



Serving the Army of One

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# THE FRONTLINE

August 22, 2002

Serving the 3rd Infantry Division (Mechanized), the Fort Stewart and Hunter Army Airfield communities

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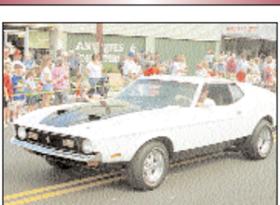
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# 549th MP Co returns from Bosnia

Staff reports

Fort Stewart welcomed home soldiers of the 549th Military Police Company early Friday morning.

The company was the last 3rd Infantry Division (Mech.) unit to return from Stabilization Force 11, a peacekeeping mission in Bosnia and Herzegovina. The Marne Division has participated in peacekeeping missions in Bosnia, Kosovo and other areas of the world for several years.

The company's mission during SFOR 11 was to enforce military compliance in accordance with the General Framework agreement for Peace, while supporting the international community to keep a safe and secure environment.

"Our mission was primarily peacekeeping," said Capt. Edwin Escobar, 549th company commander. "The mission varied. We did air security, maneuver and mobility, police intelligence operations and we ran the MP station there."

"We did so many different division-level missions," he added.

The deployment was hard work, but the soldiers did enjoy a surprise visit from Maj. Gen. Buford C. Blount III, 3rd Inf. Div., Fort Stewart and Hunter Army Airfield commanding general, in July.

"One of the highlights was (Blount's) visit," Escobar said. "It really inspired us."

As part of the visit, Blount spoke to the soldiers, as well as promoting and reenlisting a few of them.

Blount said he was pleased with the soldiers. "We appreciate the great job they (did). Escobar agreed.

"I believe the 549th set the standard," he said. "The soldiers contributed to the social and stable environment of Bosnia and Herzegovina. I think we really represented the division in a very professional manner."

While most of the company is finally back at Fort Stewart, 26 soldiers of the 549th are still deployed, Escobar added.

Due to force reduction, some soldiers had to stay behind a little longer until someone comes to replace them.

The mission went well, but the soldiers are happy to be home, he added. "We are ready to jump back on the Marne Express."



Pfc. Katherine Robinson

Soldiers of the 549th Military Police Company stand in formation during a farewell and awards ceremony Aug. 15. The company has been at Fort Stewart for a year.

## 3220th says farewell

Reserve MPs leave after a year at Stewart

Pfc. Katherine Robinson

Staff Writer

When terrorists attacked the United States on Sept. 11, 2001, the military went to an immediate state of alert. Thousands of reservists and National Guardsmen were activated to serve in their nation's defense. Among those were the soldiers of the 3220th Military Police Company out of West Palm Beach, Fla.

And now, after a year of guarding, enforcing the law and keeping the peace on Fort Stewart, the 3220th, also known as B Company, will head home, back to their civilian jobs, leaving behind them a job well done.

"When terrorists attacked ... it was the citizen soldier who came to our defense," said Lt. Col. John M. Huey, 3rd Military Police

Battalion commander, at an awards ceremony for the company August 15. "They stopped what they were doing, rallied their troops on a guidon and came to Fort Stewart."

"Over the past 12 months, these soldiers have worked diligently," he went on. "Soldiers of Bravo Company — a job well done. The type of experience you have left us with will be hard to replace."

The majority of the soldiers in the company come from a law-enforcement background, according to Capt. Mike Kirschner, company commander, so their experience was an asset to the 3rd MP Bn.

"(They've done) a phenomenal job!" Kirschner said. "We have brought to the table a

See FAREWELL, Page 5A

## Army refines OER system

Joe Burlas

Army News Service

WASHINGTON — Though the latest version of the officer evaluation report accurately assesses officers' performance and potential, according to personnel managers, refinements to the OER system are on the way to address concerns from the field.

Approved refinements include: revising the rater portion of the report to separate performance and potential remarks; "masking" all lieutenant OERs upon promotion to captain; reviewing the possibility of masking chief warrant officer 2 OERs upon promotion to chief warrant officer 3; emphasizing current counseling and mentoring obligations; and conducting an annual assessment of the system.

The refinements are based on the recommendations of an eight-month review of the OER system that ended in April.

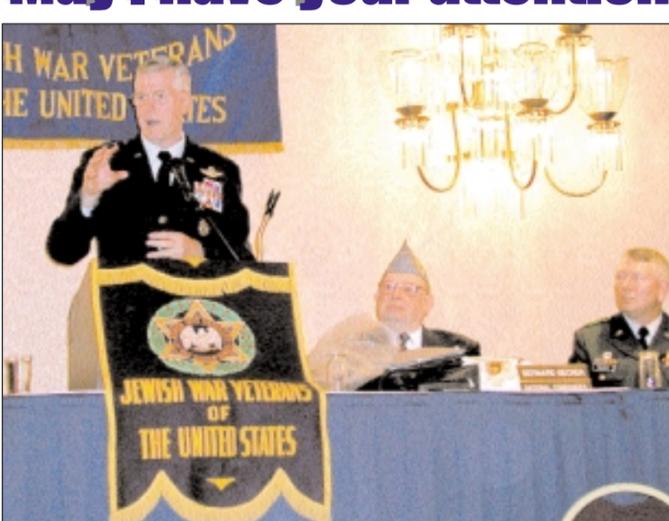
"The officer evaluation report is doing the job it was designed to do — that is, to assess the performance and potential of officers in a manner that provides an effective tool to identify, assign and select the best qualified officers for promotion, education and command," said George Piccirilli, Total Army Personnel Command officer evaluation system chief. "We know the OER is providing selection boards the information they need to select the leaders the Army needs."

Piccirilli should know how well the OER system is doing the job it was designed to do as he briefs each officer board on the OER and reviews selections results and board surveys when the board concludes. He said he has gotten a lot of feedback in the last year that board members find it difficult to separate the rater performance remarks from potential ones as both are entered in the same section of the OER. To alleviate that confusion, PERSCOM will soon put out a message to double space between performance and potential comments until the actual OER form can be revised and fielded.

The OER review was prompted in part

See OER, Page 8A

## May I have your attention



Staff Sgt. Ranson V. Harvey

The Chairman of the Joint Chiefs of Staff, Air Force Gen. Richard B. Myers, speaks to veterans during the 107th annual Jewish War Veterans convention at the DeSoto Hilton Hotel in Savannah Aug. 15. Also pictured are Bernice Becker, Jewish War Veterans national commander, and Maj. Gen. Buford C. Blount III, 3rd Infantry Division (Mech.) Fort Stewart and Hunter Army Airfield commanding general. For more on this story, see the Aug. 29 issue of *The Frontline*.

## CSG gets new top NCO

Pfc. Adam Nuelken

3rd Inf. Div. (Mech.) Public Affairs Office

The 24th Corps Support Group welcomed its new enlisted leader in a ceremony at Marne Garden Monday.

"I want to issue a warm welcome to Command Sgt. Maj. Luis Garcia and his wife," said Col. Roberta Woods, support group commander. "... I look forward to our services together as we ensure

our soldiers are ready for whatever we're called to do."

Garcia comes to Fort Stewart after serving as a battalion command sergeant major at Fort Sill, Okla.

And with him, he brings the knowledge of graduating from every noncommissioned officer school, Battle Staff Course, Officer NBC Course, and the Master

See CSG, Page 5A



Pfc. Adam Nuelken

Command Sgt. Maj. Luis Garcia, 24th CSG, faces the colors during his assumption of responsibility ceremony Monday.

Weather Forecast

**FRI**  
High 94° Low 70°

**SAT**  
High 94° Low 72°

**SUN**  
High 92° Low 70°



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Photos by Spc. Mason T. Lowery

A concealed Sgt. Eugene Estrada, B Company, 2nd Battalion, 7th Infantry, waits for opposing force soldiers Saturday during Marne Focus.

# Bushmasters rule battle

**Spc. Mason T. Lowery**

Associate Editor

In the closing hours of the final Marne Focus battle, they received radio communication alerting them to a dismounted opposing force squad in their vicinity armed with four AT-4s and a "God Gun," which kills everything in sight. Then they realized they were the last squad standing.

"Let's go out with our eyes open," said Sgt. Eugene Estrada, 1st Platoon, B Company (Bushmasters), 2nd Battalion, 7th Infantry. And they moved out.

The Bushmasters came home Saturday after spending 11 days in the field battling OPFOR as a train-up for their National Training Center rotation at Fort Irwin, Calif., later this year.

They seemed to be everywhere, making their presence known and taking on an immense workload.

"We've been doing defenses and attacks, plus helping the engineers lay wire — we fill in the gaps, whatever's needed," said Sgt. Patrick Donovan, B Co., 1st Plt., Alpha section (Red 1) Bradley gunner.

On Thursday, 2/7 soldiers attacked OPFOR, played by 3rd

Battalion, 7th Infantry soldiers.

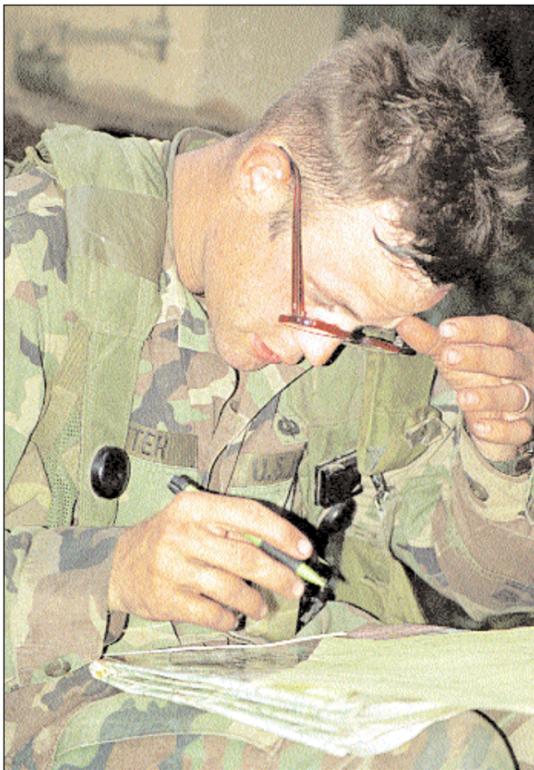
"We whooped them. It's been good training for both battalions (2/7 and 3/7). We've set goals and met those goals. The battles have been the most exciting. The movement and communication between companies and platoons prepares a basis for how we fight," explained Sgt. Matthew Organski, B Co.

On Friday, 2/7 prepared for OPFOR's retaliation. The Bushmasters were going to set up as part of the main defense, but the mission changed at the last minute. They set up ambush sites along a tank trail, awaiting unsuspecting OPFOR.

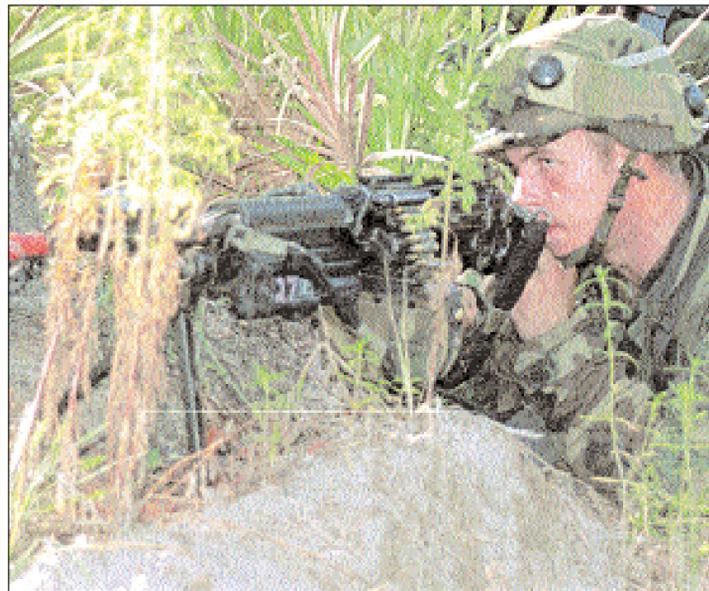
"We're here to mess things up. Heck, that's what OPFOR has been doing to us," said 1st Lt. Antwan Dugan, Red 1 platoon leader, to his troops.

Mess things up they did, killing OPFOR soldiers and chasing tanks until the order came down that the Marne Focus battle was over.

1st Lt. Heith Hunter, Bushmaster executive officer, said the training was, "Interesting, fun and nerve wracking at the same time. We learned a lot by going through a full-blown field operation. The soldiers did well. They're really 'gung ho' about dismounts -- going out and attacking the enemy."



Bushmaster Executive Officer 1st Lt. Heith Hunter looks over Fort Stewart's terrain to plan for the platoons' night missions Friday night.



Bushmaster Pfc. Ivan Ivanov waits in a fighting position.



(Above), Sgt. Patrick Donovan, Bushmaster, scans the horizon in his gunner position. (Left, from left to right), Platoon leader 1st Lt. Antwan Dugan; driver, Pfc. Donald Rhodes; and gunner, Sgt. Patrick Donovan, discuss their mission briefing Friday night.



The battleground at Marne Focus almost conceals the Bushmasters.

**For more in-depth coverage of Marne Focus, see pages 6 and 7.**

# Israeli officers visit Fort Stewart, check out maintenance, logistics

**Pfc. Katherine Robinson**

Staff Writer

Three officers from the Israeli Defense Force Ordnance Corps visited the 3rd Infantry Division (Mech.) Aug. 13 to learn more about the United States Army's maintenance functions.

Col. David Almakis, maintenance commander of the Southern Command, Col. Giora Almog, commander of the Mid-Regional Ordnance Depot and Workshops Units, and Lt. Col. Eyal Tanne, assistant Army attaché for Technology and Logistics, had the opportunity to view Fort Stewart soldiers performing their mission in and out of the field.

"We focused on their maintenance and logistics aspects," Tanne said.

Once a year, members of the Ordnance Corps make a trip to observe the way the American military conducts its maintenance, Tanne said.

The three officers visited Division Support Command, and spent most of their time touring the 703rd Main Support Battalion and the 3rd Forward Support Battalion.

The 3rd FSB was participating in Marne Focus – an exercise that helps prepare brigades for rotations to the National Training Center – at the time, so they got the chance to learn more about the "fix-forward" concept.

The fix-forward concept, according to 3rd FSB Commander Lt. Col. Bobby Towery, is the practice of per-



**The three Israeli officers are briefed during their tour in the field by Chief Warrant Officer 3 James Wilson, 3rd FSB.**

forming maintenance on equipment as far forward in the field as possible.

"The visit was more than wonderful," Tanne said. "We got the chance to see what the soldiers do not only in garrison, but when they are deployed as well."

The officers were very interested in knowing how the mission worked, according to Towery, who took them on a tour of the Brigade Support Area in the field, showing them each of the

3rd FSB's companies, what they did and how they did it.

They received briefings from some of the warrant officers in charge of maintenance, watched maintenance being performed on a humvee, talked to the soldiers and even took the time to pose for a picture with the quick reaction force that was pulling security for them during the visit.

