Barron, Sgt. Arthena Wallace, Sgt. Randall Thompson, and Donald Snelsire stand in front of the three winning posters for D.A.R.E.’s Red Ribbon Week contest.



# DPW provides Notices of Availability

Director of Public Works

## Environmental assessment, Draft, Finding of No Significant Impact (FNSI) for the establishment and operation of borrow pits in D-5, Fort Stewart Georgia

The Department of the Army hereby gives notice of availability of an EA and draft FNSI for the Establishment and Operation of Borrow Pits in D-5, Fort Stewart Georgia.

Fort Stewart proposes to establish, operate and maintain three separate borrow pits, totaling approximately 40 acres, and an access road to reach these borrow pits just North of Fort Stewart Road 38 on Fort Stewart, Ga. These borrow pits are required to support future Military Construction Army projects on the west side of the Installation.

The EA addresses the potential impacts to the human environment to include wetlands, cultural resources, threatened and endangered species, and all other components of the surrounding environment. The EA, resulting in a draft FNSI, indicates that no significant adverse impacts would result from the proposed action. A copy of the EA and draft FNSI will be available for public review from Nov. 9 to Dec. 10 at the following public libraries. All public review comments must be received no later than Dec. 10.

**Fort Stewart Main Post Library, Building 411,** 316 Lindquist Rd., Fort Stewart, Ga.

Monday – Thursday 10:30 a.m. to 9 p.m.; Friday closed; Saturday-Sunday 11:30 a.m. to 6:00 p.m.

**Hunter Army Airfield Post**

**Library,** Building 1290, 165 Markwell Street, Hunter Army Airfield, Ga. 31409.

Monday – Thursday 9 a.m. to 4:30 p.m.; Friday – Sunday closed  
**Liberty County Public Library,** 236 Memorial Drive, Hinesville, Ga. Monday – Thursday 9 a.m. to 9 p.m.; Friday – Saturday 9 a.m. to 6 p.m.; Sunday 2 p.m. to 6 p.m.

**Mall Branch Library,** 7 Mall Annex, Savannah, Ga.; Monday – Thursday 9 a.m. to 9 p.m.; Friday – Saturday 9 a.m. to 6 p.m.; Sunday 2 p.m. to 6 p.m.

Request all comments be mailed to the following address:

Chief, Environmental Division (Thomas C. Fry), Directorate of

Public Works

HQS, Fort Stewart

1550 Frank Cochran Drive,

Bldg. 1137

Fort Stewart, GA 31314-4927

# AMAP

From Page 2B

"I'm glad to learn how to use it," he said of his also-prosthetic new left leg. "I think they're ungrateful," speaking of some complaints he has heard about having the help they're getting, or just being alive.

One major reason for that progress is the "Triad of Care," said Col. Jimmie Keenan, an Army nurse, and chief of staff for the AMAP team. "Each patient we identify as a Warrior in Transition gets a physician, a nurse case manager, and a noncommissioned officer cadre member assigned to that patient."

Individualized care like this helps the Soldier keep up morale through recovery. The cadre makes sure the Soldier follows the healing regimen laid out by the physician and case manager, and the medical experts have a more productive relationship with the Soldier and Family.

Before putting these processes in place, the Army medical community had a much more difficult fight to keep the warrior on the road to recovery. Describing how the process began, Col.

Kevin Garrouette said they were: "making plans without involving customers." He is one of the senior AMAP staff officers helping to develop the Human Resource requirements for WTUs.

Garrouette explained the usual requirements for Human Resources didn't fit the needs of many WTIs or their Families. "That's one reason we're trying to meet a basic staffing requirement, while leaving open the possibility of adding more people, based on workload."

Some problems persist, though. "Are we doing the right thing?" asked Col. Keenan, "If not, why not, and what are we doing to fix it?"

"We have to be careful about going into our functional silos," Lt. Col. Rich Paz cautioned. Paz is a plans and operations officer on the AMAP staff. He explained that could put the process back on square one: "We have to look at how each individual piece fits next to every other piece, or we could go in the wrong direction."