

On Post

International Day Slated

Army Community Services is looking for volunteers to participate in this year's International Day Celebration slated for Sept. 15. Participants may present information, displays and entertainment depicting their heritage, culture and history at the celebration.

For more information contact Linda McKnight or Ethel Jemison at 767-5058.

CYS Central Registration

The CYS Central Registration, Building 443 will be open 8 a.m. to 4:30 p.m., Monday and Friday by appointment only; 8 a.m. to 6:30 p.m., Tuesday and Thursday by appointment only and all day Wednesday for walk-in.

Pick up records from your child's program (SAS, CDC, FCC and YS) prior to update.

For more information, call 767-2312.

Framing Class

Learn to professionally mat and frame your treasures and personal prints.

Free classes are open to the public.

Pre-registration is required to order necessary supplies.

Classes begin at 8:30 a.m. and continue until finished.

New mats and moldings available on special order. Prints available at great prices. Special introductory demonstrations and classes available for all types of groups — FRG, church groups, OSC, ESC and BOSS.

For more information, call RoseMary at 767-8609.

Newcomers briefing

Newcomer orientations are held at Fort Stewart on the first Thursday of every month at 1 to 3 p.m.

Hunter holds their orientations on Wednesdays 9 to 11:30 a.m. at the education center.

Volunteers needed

The ACS volunteer coordinator and the installation volunteer coordinator have information about a wide variety of volunteer opportunities in the ACS center and at other agencies on Fort Stewart and Hunter Army Airfield.

Volunteer orientation at Hunter ACS is the first Thursday of every month at 11:30 a.m. to 1 p.m. Volunteers are always welcome and needed at ACS.

If interested, please call 352-6816.

International Spouses

Support groups are available at Fort Stewart for Hispanic heritage each 3rd Thursday at 10 a.m. and spouses from Germany every 2nd Monday and last Friday from 9:30 to 11 a.m. at ACS. Children are welcome but must remain under the supervision of the parents.

For more information please call 767-5058.

Military One Source

Phone counseling now available for personal support and referrals to military and community resources.

For help call 800-655-4545.

Off Post

Coastal Hospice

Volunteers needed patient care, office assistance, special events, public information and bereavement care. Please contact Jillian Bradshaw, Community Relations Director at 876-5220 or toll free at 877-876-5221.

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.

Awareness keeps travelers safe

Sgt. Craig Zentkovich

Staff Writer

The summer is drawing to a close.

For a majority of the soldiers in the 3rd Infantry Division (Mechanized), most of the summer was spent in the searing heat of Iraq.

Following recent redeployments, soldiers have had the opportunity to indulge in the finer things in life — running water, private showers, watching TV, trips to the corner store to buy what they want at any time.

Included in that list is the ability

to drive wherever and whenever they want. Never is that more true for soldiers and civilians than the last weekend of summer — Labor Day weekend.

"Labor Day is the most traveled holiday of the year," said Ron Heath, safety manager for the Fort Stewart Safety Division.

A greater number of vehicles on the road mean a greater chance of accidents.

"Automobile-related deaths are the number one killer of soldiers," Heath said. "Preparation and awareness are keys to having a safe, enjoyable weekend."

Buckle up

Immediately upon entering a vehicle, ensure all passengers properly fasten their seat belts.

Fort Stewart and Hunter Army Airfield have a mandatory seat belt law which, if not adhered to, will result in the loss of driving privileges on either installation.

Georgia is one of 19 states that give authorities probable cause to stop and search vehicles whose occupants aren't wearing seat belts.

Georgia law also requires children four years old and younger to be properly secured in a child safety seat.

Be sure to follow the instructions in the child safety seat owner's manual for proper installation of the seat.

Get rest

"Fatigue is one of the top three causes of traffic accidents," Heath said.

Statistics show the highest percentage of accidents occurs between 11 p.m. Saturday and 4 a.m. Sunday.

"You must get adequate rest before and during your trip to avoid the risk of accident," Heath said.

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Technology show comes to Stewart

Sgt. Craig Zentkovich

Staff Writer

The 3rd Annual Information Technology show was held at Club Stewart Aug. 20.

The free event, open to all military, family members, volunteers and government employees, showcased the latest in communications equipment, computer gadgetry and other IT solutions for home and business.

