

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

Inside The Frontline

News



Hip pocket training helps waiting soldiers prepare 6A

Soldiers deal with trials of predeployment 15A

Life & Times



Tie a yellow ribbon 'round the old chapel tree' 1B

Women's Conference gives opportunities for growth 2B

Sports

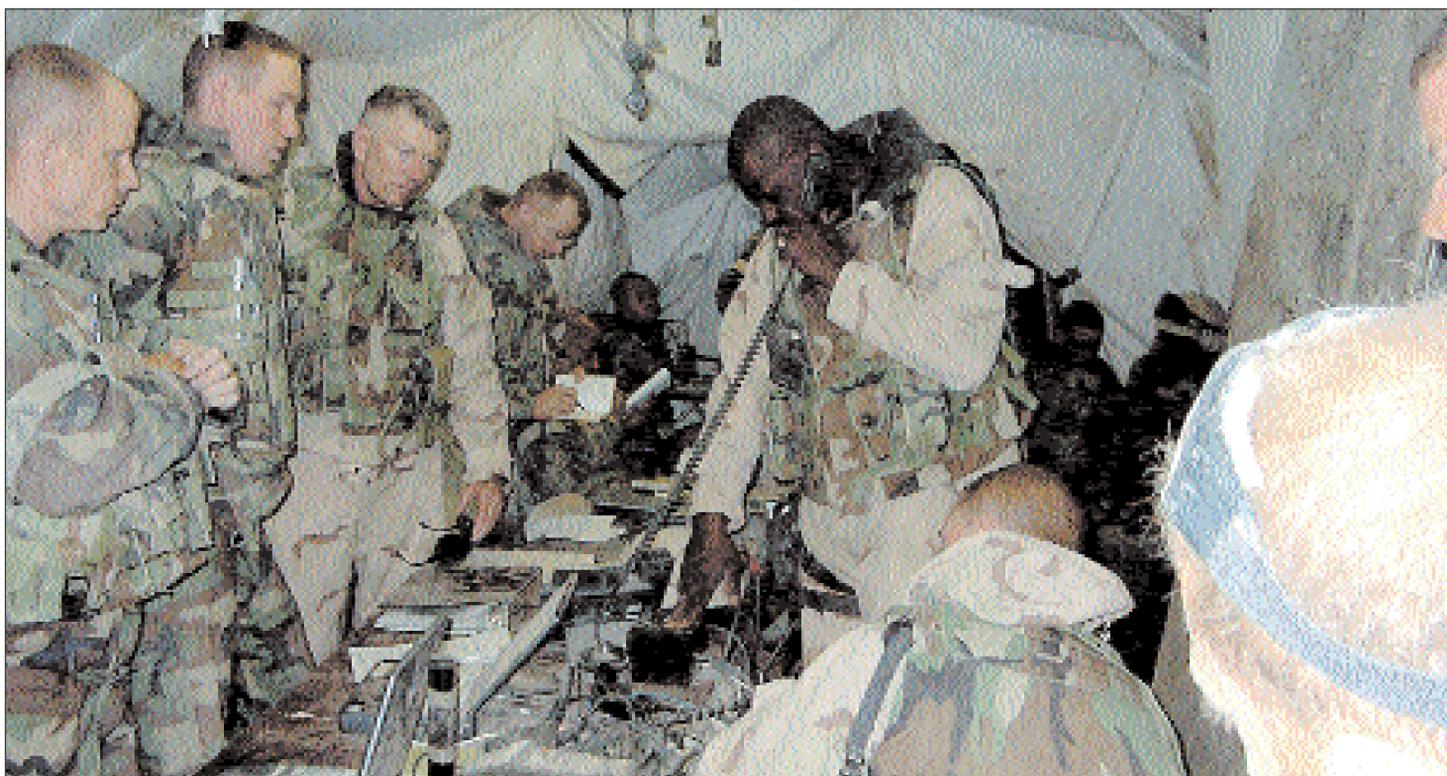


Army cars vie in Winston Cup competition 1B

Ephedra poses hidden risks to health 1B

Guide

- Voices and Viewpoints 4A
- Police Blotters 10A
- 3ID In Brief 11A
- Score Board 4B
- Worship schedule 5B
- Pet of the Week 5B
- Volunteer Spotlight 6B
- Movie listing 6B
- Birth announcements 6B



Master Sgt. Emma Krouser

Maj. Ross Coffman and Capt. Heath Cates listen in with Maj. Gen. Buford C. Blount, 3rd Inf. Div. (Mech.) commander, as Brig. Gen. Lloyd Austin, assistant division commander (Maneuver), gets a battle update over the phone in the Division Tactical Command Post.

3ID approaching objective — Baghdad

Master Sgt. Emma Krouser
3rd Inf. Div. PA NCOIC

NORTHWEST OF NAJAF IRAQ — After a three-day push that saw the 3rd Infantry Division (Mech.) plunge deep into Iraq, units of the Marine Division consolidated its forces northwest of this historic city Tuesday before an expected final assault on Republican Guard units ringing Baghdad.

The division traveled more than 200 miles in about 36 hours with troops engaging enemy forces along the way in the initial ground assault to disarm Iraq and change its leadership regime.

Almost immediately after a surgical cruise missile strike in Baghdad, coalition ground forces crossed the Kuwaiti border into Iraq, enroute to the objective — Baghdad.

Coalition ground forces breached the berm separating Kuwait and Iraq during the early morning hours of March 21, after a night time artillery barrage and attack helicopters pounded Iraqi observation posts just north of the border.

Advanced units immediately met resistance by Iraqi regular Army units which were quickly eliminated by direct fire from tanks and Bradley Fighting Vehicles.

The 3rd Infantry Division (Mechanized), with 3rd Squadron, 7th Cavalry Regiment out front swept across southern Iraq to its current position 60 miles south of the Iraqi capital.

Although some units have encountered pockets of resistance from Iraqi President Saddam Hussein's regular army, they have managed to press fight and keep going according to the operational plan.

"This is a lethal, lethal outfit," said Brig. Gen. Lloyd Austin, assistant division commander, maneuver. "As of yet, we've had some early, good mechanized fights, and once again these soldiers have proven they can do in the fight exactly what they have done in training. They don't hesitate - they don't blink."

"I think the division has been extremely successful, thus far," said Maj. Ross Coffman, division tactical command officer in charge. "We've accomplished all of our goals and we've met every mission the Corps put before us. We've done it faster and more successfully than anyone could ever imagine."

Although in the southern Iraqi towns of An Nasiriya and Samawa, soldiers and Marines have

See OBJECTIVE, Page 13A

Raiders fight hard and travel far in first four days

Sgt. Craig Zentkovich
50th PAD

SOUTHERN IRAQ — The 1st Brigade Combat Team entered Iraq last week and has continued to push north as part of a U.S. led effort to

remove Saddam Hussein and his regime from power.

The Raiders, led by Task Force 3-69, crossed the border from Kuwait around 8 p.m. amid a flurry of suppressive artillery from 155mm Paladins and unitary

rounds from a number of Multiple-Launch Rocket Systems.

Despite an all-around nervousness, the crew of the first tank over the border was ready to do what was necessary to accomplish the mission.

"Being the first tank in the task force adds to the nervousness," said Pfc. Lewis Jones, A Company, 3rd Battalion, 69th Armor Regiment leader for M1 Abrams crew A21. "But we're going to do what we came into this Army to do."

The crew crossed the border unscathed and, by sunrise the next day, the remainder of 1st BCT was 10 kilometers into Iraq.

The Raiders continued north and secured an airfield south of Jalibah, encountering no Iraqi resistance.

"The soldiers are doing great work," said Col. William Grimsley, 1st BCT commander, at the end of day two of the ground assault. "We're right where we need to be,

and early."

Saturday saw the 1st BCT conveying 30 hours straight until Sunday afternoon. In the process, more than 250 vehicles were tactically refueled and continued on to what would be a 300-kilometer movement.

Outside the city of Al Samawa, 2nd Battalion, 7th Infantry Regiment exchanged fire with Iraqi soldiers. No injuries were reported, as 15 Iraqis surrendered and were taken as prisoners of war, according to Maj. Morris T. Goins, 1st BCT operations officer.

In a separate incident, a soldier from 1st Battalion, 41st Field Artillery was injured when he received a gunshot wound to the leg from Iraqi small-arms fire. He was evacuated to 3rd Forward Support Battalion medical station and is listed in stable condition, Goins said.

See RAIDERS, Page 2A



Sgt. Craig Zentkovich

Pfc. Robert Roman, B Company, 2nd Battalion, 7th Infantry Regiment, provides perimeter security for the transport of three Iraqis. The men were apprehended from the white sedan in the background which, upon search, had 13 AK-47 assault rifles in the trunk.

Ways to keep unwanted stress from children, spouses

Sgt. Mark Bell
372nd MPAD

As Operation Iraqi Freedom unfolds on live television around the world, watching the news on television too much could bring unwanted stress to the spouses and children remaining behind.

Although seemingly hard to do, turning off the television could be the best medicine for dealing with the stress of war, according to Susan Wilder, the Army Community Services mobilization deployment coordinator.

"Get out and do something," she said. "The number one thing spouses need to do is to turn the television off, and remember the sights and sounds of television are some things their children don't need to see or hear. This situation should be explained by their parents — not the television."

Wilder also said children are not very good at expressing fears and feelings in

words. She also said that change is puzzling to children. She said children want everything to remain the same. When change occurs, children usually have no other way to release anxieties, and nowhere to go for help.

"The biggest problem I see is family members not staying in a routine — children will easily pick up on that," she said. "This is the most critical. They should be eating dinner at the same time and going to bed at the same time as usual, as if both parents were present. The children need to know that they are loved and this is the perfect opportunity to develop an incredible bond with their children."

At a time when the deployed spouse's responsibility to the military becomes more demanding of his or her time and energy, the other spouse often feels overwhelmed, anticipating a long time as sole support for their children and their home.

See STRESS, Page 13A

Army activates toll-free Family Assistance Hotline

Army News Service

ALEXANDRIA, Va. — The U.S. Army has established a toll-free Family Assistance Hotline for Operation Iraqi Freedom at (800) 833-6622.

The hotline was established by the U.S. Army Community and Family Support Center, in conjunction with the Army Family Liaison Office staff to provide referrals and information to the families of deployed or activated soldiers.

The hotline is toll free when called from the continental United States, Hawaii, Alaska, Puerto Rico, Guam and the Virgin Islands. The hotline staff will answer calls from 8 a.m. to 8 p.m. daily Eastern Standard Time to answer family support-related questions. Emergency assistance will be provided between the hours of 8 p.m. and 8 a.m. EST, officials said.

"Our staff will assist all callers by listening, explaining, and directing them to the most helpful resources we can," said Gail Lovisone, manager of CFSC's Family Assistance Hotline call center.

Lovisone emphasized that the first place families of

See HOTLINE, Page 10A

FRI
High 77° Low 57°

SAT
High 75° Low 49°

SUN
High 63° Low 41°

Iraqi POWs captured, enemy equipment destroyed as ...

Raider brigade rolls into war



Photos by Sgt. Craig Zentkovich

TF 2-7 Inf. soldiers secure and prepare to search seven Iraqi soldiers who surrendered Sunday. The 1st BCT was responsible for the apprehension of 248 Iraqi POWs when Sunday drew to a close. Additionally, 1st BCT located and destroyed numerous pieces of Iraqi equipment, including small arms, artillery cannons and air defense guns.



Armored vehicles from Task Force 3-69 Armor roll north toward Al Samawa, Iraq Saturday afternoon.



The 1st Brigade Combat Team entered Iraq March 20 and has continued to push north as part of a U.S. led effort to remove Saddam Hussein and his regime from power. The Raiders, led by Task Force 3-69, crossed the border from Kuwait around 8 p.m. amid a flurry of suppressive artillery from 155mm Paladins and unitary rounds from Multiple-Launch Rocket Systems.

Raiders

from page 1A

The name of the soldier will be released pending notification of the next of kin.

On Sunday, as the 1st BCT was still on the move, 2nd Bn., 7th Inf., moved up to high ground where they found Iraqi soldiers and various pieces of equipment scattered about a two-square kilometer area.

"We received some inaccurate incoming artillery for a little while," Grimsley said. "Once we discovered the firing location, we called for close-air support that, in turn, eliminated the threat."

Included in the area was a military compound, complete with bunkers, watchtowers and barracks, enclosed by a barbed-wired, chain-link fence.

"When we rolled up on the compound, and most of (the Iraqi soldiers) were sitting on the ground in a circle with their uniforms off," said Staff Sgt. George Stephenson, B Co., 2nd Bn., 7th Inf., squad leader. "In total, there were 97 (Iraqi) soldiers who surrendered."

1st BCT was responsible for the apprehension of 248 Iraqi POWs when Sunday drew to a close, according to Maj. John M. Altman, 1st BCT intelligence officer.

"They have all been very cooperative," he said. "Most of them were told by (Saddam's regime) that all the Americans wanted to do was kill Iraqis, and that we would use chemical weapons on them. Shortly thereafter, they said they realized that all of it was lies and propaganda."

"Our actions have contradicted what they were led to believe."

In addition to the POWs detained, 1st BCT located and destroyed numerous pieces of equipment including small arms, artillery cannons, mortar tubes, armored personnel carriers, vehicles and air defense guns during the first four days of the war, according to Altman.

Apart from the one injured soldier, the soldiers of the 1st BCT are a healthy, motivated and great team, ready to do whatever is asked of them, according to Goins.

"I've been training a long time for this. Now is a time of action," said Sgt. Jeff Emrick, A Co., 3rd Bn., 69th Arm., M1 Abrams gunner. "The soldiers are going to do whatever it takes to accomplish the mission. The only medal they want is that plane ticket home."



Smoke and flames engulf an Iraqi anti-aircraft gun and vehicle following a strike from an AH-64 Apache Sunday.



An Iraqi child waves to a Task Force 3-69 soldier during a halt in the 1st Brigade Combat Team's movement north Sunday.



A pile of Iraqi small arms acquired through Sunday is shown during their disassembly and destruction.

Top spouses speaking out

Sgt. Mark Bell

372nd MPAD

Anita, Charlene and Cathy would consider themselves normal in every aspect of being a military spouse. They are the closest of friends and enjoy doing everything together. Tuesday afternoon was no different. They gathered at Anita's house and enjoyed photos of the latest addition to the family — her grandson, David.

While observing the three ladies laughing and joking around the dining room table, one would never guess the final piece of the puzzle describing who they are.

Who are they? They are all residents of Marne Court and the wives of: Maj. Gen. Buford C. Blount, commanding general, 3rd Infantry Division (Mech.), Fort Stewart and Hunter Army Airfield; Brig. Gen. Lloyd Austin, assistant division commander, 3rd Infantry Division; and Col. Jack Sterling, chief of staff.

Make no mistake, each was very firm in saying how they are no different from other spouses worried about their loved ones deployed overseas in a time of conflict.

"We don't know any more than other spouses," said Anita Blount. "In fact, it's been awhile since having contact with my husband. He is doing his job over there and has told me he is concerned for each and every soldier and their families."

She said her husband wants nothing more than to come home too with every one of his soldiers.

Charlene Austin agreed and said they understand what spouses are going through. "We love our husbands the same way anyone does," she said. "It's about being human — not necessarily a military spouse."

"It's stressful for all of us here, and one thing people should remember is that our soldiers are the best trained and best-equipped division; and we should have faith in our soldiers that they will perform to the highest degree," she said.

Blount said turning off the television helps deal with the stress of war. "I think sometimes watching too much television is bad for me, because there are a few negative things happening over there right now and the news media keeps replaying these incidents over and over again, and that makes it seem worst than it actually is."

To take her mind away from the war and television, she has started several projects around her home. From reading many books to going through old clothes and organizing computer compact disks, Blount has a laundry list of activities to keep herself busy doing things other than watching television.

Another key element all three ladies strongly agreed upon is the value of the family readiness group (FRG).

