



FRONT
PAGE BRIEFS

Open houses held

It is back-to-school time and several open houses are scheduled in the Fort Stewart area for parents who want to take a sneak peak regarding the upcoming year.

The Department of Defense schools on Fort Stewart open houses are scheduled for 3-4 p.m. Friday at their respective school.

The Liberty County pre-k center event is 11 a.m. to 2 p.m. Friday and all K-12 schools are 3-6 p.m.

Bryan County Schools were yesterday and today. Bryan Elementary is 5-6:30 p.m., Bryan High School is 5:30 -7 p.m.; Richmond Hill primary is 4:30- 6:30 p.m., Richmond Hill Elementary is 4-6 p.m. and Richmond Hill Middle School is 4-7:30 p.m. Today, Lanier primary is 5-6:30 p.m., Bryan County Middle is 5:30-7 p.m., Carver Elementary is 4- 6 p.m. , McAllister Elementary is 4-6 p.m. and Richmond Hill High, 5-7 p.m.

Long County pre-k center and High School is 1-3 p.m. today, Smiley Elementary is 2-5 p.m. today; and McClelland Elementary School is 2-5 p.m. today. Long County middle and high school events are 3-5 p.m. Friday.

Sign-up for youth sports, cheer held

Sign-up is open for youth Football (ages 7-12) and football cheer (ages 6-13) now until Aug. 15 or until all slots are full. Cost for football is \$65. Cost for cheer is \$45. Registration for soccer (ages 4-13) is open until Aug. 31 or until all spots are filled. Cost for soccer is \$45. All participants must be registered with Child and Youth Services and have a current physical on file. Enroll at Parent Central Services, building 438 767-2312, for youth football, cheerleading or soccer. Also, volunteer coaches are needed. Anyone who would like to coach can contact the youth sports office, building 7338, at 767-5079.

Long range shoot

A long range shoot will be held from 9 a.m. to 2 p.m. Saturday at Red Cloud Echo Range on Fort Stewart. Open to rifles (up to .50 caliber) only. For more information, call 435-8205.

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Aim high



Sgt. Leo Jenkins
Assistant gunner Pfc. Terry Tompakou and gunner Pfc. Austin Hutchenson of Co. B, 6th Squadron, 8th Cavalry Regiment, 2nd Armored Brigade Combat Team demonstrate how to “hang” full range training rounds as Hutcherson aims the weapon system at the target during Gunnery Tables IV, V, and VI at Fort Stewart, July 23. See more, Page 3A.

3rd CAB Returns to HAAF

Staff Report

3rd CAB Public Affairs

In early September 2017, a vast number of 3rd Combat Aviation Brigade, with accompanying elements from active Army and South Carolina Army National Guard units, cased their colors in preparation for a deployment to Afghanistan. During the deployment, the unit was designated to Task Force Falcon with the mission of being the sole Army rotary wing asset that provided support to Operation Freedom's Sentinel.

Mission requirements ranged from security and reconnaissance to medical evacuation to meet the demands of the combatant commander. They logged 36,000 amount of flight hours spanning over the nine-month deployment. Task Force Falcon conducted “Fly to Advise” operations throughout the Train, Advise and Assist Commands to enable Afghan forces to fly missions independently to increase the Afghan forces capability of sus-

tainability and readiness.

Task Force Falcon was comprised of Soldiers from Task Force Lighthorse, 3rd Squadron, 17th Cavalry Regiment; Task Force Brawler, 4th Battalion, 3rd Aviation Regiment and Task Force Marauder, 1st Air Reconnaissance Battalion, 151st Aviation Regiment. Throughout their time in Afghanistan, they executed combat missions of air assaults, troop and cargo movement, reconnaissance over the battlefield and casualty evacuation with positive impacts across Afghanistan.

Days before Task Force Falcon headed back to home station, there was an end of tour awards ceremony. Johnson said to Soldiers, “be proud of your accomplishments because you are what made our mission in Afghanistan a success. We are extremely impressed with the commitment and dedication to duty that you all displayed throughout our time in country.”

Besides Marne Air Soldiers returning to

Savannah, these Soldiers have many things to be proud of. 3rd ID has such a rich military history. The community commemorated the 100th anniversary of the Second Battle of the Marne during WWI.

“This year marked the 100th year anniversary of the establishment of the 3rd Infantry Division,” said 3rd CAB commander, Col. Mark Johnson. “From holding the Marne River in France to taking back Iraq during the surge, Marne Soldiers have contributed immensely to fighting for freedom and you are now the newest part of that history.”

“It is the mission of the rear detachment to ensure a smooth redeployment and reintegration back to Hunter Army Airfield,” said Lt. Col. Arlin Wilsher. “That happens after the last person returns to work from spending time with their family and friends”.

The nine-month deployment came to a close for Task Force Falcon when Task Force Destiny, 101st CAB assumed authority of the mission on late June.

Raider represents, at All Army rugby

Maj. Pete Bogart

1ABCT Public Affairs

Fresh off playing a key role in the All Army Rugby 7's victory at a tournament in Utah, Spc. Ray Robanakadavu now has his sights set on the The All Armed Forces Tournament in Glendale, Colorado, where the Army team will defend their gold medal from last year.

Robanakadavu, who hails from Waianae Honolulu, Hawaii, has been in the Army for two years but has been playing rugby most of his life including for the club teams Laie Lions Rugby Club in Hawaii and Humless Club in Utah. Competing on the All Army team has given him a chance to showcase his skills on the pitch and represent his battalion, the 1st of the 41st Field Artillery Regiment, 1st Armored Brigade Combat Team, 3rd Infantry Division out of Fort Stewart, GA., who are currently in Korea on a nine-month rotation supporting the 210th Field Artillery Brigade, 2nd Infantry Division.

Robanakadavu plays wing, a position that can require 50 – 60 sprints a match and an ability to evade defenders but run through tackles when necessary. Balancing his training with his day job as a unit supply specialist is key to his preparation.

I do a lot of upper body and speed training,” said Robanakadavu. “I do physical training (PT) every day with my section, and then I find the time after work to go to the gym, the track, or the field to do extra PT.”

History lives at the 3rd ID Museum



Photo by Michelle Cowart

An image of Captain Jesse Wooldridge, 38th Infantry Regiment, 3rd IED, is one of the many displays at the new 3rd ID Museum. Community members are encouraged to visit. See more page 1B.

Soldiers should consider survivor benefit planning

David Vergun,
Army News Service

WASHINGTON -- Soldiers nearing retirement should consider not only where they want to live, work, or go to school after the Army, but also whether they want to participate in the Survivor Benefit Plan.

The primary reason for participating in the SBP is to provide a monthly annuity to the spouse and/or children of a retiree who dies -- because when a retiree dies, retired pay stops.

Couples don't have to go it alone when making a decision about SBP, said Mark E. Overberg, director of Army Retirement Services.

Overberg said Retirement Services Officers can help Soldiers make informed decisions about SBP, and navigate through the administrative process. Additionally, he said, RSOs can help those who have already retired, as well as the spouses of those Soldiers who are deceased.

SBP PARTICIPATION

"Federal law provides for automatic coverage of all eligible dependents at the time of retirement unless the Soldier requests otherwise. The law also requires SBP premiums be deducted from retired pay," Overberg said, adding also that while SBP is not free, it is not overly expensive.

For a retiree who elects SBP with just a spouse and no children, the amount of SBP premium deducted from the retiree's gross pay is 6.5 percent, he said. If there are children, that amount will increase slightly.

Overberg said that typically, annuity payments are made to surviving spouses. However, if a spouse dies or remarries before age 55, for instance, annuity payments will be made to a service member's surviving un-married children. Those payments continue until a child reaches 18 years of age. If surviving children are full-time students, however, payments continue until 22 years of age.

A Soldier and his or her spouse can elect a lesser SBP amount, and premiums and annuities would decrease accordingly, Overberg said.

Overberg emphasized that SBP is not a life insurance plan. Rather, it's a benefit. Furthermore, SBP has some important benefits over life insurance, he said.

For example, SBP cannot be denied or decreased due to a Soldier's pre-existing health conditions, he said. Also, while the premiums do increase annually based on cost-of-living adjustments, so will the annual annuity amount paid out to the survivors even after the retiree's death.

Additionally, the government pays the SBP annuity to surviving spouses and children irrespective of the retiree's cause of death, he said. Many insurance plans have clauses in them that do not do that.

Another plus for participating in SBP is that the survivor can draw Social Security benefits without any offset of SBP annuities, he noted.

If a surviving spouse remarries before age 55, however, SBP is suspended, he said. However, if that marriage ends by death or divorce, the surviving spouse can contact DFAS to resume SBP annuity payments.

Retirees who opt in for SBP while also receiving Veterans Affairs disability compensation that completely offsets their retired pay will receive a monthly bill from DFAS for premiums. The retiree could also contact the VA to arrange automatic payments from their disability compensation, Overberg said.

He cautioned that unpaid SBP premiums will continue to

accrue with interest, which must be paid at some point.

The VA disability fact sheet explains the payment procedure in greater detail and is in the links section at the bottom of this page.

SBP also provides an annuity for a Soldier who dies while on active duty or inactive duty training, Overberg said.

There's another way surviving spouses can receive a monthly annuity outside of SBP, he added.

The VA pays a monthly annuity, called dependency and indemnity compensation, to survivors of retirees whose death was service-related. The VA pays all of the premiums for DIC. All DIC recipients receive the same monthly payment, which is \$1,283 per month in 2018, irrespective of rank or length of service. The payment is adjusted for annual cost of living.

OPTING OUT

Before Soldiers retire, they can opt out of participation in SBP, but this requires their spouses' approval to do so. Both will need to sign Department of Defense Form 2656 "Data for Retired Pay." Not doing so means automatic opt in, Overberg said. He added that the Army encourages spouses to attend SBP briefings and that Soldiers and their spouses make joint SBP decisions.

The retiree may also opt out, with the spouse's concurrence, between the second and third year of retirement by notifying DFAS in writing.

The retiree may also withdraw for disability if they are rated totally disabled by the VA for five years starting at retirement. or for 10 years if rated totally disabled after retirement.

"Although it may seem unnecessary to consider providing for your loved ones until later on in life, please be aware that the decisions you make at retirement regarding your SBP can be difficult to change," he said. "For example, if, at retirement, you have an eligible spouse or children and decide not to have them covered under the plan, federal law prevents you from covering your current or any future spouse or children."