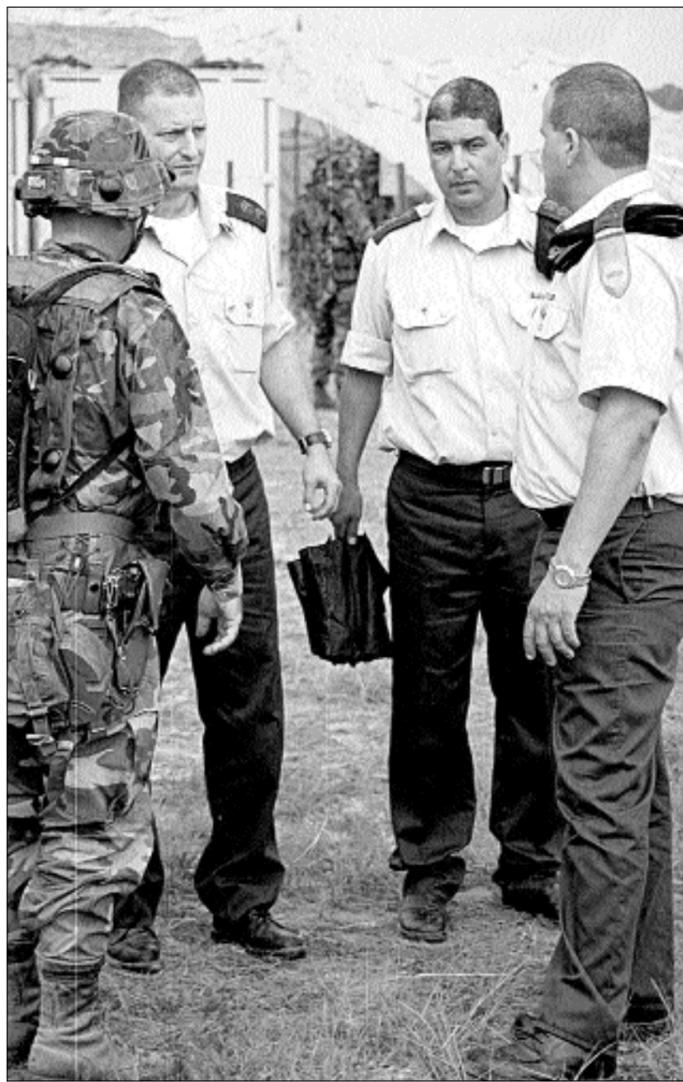
"It was a very successful visit," Towery said.

"We used their visit as a training event," he added.

He took the opportunity to show his soldiers what it would be like and what they would have to do if foreign dignitaries were to visit while the unit

**"The visit was more than wonderful."**

**Lt. Col. Eyal Tanne**  
Israeli Defense Force  
Ordnance Corps



*Pfc. Katherine Robinson*

**Lt. Col. Bobby Towery, 3rd FSB commander (left), talks to Lt. Col. Eyal Tanne, Col. David Almakis and Col. Giora Almog, members of the Israeli Defense Force Ordnance Corps. The three visited Fort Stewart Aug. 13 to view and learn more about the Army's maintenance mission.**

# VOICES AND VIEWPOINTS

## Don't be in such a hurry

**Spc. Robin M. Tenney**  
Staff Writer

It's that time of year again - when the night air begins to chill and the days feel shorter. The coming of Autumn also brings the start of another school year.

Every parent looks to the end of the summer with great anticipation, while every school-age child fears it. Why?

If they only knew what I know now. I find it so ironic that children long for adulthood and that adults long for their childhood.

I too, couldn't wait to be an adult. I thought adulthood would bring with it freedom and experiences beyond my imagination. The old adage "Be careful what you wish for," comes to mind.

Had I known I would be burdened with so much responsibility, I would have avoided every one of my birthdays after the age of six. I hear denial works some times.

I am not so far removed from my school days that I can't remember the pressures children and young adults are

under. But trust me, nothing compares to what is waiting for you - car payments, rent, insurance, credit card bills - and the list goes on.

In school, the most I had to worry about was whether I was going to fail my math test, who I would sit by at lunch or if Bobby (not his real name) still liked me. Sure, it seemed traumatic at the time. Now, I can barely recall the boy's name, who I was never going to get over.

If I could go back and do it all over again, I wouldn't hesitate. I would do many things much differently. I wouldn't have been so concerned with the little things and I would have seized every opportunity at my feet.

There are also many things that I wouldn't change at all. In school, I soaked up every bit of information



teachers threw at me like a sponge. Sure, there are things I can't remember, but the fact that I was given the opportunity to learn so many new things every day is remarkable. Every day was something new.

Now, it seems that every day is a repetition of the last. Days run into weeks and weeks into months.

Childhood passes so quickly, although it might seem that it will never end at the time. My advice to children and young adults is to enjoy life now before it becomes difficult.

Don't sweat the little things. Someday neither you nor your classmates will remember the time you tripped in the cafeteria and broke every dish on your tray (yes, this actually happened to me). If they do remember, it will just be some funny story you laugh about at your 10-year reunion.

Adulthood and all its responsibilities will be here before you know it. There is no way to avoid it and it cannot be reversed (I have tried). So take hold of the reins of childhood and enjoy the ride.

## Marne Voice

THE FRONTLINE

Readers respond to the question:

What are you looking forward to in the new school year?



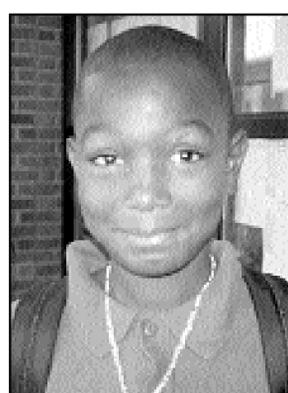
"Not too much school-work."

David Martin, 9



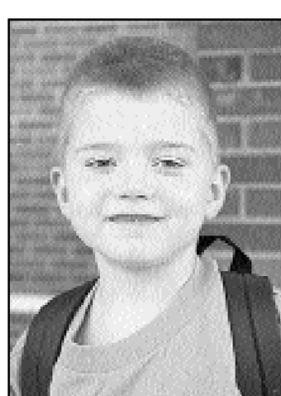
"Making friends."

Lynnae Martin, 11



"Being good."

Eric McDonald, 10



"Playing around."

Robbie Higgins, 5



"First grade."

Kaitlyn Higgins, 6 1/2



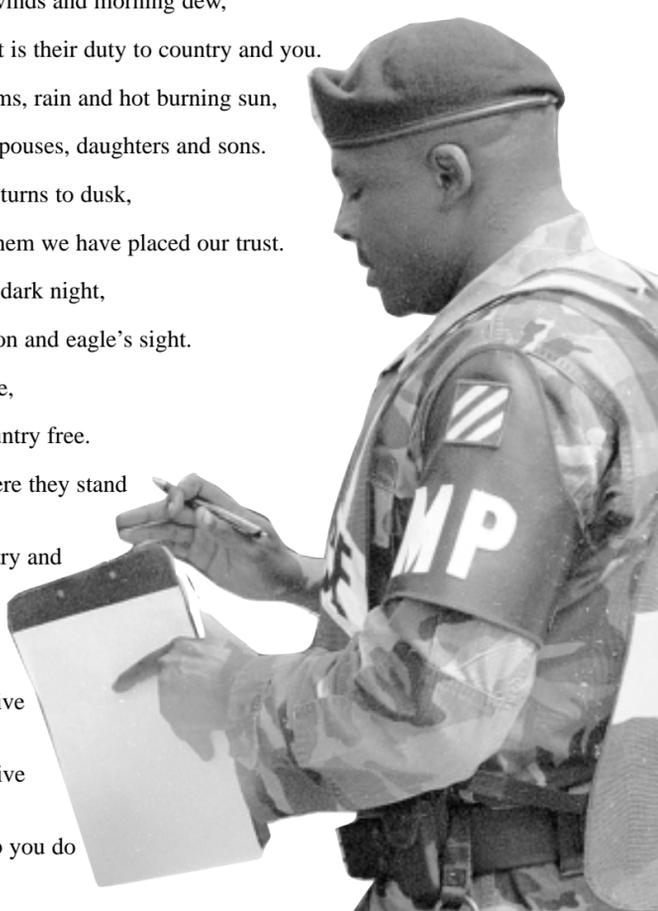
"School."

Tyler Wilson, 5

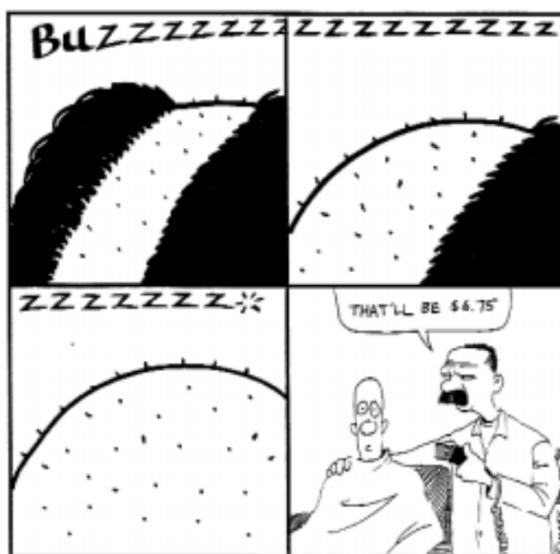
## The Guard

**Sgt. 1st Class Jay T. Sexton**  
148th Engineer Detachment (TOPO)

I see them standing in the early hours through cold winds and morning dew,  
Because there is a purpose for them standing there, it is their duty to country and you.  
I see them standing throughout the days, during storms, rain and hot burning sun,  
To ensure our safety from terrorism, protecting our spouses, daughters and sons.  
I see them standing late into the evenings as the day turns to dusk,  
They guard the post they are placed on, because in them we have placed our trust.  
I see them standing at their post all through the cold dark night,  
Keeping peace at their position with the heart of a lion and eagle's sight.  
Who are these ones I speak of, you eagerly ask of me,  
They are the ones that stand the wall to keep our country free.  
They are the ones that will stand on that wall and there they stand alone,  
They are the ones we want there to protect our country and our homes.  
They are known simply as someone that we seldom give our praise,  
They are known as The Guard, the one we seldom give a gaze.  
So, as you enter through the gate next time simply give them a kind smile and just say,  
Thank you, for the time you endure and the great job you do on every passing day.



## Pvt. Murphy's Law



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Write a letter to the editor!

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# 100 Days of Summer

## Sleep deprivation: Don't let lack of sleep endanger the mission

**Spc. Mason T. Lowery**  
Associate Editor

Because of the dangerous nature of their jobs, soldiers need to be as 'on the ball' as possible when performing their duties. The road trips, late-night barbecues and training missions of summer make extra emphasis on sleep, or lack thereof, especially important.

Lack of sleep, or fatigue, is second only to drinking and driving as the leading cause of traffic deaths, according to Fort Stewart Chief of Law Enforcement Operations Capt. Joseph G. Rogish.

The less sleep a soldier gets, the more his stress level increases, according to Dr. Dennis K. McCormack, Winn Army Community Hospital clinical psychologist.

"The two most common symptoms of stress are anxiety and depression — lack of sleep adds to that. It can be nervousness, sadness or poor concentration," he said. "Poor concentration is one of the biggest problems we have with sleep deprivation and soldiers."

Consider the complexities involved in flying an Apache, firing an M16 or pulling guard duty. Now imagine performing those jobs without adequate sleep.

After 24 hours without sleep you



would probably be OK, depending on what other stress factors you are dealing with, according to McCormack. But after 72 hours, your coordination, thinking and whole system, is negatively affected.

Symptoms of fatigue are analogous to symptoms of drunkenness, according to Rogish.

"A drunk driver and a tired driver look exactly alike to a police officer. The same signs we look for in a drunk driver are what we see in tired drivers," he explained.

After 72 hours without sleep, soldiers become militarily ineffective. Water consumption, diet, physi-

cal conditioning, personal hygiene and meaningful work all impact fatigue, according to the Post Safety Office.

You can't train to overcome sleep loss. Tasks that are boring and take a long time are conducive to sleep.

The ability to perform mental tasks requiring calculations, creativity and the ability to plan ahead declines 25 percent for every 24-hour period of semi-conscious work without sleep.

Leadership ability is degraded by lack of sleep, affecting quick and effective responses to battlefield situations. Leadership ability can't overcome fatigue, according to the PSO.

Well-learned and repeatedly-practiced skills are more resistant to the effects of fatigue, however, new information is difficult to process or implement. The negative affects of fatigue are cumulative, according to the PSO.

**Guidelines for sleep plans:**

Six to 8 hours of sleep nightly will maintain mental task performance indefinitely.

The best times to sleep, given limited choices, are 3 to 6 a.m., and 4 to 7 p.m.

Allow for naps as often as possible. Four one-hour naps in a 24-hour period can be as beneficial as four hours of sleep; however, uninterrupted sleep is best, according to the PSO.

In light of these facts, get enough sleep to match soldier responsibilities.

### Watch for the following symptoms of fatigue

- Headaches
- Poor personal hygiene
- Impatience/irritability
- Loss of appetite
- Inability to focus on tasks
- Physical exhaustion
- Inability to make decisions
- Increased errors
- Difficulty following instructions
- Lack of motivation
- Carelessness

*All this may translate into unnecessary risk taking or shortcuts to get the job done — an open invitation for an accident, according to the Post Safety Office.*

### Farewell

from page 1A

tremendous amount of experience from the civilian sector ... it has made a tremendous impact on the law and order mission at Fort Stewart and Hunter Army Airfield."

"The MPs from the 3220th bring a little something extra to the MP side of the house," Maj. Rufus Curry Jr., mobilization readiness officer agreed. "They assisted soldiers, provided a service during a call of duty for Fort Stewart, and also got some experience as MPs to take with them in their careers."

The 3220th MPs had a very good working relationship with the units at Fort Stewart and Hunter, according to Staff Sgt. Fabio Cardenas, a soldier in the company. "(The soldiers at Hunter) thought we were changing stations," he said. "They didn't know we were reservists."

Before awarding medals and certificates of achievement to the soldiers in the company, Huey congratulated them on their service to the country and Fort Stewart.

"You now walk among the thousands in this country who have served during a time of war," he said.

### CSG

from page 1A

Master Fitness Course.

Garcia looks forward to using his knowledge to bring the support group closer together as a team.

"I believe that by working as a team, there is nothing that cannot be accomplished. I believe in you, the Army's soldiers," Garcia declared.

"A good team is the answer to success, and leaders are only as good as the teams they lead. I have had many fine teams throughout my years and look forward to working with another fine team in the 24th CSG," he added.

Garcia holds three college degrees, which include an associate's degree in automotive technology from Texas College, a bachelor's in business administration from the University of Maryland and a master's in communication information systems from the University of Oklahoma.

Joining Garcia is his wife, Emoryetta.

Garcia has had many accomplishments in his life, but he is humble enough to acknowledge what has brought him this far.

"It is an honor to stand before you today," he said. "When I look back over the years and see how far I have come, I know I have the Army to thank."

### 10 Things You Can Do to Help the Environment

1. Use water-based paints.
2. Recycle your household trash.
3. Compost yard waste.
4. Plant trees.
5. Conserve energy.
6. Buy non-aerosol products.
7. Carpool.
8. Keep your car engine tuned.
9. Recycle used motor oil.
10. Choose less packaging.



# Marne Focus



**Pfc. Robert Thompson (front), and Pfc. Tashel Smith, both of A Company, 3rd Forward Support Battalion, string concertina wire around the Brigade Support Area Aug. 13. Perimeter defense was one of the many missions soldiers performed aside from supply and support.**

*Pfc. Katherine Robinson*

## 3rd FSB keeps 1st Bde on its feet for battle

**Pfc. Katherine Robinson**  
Staff Writer

**W**e got shots fired outside the wire!" the shout comes over the radio into the tactical operations center. The atmosphere is tense inside the tent, as the soldiers outside fight opposition forces for control of the TOC. If the enemy takes over the Brigade Support Area TOC, all may be lost for the combat units who survive off its support.

As the 1st Brigade Combat Team prepared for its rotation to the National Training Center, the infantry and armor soldiers spent their days and nights in the field at Marne Focus, honing their warfighting skills, readying themselves for the month-long exercise in the California desert.

But the infantry and the armor weren't the only units training in the field. The lifeblood of the combat units is their support – the units that provide them fuel, food, repair parts and ammunition as far forward as possible.

In order to do this, soldiers of the 3rd Forward Support Battalion, as well as other units, had to live in the field as well, performing two missions – providing support to the combat units and defending the BSA against enemies.

"We support the 1st Brigade Combat Team in all classes of supply to include combat health support," said Master Sgt. Celia Feller, S-2 and S-3 noncommissioned officer in charge for 3rd FSB. She said the BSA contained assets from most of the units participating in the exercise, including the 703rd Main Support Battalion, the 11th Engineer Battalion, the 123rd Signal Battalion, as well as the aviation, infantry, armor and air defense artillery units.

