



Photos by Spc. Dustin Gautney

The Spartan softball team poses for a photo after the MLK Softball Tournament held in Orlando, Fla., Jan. 17. Pictured left to right, bottom row: Karl Sieter, James Miller, Richard Caleb, Guillermo Roman, Andre Oliver; backrow: Keith Williams; Rogers Burton, Steven Farr, Terrance Brayboy, Tre' Campbell, Eric Black, Tavares Garrett, Donnel Nelson, Henry Dozier, and Marcel Maniece.

Spartan Soldiers share passion for Softball

Spc. Dustin Gautney
2nd BCT Public Affairs

Passion drives one's desire and fuels the fire of one's soul. It can inspire great works of art or empower athletes to achieve great feats.

For a select few Fort Stewart and Hinesville citizens, that passion drives them to don their team uniforms and dust off their cleats through the twilight hour.

That love of the game pushes them to sacrifice time from their families and money.

"Unless you're a 'softball-a-holic,'

this is not the team for you," said Chief Warrant Officer Keith Williams, Headquarters and Headquarters Battery, 1st Battalion, 9th Field Artillery, 2nd Brigade Combat Team, 3rd Infantry Division.

Williams said his team strives to be the best in the Southeast Region.

Although the team has no technical affiliation to Fort Stewart or 3rd ID intramural league, the Spartan name is used because the team organizer and most of the players are from 2nd BCT, the Spartan Brigade.

Williams said the idea behind the team came about in 2006 when he

found out Staff Sgt. Trenzie Campbell, Company D, 1st Battalion, 30th Infantry, 2nd BCT, was going to be stationed at Fort Stewart.

Campbell, previously a member of the All-Marine Softball Team, All-Armed Service Softball Team, and the All-Army Softball Team, was apprehensive at first about his chances of being able to play organized softball while stationed at Fort Stewart.

"I got an e-mail from Mr. Williams saying we do play (softball) at Fort Stewart," said Campbell.

Upon returning from 2nd BCT's most recent deployment in support of Operation Iraqi Freedom, Williams and Campbell recruited local players on the premise of forming a highly competitive team of players willing to sacrifice the money and time to compete nationally.

The Spartan softball team travels through the Southeast region competing in national tournaments all funded 'out-of-pocket' by the team members.

"I have to set aside \$700 a month to pay for softball gear and travel expenses," Williams said.

Campbell said looking back at his expenses he has spent over \$5,000 from July through December on acquiring new equipment as well as travel fees and tournament entry fees.

"This kind of love and dedication to the sport can create a lot of 'softball-widows' but this is how dedicated we are to the sport," Williams said.

Recently, the Spartan softball team competed in the Black Softball Circuit National Competition held at Walt Disney World.

"The competition was double elimination, and we won two and lost two," Williams said. "The first game we just got smacked around, but that team ended up winning the whole competition, so we don't feel bad about losing to the champion team."

The Spartans' second loss was not decided until late in the seventh inning.

"Our biggest competition we are looking forward to is the BSC Kick-off Classic in Aiken, S.C.," Williams said.

The BSC Kick-off Classic will feature 80 teams and three divisions; the Spartans division will consist of 52 teams.

The Spartans will also be competing in various tournaments throughout the Southeast Region, from North Carolina to Daytona Beach, Fla.

Between traveling to numerous competitions, the Spartans continue to recruit like-minded players from the area, as well as welcome anyone just wanting to see how well they stack up against the Spartan members, Williams said.

"If they're better than the players we have, then they might find their way onto the team," Williams said.

Though the Spartans' scheduled practices are Mondays, Tuesdays, and Thursdays, the team often gets together on "off" days to perfect their game.

"Tre might text me asking if I'd like to go hit a few, then I'll text someone else," Williams said. "Next thing you know the whole team will be out there practicing. Heck, we were out there on Christmas Eve; that's how much we love this game."



Keith Williams swings during the MLK Softball Tournament held at Disney World in Orlando, Fla., Jan. 17.



Spc. Michael Adams
3rd ID Public Affairs

Fort Stewart-Hunter Army Airfield Directorate of Morale, Welfare, and Recreation hosted a party at Rocky's and invited Soldiers, Family Members and community members to watch the game, cheer for their favorite team, and eat a little free food.

"We're celebrating the Superbowl," said Gina Vanderzyl, general manager for Club Stewart and Rocky's. "We're trying to keep our Soldiers from drinking and driving and just trying to give them a good time. We have a number of big screen TVs and free food; they can just come here and relax."

Soldiers watched as Gen. David Petraeus, U.S. Central Command commander, flipped the coin to determine which team would receive first possession.