"The vendors like to get out into the community to share products, ideas and information," Chuck McCallar, chief of information technology solutions for Fort Stewart and Hunter Army Airfield. "It's a chance for them to say, 'This is who we are and what we do.'"

Many of the IT representatives at the show hold some type of contract with the Army or Fort Stewart, McCallar said.

Thirty vendors from a variety of IT businesses and corporations displayed various hardware, software and communications gear in an interactive format.

According to McCallar, a main goal of the vendors was "to share knowledge and education with the visitors."

Throughout the day, representatives spoke with visitors covering topics ranging from LCD panels and projectors to multimedia software.

"I spoke with (a vendor) about upgrading my current computer," said Sgt. 1st Class Robin P. Weigel, 3220th Garrison Support Unit maintenance chief. "He didn't try to sell me anything; he just tried to help with my questions."

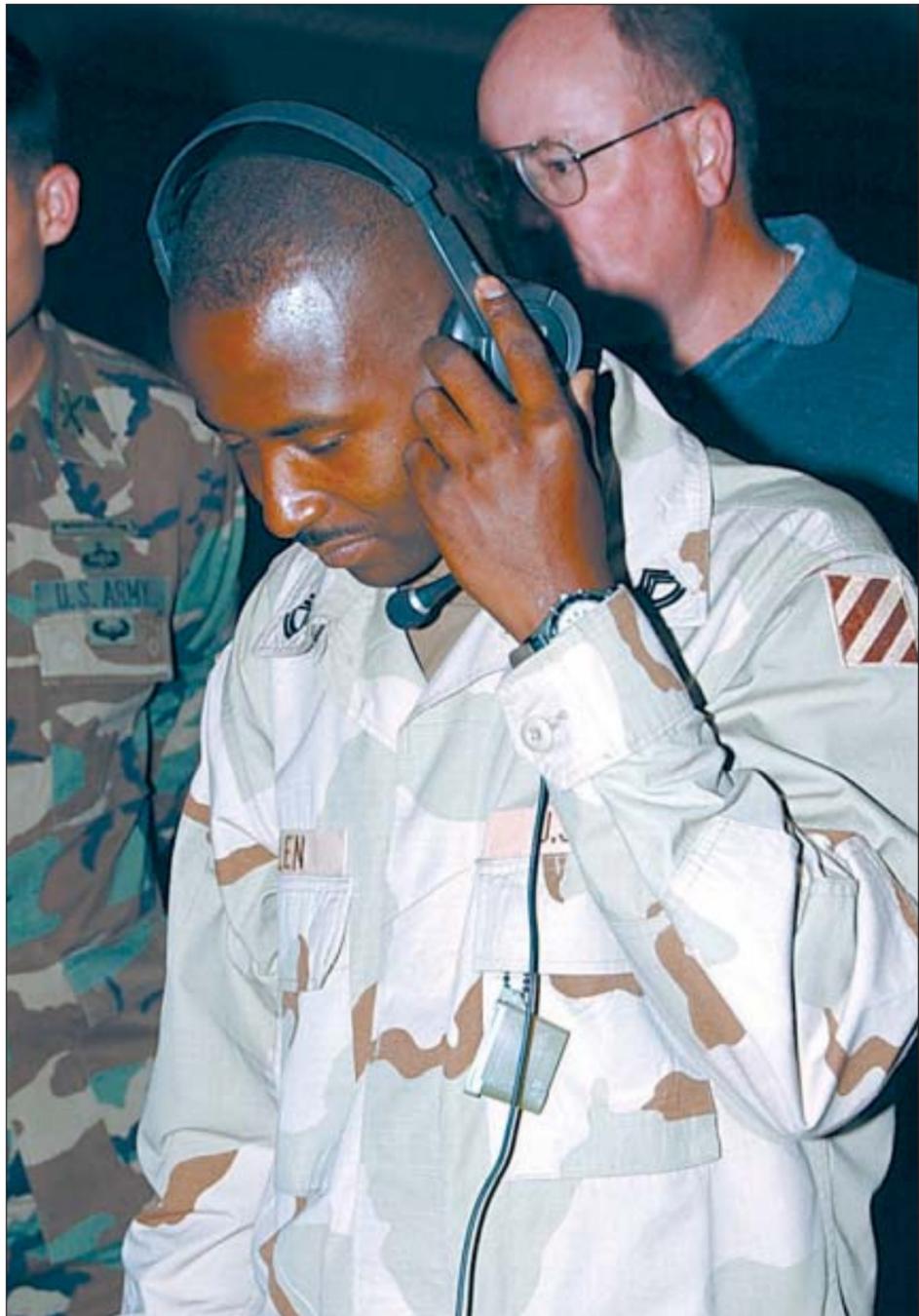
"Many of these companies are mainstream to the IT economy," he said.

