



Sgt. Tanya Polk

Andrea Lowe, 14 and Tatiana Aravjo, 29, practice their punches at a Fort Stewart's Women's Self-Defense class held at the Newman Fitness Center, June 23

Women take a jab out of post self-defense class

Sgt. Tanya Polk
Editor

While Soldiers of the 3rd Infantry Division are currently defending our nation from terrorism, female Family members and Soldiers at home station are learning how to defend themselves.

In a three-hour class held at the Newman Fitness Center, approximately 30 females honed self-defense skills, June 23.

Taught by Iris Holmes-McCraw, a prevention specialist with the Rape Crisis Center of the Coastal Empire, the Women's Self Defense class helped females learn to avoid potentially dangerous situations,

and taught them how to fight their way out of one.

Holmes-McCraw explained that most women have a fear of fighting back, or just don't know how to fight back.

"We know that women fear assault," said McCraw. "And, what we don't understand, we are fearful of."

Holmes-McCraw helped attendees face some of their fears, build confidence, and stand up to fight off an attacker.

"(These moves) do work," said Holmes-McCraw. "What makes them work, however, is the element of surprise."

According to Holmes-McCraw, a male attacker's weaknesses include his eyes,

nose, throat, solar plexus, knees, and feet.

Students learned how to disable a male attacker by using these key weaknesses.

Students also practiced how to escape an attacker's strong hold, and how to effectively punch and kick back.

Women are taught to be passive, give up control easily, usually have self-esteem issues, take responsibility for other's actions, are desensitized to violence, and feel they owe men something, said Holmes-McCraw as she helped boost her student's confidence.

"When you are not vulnerable, you have an advantage," she said.

Newman Fitness Center will hold a sec-



Martha Cambell and Ginger White, Family members, practice self-defense techniques at the Newman Fitness Center, June 23.

ond Women's Self Defense class late July. For more information, contact the fitness center at 767-3031.

Charlie devastates Delta, remains top Armor company

Pfc. Amanda McBride
4th BCT Public Affairs

Although the game only consisted of three innings, the spectators definitely got a show June 18 when Charlie Company, 4th Battalion, 64th Armor Regiment, annihilated Delta Company, 4/64 Armor, 21-1.

Softball players from the two rival companies in 4th Battalion, 64th Armor Regiment, competed in the installation's 2007 Rocky's Softball Conference.

Delta started out on the right foot as center fielder Christopher Johnson landed a double.

Shortstop Brett Morando singled and helped Johnson

score for a 1-0 lead.

At the bottom of the first, both left-center fielder Ty Meche and catcher A.J. Smith got base hits, but were unable to score.

In the top of the third, extra hitter Antonio Evans hit a double. Although Evans stole third base, Delta Company added no more points to their score.

Charlie Company not only matched Delta's only point, but surpassed it by 20 more in the bottom of the third.

The win was no surprise as Charlie maintained the lead for the Conference's regular season with a 10-0 record. Delta's record is 4-6.

Charlie advances to the playoffs slated for July.



Pfc. Amanda McBride

Pfc. Mike Coombs, C Co., 4/64 Armor, slides into third base during a rival game against D Co., 4/64, June 18.

Juice bar now open at Newman Fitness Center

ChaNae Bradley
Contributor

Do you frequently find yourself in need of an energy boost after a strenuous workout at the gym?

Take a visit to the new smoothie and juice bar, dubbed "Smooth Operator" located inside Fort Stewart's Newman Fitness Center.

Since June 11, "The Smooth Operator" has served beverages helping customers replenish calories burned during a workout. In addition, the juice bar is helping customers find an alternative other than Gatorade and other popular sports drinks.

Smooth operator specializes in health smoothies and protein shakes that are designed to provide the body with more energy, but are also fully enriched with vitamins and minerals that the body needs.

The smoothie and juice products are provided by PowerBlendz, a company that specializes in making juice bar and supplement shake beverages that are created by a

registered dietician.

Darla Clarkson, owner of "The Smooth Operator" said she has received many compliments about the juice bar.

"Everyone loves it, and they also love the nutritional facts given with the beverages," Clarkson said.

She said all their beverages are made with real fruit and pharmaceutical flavors.

"Some of the Soldiers who will be deployed have even ordered mixes to take with them," she said.

In addition to beverages, "The Smooth Operator" also provides wireless Internet and coffee from Barnies Coffee.

To receive more information about "Smooth Operator" contact Darla Clarkson at 876-7667, or visit the Web site at www.thesmooth-operator.com.



Pat Young

Sgt. Maj. Michael T. David, United States Army retired, considers the choices at Smooth Operator, Newman Fitness Center's new juice bar, as Jessica Rascoe and Cpl. Robert Leitelt, 2/7 Inf., wait to fill his order.



Young anglers reel in fun at Halstrom Lake

Photos by Nondice Powell

Children and their parents line the bank of Halstrom Lake at Hunter Army Airfield to participate in Hunter's Fishing Derby, June 23.

Nondice Powell
Hunter Public Affairs

For many, catching their first fish is an experience they will never forget. More than fifty children ages 16 and under came to Halstrom Lake at Hunter Army Airfield June 23 to take part in a fishing derby.