"I think we need to get our 'official' information about our soldiers from the FRG instead of the news media. Sometimes news from the media sources can be 'suspicious,'" Blount said.

Austin agreed and said spouses should turn to their FRG leaders and contact them for more information about their husbands or wives deployed overseas. "Sometimes you see or hear things on television that may not be fact," she said. "Not everything you see or hear is truth."

Blount said the bottom line is: spouses must reach out and contact someone.

"Some spouses just can't get through this situation alone," she said. "I can't stress enough the importance of making contact. It makes the difference between night and day."

One of Cathy Sterling's concerns is a spouse worrying too much about something he or she has no control over.

"I try not to go down deep alleys of 'what ifs,'" she said. "If we

focus on that we may become very anxious. I think the family readiness groups are doing an extremely great job. They have been in the Army system a long time and it works."

She said she couldn't stress enough that the Army has all of these systems in place to help family members during these times. "Whether at NTC (the National Training Center at Fort Irwin, Calif.) or in local field training exercises, the FRG is there to help family members left behind."

If any spouses are having a difficult time dealing with the current situation, Blount urges them to contact their rear detachment, FRG and the chaplain on duty.

"I think people know the importance of what our soldiers are doing over there and its very real and we understand the feeling of uncertainty," she said.

Austin describes the FRG as a well-oiled machine, that is in place to help families deal with difficult times of deployments.

"We all go through some stages during a deployment," she said. "At some point, a spouse may feel some anger and that is completely normal. While going through these stages, we need to come to terms with what is happening and be glad we have others around us with whom we can talk who are sharing the same concerns as ourselves."

Sterling said the hardest thing these days is the uncertainty and waiting for time to pass.

"When my kids were in fourth and sixth grades, my husband was one of the first soldiers deployed to Bosnia," she said. "During dinner each night, we'd light a single candle representing his presence at the table. I remember the kids fighting over who would light the candle."

Although her children have grown up, and candlelight ceremonies are only a warm memory, Sterling says she still finds time for herself and her son to do a family dinner whenever it is possible.

Austin says her biggest advice for family members is choice. "You choose to be happy and you get to make your choices," she said.

Blount said she is so proud of all the spouses on Fort Stewart. "Everyone is so strong and I am just really blessed to be here," she said. "I am also amazed at the support we are getting from the rear detachments, garrison staff, ACS (Army Community Services) and MWR. All of these people are working extra hard to make it a little bit easier for us."



Sgt. Mark Bell

Cathy Sterling, Anita Blount and Cathy Sterling, spending Tuesday afternoon looking over Blount's photos of her grandson David.

Mail policy to be strictly enforced

Special to the Frontline

To bolster force protection, the general public is urged not to send unsolicited mail, care packages or donations to service members forward deployed unless you are a family member, loved one or personal friend.

On Oct. 30, 2001, the Department of Defense suspended the "Operation Dear Abby" and "Any Servicemember" mail programs due to force protection concerns. Although these programs provide an excellent means of support to friends and loved ones stationed overseas, they also provide an avenue to introduce hazardous substances or materials into the mail system from unknown sources. Unsolicited mail, packages and donations from organizations and individuals also compete for limited airlift space used to transport supplies, war-fighting materiel and mail from family and loved ones.

Recently, DoD has become aware of organizations and individuals who continue to support some form of the "Any Servicemember" program by using the names and addresses of individual servicemembers and unit addresses. These programs are usually supported by well-intentioned, thoughtful and patriotic groups who are simply unaware of the new risks facing deployed military forces. Some individuals and groups publicize the names and addresses of service members, ships or units on Web sites, with good intentions. The result, however, is a potential danger to the troops they wish to support.

DoD cannot support creative and well-intentioned efforts that defeat force protection measures, but can instead recommend alternatives to mail and donation programs. To show support to troops overseas, the following are recommended:

- Log on to the following websites to show support, to include greeting cards, virtual Thank You cards and calling card donations to help troops stay in contact with loved ones:

www.defendamerica.mil/support_troops.html

www.usocares.org/homewww.army.mil/operations/iraq/faq.html

- Visit Department of Veterans Affairs hospitals and nursing homes. Volunteer your services to honor veterans who served in past conflicts.

Mail from family members and loved ones has always been encouraged and the military mail system will continue to work hard to get that mail to servicemembers overseas.

VOICES AND VIEWPOINTS

Secretary of Defense message to troops

Donald Rumsfeld
Secretary of Defense

Commentary

On March 17, President George W. Bush, our commander in chief, delivered an ultimatum to Saddam Hussein: to leave Iraq within 48 hours. Refusal to do so will result in military conflict. And if it comes to war, the president made clear, Saddam Hussein's regime will be removed from power, the Iraqi people will be liberated, and we will begin disarming Iraq of its weapons of mass destruction.

You are the men and women who will deliver on the president's pledge. And, as you and coalition forces begin to fulfill your mission, know that you will carry the thoughts and prayers of the American people with you into battle.

I fully recognize that lives are at stake — American, coalition, and Iraqi; military and civilian. War is a last resort, to be undertaken only after every other alternative has been tried.

For twelve years, the international community sought to disarm Iraq peacefully. We have tried economic sanctions, inspections and diplomacy — all have failed. The Iraqi regime repeatedly refused to disarm.

As the president said, the Iraqi regime is a grave and gathering danger. With each passing day, Saddam Hussein advances his arsenal of weapons of mass destruction, and could pass them along to terrorists. If he is allowed to do so, the result could be the deaths not

of 3,000 people, as on Sept. 11th, but 30,000 or 300,000 or more.

Our responsibility — your mission — is to prevent that from happening and eliminate the Iraqi regime as a threat.

You are the best led, best trained, strongest, and most capable military in the world. I have full confidence in your ability, your courage and your dedication to our country.

As you embark on this mission, know that you are not alone. Our coalition includes dozens of countries that are helping in a variety of ways. You will fight alongside the forces of such stalwart friends as Australia, Great Britain and many others.

You may face great challenges and dangers. Wars have their surprises.

The most difficult step a president can make is the decision to send the armed forces of our nation into battle.

When I returned to the pentagon after serving here a quarter century ago, I wrote a series of guidelines to help guide my thinking regarding the use of force. They included these questions:

- Is there a good reason to go to war?
- Have we engaged all instruments of

national power in search of a peaceful solution?

- Is the objective achievable?
- Have we set forth clear goals?
- Does the objective merit risking American lives?
- Have we made available all the resources and military capabilities needed to achieve victory?
- Have we invested the effort and political capital to explain the need for action and to marshal and sustain public support?
- Have we been honest-with ourselves and the world-about the risks of action, but also about the less obvious risks of inaction?

The president has made the case for Iraq clear. He has set forth what is at stake, and invested the diplomatic and political effort needed to exhaust all options short of war. We are at the point at which the risk of not acting is too great to wait longer. The answers are clear. It is essential to world peace and our security that we act against the regime of Saddam Hussein.

As you prepare — know that this war is necessary, it is just, and that you have the resources and commitment you need to achieve victory.

You have the strong support of your commander in chief, the congress and of the American people.

I thank you for all you do for our country. I recognize the sacrifices your families are making, and thank them, too. May god bless you, and keep you, and guide you in the days ahead.



Myers to troops: May God bless and protect each of you

Gen. Richard B. Myers
Chairman of the Joint chiefs of Staff

Commentary

On Sept. 11th, 2001, terrorists murdered thousands of innocent men, women and children on American soil. The attack immediately plunged our nation into a global war against terrorism. As part of our war to defend America, operation Iraqi freedom has begun.

The rulers of Iraq wield weapons of mass destruction and give support to international terrorists. America and our coalition partners are determined to disarm Iraq of its weapons of mass destruction and destroy Iraq's safe

dom and hope to the Iraqi people. Not only are you fighting to protect American freedoms, but to prevent terrorism in a troubled region that threatens peace throughout the world.

As you enter this fight, be confident that you are well prepared, well trained, and well supported in the mission that lies ahead. Your families, your loved ones— indeed, your nation — stand united behind you. Take pride in the legitimacy and the necessity of your mission; show compassion for the lives this war will forever change; and rest assured the outcome is not in doubt.



I am proud of your sacrifice and service, and know you will perform your duty with the courage and distinction that comes from serving in the finest American fighting force ever. Whether you are serving on foreign shores or protecting our homeland, our country is depending on you.

I am honored to serve with you as you carry freedom forward at this critical point in history. May god bless and protect each of you, your families, and the United States of America.

Stewart becomes more like home of record for National Guard, Reserve soldiers waiting to ship out

Spc. Ryan Smith
372nd MPAD

Commentary

With the 3rd Infantry Division conquering the desert of Iraq enroute to destroying Hussein's regime, Fort Stewart has been practically taken over by Army Reserve and National Guard soldiers. It might as well be our new duty station.

Every once in a while, you'll hear about a unit that's getting shipped out. Of course, nobody ever sees these units leaving—so hearing that is sort of like hearing that the Easter Bunny has flown them out of Hunter Army Airfield.

And sometimes you'll hear about that unit that's been here for so long, they've applied for housing.

In fact, I heard a conversation between two soldiers at the PX the other day. One of them, a private who was old enough to be a general, was sitting outside eating a slice of pizza.

A soldier came up and started talking to him. "You look like you ought to be an E-7, at least. What's the deal?"

The private answered, "I just got out of basic training before getting mobilized. My unit just hasn't been deployed yet."

The other soldier gave the private an incredulous look. "But surely you're too old to have just gotten out of basic training," he said.

"Oh, I didn't just get out. President Bush mobilized us to go to Kuwait-in

1991."

After over-hearing this conversation, I was shocked and awed.

Perhaps this example is somewhat extreme. But I've compiled a list of observations I've made regarding soldiers mobilized here.

Top ten signs you've been at Fort Stewart too long:

10. They know you by name at the PX.
9. You've bought more than 500 pounds of ice since you arrived.
8. You've completed your series of anthrax shots.
7. Everyone in your unit has had a birthday.
6. You've run out of shampoo and toothpaste — seven times.
5. When new soldiers arrive and say they're going to be here for only two weeks — you just give an evil grin and nod.
4. You've gotten married to someone you met here.
3. When you call home, your family puts you on hold.
2. You've declared Hinesville, Ga., as



your home of record.

1. You've applied to work at the commissary — and gotten the job.

Of course, there are advantages to being here so long. You look smart when you can give people directions around post. By now you know all the rules around here, so you can square away that colonel with a beret sticking out of his pocket. And many soldiers have stayed behind, while their equipment has been shipped over. So, while you may be waiting to go overseas and get to work, at least your duffel bag has

Corrections

In the March 13 Edition:
Sgt. 1st Class Lisa Whiter's rank was misidentified as a Staff Sgt. in the 'Soldier acts as honorary coach' story on page 4B;
Spc. Joshua Morrison, attached to the 304th MP Co. was misidentified in the photo on page one as Spc. Robert E. L. Miller.

Marne Voice

THE FRONTLINE

Readers respond to the question:

"How have things changed since you were mobilized?"

"It totally interrupts your entire life, so it changes everything."

Staff Sgt. Phil May
320th Military Police



"I miss being able to do things with my wife and daughter, even things as simple as a visit to the grocery store."

Sgt. Richard Penfield
320th MP Co.



"It has brought my family a lot closer, which is a good thing. We stay in contact more and they are concerned which has brought everyone a little tighter."

Pfc. Lydia M. Morgenstern
320th Military Police



"Time constraints — knowing when we will be mobilized and dealing with the unknowns of when things will happen."

Spc. April Canna
221st MI Bn.



"With all the war and stuff going on, I take things more seriously."

Spc. Devonte Sconiers
631st Maint. Co.



"I've been elevated, spiritual wise, to another level."

Sgt. Douglas Norman
122 Eng. Bn.



Voice your opinion!
Write a letter to the editor!

Send to:

Public Affairs Office
Attn: The Frontline, Editor
101 W. Bultman Ave.
Suite 101
Fort Stewart, Ga. 31314-4941

THE FRONTLINE

MILITARY NEWS: 767-3440
ADVERTISING: (912) 368-0526
Volume 19, Number 12

Publisher

3rd Infantry Division (Mechanized) Commander —
Maj. Gen. Buford C. Blount III

This civilian enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the Frontline are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or U.S. Forces Command. It is published weekly using offset printing by the Public Affairs Office, Fort Stewart, Georgia

Consolidated Public Affairs Office
Director — Maj. Michael G. Birmingham
Deputy Director — Richard Olson
PAO Supervisor — Master Sgt. Kenneth Russ
Chief Command Information Branch — Jim Jeffcoat
Editorial Staff
Managing Editor — Jim Jeffcoat
Editor — Sgt. Raymond Piper
Staff Writer — Sgt. Sam Hoffman
Staff Writer — Spc. Jonathan M. Stack
50th PAD
Staff Writer — Sgt. Craig Zentkovich
Staff Writer — Spc. Mason T. Lowery

31314-5000. Phone number: 912-767-3440 or 767-8072
Printed circulation up to 22,000. All editorial content of the Frontline newspaper is prepared, edited, provided and approved by the Public Affairs Office of Fort Stewart, Georgia and the 3rd Infantry Division (Mechanized) and is printed by Morris Newspaper Corporation of Hinesville, Inc. a private firm

Staff Writer — Spc. Natalie Schlotman
Staff Writer — Spc. Katherine Robinson
Frontline Forward
Editor — Sgt. Akilah C. Clarke
Staff Writer — Spc. Jacob Boyer
Staff Writer — Spc. Adam Nuelken
Hunter Public Affairs Office
Chief — Steven Hart
NCOIC — Staff Sgt. Brian Sipp
Staff Writer — Pfc. Emily Danial
Advertising Staff
Advertising Manager — Maryann Wilson
Frontline Production Manager — Leslie Miller

in no way connected with the Department of the Army, under exclusive written contract with Fort Stewart, Georgia. The civilian printer is responsible for commercial advertising. Subscription rates are \$9 for three months, \$16 for six months and \$30 for 12 months. Rates are for third class mail, inside the continental U.S.

AMSC goes online for SBLM course

Special to the Frontline

FORT BELVOIR, VA. — Would you like to attend the Sustaining Base Leadership and Management program but can't afford the time away from work and family? AMSC's SBLM nonresident program is the answer!

The SBLM nonresident program is similar to the popular 12-week resident program conducted at Fort Belvoir, Va.; however, the nonresident program transcends traditional classroom-style professional development by offering a top-quality education in a distance learning environment.

Using a variety of innovative online techniques, the 12-month program is designed to teach students the linkages, relationships and dependencies between all elements of the Army's sustaining base — that is, anything that gets the soldier and his supplies and equipment to the battlefield, sustains him while he's there, gets him home again after the conflict has ended, and ensures the self-sufficiency of his family while he is away.

The SBLM nonresident program integrates three skill competency areas — leadership, communication and problem solving — with three content competencies — Army cultural literacy, Army environment, and Army readiness and systems.

Students come to AMSC to attend a one-week resident orientation at the beginning of the program where they meet fellow students. For the remainder of the program students work on

assignments individually and as teams, using videoteleconferencing, caucus, virtual seminar meetings, file exchange and e-mail. Students return to AMSC at the close of the program to participate in a capstone exercise and graduation ceremony.

Students not only establish networks with students located throughout the world, they can also earn graduate level credit. Currently, Webster University, Central Michigan University, Strayer College, American Military University and University of Maryland University College offer credit for both nonresident and resident SBLM programs as well as Personnel Management for Executives I and II.

The SBLM nonresident program is offered to Army civilians in grades GS 12-14 (GS-15s by exception) or to civilians in an equivalent nonappropriated fund grade and currently serving in or destined to be appointed to a sustaining base leadership position, and be serving in or have potential for advancement to a key leadership position. Civilian students can apply through AMSC's. It is also offered to any Army officer, major or lieutenant colonel rank, chief warrant officer, sergeant major or command sergeant major. Military students can apply through their career branch assignment officer or go to

www.perscom.army.mil.

For more information about AMSC or its programs visit www.amsc.belvoir.army.mil or contact the Registrar's Office at (703) 805-4756/4757.