Looking at the big picture, McCallar added, "The cornerstone of Army transformation lies in information technology ... and how we integrate it."

More than 500 visitors took advantage of free advice, education, and catering offered at the club. Most of them walked away with a free t-shirt, key chain and their names added to a dozen or so more mailing lists.

"We've had shaky attendance from both vendors and visitors in past years due to one reason or another," McCallar said. He added that this year was no different due to the division's deployment to Iraq.

"We hope to see more vendors out here next year and, more importantly, more soldiers."



Sgt. Craig Zentkovich

Sgt. 1st Class Elroy Allen, a platoon sergeant with the 703rd Main Support Battalion, samples gear at the Plantronics booth during the 3rd Annual Technology Show at Club Stewart Aug. 20. The event drew vendors from 30 different information technology companies and corporations.

Fort Stewart youth to meet president

Midway Middle School 8th grader honored for academic achievements

Sp. Jimmy D. Lane Jr.

Staff Writer

It isn't everyday that a young person is properly rewarded for their scholastic achievements. Many proud parents display countless bumper stickers boasting of children being on an honor roll in schools across the country. For many children, this will be the extent of the reward for all their efforts. Yet for a select few, the reward will be much greater.

A handful of youth will have the honor of meeting with the president during the Junior National Young Leaders Conference in Washington D.C. One of those lucky few is an eighth grade student from Midway Middle School, Talisha L. Burns.

The JrNYLC is an important opportunity that is only offered to the nation's most outstanding 7th and 8th graders. During Talisha's trip, she will have the opportunity to meet other high achieving young people from around the nation. Together they will attend a special reception on Capitol Hill and have a chance to take a tour through history and explore America's colonial past in Williamsburg, Va. Following the tour the

"Talisha had close to a 99 average in all her subjects. She is a top-notch student."

Stephanie L. Cockern
Math Teacher

JrNYLC members will visit the Museum of American History, the Supreme Court and all the presidential and memorial monuments, according to a letter written to Talisha from Paula Seesman, the JrNYLC Director of Admissions.

While on Capitol Hill the young men and women will have a chance to meet with and learn from some of today's lead members of congress, according to Seesman

Talisha was nominated by one of her teachers, Carrie McCullough, for being an outstanding individual who has achieved academic excellence and possesses strong leadership potential, according to Seesman.

"Talisha had close to a 99 average in all her

subjects. She is a top-notch student. Talisha takes pride in her achievements. She always does her best. Talisha is reliable, intelligent and has the ability to set her own limits," said Stephanie L. Cockern, a 7th grade math teacher at Midway.

"No one else in her class made scores as high as Talisha's," said Garry Lawson, a 7th grade reading teacher at Midway. "Nobody even came close. I still don't think she was satisfied with her scores even though she had the best average in the class. When I heard she was going to Washington, I was very pleased, but not at all surprised. We couldn't have had a better representative from our school."

"Talisha never was conceited about her accomplishments. She has always been so nice to everyone. She is the kind of person who is always smiling, always positive about everything. I was not shocked when I heard about her being nominated," said Katrina J. Bateman, an eighth grade language arts teacher at Midway and Talisha's cheerleading coach. "She is a very likeable person. She's not just into books, but many extra-curricular activities as well."

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Are you ready for some football ...

Tigers get pumped up for season

Spc. Jonathan M. Stack
Associate Editor

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Blue 42
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Hike*

High School football season is about to kick off. Bradwell Institute's varsity football team, the Tigers, has been getting ready for this since last Christmas.

The Tigers ended last year's season with a 9-2 record. They lost in the first round of the state playoffs against Warner Robins High School.

