

Aviators soar over Guard

Kaytrina Curtis
Hunter Public Affairs

Soldiers from Bravo Company, 169th Aviation Regiment, Georgia Army National Guard, faced off with their opponents of the 2nd Battalion, 3rd Aviation Regiment during an intramural basketball game Jan. 15 at Tominac Fitness Center.

The Guard fell behind early in the game due to the suffocating defense by 2/3 Aviation that forced numerous turnovers by the Guard. At the half, 2/3 Aviation built a comfortable lead with a

score of 37-18. When the final buzzer sounded at 7:30 p.m., the aviators soared to victory with a final score of 77-33.

These intramural games are held throughout the week and usually kickoff at 6:30 p.m. at Tominac. Many service-members who make up the 13 teams on the installation said they enjoy participating in the different sports seasons throughout the year because the camaraderie helps to build morale and esprit de corps. Family Members continue to come out and root for their Soldiers and to lend support for the team as a whole.



Photos by Kaytrina Curtis

Antonio Lewis, 2/3 Aviation, is fouled during an intramural basketball game against Soldiers of Co. B, 169th Avn., Georgia Army National Guard, Jan. 15, at Tominac.

Left: Brian Jones goes for a layup, Jan. 15.



Soldiers of 2/3 Avn. battle Co. B, 169th Avn. at Tominac Fitness Center, Jan. 15.



Kaytrina Curtis

Hunter residents dance into fitness

Pictured from left to right, Family Members Laura Martin and Laura Perkins, Sgt. Aimee Sullivan, 224th Military Intelligence Battalion and Family Member Veni Thelin learn ballet at Hunter Army Airfield's Tominac Fitness Center, Jan. 15. Ballet instructor Minda Widich instructs interested participants Tuesday and Thursday at 6:30 p.m. The class is held at a beginner's level for those who want to get acquainted with this style of dance or for those who want a refresher course. It was started because Widich wanted others on Hunter to be exposed to the arts and culture that ballet offers.

Register your child for track and field

Registration for Fort Stewart youth track and field begins today and is open to all Child Youth and School Service members age 7-14 (age as of Dec. 31, 2009). Youths age 6 may participate provided they turn 7 before Jan. 1, 2010. Age groups are 7-8, 10 and under, 12 and under, and 14 and under for both boys and girls. Register at CYSS, building 443 Gulick Ave.

Hours of operation are 8 a.m. to 5 p.m. Monday, Tuesday, Thursday, and Friday and 9 a.m. to 6 p.m. Wednesday.

For more information regarding registration procedures, please call 767-2312. For more information regarding the track and field program, please call 767-4371 or 767-9270.

Pools close

The Newman Fitness Center and Tominac Fitness Center pools have been closed, effective Dec. 19, for an indefinite period.

The closure is necessary due to an unforeseen delay in lead time for a mandated drain replacement part. The pools will remain open for "military training" with all necessary safety precautions in place.

2009 Intramural Basketball

ROCKY CONFERENCE

Date	Time	Field	Teams
Jan. 28	6:30 p.m.	1	Co. B, 1/41 FA vs. 3rd Sig.
	7:30 p.m.	1	554th Eng (B) vs 90th HRC
	8:30 p.m.	1	984nd Eng. vs. HHC, 26th BSB
	6:30 p.m.	2	2-3 BTB vs. 87th CSSB
	7:30 p.m.	2	Co. A, 3rd SB vs. Co. G, 1/41 FA
	8:30 p.m.	2	Co. A 5/7 Cav. vs. HHB, 1/41 FA
Feb. 2	6:30 p.m.	1	Co. B, 1/41 FA vs HHB, 1/41 FA
	7:30 p.m.	1	984nd Eng. vs. Co. A, 3rd SB
	8:30 p.m.	1	3rd Sig. Co. vs. 87th CSSB
	6:30 p.m.	2	90th HRC vs. HHC, 26th BSB
	7:30 p.m.	2	554th Eng. (B) vs. Co. G, 1/41
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 2-3 BTB

MARNE CONFERENCE

Date	Time	Field	Teams
Tonight	6:30 p.m.	1	1/64 Armor vs. Co. A, 1/41 FA
	7:30 p.m.	1	Co. A, 26th BSB vs. Troop B, 5/7
	8:30 p.m.	1	Co. A, 1/9 FA vs. MEDDAC
	6:30 p.m.	2	HHC, 1-3BTB vs. Co. A, 1/9 FA
	7:30 p.m.	2	554th Eng. (A) vs. HHC, 2/7 Inf.
	8:30 p.m.	2	Co. E, 3/69 AR vs. Co. B, WTU
Jan. 26	6:30 p.m.	1	Co. A, 26th BSB vs. Co. B, WTU
	7:30 p.m.	1	Co. A, 1/42 FA vs. 1/30 Inf.
	8:30 p.m.	1	HHC, 1-3 BTB vs. HHC, 2/7 Inf.
	6:30 p.m.	2	Co. E, 3/69 AR vs. MEDDAC
	7:30 p.m.	2	554th Eng. (A) vs. 1/64 AR
	8:30 p.m.	2	Troop B, 5/7 Cav. vs. Co. A, 1/9

HUNTER CONFERENCE

Date	Teams	Times
Tonight	Co. F, 2/3 Avn. vs. HHC, 3rd CAB	6:30 p.m.
	473rd QM vs. 24th Ord.	7:30 p.m.
Jan. 26	2/3rd Avn. vs. Co. A, 603rd Avn.	6:30 p.m.
	Corps of Eng. vs. Co. B, 603rd Avn.	7:30 p.m.
Jan. 27	Co. C, 603rd Avn. vs. 2/3rd Avn.	6:30 p.m.
	USMC vs. HHC, 260th QM	7:30 p.m.