Soldiers who want more information about the SBP can contact their closest retirement services officer or the MyArmyBenefits help desk, Monday-Friday from 9 a.m. to 5 p.m. Eastern Time at 1-888-721-2769.



Staff Sgt. Shane Klestinski

A Soldier greets his family upon a return from deployment at Jacksonville International Airport near Jacksonville, Fla., April 29, 2017. Soldiers who are nearing retirement should consider participating in the Survivor Benefit Plan.

RAIDER

The dedication has paid off, as Robanakadavu was the top scorer on the team during their championship run at the Pioneer Rugby 7's tournament in Utah. While winning the title was the ultimate goal, for Robanakadavu his proudest moment was a victory over a formidable opponent from the island nation of Fiji, where rugby is the primary sport and almost 10 percent of the population are registered rugby players.

"The highlight of the tournament for me was beating one of the toughest teams in the tournament, the Lomaiviti Club from Fiji," said Robanakadavu.

The All Army athlete program is a highly selective program open to Soldier-athletes who represent the Army in armed forces sports championships and national and international competitions.

"The entire chain of command was very supportive in allowing him the opportunity to leave the peninsula to participate in this tournament," said Capt. Ryan Cowan, Headquarter, Headquarters Battery, 1-41 FA commander. "We submitted the request through Lt. Col. Hopper, the battalion commander, and the approval authority was Col. (Mike) Adams, the brigade commander."

Traveling over 6,000 miles to play in the tournament Robanakadavu was able to travel from Korea to Utah to compete and his fellow Soldiers from "Glory's Guns" will be rooting for him at the end of August when the All Army team defends their title in Glendale, Colorado.

"A common saying in our battalion is that winning matters," said Cowan. "We continuously strive to get better every day and instill a competitive spirit in the organization."

From Page 1A

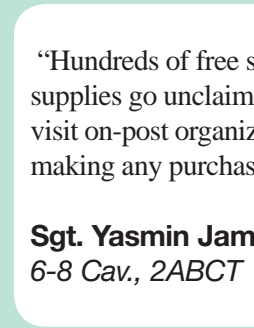
Marne Voices Speak Out

Do you have back to school tips?



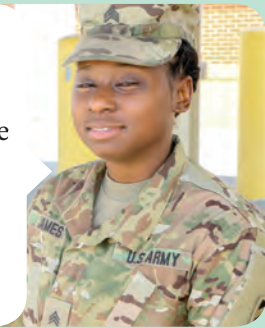
"Before improving your education level, make sure you can earn a certificate in your major before attaining an associates degree."

Sgt. 1st Class Eric Holland
6-8 Cav., 2ABCT



"Hundreds of free school supplies go unclaimed. Please visit on-post organizations before making any purchases."

Sgt. Yasmin James
6-8 Cav., 2ABCT



"For every college course enrolled into, there should be one hour of study time."

Sgt. Darius Miller
6-8 Cav., 2ABCT



"Don't wait or make any excuses, your college education is a worthy investment in yourself. The education center counselors are here to lead you in the right direction."

Spc. Marrissa Lunsford
HHC, 2ABCT



"Soldiers should leave a note of encouragement in your child, spouse, or own lunch box. Optimistic reassurance can make your day."

Staff Sgt. Tuamafa Faraimo
6-8 Cav., 2ABCT



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Photos by Sgt. Leo Jenkins

Gunner Spc. Edward Tovatt, assistant Gunner Pfc. Zachary Ives and tank commander Sgt. Steven Rinck of HHC, 2-69 Armor, 2ABCT mortars, fire XM930 illumination and high explosive rounds from the top of a M1064 mortar carrier during night operations of Gunnery Tables IV, V, and VI at Fort Stewart, July 23.



Gunner Pfc. Austin Hutchenson (left) and Assistant Gunner Pfc. Terry Tompakou (right) of Co. B, 6-8 Cav, 2ABCT, prepare to receive gun data from their Tank Commander at Gunnery IV, V, and VI at Fort Stewart, July 23.



Soldiers of 6-8 Cav., 2ABCT, 3rd ID, prepare to fire rounds at targets during Gunnery Tables IV, V, and VI at Fort Stewart.



Soldiers of 6-8 Cav., 2ABCT, 3rd ID mortars fire high explosive rounds from the top of a M1064 Mortar Carrier at Gunnery Table IV, V, and VI at Fort Stewart, July 23.

Destruction from above

Sgt. Leo Jenkins
6-8 CAV, 2ABCT UPAR

Spartans Soldiers of 6th Squadron, 8th Cavalry Regiment and 2nd Battalion, 69th Armor Regiment, 2nd Armored Brigade Combat Team, 3rd Infantry Division, honed their craft firing live rounds down range at mortar gunnery Tables IV, V, and VI at Fort Stewart, July 23.

Spartan Soldiers conducted a mortar live-fire exercise with high explosive rounds. The rounds have a kill radius or more than 50 meters from the point of impact. A dominant force multiplier for the commander.

The mortar's mission is to provide close and immediate indirect fire support with the .120mm mortars fired on top of a stationary M1064 mortar carrier.

Mortarman can target and fire in under two minutes effectively reaching distances greater than 7000 meters; which is often referred to, by mortar personnel, as 'high angle hell, death and destruction from above.'

They can unleash a firestorm on their enemy without a direct line of sight using M934 high explosive, M929 white phosphorus smoke, XM930 illumination and the M931 full range training round.

"I've been here for three years, and I've primarily received FRTR rounds," said Staff Sgt. Craig Dockery, Co. B mortar section leader at 6-8 Cav. "Fortunately, we got all four types for this exercise. It's good for junior enlisted to see [what] the actual rounds we use downrange looks like in real life."

Fire support teams use a Joint Battle Command-Platform to radio missions while the track commander, doubling as the fire direction center, translates gun data and relays information to the gun. The Gunner interprets the data and commands the assistant gunner to drop, or "hang" a round, causing the round to launch.

"Mortars are one of the most effective indirect assets in the commander's disposal," said Staff Sgt. Joel Perkins, Co. C mortar section leader. "We are organic to that commander, and we are faster at processing missions while getting on target than field artillery."

A combined arms live fire training exercise will follow 6-8 Cav.'s current mortars certification in October.



Assistant Gunner Pfc. Terry Tompakou of Co. B, 6-8 Cav., 2ABCT, rest after firing hundreds of rounds each weighing 10-35 lbs at Gunnery Tables IV, V, and VI at Fort Stewart, July 24.



Photos by Pfc. Devron Bost

Soldiers of 703rd BSB, 2ABCT, 3rd ID, rush a simulated casualty to safety during a five-day medical training event with a high stress environment, July 20, at Fort Stewart.

Medics combat stress with lane training



Spc. Daniel Schwartz of 703rd BSB, 2ABCT, 3rd ID, coordinates a chemical, biological, radiological and nuclear class advising how to properly use and store mission oriented protective posture gear during the five-day medical stress lane training event, July 20, at Fort Stewart.

Pfc. Devron Bost
2ABCT Public Affairs

Combat medics of 703rd Brigade Support Battalion, 2nd Armored Brigade Combat Team, 3rd Infantry Division, excelled under high tension during the Stress Medic Lane field training exercise, July 16, at Fort Stewart.

The Soldiers trained to doctrine standards before initial testing. Medics faced continuous evaluation while controlling the situation, treating casualties, and transmitting a nine-line MEDEVAC over the course of five days. Soldiers were split into groups of four to accomplish their tasks, and similar to how fast the battlefield can change, the exercise quickly evolved into a friendly competition.

“The purpose of today’s exercise is to certify our ability to execute first-aid to casualties on the battlefield,” said Sgt. Cody Blackmon, senior combat medic from Co. C, 703rd BSB.

Spc. Daniel Schwartz, a combat medic assigned to Co. C, 703rd BSB, increased the event’s intensity with concurrent chemical, biological, radiological and nuclear instruction that directed Soldiers on mission oriented protective posture equipment, and how to react if they’re exposed to hazardous chemicals.

“It’s important each medic knows how to evacuate a contaminated area without causing harm to the casualty or themselves,” Schwartz said. “A gas mask should be implemented within a nine second [time] frame.”

The exercise concluded with patient transport to and from a M113 Armored Personnel Carrier, July 20.



Sgt. Arthur Jarret (left) and Pfc. Jesse Lowman (right) of 703rd BSB, 2ABCT, 3rd ID, treat and prepare a casualty for transport under high stress conditions during the medical stree lane training exercise, July 20, at Fort Stewart.



Courtesy Photo

Pam Budda, IMCOM R2/ASAP division chief (first row standing, fourth from left), and Alex Rivera, HQ DA G1 ARD (first row standing, far right), join the inaugural Suicide Prevention Program Managers course staff and attendees.

Suicide Prevention Program Managers offers new tools

Derek Ferrell, Lt. Col. Amelia Duran-Stanton

Joint Base San Antonio-Fort Sam Houston, Texas -- Headquarter Installation Management Command's Ready and Resilient and Army Substance Abuse Program executed the inaugural Suicide Prevention Program Managers course July 16-19 at JBSA.

As the Army continues to combat the complex and challenging issue of suicide prevention within its formations, U.S. Army Installation Management Command is charged with execution of the suicide prevention program across the Army enterprise.

The SPPM course provided dynamic and innovative training supported by academic disciplines to 21 IMCOM garrison SPPMs designed to facilitate their work when they return to their garrisons to effectively serve Soldiers, Army civilians and Family members. The training provided information on a variety of topics such as Army suicide trends and data analysis, suicide prevention through community networking, and ready and resiliency program initiatives.

Guest speakers included representatives from the U.S. Army Public Health Center, the U.S. Department of Veterans Affairs and the Columbia Lighthouse Project. The course also included a presentation on ENGAGE by Fort Hood Master Resiliency Training contractors. HQ DA G1 ARD has identified ENGAGE as the primary tool moving forward to address the preventative training needs of the Army for substance abuse and suicide prevention.

Attendees of the SPPM course had tenures ranging from 12 months to nine years. The more senior and seasoned SPPMs attending the course were also guest presenters, sharing their knowledge, skills and experience.

Course attendees represented the following Army installations: Camp Zama, Fort Benning, Fort Bliss, Fort Campbell, Fort Carson, Fort Drum, Fort Hood, Fort Jackson, Fort Knox, Fort Riley, Joint Base Lewis-McCord, Presidio of Monterey, Schofield Barracks,

USAG Bavaria, USAG Casey, USAG Daegu and USAG Rheinland-Pfalz.