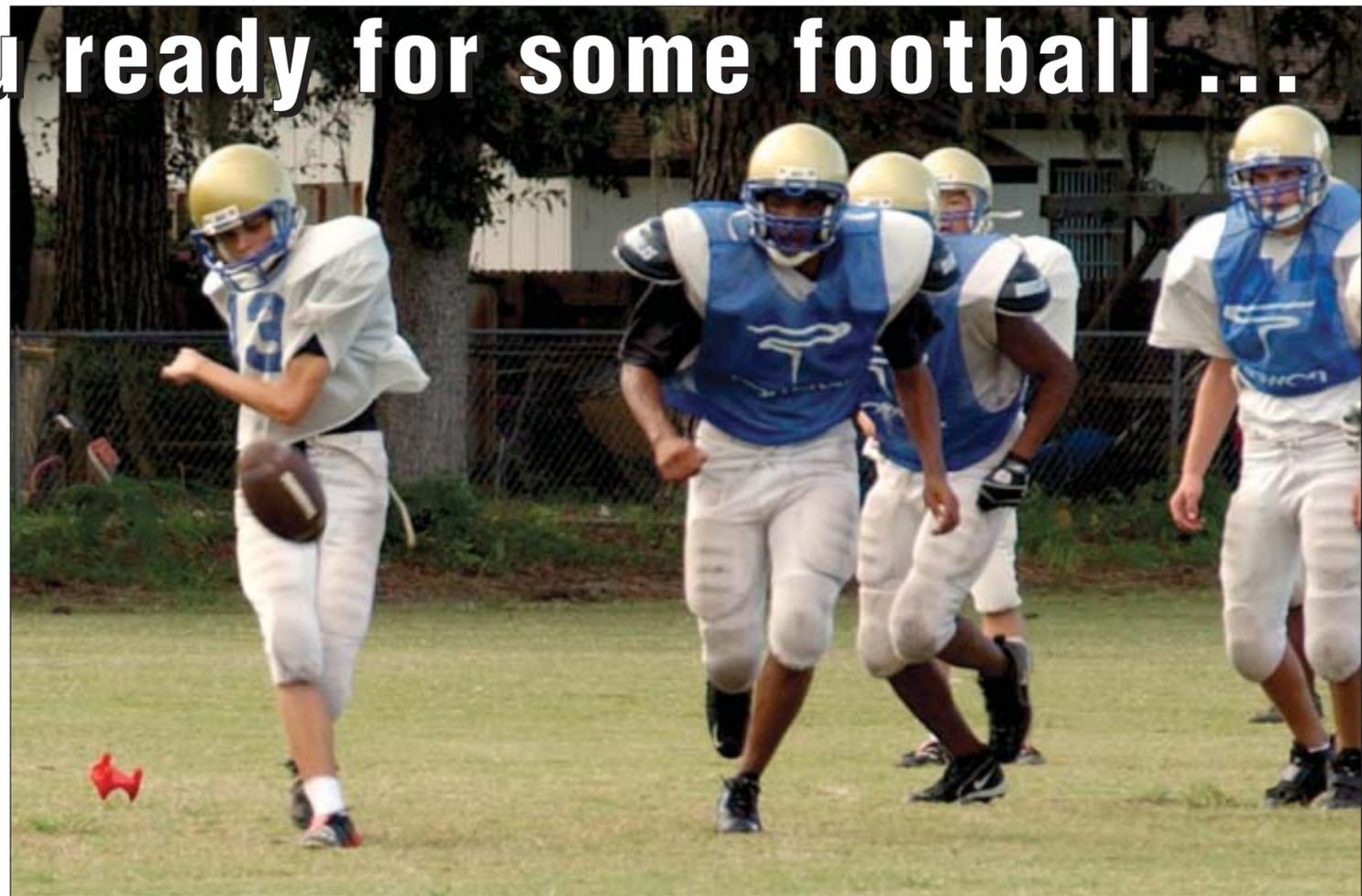
"Last year's success is contributed to the players working hard and doing what they were asked to do," said Jim Walsh, head football coach and athletic director. "They enjoyed the success from their labor."

"This year we are replacing 17 starters. There are only four returning starters," said the coach returning for his 10th season.

One of the returning starters is Gary Guyton, linebacker and defensive end, returning for his third season. He has already given his verbal commitment to Georgia Institute of Technology.

"Even though the team consists mostly of rookies, it'll pick up," said the senior. "I expect more this year."

This year the team is focusing more on lifting weights, a lot of running and creating more intensity on the defense, Guyton said. They go over special drills and



Photos by Spc. Jonathan M. Stack

The Tigers kicking team practices on-side kicks. The kicking team must practice punts, kick offs, on-side kicks, and field goals all through out practice to be ready for the season.

talk about the game. It is not all physical; it's mostly mental.