Courtesy photo

AMSC students receive a briefing from an aviator from the coast guard at Hunter Army Airfield.

Sewer system man hole overflows at Hunter

Special to the Frontline

In accordance with Georgia's water quality control regulation and the Hunter Army Airfield Sewage spill contingency plan, notification is hereby made to the public of a spill, which occurred on March 20 from a sewage collection system manhole located on Cook Boulevard at Hunter Army Airfield.

The collection system had a backup due to grease and sediment buildup, thus causing the manhole to overflow into a storm drain's catch basin.

Upon discovery at 3:30 p.m., installation personnel responded immediately, containing the sewage from further release. Once contained, at approximately 4:10 p.m., a vacuum truck was utilized to control wastewater levels within the manhole.

It was determined that as much as 2,000 gallons of sewage may have been discharged to the storm water conveyance system between 2 and 4:10 p.m., which ultimately leads to Lamar Canal.

Any questions can be directed to DPW environmental branch at (912) 767-2010.

How can you help protect the desert and the dolphin?

Simple. Ask your employer about Earth Share. The workplace giving program that brings the leading environmental groups under one umbrella. And over 90% of Earth Share contributions go directly to the groups. To learn more please visit our website at www.earthshare.org.

One environment.
One simple way to care for it.

Earth Share



Sgt. Mark S. Rickert

Staff Sgt. John A. Harper, engineer with the C Co. 122 Engineer Battalion, Graniteville, S.C., react to sniper fire during training.

Common tasks keep soldiers ready to succeed on battlefield

Sgt. Mark s. Rickert

372nd MPAD

It is the Army's greatest weapon, the foundation and the backbone, the stratagem to survival and war play. This reservoir of tactics and reference materials is greater than all the weapons and soldiers combined. Without it, soldiers are merely men and women, and the weapons are without operators. And it all fits in a cargo pocket.

This essential item is the Soldier's Manual of Common Tasks: Skill Level 1, commonly known as the CT Manual, which contains critical tasks that prepare soldiers, leaders and units to succeed on the battlefield.

The Army issues the CT manual to every soldier, and the soldier is always training, so that he or she can hit the ground running. Task-training sessions are sometimes followed by audible groans, but every soldier knows the importance of training. Repetitive instruction is the key, and routine training is what saves lives during wartime missions.

"The training can get a little repetitive, but we make it fun, and that's the key," said Staff Sgt. John A. Harper, with C Company, 122nd Engineer Battalion, out of Graniteville, S.C. "Repetition becomes boring, especially if you just read from the manual. That's why we

take training to the field. That way we can get out and do hooah-hooah stuff."

"The manual familiarizes the soldier with basic tactical information," said 2nd Lt. Teddy L. Call, C Co., 122 Eng. Bn.

"The CT manual is important to every soldier, and it doesn't matter what your military occupational specialty is, whether you're a cook or an engineer. If you move into a hostile environment, you have to know the basics to do your job."

The engineers resort to the CT manual daily, and they train seriously, whether it is wartime or not.

However, as the soldiers wait for their mobilization overseas, training sessions have a new tone.

According to Harper, the situation overseas has everyone even more focused.

All of the soldiers realize how important these basic skills are, ensuring a safe return home.

"We are the best engineers in the inventory. The CT manual is tremendously important," said 1st Sgt. Bill Bryant, C Co., 122 Eng. Bn.

"Our attitude toward training hasn't changed. Whether we're at home or here, whether it's wartime or not, we always take our training seriously."



Sgt. Eric L. Powell, C. Co. 122nd Engineer Battalion, watches over a group of soldiers as they react to simulated sniper fire.

POLICE REPORTS

- **Subject:** Family member, 24-year-old female
- **Charges:** Unlawful transfer of license plate, expired tags and speeding 46/30
- **Location:** Fort Stewart

- **Subject:** Family member, 42-year-old female
- **Charges:** Driving under the influence, impeding the free flow of traffic
- **Location:** Fort Stewart

- **Subject:** First Sergeant (Retired), 46-year-old male
- **Charges:** Driving while license revoked
- **Location:** Fort Stewart

- **Subject:** Family member, 23-year-old female
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield

- **Subject:** Civilian, 20-year-old female
- **Charges:** Shoplifting
- **Location:** Hunter Army Airfield

- **Subject:** Family member, 42-year-old female
- **Charges:** Shoplifting
- **Location:** Fort Stewart

- **Subject:** Specialist, 24-year-old female, Headquarters Command
- **Charges:** Failure to appear, expired tags, driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Private 2, 20-year-old male, 1st Brigade
- **Charges:** Failure to appear
- **Location:** Hinesville

- **Subject:** Specialist, 26-year-old female, 24th Corps Support Group
- **Charges:** Improper backing
- **Location:** Fort Stewart

- **Subject:** Specialist, 31-year-old male, separate battalion
- **Charges:** Driving under the influence
- **Location:** Fort Stewart

- **Subject:** Specialist, 22-year-old male, separate battalion
- **Charges:** Driving while license suspended, expired tags, no proof of insurance, failure to obey a lawful order, driving on post suspension
- **Location:** Fort Stewart

- **Subject:** Private First Class, 20-year-old male, Aviation Brigade
- **Charges:** Stalking
- **Location:** Savannah

- **Subject:** Corporal, 20-year-old male, separate battalion
- **Charges:** Under age drinking, wrist band for drinking
- **Location:** Savannah

- **Subject:** Private First Class, 20-year-old male, separate battalion
- **Charges:** Two counts of possession of alcohol by a minor, possession of a fraudulent ID card
- **Location:** Savannah

- **Subject:** Corporal, 21-year-old male, separate battalion
- **Charges:** Open alcohol container in a car
- **Location:** Savannah

- **Subject:** Private First Class, 41-year-old male, separate battalion
- **Charges:** Damage to government property

- **Location:** Fort Stewart
- **Subject:** Civilian, 23-year-old male
- **Charges:** Seven counts criminal trespassing
- **Location:** Fort Stewart

- **Subject:** Civilian, 24-year-old male
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Sergeant First Class (Retired), 49-year-old male
- **Charges:** Driving under the influence, open container
- **Location:** Fort Stewart

- **Subject:** Family member, 32-year-old male
- **Charges:** Possession of a controlled substance
- **Location:** Fort Stewart

- **Subject:** Sergeant First Class, 40-year-old male, separate battalion
- **Charges:** Failure to exercise due care
- **Location:** Fort Stewart

- **Subject:** Sergeant, 22-year-old female, separate battalion
- **Charges:** Improper backing
- **Location:** Fort Stewart

- **Subject:** Private 2, 20-year-old male, separate battalion
- **Charges:** Improper backing
- **Location:** Fort Stewart

- **Subject:** Specialist, 22-year-old male, 24th Corps Support Group
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield

- **Subject:** Family member, 29-year-old female
- **Charges:** Improper backing
- **Location:** Hunter Army Airfield

- **Subject:** Specialist, 22-year-old male, 24th Corps Support Group
- **Charges:** Failure to yield the right of way
- **Location:** Hunter Army Airfield

- **Subject:** Civilian, 19-year-old male
- **Charges:** Theft by taking
- **Location:** Hunter Army Airfield

- **Subject:** Civilian, 20-year-old male
- **Charges:** Theft by taking
- **Location:** Hunter Army Airfield

- **Subject:** Family member, 20-year-old female
- **Charges:** Criminal trespass, simple battery, resisting apprehension
- **Location:** Hunter Army Airfield

- **Subject:** Sergeant First Class, 42-year-old male, separate battalion
- **Charges:** Failure to obey a lawful order, obstruction or hindering a law enforcement officer
- **Location:** Hunter Army Airfield

- **Subject:** Sergeant, 25-year-old male, 24th Corps support Group
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield

- **Subject:** Family member, 19-year-old female
- **Charges:** Improper backing
- **Location:** Hunter Army Airfield

- **Subject:** Family member, 23-year-old female
- **Charges:** False report of a crime

- **Location:** Fort Stewart

- **Subject:** Family member, 19-year-old female
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Family member, 20-year-old female
- **Charges:** Failure to yield right of way
- **Location:** Fort Stewart

- **Subject:** Civilian, 29-year-old male
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield

- **Subject:** Private First Class, 22-year-old male, 24th Corps Support Group
- **Charges:** Seven counts deposit account fraud
- **Location:** Savannah

- **Subject:** Specialist, 22-year-old male, separate battalion
- **Charges:** Driving under the influence
- **Location:** Hinesville

- **Subject:** Civilian, 53-year-old male
- **Charges:** Larceny of government property
- **Location:** Fort Stewart

- **Subject:** Specialist, 25-year-old male, separate battalion
- **Charges:** Driving under the influence
- **Location:** Hinesville

- **Subject:** Civilian, 46-year-old male
- **Charges:** Driving too closely
- **Location:** Fort Stewart

- **Subject:** Civilian, 52-year-old male
- **Charges:** Wrongful possession of marijuana, driving while license suspended, speeding 41/30
- **Location:** Fort Stewart

- **Subject:** Civilian, 20-year-old female
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Civilian, 46-year-old female
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Civilian, 20-year-old
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Private First Class, 21-year-old male, separate battalion
- **Charges:** Driving while license suspended
- **Location:** Fort Stewart

- **Subject:** Civilian, 22-year-old female
- **Charges:** Improper backing
- **Location:** Fort Stewart

- **Subject:** Staff Sergeant, 26-year-old male, 24th Corps Support Group
- **Charges:** Driving under the influence, driving under the influence less safe, obscured tag
- **Location:** Savannah

- **Subject:** Specialist, 25-year-old male, separate battalion
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield

- **Subject:** Sergeant, 32-year-old female, separate battalion
- **Charges:** Driving while license suspended
- **Location:** Hunter Army Airfield.

HOTLINE

from page 1A

active-duty soldiers should contact is Army Community Service or the unit rear detachment at the installation from which the soldiers deployed.

"The mission of our Family Assistance Hotline is to provide Army families caring support in the form of accurate information, useful resources, and helpful referrals related to family issues," said Brig. Gen. Robert L. Decker, commander of the USACFSC, the Army agency responsible for Morale, Welfare and Recreation.

"This Family Assistance Hotline is a 'safety net' for those who have exhausted all other resources," said Decker. "We will do everything we can to help each and every caller."

The hotline is intended for use only by family members of soldiers on active duty as well as those in the Army National Guard and the Army Reserve called to active duty.

After hearing a short, recorded message, callers will be able to speak to hotline staff members who have access to extensive reference materials. Staff will be unable to answer questions about casualties or soldiers wounded or missing in action.

Because of the sensitivity of this information, the Army's Casualty Assistance Office will first contact the soldier's immediate family. Once the Army is certain that the soldier's next of kin have been notified, information about soldiers' deaths will then be released to the public through news releases and other means such as the media and Department of Defense Web sites.

Due to operational security and force protection concerns, CFSC hotline staff cannot provide locator services (addresses) for soldiers or units, or information about operational matters.

The Army National Guard and the Army Reserve state and regional support commands also operate assistance lines, though they may not always be toll free. Information is also available at www.guardfamily.org and www.army.mil/usar.

"We may often refer callers to the installation because installation ACS staff have local resource telephone numbers, and more detailed information," explained Lovison.

In addition to local and Army-level assistance via telephone, family members can find answers to many routine questions about family readiness, Army Community Service, and deployment support resources online at the ACS Web site, www.goacs.org, and at the Army Family Liaison Office website, www.aflo.org.

"We anticipate a high volume of calls, so we strongly urge people to use those Web sites as a first stop," noted Lovison. Recognizing that not all households have Internet connectivity, Lovison suggested families use computers at installation ACS centers or at on-post or local civilian libraries.

DRINKING & DRIVING DON'T MIX



CALL 876-0156 TO PLACE YOUR AD TODAY!

3ID IN BRIEF

Stewart

Wives of Warriors

Fort Stewart Chaplains and 2nd BCT Spouses Prayer Group invite you to a two-day conference with "Wives of Warriors — Connected by Hope." There will be several workshops to choose from with discussion time built-in. The conference is scheduled 6:30 to 9 p.m., Friday, and 10 a.m. to 4:30 p.m., Saturday, at Club Stewart. For more information or for conference reservations, call 877-7263 or 876-9232.

(OCS) Selection Board

HQDA has announced that the Officer Candidate School Selection Board for Monday through Tuesday has been cancelled. The next board is scheduled to be held in July.

For more information and criteria needed, call 767-1452 or 767-5817.

Warrant officer board

HQDA has announced the Fiscal Year 2003 CW 3, 4 and 5 Promotion Board. The board is scheduled to meet April 29. The following are the zones of consideration for all grades:

- AV MOSs less 151A
- Above Zone — Sept. 30, 1997, and earlier
- Primary Zone — Oct. 1, 1997, through Sept. 30, 1998
- Below Zone — Oct. 1, 1998, through Sept. 30, 1999
- Tech MOSs plus 151A
- Above Zone — Sept. 30, 1998, and earlier
- Primary Zone — Oct. 1, 1998, through Sept. 30, 1999
- Below Zone — Oct. 1, 1999, through Sept. 30, 2000

Officers who will be considered by this board in all zones of consideration should immediately schedule themselves for a new digital photo.

In addition to having the new digital photo posted to their files, officers will also receive two hard copies. These hard copy photos must be forwarded to PERSCOM in time for the promotion board.

For more information, call 767-3416 or 352-6296.

Continuing education

Family members, Army Reservists and National Guardsmen can continue their education during their relocation to Fort Stewart the following learning centers, regardless of their specific unit. Classrooms are also available for training and FRG meetings.

For additional information about these locations or continuing education call the Main Education Center at 767-8331.

Road closed

The existing concrete tank trail between the intersection of the concrete tank trail and West 15th Street and the entrance to Motor Pool Building 1807 will remain closed through March 31 due to inclement weather delays. The detour route, around area of construction remains in effect.

During closure period tracked vehicles will utilize the detour route along McFarland Avenue and W. 15th Street around the area of construction.

Track vehicles and oversized vehicles utilizing subject detour must comply with Post Regulations relative to speed, escorts and roadguards and should request traffic assistance from Military Police for all movements at the detour location where tracks and POVs will share usage of McFarland Avenue.

Motorists should exercise caution when entering this detour area and possibly sharing this segment of detour area with large military vehicles.

Delays on Highway 119

Georgia Highway 119 will be closed for training from approximately 12:30 to 1:30 p.m. and 2:30 to 3:30 p.m., May 4. The road will not be closed more than one hour at a time.

Tax assistance available

Get free tax assistance at the Marne Tax Assistance Center. The center is open 9 to 5 p.m. Monday through Friday at Building 9611 in the National Guard Training Center area. Call 767-3909 for more information.

Scholarship announcement

The Fort Stewart Enlisted Spouses' Club application process has begun for the "Rita Ackerman Continuing Education Scholarship." This merit-based scholarship is available to spouses of active, retired or deceased enlisted soldiers in the Fort Stewart area. Applications are available at the Education Center or at Savannah Tech. All completed applications must be post-marked by April 1 and mailed to Maggie Roberts, Scholarship Committee Chairperson, P.O. Box 3069, Fort Stewart, GA 31315.

Hunter

Hunter Club

Every Wednesday, the Hunter Club will be serving Grill Beef Strip Steak with Saut'eed Onions, Baked Potato, Side Salad, and Drink for \$6.50.

NCO and Officer Calls every Friday from 4 to 8 p.m., except training holidays.

Catering is available for any function. The Hunter Club is open to the public. For reservations, call 353-7923 or 352-5270.

Army Education Center

The Army Education Center is sponsoring a Pell Grant/Financial Aid Workshop, Wednesday, at the Army Education Center, Building 1290.

Correspondence Courses

Do you need promotion points? Visit the Hunter Education Center to sign up for Army Correspondence Courses. Call 352-6130 for more information.

