



Photos by Pfc. Jared Eastman

Master Chief Petty Officer Joe Kunz, from the Naval Submarine Base in Kings Bay, Ga., shakes 3/69 Armor Command Sgt. Maj. Daniel Ciarrocchi's hand after the coin toss at the Bradwell Institute "Army/Navy" game, Nov. 7.

Bradwell battles Camden in 'Army/Navy' game

Pfc. Jared Eastman
1st BCT Public Affairs

Bradwell Institute held a mock Army/Navy football game, Nov. 7, to show their appreciation for the military.

"This game is for the region title," said Jim Walsh, head coach for Bradwell. "It will also decide who is in seat one or two for the playoffs. We started this 'Army/Navy' game a few years ago for the Soldiers in Iraq, with our school being so close to Fort Stewart and the other team so close to the naval base down there. So, this is a small way for both teams show their appreciation for the military."

"Every year for this game we try to get some one from Fort Stewart to come out and speak to the kids, and every year we've been successful," he said.

Lieutenant Colonel Jessie Robinson, 3rd Battalion, 69th Armor Regiment commander gave the players a pep talk before the game.

"I command 900 men and women whose sole function in life is to close in to the enemy and destroy them," said Robinson to the young athletes. "For you, I've been in

your shoes; I've played high school football, so I understand where you're at and what you're doing."

Robinson continued on an even more personal level.

"Right now the score is zero to zero and you have to go out there and do what you've been trained to do," he said. "When you meet that guy from the other team, you will say, 'This is my house, you're not going to make a catch in my house.'"

The battle cry of the players charged the night air as the players lined up on the field, waiting for the coin toss.

Corporal Terry Baccus II, HHC, 3/69 Armor, flipped the coin for the game, facing off against Master Chief Petty Officer Joe Kunz from the Naval Submarine Base in Kings Bay, Ga.

"I think it's great that the Soldiers came out here," Walsh said. "These kids need to hear the same type of remarks from as many people as they can."

Although the game ended with a loss for Bradwell, the hard fought battle between the two schools again reinforced the outstanding cooperation between schools, communities and military services.



Lieutenant Colonel Jessie Robinson, 3/69 Armor commander, speaks to the football players of Bradwell Institute before their "Army/Navy" game, Nov. 7.

Tominac takes competition to the hoops

Special to the Frontline

Soldiers and Family Members took competition to the hoop, Nov 15 at Tominac Fitness Center with a three-on-three basketball tournament and three point contest.

The event was a double elimination competition with games played to 12 points. Winning five of their six games was team "GCs" that included Pfc. Quentin Patton, Sgt. Jamie Pryor, Sgt. Fernand Pierre-Louis and Pfc. Deblyn Austinthree, Soldiers with Company B, 603rd Aviation Support Battalion.

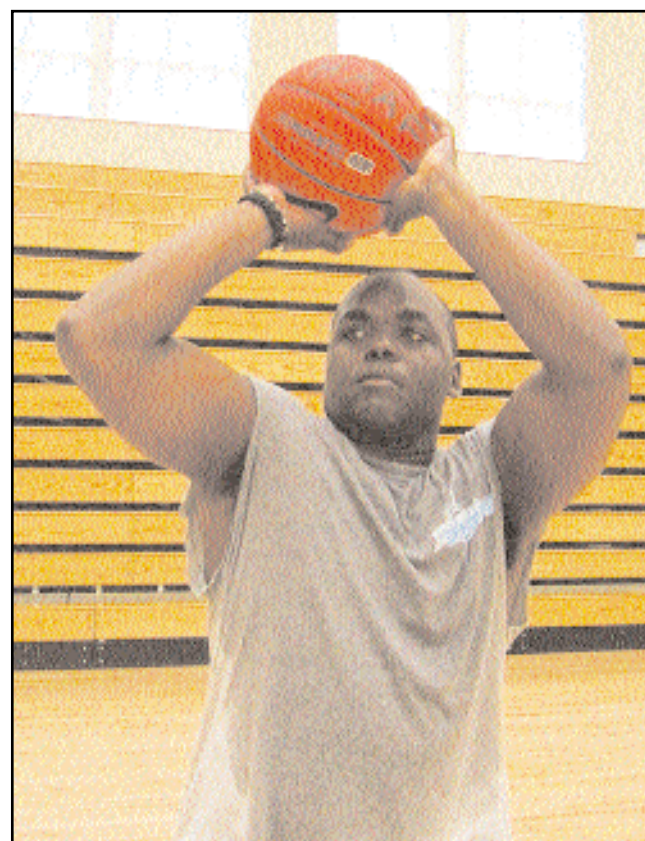
"City Boys" Darrell Ware; Spc. Jerry Ingram, Co. E, 1st

Battalion, 3rd Aviation Regiment; and Spc. Dexter King, 1st Battalion, 41st Field Artillery, took second winning four of their six games.