"We have to be patient this year, the players don't have much experience," Walsh said. "Hopefully, by midseason we will be hitting on all cylinders."

The team started right after Christmas preparing for this upcoming season, he said.

He added practice starts off with teaching individual techniques with different positions. Then they go over different plays and routes with the offense and

defense. Afterwards, they have an 11 on 11 scrimmage. The offense and defense is then evaluated on what was done right and what was done wrong.

"The kicking team goes over different aspects of the kicking game," Walsh said. "They go over kick offs, on-side kicks, punts and field goals."

"During the season, we lighten up on contact to help lessen injuries," he said.

Preparing for the season and the game is not only done during

practice but before the games.

"We come in four hours early to get mentally ready by going over plays and our opponent. We also have spiritual prayers," Guyton said.

"We have a good football team and achieve many things through constant practice," said Fabian Cook Jr., defensive end. "We have to do the little things right as a team and everybody has to improve on every aspect of the game."

The Tigers will play their first game Sept. 5 against the Liberty County High School Panthers.



(Above) The Varsity Tigers rests during practice. The football team starts getting ready for the next season right after winter vacation. They practice during the summer and through out the season.

(Right) Before practice begins some of the players warm up by tossing the football around.



(Above) The offense and the defense scrimmage against each other giving the two sides a chance to practice their plays.

(Below) A player gets ready to block to make a hole in the defense for the running back to run through.



Coach Pat Foster, kicking game coordinator, explains to the varsity kicking team what they did right and what they did wrong during practice.

ACAP expanding to help Army personnel

Army News Service

WASHINGTON — The Army Career and Alumni Program is introducing several initiatives focused on helping soldiers and civilians find jobs after they retire or leave the Army.

The expanded programs will help retirees, demobilized reservists and civilian employees affected by base realignment programs, said James Hoffman, ACAP director.

ACAP recently announced a policy that provides lifetime job assistance for Army retirees and eligible family members.

This change extends ACAP services beyond the normal 180 days after separation.

"The service is provided on a space-available basis," Hoffman said. "With a valid retired identification card, retirees can continue to receive employment assistance in preparing a competitive resume as well as

learning important job search skills."

Later this month, ACAP will establish Demobilization Resource Center to receive telephonic requests for assistance during the demobilization process from Reserve Component soldiers and unit commanders.

All soldiers who have completed at least 180 days of continuous active duty and who are being released from active duty are required to receive preparation counseling and completion of the Preparation Counseling Checklist, DD Form 2648.

The center, which will be located at the U.S. Army Personnel Command, will respond to all inquiries pertaining to eligibility for transition benefits. It will also provide referral to service providers such as Departments of Labor and Veterans affairs, as well as Army Reserve and National Guard Transition assistance offices.

"Once the resource center makes contact with the RC soldiers and determines that

additional ACAP services or referrals are necessary, the soldier will be referred to the closest ACAP center for continued assistance for up to 180 days after demobilization," Hoffman said.

In addition, to prepare for the large numbers of soldiers who will be demobilized and released from active duty, ACAP is preparing to reinforce the counselor field workforce with additional staff at targeted ACAP demobilization installations.

The reinforcement will help to ensure that ACAP can meet the demand to provide mandatory preparation counseling and employment assistance to those who requested additional assistance prior to being released from active duty, Hoffman said.

Installations conducting demobilization processing where ACAP does not exist such as Fort McCoy, Wis., will have a temporary satellite office established to assist in the demobilization process.

At other demobilization locations such as Fort Dix, N.J., and Fort Buchanan, Puerto Rico, ACAP will provide temporary assistance either through travel of ACAP staff or training of assigned staff by ACAP staff.

"Civilians who are leaving the government workforce as a result of realignment or commercial outsourcing are eligible to receive ACAP Services as well," Hoffman said.

ACAP recently added a workshop targeted for Army civilians who are impacted by Reductions in Force, A76 studies and force realignment, ACAP officials said.

Upon request, ACAP staff will present the comprehensive workshop to assist civilians for their return to the public or private sector.

Information about ACAP and its services can be accessed at the revised ACAP home page www.acap.army.mil.

Editor's note: A press release from the U.S. Army Personnel Command Public Affairs Office contributed to this story.