The soldiers of 3rd FSB spent time not only providing support and logistics, but also stringing concertina wire, digging foxholes and guarding gates. The BSA also had a quick reaction force on hand at all times in case of attack.

It is always difficult to balance the supply functions with BSA security and defense, according to Lt. Col. Bobby Towery, 3rd FSB battalion commander. The way the battalion dealt with the challenge was with organization and teamwork, he said. The battalion set a goal of being fully-operational in all areas – force protection, supply and serv-

See SUPPORT, Page 10A



**An M9 Armored Combat Earthmover digs a fighting position in the field during Marne Focus. Part of the 11th Engineer Battalion's mission during the exercise was to provide cover and concealment for tanks and Bradleys. Other missions included removing enemy obstacles, placing their own obstacles, and manipulating the battlefield to 1st Brigade's advantage.**

*Pfc. Adam Nuelken*

## Combat engineers pave way for units to fight battles

**Pfc. Adam Nuelken**  
Staff Writer

**A** battlefield may start out as a clean slate of desert sand or even a wooded area with trees and other natural obstacles. The combat engineers come into play by creating obstacles to hinder the enemy's movement, and removing others to enhance the abilities of their allies.

Combat engineers from A Company, 11th Engineer Battalion got some hands-on training during Marne Focus last week where they were able to set up defensive obstacles, break through enemy obstacles and set up defensive positions.

"We're providing counter-mobility support to 3rd Battalion, 69th Armor," said 2nd Lt. Ramon Brigantini, 2nd Platoon leader. "We take away and add terrain."

During the defensive battle, the main mission of the combat engineers was to construct obstacles that lead the enemy into certain areas. The engineers played a crucial role by trying to control the enemy's movement into fire.

"What we do is very important because we are trying to influence the enemy," Brigantini explained. "What we put on the ground helps these guys survive."

The engineers used concertina wire to force enemy movements into a mine field. This obstacle is a common set up called a volcano.

In order to set up the volcano, the engineers from 1st Platoon had to wait until nightfall. Then, three different teams set out to build the obstacle. The first team pounded in the pickets used to hold the wire, the second team followed behind dropping the wire by the pickets, and the third team strung the wire.

See ENGINEERS, Page 9A

## Fired up field artillery soldiers fight fire with fire

**Spc. Jacob Boyer and Pfc. Katherin Robinson**  
Staff Writers

**A**midst the chaos of the war on terrorism, deployments to Kuwait and other places, and rotations to the National Training Center, training is of utmost importance.

For the soldiers of the 1st Battalion, 41st Field Artillery, Marne Focus – the 1st Brigade Combat Team's train-up exercise for NTC – offered the perfect opportunity to train and perfect their skills in their field.

"We've been doing a couple of things," said Capt. Kareem Montague, commander of A Battery, 1/41. The soldiers participated in mock battles, practiced attacks and defense, and preparation for both.

"We've demonstrated our ability to shoot battalion-level fire missions live and been evaluated by the timing and effectiveness of the fire," Montague said. "(We) have to make sure (we) can meet the standard."

The most important part of the training, he said, was the opportunity to initiate battalion operations with the BCT, and support the brigade with artillery fire. "Everything else is secondary. We give them fire when they need it."

"I have to figure out how to move the unit, defend the unit and resupply the unit," Montague went on.

He said the exercise went well, and the soldiers got a great training event. Between day one and the end of the exercise, he said he saw significant improvement in the soldiers and their performance.

"We're setting up firing points, waiting for the enemy and sending rounds downrange in direct support of (2nd Battalion, 7th Infantry and 3rd Battalion, 69th Armor Regiment)," said Pvt. 2 Robert Houston, A Btry., 1/41. "We're the brains of the artillery."

Spc. Justin Dominguez, A Btry., went on to explain how some of the process works.

"We send down the grid (coordinates) where the enemy is

See ARTILLERY, Page 9A



**A Howitzer from A Battery, 1st Battalion, 41st Field Artillery, waits to be towed to the rear for repairs.**

*Pfc. Adam Nuelken*

## New commander trains with 3/69 troops

**Spc. Jacob Boyer**  
Staff Writer

**A** new battalion commander and command sergeant major meant a lot of changes for the 3rd Battalion, 69th Armored Regiment as they prepared for their upcoming rotation to the National Training Center during Marne Focus. "We're a different battalion than we were six days ago," said Lt. Col. Rock Marcone, the commander of 3/69 following Raider Focus, the buildup to Marne Focus. "Six days ago we had new leadership, and the battalion had not maneuvered since its last NTC rotation."

Raider Focus took place six days before Marne Focus, Marcone said. It allowed the battalion to focus on company-level operations. Marne Focus gave the battalion and the entire 1st Brigade a chance to maneuver together, he said.

"The training's been good so far,

but it's been fast-paced," said Pfc. James Wotherspoon, a loader with C Co. "We're working and dirty. I'm enjoying it."

The battalion lost one tank during Raider Focus when a fire broke out in the engine compartment, said Command Sgt. Maj. Johnnie Moore, the battalion's command sergeant major. But fortunately, none of the crew was hurt.

"They followed the proper procedures, and used five cans of fire extinguisher," Moore said. "When that didn't put it out, they had to evacuate. All their equipment got burnt up. They got out with what they had on their backs."

The switch to a new commander was a good one, according to one of the soldiers.

"I like the new commander and sergeant major," said Staff Sgt. Charles Hall, a platoon sergeant with C Co. "They've brought a lot of new energy and enthusiasm to the battal-

**"Six days ago we had new leadership, and the battalion had not maneuvered since its last NTC rotation."**

**Lt. Col. Rock Marcone**  
3/69 Armor Battalion Commander



**Staff Sgt. Charles Hall (left), and Spc. Robert Scott Hardie, C Co., 3/69 Armor, clear concertina wire from the tread of an M1A1 Abrams tank after breaching an obstacle during Marne Focus.**

ion. (Marcone) likes to get out there and fight. He doesn't like to waste time. I think morale has been a lot higher since he's been here."

Marcone was glad his battalion had a chance to go out and work on both their day and night abilities.

"That's what really builds the confidence of the soldiers," Marcone said. "They know their leaders trust them to work at night, and they can

think 'I can do this, I can fight at night and be successful.' I'm very confident we can fight and win."

Ultimately, the soldiers responded well to the challenging training, Marcone said.

"The real heroes out here are the NCOs and soldiers," he said. "because I really pushed them hard, and they responded with tremendous professionalism and panache."



**A row of 3rd Battalion, 7th Infantry Bradley Fighting Vehicles line up at a fuel point during Marne Focus.**

*Pfc. Natalie Schlotman*

## Infantry soldiers train peers while playing enemy

**Spc. Robin M. Tenney and Pfc. Natalie Schlotman**  
Staff Writers

**W**hen we leave here, every soldier involved in Marne Focus will be better prepared to fight in combat," said Maj. Frank McClary, 3rd Battalion, 7th Infantry commander.

The battalion spent two weeks in the field as part of Marne Focus where they acted as opposition forces.

Marne Focus is a field exercise preceding a rotation to the National Training Center at Fort Irwin, Calif.

"All elements involved in Marne Focus train individually," McClary explained. "Exercises are held at battalion, brigade and division levels. Marne Focus is so unique because it forces all elements to join and train together."

The battalion's role as OPFOR required them to act as an aggressive force that can fight and cause damage. They were also supported by C Company, 4th Battalion, 64th Armor and C Company, 11th Engineer

Battalion. "Units will leave Marne Focus with an understanding of the enemy they can expect to face in combat," McClary said.

On Aug. 13, the first Marne Focus battle began for OPFOR. The mission was to defend a piece of land from the enemy.

"We know the enemy is focusing on us," McClary said. "We have to keep them from breaking our 'no penetration line.' It's going to be an all-out fight."

Engineers built obstacles to influence fighting in OPFOR's favor and to slow enemy advances. They built a "turning obstacle" designed to keep the enemy trapped in the "kill cycle," an area directly in front of 4/64.

Weapons used included the Anti-Tank 5, which can hit a target four to five kilometers away; artillery with a 30-kilometer span; non-persistent chemical agents, which degrade the enemy's ability to fight, requiring them to don protective gear; and persistent chemical agent.

The day prior to the battle, scouts scouted out the

woods gathering information on the enemy.

The evening of the battle, an OPFOR unit sent out a disruption force to establish a forward defensive position and destroy some of the enemy force before the actual battle occurred.

"It disrupts the attack and causes confusion and chaos before the main battle," McClary said. "A disruption force is typically a light infantry platoon that searches for the enemy's assembly area and disrupts their attack preparations."

All those involved tried to make the battle as realistic as possible, despite the environment.

"We replicate what the brigade will see at NTC, or in other desert environments," McClary said. "We are treating this battle like it's being fought in a desert, using open spaces. We're avoiding using the tree lines for cover."

Furthermore, the soldiers used multiple integrated laser systems gear to add to the realism of the exercise.

"MILES helps because it gives guys more than a feel for battle," said Pfc. Joseph Blum, B Co., 3/7 Inf. "It's

better than just using blanks – MILES lets you know you've been hit."

Being a part of OPFOR also allowed soldiers to gain a different perspective on training.

"It's a different point of view on the objective," Blum said. "We're trying something new and getting different training."

As with any military exercise, Marne Focus tested leadership and teamwork skills.

"Teamwork is the key to everything, no matter what force a soldier is training with," said Spc. Timothy Cousins, 3/7 Inf. "If you can't trust the guy behind you, who can you trust?"

"The exercise is very complex and it tests soldiers in all positions," said Pvt. 2 Derick Smolos, A Co., 3/7 Inf. "You see everyone's leadership capabilities. Every mission we do is different; they all require different thinking."

"It's about getting to work as a team and knowing the platoon's capabilities under pressure, and knowing you can depend on them in a real battle," he added.

# OER

from page 1A

Development Panel study, released last May, that reported a perception in the field that Army culture expected a "zero-defects" performance of its leaders. Following the results of the study, Army Chief of Staff Gen. Eric K. Shinseki directed a deeper look into the OER system.

The decision to mask lieutenant OERs upon promotion to captain by moving the OERs to a restricted portion of an officer's file allows junior officers more room to grow, ease the zero-defects perception and effectively remove comments from a junior officer's file that may be a reflection of an initial learning curve, Piccirilli said.

"It isn't a free pass for promotion up to captain," Piccirilli said. "Those lieutenant OERs are present when captain promotion boards meet and are the basis for the promotion list it produces."

The officer ATLDP also found a perception by many officers that a "center-of-mass" check on the OER by the senior rater meant no possibility of promotion beyond captain.

Center-of-mass ratings are not a killer, Piccirilli said, and promotion board results

bear that out.

Statistics from fiscal year 2001 and 2002 boards show that the majority of officers selected for promotion to major, lieutenant colonel and colonel had a mix of center-of-mass and above-center-of-mass reports.

Only about 10 percent of the officers selected for major, lieutenant colonel and colonel had all above-center-of-mass OERs when their boards met.

In fact, 11 and nine percent of those selected for promotion to major in FY 01 and 02 respectively had nothing but center-of-mass ratings in their files. For the lieutenant colonel selections, 17 percent of those picked up had pure center-of-mass files in FY 01, and two percent in FY 02. The difference between center-of-mass selection between FY 01 and 02 reflects a larger population of mixed files, officials said.

Promotions are based upon Army requirements, Piccirilli said, and those requirements often dictate the selection line between promote and do not promote to be drawn somewhere in the center-of-mass population.

"A senior raters' ability to give above-center-of-mass ratings is limited by regulation to less than 50 percent of the reports rendered in a particular grade," Piccirilli said.

"It allows senior raters the opportunity to

advance their best, with the confidence others can't inflate," he added.

As part of the OER review, surveyed senior leaders and junior officers were offered alternatives to the senior rater portion of current OERs. Almost all chose to remain with the current system, Piccirilli said.

"Feedback from selection boards clearly indicates that board members weigh an officer's entire file during deliberations," Piccirilli continued, "factoring in the officer's assignment history, career progression and evaluation reports."

Counseling is one area of concern identified by the ATLDP study. The subsequent OER system review found mixed results in field interviews ... Some units conduct counseling very well — others don't, Piccirilli said.

By regulation, raters must conduct a face-to-face initial counseling with all rated officers within 30 days of the beginning of the rated period. Periodic follow-up counseling should then be conducted as needed to make needed adjustments to agreed-upon goals, Piccirilli said.

For rated lieutenants and warrant officers 1, quarterly development counseling is required and includes the use of the Junior Officer Development Support Form.

"We've found the best units schedule appropriate counseling in advance on their training calendars," he said. "It's a visible mark on the wall where everyone knows what is expected and when it is supposed to be done."

For officers not getting the required counseling, Piccirilli advised that rated officers should seek appropriate opportunities to ask for rater feedback.

Counseling does not need to be a formal sit-down session — it can be a frank discussion at the motor pool or on the training range, Piccirilli said, as long as it covers the performance bases.

Those bases include what the officer has been doing right, what he has been doing wrong, what improvements can be made and how he stacks up against other officers rated by the same rater.

"It can be tough to look someone in the eye and tell him he is at the bottom of the totem pole," Piccirilli said, "but every officer deserves to know where they stand before an OER is filed."

For more information on the OER system and officer promotion rates, visit PERSCOM Online at [www.perscom.army.mil](http://www.perscom.army.mil), and select the Officer Information link under the Soldier Services section.



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**An 11th Eng. Bn. M9 ACE digs a fighting position for a 3rd Battalion, 7th Infantry Bradley. 3/7 played opposition forces during the exercise.**

*Pfc. Adam Nuelken*

## Engineers

from page 7A

The engineers worked at night to avoid the opposition force from seeing what they were doing, according to the engineers. If the OPFOR saw the obstacle, they could have easily avoided it.

The company also dug defensive positions for Bradley fighting vehicles using M9 Armored Combat Earthmovers.

Although the ACE isn't normally used to dig, the soft soil on Fort Stewart is easily moved, allowing the vehicle to become more of an asset. The ACE's main purpose

is pushing soil and breaking through enemy obstacles.

"It's high maintenance and has its problems, but it's well worth its weight," said Sgt. Scott Martin, ACE operator with 2<sup>nd</sup> Platoon.

"It's an essential tool to mobility and counter-mobility."

The training the engineers went through will be put to test during their upcoming National Training Center rotation later this year.

## Artillery

from page 7A

at, the battalion verifies it, then we verify it and send it to the shooters."

Besides providing fire for the other BCT units, the soldiers of 1/41 conducted reconnaissance missions, and pulled security.

"Sometimes we hip shoot for an emergency mission," said Staff Sgt. Brian Hake, a section chief with A Btry. "While the maintenance guys work, we pull guard. Security becomes our main mission."

"Live-fire is what we enjoy doing the most," he added. "Being so far behind the lines, we don't get to see much action."

"It's good training to fight the (opposition forces) and the ground troops," Houston said.

The exercise was very successful, according to Staff Sgt. Tevesi Fata, another section chief. "We're well-trained as a unit and as a battery. We're ready to deploy on a moment's notice."

He said the exercise also helped the new soldiers in the unit get a feel for what it will be like at NTC.

"This whole exercise is what you make of it," Montague added. His goals for the exercise were to take care of the soldiers and continue to improve the unit.

"It's good training," Houston said. "We're doing what the artillery does best."



*Spc. Jacob Boyer*

**Staff Sgt. Tevesi Fata, A Btry., 1/41 FA, checks the coordinates for fire drill on board a Howitzer during Marne Focus.**

## Support

from page 6A

ices, command and control networks, and basic defense – within 48 hours of arrival at the BSA site.

“We beat that by about three hours,” Towery said. “We balance by having a team approach.” The field commanders in all the other unit TOCs in the BSA pitched in to help. “We couldn’t do it without them.”