Continuing education

Family members, Army Reservists and National Guardsmen can continue their education during their relocation to Hunter Army Airfield, regardless of their specific unit, at the Hunter Army Airfield Education Center, Building 1290. For more information, call 352-6130. Classrooms are also available for training and FRG meetings. For additional information about these locations, or the ACES program, call the Main Education Center at 352-6130.

After-school Program

The Hunter Youth Center is now signing up students in the 6th grade level and higher for a free After-School Program.

The program offers field trips, homework help, computer labs, crafts, cooking, sports and fitness, as well as Boys and Girls Club programs.

1st- through 5th-graders may also sign up, however, space is limited. Those who are interested can register at Building. 1286.

Poker Run and party

The American Red Cross Savannah Chapter, Chatham Branch will hold its first Poker Run and Party, April 13. Registration starts at 9 a.m. at Harley-Davidson, Savannah, first bike out at 10 a.m., last bike out at 11 a.m. and last bike in at 1 p.m. There are prizes for 1st, 2nd and 3rd places and worst hand. Rain date is set for April 26.

Hunter Outdoor Recreation

Hunter Outdoor Recreation has scheduled eight-hour safety classes for the following days: April 19, Aug. 16 and 30, Sept. 6 and 20, Oct. 4 and 18, Nov. 8 and 22, and Dec. 13. No classes will be held in May, June or July. For more information call Pass & Permit at 767-5032.

Phatt Katz Comedy Show

The Phatt Katz Comedy Run will present shows at the Hunter Club on Wednesday starting at 9:30 p.m. Performances will feature two comedians and one headliner.

Doors open at 8:30 p.m. Tickets are \$10 in advance and \$15 at the door. For reservations call 912-269-0277.

First Steps Program

The First Steps Program needs volunteers. This is a program that provides information and support to expectant and new parents stationed at Hunter. Volunteers make home visits to expectant parents and provide a 12 month phone call follow up. Volunteers are paid mileage reimbursement and enjoy flexible hours. For more information, call 756-6516.

Spring fair

Military night at the Savannah Jaycees Spring Fair, 6 to 10 p.m., Wednesday at the National Guard Armory. Military and family members will receive \$3 off unlimited rides handstamp tickets with military ID. Parking and gate admission is free.

CDS council meeting

Child Development Services Council Meeting will be held 1 p.m., Tuesday at Child Development Services.

Hunter Community Day

Hunter Community Day will be 10 a.m. to 3 p.m., April 12, on the baseball fields at the Hunter Youth Center on Perimeter Road.

Auto Craft Shop

Is your teen between age 13 and 15 and anxious to drive? Enroll them in a Beginners' Car Maintenance class, 10 a.m. to noon, Saturdays. This class is to help build their confidence and skill. Parents and children will learn to change oil, belts and tires together. This class is also available for individuals or small organizations. Must have at least three participants. For more information, contact the Hunter Auto Craft Shop.

Winn Army Community Hospital

Tuttle Shuttle

Transportation to Winn Army Community Hospital from Tuttle Army Health Clinic is now available through the Tuttle Shuttle. The shuttle runs Monday through Friday. The pick-up point is the front desk.

Schedule

Depart Tuttle at 7 a.m. - arrive at Winn at 8 a.m.; Depart Winn at 8:15 a.m. - arrive at Tuttle at 9:15 a.m.; Depart Tuttle at 9:30 p.m. - arrive at Winn at 10:30 p.m.; Depart Winn at 10:45 p.m. - arrive at Tuttle at 11:45 a.m.; Depart Tuttle 1:15 p.m. - arrive at Winn 2:15 p.m.; Depart Winn at 2:30 p.m. - arrive at Tuttle at 3:30 p.m.

Coping Support Groups

The Coping Support Group is for adults having difficulty dealing with the stress in their life. The group meets 9 to 10:30 a.m. every Monday. The Coping Support Group for Children meets 3:30 to 4:30 p.m. for children ages 6 to 9 and 3:30 to 4:30 p.m. Thursday for children ages 10 to 13. For more information, call 370-6100.

Expectant Mothers Support Group

The Expectant Mothers Support Group is specifically tailored to the meet the needs of pregnant women whose significant other is deployed. The next meeting will be 9 a.m. April 15 at Club Stewart. Educational classes, such as lactation counseling and stress management, will be offered through the group. Childcare will be available during the meetings with advanced notice. The group is available at Winn and Tuttle. For more information or to book childcare, call Beth Wilkinson at 370-6779.

TRICARE Hours of Operation

The TRICARE Service Center is open 8:30 a.m. to 5 p.m. Monday through Friday. For more information, call 370-6015.

Developmental screenings

Military families with children up to 3 years old who may be at risk for developmental delays can call Educational and Developmental Intervention Services for a free screening. Services include home visits, occupational therapy, special instruction, physical therapy, speech and language therapy, vision and hearing screenings, family training, developmental screenings and assessments. For more information, call 370-6349.

Active-duty Mental Status Exams

The Behavioral Health Clinic will conduct Active-duty Mental Status Exams 1 to 1:30 p.m. Monday through Friday. All patients with a completed FL92-R who sign in by 1:30 p.m. will be seen.

This exam is not a treatment evaluation. All soldiers E4 and below must be accompanied by an E5 or higher. For more information, call 370-6100.

Bereavement Support Group

A Sunrise Bereavement Support Group will be held 7 to 8 p.m. April 8 in Winn's chapel. The group is open to beneficiaries who have lost a loved one. For more information, call 370-6661 or 370-6779.

Tobacco Cessation

Tobacco Cessations classes will be available at Winn 1:30 to 3:30 p.m. or 6 to 8 p.m. Thursday starting April 3. To register, call 370-5071. The class will be available at Tuttle 1 to 3 p.m. Wednesdays starting April 2. To register, call 767-6633 or 1-800-652-9221.

Expectant Parenting Class

The next Expectant Parenting Class will be 6 p.m. April 1. This 4-week class helps patients to understand labor, delivery and newborn care. To register, call 767-6633 or 1-800-652-9221.

Pregnancy Nurse Line

Patients more than 20 weeks pregnant who have questions between their regularly scheduled appointments can call the direct nurse line at 370-6550.

Tuttle TRICARE enrollment

TRICARE enrollment briefings for Tuttle are held by appointment from 9 to 11 a.m. Monday, Tuesday, Wednesday and Friday and 1 to 3 p.m. Thursday. To schedule an appointment, call 767-6633 or 1-800-652-9221.

Winn and Tuttle Champions

The Winn and Tuttle Champions program matches representatives with Family Readiness Groups to answer questions about what health-care services are available to you - from transferring your TRICARE enrollment to refilling prescriptions to schedule appointments. For more information, call Winn's representatives, Linda King or Darla Vaught, at 370-6225/6143 or Tuttle's representative, Marilyn O'Mallon, at 352-6015.

New shuttle system to help soldiers 'Catch a Ride'

Sgt. Raymond Piper
Editor

Soldiers now have a new way to "catch a ride" around post through the Military Installation Transportation System, known as MITS.

Two buses will run Monday to Friday 7 a.m. to 6 p.m.

The evening bus will run 6:30 to 10 p.m. Monday to Thursday, 6:30 to midnight Friday, 9 a.m. to midnight Saturday and 10 a.m. to 9 p.m. Sunday.

A bus is scheduled to leave from the PX

every half hour and will stop at bus stops at the KFOR billets, National Guard billets, CIF, the DIVARTY area, Marne Chapel, Military Clothing and Sales, the Newman Gym area, PX, ACS, Winn Army Community Hospital, mobilization center, SRC area, Welcome Center and the Legal Assistance Office.

"We're having the bus drivers talk to the soldiers riding the buses so we can conduct an AAR (after action review) next week to see how we can make improvements," said Master Sgt. Kevin P. Travis, transportation coordinator for the Deployment Control

Headquarters. "If needed we'll implement more stops."

One of the reasons the MITS was set up was for the safety of the soldiers, said Travis.

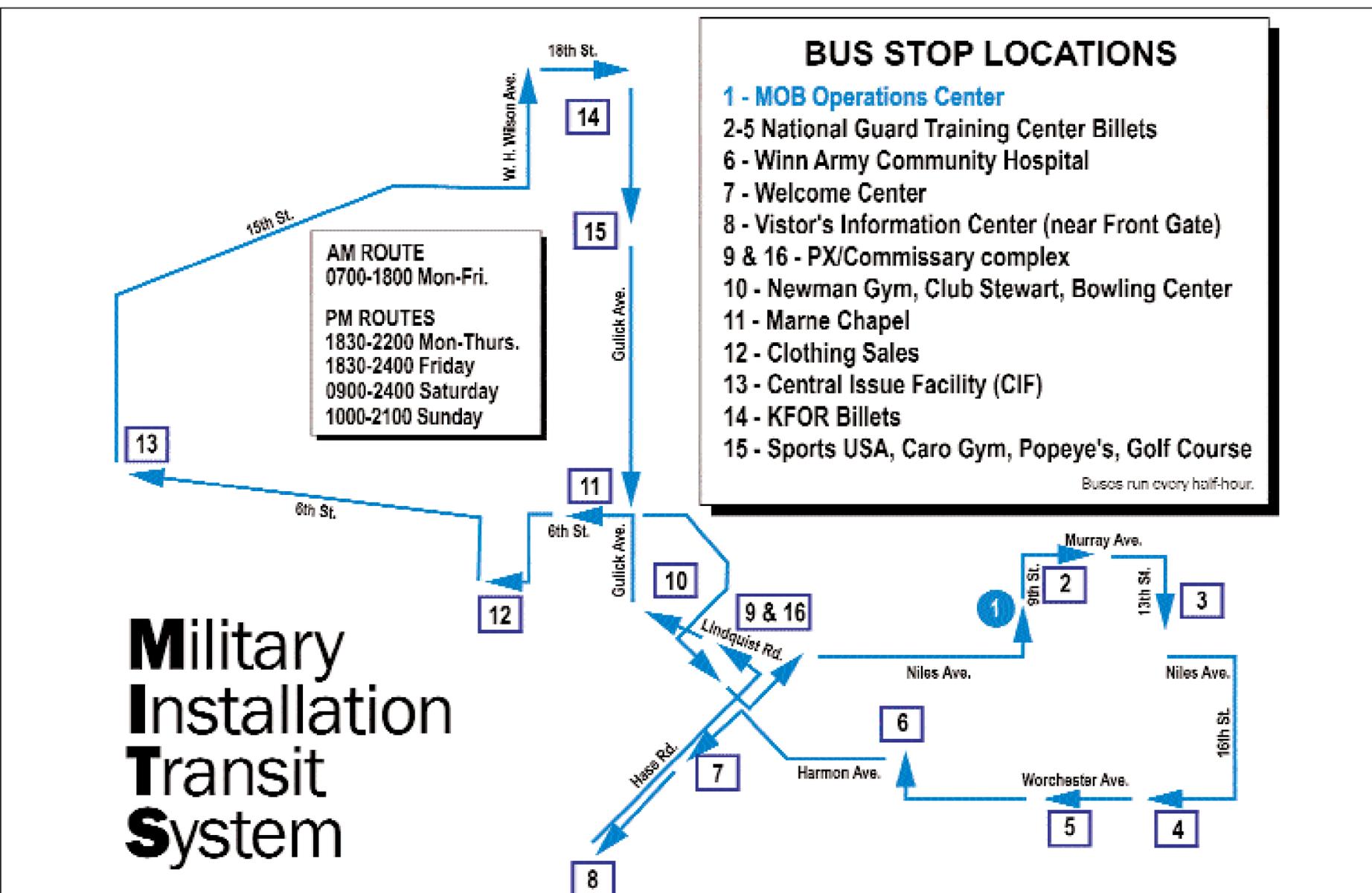
"Before the system, the soldiers in the National Guard Area would have to walk wherever they wanted to go. Since there are very few street lights out there, its pitch black which makes it very hard to see a soldier in BDUs walking," Travis said.

One of the benefits of the shuttle bus will be that it will free up the buses that are used to transport large groups of soldiers to and

from training and the Mobilization Center so they won't have to take small groups to CIF or the SRC site, Travis said.

The large passenger buses transport large groups of mobilizing soldiers to different training sites, such as the Common Task Training Site, various small arms live-fire ranges, driver training and the mobilization center.

Although the need for buses for training will dictate whether both buses will run, Travis said, "We will do everything we can to keep these buses running and one bus will always start running on time."



If you accidentally discover an archaeological site on Fort Stewart:




1. Cease what you are doing immediately.
2. Notify Range Control at 767-8777.
3. Do not attempt to unearth the object or remove it.

OBJECTIVE

from page 1A

battled regular and guerilla-type forces dressed in civilian clothes who blend in with the local populace. Nevertheless, coalition forces continue to gain ground.

"We're going to have to fight around the cities much more than we wanted to", said Maj. Gen. Buford C. Blount, commanding general, 3rd Inf. Div. (Mech.). But we're going to be able to isolate a couple of them, but I think we're going to have to go into a couple of them."

Blount praised the professionalism of the soldiers for their flexibility in fighting through stiffer than expected resistance.

"The soldiers are doing real well. They're focused on the mission and you can tell all the training they have gone through has paid off," he said.

"We've only fought the regular army forces to date and the Saddam Fedayeen, and Baathist Party militia," Austin said. "We've done a lot of fighting against those groups and we're doing well against them."

Blount noted that reliable intelligence reports say Saddam has integrated his Fedayeen into the regular forces to keep them from capitulating en masse and ensuring they fight.

"The next fight is probably going to be against one of his Republican Guard units, we'll see how well they fight. I expect these guys to fight a little bit harder. We'll be ready for that," Austin added.

In the battles that have ensued so far, the 3rd Inf. Div. has lost one soldier in combat, 14 soldiers have been wounded by enemy fire and 25 soldiers wounded with non-hostile battle injuries. The division has taken about 500 enemy prisoners of war along the way.

Spc. Gregory P. Sanders, 19, was killed in action March 24. The Hobart, Ind., native was assigned to the 3rd Battalion, 69th Armor Regiment as an armor crewman.

"It's always hard when you lose a soldier. Our thoughts and prayers are with the soldier's family," Blount said. Identification of the injured soldiers is pending notification of family members.

Austin echoed Blount's thoughts about losing a Marine soldier, and he goes on to say, "anytime we lose a soldier it weighs on us heavily. As I've said, this is hard business, it's tough business."

Although the 3rd Inf. Div. is achieving success, they're not doing it alone. The division is joined in the coalition by the Marines, Air Force, Navy and British soldiers. The division and Marine forces have exchanged liaison officers in the headquarters to ensure close coordination of ground forces.

The Marines are fighting the enemy to the division's right flank. They, too, have encountered some resistance from enemy troops.

"We're fighting alongside the Marines,

they're maneuvering, we're maneuvering and we give them (the enemy) some problems from different directions," Austin said. "I'm kept abreast of what the Marines are doing everyday through liaison officers here in our headquarters. And I can actually see what the Marines are doing from my command and control vehicle."

The 15th Air Support Operations Squadron, the division's Air Force element, has experienced success in calling for close air support on enemy targets.

"We've experienced lots of success up north with tanks, armored personnel carriers and other vehicles. So far things have been going very, very well, said Lt. Col. Byron Risner, commander 15th ASOS.

"Our piece is to give the commanders the picture of the air war and provide them with the CAS they need. In the big Air Force picture, we're the piece that supports Army ground units," Risner added.

Soldiers of 3rd Inf. Div. have known since November when 2nd Brigade Combat Team was in Kuwait conducting livefire and other training exercises that they could be at the tip of the spear.

"We're taking it to the enemy. Whenever we're faced with the enemy, we're destroying him," Coffman said. "We are taking everything he has and giving it back to him twenty-fold. The enemy doesn't stand a chance."

While in constant contact with enemy forces, the division is moving farther, faster than at any other time in recent history. Soldiers are continuing to maintain vehicles, personal weapons, and pushing food, fuel and personnel to forward troop areas.

"We've accomplished what couldn't be done 10 years ago - maintain - we moved continuously for almost 36 hours, maintained where everybody was, control of who's doing what and resourced the fight from our C2Vs as we were moving. That's an incredible capability," Austin said.