AWARENESS

from page 1C

"Know how far you'll be traveling, how long you're going to be on the road and, most importantly, stop when you need to stop," he added.

Don't drink and drive

Drunken driving kills.

An average of 43 people nation-wide are killed daily in alcohol-related accidents, according to the National Highway Traffic Safety Administration.

That is equivalent to one life lost every 33 minutes.

Every two minutes a motorist is injured in an accident involving alcohol.

Soldiers who drink before getting behind the wheel must always take into consideration the consequences of their actions, the least of which should be UCMJ action, a suspended license, fine or jail time.

Drunken drivers take lives and destroy families all in the name of "having a good time."

Cage the rage

It happens to everyone.

Traveling 65 miles per hour in the passing lane on Interstate 95 when, directly to the front, is a vehicle going 55 miles per hour.

Time is of the essence.

It is at this point somebody makes the decision to blow a gasket or take a deep breath and wait.

Unfortunately, many people choose to tailgate, honk their horn or pass on the right, gesturing to the driver that held them up.

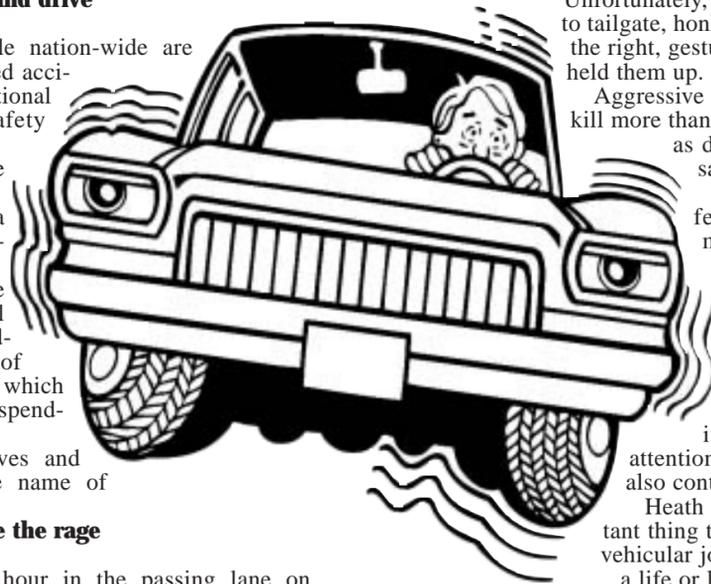
Aggressive driving and road rage kill more than twice as many people as drunken drivers, Heath said.

Traffic congestion, feelings of endangerment and being insulted all contribute to aggressive driving, according to the NHTSA.

The pressure of arriving at a destination on time, competitiveness, lapses in attention and frustration are also contributing factors.

Heath said the most important thing to remember is that no vehicular journey is worth taking a life or losing one.

Remember to take the precautions and steps necessary to have a fun, safe journey this weekend.



STUDENT

from page 1C

Talisha is a very busy girl. In addition to being a straight-A student, she is still able to find time for dance, chorus, cheerleading and band practice, said her mother Rebecca.

"I spent a lot of time with Talisha while she was growing up," said Rebecca. "While I was pregnant with her, I used to talk to her and read to her. I would be at the grocery store shopping, and I would name off what I was buying to her in my belly. People used to look at me like I was crazy, but it paid off."

"I think it's a great opportunity for her," said her mother. "I don't think the reality of this trip has really hit her. She is always receiving awards, so I don't think she has really realized what she has accomplished. Anytime Talisha is rewarded for her efforts she never really lets it go to her head. She is a really shy and modest girl."

"I was just lying around the house watching television. When my mother brought me a letter saying I was going to be the president," said Talisha. "I was so excited because I did not expect it at all."

Talisha's father, Sgt. 1st Class Ralph Burns attributes her success to self-motivation.

"I pretty much taught myself how to be like I am," said Talisha. "If kids would just listen in class and study when they got home at night, getting to where I am wouldn't be hard. They give away most of the answers you need to know in class. Kid's just don't pay attention."

— CHAPLAIN'S CORNER —

Part 1 of 3

Guide for redeploying servicemembers

Chaplain (Maj.) Timothy Sowers

Family Life Chaplain

As an active, Guard or Reserve Service member, who is just coming home or is arriving soon, you are probably both excited and nervous about the homecoming. Even if you've been through a mobilization/deployment before, this one has been different because of the increased stressors of the time.