The three-point champ was Staff Sgt. Charles Gregory, Co. A, 603rd Combat Support Battalion, completing 9 of 20 shots.

Fort Stewart-Hunter Army Airfield fitness centers, Tominac and Newman, offer a wide variety of activities and events throughout the month.

Community members are encouraged to stop by and visit or call 315-2019 at Hunter, or 767-3033 at Stewart for more information.



Photos by Eli Wilson

Three-Point Champ Staff Sgt. Charles Gregory, Co. A, 603rd CSB, demonstrates how to sink a long distance three-pointer, Nov. 15 at Tominac Fitness Center.

Left: Private First Class Quentin Patton, Sgt. Jamie Pryor, Sgt. Fernand Pierre-Louis, and Pfc. Deblyn Austin, all of Co. B, 603rd ASB, display their trophies after winning the three-on-three competition, Nov. 15 at Tominac.

Fort Stewart- Hunter youth battle in 2008 showdown



Courtesy photo

Purple Belt Josh Bones earns first place in forms for his division, Nov. 8, at the Showdown Georgia Open.

Phil Konz
CYS TKD Instructor

Students from Fort Stewart Child and Youth Services TaeKwonDo were among the martial artists from around Georgia, Alabama, Tennessee, and South Carolina who converged on Stockbridge, Ga., to compete in the 2008 Showdown Georgia Open Martial Art Championships, Nov. 8.

These martial artists represented many styles of arts such as TaeKwonDo, TangSooDo, Karate and KookSulWol.

Students came to demonstrate their skills while vying for the top spots in weapons, breaking, forms and sparring competitions.

Three students from Stewart's CYS TKD team were competitors Paul Reeves, 9; Josh Bones, 9; and newcomer Nick Maryland, 8.

The team traveled with Family Members over 200 miles to compete in this annual event, which normally hosts over 200 competitors.

Their goal was to put their skills and knowledge to the test, winning four first place finishes, one second place and one third Place award.

Maryland earned a third place medal in the board breaking competition with a

combination side kick, front snap kick and punch technique. In sparring, he came away with a second place trophy for his efforts.

His mom, Nikki Maryland, said her son was extremely happy and excited with his results and is looking forward to the next competition.

Reeves and Bones both took first place in the forms and sparring divisions. Each encountered some very stiff competition in the forms brackets, winning by a tenth of a point. However, in the sparring phase, they both demonstrated their abilities and overwhelmed their opponents.

Bones' speed and flurry of kicks and punches allowed him to outscore his opponent in the

finals by nearly ten points. Reeves on the other hand, completely out maneuvered and overpowered his opponent. Reeves' strength was quite evident when one of his kicks sent his opponent to the mat, drawing a standing eight count from the referee.

Local military earns TKD win

Special to the Frontline

Local Soldiers and Families participated in the 2008 Charities Master exhibition in Simpsonville, S.C., Nov. 15.

Staff Sergeant Ethan Goodman, Troop B, 5th Battalion, 7th Cavalry Regiment and Sgt. Becky Celli, Headquarters and Headquarters Operations Company, 3rd Special Troops Battalion, joined eleven other children of military Families from an affiliated TaeKwonDo school in

Hinesville in tournament action in South Carolina, with the team earning 17 first place finishes, eight second place, and seven third place finishes.

The youth included Terry Thomas, 11, and his brother Evan, 7; Samuel Colon, 13; Trajan White, 6; Daniel Schauland, 12; Tyler Dixon, 11; Kevin Williams, 8; Cody Collier, 12; Kamari Pabo, 8 and his sister Kaulana, 5; Diana Marcos, 10; Edwardo Renta-Colon, 6; Michelle Roberts, 11; and Jonathan Dingle, 18.

Jake's Body Shop: Buying a good workout shoe

Jake Battle
DMWR Fitness Coordinator

One of the keys to exercise success is wearing the right shoe. A shoe that doesn't fit properly can create problems such as black toe, hammer toe, Morton's neuroma and claw toe.