Preparations for the fishing derby at Hunter started more than one week before the tournament. According to Lee Collins, outdoor recreation director at Hunter, the lake was stocked by the fish and wildlife department with 4,000 fish ranging from two to twelve inches prior to the event.

"They (the children) have been catching ones bigger than that," said Collins.

"For many it's their first time. They're having a lot of fun, and we'd like to see them out here again."

Four-year-old Xavier Kissell and his dad Spc. Will Kissell, D Company, 3rd Battalion, 3rd Aviation Regiment said they enjoyed the event.

Xavier went on to catch more than 10 fish.

The Kissell and Andrade Families were among those to catch some of the larger fish.

"That was real fun and exciting," said 13-year-old Ashton Andrade with a smile. "I got real nervous."

Ashton and his brother 11-year-old Joseph Andrade caught approximately 30 fish.

In addition to fishing, conservation officers had a booth to show everyone how to properly clean their fish. Children were able to make hats at a Child and Youth Services booth and everyone walked away with their fish and a prize.

Collins said the plan is to have a fishing derby every June. It is an event Collins hopes will hook children on fishing for the rest of their life.

Sixteen-year-old Allen Glenn stands between seven-year-old Krystal Conway and four-year-old Brandon Conway as they display the fish they caught at Hunter's Fishing Derby, June 23.



3/1 Cav help renovate Iraqi youth center



A local teen lifts weights in the gym at the youth center June 21, in Jisr Diyala.

Sgt. Natalie Rostek
3rd HBCT Public Affairs

COMBAT OUTPOST CASHE, Iraq – Elements of the 3rd Heavy Brigade Combat Team are helping to improve life for Iraqi youth by assisting with a renovation project that will cost up to \$500,000.

Iraqi contractors, youth center leaders and members with the 3rd

Squadron, 1st Cavalry Regiment and Soldiers of A Company, 97th Civil Affairs Battalion, met June 21 in Jisr Diyala to discuss the planned improvements.

Construction is expected to begin in late July and will include renovations to the weight room, sewing room, library and arts and crafts room. Coalition Forces are also expecting new computers and exer-

cise equipment for the center.

“The renovations of the youth center will help show the youth of Jisr Diyala that there are other activities out there that can help improve their lives,” said Capt. Jimmy Hathaway, Headquarters and Headquarters Company commander, 3/1 Cav.

“We are going to turn this youth center into a world class facility.”



Photos by Sgt. Natalie Rostek

Capt. Jimmy Hathaway (far left), HHC, 3/1 Cav. commander, discusses center renovations with youth center leaders and 97th Civil Affairs Battalion Soldiers during a meeting June 21, in Jisr Diyala.

2007 INTRAMURAL SPORTS

Rocky's Conference

	Won	Lost	PCT
C Co 4/64 Armor	10	0	1.000
C 3/7 Inf.	6	0	1.000
HHC 4/64 Armor (B)	8	2	0.800
A co 3/7 Inf.	8	2	0.800
B co 4/64 Armor	6	3	0.666
D 3/7 Inf.	5	4	0.555
E 4/64 Armor	4	5	0.444
D 4/64 Armor	4	6	0.400
HHC 4/64AR (B)	4	6	0.400
E 703RD (A)	2	7	0.222
A co 4/64AR (B)	1	8	0.111
E 703RD (B)	1	9	0.100
A co 4/64AR(A)	0	4	0.000

Hunter Conference

	Won	Lost	PCT
E Co. 3-3rd AVN	8	0	1.000
A Co. 224th MI	6	2	0.800
B Co. 224th MI	4	1	0.750
10th TRANS Co.	4	2	0.750
514th ENG Co.	3	3	0.600
D Co. 3-3rd AVN	3	4	0.500
110th QM Co.	2	5	0.500
473rd QM Co.	2	6	0.500
15th ASOS AF	1	1	0.200
RIGGERS	0	9	0.000

Stewart games are played at the Sports Complex off Hase St. and Hunter games are played at the Softball Fields off Duncan Avenue.

Marne Conference

	Won	Lost	PCT
MSC, STB 9	15	0	1.000
632th Maint. Co.	11	4	0.733
USAG MPs (B)	9	6	0.600
549th MP Co.	6	9	0.400
USAG MPs (A)	4	11	0.266
135th QM Co.	0	15	0.000



Standings Softball

Army Ten-Miler Update

Special to the Frontline

Fort Stewart - Hunter Army Airfield hosted its second Army 10-Miler Qualifier at Donovan Field track, June 23.

Two more Soldiers made the Stewart - Hunter team.

Spc. Timothy Insley, Headquarters and Headquarters Company, 3rd Sustainment Bde., finished with 1:04:48, a time three minutes faster

than Spc. Eric Hawes, top runner in the first tryouts.

Lt. Col. Ellen Birch, 3rd Infantry Division, Special Troops Battalion finished with a time of 1:40:49.

Insley and Birch are eligible to join the Army 10-Miler in Washington D.C. slated for October.

For more information on the Army 10-Miler, contact Randy Walker at 767-8238.