Regardless of your experience and assignment, you will have a natural period of adjustment. You may find this tip sheet helpful in ensuring a successful homecoming and readjustment.

Reuniting with your Spouse:

- It is normal to feel nervous and anxious about homecoming. Often servicemembers wonder whether my spouse will still: "Be proud of me?" "Love me and need me?" "Expect things from me?"
- Plan for homecoming day. After homecoming, make an agreement with your spouse on the schedule for the next few days or weeks. Where do the children, extended family members or friends fit in?
- Realize the day of homecoming is very stressful. You and your spouse may not have slept much and may be worn out from preparations.
- Don't be surprised if your spouse is a bit resentful of your mobilization/deployment. Others often think of the deployment as more

fun and exciting than staying at home—even if you know otherwise.

Re-establishing sexual intimacy will take patience, time and good communication—some people need to be courted again.

• **COMMUNICATE!!** Tell your spouse how you feel—nervous, scared, happy, that you love and missed them. Listen to your spouse in return. The best way to get through the reacquaintance jitters, regain closeness and renegotiate your roles in the family is by talking and actively listening.

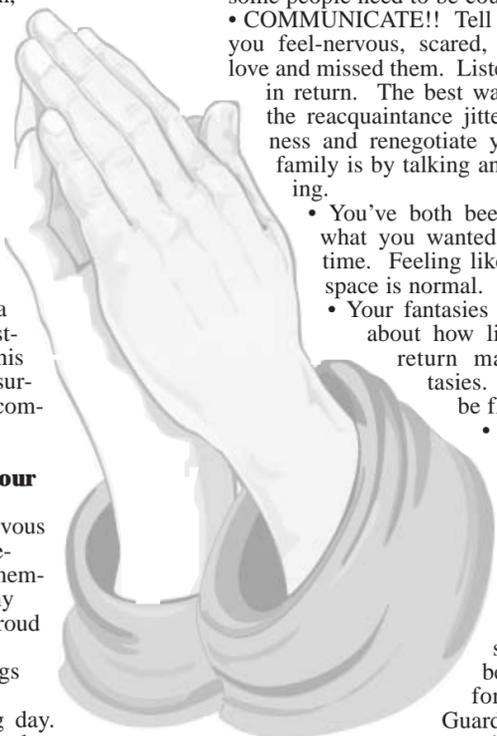
• You've both been used to doing what you wanted during personal time. Feeling like you need some space is normal.

• Your fantasies and expectations about how life will be upon return may be just fantasies. Be prepared to be flexible.

• You and/or your spouse may be facing a change in job assignment or a move. Readjustment and job transition cause stress. This may be especially true for demobilizing Guard/Reservists who are transitioning back to civilian life.

• Resist the temptation to go on a spending spree to celebrate the reunion. The extra money saved during deployment may be needed later for unexpected household expenses. Stick to your budget. Show you care through your time and effort.

Editor's Note: Information for this article was taken from "Coming Home: A Guide for Servicemembers Returning from Mobilization/Deployment."



Worship Opportunities

Fort Stewart

<u>Catholic</u>	<u>Location</u>	<u>Time</u>
Sunday Mass	Victory	9 a.m.
Sunday Mass	Victory	7 p.m.
Weekday Mass	Victory	11:45 a.m.
<u>Protestant</u>		
Sunday "Protestant Worship"	Marne	11 a.m.
Sunday Gospel Service	Victory	11 a.m.
Sunday Family Friendly	Vale	11 a.m.
Tuesday Healing Service	WACH	11:30 a.m.
<u>American Samoan</u>		
Sunday Worship	Vale	1 p.m.
<u>Jewish</u>		
Friday Shabbos Service	Marne	6 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>Lutheran</u>		
Sunday Worship	Marne	9 a.m.
<u>Contemporary Service</u>		
Sunday Worship	Marne	6 p.m.

Hunter Army Airfield

<u>Protestant</u>	<u>Location</u>	<u>Time</u>
Sunday Service	Post Chapel	11 a.m.



Pet of the Week

Shelby is a 6-month-old male, full blooded Manchester Terrier. He is very playful and gets along well with other pets and children. A great addition to any family.

If considering adopting Shelby or another pet, please contact the Fort Stewart Veterinary Clinic at 767-2842, located on W. Bultman Ave.