



SPORTS & RECREATION

JANUARY 21, 2010

Bowling for Better Opportunities



Gaelen Lowers, 3rd Sustainment Brigade Public Affairs

Sergeant Gabriel Sanchez, Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Brigade, bowls a strike at the Better Opportunities for Single Soldiers' bowling party at Fort Stewart's Marne Lanes, Jan. 13.

Jake's Body Shop 2010: Time to hire a personal trainer?

Jake Battle
DMWR Fitness Coordinator

With the start of the new year, many of you may have made a resolution to get in better shape.

A trained professional can make the road to attaining your fitness goals smoother and more successful. Here are some benefits of having a personal trainer.

Plan and conquer

A key to getting fit is setting realistic exercise goals. Your personal trainer can help you set both short-term and long-term goals.

Selecting a proper workout routine can be difficult for someone who knows little about fitness. A personal trainer can help you choose which exercises are right for you.

He or she can also help you see how you are progressing and point out what you need to do to reach

your goals as quickly as possible.

A helping hand

Your personal trainer can help you understand why your body reacts in certain ways to exercise. If you become discouraged by a lack of results, it can be your trainer who gives you the faith needed to continue working toward your goal.

The right way

Performing an exercise incorrectly is one reason many people do not get maximum benefits from their workout routine. This can even result in injury.

If you do an exercise improperly, your personal trainer will show you how to correct yourself. If there is an exercise you have



wanted to try but haven't known how, he can teach you.

Enjoy a successful workout routine by getting a personal trainer.

The support and professional instruction may be just what you need to get the body you desire.

Reaching your best

During an exercise session, it can be easy to skip an important part of the routine that you don't particularly enjoy.

A trainer can push you to do your best every session with firm encouragement and instruction.

Ask yourself questions

Have you been wondering if you should try working out with a personal trainer? If so, ask yourself

these questions.

1. Do I become easily discouraged?
2. Are there some exercises I'm not sure I am doing properly?
3. Am I not getting the results I hoped for?
4. Are my fitness goals unrealistic for me?

If you have answered "yes" to any of the above, consider a personal trainer to help you achieve the results you're looking for.

Personal trainer certification

Certified personal trainers have passed a test and are considered qualified to give personal exercise instruction. The advantage of having a certified trainer is that he is a professional and usually more qualified and serious about helping you achieve results. Don't hesitate to ask a personal trainer whether he or she is certified.

New hours at Fitness Centers

The Fitness Centers at Fort Stewart and Hunter Army Airfield (Caro, Newman, and Tominac) now have new operating hours. The new hours are:

- Monday - Friday:** 5 a.m. - 8 p.m.
- Saturday:** 9 a.m. - 5 p.m.
- Sunday:** 12 p.m. - 7 p.m.

For more information, call each Fitness Center (Caro) 767-7090, (Newman) 767-3031, or (Tominac) 315-5078.

Stewart-Hunter fitness centers offering free classes

See page 3C for more information

Stewart-Hunter Intramural Basketball

MARNE CONFERENCE

SCORES AND LEADING SCORERS

Games Jan. 13

92nd EN Bn. 52, FMWR Library 37

92nd EN Bn.

McKnight, 22 points

FMWR Library

Marshall, 17 points

135th QM Co. 47, 24th Ord. Co. 36

135th QM Co.

George, 20 points

24th Ord. Co.

Gill, 18 points

Games Jan. 14

FMWR Library 41, 135th QM Co. 34

FMWR Library

Jones, 13 points

135th QM Co.

Wilson, 14 points

984th EN Co. 35, 24th Ord. Co. 34

984th EN Co.

Kinsey, 15 points

24th Ord. Co.

Gill, 15 points

HUNTER CONFERENCE

SCORES AND LEADING SCORERS

Games Jan. 11-14

473rd QM Co. 35, 224th MI Bn. 34

USCG 55, Savannah Corps of Eng, 42

110th QM Co. 57, USMC 37

1/10th ATK 46, 416th TRANS Co. 38

512th QM Co. 51, 10th TRANS Co. 25

USCG 59, 224th MI Bn. 51

M Co. 6, 416th TRANS Co. 0

ROCKY CONFERENCE

SCORES AND LEADING SCORERS

Games Jan. 13

HD 385th MP Co. 37, MEDDAC 28

HD 385th MP Co.