"The division has outstanding maintenance, outstanding soldiers and the will to succeed. With those three things, we've been able to move further faster and accomplish more in a shorter amount of time that any division in recent history," Coffman said.

While the division is out front leading the fight, support from home plays a vital role in everything soldiers do on the battlefield.

"We appreciate the great support family members are providing," Austin said. They are wonderful people and could not do this without your support. Know that your soldiers are doing very, very well."

"The soldiers are taking care of each other, working hard and staying focused. This is the best trained division in the United States Army and they will get the job done - no matter what," he added.

STRESS

from page 1A

Wilder said family members, girlfriends, fiancées and wives need to get in touch with their deployed soldier's family readiness group to help deal with the demands of this deployment.

"There, everyone has the same circumstances, along with some of the same fears," Wilder said. "The family readiness groups are also there to dispel any bad information. There is too much information on television, some of which may be confusing, and calling your family readiness group leader could be a way of distinguishing between fact and myth."

Another key advice from Wilder is to remain in close contact with their children's teachers.

Frequently children react to the deployment by misbehaving in class or performing poorly in their studies. A teacher who is aware of the situation is in a better position to be sensitive and encouraging, according to Wilder.

Informing the teacher that the child may be acting out because his or her parent is away does not make dealing with the behavior any easier for the teacher. If the behavior is very harmful or disruptive, outline what you don't expect the teacher to deal with.

"Kids don't come with a book, and no two children are alike," she said. "Spouses should take this opportunity to further develop themselves and their skills at home. From changing the oil in the car to becoming a better parent, use this time alone to learn from it.

She also said not to be afraid to hug your child. "A display of affection is powerful communication," Wilder said.

She also mentioned that spouses could try volunteer work or get involved with the local sports programs on post.

"Most of our sports coaches and volunteers are deployed, we now have a shortage of people helping out with the youth sports programs," she said. "This would be a prime opportunity to get involved with their children through sports."

Wilder said this is also a prime opportunity for spouses to develop a sense of independence. "Spouses could learn many new things, from how to

change the oil in their car to becoming a better parent and to paying the bills," she said.

Another tool that spouses, family members and friends have is the Fort Stewart and Hunter Army Airfield toll-free Family

Assistance Hotline. The numbers are 1-877-433-6114 for Fort Stewart, and 1-877-896-8647 for Hunter Army Airfield.

The purpose of the hotline is to provide Army families with caring support in the form of accurate information, useful resources, and helpful referrals related to family issues.

The hotline is intended for soldiers on active duty as well as those in the Army National Guard and the Army Reserve called to active duty.

Due to operational security and force protection concerns, hotline staff cannot provide locator services (addresses) for soldiers or units, or information about operational matters.

Hotline staff will answer calls from 7 a.m. to 7 p.m. daily, Eastern Standard Time, to answer family support-related questions.

"Kids don't come with a book, and no two children are alike"

Susan Wilder
ACS Mobilization,
Deployment Coordinator

Army Support Source

Spouses, family members and friends who have a loved one who is deployed can call the Fort Stewart and Hunter Army Airfield toll-free Family Assistance Hotline.

The numbers are:
1-877-433-6114 for Fort Stewart
1-877-896-8647 for Hunter

The hotline provides Army families with caring support in the form of accurate information, useful resources, and helpful referrals related to family issues. Hotline staff will answer calls from 7 a.m. to 7 p.m. daily, Eastern Standard Time.

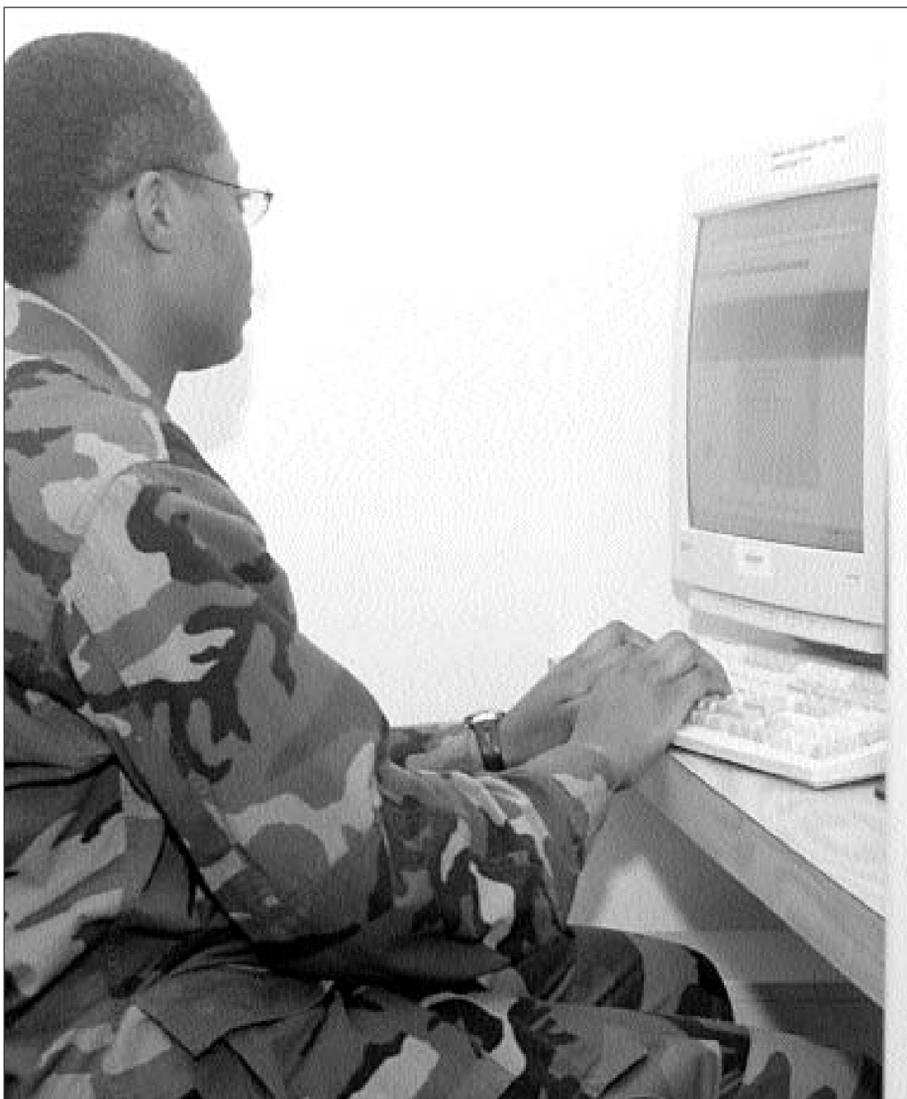
Creating a Clean and Healthy Environment

How to make your own glass cleaner

1. Mix three tablespoons ammonia, one tablespoon white vinegar and three-fourths cup water. OR
2. Mix two tablespoons vinegar in one quart water. OR
3. Mix one quart water with half cup of vinegar and one to two table spoons of lemon juice or rubbing alcohol.

Simply pour any of these mixtures into a spray bottle, spray, wipe and watch your glass sparkle.

Library rushes to speed up access to internet



Photos by Sgt. Mark Bell

Spc. Renita White, 23, takes advantage of some free time by checking her e-mail. White, a Reservist with the 801st CASH makes frequent visits to the library because of the high-speed internet access there.

Sgt. Mark Bell

372nd MPAD

Early on a recent Monday morning, more than 30 people were lined up outside the post library, as if they were waiting in line to purchase the hottest concert tickets. In fact, it wasn't a concert at all, but a daily frenzy to occupy the library's 17 Internet-ready computers.

These early birds aren't catching any worms, but rather something more valuable to the thousands of guardsmen and reservists who are temporarily occupying the post — Internet usage with no waiting period.

"You have to be first in line to use the computers or you have to wait a long time," said Spc. Joseph Levy, 21, from Chicago, a member of the 801st Combat Area Support Hospital (Army Reserve), who was waiting outside the library for 15 minutes before it opened.

Mobilized here since March 6, Levy said e-mail is vital to the saneness of his stay here. "I would go crazy if I don't know what everyone is doing back home," he said. "I need contact with the outside world. Life without Internet is life without a cell phone."

Soldiers here are able to use the computers for 30 minutes at a time, unless they are working on correspondence courses or some distance-learning classes, according to Marilyn Mancuso, post library director.

"Soldiers need to let us know if they are working on a class or need additional time so we can give them more time to adequately complete what they need to finish," she said.

Although the library averages almost 400 Internet users a day, she said recent figures have shown that the library's regular attendees and circulation have decreased since the deployment of most of the active Army soldiers, even with the influx of thousands of guardsmen and reservists.

"I think some folks might be discouraged to use the library because of the high numbers of soldiers in the library," she said of the library's 25 percent decrease in "normal" library activities.

Mancuso said one positive effect of the

increase of traffic is that many soldiers, who normally might not use one, are visiting the library.

"Indirectly, while soldiers are waiting for their turn to use the Internet, they are looking around our library and even borrowing materials from our library," she said.

Although Mancuso encourages soldiers to use the library's computers, she did say the current process of signing soldiers up for the Internet is incredibly time consuming.

She said the library's small staff spends the majority of their time keeping track of soldiers using the computer. "There are many other things that need to be done to keep a library going," she said. "Among other things, we have books that need to be reshelved and our catalog system needs to be maintained."

To help combat the flood of soldiers using the library's Internet capabilities, Mancuso said a new system may be in place, hopefully, by the first week of April.

Similar to the Winn Army Community Hospital's pharmacy's "take-a-number" system, Mancuso hopes using the number approach will ease some her staff's time devoted to Internet management.

The new system was ordered last week. Mancuso said soldiers and family members, wanting to use a computer to access the Internet, would each be assigned a number and would then wait for his or her number to be called.

She hopes this system would eliminate the current tasks of manually writing people's names on a list and calling out names when it's their turn.

"We would only have to hand out the Internet registration cards," she said. "It will definitely speed up the system and relieve some of the workload of the staff here."

Mancuso said soldiers using the library computers are able to keep in touch with family members and that saves on stamps and phone bills, but warns users that the computers are not to be used for chat rooms and instant messaging.

She also reminds soldiers to bring their own paper for printing, especially, if soldiers want to print out an Army regulation.



(Above) Due to the influx of thousands of guardsmen and reservists there is an increase of traffic at the post library. Many soldiers, who normally might not use one, are visiting the library to use the internet and to check out books.

(Right) Soldiers sign up to use the internet at the library. To help combat the flood of soldiers using the library's Internet capabilities, a new "take-a-number" system will be put in place by the end of April. Soldiers and family members, wanting to use a computer to access the Internet, will each be assigned a number and will then wait for his or her number to be called. This system will eliminate the current tasks of manually writing people's names on a list.



Hurry up and wait: Soldiers deal with the trials of pre-deployment mobilization

Spc. Chad D. Wilkerson

372nd MPAD

Being on mobilization status in preparation for deployment is a big change of pace in the lives of Army Reserve and National Guard soldiers.

From the change of daily rituals and activities, to the personal time that some have become accustomed to in the civilian world, the lives of soldiers is now a constant adjustment with a new set of challenges.

"The adjustment to daily life is the biggest challenge," said Sgt. Michael K. Neal, nuclear, biological and chemical (NBC) non-commissioned officer with H Company, 121st Infantry, Airborne Long-Range Surveillance, 221st Military Intelligence Battalion, Georgia Army National Guard. "If you want a Mountain Dew, you have to plan for it. Everything has to be planned out; you can't just get in the car and go up to the Quick Trip."

"Laundry is a challenge," said Spc. Jeff Garver, also with H Co., 121st Inf., LRS. "We are able to do it when we need to at night, but you have to walk a mile to do it."

H Company has been mobilized since the beginning of February, and is waiting for the call that will begin their trip to an unknown desert location.

"We've got everything loaded up and ready to go," said Garver. "It took only a couple of weeks for us to get ready. Now we are just doing the regular Army 'hurry up and wait.'"

"We're pretty much done with actual mobilization, now we're doing team-specific training — trying to get the training we don't normally get," said Sgt. Raymond S. Tanner, a nightclub bouncer and neuromuscular massage therapist in the civilian world.

"We've been doing a lot of PT (physical training)," said Tanner. The LRS unit plans for two physical training sessions every day to make good use of free time in between training.

"We have a high PT standard and we do PT twice a day unless we're in the field, but at least once a day," said Garver.

The emphasis on good physical training is a practice that is applicable to the soldiers, even in their civilian lives, helping keep soldiers fit between drill weekends and deployments, said Pfc. Christopher J. Edgecomb, with LRS communications team.

Cross training is also one of the tasks that many units awaiting deployment have developed into a priority in their mobilization training.

"We expect a lot of challenges in theater so we're planning for everything," said Neal. "I don't think we know exactly

what we will be faced with but we are ready to meet any challenge."

"Because our teams are so small and we are put out so far, everyone has to be able to do everyone else's job," said Tanner. "Every man has to be able to work the radio, plug a bullet hole, pull surveillance."

"We've been doing a lot of NBC training, first-aid training, and practicing evaluating a casualty," said Staff Sgt. Heidi Davis, an Arabic linguist with the 221st M.I. Bn. "Our training includes learning how to recognize head injuries, what to do about NBC casualties and how to treat a fracture."

In theater, a linguist could have the responsibility of intercepting and interpreting radio transmissions, or interrogating prisoners of war, but all the common tasks training has been a welcome refresher, said Davis.

A unit's ability to maintain morale during the waiting game that goes along with mobilization is essential to a unit's cohesiveness and can seriously affect a soldier's performance. Many Army Reserve and National Guard commands, as well as individual soldiers, have developed their own ways of maintaining a focused, battle-ready mindset.

Contact with home is one of those essential elements that helps ease a soldier's mind and helps him or her to maintain motivation.

"We use the phones to stay in contact, and we get letters out to family back home," said Edgecomb. "Being away from home is the only real problem I have encountered. Both my parents are military and they understand, but I don't guess any parent really wants to see their kid in this situation."

"My family supports me 100 percent, but, of course, they wish I weren't here like everyone else," said Neal.

"I have two beautiful daughters and I believe in their future," Tanner said. "They wish I weren't here, but they're supportive; they even have little boonie hats they wear to show it."

"I have a girlfriend back home; I wish I could take her with me," said Garver. "I get a lot of support from back home. They don't necessarily want it to be us out there, but they understand."

Many others also depend on their fellow soldiers to keep spirits high. "I have much more confidence in the men around here than I ever would have thought possible a year ago," said Edgecomb. "As for reservations about going to combat with these men, there are none."

"Our unit is very tight and we keep each other in high spirits," said Davis. "We are all in the same situation so it helps to know how the other person feels."



Spc. Chad D. Wilkerson

Sgt. Raymond S. Tanner, a soldier with Georgia National Guard LRS, checks vital signs on a fellow soldier while applying an IV with some assistance from his teammates during a combat life saving technique refresher.

"I wouldn't want to be anywhere else. The members of my unit are motivated," said Garver. "I trust the man next to me and I have confidence in my leadership."

"We all want to be here," said Tanner. "Morale is high. Most of the people in the unit really believe in what we are doing here."

"The diversity of the unit is great," said Tanner. "We have people from all walks of life: chiropractors, physical therapists, S.W.A.T. team members, network and information systems engineers, plumbers, paramedics, firefighters, land surveyors and others. I love my unit. This is it."

"We are an extremely closely-knit group of soldiers," said Neal. "We have proven our ability to work together here; I have no doubts that we are going to do the same over there."

Americans can show they care with "Gifts From the Homefront"

AAFES Press Release

A new Army and Air Force Exchange Service program to accept donations for soldiers in the form of gift certificates, "called CertifiChecks," was launched last week.

Americans can now make a significant contribution toward the morale and well-being of a loved one, family member or dear friend associated with the U.S. military, regardless of where they are stationed — at home or overseas.

