

Crazy Days at Corkan, a big hit for Family Fun



Graphic by Pat Young

Bryan Lanier, 5, and Latonya Harris-Jackson, skate; Xavier McIntosh, splashes; and David, 2, and Angel Atking bowl during MWR's Crazy Days at Corkan Family Recreation Area Aug. 16 on Fort Stewart.

Corkan goes Crazy with Family support

Patrick Young
Frontline Staff

Xavier McIntosh, 6, made a big splash at Corkan Family Recreation Area on Fort Stewart as the Directorate of Morale, Welfare, and Recreation hosted its Crazy Days of Summer celebration, Aug. 16.

McIntosh was one of hundreds of children, Soldiers and Family members who took advantage of one of the many activities offered at the recreation center - free of charge.

He splashed in fountains of water and crashed through walls of water, under the watchful eyes of his mother and the helpful staff at Corkan's spray park.

His mother, Chantel McIntosh-Gomez was surprised by the number of activities that

were made available to Family members when she and her husband Sgt. 1st Class Stephan Gomez reported to the installation.

"We were staying at the guest house and noticed a flyer promoting the event, and stopped by to see what was available," McIntosh-Gomez said. "I love this water park. The base has so many activities for children. You can make it a home away from home."

Morgan Gardner brought her children, Zachary, 11, Zoe, 5, and Kaleigh, 2, to the event, but spent a large amount of her time inside the Cypress Sam's Tree House and toddler play area.

"They love the tree house. We come here about once a week," Gardner said. "I love that they made it a free day. It gets warm out at the pool, and we can come in to the air-conditioned tree house to cool off. They can climb

around and have fun in a safe environment."

The tree house offers three levels of obstacles, air-compressed foam-ball blasters and volcano, multiple slides for children 12 and under, and a toddler play area where parents can relax and watch their children explore.

In yet another area at Corkan, Kim Lanier, took a moment during the free day extravaganza to relax on the bleachers inside Corkan Gym as she watched her young son, Bryan, float around the skating ring, assisted by her friend Latonya Harris-Jackson.

"I like skating too," Lanier said as she watched her child. She said it was a good move on behalf of the installation in bringing a skating ring to Stewart-Hunter, and explained it brought back a sense of nostalgia when she would skate as a child.

Briana Smith brought her daughter Sydney,

10, and son Dustin to Crazy Days and visited Stewart Lanes. She met up with her friend Karla Freshwater and her children, Brandon and Kyle. Smith's and Freshwater's friend showed up with friends visiting from Washington State, and they all settled down to enjoy the food, beverages and games.

"All our children are close to the same age," said Smith, explaining while Corkan was such a hit with Family members. "Its something we can do together. The children can play while we relax."

Freshwater, a Family Support Group Leader for Co. A, 3rd Special Troops Battalion, 3rd Sustainment Brigade, said the Crazy Days was good activity to share in.

"You've got to build these kinds of bonds to help make it through these deployments," Freshwater said.

Bandits bash Enforcers, 26-12, in flag football



Sgt. 1st Class Tami Hillis

Marc Miller, safety for the Bandits of Co. B, 4/64 Armor, 4th BCT, puts the moves on a 549th MP Co. player during a Marne Conference flag football game Aug. 22 at Fort Stewart.

Sgt. 1st Class Tami Hillis
4th BCT Public Affairs

The Bandits of Company B, 4th Battalion, 64th Armor Regiment, 4th Brigade Combat Team, didn't let a little rain slow them down as they rolled over the Enforcers of the 549th Military Police Company, 385 Military Police Battalion, 3rd Sustainment Brigade, 26-12 in a Marne Conference flag football game Aug. 22 at Fort Stewart.

Quarterback Isaiah Montfort and running back Eric Stephens led the Bandits, who have a 2-0 record, offensively.

The Enforcers (0-1) struck first, marching down the field in only five plays, capping off the drive with a touchdown pass. The Bandits took

over but were unable to put the ball into the end zone due to three penalties during their first possession.

The MPs tried to add to their 6-0 lead, but were quickly shut down as the Bandits intercepted a pass during the fourth play of the possession. The Bandits offense came alive and six plays later Montfort crossed the line to even up the score 6-6. Just moments before the 20-minute half expired, the Bandits found the end zone again to give them the lead going into the half.

"Our offense played really well tonight," said Randy Wilson, the Bandits coach. "Stephens ran the ball well and Montfort did a good job of passing the ball and running the offense."

The Bandits came out fired up after

the half and scored through the air, building their lead to 20-6. During each team's next possession, neither could get the ball into the end zone. Then in the MPs next possession, the Bandits capitalized on a bad pass, intercepting it and marching it down the field as Montfort connected with Stephens for the quick strike, increasing their lead to 26-6. With only minutes left in the game, the MPs quarterback scrambled across the line, ending the game with a score of 26-12.