Reed, 12 points

MEDDAC

Rozier, 15 points

HQ 92nd EN Bn. 35, 24th Finance Co. 25

HQ 92nd EN Bn.

Johnson, 11 points

24th Finance Co.

Burgess, 12 points

Games Jan. 14

B Co. WTU 28, HD 385th MP Co. 26

B Co. WTU

Johnson, 9 points

HD 385th MP Co.

Reed, 11 points

24th Finance Co. 2, 90th HR Co. 0

(FORFEIT)

Marne Conference

	WON	LOST	PCT
1. 87th CSSB	5	0	1.000
2t. 135th QM Co.	3	2	.600
2t. 984th Eng. Co.	3	2	.600
4. HQ 6/8 Cav.	1	1	.500
5. 24th ORD Co.	2	4	.333
6. FMWR Library	1	2	.333
7t. 526th EN Co.	1	3	.250
7t. 92nd EN Bn.	1	3	.250

Rocky Conference

	WON	LOST	PCT
1t. 92nd CHEM Co.	1	0	1.000
1t. B Co. WTU	1	0	1.000
3. HD 385th MP Co.	3	1	.750
4. HQ 92nd EN Co.	2	1	.666
5. MEDDAC	1	1	.500
6. 24th Finance Co.	0	1	.000
7t. 554th EN Co.	0	2	.000
7t. 90th HR Co.	0	2	.000

Hunter Army Airfield Conference

	WON	LOST	PCT
1. 1/10 ATK	6	0	1.000
2. 473rd QM Co.	8	1	.888
3. USCG	4	2	.666
4. 416th Trans. Co.	5	3	.625
5. 110th QM Co.	3	3	.500
6. 512th QM Co.	3	4	.428
7. Savannah Corps Eng	2	4	.333
8. USMC	1	3	.250
9. 10th Trans. Co.	1	4	.200
10. 224th MI Bn.	0	9	.000



3RD ID RUN/WALK TO, FROM IRAQ/AFGHANISTAN

9 A.M., JAN. 23, 2010

DONOVAN FIELD

SEE PAGE 1B FOR DETAILS



TIME OUT! Two-team household

Jennifer Hartwig
Fort Stewart Public Affairs

You're a fan of team X. Your spouse is a fan of team Y. This can create some serious riffs in a marriage, if you let it. It especially becomes an issue when children become involved.

I know the pain of having a two-team household. Your allegiances lie in different parts of the country, and no self-respecting sports fan will change their allegiance, no matter how much easier it may make their life.

In my house, I'm a Boston fan and my husband is a Minnesota fan, which is somewhat acceptable because they are rarely in direct competition – it's

not like I married a Yankees fan.

The separation of loyalties becomes an issue when you have children. Our daughter, who is 7-months-old, is going to have a serious identity issue when she is old enough to realize what is going on. She wears Red Sox and Twins onesies during the spring/summer, and a Vikings cheerleader outfit and Patriots jersey in the fall/winter.

I don't mean to confuse such a young mind, but I need to start my brainwashing as soon as possible. My husband, of course, feels the same way. She was given probably five different Red Sox outfits over the summer when she was born, much to the chagrin of my husband, who immediately went

out and bought her two Twins onesies and a Vikings uniform set. He couldn't have me getting an unfair advantage in the race to win our daughter's loyalty.

We're stuck in the sports-version of the Bermuda Triangle. I want her to be a New England fan, he wants her to be a Minnesota fan, and she's floating somewhere in the middle, wearing both team's paraphenelia.

At night, as I'm putting her to bed, I whisper to her that Boston is better. I tell her that if she wants a life of disappointment, then she should stick with her father's loyalties in Minnesota. But if she wants to know a life full of excitement, success and championships, she should jump on mom's train

to Boston.

I'm fully aware of how sick this is. She lies in her crib, sucking on her pacifier, dreaming of formula and strained bananas, and I'm trying to brainwash her, New-England style. But I also know that when I'm not home, her father is doing the same thing. And I just can't allow that. So, I have to make my bid when I have the chance.

But, she was born in Savannah, Ga., and who knows where we'll end up. Will she be a Patriots' or Vikings' fan? In the end, this could all be a moot point, and she'll pick her own team to support just to spite both of us ... just please, God, don't let it be the Cowboys.