Rocky Conference Standings

Team	Won	Loss	Percentage
3rd Sig.	3	0	1.000
554th Eng. (B)	2	1	0.666
984th Eng.	2	1	0.666
90th HRC	2	1	0.666
2-3 BTB	2	1	0.666
87th CSSB	1	2	0.333
Co. B, 1/41 FA	1	2	0.333
Co. A, 3rd SB	1	2	0.333
HHB, 1/41 FA	1	2	0.333
HHC, 26th BSB	1	2	0.333
Co. A, 5/7 Cav.	0	2	0.000

Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	5	0	1.000
Co. A, 1/41 FA	4	1	0.800
1/64 AR	4	1	0.800
Co. B, WTU	3	2	0.650
Co. A, 1/9 FA	3	2	0.650
Co. A, 26th BSB	2	3	0.400
Troop B, 5/7 Cav.	2	3	0.400
HHC, 2/7 Inf.	2	3	0.400
Co. E, 3/69 AR	2	4	0.333
MEDDAC	1	3	0.250
554th Eng. (A)	1	4	0.200

Hunter Conference Standings

Team	Won	Loss	Percentage
Co. B, 60rd Avn.	3	0	1.000
Co. A, 603rd Avn.	2	0	1.000
HHC, 260th QM	1	0	1.000
473rd QM	1	0	1.000
HHC, 3rd CAB	2	1	0.666
USMC	2	1	0.666
Corps of Eng.	1	1	0.500
2/3 Avn.	1	1	0.500
3/160th SOAR	1	2	0.333
Co. B, 169th	0	1	0.000
24th Ord. Co.	0	2	0.000
1/3rd Avn.	0	2	0.000
Co. C, 603rd Avn.	0	3	0.000

Jake's Body Shop: Set your goals, track your progress

Jake Battle
DMWR Fitness Coordinator

Working toward a goal can help keep your motivation high. Make your goal specific and reasonable.

For example: 'I will be able to run for 25 minutes without stopping by Sept. 30.' 'By June 15, I will be able to bicycle Cliff Street hill without stopping or walking.'

When you do reach a goal, be sure to enjoy your success. Celebrate. Reward yourself.

Another way to feel successful is to watch your progress. As your heart becomes stronger, it will be able to push more blood through your body with fewer beats. Also, as your heart

works better, the heart rate will slow down.

You will be able to see this change by keeping a record of your resting heart rate. Each week take your pulse in the morning when you wake up. You may not see a change from week to week, but your pulse will gradually get slower.

You can also watch how far you go in 20 minutes. As you become stronger and more fit, you will need to swim or pedal faster, run or walk more quickly to reach your target heart



rate. It will not feel as if you are working harder. Being at your target heart rate will usually feel about the same, but you will have to move more quickly to get your pulse up. As your pace goes up, so will your distance.

If when you started you could run 15 laps in 20 minutes, after six weeks you may find yourself doing 20 laps. You do not have to push yourself further. Just notice improvements that come naturally from your regular exercise.

Reward yourself

Rewards are important. In the beginning, exercise itself is probably not a powerful enough reward. Until it becomes one, you need to reward yourself. Do not wait a couple of months to do it.

Do something special to celebrate five straight weeks of exercise, your own goal reached, or special progress you have made.

Have an answer for excuses

You are going to have excuses. Figure out what your excuses are likely to be and catch them as they happen. Then find an answer to each excuse preventing regular exercise.



Lady Tigers rebound, beat Johnson High Boys' squad squandered, comeback for a loss

Patty Leon
Coastal Courier

The Lady Tigers ended a two-game losing streak with a decisive 52-29 win in Savannah Friday night against the Lady Atomsmashers of Johnson High School.

The win should place the Lady Tigers tied for second along with Camden County.

The girls improve to 12-3 overall and 5-1 in region 3-A-A-A-A-A.

In the boys' game, the Tigers made up a 17-point deficit but allowed Johnson to stage a comeback in the fourth to take the victory despite 3 trey-shots by Tiger Mike McGirt.

They are 3-3 in the region and 5-9 overall.

Lady Tigers

Losing two in a row, the girls' squad stepped into the Lady Atomsmashers' arena with determination on their face. By the end of regulation, the determination paid off as Seandre Lee paced the offense scoring 24 points, and Mariah Maternik sank 16. The slow tempo of the game was supposed to benefit the Johnson girls, but Lady Tiger coach Faye Baker said it suited her

squad as well.

"Traditionally, this team (Johnson) starts out slow and picks it up as the game goes on," she said. "I was kind of glad we had a chance to do that tonight and get back in our old rhythm. I thought we played a better second half."

Jasmine Alonso returned to the Tiger lineup and, although a bit rusty, she was able to get a couple of steals coming off the bench. It's those plays Baker said would help carry her team.

Tigers

The Tigers scored only five points in the first as they struggled to find the basket against a tough Johnson defense. In the second period they started to reclaim territory, but Johnson's Jarreal Smith had a 10-point run and dropped in 2 from the line to keep the Atomsmashers ahead and even take a 17-point lead at one point before the close of the half. In the third period, Tiger Mike McGirt hit 2 back-to-back trey-shots, and the Tigers temporarily took the lead before the third closed with them trailing by 5.

In the fourth period, the Atomsmashers put up 26 points to the Tigers 15 to take their fifth straight game and move up to 5-1 in the region.

Patty Leon

Lady Tigers break their losing streak Friday.