Guest speakers/best practices from seasoned SPPMs included:

Derek Ferrell, HQ IMCOM, SPPM, presented the program overview, SPPM responsibilities, suicide prevention training, SPPM reporting, program execution, and understanding the Suicide Response Team and the Suicide Prevention Task Force.

Adam Lesser of the New York State Psychiatric Institute, Columbia Lighthouse Project, gave a presentation on the Columbia Suicide Severity Rating Scale (C-SSRS).

Aimee Johnson, Veterans Affairs, spoke on programs and services within the VA which could lead to SPPM collaboration opportunities.

Eren Y. Watkins, APHC, delivered a presentation on suicide data analysis and APHC ability to assist with suicide data for the SPPMs.

John Wills, DHS, presented on the Department of Defense Suicide Event Report (DoDSER).

Additional speakers included Corey Fitzgerald, APHC; Holley Robles, San Antonio Independent School District; David Easterling, Fort Riley; Sharon Sutton, Fort Hood; Kenya King, Fort Hood; Mathew

Younger, Fort Campbell; Yancy Chandler, USAG Rhineland-Pfalz; and Kimberly Garcia, Vogel Resiliency Center.

The SPPM course provided program information, techniques, strategies and tools designed to significantly enhance and assist SPPMs in executing the suicide prevention function at the garrison level. The course was centered on making the program more prevention focused. It also armed attendees with some "ready-made" tools and techniques to assist with achieving "quick wins" in the areas of suicide prevention, program focus and marketing, training, needs assessments, high-performing Suicide Prevention Task Force (SPTF) and Suicide Response Teams (SRT).

Overall, the SPPM course was well received, with comments such as, "Best course I have attended in nine years," "Best course I have ever attended," "This course should be mandatory for all SPPMs and ASAP specialists" and "This course far exceeded all my expectations."



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Preparing for travel can prevent illness

Special to the Frontline

FALLS CHURCH, Va. — Whether snorkeling, hiking, or exploring a new place, travelers should know how to stay safe and healthy while away from home. Properly preparing for a trip can help reduce health risks.

“One might argue that the only thing worse than getting sick is getting sick when away from home,” said Dr. Margaret Ryan, a preventive medicine physician and director of Immunization Health Branch's Pacific Region vaccine safety hub at Naval Medical Center San Diego. “Travelers are wise to take any precautions that are available to avoid infectious disease hazards.”

Ryan recommends travelers be proactive about their travel medicine needs and prepare for their trip in advance. This includes learning about the health risks associated with the destination and checking with their doctor to make sure they’re in good health. The Centers for Disease Control and Prevention recommends seeing a provider four to six weeks before departure.

It’s important for travelers to have recommended vaccinations, including flu shots, before leaving home, said Ryan. According to the CDC, people traveling to countries in the Southern Hemisphere – such as Australia – between June and October should get the flu vaccine since flu activity would be at its peak.

Some vaccines, such as typhoid and hepatitis A, are recommended for travel in general, while others may be required by certain countries before someone is allowed to enter or exit, Ryan noted. For example, the yellow fever vaccine is needed to enter some African countries, and the polio vaccine is required before you depart some countries that have had cases of that disease, she said.

“Risk for exposure to measles, mumps, and rubella outside of the United States can be high, putting travelers without these vaccinations at increased risk, especially in countries with low vaccination rates and recurring regional outbreaks,” said Ryan. International travelers can transport the measles virus, causing infections and possibly triggering outbreaks, even in countries with high vaccination rates, she added.

Ryan also recommends that travelers take precautions with food and water, and take steps to prevent mosquito and insect bites. Using insect repellent and wearing proper clothing in areas with a high risk for mosquito-borne illnesses can reduce the risk of infection. Washing hands often with soap and water is another precautionary measure. The CDC also recommends travelers be aware of food precautions and drink only bottled water or water that has been boiled.

Because such things as scuba diving and visiting high altitudes can affect a traveler's health and medication needs, Laurie Duran, a nurse practitioner at Naval Medical Center San Diego, recommends that during their pre-travel doctor's appointment, travelers provide itinerary details, including destinations, anticipated activities, travel dates, accommodations, and mode of travel.

“It is helpful for [health care] providers to have visibility of travelers’ medical history, including their underlying conditions, allergies, and medications, as well as complete immunization records,” added Duran. Special situations such as pregnancy and breast-feeding, immunocompromising conditions or medications, and disabilities can impact travel, she noted.

The CDC’s survival guide for travelers provides health and safety tips, global health notices, and information on specific diseases to watch out for. Planning ahead for illnesses or injuries during the trip, understanding the signs of illness, and knowing what resources are available can help travelers properly prepare. It’s also important to know what your health plan covers when traveling internationally. The TRICARE website has information about international coverage, including what beneficiaries should know before traveling. Additionally, beneficiaries can find information about the MHS Nurse Advice Line, a free, 24/7 phone service, on the MHS NAL website.

“Travel Medicine is actually a complex specialty,” said Ryan. “Travelers are wise to seek advice from an experienced travel medicine provider to discuss all preventive measures before embarking on their trip.”



Photo by Tech. Sgt. De-Juan Haley

Experts encourage overseas travelers to seek advice from a health care provider before leaving on a trip, and to make sure recommended vaccinations are up to date.

SAFETY SPOTLIGHT: Schools Opening

Richard W. Rudolph
AFSBn Safety Office
Commentary

Schools in the local counties are starting soon. Commuters are asked to watch out for children who may be walking to, or from, school. They may be on the sidewalks or crossing the streets.

Remember, children will be children and some might be talking with friends or doing a variety of other things that could cause them to forget about safety. As adults we should always have safety on our minds especially while driving.

Since there will be more children and buses on the roadways, on and off-post, be extra careful at these times. When there is a school bus stopped on the road, there is a potential a child could just run out. If there’s a median between the traffic traveling in opposite directions, only vehicles traveling in the same direction of the bus are required to stop when the bus stops. If no median is present drivers on both sides of the roadway must when a school bus activates its swing- arm stop sign and red flashing lights to load or unload passengers. Keep these safety points in mind in regards to buses:

- Passing is prohibited on either side of a school bus during passenger pick-up or drop-off.
- When a school bus prepares to stop to load or unload children, the bus driver will activate flashing yellow lights. When other motorists see these lights all vehicles approaching the bus should slow down and prepare to stop.
- Pay close attention to children who may be walking along the road, crossing the road or waiting alongside it.
- Once stopped, motorists should remain stopped until the bus resumes motion or deactivates its warning signal and all passengers have cleared the roadway.
- Motorists should be prepared to react to unexpected movements of students waiting for their bus. Children don’t always follow standard pedestrian safety rules.
- Resist distractions in school zones and near bus stops.
- When approaching railroad tracks behind a school bus, wait until the bus is completely across the tracks and there is room on the other side for another vehicle to safely clear the tracks before proceeding.

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What's playing
at Woodruff
Movie Theatre?

Check out
page 2B



THE FRONTLINE



CHECK OUT SPORTS,

RECREATION

PAGE 7B

COMMUNITY & LEISURE

AUGUST 2, 2018



ROCK OF THE MARNE



History lives at 3rd ID Museum

Michelle Cowart
Frontline Staff

Newcomers to Fort Stewart can get a jump start on learning about their unit's legacy by visiting the 3rd Infantry Division Museum. The museum is located at 158 Calvary Way, building 506 within walking distance of the Main Post Chapel.

John Potter, curator for the 3rd Infantry Division Museum, encourages newcomers to get the most of their stay here by learning about the division's history. He urges Soldiers to find their place in history by familiarizing themselves with the division's past.

"Everybody wants to know where they come from," Potter said. It is the same with the division. Find out where the division came from. Where they've been and what they've done. If you don't know the division's history, you don't get nothing out of it. There's less sense of belonging."

Potter emphasized the importance of learning about the past in order to grasp a fuller understanding of one's place within the bigger picture especially as a Soldier travels throughout different duty stations.

Museum guests can expect to learn about the origins of Camp Stewart and how it has evolved into to what it is today.

The museum is comprised of three main galleries: one for Camp Stewart, an aviation gallery and one for the division's involvement in worldwide conflicts such as World Wars I and II, the Korean War and Operations Iraqi and Enduring Freedom.

Engaging displays help tell the stories of brave men and women who made their notable mark in history.

The museum's gift shop is the perfect shopping destination for 3 ID branded souvenirs to include apparel, hats, jewelry and home décor. Visitors are welcome to visit Tuesday through Friday, 9 a.m. to 4 p.m. and the first Saturday of the month. Admission to the museum is free.



Photos by Michelle Cowart

The Sperry Searchlight is on display in the Stewart gallery.



One of the displays depicts the 'Run to Rome' as the Fifth Army and the 3rd ID work to liberate Rome during World War II.

This WASP uniform was worn by Helen W. Snapp, who served at Liberty Field at Camp Stewart during World War II. A member of the fourth graduating WASP class, she initially served at Camp Davis, North Carolina. Her WASP duties included aerial target towing for antiaircraft training, search light training, radar operations, and strafing exercises. She returned to civilian life after the war and raised three sons with her husband, Ira Benton Snapp, a lieutenant in Company B, 30th Infantry, 3d Infantry Division, during its campaigns in North Africa, Sicily, and Italy.

As a tireless advocate for aviation, Helen Snapp traveled extensively promoting the values and efforts of the Women's Air Force Service Pilots. Also active with the Ninety-Nines, Wings Over Miami Air Museum, and other female pilot groups, she often spoke at military bases, universities, and flying events.



Medal of Honor recipient Sgt. 1st Class Paul R. Smith's M113A1 is one of the museum's displays.



The 3rd ID museum contains more than 6,000 square feet of colorful displays that detail the Marne Division's legacy and early and contemporary Fort Stewart history.



The personal items of Capt. Jesse Wooldridge: His service medals, forty-four star U.S. flag, cigarette case, marching compass, collar insignia, rank insignia and distinctive unit insignia.

We're saving a seat for you

Reel Time Theaters



Ant-Man and Wasp (PG-13)

Friday, Aug. 3 at 6 p.m.

As Scott Lang balances being both a Super Hero and a father, Hope van Dyne and Dr. Hank Pym present an urgent new mission that finds the Ant-Man fighting alongside The Wasp to uncover secrets from their past.
Stars: Paul Rudd, Evangeline Lilly, Michael Peña

Bleeding Steel (R)

Friday, Aug. 3 at 9 p.m.