These "Gifts From the Homefront" CertifiChecks come as a result of a new partnership between AAFES and CertifiChecks, America's hometown gift certificate resource center.

The new program began here under the initiative of Col. Gerald J. Poltorak, Fort Stewart installation commander, according to Gordon F. Wynn, Fort Stewart AAFES general manager. Poltorak was concerned about what could be done for deployed soldiers, said Wynn.

"This new program marks the first time that an organization or family, that may or may not, be associated with the military, can contribute to the soldiers through AAFES," Wynn said.

Sending CertifiChecks is an excellent way for people to show their support of our servicemembers, he said. CertifiChecks are redeemable for merchandise at all AAFES

PXs and BXs throughout the world. Details are available to anyone via the AAFES Web site, www.aafes.com, and by phone at 1-877-770-GIFT (4438).

Sold by CertifiChecks, they can be purchased 24 hours a day, seven days a week, every day of the year, and come in denominations of \$10 and \$20. Each order includes a festive envelope.

Anyone may purchase these "Gifts From the Homefront" with a U.S. credit card or check, but only authorized AAFES customers can redeem them at any PX or BX throughout the world. At this time military authorities have advised that CertifiChecks can be sent only to a specific servicemember at his or her APO or U.S. mailing address. AAFES is currently working to find a solution to allow CertifiChecks to be sent to units or non-specific troops.

AAFES currently has 34 stores located throughout Southwest Asia in support of Operation Enduring Freedom. CertifiChecks can be redeemed at these facilities to purchase items such as health and beauty items, soft

drinks, candy, snack items, pre-paid calling cards and much more.

By clicking on the link "Gifts from the Homefront" at www.aafes.com, anyone can find out how to access an order form and complete the transaction

online or via a toll-free number at 1-800-770-GIFT (4438).

Purchasers living overseas can use the online links at www.aafes.com, or by downloading online forms from the CertifiChecks web site. These order forms can be mailed or sent by fax direct-

ly to CertifiChecks. Customers may pay with a check if they use the order form.

The standard cost for the certificates is \$4.95 per order, which covers the costs for printing, mailing and handling of up to 20 certificates per order, providing they're going to the same address. Delivery of the certificates normally takes between 4-10 days, possibly longer if going overseas.

Shipping and handling charges are slightly more for bulk orders of \$300 or more. For those individuals who may be concerned about using their credit cards to purchase cer-

tificates online, CertifiChecks uses the latest security software to handle the complete transaction process safely over the Internet or by phone. AAFES' agreement with CertifiChecks prohibits the release of any information it receives.

In addition to showing a servicemember you care, sending CertifiChecks will also help reduce the number of parcels being sent via the Military Postal Service Agency.

"This program should very much help relieve the critical mail transportation situation," said Ed Pardini, deputy director of the Military Postal Service Agency. "Different from previous contingencies, such as Desert Shield/Desert Storm, 'Any Servicemember' mail and donation campaigns are not the helpful idea they were then. Unfortunately, 'Any Servicemember' and Web-sponsored donation programs are counterproductive to the safety of our troops. The sheer volume also easily causes delays to the more important mail from families and loved ones due to transportation issues," Pardini said.

For more than 107 years, AAFES has provided quality merchandise and services at uniformly low prices to active duty military, Guard and Reserve members, retirees and family members around the world. The AAFES motto, "We Go Where You Go" is truly indicative of the service and support AAFES provides to servicemembers.

"This new program marks the first time that an organization or family, that may or may not, be associated with the military, can contribute to the soldiers through AAFES."

Gordon F. Wynn
Fort Stewart AAFES General Manager

Light's out! Fort Stewart, Hunter have curfews for children

Sgt. Sam Hoffman

Staff Writer

Some people may recall the days of their youth with great reverie; hanging out till all hours of the night. Leaning against a post while smoking and joking with chums.

That may have been how it was where you were growing up, but not at Fort Stewart and Hunter Army Airfield.

Signs posted at all of the entrances to Fort Stewart and Hunter are difficult to miss.

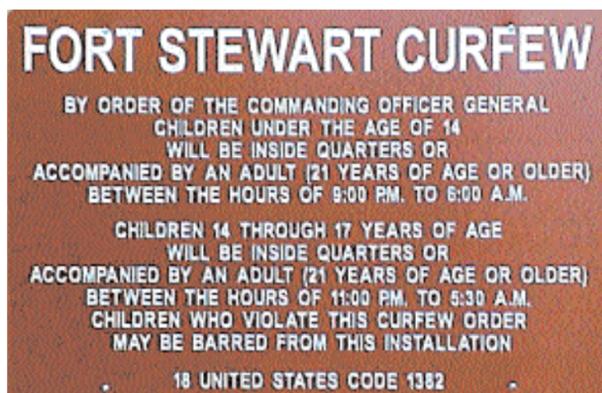
Commander's Policy 17-1 states the curfew applying to Fort Stewart and Hunter minors on post at any given time.

Command Sgt. Maj. Carl Smith, installation Command Sergeant Major, helps oversee the enforcement of curfew and other command policy.

"We have a set of standards here that the families need to follow," he said.

According to Commander's Policy 17-1:

• Children under 14 years of age shall be inside their home or someone else's quarters between 9 p.m. and 6 a.m. unless they are under the supervision of an adult (21 years of age or older) or are returning home directly from a community or school-organized function or facility, a Youth Services program, traveling to or from verifiable employment, or responding to a bona fide emergency.



• Children who are 14 years or more of age, but less than 18 years of age, shall be inside their home or someone else's quarters between 11 p.m. and 5:30 a.m. unless they are under supervision of an adult (21 years of age or older) or are returning home directly from a community or school-organized function or facility, a Youth Services program, traveling to or from verifiable employment, or responding to a bona fide emergency.

• The child's parent(s) or guardians are responsible for compliance with this curfew. If the child is in the company of an adult other than a parent during the period of curfew, the parent must have authorized the adult in advance to supervise and be responsible for the child. This is to prevent a young adult not much older than the child from claiming that the child is under his or her supervision without the parent(s)' express knowledge and approval.

Military Police will be patrolling through the night for loitering minors. Violation of this curfew is punishable under the Uniformed Code of Military Justice and will be prosecuted. A guilty verdict can result in forfeiture of post housing units.

"Living in government housing is a privilege, not a right," said Smith.

Anyone who has a suspicion of curfew violation or other child neglect should call the MPs at 767-2822 at Fort Stewart or 352-6133 for Hunter.

"Living in government housing is a privilege, not a right."

Command Sgt. Maj. Carl Smith
Installation Command Sergeant Major

LIFE & TIMES

B SECTION

On Post

Spouses' night out

A Spouses' Night Out will be held 6 to 10 p.m., Friday at Club Stewart's Patriot Corner. There will be line dancing and ballroom dancing lessons at 7:30 p.m.

There will also be board games, music, snacks, cards and a beverage station. Child care is available, call CYS at 767-3203 for child care requirements.

Tax assistance available

Get free tax assistance at the Marne Tax Assistance Center. The center is open 9 to 5 p.m. Monday through Friday at Building 9611 in the National Guard Training Center area. Call 767-3909 for more information.

Toastmasters

Whether you're a professional, student, stay-at-home parent or retiree, Toastmasters is the best way to improve your communication skills.

The Dog-Faced Soldiers Toastmasters International Club meets noon every second and fourth Wednesday at Club Stewart and is open to everyone.

For more information, call 767-0383 or email at Bowenja@stewart.army.mil.

Bi-annual Block Party

There will be a Bi-annual Block Party, 11 a.m. to 3 p.m., April 5 at the Fort Stewart Army Community Service, Building 470. There will be games, food and free entertainment.

Talent Search

Family Advocacy is looking for talented people to participate in our bi-annual Block Party, April 5. All talents and ages are welcome.

For more information, call 767-5058.

Scholarship announcement

The Fort Stewart Enlisted Spouses' Club is pleased to announce the application process has begun for the "Rita Ackerman Continuing Education Scholarship." This merit-based scholarship is available only to spouses of active, retired or deceased enlisted soldiers in the Fort Stewart area.

Applications are available at the Education Center on post or at Savannah Tech. All completed applications must be post-marked by April 1 and mailed to Maggie Roberts, Scholarship Committee Chairperson, P.O. Box 3069, Fort Stewart, GA 31315.

Child Walk

There will be a Child Abuse Prevention Month Child Walk 9 a.m. to 11 p.m., April 5 at ACS. Families and organizations are welcome.

Off Post

Historic Marker Dedication

There will be a Historic Marker Dedication of the 16.5 Mile Historic Savannah-Ogeechee Canal Corridor 11 a.m., April 5 at the SOC Museum and Nature Center. There will be arts, crafts and baked goods sale and a Bull Roast Celebration from noon to 3 p.m. This event is free and open to the public. For more information, call 748-8068.

Parent's night out

Enjoy a night out while your kids have fun at the YMCA 5 to 10 p.m., every 1st and 3rd Friday. Rates per child, per hour are E-1 through E-4, \$1; E-5 through E-6, \$1.25 and all others, \$1.50. Children may bring swimsuits. Registration is required and may be completed when children are dropped off.

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

Ceremony celebrates Women's History



Pfc. Emily Danial

Pfc. Emily Danial

Staff Writer, Hunter Public Affairs

Someone once said, "Behind every strong woman is herself."

That statement's validity was reaffirmed March 19 when a Women's History Luncheon was held at The Hunter Club to promote Women's History Month and celebrate the accomplishments of women throughout the years.

The event featured performances by several women, including a solo of the song "Hero" sung by Stephanie Edwards and an enactment of the poem "Phenomenal Woman" performed by Capt. Sheyla Baez, Capt. Sarah Pierce, Capt. Rachel Monnot, and Sgt. 1st Class Theresa Dailey-Johnson.

The guest speaker at the luncheon was police Maj. Jessie

I. Pennington, the commander of Services Division of the Chatham County Police Department.

Pennington related her experiences as a woman who had worked her way up the ladder, so to speak, having started work at the police department as a secretary 30 years ago.

"My father would say stubbornness was one thing that helped me get where I am," she said. "I refuse to be defeated."

Pennington addressed the changes that have been made in society regarding females in the workplace since she began her upward climb, and she pointed out that some "old-timers'" opinions of "the way things should be" should not stand in the way of anyone's goals.

"They're not going to change, so don't even bother with them,"

she said. "I was fortunate enough to have a supervisor who allowed me to do what I knew I could do."

Command Sgt. Maj. Mittie Smith, Hunter command sergeant major, attended the luncheon and also introduced the speaker.

"It's an honor," she said, "to give young soldiers hope, to see women who have done it."

As for herself, said Smith, "I've been in the military for 21 years, and I've had challenges for 21 years ... I see myself as a leader for young soldiers, and I think it's good for them to see a woman as a leader."

Pennington expressed the same feelings.

"I hope I will continue to be a role model," she said, "to remind anyone who has goals that they can do anything."



Pfc. Emily Danial

Wendy Williams, wife of Lt. Col. Dan Williams who is currently deployed, attaches a yellow ribbon to a low-hanging branch of the tree in front of the chapel at Hunter Army Airfield.

Tie a yellow ribbon 'round the old chapel tree

Pfc. Emily Danial

Staff Writer, Hunter Public Affairs

If you're passing by the chapel at Hunter Army Airfield and notice something a little different, stop and check it out.

Those little patches of color on the trees are not accidental, but were in fact carefully placed upon the branches during a Yellow Ribbon Ceremony March 13.

The ceremony was held to honor, remember and pray for deployed soldiers, and to give family members, spouses and friends the opportunity to leave their own personal message for their soldiers in the form of a yellow bow with the name of their loved one printed on it.

Chaplain (Maj.) John Foxworth opened the ceremony with a prayer for the soldiers. He then introduced Command Sgt. Maj. Mittie Smith, Hunter command sergeant major, who placed the first ribbon on the tree.

Anyone who wished to do so

was invited to place as many ribbons as they liked on the trees near the entrance of the chapel, and a ladder was provided for those who were slightly vertically challenged so they could reach the branches.

Wendy Williams, one of the spouses who placed a bow on the tree, said the ceremony was "awesome, a really nice touch." She said her husband, Lt. Col. Dan Williams, had been gone for six weeks.

"Being (apart) makes you stronger," she said, but added, "Hurry home!"

Ruth Poston, who placed several ribbons for many deployed friends, including her boyfriend, said the "memory tree" was "a good tribute to our soldiers, and a symbol for the kids, especially now when there are so many so far away."

Her seven-and-a-half year old daughter, Payton, also placed a ribbon for the family friend.

"We miss him very much," said

Payton, "and we love him and wish he'd never gone to war."

Poston said the ribbons helped the kids feel closer to loved ones overseas.

The trees at the chapel can also serve as a gathering place for adults, providing a haven where families can come to share experiences and strength with each other while remembering their soldiers far away.

"It's always a different meaning," Poston added.

Although the trees were more yellow than green by the end of the afternoon, Foxworth wanted to emphasize, "there's more room ... everyone is welcome to come out to the chapel and put a ribbon on the tree."

He wanted to thank Nona Godwin, the manger of the Hunter Post Exchange, for donating the large bows supplied at the ceremony for family members to use.

"She has gone above and beyond the call of duty," Foxworth said.

Plenty for children to do this summer

Pfc. Emily Danial

Staff Writer, Hunter Public Affairs

Once upon a time, there was a land with no childcare workers, and all the children just ran around and did as they pleased.

Obviously, that was an imaginary situation, as parents everywhere will be happy to note, and now there is even better news for the families of Hunter Army Airfield.

The friendly folks at Hunter's Youth Services center will be offering a summer program for school-aged children this year.

The program, which has been running for six years now, consists of field trips, bowling and other outings, and also incorporates educational activities into its agenda, according to Terri McMillan, the School-Age Youth Services Director.

The summer program was designed to give children on post something constructive to do during long summer days.

"We let the children have input as to what goes into the schedule," said McMillan. "They enjoy the activities because they've helped to choose them."

Youth Services also incorporates Boys and Girls Club and 4-H programs into the activity schedule, she said.

McMillan and Debra Grant, the education leader for school-aged kids, said the summer and after-school programs are especially helpful to children during these times of deployment because they

See SUMMER, Page 3B

Counselors explain assessment, funding and college programs

Robin Ellert

Special to The Frontline

The Fort Stewart/Hunter Army Education Center sponsored an Afternoon Tea for family members at Club Stewart March 5. Carolyn Darsey, the Education Services Officer, opened with remarks about the "Total Army Family" and briefly explained the continuum of educational opportunities ranging from English as A Second Language to college graduate level programs designed for adult learners.

Kathy Hamilton, the On-Duty Program Manager, went on to discuss the Leadership Skills Enhancement Program, as well as opportunities at the Army Learning Centers.

"LSEP classes are free for Family Members on a space available basis," she said. Hamilton advocated using all of the Learning Centers (there are a total of nine) for accessing computers, learning keyboarding, and studying for SAT's, ACT's, College Level Examinations and checking AKO accounts.

Jean Hoagland, the Marne Learning Center Manager, then took to the podium and discussed Career Assessment tools. The Education Center counselors all have access to Interest Inventories that a student may take in order to come to terms with future career endeavors. A few of the inventories cost a small fee,

See EDUCATION, Page 3B

Marne ladies given time for personal growth at the 2003 ...

Women's Conference

Spc. Natalie A. Schlotman and Pfc. Emily Danial

Staff writers

Ladies of the 3rd Infantry Division were invited to a day of learning and personal growth at the 2003 Women's Conference March 20 at Hunter Club and March 21 at Club Stewart.

In conjunction with Women's History Month, the conference was held to show appreciation for the role women and Army spouses play in the Marne community.

"Spouses are no longer just deployed soldiers' wives. They are on the forefront. They have a strong role in the military," said Brig. Gen. Robert Decker, commanding general of the U.S. Army Communications and Family Support Center. "We are attending to Army families and Army family spouses as much as any service out there. (The Army) takes the lead in doing this because of (spouses) sacrifices in their on-going lifestyle," Decker said during his speech at Hunter Club.