SPORTS & RECREATION BRIEFS

Volleyball registration opens Feb 1

Registration is Feb. 1 through March 18 for those interested in playing Intramural Volleyball or on in a Family Readiness Group Women's Volleyball League at Fort Stewart or Hunter Army Airfield.

Play will be at Newman Fitness Center and Tominac Fitness Center, March 29-April 29. Game times at Fort Stewart will be 6 p.m. and 7 p.m. Hunter games will start at 6:30 p.m.

There is no charge for play at Stewart or Hunter.

Companies interested in playing should submit a memo with information for the company, including the coach's name and telephone number at Bennett Sports Complex, building 471, at Stewart; or Squires Sports Complex, building 1460, at Hunter.

Family Readiness Groups interested in playing in a women's volleyball league should contact the Fort Stewart Sports Office at 767-8238 or Hunter Sports Office at 315-4160.

At Fort Stewart, coaches/players meetings will be held at 2 p.m., March 24 for FRG women's play; and at 2 p.m., March 25 for men's play. Both meetings will be in the Bennett Sports Complex Office.

A date and time for the coaches/players meeting at Hunter will be chosen later.

For more information, contact Randy Walker at 767-8238 (Fort Stewart) and Michael Hughes at 315-4160 (Hunter).

Free basketball admission offered to military

All servicemembers and their Families will receive free admission with military ID to the Georgia Southern University vs. The Citadel men's basketball game at 7 p.m., Jan. 28, as part of Georgia Southern Military

Appreciation Day.

Present your military ID at Hanner Fieldhouse ticket office on Herty Drive, Georgia Southern University entrance, off GA Hwy 67 (Fair Road), Statesboro, Ga. The Georgia Southern Band and Cheerleaders will be in attendance and the R.O.T.C. Color Guard presentation of the Colors and Static Displays throughout Hanner Fieldhouse.

For more information, call Georgia Southern Sports Ticket Office (800) 478-9467 or FMWR Leisure Travel Office at 767-2841.

Yoga classes offered twice a week

Tominac Fitness Center on Hunter Army Airfield now offers yoga classes twice a week, Mondays from 11:30 a.m. to 12:30 p.m., and Thursdays from 6-7 p.m. Start your new year off right and get fit with yoga. All levels, from first timers to experienced yoga practitioners, are welcome.

For more information, contact the Tominac Fitness Center, 314 Billy Mitchell, building 919, at (912) 315-5078/6351.

Free Aquatic Fitness classes offered

Free Aquatic Fitness Classes are offered at the Newman Fitness Center. Classes will be held in shallow water Mondays and Thursdays, from 6-7 p.m. Classes will be held in deep water Tuesdays and Thursdays, from 9-10 a.m. Flotation belts are worn for safety.

Basketball coaches needed

Fort Stewart Youth Sports still needs a basketball coach for the upcoming season. We have the teams formed but only need one more coach. What a great

experience in giving back to our children! Thank you to those that responded to the last request and signed-up. For more information, call 767-9240 or 767-9270 or visit Jordan Youth Gym, building 608 and fill out a volunteer form.

Bennett Complex to turn off field lights

Until further notice, to conserve energy and costs, the lights on the athletic fields at Bennett Sports Complex, building 471, are being turned off during hours of darkness. This will remain in effect until the start of softball season in April. The athletic fields will still be available for play during daylight hours. We are sorry for any inconvenience. For more information, call Stewart Sports Office at 767-8238.

Parent supervision required at Newman

Effective immediately, children 13-15 years old who are Family Members of Soldiers, retirees or Army Civilians must be accompanied by a parent or guardian when using the Newman Fitness Center, and they must be participating in the same activity and under the direct supervision of that parent or guardian.

A reminder that Jordan Youth Gym designed for the needs of our youth is available for children grades 1-12. Children, 5th grade and below, must be accompanied by parents. Each piece of equipment is age appropriate and may be upgraded for adult use dependent on weight being used.

For those who desire parental involvement, the program is designed for parents to exercise along with their child on the same equipment. For more information, call the Newman Fitness Center at 767-3031 or Jordan Youth Gym at 767-5079.