A special force agent is assigned to protect a scientist and his creation from a sinister gang.
Stars: Jackie Chan, Show Lo, Na-Na OuYang |



The First Purge (R)

Saturday, Aug. 4 at 3 p.m.

America's third political party, the New Founding Fathers of America, comes to power and conducts an experiment: no laws for 12 hours on Staten Island. No one has to stay on the island, but \$5,000 is given anyone who does.
Stars: Y'lan Noel, Lex Scott Davis, Joivan Wade

Studio Appreciation Advance Screening – Free Admission – Rated PG-13 at 3 p.m.*
Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime.

Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel or substitute showings as needed. For more information, call 912-767-3069 or go to www.shopmyexchange.com/reel-time-theaters/Ft-Stewart-1031126.

August Dining Facility hours announced

Staff Report

Fort Stewart-Hunter Army Airfield announced their August dining facility hours. Thunder Café at building 3003, 1600 West 6th Street, and Spartan Dining Facility at building 8439 on Vanguard Road, will be open for weekday breakfast, lunch, and dinner meals, Monday - Friday. The Fort Stewart weekday meal hours for breakfast at Thunder Café is 8-9:30 a.m. and at Spartan 8-9:30 a.m. Weekday lunch hours are 11:30 a.m. to 1 p.m. for Thunder Café and noon to 1:30 p.m. for Spartan Dining Facility.

Weekday Dinner hours are 5-6:30 p.m. for Thunder Café and Spartan dining facilities with the exception of the Friday dinner meal, 4-5:30 p.m. Thursday lunch and dinner at Thunder Café and Spartan DFAC are lunch from noon to 1:30 p.m. and dinner from 5-6:30 p.m.

The Fort Stewart Weekend and holiday dining facilities are Spartan DFAC and Thunder Café. They will be the only operating dining facilities for weekend and holiday meals during the month of August. Thunder Café will be closed after the lunch meal Aug. 10 and reopen Aug. 13 with the breakfast meal. Spartan DFAC will be closed for dinner Aug. 24 and reopens Aug. 27 with the breakfast meal. Designated weekend and holiday meals begin with the dinner meal on Friday, 5-6:30 p.m. Brunch is 9:30 a.m. to 1 p.m. and dinner is 5-6:30 p.m. Aug. 10-12 and Aug. 30 to Sept. 4, Thunder Café will be closed and Spartan DFAC will be the only operational weekend/holiday DFAC.

Hunter Army Airfield Consolidated Dining Facility, located at building 110, 89 William Barksdale Circle on Hunter, notes weekday meals there are breakfast 8-9:30 a.m.; lunch noon-1:30 p.m.; and dinner 5-6:30 p.m. Weekend and holiday meal hours are brunch 9:30 a.m.-1 p.m.; and supper 5-6:30 p.m.

The dining facility information can be found on the Team Stewart webpage at: <http://www.stewart.army.mil/info.asp?e=DFAC>. For questions please call 767-8761 or call the 24-hour DFAC hotline at 767-4991.



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Special Deliveries

Provided by Winn Army Community Hospital

July 23

Scott Casper Adkins, a boy, 6 pounds, 8 ounces, born to Sgt. Aaron Adkins and Samantha Adkins.

Raegan Denee Custer, a girl, 7 pounds, 9 ounces, born to Sgt. 1st Class. Kevin F. Custer and Melissa Ann Custer.

July 24

Madison Paige Creighton-Wood, a girl, 7 pounds, 15 ounces, born to Sgt. Kristofer Creighton-Wood and Brittney Allison Creighton-Wood.

July 25

Michael Daniel Rojas-Cuellar, a boy, 8 pounds, 8 ounces, born to Pfc. Diana Cuellar.

July 26

Leia Amelia Plantz, a girl, 6 pounds, 12 ounces, born to Sgt. Kelly Plantz and Rebecca Plantz.

July 27

Roland Saavedra V, a boy, 8

pounds, born to Spc. Roland Saavedra IV and Danelsy Saavedria.

July 28

Radley Alaric-Arlington Lawson, a boy, 8 pounds, 9 ounces, born to Sgt. Henry Lawson and Ciara Lawson.

Dylan Gregory Jaugan, a boy, 7 pounds, 1 ounce, born to Staff Sgt. Warren Jaugan and Alice B. Jaugan.



Stay covered after age 21 with TRICARE Young Adult

Special to the Frontline

Have you recently graduated from college, but you haven't found your dream job yet? Or did you just turn 21, and you're not enrolled in college? If you're worried about your health care coverage as a military dependent, TRICARE Young Adult may give you the coverage you need. TYA eligibility begins when regular TRICARE coverage ends at age 21, or up to age 23 if enrolled in college.

Is TRICARE Young Adult Right for You?

TYA is an option for unmarried, young adult dependents who have aged out of regular TRICARE coverage. It's only available for individuals and isn't offered as a family plan. The TYA benefit includes either TRICARE Prime or TRICARE Select coverage worldwide. The sponsor's status and the dependent's geographic location determine eligibility to purchase TYA Prime or TYA Select. TYA coverage includes medical and pharmacy benefits, but excludes dental coverage.

Are You Eligible?

You qualify to purchase TYA if you're:

- An unmarried, adult child of an eligible uniformed service sponsor
- At least age 21, but not yet 26 years old (see further restrictions)
- Not eligible to enroll in an employer-sponsored health plan based on your own employment
- Not otherwise eligible for TRICARE program coverage

To participate, you're required to pay monthly premiums. Your plan options (for example, TYA Prime or TYA Select) and sponsor's military status determine what you pay for covered services. Check out TRICARE Young Adult Costs to learn more about TYA costs and fees.

How Do You Enroll?

If you qualify for TYA, you must actively enroll in and purchase the plan. There are four ways to enroll in TYA:

- Online:** Go to the Beneficiary Web Enrollment website and log on.
- By Phone:** Call your regional contractor in the U.S. or your TRICARE Overseas Program Regional Call Center overseas to enroll and set up your payment.
- By Fax:** Download the TRICARE Young Adult Application and fax it to your regional contractor.
- By Mail:** Download the TRICARE Young Adult Application and mail it to your regional contractor.

Before deciding if TYA is right for you, you should review all of your health care options. Visit Children Becoming Adults for more about

School screening planned

The Pediatric Department will host three Saturday clinics in order to facilitate Georgia school screenings and annual physical exams required for the upcoming 2018/2019 school year, Aug. 4 from 7:30 a.m. to noon. Our intent is provide 10 minute appointments, which parents may schedule via the call center at 435-6633. New medical problems, medication refills, nor paperwork for action plans will be addressed during these appointments.

School screenings slated

Tuttle Army Health Clinic will host two Saturday clinics in order to meet the requirements for Georgia school screenings and annual physical exams for this upcoming school year, July 28 and Aug. 11, from 8 a.m. until noon. Annual physical exams and sports physical exams will be given with the intent that these appointments are solely for this purpose. New medical problems, medication refills, or paperwork for action plans will not be addressed during these appointments. Please call the appointment line at 435-6633 to schedule your slot.

Save the dates

Winn Army Department of Preventive Medicine 2018 Influenza Community Drive-Thru Clinic is scheduled for Oct. 24 and 25, 10 a.m. to 6 p.m. at the Winn overflow parking lot (Bennett Complex). In the event of rain, the dates will change to Nov. 1 and 2, 10 a.m. to 6 p.m. This event is open to all ID card holders three years of age and older. For more information, please contact Army Public Health Nursing at 435-5071.

Rabies alert

There have been 99 animal bites tracked by Army Public Health Nursing thus far for the year 2018. The average for previous years is about 150. According to the Centers for Disease Control and Prevention, in the state of Georgia 46 animals have tested positive for rabies. Please do not approach animals unknown to you. Be very cautious; we are considered an endemic area for rabies occurrences. If you incur an animal bite or tear in the skin, proceed to the Emergency Room immediately. Rabies can be deadly! For more information, please contact Army Public Health Nursing at 435-5071.

coverage once TRICARE eligibility ends for dependent children. You can also find other health care coverage options through the Health Insurance Marketplace.

Take command of your health, and learn more about TYA and TRICARE coverage at any age. Download the TRICARE Young Adult Fact Sheet and browse other TRICARE publications.

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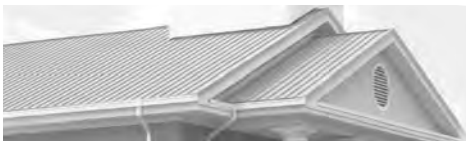
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CHAPLAIN'S CORNER

Preparing for the storms of life

Chaplain Maj. Jerald Jacobs
USAG Fort Stewart

We're in hurricane season now. Along Southern US coasts, that's a big deal. We know how destructive hurricanes can be. We also know much of how to preserve our lives and property when one of these storms approaches. If we'll do the smart things we know, we'll be able to "weather these storms" successfully.

When it comes to hurricanes, tornadoes, and so on, I think what most frustrates people is that they can't control these things. In some ways, they're like the two certainties of life: death and taxes.

Americans spend billions of dollars trying to cheat death. It seems that the best we can do is keep him at arm's length for a while. Far too many Americans have gone to prison for "forgetting" to pay their taxes.

People will pray for hurricanes to turn out to sea, rather than to make landfall, but annually they slash into Caribbean islands and the southeast US, killing people and destroying

millions of dollars' worth of property. People living in "Tornado Alley" (central US, from Texas to Minnesota) build storm shelters, but about 2,400 people died in the ten deadliest tornadoes since 1840. There are more than 500 tornadoes a year along Tornado Alley.

White crepe myrtle trees line Warriors Walk to memorialize and honor those who have sacrificed their lives in the struggle to preserve freedom. The Army does everything it can to prevent these deaths. We are able to prevent serious injuries and death in many cases, but we are not always in control. In one scene in the TV show, M*A*S*H, after Capt. Pierce loses a friend in the Operating Room, his commander, LTC Henry Blake, tries to console him with the two rules they taught him in command school: "Rule #1--Young men die. Rule #2--Doctors can't change Rule #1."

The lessons we've learned about being technically and tactically proficient and about living according to the Army ethic should provide us with valuable insight into being prepared for the storms of life we know

will come. For example, knowing Army doctrine and conducting operations accordingly is required to weather the "storms" of combat operations. When Soldiers conduct Pre-Combat Checks and Inspections, they are increasing their chances of surviving combat AND of accomplishing their mission.

Spiritual and emotional resiliency are the bedrock for getting through all of life's personal and professional storms – and for recovering from them. Resiliency depends on knowing what works and working what you know.