Besides providing supply, the staff in the 3<sup>rd</sup> FSB TOC, along with members of the 1<sup>st</sup> Brigade staff, who shared the TOC, tracked the battles and worked together to gain intelligence.

Before the battalion came out to Marne Focus, 3<sup>rd</sup> FSB prepared with Ready Focus, a smaller battalion exercise, Feller said. The purpose of the exercise was to go out, assess their mettle and work together as a team.

“The soldiers are getting good training,” Feller said. “They had to move the whole (support and supply activities) out here.”

“The most important asset is the soldiers on the ground,” she added. “Nothing happens without them.”

The soldiers said they were glad to get the training.

“When you’re in the Army, you train to fight, and you train for real life,” said Pfc. Tashel Smith, A Company. “You never know when you’re going to get

called.”

“It’s valuable,” said Pfc. Richard Shane of B Company. “It’s good for all the new soldiers. It gets everybody on the same level.”

Without the training, many of the new soldiers wouldn’t know what to do when they got to NTC, Pvt. Kris Brown, of B Co., added. “It’s well-needed, good training.”

“I think it’s extremely valuable,” said Pfc. Joseph Henry, B Co. “A lot of people haven’t been to the field and experienced this kind of training.”

Towery said the exercise was important because it’s the only way to train to go to war. “It gives a chance for the supply clerks or the mechanics to get out and understand digging fighting positions ... the opportunity to hone basic soldier skills.”

“I think it’s amazing,” said Pfc. Jessica Acosta, a B Co. mechanic who just finished her advanced individual training.

She said she would rather be qualified at all aspects of her job, than be surprised when she gets to NTC.

“When we finish this, the battalion will be prepared to deploy on no — or short-notice,” Towery said. “There is no doubt in my mind we’ll be ready to go after this field problem.”



*Pfc. Katherine Robinson*

**A 3rd FSB 6K Forklift loads ice onto a truck for HHC, 11th Eng. Bn. The 3rd FSB supported the 1st BCT in all classes of supply, including food, fuel, repair parts and health support.**



**Spc. Brandon White, B Co., 3rd FSB, helps pull security for three Israeli officers visiting the brigade support area Aug. 13. White was a member of the 3rd FSB's quick reaction force.**

# ASK THE JUDGE

## Legal assistance assists soldiers with legal problems

**Maj. Charlotte R. Herring**

Hunter Judge Advocate

**I'm active duty military, where can I go to get assistance with my personal legal issues?**

The Legal Assistance Offices at Fort Stewart and Hunter Army Airfield can assist you in a broad range of legal matters. Both offices have attorneys and paralegals available to help you.

**Who are JAGs?**

A Judge Advocate General is a military attorney who has graduated from an accredited law school, and is licensed to practice law by the highest court of a state or by a federal court. JAGs assigned to assist individuals with personal legal problems are known as legal assistance attorneys.

**What kinds of problems can the legal assistance office help me with?**

Legal Assistance offices can help with a broad range of issues including the following:

- Preparing and signing correspondence on behalf of an eligible client
- Negotiating with another party or that party's attorney
- Assistance with preparing legal documents
- When necessary, referring eligible persons to a civilian lawyer
- Drafting powers of attorney
- Drafting wills
- Giving estate planning advice
- Reviewing contracts and leases (before you sign, of course)
- Providing notarizations
- Personal finance advice
- Assisting with military administrative issues (Reports of Survey, OER/NCOER appeals, QMP appeals, etc.)
- Family and domestic relations advice (divorce, separation agreements, AR 608-99 Family Support, custody, adoption, paternity and name changes)
- Giving advice on consumer issues (inaccurate credit reports, repossessions, harassing creditors, etc.)
- Preparing and giving advice on tax issues (including our full service Tax Center that will open in January 2003)
- Answering questions about landlord-tenant issues
- Providing advice on immigration and naturalization issues
- Best of all, the services of the legal assistance office are provided to you without charge.

**Who is entitled to legal assistance?**

IAW AR 27-3, legal assistance is available to members of the Armed Forces of the United States and their family members, retired military personnel and family members, and survivors of members of the Armed Forces who would be eligible were the soldiers alive. Reserve component and National Guard personnel on active duty for 30 days or more are also entitled to assistance.

**Are my conversations with a legal assistance attorney confidential?**

Yes. Legal assistance attorneys hold all conversations and dealings with clients in confidence, as required by the rules of professional responsibility.

**I have a civilian court date coming up, can I have a JAG represent me?**

Generally, no. Although all JAGs are licensed attorneys, most are not licensed to practice law in the state where they are stationed.

**How do I set up a consultation with a legal assistance attorney?**

Consultations with attorneys are by appointment only.

At Fort Stewart you can call (912) 767-8809 or 8819, or walk into the office and make an appointment. The Fort Stewart LAO is located at 88 Carrington Road in Building T-37, right across the street from the Marne Welcome Center. The hours are Monday, Tuesday & Wednesday, 9 a.m. to 4 p.m.; Thursday, 1 to 3 p.m.; and Friday, 9 a.m. to 1 p.m.

At Hunter Army Airfield you can call (912) 352-5115, or walk into the office and make an appointment. The Hunter LAO is located at 638 Horace Emmit Wilson Blvd. The hours are 9 a.m. to 4:30 p.m. Monday through Friday.

**Are there any walk-in services?**

Walk-in services are limited to powers of attorney and notarizations. Emergency legal situations are determined by the Chief of Legal Assistance and will be accommodated as our appointment schedule and workload permit.

**Bottom-Line Up Front**

The most important consideration is that you get in to see an attorney as soon as possible when a legal issue arises. Time is always crucial and may be the difference between success and failure. Ignoring your problems or hoping that they will go away is not your best option. Come in and see us so we can get your mind off your legal problems and back on completing your mission. Rock of the Marne!



*Spc. Mason T. Lowery*

**Bushmaster Pfc. Ivan Ivanov dismounts the Bradley to fight OPFOR.**

### Creating a Clean and Healthy Environment

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## Stewart

**Hispanic Heritage Month**

The 3rd Infantry Division (Mech.) celebrates Hispanic Heritage Month "Strength in Unity, Faith and Diversity" from 10:30 a.m. to noon, Sept. 17, at Woodruff Theater. There will be traditional and modern Hispanic dances. Guest speaker will be Command Sgt. Maj. Francis Rivera, 26th FSB.

**Patriot's Day**

The Veterans Council of Chatham County takes great pride in presenting what will be an annual celebration of Patriot's Day.

The celebration will be held at 6 p.m., Sept. 11, at Grayson Stadium, Savannah. There will be several local dignitaries present, as well as representatives of the local and county police and fire departments, all branches of the Armed Forces, veteran's groups, guest speakers, choir singing, color guards and bands playing patriotic songs. The ceremony is free and open to the public.

**Guardfist II**

The Guardfist II call for fire facility located in Building 1805 is offering night land navigation classes. Soldiers will receive hands-on training on navigating from point to point during the hours of darkness. This training is especially geared toward soldiers who will be attending PLDC. The facility also offers classes in map reading as well as call for fire. For more information, call Randy Scales, facility manager, at 767-6467/6384.

**Officer Candidate School**

Fort Stewart and Hunter Army Airfield soldiers interested in applying for Officer Candidate School must turn in their packets by Wednesday to the Personnel Actions Section, Room 236, B Company, 3rd Soldier Support Battalion, Building 621.

The uniform for the local board is Class A with all awards and decorations. OCS packets must be complete with all necessary docu-

mentation prior to submission to the 3rd SSB.

Incomplete packets will not be accepted. NOTE: The 3rd SSB is currently in the process of moving packets turned in prior to Saturday.

The Fort Stewart local OCS board will be conducted on Sept. 4 at 8 a.m. in the Club Stewart Headlight Room.

The next Headquarters Department of the Army OCS Selection Board will be conducted at PERSCOM Oct. 7 through 11. For information, call Sgt. Clayton at 767-1452 or Sgt. 1st Class Clark at 767-5817.

**Golf Tournament**

The Society of the Third Infantry Division presents the Marne Association Golf Tournament Four-Man Scramble at Taylors Creek Golf Course, Wednesday. There are two shotgun starts at 8 a.m. and 1 p.m. Entry fees include greens fee, cart, range balls and lunch. 3ID Society members pay \$27.50 and non-members pay \$37.50. You can bring your own team. A \$20 cash fee is required for team registration by Monday. There is a limited number of teams for this event. To register, or for more information, contact Sgt. 1st Class Wise at 767-0019 or [wisecj@stewart.army.mil](mailto:wisecj@stewart.army.mil), 1st Lt. Thomas at 767-2791, [thomasba@stewart.army.mil](mailto:thomasba@stewart.army.mil).

**Retiree representative**

Jake Umholtz has been appointed as the retiree representative to the Club Stewart Council. In an effort to properly represent the retiree community, please advise the military retirees within your directorate of his appointment, and pass to them an invitation to advise him of their concerns and ideas to improve the club system which includes services and activities available.

For more information, call 370-7525 or e-mail [jake.umholtz@stewart.army.mil](mailto:jake.umholtz@stewart.army.mil).

## Hunter

**Recruiter briefings**

The Army's Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief soldiers interested in becoming recruiters today, 9:30 a.m. and 1:30 p.m. in the Hunter Education Center, Building 1290, Room 26. For more information, call 767-3563.

**Army Concert tour**

Live in concert - STYX featuring Dishwalla and Cowboy Mouth at the Savannah Civic Center, Friday. Doors open at 6:30 p.m. and the show starts at 8 p.m. Tickets are on sale now: \$25 in advance and \$30 at the door.

Hunter personnel, purchase your tickets at Hunter Lanes or Savannah Civic Center outlets.

**Women's Equality Day**

The 3rd Infantry Division (Mech.) will celebrate Women's Equality Day Monday, 11:30 a.m. to 1:30 p.m. at Club Stewart. Contact your Equal Opportunity Advisor for lunch tickets.

**Hunter Community Meeting**

The next Hunter Community Meeting will be held Tuesday, 7 p.m. at the Army Community Services center, Building 1286.

**Airframe & Powerplant**

Airframe and Powerplant continuing education courses will be starting at the Hunter Education Center in September. If you would like to sign up, please call your education counselor for more information: 352-6130 at Hunter or 767-8331 at Fort Stewart.

**Automotive Service exams**

The Automotive Service exam is here again. Servicemembers must register for the ASE by Sept. 5 for both Fort Stewart and Hunter sites. There is absolutely no late registration, so make sure you leave plenty of time to sign up. There is a \$28

registration fee for each soldier, but three tests are free once the registration has been paid. Call 767-8331 or 352-6130 for more information.

**HAAF Pot of Gold**

The Hunter Army Airfield Pot of Gold ceremony will be held at 10 a.m., Sept. 5, at the Army Community Services Center, Building 1286.

**Chapter counseling**

The Staff Judge Advocate is changing the hours for Chapter counseling. The new hours are: Article 15 counseling - Mondays and Wednesdays at 9 a.m.; Chapter/Elimination counseling - Mondays and Wednesdays at 1 p.m.; Courts-martial (all levels) - Monday through Wednesday and Friday by appointment only; Suspect Rights advice - Monday through Wednesday and Friday, appointments or walk-ins accepted.

**Hunter Outdoor Recreation**

All facilities at Lott's Island Recreation Area are now open to the general public, to include campground, picnic areas and shelters, the tackle shop, boat hoist, and private berthing for boats.

For more information, call 767-5722.

**Academic testing**

The Hunter and Fort Stewart Education Centers offer a variety of tests.

Testing is scheduled at Fort Stewart each Monday, Tuesday and Friday at 9 a.m. and 1 p.m. At Hunter, the testing times are Monday and Friday at 9 a.m., and Wednesday at 9 a.m. and 1 p.m. Tests for college credit and distance learning exams can be scheduled at most testing sessions. The SAT is not available in July and August each year, so plan accordingly. Call 767-8331 (Fort Stewart) or 352-6130 (Hunter) for more information on tests and scheduling.

## Winn

**Health Benefits policies**

Starting today, the Health Benefits Branch at Winn Army Community Hospital will close each third Thursday of the month from 7:30 - 9:30 a.m. for training. Winn Army Community hospital conducts hospital training the third Thursday of every month.

As of Sept. 3, the Health Benefits Branch will only process TDY orders on Tuesdays and Thursdays from 1-4 p.m. to allow more efficient processing. The Health Benefits Branch is co-located in Building 301 with the TRICARE Service Center. This building can be found behind Winn's Emergency Dept. Their telephone number is 370-6015.

**Cholesterol screenings**

Winn's community health nursing staff wants to check your cholesterol and offer nutritional consultation. Stop by for a free cholesterol screening Sept. 16, 9 a.m. - 3 p.m. in the PX on Fort Stewart or Sept. 23, 9 a.m. - 3 p.m. in the main lobby entrance. Those with increased levels will be asked to follow-up with their primary care manager.

**New clinic hours**

The Family Practice Clinic has changed its hours to reflect the times that patients keep their scheduled appointments. Those hours are Monday through Friday, 8 a.m. to 6 p.m. and Saturdays from 8 a.m. to 1 p.m. Access to care at Winn is based upon the needs of our beneficiaries. It is those needs that prompted the change in hours.

**"Winn Delivers" video**

Expectant moms and partners unable to attend a scheduled labor and delivery tour at Winn can now borrow a video tape that contains a 15-minute "video tour." This video gives families a sneak peek at what to expect during and after delivery at Winn. Copies are available in the OB-GYN Clinic on the fourth floor or at the Public Affairs Office on the

first floor at Winn.

**TRICARE on Fort Stewart**

All health benefits and TRICARE questions can be answered in one place. The TRICARE Service Center is open for business in Building T-301, the old Behavioral Health Building, next to the ER and adjacent to the Outpatient Clinic entrance at Winn. The TRICARE Service Center telephone number remains the same, 368-3048. If you have any questions for the Health Benefits Branch call 370-6015.

**Red Cross orientation**

An orientation briefing will be held for American Red Cross volunteers from 8:30 to 11:30 a.m., Sept. 6 in the hospital conference room, 2nd Floor. For more information, call 370-6903 or e-mail [Brigitte.Roberts@se.amedd.army.mil](mailto:Brigitte.Roberts@se.amedd.army.mil).

Volunteers interested in performing administrative, clerical or clinical duties are needed at Winn.

**TRICARE questions**

Do you have questions about TRICARE - general or specific? There is an e-mail address where you can go to get assistance: [TRICARE\\_help@amedd.army.mil](mailto:TRICARE_help@amedd.army.mil). If you would prefer to ask your questions to someone in the Fort Stewart/Hunter Army Airfield area, you may contact a health benefits advisors/beneficiary counseling and assistance coordinators.

If you have soldiers who are deployed, they too can access information and get assistance from one of the health benefits advisors at Winn, 370-6015 or Tuttle, 352-5062.

**Dermatologist at Tuttle**

Dermatologist, Maj. Richard James, sees patients by appointment at Tuttle the last Thursday of the each month.

Appointment hours are between 7:30 a.m. and 4:30 p.m. His next visit to Tuttle is Aug. 29.