Wilson credited his team's win to veteran players who have been playing together for the past three years as well as some newcomers who have helped round out the team.

The Bandits next game is Sept. 5 at 8:30 p.m. and the Enforcers play Sept. 4 at 8:30 p.m.

Soldiers enjoy Sunday fun-day at Forward Operating Base Q-West

Pfc. Gaelen Lowers
3rd Sustainment Brigade

FORWARD OPERATING BASE Q-WEST, Iraq - The Special Troops Battalion, 3rd Sustainment Brigade, held its first organizational day Aug. 12 for the Soldiers stationed on Forward Operating Base Q-West.

The day of fun will be one of many the STB hopes to have for its Soldiers every 90 days throughout the deployment according to Lt. Col. Douglas M. McBride, the STB, 3rd Sustainment Bde. commander.

"The Soldiers have been working very hard, from the time we were training up at Fort Stewart, to Camp Buering and over here," said Command Sgt. Maj. Robert Tolbert, STB, 3rd Sustainment Bde. command sergeant major. "We wanted to give the Soldiers a chance to relax and enjoy themselves."

"It's about the 90-day mark that Soldiers start to burn out and feel the

stress of the deployment," said McBride. "I sat down with (Command Sgt. Maj. Tolbert) and decide to program an organizational day/fun day that will allow the Soldiers to exhale, to have some stress relief in the form of organized sports and friendly competition."

Activities included flag football, a homerun derby, a cookout, a basketball tournament, volleyball and an impromptu water fight that left no one out.

"There should be no question as to who won the water battle," said Sgt. Ketwon Moore, standard Army information system repair technician, "The guys!"

Both McBride and Tolbert participated in most of the events with the Soldiers and even helped win the basketball tournament.

There were plenty of prizes to earn for winning in the events, for picking the right amount of candy in the "Mystery Jar," winning the raffle drawing and even being the oldest and youngest in attendance.

"The prizes ranged from a Turkish kaftosh to a 150 dollar throw rug," said McBride.

All Soldiers choosing to participate in the day's events were given the chance to eat at the battalion's cookout, which offered such grilled treats as barbecue ribs, hamburgers, hotdogs as well as cakes and cookies.

"It was a really fun day," said Pfc. Lindsey Wahler, an ammunition specialist for the 3rd Sustainment Bde.

"I'm glad we got a chance to let our hair down and take a break from work."

Pfc. Gaelen Lowers

Command Sgt. Maj. Clifton F. Johnson, 3rd Sustainment Bde. and Forward Operating Base Q-West command sergeant major and 1st Sgt. Rouse Payne, Co. A, STB, battle for the rebound at the basketball tournament during the Special Troops Battalion's organizational day Aug. 12.



Longest Drive

Special to the Frontline

Fort Stewart golfers took a swing at earning a place in the 2007 Military Long Drive Championship by Cadbury Schweppes, by participating at an installation qualifier Friday at Taylors Creek Golf Course.

The longest drive competition displays the talents of two dozen Army installations with the person who hits the golf ball the furthest taking home \$10,000 in prize money and bragging rights as the 2007 Military Long Driver.

The event is held in conjunction with the 2007 RE/MAX World Long Drive Championships. The winners from each of five districts will earn an all-expenses paid trip to compete in the military division of the RE/MAX World Long Drive Championship Oct. 25 at Palms Golf Club Driving Range in Mesquite, Nev.

The top Fort Stewart-Hunter Army Airfield drivers were United States Coast Guard servicemember Ryan Hixson, 346; Spc. Brian McQuade, Company D, 3rd Battalion, 3rd Aviation 306 yards; Sgt. 1st Class Mike Novack, 3rd Battalion, 7th Inf., 292 yards; and Staff Sgt. Brett Ott, 3/7 Inf., 292 yards.

There were 18 entries in the event and the top three listed were submitted to Family Morale, Welfare, and Recreation Command for advancement. The finals will be held Oct. 25.

Jake's Body Shop

Avoiding injury during exercise

Jake Battle

MWR Fitness Director

Regular vigorous exercises can help you feel great, but it may not come right away. Being injured or just stiff, sore, and uncomfortable is not a healthful way to start your exercise program.

Below are four ways you can be certain the first three weeks of your exercising program are as pleasant as they can be. These include starting slow and easy, warming up and cooling down, stretching, and gradually changing the speed at which you do your exercises.

Start slow

The single most important thought for keeping fit is: GO SLOWLY. This is not a crash program. There is no hurry.

You are trying gradually to make exercise a part of your daily routine. In time you will get fit.

Going slow and easy may be difficult for some.