I have found that faith in God "works" to help me get through difficult events and seasons in my life. The "work" of faith I must do is to trust God and do what He tells me the way He tells me to do it, when He tells me to do it.

Just as you need a hurricane preparedness kit (<https://www.ready.gov/build-a-kit>), you need a preparedness kit for life's storms. Look for the instructions in your faith and relationships. Get ready for life's inevitable storms. You CAN survive them.



Chapel Schedule

Fort Stewart		
Catholic	Location	Time
Sunday Mass	Main Post Chapel	9:00 a.m.
Weekday Mass	Main Post Chapel	11:45 a.m.
<i>(Confession available daily and before Sunday Mass)</i>		
Protestant (Sundays)		
Traditional	Marne Chapel	9:00 a.m.
Chapel Next	Main Post Chapel	10:45 a.m.
Gospel Adult Sunday School	Main Post Chapel	11:00 a.m.
Multi-Cultural Gospel Service	Main Post Chapel	12:30 p.m.
Kids' Church (Sundays)		
K- 6th Grade	Main Post Chapel	1:00 p.m.
PWOC (Wednesdays)	Main Post Chapel	9:00 a.m.
PWOC (Check https://www.facebook.com/stewartPWOC , or email stewartpwoc@gmail.com for upcoming events.)		
Islamic (Fridays)	Main Post Chapel	1:00 p.m.
Buddhist (Last Sunday)	Marne Chapel	11:00 p.m.
Hunter Army Airfield		
Catholic	Location	Time
Sunday Mass	Hunter Chapel	11:00 a.m.
Catholic CGD	Building 129	9:30 a.m.
Protestant		
Sunday Service	Hunter Chapel	9:00 a.m.
Kids' Church	Hunter Chapel Fellowship Hall	9:00 a.m.
PWOC (Thursdays)	Main Post Chapel	9:30 a.m.
Religious Education Contacts		
Fort Stewart Religious Education,		
Bill Agnew: 912-767-9789		
Hunter Army Airfield		
Religious Education,		
Charles Archer: 315-5934		

ACS Behind the Scenes: James Fleming provides financial help

Michelline Turnbow
ACS Marketing

Financial readiness program manager James Fleming, will give you a grin that will ease any tensions you may have when you walk into his office. As you enter, you will most likely hear jazz music and be met with a smile that is assuring and know that you will be helped.

Flemings notes it can be overwhelming walking into an office where the topic of discussion is as personal as your finances. It can feel like you are being suffocated by the worries of bills piling on with no end in sight; however, the people in the Army Community Services financial readiness program at both Fort Stewart and Hunter Army Airfield, will ease any discomfort and bring forth the best solution for military members and their families.

Fleming stresses the importance of coming to see a financial readiness/Army emergency relief specialist first when it comes to needing assistance. The financial readiness and AER programs aim to do everything in their power help service members, veterans, surviving spouses and children or prevent unnecessary financial hardship due to misinformation or undue chagrin. AER provides interest free loans, grants if repayment of loans can cause undue hardship or a combination of a loan and a grant. This is a program that cannot

be found anywhere else and is aimed specifically at Soldiers and their Families.

The financial readiness and AER team have outstanding individuals according to Fleming. Financial readiness/AER specialists, Kemuel Brown, Randy Knox, Renee McClinton and Darlene Pearson conduct private, closed door meetings with military members to assess their financial needs and do what they can to provide the best service and solution. Another team member Janie Smith, conducts the same duties at Hunter Army Airfield.

Frederick Sledge, the AER officer is extremely knowledgeable on the AER process and with all others of the financial readiness/AER program strives for the moment where Soldiers and their Families have the visible look of a weight being lifted right off their shoulders.

Each financial readiness specialist can provide financial planning, couples financial counseling, training on how to manage finances, investment solutions, spending budgets and much more that all aim to ease any financial concerns and provide military members with the ability to be financially secure and independent. Classes and workshops regarding budgeting, car and home buying, the Thrift Savings Plan and many more are available at no cost for military members and their families.

AER is a private nonprofit organization that is funded by donations and grants by various members of the community. AER can assist with the essential aspects of daily living. This can include rent, mortgage, utilities, deposits, food, medical/dental relief, PCS expenses, funeral expenses, vehicle repair, cranial helmets, home repairs and many more. AER does not desire to make profit, it is intended solely to provide financial assistance to military members and their families to prevent immoderate financial stress

Myths or rumors regarding the financial readiness/AER program should immediately be dispelled. Active duty Soldiers who are single or married and their DEERS enrolled Family members, Army National Guard and Army Reserves Soldiers on continuous active duty and their DEERS enrolled Family members as well as retired Soldiers, Army National Guard and Army Reserves and their dependents are all eligible for AER assistance.

Surviving spouses and orphans are also eligible for receiving AER assistance.

If you fall into any of the listed categories and need financial assistance, please use AER as your first choice when exploring relief options.

On Fort Stewart, you can walk into ACS building 86 for assistance or contact the specified financial readiness/AER specialist located in your respective brigade.

The 1st Armored Brigade Combat Team financial readiness specialist is Brown at 767-3911 or 767-3498. For 2ABCT, please contact Knox at 435-7852. For 3rd Sustainment Brigade contact McClinton at 767-8727 and for DIVARTY, contact Pearson at 767-4927.

Hunter Army Airfield units can contact Smith at 315-6816.

All others may contact Sledge at 767-5065, located in ACS building 86.

For more information regarding financial readiness/AER Programs, please visit any Army installation AER office. Assistance can also be found at any military installation. If there are no military installations in a reasonable distance, contact the American Red Cross 24-hour military assistance line at (877) 272-7337.



Courtesy photo

Financial readiness program manager, James Fleming works at Fort Stewart ACS, is the spotlight of this weeks ACS Behind the Scenes.

GREAT home located in the Griffin Park Subdivision. Quiet cul-de-sac with only 7 homes. Formal Living and Dining Room plus family room w/fireplace, kitchen, breakfast area & stainless steel appliances. Split floor plan 4 bdrs, 3 full bath. Flooring wood, tile and carpet. Covered patio area, large backyard with privacy fence, 2 car garage, ceiling fans, fireplace, built in entertainment center/bookshelves and so much more. Close to Fort Stewart gates 7 and 8, shopping, and schools. Welcome Home! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com



31 Carson Street NE Ludowici, GA 31316 - \$169,900

Take a look at this well kept 3 bedroom 2 bath home located in the Crawford Subdivision in Long County. Home offers wood/tile floors, eat-in kitchen, and a fireplace. Centrally located between Long County school and Fort Stewart. Outside the city limits which means no city taxes. Call us for a personal tour today! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

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0 Shyam Road - Hinesville - \$750,000. Seven (7) acres of commercial potential. Located just off of US Hwy 84 in Hinesville. Centrally located between Fort Stewart Gates one (1), two (2) and three (3). There are thirty thousand six hundred and fifty (30,650) V.P.D. May also access from Sandy Run Drive. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

215 Magnolia Court, Hinesville - \$275,000. 0.85 acres commercial land. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

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910 West Oglethorpe Highway, Hinesville - \$995,000. Located just south of the new TJ Maxx Development. This parcel has 578+/- LF of road frontage on Oglethorpe Highway. Owner will sub-divide additional land up to 20 acres are available. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
0 Cowart Road, Reidsville - \$275,000. Excellent Retail or light Industrial site on US Highway 280. Property is bound one one side by the state park. Owner will sub-divide. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 2 Crossway Pines Ludowici - \$45,000. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
12746 East Oglethorpe Highway, Midway - \$69,900. Excellent Commercial Opportunity near the proposed Midway City Hall. This location is convenient to I95 and Ft.Stewart zoned IC. Perfect for retail, fuel, or restaurant. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
0 Cattle Hammock Road, Midway - \$299,900. 9.10 acres of pristine deep waterfront +/- 270 liner feet marsh and deep water front. 10 minutes to I95 Exit 76. Seller has dock permit. Amazing views! Convenient to Savannah, Brunswick, and Jacksonville, FL. Features: - Paved Road Access, +/- 270 LF Deep Water Frontage, Dock Permit in hand, 10 minutes to I95. Call us today! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
0 Oglethorpe Hwy Hinesville - \$39,900. Unrestricted lot in Midway. 12 acres at a great price. Houses and manufactured homes are okay. Located minutes from Fort Stewart, Georgia. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

0 Willowbrook Drive, Hinesville - \$499,900. Incredible opportunity to own a parcel inside the city limits of Hinesville that is correctly zoned and engineered for a multi-family development. Located off Veteran's Parkway and EG Miles parkway centrally located between Fort Stewart Gate 8 and Walmart, Lowes, and the TJ Maxx Shopping Center. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 1 Spartina Way, Midway - \$75,000. 3 Acre lot nestled beneath majestic oaks, hickory's & pine trees. Located off Bluff Creek Waterway. Access to community dock clubhouse to enjoy views of the salt marsh. Electric in area. Area offers a lot of history to be learned. Call today for a showing! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 14 Spartina Way, Midway - \$75,000. 3 Acre lot nestled beneath majestic oaks, hickory's & pine trees. Located off Bluff Creek Waterway. Access to community dock clubhouse to enjoy views of the salt marsh. Electric in area. Area offers a lot of history to be learned. Call today for a showing! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 9 Youmans Road, Midway - \$249,900. Beautiful marsh front lot, located about 20 minutes from Hinesville and within close proximity to I-95. Breath taking views; a perfect lot to build our dream home on. Ready to build on-water supply on lot. Enjoy ocean breezes and beautiful sunsets. Features a community dock and clubhouse with a summer kitchen over looking Ashley Creek. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 10 Youmans Road, Midway - \$249,900. Beautiful marsh front lot, located about 20 minutes from Hinesville and within close proximity to I-95. Breath taking views; a perfect lot to build our dream home on. Ready to build on-water supply on lot. Enjoy ocean breezes and beautiful sunsets. Features a community

dock and clubhouse with a summer kitchen over looking Ashley Creek. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
504 West Oglethorpe Highway Hinesville, GA 31313 - \$295,000 Commercial Development opportunity at the center of Hinesville retail corridor. This interior lot has 130 LF of road frontage at the traffic signal at the Intersection of Oglethorpe Hwy. This site has 35,800 vehicles per day. Adjoining parcels avail.
Tenant Occupied. Please do not disturb the tenant. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