The workshop topics ranged from money management, parenting and cooking to personal safety, fitness and mental health.

Many of the workshops were designed to motivate women to devote more time to them selves, said Lucia Braxton of ACS.

"We as individuals, we as women, need to take better care of ourselves ... we need to take time for ourselves," Braxton said.

"As a spouse, we tend to put our careers and education on hold and put our focus on our children or our soldier," added Linda McKnight, Army Community Services Family Service Program Manager. "Women need to be confident that they can make it while they are on their own," she said. "Before you can take care of others, you have to take care of yourself."

The conference also gave women guidance on how to adjust to the added pressures and responsibilities they face while their spouse is deployed. "We want to take their focus off the war and have them focus on this," McKnight said. "Because, the war is going to take its course."

Additionally, women learned about all the support sources available to them. "This is a good way for spouses to get out and be more in-touch with ACS and the activities in the surrounding community," McKnight said.

Of all the workshops at the conference, the workshops on stress solutions and methods for coping with war and separation were the most helpful, said Abigail Wyman.

"I think the class on stress relief was beneficial for a lot of us," said Wyman, whose boyfriend is deployed to Kuwait.

Women left the conference with the strength needed to handle the emotions that come with war, Braxton said. "(Spouses) are always going to be nervous and anxious, but now they know how to understand those feelings," Braxton said.



Pfc. Emily Danial

Ardis Wood, owner of Victorian Lady Tours in Savannah and guest speaker for day one of the Women's Conference, pours tea for the ladies at Hunter Club, March 20.



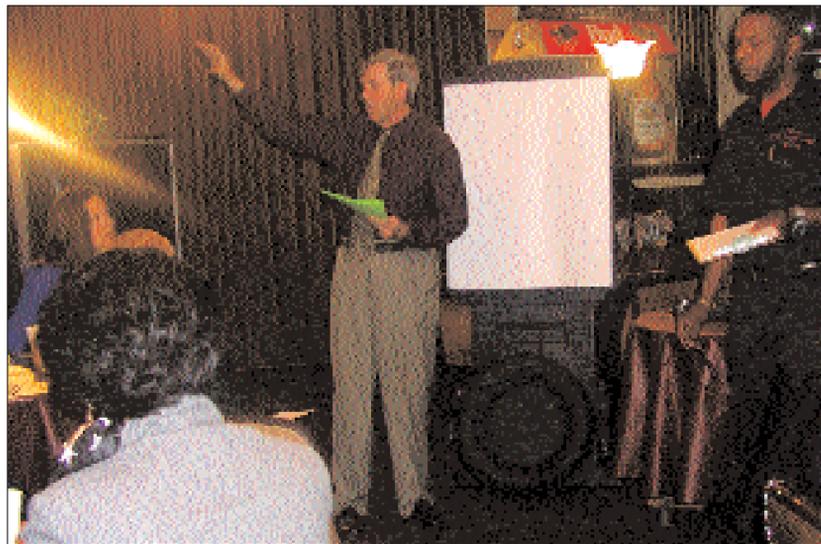
Pfc. Emily Danial

Brig. Gen. Robert Becker, commanding general of the U.S. Army Communications and Family Support Center, addresses women at the conference March 20 at Hunter Club. Becker commended women and spouses for the important roles they play in the local community.



Cpl. Todd Pruden, 372nd MPAD

Natalie Finley, right, discusses her blood pressure screening with Margaret Jones, Community Nursing health promotion tech, at the Women's Conference inside Club Stewart March 21.



Pfc. Emily Danial

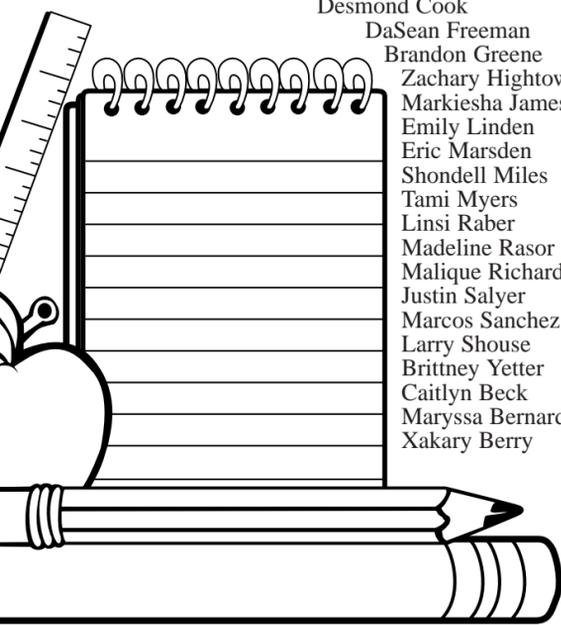
Larry Cutchens, left, and Paul Daniels teach a class on vehicle maintenance and repairs during one of the workshops at the conference.



Cpl. Todd Pruden, 372nd MPAD

Lizzie Marrero, right, enters the Women's Conference with her grandson, Eddie, carrying flowers sent by her husband, Col. Edwin R. Marrero, for their 23rd wedding anniversary.

Brittin Elementary School Court of Character Responsibility



Desmond Cook
DaSean Freeman
Brandon Greene
Zachary Hightower
Markiesha James
Emily Linden
Eric Marsden
Shondell Miles
Tami Myers
Linsi Raber
Madeline Rasor
Malique Richardson
Justin Salyer
Marcos Sanchez
Larry Shouse
Brittney Yetter
Caitlyn Beck
Maryssa Bernard
Xakary Berry

Cory Lazenby
Cassandra Pelton
Jessica Schrick
Tiara Anderson
Starry Brown
Joshua Loper
Emily Staffa
Terry Williams
Royneisha Andrews
Nikolaus Berry
Larunda Easley
Audriana Johnson
Nicole Johnson
Lawrence Kemp
Adam Martinez
Leahi Akao
Sharron Carter
Devon Foster
Quanesha Wimes
Jennifer Bott
Kirshana Calhoun
Zachary Erwin
James Goolsby
Kurtrell Jackson
Stafan Johnson
Charla Jones
Alinda Newby

Andrea Lowe
Jason Martin
Di'Quan Neal
Chris Staffa
Kyle Weaver
Brittney Guilfo
Margaret Whitfield
Amber Grant
William Owens

5th Grade
Ashley Ballew
Alex Carpenter
Danielle Jackson
Natasha Lamica
Sarah Lovelady
Sacoya Patterson
Adrienne Rasor
Leilany Ronda-Ruiz
Antonio Walton
Loryanna Del Olmo
Zachary Loper
Dominik Marciano
Santana Postell
Patrice Puranda
Lara Riviere
Javon Webb
Tyrisha Willis
Darren Wiltshire
Cullie Alexander
Nicholas Battyanyi
Joyce Byrum
Maria Galaviz
DeAnna Gatling
George Greig
Tatiana Lambert
Kim McCaskill
Michelle Taylor
Brandon Anderson
Kirkland Crocker
Danielle Jones
Keyyanna Jones
Brittney Kempson
Alexandra Kimball
John Landers
Kaila Moses
Alicia Perez
Alexis Pritchard
Katie Robinson
Cassandra Tyler
Byron Weaver

6th Grade
Courtney Anderson
Nicole Boone
Laura Eschenbach
Phillip Palomo
Demetrius Stinson

3rd Grade
Janet Carrette
Chanel Carrington
Kiara Glover
Kala Hendrickson
DiTarius Neal
Derrick Slaughter
Tanisha Terrell
Myrisha Colston
Kristin Crawley
Thomas Rasor
Chelsea Rivera
Natavia Townsend
Shayla Watts
Brittney Diggs
Kristopher Duncan
Christen Hall

4th Grade
Roysean Andrews
Ciana Lacuesta
Desanti Nettles
Anetone Sailiata
Shelby Walker
Daniel Wiltshire
Kirstie Agbay
Andre Connor
Nichelle Fraiser
Giancarlos Hernandez

Damien Claytor
Maribel Fierro
Abby Heath
Haley Paul
ShyAnn Pennington
Jasin Martinez
Danielle Moore
KyAria Moses
DaQuan Samuel

1st Grade
Keion Dodds
Parker Gorsuch
Joshua Krogmann
Miraya Marciano
Katelyn Millett
Michael Peagler
Dallas Tyler
Ja'Lan Herbin
Thomisa Lucas
Daniel Miller
Peter Oliver
Christopher Ripley
James Easley
Kennedy Mullenix
Jessica Wilson
Patrick Puranda
Maiya Bethea

2nd Grade
Dan Huell

Kindergarten
Ruby Belloc
Allisa Cassady
Mireya Claros
Robert Edwards
DeMarcus Evans
Nicholas Guillerault
Patrick Height
Mark Holland
Alaya Keane
Cathryn Kozlowski
Shana Lazenby
Joaquin Lemapu
Mario Manzano
Christian Melton
Melissa Moyett
Angelic Rideout
Raquel Riviere
Antevyon Spikes
Ashton Swinney
Montrel Wingate
Jasmin Hilton
Chrystopher Johnson
Javon Martin
Jonathan Atwood
Chelsea Austin
Justin Bidal
Omar Brown
Evangelyn Byczkoski
Kiersten Clark
Camron Clay

Summer from page 1B

allow the kids to connect with each other and form relationships with others who share their situations. "The kids bond together, they understand each other," said Grant. McMillan said the youth who participate in the programs are given the opportunity to govern themselves, to an extent. "We set down a few basic guidelines," she said, "but the kids make their own rules, and they follow those." The biggest challenge to their work, said McMillan and Grant, is getting information out to the parents about the programs. "I want the parents to know that we're here for them, and that we care about their children," Grant said. Youth Services also tries to hold family-oriented activities, said McMillan. McMillan has been working with children for 30 years, she said, the last six of which she spent at Hunter. She worked at Fort Stewart as the recreation director until the recreation center closed. Grant has been with Hunter Youth Services for two and a half years, she said, but has been working in childcare for about 14. So, parents, don't trouble yourselves this summer about childcare, because there shouldn't be reason for worry — only for the joy of knowing that your kids are in good hands.

Anyone interested in the summer program must be signed up by April 14, and must be registered with Child and Youth Services to sign up.

Education from page 1B

but there are just as many that are absolutely free. Following the Career Assessment portion, Robin Ellert, who is presently the counselor for the 1st and 2nd Brigade combat teams, went on to speak about how to pay for college. She included information on the Free Application for Federal Student Aid, the Pell and Hope Grants, as well as the myriad scholarship opportunities available locally and on the Internet. Rounding out the afternoon, Dorcee Taylor who is the Education Services Specialist for the engineer brigades, spoke in detail about the college programs existing both on- and off-post. College representatives were on-hand from most of the local area schools and all on post institutions. Participating family members were able to meet their own Army Guidance Counselors and speak with the college agent of their choice. Darsey stressed the fact that family members interested in pursuing their education and career goals should contact their unit counselor for assistance. She called the counselors "Honest Brokers" who will assist in matching your interests with the most appropriate and affordable programs available. The Education Center is planning other activities on a monthly basis to address family member and soldier needs in the educational arena. If you have specific questions or would like a briefing for your group, please call 767-8331 at Fort Stewart or 352-6130 at Hunter. Remember, a good education opens doors for your future.

SPORTS & FITNESS

On Post

Basketball courts closed

The Hunter gym's basketball courts are closed for renovations.

Tae Kwon Do lessons

Tae Kwon Do is available for children and adults.

Classes are held 5 to 6 p.m. for children and 6 to 7 p.m. for teens and adults, Tuesday and Thursday at Fort Stewart Youth Services Center, Building 7338, Austin Road in Bryan Village next to the shoppette.

The cost is \$30 per month. For more information, call Child and Youth Services at 767-2312.

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. Cost is \$15 per person.

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. For more information, call 767-4866.

Newman offers training

The Newman Physical Fitness Center now offers personal-training consultations. Consultations 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.

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.

- Troops Tune Up, a soldiers free clinic, is held every Saturday from 11 a.m. to 1 p.m.

- A Ladies Free Clinic is held every Wednesday from 10 a.m. to 11 a.m.

- Liberty High golf match is scheduled for Wednesday.

- A "Junior Golf Academy" is scheduled to begin in April and during the summer.

Anyone who wants to schedule a fundraising event for Family Support Groups, Unit Activities or a private organization is asked to contact Charlie Dobbertin at 767-2370.

Registration for girls sports

Registration began Feb. 1 for girls softball, T-ball, baseball and Track & Field. You can register your child 8 a.m. to 5 p.m. at Fort Stewart CYS, Building 443. All sports are open to children of active duty, retired military and DoD civilians. All children must be a registered member of Youth services and have physicals and proof of age to participate in Youth Services Sports Programs. The cost is \$20 for the first child and \$18 for each additional child. For more information, call 767-2312.

Off Post

Military night at the YMCA

The 1st and 3rd Friday of each month are Military Night at the YMCA. Show your Military ID and enjoy the Y free of charge from 4 to 10 p.m.

Baseball players wanted

If you are interested in playing baseball for a semi-pro baseball team, contact Art Lewis at 352-6749 or 767-6572, or James Simmons at 767-3031 or 369-3974.

For more information, email simmonsh@yahoo.com

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.

Army cars vie in Winston Cup

Army News Service

WASHINGTON — A broken part and a piece of debris on the track ruined what started out as a good race for the Army and National Guard Winston Cup racing teams March 16 in Darlington, S.C.

Jerry Nadeau, driving U.S. Army No. 1, and Todd Bodine, driving National Guard No. 54, both did well in qualifying for the Carolina Dodge Dealers 400 at Darlington Raceway, but both had disappointing finishes.

Nadeau qualified third and was consistently one of the front-runners in the early stages of the race. That changed suddenly when the Army car started smoking, forcing Nadeau to make a pit stop.

The U.S. Army pit crew quickly determined that the problem was a broken oil pressure fitting, stated Nadeau's official Web site. The part only costs \$10, but the repairs cost the team time, eight laps worth of time.

"That put us out of the race," said Nadeau. "It was really unfortunate because we had one great racecar this weekend."

The U.S. Army team ended the race in 35th place out of 43.

Bodine, driving the National Guard car, qualified 10th for the race. This was his career best start, according to Bodine's official Web site. Unfortunately, he was only able to finish 22 of the race's 293 laps.

In turn four of the 23rd lap, Bodine crashed after running over a piece of debris and flattening his front-right tire, stated Bodine's Web site. The National Guard car was so badly damaged it could not continue the race and ended up in last



Master Sgt. Bob Haskell

The National Guard's new Winston Cup stock car rolls out for a race.

place.

"It's just racing," Bodine said. "It's a shame because we were coming off such a good qualifying run here and we were looking to back it up with a similar end result."

Ricky Craven won the race, beating Kurt Busch by two-thousandths of a second.

Editor's note: Compiled by Bruce Anderson from news releases and Web reports.

Get an attitude adjustment to lose weight

Stephanie Taylor

Special to The Frontline

WUTERZBURG, Germany — Despite buying into the latest diets, pills and potions, America as a nation continues to gain weight.

An estimated 97 million people (55 percent of all adults) are overweight. We spend \$20 billion each year on the diet industry. Yet we cannot seem to find the answer to this great national dilemma.

I have seen how difficult it is to lose weight and keep it off. People try countless diets, and have some success, only to be disappointed later when the weight comes back. And when it comes back, it usually does so with a vengeance.

Many people believe that, if they just find the right diet, the right pill or have the right surgery, they can be skinny again. I am not convinced.

I am only convinced of one thing — diets don't work. And diets don't work because people's attitudes towards food and weight must change. Proper nutrition requires an attitude adjustment — which is

much easier said than done.

We must understand why we eat. We eat for social, religious and cultural reasons.

We eat for taste, comfort, and occasionally nutrition. We eat to alter our mood or alleviate boredom, two of the most harmful reasons. Some people use food the way others use alcohol, drugs or tobacco.