You may have the mistaken idea that you have to go harder and faster. You may remember those old sayings: "No pain, no gain," and "You have to work until it hurts." When it comes to healthful

exercise, these sayings are not only wrong, they can be harmful.

Avoid pain

1. Your muscles get fit slowly. If you push too hard or try to go too fast, your muscles will let you know — you will be stiff and sore the next day.

2. A painful program is usually a short program. Most people tend

to give up exercise and the benefits it offers in order to avoid the pain.

3. Exercise does not have to hurt to make your heart and body stronger. Pain is unnecessary. In fact, if you are in a lot of pain, your heart rate is too high, you should slow down.



So, increase your activity levels slowly to give your muscles the time they need to get into shape. You want to get fit, not sore.

Build your exercise program a little at a time so that it can help you feel and look your best for a lifetime.

Soldier's 2nd Olympic boxing might be last

Tim Hipps

FMWRC Public Affairs

COLORADO SPRINGS, Colo. — U.S. Army World Class Athlete Program Spc. Mahlon Kerwick has dedicated his Olympic dream to his Family.

Kerwick is the most-experienced boxer among 12 Soldier-athletes competing this week at the 2008 U.S. Olympic Boxing Team Trials in Houston.

Kerwick's father, Ray, has been refereeing and judging bouts since Mahlon made his debut in the ring as a 9-year-old. His mother, Peggy, has been a boxing timekeeper for more than a decade.

"She realized early on that if she didn't get involved in the sport that she would never see us," Ray quipped.

Now Kerwick's wife, Samantha, attends his workouts with 10-month-old son Killian in tow.

"I'm actually doing this for (my Family) right now," said Kerwick, 26, who took nearly a three-year hiatus from boxing but managed to finish second in the 152-pound division at the 2007 U.S. National Championships in Colorado Springs, Colo., in June. "My father, mother, wife, son and the whole WCAP program is one big Family for me."

A five-year Army veteran, Kerwick boxed in the World Class

Athlete Program from 2001 until 2004. He re-entered the program as a boxer in October.

"Coach Abdullah wanted a second chance with me and he's really been working with me to make the Olympic team," Kerwick said.

Kerwick posted an 11-5, quarterfinal victory over former military world champion Capt. Boyd Melson at the recent U.S. National Championships. With the exception of one brief sparring session, it was the first time the WCAP teammates have met in the ring.

Kerwick advanced through the semifinals via medical disqualification of two-time defending national champion Demetrius Andrade.

In the finals, Dallas' Charles Hatley built a 20-point lead on Kerwick before the referee stopped the contest in the second round.

"I'll be back for the big event at the Olympic Trials and hopefully I'll do better," said Kerwick, who is embarking on what could be his last hurrah in the ring.

As much as Ray would cherish having an Olympian son, he's already proud of what Kendrick has accomplished.

"I just hope he stays focused and does what he's capable of doing," the elder Kerwick said. "He's already met all of my expectations."

Tim Hipps

Spc. Mahlon Kerwick (left) of the U.S. Army World Class Athlete Program squares off against Charles Hatley of Dallas in the welter-weight finale of the 2007 U.S. National Boxing Championships.



Pfc. Amanda McBride

4th BCT Public Affairs

Whether the sun was shining or it was raining cats or dogs, Soldiers throughout 1st Battalion, 76th Field Artillery competed against one another in multiple sport competitions with the chance to become this year's winner of the Patriot Cup.

Although the day was filled with competition, Soldiers and Family members also came out to

meet others and make new friends.

"The purpose of the event is making memories," said Capt. John Agnello, 1/76 rear detachment commander. "This will be the last battalion event before the battalion deploys."

This year's ceremony was held at the J.F. Gregory Park in Richmond Hill. Friday's event kicked off at 9 a.m. with the opening ceremony.

"All the participants for the events marched in with their guidon and then we welcomed the Families," said Agnello.

Events and games for everyone who attended filled the day.

Children participated in three-legged races, egg carries, bean bag tic-tac-toe and bean bag tosses. Events for adults included flag football, horse shoes, spades, dominoes and Frisbee football.

Throughout the day local radio station 104.7 FM, provided entertainment for the event. As a token of appreciation, the station raffled off gifts for the Soldiers and their Families.