648 South Main Street Hinesville, GA 31313 - \$39,900 Great multi-family opportunity near the proposed new super Kroger and TJ Maxx Retail developments. Centrally located between Fort Stewart gates 1 & 8. Convenient to all gates. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 2 Woodstork Way - \$29,000 Build your dream home on the high bluffs and large lots. This is a beautiful small subdivision located adjacent to Harris Neck Wildlife Refuge. This subdivision includes paved streets, underground utilities, a shared fishing & crabbing pier. 2.6 to 5 acres. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
595 Lake Rosalind Dr, Midway - \$100,000 A truly rare find. 2.48 acres on Lake Rosalind Dr. This listing includes two lots with two wells, two septic, four driveways, and a pond. Land is in

the Isles Of Wright area. There is also an inhabitable mobile home on the property that would need to be removed. There is also a metal framed building which was never completed. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
1acre John Wells Rd. \$20,000 Less than ten minutes to Fort Stewart Gate 7! Quiet country setting on a paved road. Manufactured homes ok. Non restricted lots. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
Lot 17 Moody Bridge Road, Ludowici - \$32,500 2.25 Acre home site located in Long County Restricted to stick built homes, paved road access. Excellent opportunity to build your dream home. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
2 acres John Wells Road - \$25,000 2 acres of property that is less than ten minutes to Fort Stewart Gate 7! Culvert in place manufactured homes okay. Quiet country setting on a paved road! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com
103 Ralph Quarterman Road, Hinesville - \$99,900. Excellent Development opportunity. Located across from the new Oglethorpe square. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
12.78 AC Veterans Memorial Parkway, Hinesville - \$2,364,300. 12.78 Acres developmental land. Great location on Veterans Parkway & South main. Can be combined with other parcels to total 18.46 acres. Located in a rapidly growing retail area within 0.25 miles of the new TJ Maxx, Dicks Sporting Goods, Hobby Lobby, and Ulta. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
0.24 Acre Veterans Memorial Parkway, Hinesville - \$225,000. Last available frontage road on drive

home side of Veterans Parkway zoned C-2. Off site water retention included. Owners are licensed Real Estate Brokers in the state of Georgia. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
0 E. Oglethorpe Highway, Hinesville - \$3,000,000. Excellent hotel/restaurant site located next to La Quinta in Flemington. Parcel has offsite water retention. Owners will subdivide. Owners are licensed Real Estate Brokers in the state of Georgia. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
777 Veterans Memorial Parkway, Hinesville - \$395,000. Last available frontage on drive home side of veterans parkway zoned C-2. Off site water retention included. Owners are licensed Real Estate Brokers in the state of Georgia. Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
734 E. General Stewart Way, Hinesville - \$395,000. PROPERTY ZONED C2. Lot is located between the Coldwell Banker Holtzman Realtors building and the Patriot Center on General Stewart Way. Owners are licensed Real Estate Brokers in the state of Georgia. Call us today! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-977-4733. jimmy.shanken@coldwellbanker.com
Lot 1 Woodstork Way - \$29,000, 98 ac. Build your dream home on the high bluffs and large lots. This is a beautiful small subdivision located adjacent to Harris Neck Wildlife Refuge. This subdivision includes paved streets, underground utilities, a shared fishing & crabbing pier. Call us to schedule a personal tour today! Co-Listed w/ Nichole Gaskin 912-610-8304.
625 Carter Road Walthourville, GA 31333 - \$349,900 Multi-family Development Opportunity! 8.756 acres of land available to build a home or mobile homes. Conveniently located minutes from Fort Stewart and the new Oglethorpe Shopping Center! Call us today! Jimmy Shanken, Coldwell Banker Holtzman, REALTORS, 912-368-4300 or 912-977-4733 or email jimmy.shanken@coldwellbanker.com

Army Community Service



Like ACS on Facebook

Search for “Army Community Service, Stewart/Hunter AAF” Help the Hunter Army Airfield community get more “likes” by visiting their Facebook page. ACS publishes great information for our Soldiers and Army Families there as well. Search for Hunter Army Airfield and pass the word along.

Register now for ACS classes

You asked, we listened. Online registration is now available for Family Readiness Group classes through Eventbrite. Please go to <https://www.eventbrite.com/ol/army-community-service-fort-stewarthunter-aaf-12997030788>. The link is posted on the Army Community Service page of the Team Stewart website, www.stewart.army.mil.

ACS building is accessible to everyone

Army Community Service wishes to inform our community that our facilities meet, or exceed, the standards for persons with disabilities. Our facilities are wheelchair accessible; and should you need assistance upon arrival, please inform one of our staff members. The playground next to building 82 at Fort Stewart is certified as an Exceptional Family Member playground. Hunter EFMP playground is located next to building 1284. For questions, please contact ACS at 767-5058 or 315-6816.

Free classes offered at Stewart

The following are upon request from the chain-of-command

- Sponsorship training
 - Risk management for senior NCOs (E7-E9)
 - FAP commander/senior leader briefing
- Every Monday
Financial planning for PCS, 10 to 11:30 a.m.
ACS Stewart, building 86
*Mandatory for E-4 and below.

Baby boot camp for dads

According to a recent survey, 86 percent of dads spend more time with their children today than their fathers did with them. However, seven out of 10 people also

reported that they could use tips on how to be a better parent. The smallest moments can have the biggest impact on a child's life. Take time to be a dad today. For more information call the Family Advocacy Program at Fort Stewart ACS at 767-2882 and speak with our New Parent Support Program staff.

Learn, empower yourself with ACS

ACS has many great services for Soldiers, spouses and children, yet not everyone knows we are located in five different areas. Stop by today and visit the staff on Fort Stewart in buildings 81, 82, 86, 87 and the Soldier Family Assistance Center, building 4973. The Hunter staff is located in building 1286. You'll be glad you did. Let's push ACS programs in 2018.

Free classes offered at Hunter

- Call for appointment for the following:
- Army Family team building infant massage
 - FAP commander/senior leader briefing
- Weekdays
Lending Closet, 7:30 a.m. to 4 :30 p.m., building 1286

REAL FRG: leader training

The Family Readiness Group Leader course is a three hour course designed to provide the volunteer FRG leader with an understanding of their roles and responsibilities within the FRG. While the course topics mirror those in the FRG training the focus of the training is on the volunteer and how they can execute the commander's vision of the FRG. From tips on how to get started to how best to leverage different communication modalities FRG leaders will leave the course with the knowledge needed to begin implementing the mission essential tasks associated with the FRG. Training is 9 a.m. to noon. To register, call 767-1257 or visit the ACS Eventbrite page.

Anger, stress management help available

Are you looking to fine tune your overall health and well-being? Enhancing stress and anger management skills improves one's overall physical and mental health. ACS-Family Advocacy Program offers cutting edge stress and anger management classes that are proven to help

manage every day stressors including personal, family and work life. Come by ACS or call 767-2882 for more information. We are located at building 82 on Fort Stewart.

Spouse reintegration training available

As Soldiers from 3rd Infantry Division return from deployment, ensuring spouses and Families are properly prepared remains a top priority. Rear detachment commanders and Family Readiness Groups are encouraged to reach out to ACS and schedule spouse reintegration training, which consists of small group discussions regarding finances, stress management, effective communication and more. For more, call 767-1257.

Play mornings held

Did you know that play is important to healthy brain development? Please join us to learn and play at the Army Community Service play morning. Play Morning features music, story time, crafts, interactive play and an awesome way for parents and children to make lasting friendships.

Fort Stewart play morning is located inside the Youth Sports and Fitness Center, building 7338 on Thursdays from 10:30 a.m. to noon. Hunter Army Airfield Play Morning is located in building 6054 on Tuesdays from 10 -11:30 a.m. For questions or concerns please contact the ACS New Parent Support Program at 767-2882 at Fort Stewart or 315-3816 at Hunter.

ACS embedded financial counselors

Do you want to take control of your finances? Well, the ACS Financial Readiness team has embedded a financial counselor within each brigade to service all your financial needs. Whether you are considering buying a car, home, saving, investing, or just want assistance with creating a budget the financial counselors are here to assist?

The financial counselor also provides monetary assistance through Army Emergency Relief to assist our Soldiers and Family members with life's unexpected challenges. If you require assistance, don't hesitate to contact your brigade financial counselor. For more information, you may contact ACS at 767-5058 or 767-5059.



FMWR and Coastal Happenings

Sunday family fun day at Hunter golf

Enjoy a fun afternoon of golf with your Family at a discounted rate every Sunday after 1 p.m. at Hunter Golf Course. Free greens fees for junior golfers (ages 5-15) with a paid parent's greens and golf cart fees. For more information, call 315-9115.

SKIES offers cheer, tumbling classes

School of Knowledge, Inspiration, Exploration and Skills is now offering competitive cheer and tumbling classes for youth 5-18 years old at both Fort Stewart and Hunter Army Airfield. Participants must be enrolled in Child and Youth Services. The cost for competitive cheer is \$50-55 per month and the cost for tumbling is \$45-50 per month. To register, or for more information, call Parent Central Services at 767-2312 at Stewart or 315-5425 at Hunter.

Kids bowl free at Marne, Stewart lanes

Sign up at KidsBowlFree.com for the "Kids Bowl Free" program at Marne Bowling Center, building 402, and Stewart Bowling Center, building 450. Each registered child ages 0-15 can bowl two free games a day Monday-Friday (not available on holidays). Shoe rental is \$2.50. No charge to register online for free games. Program runs through September. Family passes, at discount prices, available so parents can bowl with their children. For more information, call Marne Center at 767-4866 or Stewart Center at 767-4273.

Outdoor pools open for season

Fort Stewart-Hunter Army Airfield outdoor swimming facilities opened Memorial Day weekend for the new season. At Stewart, Corkan Outdoor Pool, building 446, will be open Thursday-Monday from 11 a.m. to 6 p.m. (closed Tuesdays, Wednesdays) and Bryan Village Pool (building 7098) will open weekends only 11 a.m.-6 p.m. Hunter outdoor swimming pool and water spray park, behind Hunter Club, will be open Thursday-Monday from 11 a.m.-6 p.m. (closed Tuesdays, Wednesdays.) Pricing is as follows:

- Daily fee: \$4 per person (Children under four admitted free. Season Family pass:
- \$80 E1-E4
 - \$90 E5-E6, W1, W2, O1, O2
 - \$110 E7-E8 O3, O4
- \$130 All other ranks and DoD employees
Pool telephone numbers are: Corkan 767-8575, Bryan Village 767-2701 and Hunter 315-5786. For questions call Newman Pool at 767-3034 or 315-2819.