When we use food to change our emotions, it leads to a cycle of guilt, deprivation and bingeing. This is a difficult cycle to break once it gets started. Eating disorders and disordered eating often run in families because children model their eating habits after their parents. With modern culture's increased emphasis on beauty being thin, is it

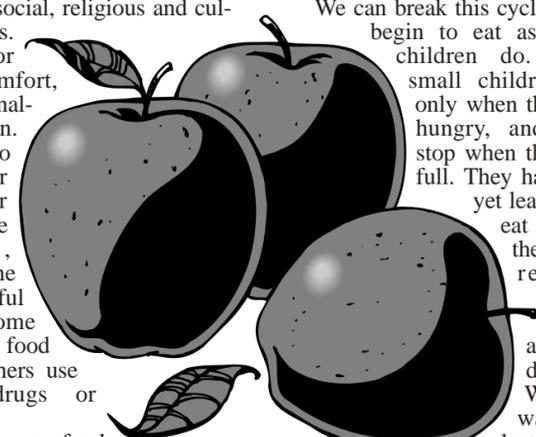
any wonder that 8- and 9-year-old children are already dieting?

We can break this cycle if we begin to eat as small children do. Most small children eat only when they are hungry, and they stop when they are full. They have not

yet learned to eat for all the other reasons that

adults do. When was the last time you could force a child to eat when he or she wasn't hungry?

When we get away from labeling foods as good foods and bad foods, and we allow all foods to be good foods, the desire of eating the forbidden fruit is suddenly gone. Many people have a difficult time with this



concept at first. They will be initially gluttonous, gorging themselves with junk foods or foods they previously avoided. After working through the overeating stage, they will come back to the center of the continuum — hopefully eating in moderation and hungering for fruits and vegetables.

I believe this is the mindset we must find. Once people have that, then they can work their way back to balance and moderation.

We can only successfully lose weight if we give up the dieting cycle. I know this must sound funny coming from a dietician. But we have to quit beating ourselves up. We need to feed our bodies with nutritious foods, and nurture our bodies with proper exercise and rest. You can't do that if you're tied to the whipping post.

Editor's note: Reprinted from the 100th Area Support Group, Germany, Training Times. Stephanie Taylor is the Chief of Nutrition at Wuerzburg Army Community Hospital, Wuerzburg, German.

Health experts worried about health risks of Ephedra

Lt. Col. Vivian Hutson

Special to The Frontline

Many health experts have become convinced of the potential dangers of the popular dietary supplement ephedra, and some are calling upon the U.S. Food and Drug Administration to ban the herb from consumer products.

Ephedra, also called ma huang, is a natural herb that has become widely used in recent years as an ingredient in weight-loss products and "energy drinks." It is usually combined with other ingredients, such as caffeine, and is reputed to speed up metabolism, to suppress appetite and increase alertness.

Because it is found naturally, ephedra is classified as a "dietary supplement" and is not subject to the strict governmental review that synthetic drugs and medicines receive. While manufacturers must prove that synthetic drugs are safe, the burden of proof is reversed for dietary supplements. The FDA can only act if it proves a supplement is responsible for adverse reactions. No action has been taken against ephedra, even

though the FDA has strictly limited ephedrine, its synthetic twin, and has banned the mixture of ephedrine and caffeine.

There are an increasing number of reported ephedra-related reactions, however, and it is even suspected as the cause of several deaths.

One company that makes a popular weight-loss product containing ephedra was recently pressured into turning over 15,000 consumer complaints to the FDA. The reports alleged side effects that included insomnia, high blood pressure, seizures and cardiac arrest. In November, a federal judge ordered the company to pay \$4.1 million to four people who suffered strokes or heart attacks after taking its product.

While millions of people take ephedra without experiencing any side effects more serious than jitteriness or loss of sleep, it is a potent substance that has become more dangerous because of the lack of regulation. The government does not require manufacturers to ensure its purity, to standardize dosages and strength, or to conduct safety tests before combining it with other ingredients.

With these dangers becoming more established, there is mounting pressure for action. The American Medical Association has asked the FDA to ban ephedra, and organizations such as the American Heart Association and the Center for Science in the Public Interest have criticized the government for not enacting such a ban.

Texas considered a requirement that ephedra be dispensed only with a prescription, and while it finally did not adopt this measure it does require that ephedra-containing products be labeled with the phone number of the FDA, so that adverse effects can be reported.

Both the Army and Air Force Exchange System and the Naval Exchange have recently stopped selling any products containing ephedra. If its critics are able to prove their case against the substance, it may only be a matter of time before it is restricted or banned throughout the country.

Editor's note: Tripler Army Medical Center release. Lt. col. Vivian Hutson is Deputy Chief of Nutrition Care at Tripler Army Medical Center, Hawaii.

Marne Scoreboard

Racquetball

Coastal Georgia Open Racquetball Tournament April 4 through 6

Entry deadline for the Coastal Georgia Open Racquetball Tournament is 6 p.m., April 2. The tournament will be held at Newman Fitness Center. This is a USRA sanctioned event. USRA rules apply. All players must have current USRA membership. Memberships will be available at the tournament desk. Matches will be two games to 15 and tiebreaker to 11. Single elimination.

USRA approved eye guards mandatory. All proceeds from this tournament support our soldiers fighting the war on terrorism. For more information or to obtain entry form, call the tournament director, Charles Knight at 877-5368, (800) 335-5066, ext. 247 or email: cgknight@teamekaton.com.

Softball

Fort Stewart and Hunter Army Airfield Intramural Softball Team roster deadline for Intramural softball is April 18. It is open to active duty, family

members, national guard and reserves. A softball clinic is scheduled for 1:30 p.m., April 28 at Club Stewart and Hunter Army Airfield Sports Officer. For more information, call Art Lewis at 767-8238 or 352-6749.

Soccer

Fort Stewart and Hunter Army Airfield Intramural Soccer Team roster deadline for Intramural Soccer is April 18. It is open to active duty, family members, national guard and reserves. A

softball clinic is scheduled for 1:30 p.m., April 28 at Club Stewart and Hunter Army Airfield Sports Officer. For more information, call Art Lewis at 767-8238 or 352-6749.

Aerobics

Hunter Fitness Center Aerobics schedule Mondays — 6 to 7 p.m. Cardio-Stepping

Cardio-Kicking Buns/Thighs Weights AB Work Stretch

Wednesday — 6 to 7 p.m. Cardio-Stepping Low Impact Jump Rope Weights AB Work Stretch

Fridays — 6 to 7 p.m. Fun Fridays Party Dance Yoga Stretches

Got Scores? Contact the Frontline staff at 767-3440 or e-mail Frontline@stewart.army.mil.

— CHAPLAIN'S CORNER — Trust in God can carry Americans through war

Chaplain (Maj.) James W. McGill

Special to The Frontline

As I write this article, the United States is again at war.

This war is not a situation in which citizens of the United States have any control. However, each of us is called to respond in a way in which we do have control. That is, we are called to trust in God, regardless of the circumstances, which we find ourselves.

A few days ago, I was speaking with a senior chaplain.

He shared with me a recent near-death experience he had. The conversation reminded me of one such experience I had more than 20 years ago.

At the time, I was serving three churches in Spartanburg, S.C. I was in my second year of seminary while living in Atlanta, Ga. On Fridays, I would travel to Spartanburg. One Friday afternoon my wife, our two small children, and I left Atlanta with maybe no more than \$20 between us.

As we began our journey the weather was good and the road was clear. However, by the time I had driven 75 miles, everything had changed.

I was then driving on a sheet of ice and in snow that was getting worse by the minute. As I entered a curve, my car (a VW Rabbit) went into a tailspin.

The car made what seemed to be two complete circles before slipping off the road, down an embankment, just missing a guiderail in the process.

I am convinced that God was aware of our circumstances and limited resources. After checking my family for their safety, I was able to angle my car up the embankment, and I drove the car out and back onto the highway.

Later that night as I thought about our trip that afternoon, I was reminded of an important truth which still applies today.

I was reminded then and I am still reminded today that God is always with us.

That was God's promise made to Isaac (Gen. 26:2-3, 24), to Jacob (Gen. 31:3), to Moses (Exo. 3:12), and to the disciples in the Great Commission (Matt. 28:20). God made

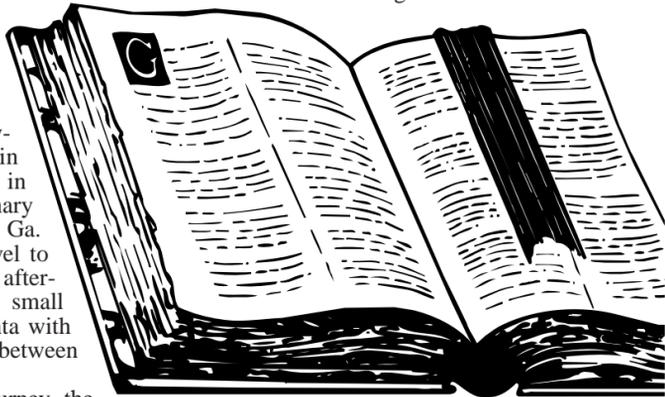
the promise to each of them in their own and very different circumstance.

"I will be with you" is God's promise to you and me today. He is with us in all of our trying times.

That day when my car went into the tailspin, it was a very dangerous situation for my family and me. I had no more control over the car than we have over the war.

God was in total control of our lives that day, and He is in total control over the lives of his people today.

God is in control over the circumstances surrounding the war.



Someone once said that when my family and I had that near-death experience, it was within the will of God.

I do not think so; however, my faith in God gives me the assurance that even though God allowed the near-death experience to happen, God did not take his hands away from us. It was God who guided my family and me to safety that day.

His presence in the midst of our lives made all the difference in the world to us.

I do not know if the war in Iraq is within the will of God or not. However, I do know that God is with us.

He is with us in the midst of all our trying times. He is with our soldiers in the desert sand of Iraq.

However, we should also remember that even though the Iraqi people call on God by a difference name, He is God, and He is also with the Iraqi people.

God's presence among all those who call upon His name and trust him for their deliverance, to them God will make all the difference in the world.

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	Victory	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>Lutheran</u>		
Sunday Worship	Marne	11 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

If you are looking for a new family member visit the Fort Stewart Vet Clinic. There is a variety of cats and dogs to choose from.

If interested in adopting a cat or dog, call 767-4194 or stop by the clinic located at 461 W. Bultman Ave., Building 1180, Fort Stewart, Ga., 31314.



Volunteer Spotlight



Dannielle Kaminski

Dannielle Kaminski, a native of Fort Bragg, N.C., is a Red Cross volunteer at Winn Army Community Hospital.

She volunteers in Patient Administration Department.

She said she volunteers because she likes talking to other adults and for something productive to do with her time.

Her hobbies include reading, music, all things Irish and Beauty and the Beast.

Kaminski and her husband Dale have one daughter, 1-year-old Gillian.

If you would like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 370-6903 or send an email to Brigitte.Roberts@se.amedd.army.mil.



WOODRUFF THEATER

March 27 — April 2

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

FREE Showing on Thursday How to Lose a Guy a 10 Days

The Recruit (PG-13)

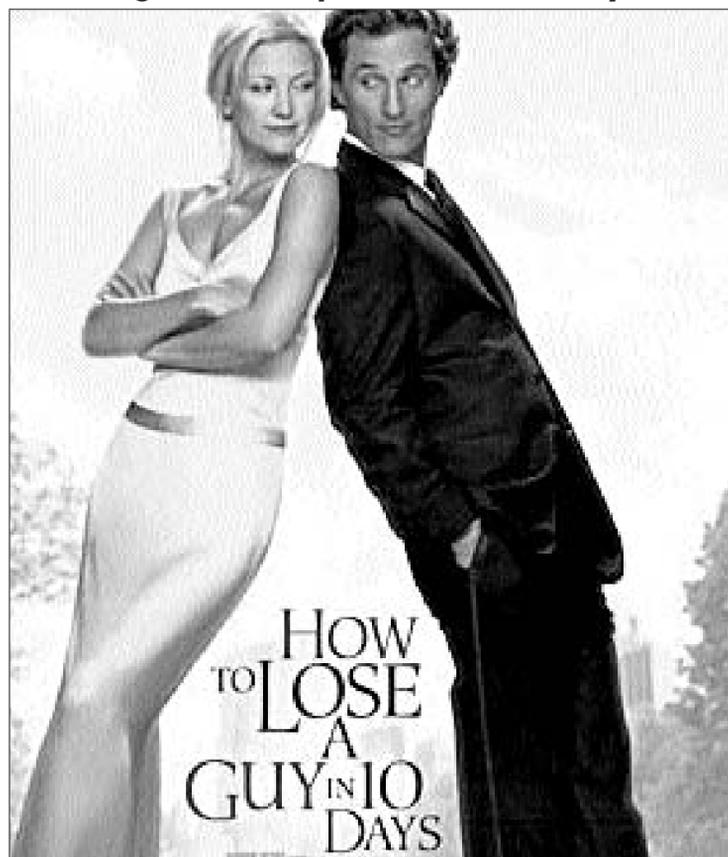
Starring: Al Pacino, Colin Farrell
Tonight Free Showing at 7 p.m.
 Set at the "secret" CIA training facility called the Farm at Camp Peary in Virginia, a young agent trainee suspects his instructor of being a double agent for the Chinese government.
 Run time: 105 minutes

Dark Blue (R)

Starring: Kurt Russell, Scott Speedman
Friday and Wednesday at 7 p.m.
 Feared on the streets of L.A., Veteran Officer Perry and Rookie Officer Keough of the elite Special Investigations Squad investigate a high profile homicide. Officer Perry is feared on the streets and Officer Keough soon learns that cops aren't above the law, but sometimes they operate outside it.
 Run time: 118 minutes

How to Lose a Guy in 10 Days (PG-13)

Starring: Kate Hudson, Mathew McConaughey
Saturday Free Showing, Sunday, Monday and Tuesday at 7 p.m.
 Andie's on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he'll dump her within 10 days. Too bad her target is Benjamin, who has just made a high stakes bet with his boss that he can make a woman fall in love with him in 10 days.
 Run time: 118 minutes



Birth announcements



March 10
Damian James

Beverly, a boy, 7 pounds, 11 ounces, born to Spc. Wesley

Beverly and Latricia Beverly.

March 11

Aleyda Jade Mudge, a girl, 9 pounds, 11 ounces, born to Spc. Bryan Mudge and Sarah Mudge.

March 12

Grant Scott Mras, a boy, 7 pounds, 1 ounce, born to 2nd Lt. Scott Mras and Elizabeth Mras.

March 13

Jewel Octavia James, a girl, 8 pounds, 8 ounces, born to Mr. Victor Vashun James and Spc. Nicole Theresa Jenkins.

Ajia Amaya Stewart, a girl, 4 pounds, 11 ounces, born to Pvt. 2 Alvin Auntonio Stewart and Ayesha Monae Stewart.

Joey Renae Wood, a girl, 9 pounds, 5 ounces, born to Sgt. John Howard Wood and Jennifer Renae Wood.

March 14

Alejandra Isabella Trivino, a girl, 7 pounds, 14 ounces, born to Pfc. Fausto L. Trivino and Stephanie L. Trivino.

Fidelity Ke'mari Smith, a girl, 5 pounds, 15 ounces, born to Staff Sgt. Lee Donnell Smith and Lisa Renee Smith.

March 15

Ratavius Roosevelt Beard, a boy, 6 pounds, 14 ounces, born to Sgt. Roosevelt Beard III and Latrunia Beard.

March 16

Emilee Nicole Gibson, a girl, 9

pounds, 12 ounces, born to Sgt. Scott D. Gibson and Millicent Marie Gibson.

Javier Armando Siegel Medina, a boy, 7 pounds, 5 ounces, born to Spc. Salvador Siegel and Liza T. Siegel.

March 17

Armani Jaytionna Garcia, a girl, 6 pounds, 11 ounces, born to Sgt. Alberto Garcia and Christina Garcia.

March 18

Chrisraine Grace Gilpin, a girl, 4 pounds, 14 ounces, born to 1st Sgt. Chris Gilpin and Dr. Lorraine Gilpin.