# POLICE REPORTS

• **Subject:** Private First Class, 24-year-old male, Headquarters Command  
 • **Charges:** Driving under the influence  
 • **Location:** Hinesville

• **Subject:** Private, 20-year-old male, 2nd Brigade  
 • **Charges:** Wrongful use of amphetamines, wrongful use of Ecstasy  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 20-year-old female  
 • **Charges:** Wrongful use of methamphetamines  
 • **Location:** Fort Stewart

• **Subject:** Sergeant, 31-year-old male, separate battalion  
 • **Charges:** Wrongful use of cocaine  
 • **Location:** Hunter Army Airfield

• **Subject:** Sergeant, 39-year-old male, separate battalion  
 • **Charges:** Wrongful use of cocaine  
 • **Location:** Hunter Army Airfield

• **Subject:** Private First Class, 22-year-old male, separate battalion  
 • **Charges:** Aggravated assault  
 • **Location:** Hunter Army Airfield

• **Subject:** Private, 27-year-old male, Headquarters Command  
 • **Charges:** Post trial confinement  
 • **Location:** Hunter Army Airfield

• **Subject:** Civilian, 23-year-old male  
 • **Charges:** Using a communication device to commit a felony, wrongful distribution of Ecstasy, wrongful possession of Ecstasy  
 • **Location:** Hinesville

• **Subject:** Civilian, 25-year-old male  
 • **Charges:** Using a communication device to commit a felony, wrongful distribution of Ecstasy, wrongful possession of Ecstasy, wrongful use of marijuana  
 • **Location:** Hinesville

• **Subject:** Civilian, 24-year-old female  
 • **Charges:** Wrongful possession of Ecstasy  
 • **Location:** Hinesville

• **Subject:** Civilian, 31-year-old male  
 • **Charges:** Using a communication device to commit a felony, wrongful distribution of Ecstasy, wrongful possession of Ecstasy, wrongful possession of marijuana  
 • **Location:** Hinesville

• **Subject:** Private, 22-year-old male, Headquarters Command  
 • **Charges:** Wrongful possession of marijuana, wrongful use of marijuana  
 • **Location:** Hinesville

• **Subject:** Civilian, 22-year-old male  
 • **Charges:** Wrongful distribution of Ecstasy, wrongful possession of Ecstasy  
 • **Location:** Hinesville

• **Subject:** Private, 24-year-old female, Division Support Command  
 • **Charges:** Improper backing  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 19-year-old male, Division Artillery  
 • **Charges:** Armed robbery, possession of a firearm during commission of a crime  
 • **Location:** Statesboro

• **Subject:** Private, 22-year-old male, Division Artillery  
 • **Charges:** Wrongful appropriation of private property

• **Location:** Fort Stewart

• **Subject:** Private First Class, 24-year-old male, 2nd Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 19-year-old male, 2nd Brigade  
 • **Charges:** Wrongful use marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 24-year-old male, 2nd Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 23-year-old male, separate battalion  
 • **Charges:** Larceny of private property  
 • **Location:** Sandston, Va.

• **Subject:** Specialist, 24-year-old female, 24th Corps Support Group  
 • **Charges:** Failure to yield the right of way  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 41-year-old male, Division Support Command  
 • **Charges:** Driving while license suspended  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 19-year-old male, Division Artillery  
 • **Charges:** Speeding 42/30, driving while license suspended, failure to show proof of insurance  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 20-year-old male, 2nd Brigade  
 • **Charges:** Driving under the influence, driving while license suspended  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 20-year-old male, 2nd Brigade  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Private 2, 20-year-old male, Division Artillery  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Sergeant, 25-year-old male, Division Artillery  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Specialist, 19-year-old male, Division Artillery  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Private, 21-year-old male, 1st Brigade  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Specialist, 19-year-old male, Division Artillery  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Private, 20-year-old male, Division Artillery  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Specialist, 28-year-old male, separate battalion

• **Charges:** Pre-trial confinement

• **Subject:** Private First Class, 26-year-old male, Division Support  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Staff Sergeant, 31-year-old male, 2nd Brigade  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Specialist, 23-year-old male, Aviation Brigade  
 • **Charges:** Loitering or prowling  
 • **Location:** Savannah

• **Subject:** Specialist, 21-year-old male, Aviation Brigade  
 • **Charges:** Loitering or prowling  
 • **Location:** Savannah

• **Subject:** Specialist, 23-year-old male, Aviation Brigade  
 • **Charges:** Loitering or prowling, carrying a concealed weapon, carrying a pistol without a license, obstruction by hindering  
 • **Location:** Savannah

• **Subject:** Private, 21-year-old male, Aviation Brigade  
 • **Charges:** Loitering or prowling  
 • **Location:** Savannah

• **Subject:** Private first class, 20-year-old male, separate battalion  
 • **Charges:** Failure to appear  
 • **Location:** Hinesville

• **Subject:** Private 2, 21-year-old male, Division Support Command  
 • **Charges:** Four counts contempt of court, criminal trespass, carrying a concealed weapon, carrying a pistol without a license, driving with suspended or revoked license  
 • **Location:** Hunter Army Airfield

• **Subject:** Private, 21-year-old male, Engineer Brigade  
 • **Charges:** Pre-trial confinement  
 • **Location:** Hunter Army Airfield

• **Subject:** Private, 19-year-old male, separate battalion  
 • **Charges:** Pre-trial confinement  
 • **Location:** Hunter Army Airfield

• **Subject:** Civilian, 22-year-old female  
 • **Charges:** Improper backing  
 • **Location:** Hunter Army Airfield

• **Subject:** Specialist, 22-year-old male, 1st Brigade  
 • **Charges:** Malingering  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 20-year-old male, separate battalion  
 • **Charges:** Writing worthless checks  
 • **Location:** Fort Stewart

• **Subject:** Private, 22-year-old male, Division Artillery  
 • **Charges:** Pre-trial confinement

• **Location:** Fort Stewart

• **Subject:** Sergeant, 23-year-old male, Division Artillery  
 • **Charges:** Two counts deposit account fraud  
 • **Location:** Hinesville

• **Subject:** Specialist, 25-year-old male, Aviation Brigade  
 • **Charges:** Deposit account fraud  
 • **Location:** Hinesville

• **Subject:** Private, 21-year-old male, 2nd Brigade  
 • **Charges:** Wrongful use of cocaine, wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Civilian, 25-year-old male  
 • **Charges:** Using a communication device to commit a felony, wrongful distribution of marijuana, wrongful possession of marijuana, wrongful growing and manufacturing of marijuana  
 • **Location:** Walthourville

• **Subject:** Civilian, 33-year-old female  
 • **Charges:** Using communication device to commit a felony, wrongful distribution of marijuana, wrongful possession of marijuana, wrongful grown and manufacturing of marijuana  
 • **Location:** Walthourville

• **Subject:** Civilian, 24-year-old female  
 • **Charges:** Attempted suicide  
 • **Location:** Fort Stewart

• **Subject:** Private, 20-year-old male, Aviation Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, Aviation Brigade  
 • **Charges:** Wrongful possession of marijuana, wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 22-year-old male, separate battalion  
 • **Charges:** Deposit account fraud  
 • **Location:** Hinesville

• **Subject:** Staff Sergeant, 39-year-old male, separate battalion  
 • **Charges:** Speeding 69/55, driving while driver's license suspended  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, separate battalion  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 24-year-old male, Engineer Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 22-year-old male, Engineer Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Sergeant, 26-year-old female, separate battalion  
 • **Charges:** Failure to obey a lawful order  
 • **Location:** Hunter Army Airfield

• **Subject:** Private, 18-year-old male, 2nd Brigade  
 • **Charges:** Pre-trial confinement  
 • **Location:** Hunter Army Airfield

• **Subject:** Private, 19-year-old male, Division Artillery  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana, wrongful use of cocaine  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 20-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 24-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 20-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 21-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, Division Support Command  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Specialist, 25-year-old male, Engineer Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, Division Support Command  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private 2, 21-year-old male, Division Support Command  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 22-year-old male, 1st Brigade  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private, 21-year-old male, separate battalion  
 • **Charges:** Wrongful use of marijuana  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 30-year-old female, Division Support Command  
 • **Charges:** Driving on post suspension, driving under the influence  
 • **Location:** Fort Stewart

• **Subject:** Private First Class, 21-year-old male, 1st Brigade  
 • **Charges:** Driving under the influence, open container, contributing to the delinquency of a minor  
 • **Location:** Fort Stewart

• **Subject:** Private, 20-year-old male, 1st Brigade  
 • **Charges:** Underage drinking  
 • **Location:** Fort Stewart

• **Subject:** Civilian, 39-year-old female  
 • **Charges:** Improper backing  
 • **Location:** Fort Stewart



**VOLUNTEERS NEEDED**  
**Fort Stewart McGruff Safe House Program**

All inquiries or request for information should be directed to:  
 Attn: H.L. Goodwin, Army Community Service  
 76 Lindquist Avenue, BLDG 470, Fort Stewart, GA 31314-5512  
 Phone: (912) 767-5058/5059 • Fax: (912) 767-5502  
 Sponsored by DCAS  
 Army Community Service - Family Advocacy Program

# SPORTS & FITNESS

B SECTION

## On Post

### Youth football/cheerleading

Register your child for the Fall Fort Stewart Child and Youth Services football and cheerleading, 8 a.m. to 5 p.m., Monday through Friday, Building 443, located on the corner of Gulick Ave. and Lindquist Rd., behind Corkan Pool. Football is open to children ages 7 to 13. Cheerleading is open to children ages 6 to 13. For more information, contact CYS at 767-2312.

### Army Ten-Miler

Interested in representing Fort Stewart and Hunter at the Army Ten-Miler in Washington, D.C., on Oct. 20? Sign up now for the preliminary race at 5:45 p.m., Aug. 26, at the 92nd Engineer Battalion Headquarters, Building 3002 on the PT Loop at Fort Stewart. Categories are Open Men, Open Women, Masters Men and Sergeants Major. The top 6 from each category will represent Fort Stewart and go TDY to Washington, Oct. 18 to 21. Active duty military who are interested must submit an application to the Fort Stewart or Hunter sports offices prior to the race or bring it with them. For more information, call 767-8326 or 352-6749.

### Golf Course

Taylor's Creek Golf Course offers Senior Blitz on Thursdays with a 9 a.m. tee off. They also offer a Dogfight Tournament at 7:30 a.m., and Men's Blitz at 1 p.m. on Saturdays and Men's Blitz at 1 p.m. on Sundays.

### Newman offers training

The Newman Physical Fitness Center now offers free personal-training consultations. They consist of health screenings (body fat assessments), exercise prescription and nutritional counseling. Consultations are on appointment-basis only.

Persons desiring this service may contact the Newman Physical Fitness Center at 767-3031.

### Boating program

The Coast Guard Auxiliary Flotilla 10-2 will offer a basic boating program, Boating Skill and SeamanShip Educational Program.

Classes will be held at the Coast Guard Air Station located on Hunter Army Airfield. Classes will meet from 7 to 9 p.m. on Monday and Thursday nights for three weeks. A final test is required. An optional class on piloting is also offered. Cost for materials is \$25.

The Basic Coastal Navigation program will be offered beginning Sept. 17. The class will meet from 7 to 9 p.m. on Tuesdays for 10 weeks. The cost for materials is \$35.

For more information, call Kent Shockey at 897-7656, Dick Luettich at 598-9375 or Bill Jackson at 356-3536.

### Marne tournaments

A 9-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. The cost is \$15 per person. Cash prizes will be awarded. The tournament is sponsored by the Fort Stewart Women's Bowling Association.

For more information, call 767-4866. A scotch doubles tournament is held the third Saturday of every month at Marne Lanes. Bowling starts at 7 p.m. Cost is \$20 per couple.

### Newman opens for PT

Newman Physical Fitness Center now opens at 5 a.m. Monday through Friday for soldier physical fitness training.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.

## New coach hopes to turn Liberty County's football fortunes around



Sp. Jacob Boyer

Staff Writer

After finishing 0-10, a lot of teams would not think they had a lot to look forward to this upcoming season. But a new coach and new attitudes may just be what the Liberty County High School football team needs to turn things around.

"Despite not winning much, the players have a positive attitude," said Kirk Warner, Liberty's new head coach. "They've got some hope this team can be turned around."

Warner comes to the Panthers after six years as an assistant at nearby Bradwell Institute, where he coached tight ends and defensive ends.

He brings extensive playing experience with him, as he played tight end for the Georgia Bulldogs from 1986 to 1990 and spent two years at the New England Patriots training camp.

When he first took the job, a lot of people told Warner it would be a lot of hard work, he said. But his goals for this year are for the Panthers to win more than they lose and be competitive in all of their games.

"We had to work on the attitudes of the kids and selling them on this team being a winner," Warner said. "We had to work on their practice habits, their mental concentration on the field and their discipline in the classroom. Our main struggle was getting them out of their bad habits, but they're finally starting to listen to us."

This year's offense will be running a combination of the I and Wishbone-veer formations, Warner said. He wants the team to maintain a 60-40 run/pass ratio as far as play-calling is concerned.

"We're aiming at keeping it wide open with a variety of plays," Warner said. "We want to place the kids in the best position to score. We're thin depth-wise, so we're going to try to grind it out and eat time off the clock."

On the defensive side of the ball, the Panthers will compensate for their small size with multiple fronts, Warner said.

"They'll have to play aggressively," Warner said. "The guys on defense can run to the ball, make the plays, and are aggressive."

The upcoming season will be dedicated to the team's seniors, who have shown a lot of leadership, Warner said. Marcelo Estrada (OL/DL), Ken Jones (OL/DL), Justin Lovett (OL/DL), Cole Martin (WR/DB) and Donald Hart (OL/DL) are all committed to turning the team around, he said.

"Even though they've lost in the past, they're leading by example," Warner said. "We've got to keep them healthy and on the field."

Despite a rough past, Warner is hopeful for his team's

Senior wide receiver/defensive back Donald Hart finishes his route after catching a pass during Liberty County High School's football practice Monday. The Panthers open their season against Bradwell Institute Sept. 6.

Sp. Jacob Boyer

See PANTHERS, Page 3B

## Army football announces 2002 captains

Special to The Frontline

WEST POINT, N.Y. — Army Football Coach Todd Berry announced Monday that defensive end Clarence Holmes, the program's career sack leader, and wide receiver Aris Comeaux, the Black Knights' top returning receiver, have been selected by their teammates to serve as team captains for the 2002 grid campaign.

Holmes, a three-year letterman, was elected by his fellow Black Knights to serve as a game captain for last season's Army-Navy contest. Berry asked his squad to elect two captains prior to the season and then had the team hold another vote prior to the Army-Navy game to select two additional captains based upon their performance and leadership during that season.

With his dual selections, Holmes will become the first Black Knight in more than a century to be listed as team captain in back-to-back years. The most recent Army gridder to accomplish that feat was

Walter Smith in 1899 and 1900. The only other two-time captains were Dennis Michie (1890 and 1891) and Edward King (1894 and 1895).

Holmes will be joined in the 2002 captaincy by Comeaux, a two-time letterwinner who is the lone experienced veteran among a promising and athletic wide receiver corps.

"Obviously I think this is the greatest honor a player can get," Berry said. "It shows how the rest of the team views them. We've had great leaders here in the past, especially since I've been here. This is a leadership institution. We have a lot of good leaders on this team."

"I think the team sees in Aris and Clarence a commitment to team values and a concern about all of the other players, not just themselves," Berry added. "Those two take ownership in the team as a whole. I think the team respects their work ethic, along with the mentality and consistency that they have every day, both on the field and off. It is for these reasons that Clarence and

Aris were elected team captains."

Entering his third year as a starter, Holmes is coming off his finest season to date. He equaled the single season Academy record for sacks with seven a year ago, completing his junior campaign with 49 tackles, a dozen of which were behind the enemy's line of scrimmage.

His 12 tackles for loss tied for the 10th-best effort in Academy annals. In addition to standing seventh on the team in stops, he also ranked among the team leaders in pass deflections (five) and quarterback hurries (six).

The Decatur, Ga., native began his career as a defensive tackle before making the move outside midway through the year. Holmes has appeared in 25 career contests, earning 13 starting assignments. He missed five games in 2000 because of an ankle injury.

Comeaux, meanwhile, enjoyed a "breakout" season of his own in 2001, establishing career highs with 35 receptions for 505 yards. Both

figures listed second on the team a year ago. He was one of only two Black Knights to haul in at least one aerial in every contest. Comeaux led the Black Knights with five touchdown receptions, the most by an Army receiver in more than a decade. The Tulsa, Okla., product caught eight passes for 134 yards against Cincinnati in last year's opener. His 134 yards were the most by an Army wideout since 1983 and ranked 13th on Army's single-game chart.

With 21 games of experience under his belt, Comeaux will enter his final season with 47 career receptions, needing just 18 more catches to break into Army's career Top 10.