All-Army Ten-Miler qualifier races

Earn the honor of representing the 3rd Infantry Division in the 34th Annual Army Ten-Miler in Washington, D.C., Oct. 7 by being a top finisher in one of three Qualifier Races at Donovan Field, Fort Stewart. Qualifier runs will be held at 6 a.m. Saturday and Aug. 11. Runners can register on-site beginning at 5 a.m. each date. Based on best times, two females and four males will qualify. Only active duty may qualify, but Family members, retirees and DoD civilians are welcome to participate. For more information, call 767-8238.

Long Range Shoot at Stewart

A long range shoot will be held from 9 a.m.-2 p.m. Saturday, Aug. 4 at Red Cloud Echo Range on Fort

Stewart. Open to rifles (up to .50 caliber) only. Cost is \$15 per two-hour block. Paper targets 100-500 yards, steel targets at 750 and 1,000 yards. For more information, call 435-8205. All payments cash only. To reach Red Cloud Echo Range, take Highway 119 north. The range is on the right.

Golf courses membership plan

Enjoy access to both Taylors Creek Golf Course and Hunter Golf Course with just one membership! A bronze membership plan, for just \$99, is being offered for the first time. Bronze plan members receive discounts on green and cart fees each time they play at either course. For details about the clubs' bronze, silver or gold membership plans, visit StewartHunterMWR.com, or the pro shops. Membership plans are open to all. Phone numbers are at Taylors Creek is 767-2370 or Hunter at 315-9115.

Youth sports camps at Stewart/Hunter

Registration is under way for Youth sports camps at Stewart and Hunter. At Stewart, camps are being offered for functional fitness, track and field and football. The camps are free, but youths must be registered with Child and Youth Services. Visit StewartMWR.com or call 767-2312 for additional details. At Hunter, camps are offered for 1st-5th graders in baseball, basketball, Be Fit Be Strong and volleyball. The cost is \$10, except for participants already enrolled in full day School Age Center summer camp. Visit HunterMWR.com or call 315-5851.

Get 'Rock Solid'

Get in the know with the 'Rock Solid' newsletter. The 'Rock Solid' newsletter is filled with events and services from Fort Stewart-Hunter Army Air Field Family, Morale, Welfare and Recreation. A lot of great incentives will also be sent to your inbox for you to enjoy the surrounding area. Totally free, never shared, always awesome! Sign up today and start staying informed! <https://stewart.armymwr.com/promos/rock-solid-email>.

CYS summer camp

The School Age Centers at Fort Stewart-Hunter Army Airfield are an ideal place for first to fifth-graders to spend their free time this summer. Summer Camp weekly themes at Stewart include Art Camp, Sports Camp, Science Camp and Gardening Camp and a Just for Fun Camp. At Hunter, the themes include Rolling Into summer, International Week, Exploring Under the Sea, Military Heroes and Healthy Habits. For details, visit StewartMWR.com or call Parent Central Services at 767-2312 (Stewart) or 315-5425 Hunter.

Skidaway Breakfast Meeting

The Skidaway Island Rotary Club invites military retirees to attend one of their breakfast meetings as the Club's guest. The club meets from 7- 8:30 a.m. every Wednesday in the Landings Club. Call 598-4239 for more information.

1ABCT parking lots closed for repaving

All parking lots adjacent to Gulick Avenue, in the 1st Armored Brigade Combat Team area is closed for repaving until further notice. Affected lots are

between buildings 626 - 639 and the parking lot between buildings 715 - 731. Use the parking lot between buildings 613 - 616 adjacent to 1ABCT headquarters on Wilson Avenue. Do not move or drive around the barricades. The contractor has begun demolition of curbs and asphalt and your vehicle could sustain damage.

Eight for Eight Bowling League

The Eight for Eight Bowling League gets under way on Saturday from 10 a.m. until noon at Stewart Bowling Center, building 402, and continues through Aug. 25. The cost is \$8 per session, which includes all equipment and instruction. Participants bowl two games each Saturday mornings and, at the end of the program, receive their own bowling ball. For more details, call 767-4273 or 767-4866.

Signup for National Bowling Day 2018

Registration has begun at Marne Bowling Center for the National Bowling Day Tournament on Saturday, Aug. 11. Tournament is open to all adult and children bowlers. Public welcome. Individual competition in the three-game, nine pin, no-tap format. Sessions at 1 p.m. and 4 p.m. Prizes to be announced. Cost is \$20 per person per session for those registering before Aug. 10 and \$25 per person per session thereafter. Cost covers three games and shoe rental. Every registered bowler will get a free hot dog. For more information, visit StewartMWR.com or call 767-4866.

Junior golf clinic at Hunter

Youth ages 5-15 are invited to learn about the game of a lifetime during our fun, hour-long junior golf camp at Hunter Golf Course from 9-10 a.m. Saturday, July 28. It's free. PGA Professional Tommie McArthur instructs. For more information, or to register, call 315-9115.

SFL-TAP Hiring event

Fort Stewart Soldier for Life - Transition Assistance Program will hold a hiring event at building 512 (old Spartan DFAC), Today from 10-2 p.m. For more information or a list of participating employers visit our Facebook page at: www.facebook.com/stewart-huntersftap or register using <https://www.eventbrite.com/elsfl-tap-job-fair-tickets-47961196229>

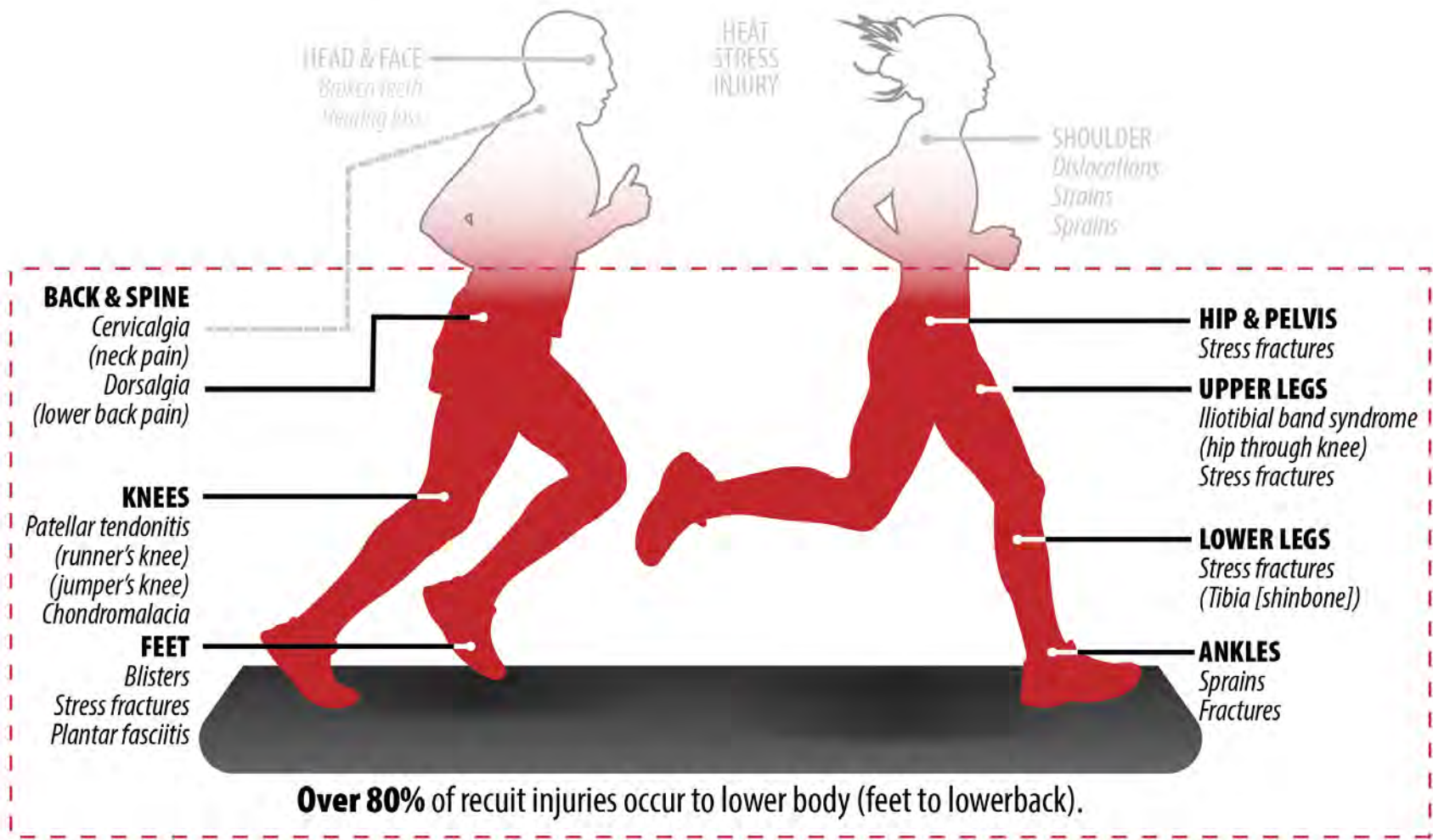
Complementary tickets offered

The USO is offering one complementary ticket per active duty service member for the World Wrestling Entertainment event at the Savannah Civic Center, Aug. 5. The offer is subject to select price levels and availability. Redeemable on the day of show only at the Savannah Civic Center Box Office. Discounted tickets: \$5 off any additional tickets for friends, family and dependents which can be purchased either in person by referencing the "USO offer" or by logging on to the unique webpage listed below. This offer is currently active and can be used anytime from today through the performance day. The offer is subject to select price levels and availability. Only valid on new purchases and cannot be applied retroactively. Please visit online to learn more at <https://boxoffice.etix.com/ticket/c/059EE8C4B4026FF171E5349649259B64/uso>.



SPORTS & RECREATION

AUGUST 2, 2018



Courtesy Photo

Running Graphic: More than 80 percent of recruit injuries occur to lower body.

Be resilient: Reduce your risk of running and sports injuries

Sarah Dobson and Veronique Hauschild
Army Public Health Center

In the last year, more than half of all Soldiers were diagnosed with an injury. Those injured are usually treated through outpatient visits but may be severely limited in their ability to perform certain physical activities for weeks or months. In some cases, injuries even result in medical discharges from the Army.

