

Central Texas Girl Scouts recognizes women of distinction

SGT. PHILIP KLEIN
4th Inf. Div. PAO

The Girl Scouts of Central Texas recently recognized women from Central Texas who distinguished themselves as outstanding leaders of their communities through individual excellence and achievement at the Killeen Civic and Conference Center. Among the honorees was Diane Hammond, spouse of Maj. Gen. Jeffery Hammond, the 4th Infantry Division commander.

The recipients were recognized April 23 as role models for demonstrating that with hard work and perseverance anything can be accomplished.

"The women we are honoring today are role models to women and girls across Central Texas; they represent leadership, discipline, confidence and character," said Etta Moore, chief executive officer for the Girl Scouts of Central Texas.

Mrs. Hammond was recognized for her work with military Families and the Fort Hood community.

"Diane and all of these ladies were honored here tonight because they gave from their heart," the general said during his comments at the ceremony. "Most, if not all, of their work is through volunteering. They place others first. The Girl Scouts of Central Texas have taken time to recognize and honor these women, they live the Girl Scout values which I believe are America's values. This is one of the classiest nights I have been a part of."

Hammond oversees the welfare of thousands of military Families and her efforts have impacted child-care, stress management and civilian employment. She has worked with the Officers' Wives' Club, the Parent Teacher Association and the American Red Cross.

"I encourage all girls to be leaders by example, treat others the way

you want to be treated and possess the character and moral courage to make the right choices," Hammond said.

Other recipients were Joyce Cavanaugh of College Station, Brenda Coley of Harker Heights, Carol Dugal of Waco, Rosa Hereford of Killeen, Cheryl Hinckley of Temple, Jean Shine of Harker Heights and Greta Watson of Mart.

"It is truly an honor to be considered with these ladies here tonight," Hammond said.

The Girl Scouts of Central Texas represent more than 22,000 members across 46 counties and has more than 12,000 volunteers in their organization who support the Girl Scout mission to develop girls of courage, confidence and character to make the world a better place. There were 265 members and guests present at the event which raised approximately \$10,000 for the Central Texas Girl Scouts.



Photo by Sgt. Philip Klein, 4th Inf. Div. PAO

Diane Hammond (left), wife of Maj. Gen. Jeffery Hammond, the 4th Inv. Div. commander, and Jean Shine, a civilian aide to the Secretary of the Army and a local Realtor, were recently named as 2009 Women of Distinction by the Girl Scouts of Central Texas.

Battalion leadership helps strengthen marital relationships of Soldiers, spouses

BY SGT. JASON THOMPSON
4th Inf. Div. PAO

Deployments can be strenuous in countless ways for both deployed Soldiers and their Families.

Soldiers experience the stress of daily combat operations, long working hours, little time for rest and recuperation and long periods of time away from their Families.

In the absence of a Soldier, Families must continue to move forward with daily routines, pick up additional responsibilities previously handled by the deployed Family member, and deal with the absence of their loved ones for extended periods of time.

To help with the reintegration and reunion process, the 4th Infantry Division's Division Special Troops Battalion organized a marriage retreat

for the battalion's Soldiers and their spouses Friday-Saturday at the Stagecoach Inn in Salado.

"We wanted to give these Soldiers and spouses a get away from their normal routines and take some time to spend together strengthening their relationships together, without any distractions," Capt. Raphael Eke, chaplain, DSTB, said.

"This retreat," he added, "is designed to help the couples reconnect and build upon their marriage through positive communication skills."

During the two-day retreat, Eke and Lt. Col. James Carter, the 4th Inf. Div. chaplain, hosted discussions and workgroups to help the couples with communication skills in an effort to help Family members grow stronger relationships

with each other.

"Communication is the number one key to building a strong relationship," Eke said.

"Although communication is a large part of everything we do in life," he added, "effective communication is often the one key skill that we, as humans, struggle with."

Sgt. Tericka and Spc. David Dowdy, computer technicians with DSTB who recently returned home after a 15-month deployment to Iraq, attended the marriage retreat in search of an opportunity to spend time together.

"We've truly enjoyed this break from our normal lives," Tericka said. "We've been married for almost two years and this is really the first opportunity we've had together to take a break and relax with



Photo by Sgt. Jason Thompson, 4th Inf. Div. PAO

Lt. Col. James Carter, 4th Inf. Div. chaplain, discusses effective reunion and reintegration strategies Friday with Soldiers and their spouses who attended a marriage retreat for Families of the division's DSTB at the Stagecoach Inn in Salado.

each other since we've been married." "The classes taught us a lot about how to better communicate and listen to each other as well," David added.

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BATTLE FOR TERRA (PG) 11:55AM 2:15PM 4:25PM 7:00PM 9:25PM	MONSTERS VS. ALIENS (3D) (PG) 1:30PM 4:25PM 7:05PM 9:35PM
CRANK: HIGH VOLTAGE (R) 4:20PM 10:30PM	OBSESSED (PG-13) 12:20PM 2:55PM 5:30PM 8:10PM 10:45PM
EARTH (G) 12:15PM 2:45PM 5:00PM 7:30PM 9:25PM	THE SOLOIST (PG-13) 1:45PM 4:30PM 7:15PM 10:05PM
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FIGHTING (PG-13) 12:00PM 2:30PM 5:05PM 7:40PM 10:10PM	X-MEN ORIGINS: WOLVERINE (PG-13) 12:00PM 12:40PM 1:20PM 2:00PM 2:40PM 3:20PM 4:00PM 4:40PM 5:20PM 6:00PM 6:40PM 7:20PM 8:00PM 8:40PM 9:20PM 10:00PM 10:40PM
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CRANK HIGH VOLTAGE (R) 7:45-10:15
EARTH (G) 1:30-4:10-6:50-9:20
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FIGHTING (PG13) 1:50-4:40-7:20-10:10
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MONSTERS VS ALIENS (3D) (PG) 1:20-4:00-6:30-9:00
OBSESSED (PG13) 11:55-2:50-5:10-7:50
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