"A team captain does not always have to be the best player. The captain should be the guy that everybody wants to emulate. Being a captain is not about making plays every day in practice, it's about other

See CAPTAINS, Page 3B

## Citadel coach thinks Dogs on target as two-a-days continue

### Mike Hayden

The Citadel

Second year head coach Ellis Johnson feels the Bulldogs are right on target for where they need to be at this point following the team's third two-a-day practice Monday afternoon at Willson Field, located on The Citadel's campus.

"Overall, today was a pretty good practice even though we had to fight through some heat," Johnson stated. "I feel we are right on target for where we need to be at this point, and our players are really coming together."

Johnson noted several positions and groups that have showed significant improvement over the past few practices.

"The offensive line really looked good today and Joe Call and Jeff Klein are really throwing the ball well," Johnson added. "The defense did

an outstanding job in this morning's practice, yet took a step back in the afternoon. I'm not sure if that was because of the increased hitting or just the temperature."

Johnson, a Winnsboro, S.C., native, also pointed out that his team was struggling through some minor injuries to this point.

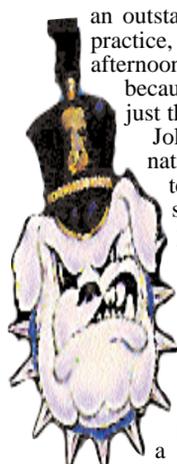
"We are having to push through some minor bumps and bruises right now and that makes it tough," Johnson continued. "Some of the injuries are coming from the surface we are practicing on and it has taken a beating over the past few practices."

The Citadel returns to the practice field on Tuesday morning at 7:30 am and then again in the afternoon at 3:30 pm. Both practices are scheduled to take place on Willson Field.

The Bulldogs open the season in 19 days against nationally ranked and defending SEC champion LSU Tigers on September 7th at 7:00 pm in Death Valley.

**Injury Report:** Sophomore defensive back Dru Knight is listed as doubtful (dislocated elbow). Will likely be out two weeks. Senior wide receiver Matt Healy is listed as day-to-day (strained hamstring).

Senior defensive lineman Ryan Funke is listed as day-to-day (bruised shoulder). Funke is still undergoing testing. Redshirt freshman defensive back Brandon Hawkins is listed as day-to-day (sprained knee). Redshirt freshman offensive tackle Adam Hastings is listed as day-to-day (sprained ankle).



# Marne Scoreboard

## Softball

### 2002 Fort Stewart/HAAF Intramural Softball

**Men's Fall Softball League**  
Open to military and civilians.  
Entry Deadline: Monday  
Fee: \$175 per team  
15 players per team  
Limited to 20 teams

### Men's Marathon Softball Tournament

Aug. 30-Sept. 1  
Double Elimination  
Entry Deadline: Wednesday  
Entry Fee: \$125 per team  
Open to military and civilians.  
Men's Class C and D, Co-ed teams are welcome.  
Contact Arthur Lewis at 767-6572 or 352-6749.

## Football

### 2002 Fort Stewart/HAAF Intramural Flag Football

### Preseason Tournament

Aug. 26-29  
Single Elimination  
Contact Arthur Lewis at 767-6572 or 352-6749.

**Regular Season**  
Company level, active-duty level league, battalion-level women's active-duty league, battalion-level 35-and-over active-duty league, and family member women's league begin Sept. 9

**Company-Level Football Tournaments**  
The company-level top two preseason teams from each conference will compete Feb. 18-21. The leagues involved will include the battalion-level women's active-duty league's top two teams, the battalion-level 35 and over top two teams, and the top two family member women's league teams.

**YMCA Youth Flag Football**  
Registration is ongoing and ends Sept. 1.  
Ages 3-4 \$20 YMCA members  
\$35 program members  
Ages 5-6 \$40 YMCA members  
\$55 program members  
Ages 7-8 \$50 YMCA members  
\$65 program members  
Register at the YMCA, 201 Mary Lou Drive or call 368-5311 for more information.

## Running

**"Top of the Rock" Run**  
Sept. 7  
Race starts 9 a.m. at Newman Physical Fitness Center.

5K Individual, 10K Individual, male and female 5K, team 10K (10 runners minimum)  
Entry fee: \$10-\$12, or \$18 day of race  
10 age groups  
Entry deadline: Individuals can register the day of the race, teams must be registered by Sept. 4.

## Basketball

**Basketball Season**  
Entry Deadline: Nov. 14  
Company-level, active-duty level league, battalion-level women's activity-duty league and the battalion-level 35 and over league start Nov. 25. The family member women's league starts Nov. 26

## Soccer

**Fall Six-Man Soccer League**  
Begins Sept. 23  
Contact Arthur Lewis at 767-6572 or 352-6749.

**YMCA Adult Coed Soccer**  
Registration is ongoing and ends Sept. 1. The league is open to ages 16 and older.  
The cost is \$220 per team or \$28 per person for YMCA members and \$38 per person for members. Register at the YMCA or call 368-5311 for more information.

Got Scores? Contact the Frontline staff at 767-3440.

## Captains

from page 1B

things," Berry continued.

"I think we have two really fine players who will make plays for us on Saturdays, but they will also give us great leadership in all

facets of our program," he said.

Army will open its 113th season at 1 p.m. Saturday, Sept. 7, when it hosts Holy Cross at Michie Stadium.

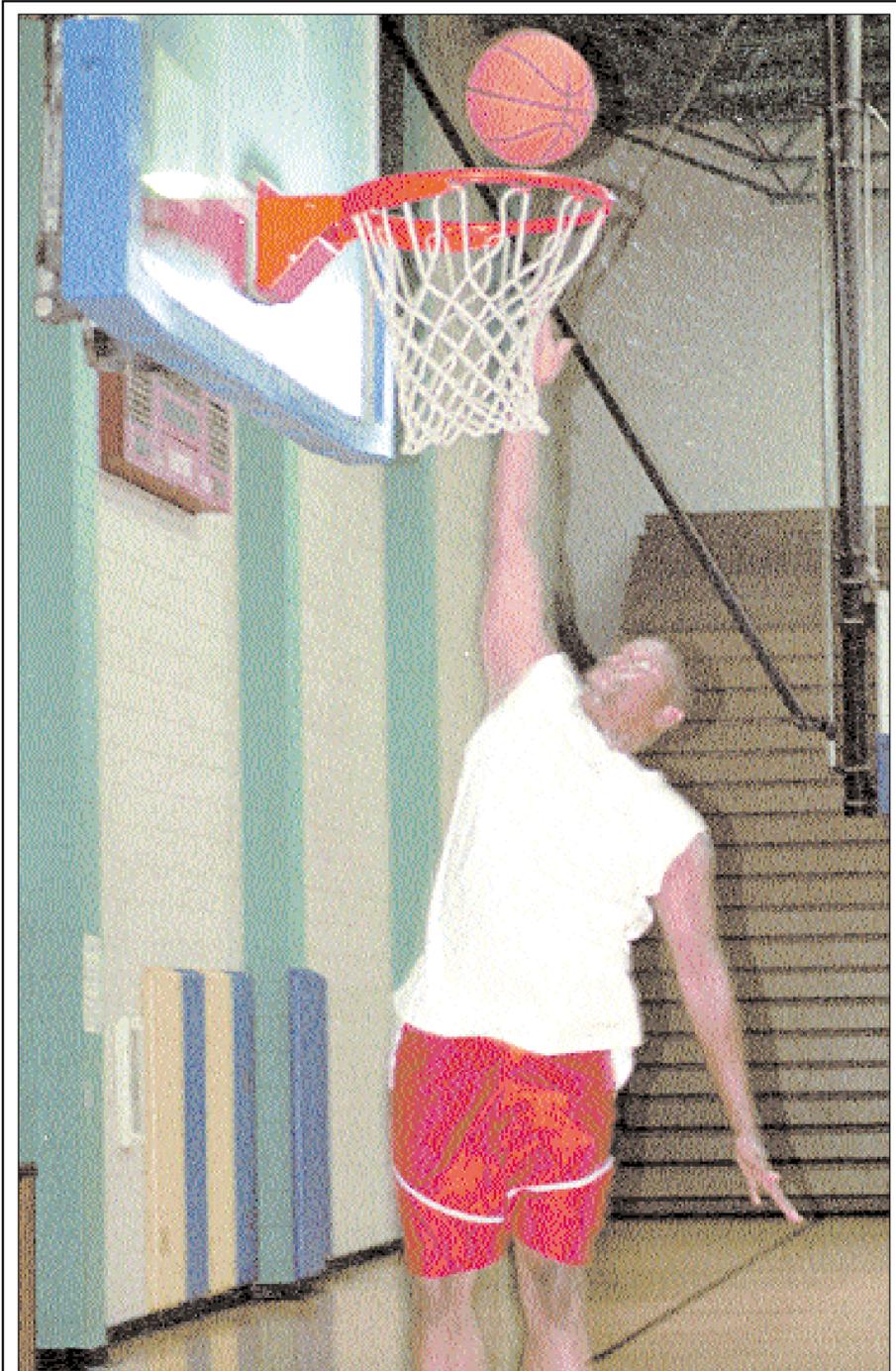
## Panthers

from page 1B

future.  
"Refuse to Lose," that's our mental approach to every game," Warner said. "We work too hard during the week not to be competi-

tive on Friday nights."  
Warner knows that the right motivation and a good crowd can make a big difference in the upcoming season.

"Our coaching staff is constantly working hard to motivate these kids," Warner said. "We need fans at the games. We need that 12th man on the field."



Spc. Robin M. Tenney

Sgt. Matthew Sampson, A Battery, 1st Battalion, 9th Field Artillery, works on his basketball skills Tuesday at Newman Physical Fitness Center. Newman offers a variety of opportunities for the Fort Stewart community to improve their physical fitness, seven days a week.



Look Before You Leap...

Observe swimming safety, year-round!



# JAKE'S BODY SHOP

## Jazz up your diet

By adding fruit to your eating routine, you can avoid unhealthy foods and enjoy the benefits of a better diet.

If you're like many Americans, you have fruit or fruit juice only five or six times a week. Unfortunately, this falls short of the recommended two to four servings a day.

Eating a variety of fruit provides essential vitamins which can help your immune system and improve your body's response to stress.

You may not be in the habit of eating much fruit now, but there are so many ways to include fruit in a diet, almost anyone can find a method they enjoy.

### Snacks

Fruit makes a great snack for people of all ages. Because most fruit doesn't take much preparation, it can be eaten practically anywhere.

Eating a handful of grapes instead of popcorn while watching television allows you to help your body even while relaxing.

### Toppings

Make it a habit to add fruit to other foods. Top waffles, cereal, oatmeal or ice cream with berries or bananas.

Not only will adding fruit help your diet be more nutritious, it will also enhance the flavor and appearance of your meals.

### Meals

Do you usually skip breakfast or lunch because you are too busy to eat? You don't have to any longer. Prepare ahead of time by buying a few extra pieces of fruit at the grocery store.

As you run out the door in the morning, grab a banana or apple. This will help you prevent a growling stomach later on.

### In foods

There are many great recipes that call for fruit. You might enjoy adding fruits to muffins, or pineapple or oranges to main dishes.

Also, many salads taste delicious with strawberries or mandarin oranges included. Top the salad with a poppy seed or raspberry dressing.

### Drinks

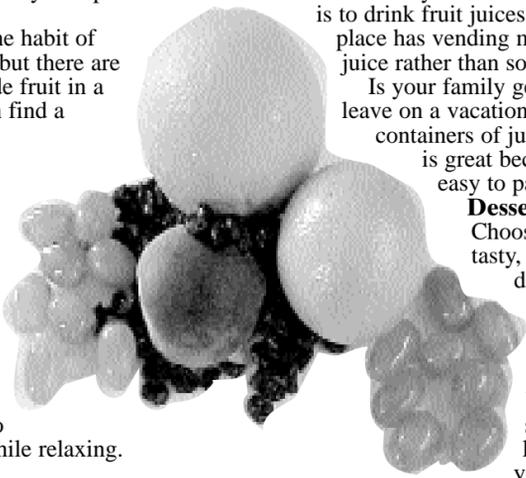
Another way to add fruit to your diet is to drink fruit juices. If your workplace has vending machines, buy juice rather than soda.

Is your family getting ready to leave on a vacation? Grab a few containers of juice. Fruit juice is great because it's so easy to pack.

### Desserts

Choose fruit for a tasty, low-fat dessert. You don't always have to eat it plain. Mix the fruit in a blender with skim milk and low-fat frozen yogurt to create a thick milkshake.

Remember to add fruit to your shopping list before you go to the grocery store this week. Fruit can add a new burst of flavor to your diet.



### Jazz up your diet with fruit

- Eat fruit as a tasty snack. Try low-fat cottage cheese with sliced, canned pears.
- Add fruit to salads. raisins and tangerines make great toppings.
- Find recipes that include fruit as an ingredient. Many healthy recipe books feature tasty fruit dishes.

# Home runs need to regain their majesty

Spec. Jacob Boyer

Staff Writer

Commentary

Like many an American, I love baseball. I've grown up watching game after game — cheering, razzing and even (almost) crying at some points. It was the second organized sport I played, and that was only because you could start playing soccer at an earlier age.

Nowadays people say there are many problems with the game at its highest level. They say major league baseball players earn entirely too much money. They bemoan the owners and their greed. They think all the players are juiced out of their minds on some sort of Creatine-steroid cocktail. They even go on about how Commissioner Bud Selig needs a new haircut (Okay, THEY don't, but I do).

But I say there is only one problem currently plaguing the game I love. One insidious cancer eats away at the foundations of good base-running and solid fundamentals. We all think we love it, and it has made for some great headlines in the (most recent) post-strike era.

What is it that is slowly ruining the game of baseball, you ask? I guarantee it's not what you think ...

People are hitting too many doggone home runs!

Whatever happened to the days when you went to a ballgame and didn't know whether or not you would see a hardball soar past the outfield fence? Hitting a home run used to be considered one of the most difficult feats in all of sports. Now they have become entirely too commonplace in the modern game. Let's think about this for a second.

Before the strike, Mark McGwire would occasionally mount a challenge to Roger Maris' single season record of 61 home runs, but he never quite managed it. We always knew that at some point after the All-Star Break, McGwire would throw out his back and we'd have to wait for next year to see if he could do it again. The man was a walking advertisement for chiropractors everywhere!

Then 1998 happened, and McGwire and Sammy Sosa both brought Maris' record crashing to the ground. McGwire's 70 and Sosa's 66 were suddenly the new standard, and we all thought the former mark would stand for some time, despite both players

going on to beat Maris' number again.

Last year, Barry Bonds made fools of everyone who would like to see the power go down a little. At the beginning of the season the talk was all about how he was set to hit the 500th dinger of his career, a big feat in and of itself.

Then Bonds went on a tear. Before it was all over, he'd smacked 72 balls into or past the cheap seats. Now he's gone and hit his 600th this year. Give me a break. Barry Bonds?

He's a great player, to be sure. I've followed his entire career from the start, and I never would have imagined him as the man to hold the single-season home run record. Even less would the thought of him holding a challenge to Hank Aaron's career record of 755 round-trippers have ever crossed my mind.

And the hit list gets longer. Alex Rodriguez went yard six times in three games as of Tuesday morning.

Two games Monday night accounted for more than 10 homers. This was all in the course of three days! The madness has to stop!

Don't get me wrong. I like to see a ball go out as much as the next guy, but enough is enough. Home runs used to be special, like when your parents took you to Baskin-Robbins instead of making you wash dishes. Baseball seems to be less and less about advancing runners and more and more about filling the bases and pulling the plug.

So there you have it. While the spectacle of home runs over the past few years may have brought a lot of much-needed attention to the game, it is time to put the toys back in the attic. Make them special again.

Maybe develop the pitchers a little better. Reset the strike zone. Help people remember that it is a big deal when a man hits a ball more than 400 feet.

Baseball needs to do whatever it has to do to bring these numbers under control before we all become jaded to the home run.