However, going to a shoe store can be intimidating if you aren't sure what to buy.

Dozens of shoes line the walls, and most of us don't know where to start looking for that perfect shoe.

If you have been thinking about getting a new workout shoe, read the following guidelines before venturing to the shoe store.

Shop at the right time

Because your feet are smallest in

the morning, try shopping at the end of the day or after you have just finished working out.

You don't want to get a shoe that fits in the morning but is uncomfortable later during your exercise routine.

Put them on

Maybe your last pair of workout shoes was a size 9. This doesn't mean you can just go in and pick up another pair of size 9 shoes and be sure of a great fit.

Try on the shoes before you buy them. Shoe sizes vary somewhat



among manufacturers. The size that fit last time may be too small this time.

Make room

Check where your toes are in the tie box. You need to have some room at the top of your shoe.

Place your thumb at the top of your shoe. If there isn't at least one thumb's width of space between your longest toe and the end of the shoe, ask for a larger size.

Wear your socks

Be sure to wear the socks you will

be wearing while you work out. Although a pair of shoes may seem to fit without socks on or with the socks provided at the store, the shoes may be uncomfortable once you get home.

Try on both shoes

Be sure to try on both shoes before deciding which pair to buy. Although one shoe might feel great, the other may be uncomfortable.

Also, have both feet measured. One foot may be slightly larger than the other, making a difference in the size you need.

Finding the perfect workout shoe doesn't have to be a daunting task. Remember these hints and keep your feet feeling great during every workout.

Fort Stewart Intramural Fall Softball League

CO-ED SCHEDULE

DATE	TIME	TEAMS
Nov. 24	6:30 p.m.	Geo Vista vs. Bold and Beautiful
	7:30 p.m.	Young-n-Old vs. Scared Hitless
Dec. 1	6:30 p.m.	Down and Dirty vs. Comcast
	6:30 p.m.	Young-n-Old vs. Comcast
	7:30 p.m.	Geo Vista vs. Down and Dirty
Dec. 3	6:30 p.m.	Comcast vs. Scared Hitless
	7:30 p.m.	Bold and Beautiful vs. Down and Dirty
Dec. 8	6:30 p.m.	Comcast vs. Geo Vista
	7:30 p.m.	Scared Hitless vs. Down and Dirty
	8:30 p.m.	Bold and Beautiful vs. Young-n-Old

All games are played on Field 2 at the Sports Complex.

MEN'S OPEN

DATE	TIME	FIELD	TEAMS
Today	6:30 p.m.	1	Down and Dirty vs. 5/7 Cav.
	7:30 p.m.	1	5/7 Cav. vs. Down and Dirty
	6:30 p.m.	3	5/7 Cav. vs. Spartans
	7:30 p.m.	3	Spartans vs. 5/7 Cav.
Nov. 25	6:30 p.m.	1	Spartans vs. Down and Dirty
	7:30 p.m.	1	Down and Dirty vs. Spartans
	6:30 p.m.	3	5/7 Cav. vs. Fire Dept.
	7:30 p.m.	3	Fire Dept. vs 5/7 Cav.
Dec. 4	6:30 p.m.	1	Spartans vs. Fire Dept.
	7:30 p.m.	1	Fire Dept. vs. Spartans
	6:30 p.m.	3	Down and Dirty vs. 5/7 Cav.
	7:30 p.m.	3	5/7 Cav. vs. Down and Dirty
Dec. 11	6:30 p.m.	1	5/7 Cav. vs. Fire Dept.
	7:30 p.m.	1	Fire Dept. vs. 5/7 Cav.
	6:30 p.m.	3	Spartans vs. 5/7 Cav.
	7:30 p.m.	3	5/7 Cav. vs. Spartans

2008 FALL SOFTBALL STANDINGS

COED Softball

	WON	LOST	PCT
Bold and Beautiful	5	0	1.000
Comcast	4	1	0.800
Down and Dirty	3	2	0.600
Geo Vista	2	3	0.400
Young-N-Old	1	4	0.200
Scared Hitless	0	5	0.000

Men's Open

	WON	LOST	PCT
5/7 Cav.	2	0	1.000
Fire Dept	1	1	0.500
Down and Dirty	1	1	0.500
Fisters	0	2	0.000
MEDDAC	0	0	0.000

Fort Stewart Intramural Fall Soccer League

Intramural soccer standings

Rocky's Conference

	WON	LOST	PCT
HSC, STB, 3rd SB	7	0	1.000
Co. A, 1/9 FA	5	2	0.714
HHC, 1/3 BDE	3	5	0.375
26th BDE	2	4	0.333
MEDDAC	1	6	0.142

For more information about
installation intramural sports,
call 767-9795.