Field Artillery enjoys sports - day despite rain

2007 INTRAMURAL FLAG FOOTBALL STANDINGS

Marne Conference

	WON	LOST	PCT
F 703rd BSB	2	0	1.000
B Co. 4/64 Armor	2	0	1.000
C Co. 4/64 Armor	1	1	0.500
E Co. 4/64 Armor	1	1	0.500
549th MP Co.	1	1	0.500
HHC 4/64 Armor	0	1	0.000
A 703rd BSB	0	1	0.000
92nd Chem Co.	0	2	0.000

Rocky's Conference

	WON	LOST	PCT
E 703rd BSB	4	1	0.800
135th QM Co.	4	1	0.800
C Co. 3/7 Inf.	4	1	0.800
632nd Maint. Co	2	1	0.666
A Co. 3/7 Inf.	2	3	0.400
HHC 4th Bde.	1	3	0.250
G Co. 703D BSB	1	4	0.200
HHC 4/3 BSTB	0	4	0.000

2007 INTRAMURAL FLAG FOOTBALL SCHEDULE

Marne Conference

Game	Field	Time	Date
549th MP Co. vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept. 04
HHC 4/64 Armor vs E Co. 4/64 Armor	Field 3	8:30 p.m.	Sept. 04
NCO Academy vs HHC 4/64 Armor	Field 3	6:30 p.m.	Sept. 05
F Co. 703rd BSB vs C Co. 4/64 Armor	Field 3	7:30 p.m.	Sept. 05
B Co. 4/64 Armor vs 92nd Chemical Co.	Field 3	8:30 p.m.	Sept. 05
HHC 4/64 Armor vs 549th MP Co.	Field 1	8:30 p.m.	Sept. 11
B Co. 4/64 Armor vs NCO Academy	Field 3	8:30 p.m.	Sept. 11
C Co. 4/64 Armor vs HHC 4/64 Armor	Field 1	6:30 p.m.	Sept. 12
B Co. 4/64 Armor vs E Co. 4/64 Armor	Field 1	7:30 p.m.	Sept. 12
92nd Chemical Co. vs NCO Academy	Field 1	8:30 p.m.	Sept. 12
549th MP Co. vs NCO Academy	Field 3	6:30 p.m.	Sept. 17
92nd Chemical Co. vs E Co. 4/64 Armor	Field 3	7:30 p.m.	Sept. 17
F Co. 703rd BSB vs HHC 4/64 Armor	Field 3	8:30 p.m.	Sept. 17
E Co. 4/64 Armor vs NCO Academy	Field 1	6:30 p.m.	Sept. 19
F Co. 703rd BSB vs 549th MP Co.	Field 1	7:30 p.m.	Sept. 19
B Co. 4/64 Armor vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept. 19

Rocky's SCHEDULE

Game	Field	Time	Date
HHC 4/3 BSTB vs HHC 4th BDE	Field 1	6:30 p.m.	Sept. 04
E Co. 703rd BSB vs C Co. 3/7 Inf.	Field 3	6:30 p.m.	Sept. 04
A Co. 3/7 Inf. vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept. 04
135 QM Co. vs 632nd Maint. Co.	Field 3	7:30 p.m.	Sept. 04
632nd Maint Co. vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Sept. 11
135th QM Co. vs HHC 4th Bde.	Field 3	6:30 p.m.	Sept. 11
HHC 4/3 BSTB vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept. 11
E Co. 703rd BSB vs A Co. 3/7 Inf.	Field 3	7:30 p.m.	Sept. 11

For more information contact the Fort Stewart sports office at 767-4371.



2007 HIGH SCHOOL FOOTBALL SCHEDULE

LIBERTY PANTHERS

Date	Time	Opponent	Location
Aug. 31	7:30 p.m.	McIntosh County Academy	Away
Sept. 14	7:30 p.m.	Brantley County	Away
Sept. 21	7:30 p.m.	Calvary Day	Home
Sept. 29	7 p.m.	Harlem	Home
Oct. 5	7:30 p.m.	Glenn Hills	Home
Oct. 12	7:30 p.m.	Burke County*	Away
Oct. 19	7:30 p.m.	Richmond Hill*	Home
Oct. 26	7:30 p.m.	Hephzibah*	Away
Nov. 3	7:30 p.m.	Benedictine*	Away
Nov. 9	7:30 p.m.	South Effingham*	Home

*=Region game

BRADWELL TIGERS

Date	Time	Opponent	Location
Aug. 31	7:30 p.m.	Glynn Academy	Away
Sept. 7	7:30 p.m.	Griffin	Home
Sept. 14	7:30 p.m.	Coffee	Home
Sept. 28	7:30 p.m.	Beach*	Home
Oct. 5	7:30 p.m.	Jenkins*	Away
Oct. 11	5:15 p.m.	Jenkins*	Bradwell
Oct. 12	7:30 p.m.	Windsor Forest*	Home
Oct. 20	7:30 p.m.	Johnson, Savannah*	Away
Oct. 26	7:00 p.m.	Groves*	Home
Nov. 2	7:30 p.m.	Savannah*	Away
Nov. 9	7:30 p.m.	Camden County*	Away

*=Region Game

For more information on high school football contact David Smith, Fort Stewart school liaison at 767-6533 or contact LCHS at 876-4316 or Bradwell Institute at 876-6121.