**Practice Safe Biking... Always Wear a Helmet!**

# LIFE & TIMES

C SECTION

## On Post

### Officers' Spouses' Club

The Fort Stewart Officers' Spouses Club cordially invites you to the Fall Sign Up from 7 to 9 p.m., today, at Club Stewart.

There will be information from vendors, food and fellowship.

Information tables are available for private military and non-military vendors. Tables are for information only, no sales are allowed. The fee is \$10 for profit organizations and free for non-profit organizations.

For more information, call Kimberly Mullen, 727-9909 or Heather Knapp, 877-0193.

### Styx concert 2 for 1 tickets

Tickets are now on sale for the Friday Styx concert. Prices are \$25 in advance and \$30 the day of the concert for the public. Two people can attend the concert for the price of one. Simply buy one concert ticket at regular price, bring an empty Pepsi can or bottle to the concert, and get a friend in for free. Tickets are on sale at Marne Lanes, Stewart Lanes, Sports USA, Leisure Activities Center and Hunter Lanes. For more information, go to [www.fortstewartmwr.com](http://www.fortstewartmwr.com).

### Volunteering

Do you have a few hours each day, each week or each month to work with new people, learn new skills and contribute to our community?

The Installation Volunteer Coordinator Program need military spouses and friends who are interested in helping others. Childcare may be provided. For more information, call IVC at 767-5058, or stop by 76 Lindquist Avenue.

### Mystery Bowl

Visit your local bowling center every week from now until Aug. 31 to enter the drawing for the Mystery Prize. Get your weekly clues and guess the Mystery Trip destination. Log on to [www.armymwr.com](http://www.armymwr.com) for a chance to win.

## Off Post

### Wormsloe Historic Site

"Tools and Skills That Built a Colony" will be held from 11 a.m. to 4 p.m., Aug. 31, at Wormsloe Historic site, 7601 Skidaway Road, Savannah. There will be craft demonstrations of the Colonial Period such as woodworking, blacksmithing, cooking, candlemaking, dyeing and spinning. Admission is \$2.50 for adults, \$1.50 children ages 6-12, 5 and under free. For more information, call (912) 353-3023.

### Photography seminar

The Telfair Museum of Art will hold a photography seminar for adults from Sept. 27 through 28, in conjunction with the museum's exhibition Visualizing the Blues: 140 Years of the American South in Photographs. The program will be led by well-known Savannah master photographer Jack Leigh.

There will be a free slide lecture, open to Telfair members only, at 7 p.m., Sept. 27. On Saturday, Sept. 28, there will be an in-depth, day-long seminar entitled The Art of Photography: Appreciation of the Medium. Each participant may bring one photograph to the session for critique by Leigh. Admission for the Saturday event is \$75 for Telfair members and \$110 for non-members. Non-member admission includes individual membership in the Telfair Museum of Art. To register or for more information, call Diane Felcyn at (912) 232-1177, ext. 18.

To publish a brief in The Frontline, call 767-3440 or fax us at 767-5979. Deadline for briefs is Monday at noon.

# Winn employee wins MEDCOM Award

## Laurie Dunlop

Winn Army Community Hospital Public Affairs

The Medical Command recognized Ruth Darling's professional endeavors by naming her MEDCOM's Auditor of the Year.

This was actually Darling's second year to receive this prestigious award, she also accepted it in 1992.

Darling entered the world of professional auditing 37 years ago when she worked for the Internal Revenue Service as her first job out of college. For the past 22 years, she applied her penchant for precision to Winn Army Community Hospital.

"This is a tremendous honor," said Darling, chief for internal review at Winn and senior auditor for the Southeast Regional Medical

Command. Those dual roles are part of the reason Darling was named Auditor of the Year.

"I cannot think of another person who could do a better job, at the Military Treatment Facility and for the region, than Ruth Darling," said Col. Jimmy Sanders, SERMC chief of staff. "Ruth has done a fantastic job for the region. She is truly deserving of this award."

Sanders, former deputy commander for administration at Winn, was instrumental in bringing Darling on as senior auditor for the southeast regional medical command.

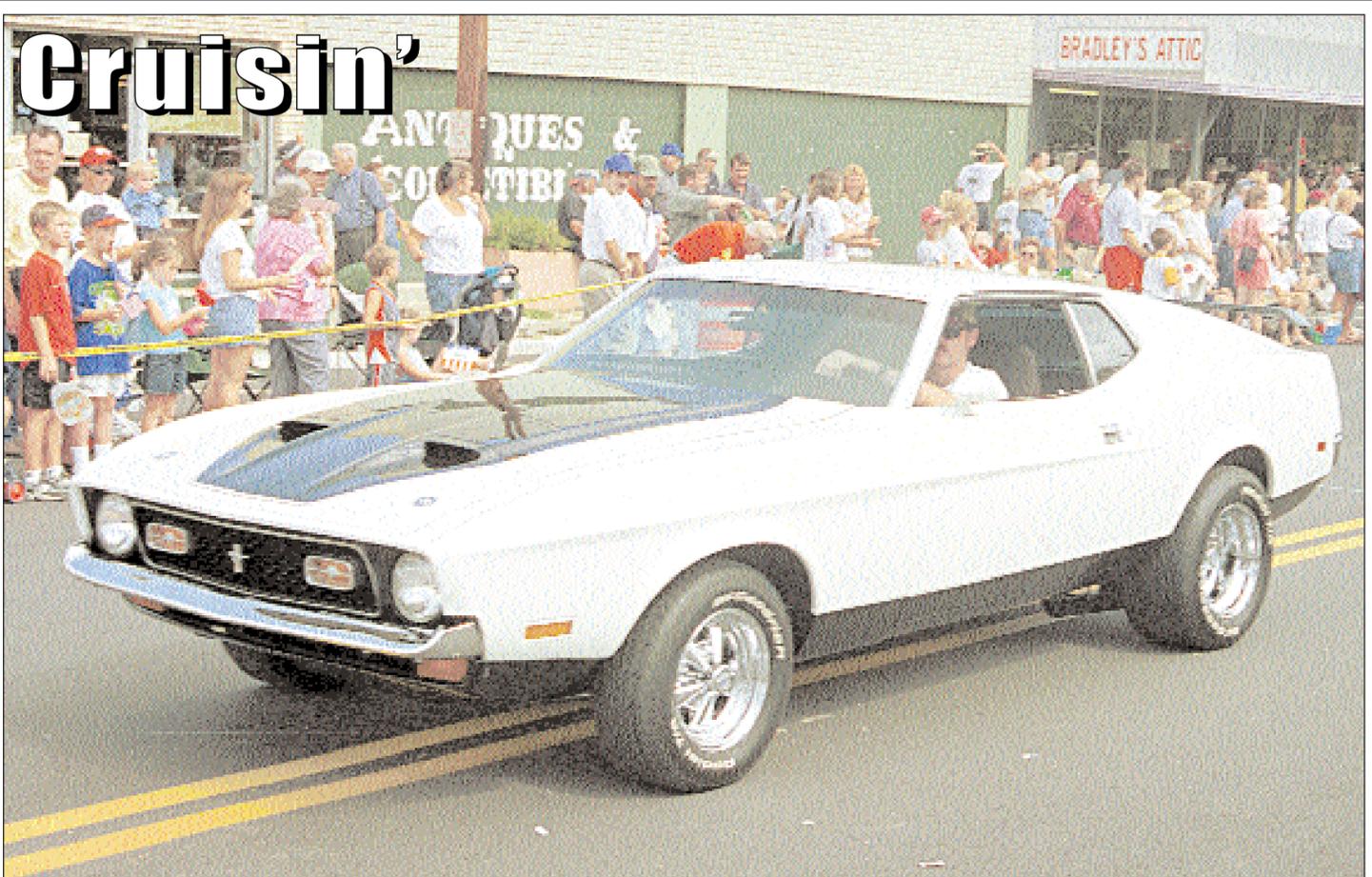
Col. James Leech, commander for Winn, added what an honor it was for Winn to have an employee selected as a regional auditor and to receive this award for the second time.

Darling is married with two grown sons and four grandchildren.



Laurie Dunlop

Col. James Leech, Winn commander, (left) presents Ruth Darling, the MEDCOM Auditor of the Year Award. Col. Jimmy Sanders, Southeast Regional Medical Command chief of staff, looks on.



Sgt. Raymond Piper

A vintage Mustang cruises through the Brooklet Peanut Festival parade Saturday.

# Peanut Festival spreads community pride

## Spc. Jacob Boyer

Staff Writer

The 13th Annual Brooklet Peanut Festival was held Saturday in Brooklet, Ga.

For one day, the town saw its population swell from its usual 1,013 to an estimated 13,000 people, who showed up for a fun-filled day that featured a 5K race, a parade, tractor races and other fun events.

Georgia is synonymous with many agricultural products, so much so that it's known as the Peach State. Towns like Vidalia have become famous for their sweet onions. And of course, no one can forget cotton, the state's number one cash crop.

Nevertheless, it is peanuts that account for almost 41 percent of the Peach State's cash crop income, and it is peanuts that brought thousands to this small agricultural town in Georgia last weekend.

"It's a great time for all the residents to celebrate our community," said Jan B. Tankersley, the publicity chairman for the festival. "And it's a chance for us to show off our small town atmosphere."

The festival started off with the Second Annual 5K Peanut Run and Two Mile Walk at 7 a.m.

At 10 a.m., Sydney Marsh got the parade going with a performance of the Star-Spangled Banner. The grand marshals of the parade

were Johnny and Lorene Spence, long-time residents who have been actively involved in the community.

The 87th Command Support Battalion provided the color guard for the event. The 24th Corps Support Group also participated, and Col. Roberta Woods, 24th CSG's commander, rode in the parade.

"I think bringing out equipment and a color guard helps the community see the dignity and professionalism of the soldiers," Woods said. "It helps people recognize the importance of the military and our purpose."

Other events included a kiddie tractor race,

See FESTIVAL, Page 4C

# Pyramid pack your child a healthy lunch this school year

## Capt. Kimberly Brenda

Winn Army Community Hospital, Registered Dietitian

It's a challenge to pack a lunch everyday. Trying to keep it economical, yet fun and appealing to your child makes the most creative of parents a little weary.

Before you resort to using the new, pre-packaged lunches, consider that your child would be getting two thirds of his calories from fat and sugar should you choose that route.

So, let's look at "pyramid packing" and how you, with minimal preparation, can add nutrient rich foods into your child's lunchbox.

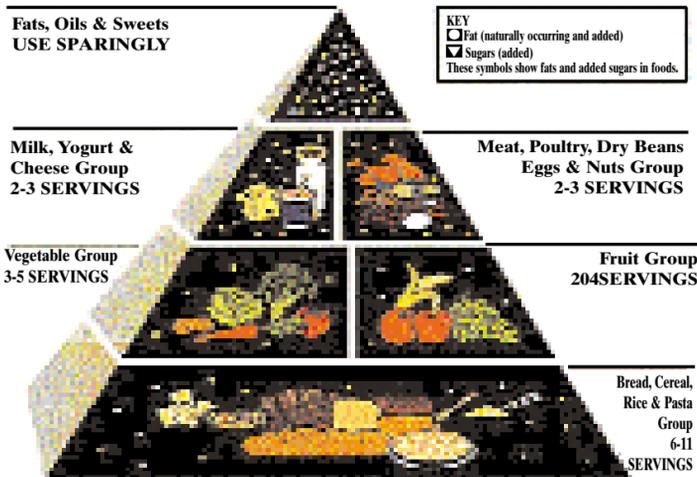
To make it fun, purchase a variety of breads like rolls, bagels, pita pockets, English muffins or raisin bread. Store them in the freezer to keep them fresh. This also allows you to use different breads throughout the week. Another fun tactic is to cut sandwiches into shapes ... circles, triangles, stars, etc., or try something like peanut butter and jelly rolled in a whole wheat tortilla.

When it comes to vegetables, you might think it's not worth the

effort, but think again. It's not that tough. Fix a container of carrot sticks, celery sticks, radishes, broccoli, or cauliflower one day. Store them in ice water in the refrigerator. This way, they're ready to grab

little avocado on the sandwich for a wonderful boost of Vitamin E.

Don't forget the dairy foods. They provide first-rate calcium intake for your growing child. Toss a yogurt or milk into the lunchbox.



for the rest of the week. If plain veggies aren't too popular with your kid, add a little yogurt dip for them. You can also "sneak" veggies onto sandwiches by adding tomato, roasted peppers, sprouts, or cucumber slices. You can also put a

Use one-percent or fat-free milk since children over the age of 2 do not require whole milk. Also, consider changing your cheese. Granted, regular cheeses are a good source of calcium. However, cheese is the second leading source

of the "bad" (saturated), artery-clogging fat in kids' diets. Why not switch to either low fat cheese or even better, try an item with the "good" (unsaturated) fat? A product like "Veggie Slices" is loaded with calcium, melts well in grilled cheese and only has 40 calories per slice.

When it comes to meat, try turkey or chicken breast once in awhile. If your child's lunch cannot be kept cold at school, try freezing the meat in individual portions in a freezer bag. Then simply pull the bag out of the freezer. It's already just the right amount for a sandwich, and your child can put the meat on the bread at school. This way, by lunchtime it will be thawed but still a safe temperature.

Limit cookies, snack cakes and other sweet baked goods. This is important because these foods crowd out the satisfaction of sweet, nutritious fruit. This way your child learns that sweet fruit can satisfy the sweet craving instead of always opting for the non-nutritive foods. For convenience and ease of packing, try applesauce or fruit cups. For something different, cut

See LUNCH, Page 4C

# Back to school



Seantell James, 6 (left) and sister, 8-year-old Kyliegh, follow their father, Sgt. William James into the school.



Five-year-old Hannah Pena hugs Educational Aide Sherrie Harper as she steps off the bus at Diamond Elementary.

*Photos by Pfc. Katherine Robinson*



Children line up outside the office of Diamond Elementary waiting for school to start.



Four children hold hands as they head toward Diamond elementary School for their first day.



*Spc. Laurie Kemp*

A school bus at Brittin Elementary School drops children off for their first day of school Monday morning.

# CHAPLAIN'S CORNER

## Is your light shining?

**Chaplain (Maj.) Charles M. Herring**  
 Engineer Brigade Chaplain

I read an old story about a terrible train wreck. After the wreck there was a trial to see who was at fault. On the witness stand was an old gentleman who was the watchman at the crossing where the wreck occurred. He was very nervous on the witness stand as the prosecuting attorney asked him, "Were you at the crossing on the night that the crash occurred?" "Yes," he answered, "I was." "Did you see the train coming and know that the other train was still stopped a little farther down the track?" The watchman was very nervous. He fidgeted and answered, "Yes, I did." Finally the prosecutor asked very solemnly, "Did you wave your lantern to tell the engineer of the train to stop?" The watchman was sweating profusely, but he finally blurted out his answer, "Yes, I waved my lantern."

They let him off of the witness stand. Later one of his friends asked him why he was so nervous on the witness stand; after all, he had waved his lantern just like he was supposed to do. "Yes," he said, "I waved my lantern. But I was afraid they would ask me if my lantern was lit."

The watchman had been late getting to the crossing and had not lit his lantern. He had waved it frantically, but what good is a lantern that is not lit?

Many times we sing the children's song about letting our light shine. We are to show the whole world the love of God. Some people, however, have a hard time sharing God's love because they have never opened their hearts to receive His love. Their lives are like a lantern that has never been lit. Sometimes it is good for us to pray, "God, help me to know your love in order that I may love others more. Shine your light into my life so that I can shine for others."

### Birth announcements

**July 29**  
**Arianna Kulbah Asha Sarpee**, a girl, 7 pounds, 2 ounces, born to Pfc. Deranemie Candy.

**July 30**  
**Savannah Lee Taylor**, a girl, 7 pounds, 5 ounces, born to Spc. Thomas R. Taylor and Spc. Corrienne E. Taylor.