Running: The number one cause of Soldier injuries:

Two-thirds of Soldiers' injuries are musculoskeletal damage to a lower-extremity (i.e. the knees, ankles, lower legs and feet). Most are common cumulative conditions called overuse injuries. Overuse injuries occur over several hours, weeks or months from repeated low intensity forces to muscles, bones, joints, tendons and ligaments. Common overuse injuries include knee pain syndrome and chondromalacia ("runner's knee"), Achilles tendinitis, low back pain and stress fractures. Overuse injuries are the most frequent "injury problem" within the Army, costing billions in medical care and lost duty time. These injuries result from the substantial load bearing (i.e. on-foot) physical training conducted by Soldiers. "Running is the primary activity that contributes to the injury problem among Army recruits and Soldiers," explains Tyson Grier, a kinesiologist in the Injury Prevention Division of the Army Public Health Center. "Other activities such as foot marching further add to the stress on the lower body, increasing injury risk."

So is running bad for you? The simple answer is "no." Running is a very effective way to improve aerobic fitness--and being aerobically fit has been proven to reduce one's risk of injury. For example, recent data show that Soldiers who have slow 2 mile run times (i.e., men who take more than 15 minutes and women who take more than 19 minutes) have a higher risk of injury. Even Soldiers who "look" fit and are within body fat standards have a higher injury risk if they run slow.

So, though scientific studies have determined excessive running can increase injury risk, the right amount of running is still an effective way to improve and maintain aerobic fitness and resilience against injury. The key is finding the right balance. To reduce your risk of overuse injury:

- Mix up your training. Follow a training regimen that balances running with other aerobic exercises (swimming, biking, stationary elliptical or bike machines), strength training (resistance bands, plyometric or weight-training), speed and agility (e.g. shuttle runs), and balance work.

- Avoid running on repeated days. Alternate with low impact exercises.
- Use running shoes in good condition. Most people only need a comfortable, non-worn running shoe that fits. "As general guidance, replace running shoes every 300-500 miles or if any part of the sole starts to wear" recommends Grier. Evidence has not supported the value of "special" running shoes (control, arch, cushion or minimalist).

- Take a load off your feet. Ruck marching should not be used as an alternative to running. Carrying a heavy load long distances contributes to lower extremity injury. Avoid long runs and distances marches on back-to-back days.

- Pay attention to pain. Pain, especially in a joint (knees, ankles, hips) or bones (shins, feet) can mean you are increasing distance or frequency too quickly. If this is the case, the first step is to reduce running or consider an alternative exercise. If pain persists, seek medical evaluation.

Other training and sports injuries:

Soldiers also experience serious acute injuries such as head concussions, broken teeth, broken limbs, sprained joints and torn ligaments when participating in sports. These sports injuries have required more medical evacuations from deployment than combat injuries. Prevention tactics as shown in Table 1 can reduce risks.

A critical aspect of injury prevention is being aware of personal factors that increase your chance of being injured. Factors to be aware of are:

- A previous injury makes you more prone to re-injury to the same part of the body.
- Continued use exacerbates tissue damage and can increase the severity of an injury.
- Female Soldiers have higher risk for stress fracture injuries so should ensure optimal bone health through proper nutrition and a healthy weight.
- Being overweight or underweight (compared to a healthy BMI between 18.5 and 25) increases your injury risk.
- Smoking and drug/alcohol use can slow bone and tissue healing and increases injury risk.

Soldiers who prevent common injuries improve their performance and overall unit readiness. Consider changing your training regimen or behaviors to reduce your risk!

For additional information, email the APHC Injury Prevention Division at usarmy.apg.medcom-phc.mbx.injuryprevention@mail.mil.



Senior enlisted leaders from across the 1st Armored Brigade Combat Team, 3rd Infantry Division, Camp Humphreys, Korea, participated in a demonstration and execution of the new Army Combat Fitness Test events and a non-standard casualty evacuation lane. The events were part of a two day leader professional development and were designed to gain a better understanding of the new fitness test and hone best practices in lifesaving casualty evacuation operations.



Courtesy Photo

Senior enlisted leaders from the 1st ABCT, 3rd ID, execute the leg tuck as part of a demonstration of the new Army Combat Fitness Test.

Fort Stewart-Hunter Army Airfield Briefs

Super Saver Program

Are you interested in winning \$500? If so, this program is for you! Take a look around. Is there something you see that is wasting money? Is it a problem we can solve locally? If you are a garrison civilian employee and submit the best idea for saving the garrison money, you will win \$500. Submit your idea on the super saver nomination form available on the Team Stewart web page under Garrison Resource Management Office (bottom of page is nomination form). Nominations are boarded with the garrison of the quarter award submissions. Submit ideas to usarmy.stewart.usag.list.dhr-workforce@mail.mil.

CPAC HR for supervisor

The Civilian Personnel Advisory Center will host human resource training for supervisors class, Aug. 21-23, at the Army Education Center, room 243. All supervisors must apply for the class at the CHARTAS website (<https://www.atrrs.army.mil/channels/chrtas/student/main.aspx>). If you have any questions, please contact the Mrs. Kaskha Anthony at 767-1261.

Online food handlers class

Anyone interested in taking the food handlers course now has the ability to do it online. Certification is good for one year. Register online at eventbrite.com, or log on to www.winn.amedd.army.mil. Click on the healthcare services tab, click preventive medicine and wellness, then environmental health. The basic food handlers course study material and quiz are at the bottom of the screen.

Army food truck is here

The Culinary Outpost is a Soldier-run, Soldier-focused food truck that is making its way around Fort Stewart. We are open at multiple locations from 8 to 9:30 a.m. and 11:30 a.m. to 1 p.m. Follow us on Twitter and Facebook at [@ftstewfoodtruck](https://twitter.com/ftstewfoodtruck) for daily locations and specials!

Bible study offered

Wednesdays at noon at the Marne Chapel. This year the focus is, "The Bible and Current Events." Each week we will take a look at the news of the week and how God's word can bring understanding and perspective to what's happening and how we can apply it to our lives. Military personnel, civilian employees, contractors, retirees and Family members are welcome to attend. Bring your own bag lunch. Study materials will be provided. For more information, contact Bill Agnew at 767-9789 or william.f.agnew4.civ@mail.mil.

Prescribed burns scheduled

Fort Stewart's Forestry Branch is in the midst of controlled burn season and will be conducting controlled burns at various locations on the installation each week. Motorists and pedestrians are advised to use extra caution when traveling through areas that may be affected

by smoke. For more information, please contact Amanda Price at 767-2010. Up to date burn notices are posted to the Fort Stewart Hunter Army Airfield Facebook page, www.facebook.com/FortStewartHunterArmyAirfield.

Long range shoot at Stewart

A long range shoot will be held from 9 a.m.-2 p.m. Saturday at Red Cloud Echo Range on Fort Stewart. Open to rifles (up to .50 caliber) only. Cost is \$15 per two-hour block. Paper targets 100-500 yards, steel targets at 750 and 1,000 yards. For more information, call 435-8205. All payments cash only. To reach Red Cloud Echo Range, take Highway 119 north. The range is on the right.

Fuel for health

Learn the fundamentals of nutrition by joining the Army Wellness Center for Fueling for Health on Sept. 27 from 11 a.m. to noon at the Army Wellness Center, Building 201A. To reserve a seat, please contact the Employee Assistance Program Manager, Lisa Pokorny at 767-5672 or email lisa.m.pokorny.civ@mail.mil.

Civilian employee assistance

The Employee Assistance Program will conduct a Dealing with Difficult People Class, Aug. from 11 a.m. to noon in Building 201C, 807 Worcester Avenue, Fort Stewart. This training is designed to increase awareness of difficult behaviors, learn ways to effectively respond to get your needs met, and react to difficult people! To reserve your seat, call Lisa Pokorny at 767-5672 or email lisa.m.pokorny.civ@mail.mil.

Readership survey offered

Fort Stewart-Hunter Army Airfield Public Affairs values your feedback. We are conducting a readership survey regarding The Frontline newspaper with respect to the Team Stewart website, social media platforms, and Marne Messages. Help us determine how we can better assist the community in getting information to you. The survey only has 20 questions and is anonymous. A link to the survey is on the Team Stewart Website or can be reached at <https://www.quicktapsurvey.com/survey/3bf6d3eeeff845a07f8d096e3825569f>.

Hunter holds end-of-summer golf slam

The summer vacation season is winding down, although there's still plenty of great golfing weather ahead. Join us for this special golfing event Friday, Aug. 10, starting at 8 a.m. at Hunter Golf Course. Tournament fee of \$35 includes golf car fee, driving range, prizes and light lunch. Spouses invited to participate. Public welcome. For more information, call 315-9115.

2018 national bowling day tournament

Registration is under way at Marne Bowling Center

for the National Bowling Day Tournament on Saturday, Aug. 11. Tournament is open to all adult and children bowlers. Public welcome. Individual competition in the three-game, nine pin, no-tap format. Sessions at 1 p.m. and 4 p.m. Prizes to be announced. Cost is \$20 per person per session for those registering before Aug. 10 and \$25 per person per session thereafter. Cost covers three games and shoe rental. Every registered bowler will get a free hot dog. For more information, visit StewartMWR.com or call 767-4866.

Final installation all army ten-miler

The final 2018 Stewart/Hunter Qualifier Race for the 34th Annual Army Ten-Miler will be held at 6 a.m. Aug. 11 at Donovan Field. Active duty Soldiers can earn the honor of representing the Third Infantry Division by being a top finisher. Based on best times, two females and four males will qualify. Runners can register on-site beginning at 5 a.m. Only Active duty may qualify, but Family Members, retirees and DOD civilians are welcome to participate. For more information, call 767-8238. The Army Ten-Miler will be held in Washington, D.C., Oct. 7.

Complementary tickets offered

The USO is offering one complementary ticket per active duty service member for the World Wrestling Entertainment event at the Savannah Civic Center, Aug. 5. The offer is subject to select price levels and availability. Redeemable on the day of show only at the Savannah Civic Center Box Office. Discounted tickets: \$5 off any additional tickets for friends, family and dependents which can be purchased either in person by referencing the "USO offer" or by logging on to the unique webpage listed below. This offer is currently active and can be used anytime from today through the performance day. Subject to select price levels and availability. Only valid on new purchases and cannot be applied retroactively. Learn more at <https://boxoffice.etix.com/ticket/c/059EE8C4B4026FF171E5349649259B64/uso>.

Death Notice

Anyone with debts owed to or by the estate of Sgt. 1st Class Christopher A. Celiz, 1/75th Ranger Regiment, must contact 1st Lt. Rory C. Dillon, the Summary Court Martial Officer at 315-5050 or rory.c.dillon.mil@socom.mil. Celiz was killed in combat July 12.



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