Army shocks American, claims share of regular season title

Special to the Frontline

WEST POINT, N.Y. – The Army volleyball team spoiled American's undefeated Patriot League season with a 3-1 victory over the Eagles on Senior Day at Gillis Field House, Saturday. The Black Knights dropped the first set, 25-21, but won the next three in a row, 25-21, 25-15, 25-23, en route to capturing a share of the Patriot League regular-season crown with American.

"I'm so proud of this team. They are absolutely amazing," said head coach Alma Kovaci. "Coming off an emotional win over Navy last night, I thought they showed great maturity and focus today. I couldn't think of a better present that we could possibly give to this amazing senior class than a win on Senior Day."

The seniors left nothing on the court in their final match at Gillis Field House, combining for 45 of Army's 51 total kills and 11.5 of the team's season-best 12.0 total blocks. Outside hitter Elizabeth Lazzari played arguably her best match of the season, recording her eighth double-double of the year with 12 kills and 11 digs.

The Seal Beach, Calif., native also added a match-high six total blocks. Middle hitter Rachael Breinling led the way with 14 kills and four block assists, while middle blocker Jamie Clark and right side hitter Briana Stremick chipped in with 10 and nine kills, respectively. Both players came away with four blocks, while Clark hit for a .526 percentage and committed zero errors.

Army hit for a .280 attack percentage on the match, while holding American's potent offense to a .180 mark. Both teams finished with 51 kills each, but American fell victim to 26 miscues.

Junior libero Shara Hoffman anchored a solid Army defense with a team-high 14 digs. Junior setter Maureen Bannon added 10 digs and completed her sixth double-double of the year with a match-best 45 assists.

"Maureen Bannon ran an excellent offense tonight," said assistant coach Jeremy Sands. "She really stepped up and stuck to the game-plan. We are definitely peaking at the right time as a team."

Senior outside hitter Rubena Sukaj led the Eagles with 15 kills, while freshman outside hitter Rebecca Heath finished with 12 kills.

Army fell behind by a 12-8 score to open the match, but managed to crawl back to within two, 13-11, on a

Clark kill just moments later. The Black Knights stayed on the heels of American throughout the remainder of the set, never falling behind by more than four, 21-17. The teams each corralled four points down the stretch, leading to a 25-21 Eagle victory.

The Black Knights rebounded during a second set that featured eight ties and just one lead change.

Once Army grabbed a 6-5 lead on an American error, the Black Knights never let go despite multiple pushes from American. The teams continued to go point-for-point during the middle portion of the set.

Tied at 15-15, Army exploded for a timely 6-2 run, which included kills from Stremick, Breinling and freshman outside hitter Fabiola Castro that gave the Black Knights a 21-17 edge. The Eagles cut the deficit to one, 22-21, but Army tallied the three to tie the match, 1-1, heading into the break.

Army jumped out to a 10-3 lead during a third set in which the team led from start to finish. Stremick had four kills, including three straight, to key the Black Knights during that opening stretch. Army continued to roll, hitting for a match-best .444 percentage and collecting a 25-15 third-set win.

The Black Knights took advantage of a rattled American club, never allowing the Eagles any closer than four the rest of the way. The final 25-15 margin matched Army's largest lead of the set.

Holding a 2-1 advantage, the Black Knight had to work for a 25-23 win in the fourth. A Castro kill gave Army a 14-10 lead midway through, but the Eagles would not go away and cut the deficit to one, 19-18, on an Army error.

Coming out of an Army timeout, the Black Knights traded points with American, but a Sukaj kill moments later leveled the score for a final time, 23-23. Kovaci called timeout, and American's Cassandra Ricketts' service error set up a match point chance for Army. Following a well-contested rally, Breinling delivered the final kill from Bannon to end the match.

Saturday marked the final regular-season match for



Courtesy photo

Senior Elizabeth Lazzari recorded her eighth double-double of the year and led Army with six total blocks.

both teams, as the 2008 Patriot League Tournament gets underway.

"We're playing well at the right moments," Kovaci said. "Toward the end of last year, we were tired and running out of gas. Right now, that's not the case. We are clicking with every aspect of our game, especially the blocking."