**July 31**  
**LaNiyah Ashanti Houston**, a girl, 5 pounds, 3 ounces, born to Pfc. LaNorma L. Murdock.

**August 5**  
**David Michael Robinson**, a boy, 7 pounds, 6 ounces, born to Spc. Jeffrey Robinson and Stephanie Robinson.

**August 6**  
**Kyle Michael Besson**, a boy, 6 pounds, 10 ounces, born to Spc. Daniel J. Besson and Mary C. Besson.  
**Peyton Grace Faulk**, a girl, 8 pounds, 8 ounces, born to Capt. David Faulk and Kelly Faulk.

**August 7**  
**Ethan Thomas Murray**, a boy, 7 pounds, 10 ounces, born to Sgt. John T. Murray and Nicki R. Murray.  
**Joyce Megan Parks**, a girl, 5 pounds, 8 ounces, born to retired Sgt. 1st Class Kevin J. Parks and Dolores A. Parks.  
**Hunter Davis Murphy**, a boy, 9 pounds, 10 ounces, born to Pfc. Roger Murphy and Kindra Murphy.

**August 8**  
**Marques DeAngelo Twilley**, a boy, 7 pounds, 1 ounce, born to Spc. Eric Twilley and Kimberly Twilley.  
**Grace Victoria Linden**, a girl, 6 pounds, 11 ounces, born to Staff Sgt. Mark C. Linden and Karen L. Linden.  
**Emmanuel Alejandro Cuevas**, a boy, 6 pounds, 15 ounces, born to Spc. Ana R. Cuevas.  
**Sabastian A. Orjuela**, a boy, 6 pounds, 9 ounces, born to Pfc. Abel A. Orjuela and Monica J. Orjuela.

**August 9**  
**Rose Ellen Reeves**, a girl, 6 pounds, 15 ounces, born to Spc. Jon T. Reeves and Stacy Reeves.

**August 10**  
**Dexter Devin Fisher Jr.**, a boy, 8 pounds, 2 ounces, born to Pvt. 2 Dexter D. Fisher Sr. and Carmen R. Fisher.

**August 11**  
**Taylor Jordan Watson**, a girl, 7 pounds, 1 ounce, born to Maj. C. Joffery Watson and Tracy L. Watson.  
**Kiera Monet Reese**, a girl, 6 pounds, 10 ounces, born to Sgt. Clarissa R. Reese.

**August 12**  
**Jarus Helgenberger**, a boy, 8 pounds, 10 ounces, born to Spc. Pedrus Helgenberger.

# Worship Opportunities

## Fort Stewart

<u>Catholic</u>	<u>Location</u>	<u>Time</u>
Daily Mass	Victory	11:45 a.m.
Saturday Mass (2nd, 4th, 5th)	Victory	5 p.m.
Spanish Mass (1st & 3rd)	Victory	5 p.m.
Sunday Mass	Victory	9 a.m.
Sunday Mass	Victory	7 p.m.
Wednesday Mass	WACH	11:45 a.m.
<u>Protestant</u>		
Sunday Service	Heritage	9:30 a.m.
Sunday Service	Marne	11 a.m.
Sunday Gospel Service	Victory	11 a.m.
Sunday Liturgical	Heritage	11 a.m.
Sunday Family Matters	Vale	11 a.m.
Sunday Contemporary	Marne	6 p.m.
<u>American Samoan</u>		
Sunday Service	Heritage	1 p.m.
<u>Muslim</u>		
Friday Jum'ah	Bldg. 9182	1:15 p.m.
Masjid (Daily)	Bldg. 9182	5:30 a.m.
<u>Seventh Day Adventist</u>		
Saturday Sabbath School	Vale	9:15 a.m.
Saturday Divine Worship	Vale	11 a.m.
<u>Healing Service</u>		
Tuesday Service	WACH	11:30 a.m.
<u>Lutheran</u>		
Sunday Worship	Heritage	11 a.m.
<u>Contemporary Service</u>		
Sunday	Marne	6 p.m.

## Hunter Army Airfield

<u>Catholic</u>		
Sunday Mass	Post Chapel	9:30 a.m.
<u>Protestant</u>		
Sunday Service	Post Chapel	11 a.m.

# GEICO Direct buys 100 concert tickets for Hunter soldiers

Nancy Gould

DCAS Marketing

Malcolm Cook is proud to be an American. As a former member of the military, his patriotic roots run deep, and as a GEICO DIRECT manager, so do his pockets.

He recently took the opportunity to express his support for our fighting force with a monetary donation.

His Savannah-based company paid \$1,500 for 100 Styx concert tickets to be distributed to soldiers at Hunter Army Airfield.

"These soldiers do a tough job defending our country," Cook said. "After I got a letter (from the Directorate of Community Activities and Services) offering local companies discounted tickets, I decided to take them up on their offer. But instead of keeping the tickets, I wanted to give them back to the soldiers. A night on the town at a Styx con-

cert seemed like a good way for me to provide some fun, and a good way for me to express my thanks."

Sgt. Norma Kline, Better Opportunities for Single Soldiers soldier representative, will coordinate with local command sergeants major to distribute these tickets to their deserving soldiers.

For soldiers' convenience and safety, bus transportation is scheduled to and from the concert, provided by DCAS. Shuttle buses will run from the Hunter Club at 6 p.m., and Club Stewart at 5 p.m., for soldiers who want to ride — but seats are on a first-come, first-serve basis.

Cook said he would love to include every soldier in his benevolence, but since that might cost him as much as a year's salary, he targeted only those in his locality at Hunter.

Ticket donations are one of many military projects supported across the country by GEICO,

which has given government discounts on insurance policies to soldiers and government civilians since it originated in the late 1930s.

The company also supports family activities for military personnel and their dependents at locations across the country. In the last few years, GEICO donated more than 10,000 infant car seats in sponsorship contributions, according to Mike Lawrence, the zone GEICO manager over seven states.

The company was the title sponsor for Hunter Golf Club's GEICO-DIRECT Wolverine golf tournament at Fort Stewart last March, according to Carrie Gralinski, DCAS sponsorship director. She said the company is also a loyal supporter of various other MWR events.

If you would like to know more about GEICO's military program, contact Malcolm Cook at 352-1271, or go to [www.geicodirect.com](http://www.geicodirect.com).

## Breakfast and lunch menus for Brittin and Diamond schools

### Breakfast

**Friday**  
Fruit Juice  
Hot Coffee Cake  
Ham Slice

**Monday**  
Cereal  
Toasted English Muffin  
Grape Jelly  
Orange Juice

**Tuesday**  
Sliced apples

Pancakes w/Syrup  
Sausage Patties

**Wednesday**  
Orange Wedges  
Bacon & Grits  
Whole Wheat Toast  
w/Butter & Jelly

**Thursday**  
Orange Juice  
Scrambled Eggs w/Cheese  
Whole Wheat Toast

### Lunch

**Friday**  
Spaghetti & Meath Sauce  
Tossed Garden Salad  
w/Cheese and Dressing  
Breadsticks  
Fresh Fruit

**Monday**  
Hot Dog on Bun  
Potato rounds  
Cole Slaw  
Apple/Raisin Cobbler

**Tuesday**  
Grilled Ham and Cheese Sandwich  
Tortilla Chips & Salsa

Steamed Broccoli  
Royal Brownie

**Wednesday**  
Chicken Salad  
w/Lettuce & Tomato  
Green Peas  
Crackers  
Orange Wedges  
Peanuts

**Thursday**  
BBQ Pork on bun  
Potato Salad  
Green Beans  
Sugar Cookie

## Lunch

from page 1C

cups. For something different, cut fruit to use with a yogurt dipping sauce. Double check to make sure the juice you buy is 100% juice because many drinks masquerade as juice.

Remember that interesting containers might entice a child to eat and help keep the eye appeal of the food. If you feel stuck for healthy snack ideas, try pretzel sticks, graham crackers, sesame breadsticks, granola bars, trail mix, and mini rice cakes.

According to the food pyramid, children aged 7 and older should be eating the following each day: six to 11 servings of bread, cereal, rice and pasta; two to four servings of fruit; three to five servings of vegetables; two to three servings of milk, yogurt, and cheese; and two to three servings of meat, poultry, fish, dry beans, eggs and nuts. Use fats, oils, and sweets sparingly.

A single serving is one slice of bread or a half cup of cereal, rice, or pasta. So, when you pack a sandwich and add three graham cracker squares, your child has just had three bread servings. The rest of the servings should come at breakfast and dinner.

A serving of fruit is a half banana or a small whole fruit like an apple or orange. If you packed

a piece of fruit plus four ounces of juice that's already two servings.

A cup of raw vegetables or a half cup of cooked vegetables constitute a serving. When your child munches on carrots sticks and you have a veggie on the sandwich that would equate to at least one vegetable serving.

One cup of milk or yogurt equals a serving. These are already portioned for you in half pint containers or you can buy plastic cups that hold the eight ounces of milk.

A single meat serving is two to three ounces. Visualize a cassette tape or a deck of cards when determining a single portion of meat.

As a parent it is your responsibility to provide variety for your child. However, don't waste food, so have your child bring back home what he doesn't eat so you can see what he or she likes. Ask what he would have tried or eaten more of if prepared differently. Then, keep at it.

Children sometimes have food "jags" and want the same thing for a long period of time, but if you keep offering variety, they'll come out it.

Each child is different, you might not win with each new item you try. Still, with knowledge of what's healthy, pyramid packing can be a snap.

## Festival

from page 1C

an antique slow tractor, clogging and country music shows. About 100 vendors sold food and crafts. The festival ended with a dance featuring the music of the Variations.

"This may be the only time of year when people will come to such a small town," Tankersley said. "It's a time of year when they can see what it's like to live in a small town."

Peanuts, which have been Georgia's state crop since 1994, account for nearly 41 percent of the state's cash-crop income, according to the Georgia Peanut Bank Week's website, [www.gabankers.com/gapeanut-bankweek.htm](http://www.gabankers.com/gapeanut-bankweek.htm).

More than 14,000 Georgia farms produced peanuts in 1998, and the state harvested nearly 540,000 acres that year.

"We are an agricultural community and peanuts are one of our major crops," Tankersley said. "This is the time of year when farmers harvest the peanuts."

The Brooklet Community Redevelopment Association sponsored the event.

The organization was originally put together to help raise money to decorate the downtown area for Christmas, Tankersley said. BCRA has also built a community center, a town park, and has given away two \$500 scholarships this year.

The organization will use future revenues to renovate downtown Brooklet through the "Build a Better Brooklet" initiative.

"We hope to attract more visitors on a more regular basis," Tankersley said.



# Volunteer Spotlight



**Lisa Bergdahl**



Knowing that I make a difference is why I volunteer," said Lisa Bergdahl, a Red Cross volunteer at Winn Army Community Hospital.

Bergdahl volunteers as a medical clerk at Winn to gain experience and to meet new people.

Her husband, Spec. Eric J. Bergdahl is assigned to 1st Battalion, 41st Field Artillery's Service Battery. Her children

include her step-daughters Megan, 14 and Christina, 10 and their sons Alan, 7 and Derek, 9. Bergdahl enjoys camping, walking, and traveling.

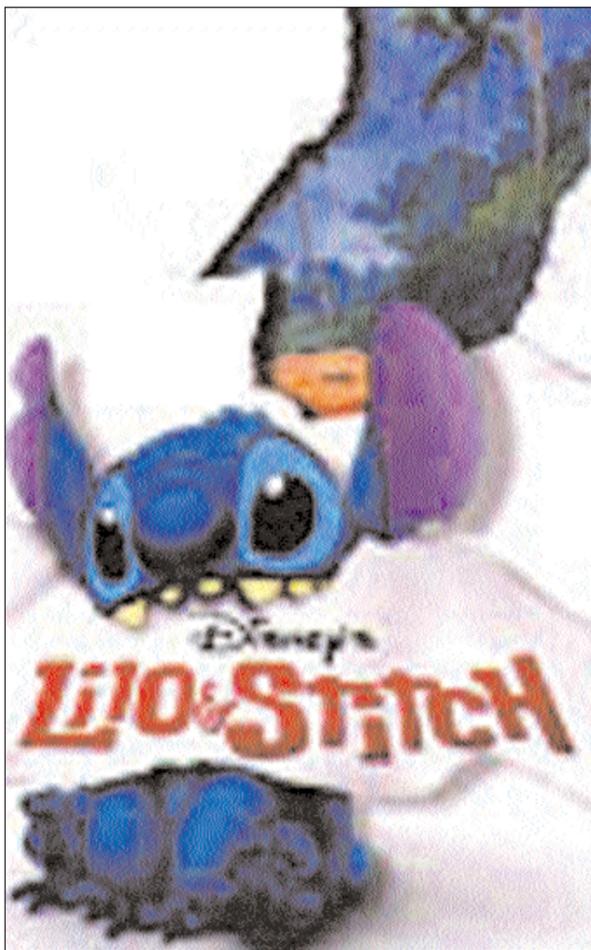
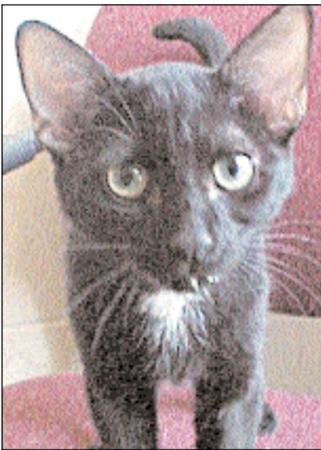
If you'd like more information about becoming an American Red Cross volunteer at Winn Army Community Hospital, call Brigitte Roberts at 370-6903.

# Pet of the Week

Romeo is a 5-month-old black domestic short hair. She is very friendly and likes to snuggle.

All adoption fees at the Fort Stewart Vet Clinic cover the first series of shots.

If interested in adopting Romeo or any other cat or dog, call 767-4194 or stop by the clinic at 461 W. Bultman Ave., Building 1180.



**Stop Overpopulation, Spay or Neuter Your Pet Today!!**

# Lost your pet?

Check out the Fort Stewart Vet Clinic. All stray pets found on post are taken to the facility.



Reunite with your loved one.

# WOODRUFF THEATER

August 15-August 21

Admission for all shows is \$3 for adults, \$1.50 for children.

## Minority Report (PG-13)

Starring: Tom Cruise, Colin Farrel  
Tonight at 7 p.m.

In Washington, D.C., in 2054, police utilize psychic technology to arrest and convict murderers before they commit their crimes. The decisions are made by panels of three, where the feelings of two judges outweigh the third. So, if the correct verdict comes from that one judge, it's a "minority report." The head of this pre-crime unit is himself accused of a future murder of a man he hasn't even met.  
Run time: 140 minutes

## Reign of Fire (PG-13)

Starring: Mathew McConaughey, Christian Bale  
Friday, Saturday and Tuesday at 7 p.m.

In present-day London, 12-year-old Quinn watches as his mother wakes an enormous fire-breathing beast from its centuries-long slumber. Twenty years later, the beast and its offspring have scarred much of the world. As a fire chief, Quinn is responsible for warding off the beasts and keeping the community alive. Along comes a hotshot American, Denton Van Zan, who says he has a way to kill the beasts and save mankind.  
Run time: 102 minutes

## Lilo and Stitch (PG)

Animated  
Saturday and Sunday at 2 p.m.

Lilo adopts a small ugly dog whom she names Stitch. Stitch would be the perfect pet if he weren't really a genetic experiment who has escaped from an alien planet and crashed landed on Earth. Lilo helps unlock Stitch's heart and gives him the one thing he was never designed to have — the ability to care for someone else.  
Run time: 85 minutes

## Crocodile Hunter (PG)

Starring: Steve Irwin, Terri Irwin  
Sunday and Monday at 7 p.m.

In the outback and through the bush, the Crocodile Hunter is out to save the gorgeous croc and relocate him. It won't be easy, but if he can handle bird-eating spiders and venomous snakes without getting bitten, secret agents shouldn't be too much of a problem.  
Run time: 89 minutes

For more information, call The Woodruff Theater at 767-3069.