Soldiers said they were happy to see the military remembered for their recent and ongoing efforts in Iraq and Afghanistan.

"I thought it was an honor to see that," said Pfc. Curtis Ralls, a fire support specialist with the 3rd Battalion, 69th Armored Regiment.

The Superbowl was also broadcast to Soldiers deployed in Iraq.

Ralls said it was a good idea to share the game with those deployed.

"I was there (in Iraq)," he said. "I am happy to see people are still thinking about them over there, and they're (DMWR) showing respect for what the



Spc. Michael Adams

Football fans watches the Steelers beat the Cardinals at a Rocky's-hosted Superbowl party, Feb. 1.

Soldiers are doing."

People at the event appreciated Rocky's and the atmosphere.

"I came here to watch the game and have some fun," said Bobby Mitchell, an Army veteran.

"I'm comfortable being around a military post and being around the rowdy crowd. Rocky's is a great place."

Mitchell also appreciates the sacrifice current Soldiers are making.

"I wish the Soldiers in Afghanistan and Iraq well," he said. "I hope they all return home safely."

The fans cheered for their favorite team from beginning to the end of the game, and watched as the Pittsburgh Steelers triumphed over the Arizona Cardinals, 27-23.

The Superbowl party experience proved that Soldiers do not have to go far to have fun; they can enjoy a good time with friends at their local on-post hangout - Rocky's.

CYSS youth awarded for skills

Phil Konz
CYSS TKD Instructor

Fort Stewart's Child and Youth School Services Taekwondo Class started the New Year with its monthly Student of the Month and Promotions Ceremony, held Jan. 29 at School Age Services to recognize students for their achievements.

The festivities started off by recognizing youths who earned a promotion to the next higher level belt. The Yellow-Stripe Belt was awarded to Noah Hash, 7; Jacob Hash, 9; Erika James, 5; Savannah Crosby, 10; and Mason Wren, 12.

The Yellow Belt was awarded to Charles McLaughlin, 12; Christian Touchet, 9; Dean R. W. Harrison, 6; and Alexa Neal, 8.

The Orange Belt was presented to Joshua Davis, 11; Jared Hazel, 10; Skyla Haines, 10; Joseph Bailey, 13; and Reese Lindner, 9.

The Green Belt was awarded to Braxton Jordan, 11 who also earned

this year's first Student of the Month award.

Braxton, who has been with the class for a little more than a year, improved himself and helped other students learn the forms, kicks, blocks, and punches required in Taekwondo.

Outstanding student awards were also presented to Camden Freseman, 7; Lindner, Davis, and Hazel.

Certificates of achievement for making significant improvements in the TKD class went to Noah Garcia, 8; Jacob Hash; Brea Guidry, 11; Arianna Lacen, 12; and Lauren Cardinal, 15.

Academic achievement awards were presented to Hash, Joseph Dennis, 7; Hazel, Guidry, Lacen, Hannah Payne, 8, and Lindner.

The award ceremony also had a board breaking demonstration for students and Families. The demonstrations were performed by Chris Maryland, 14, with a double-knife hand strike and a single punch; and Livy Runyon, 8, with a round house kick; and Crosby with an axe kick.



Courtesy photo

Braxton Jordan, 11, earns CYSS TKD Student of the Month at a ceremony held at School Age Services, Jan. 29.

Register your child
for track, soccer

Registration for Fort Stewart youth track and field and soccer is ongoing and open to all Child Youth and School Services members age 7-14 (age as of Dec. 31, 2009 (7-13 for soccer as of April 1). 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. Volunteers are also needed to coach track and field and soccer teams. Please visit CYSS or Jordan Youth Gym (building 608 on West 6th St.) to fill out a volunteer application. All applications will be screened and submitted for background checks.

Jake's Body Shop: Healthy strategies for losing weight

Jake Battle
DMWR Fitness Coordinator

For people who don't practice year-round healthy eating habits, a sudden start in dieting can cause serious health complications.

One vicious cycle of losing and regaining weight, called "yo-yo" dieting, may actually cause more harm than good.

Health and medical experts have been warning dieters for years that this roller-coaster cycle is detrimental to your health. The health risks may be greater than just being overweight, according to Dr. Kelly Brownell, a psychologist at Yale University.

In a recent study of more than 3,000 men and women, it was found that yo-yo dieters have a greater chance of developing heart disease and a higher

overall death rate when compared with people who maintained a consistent weight. Because dieting is most prevalent at this age, people between 30 and 44 are at highest risk for adverse health outcomes.

It is important for dieters to assess their long-term commitment to changing eating behavior before starting a weight-loss effort. According to the National Center for Health Statistics, only 10 percent of dieters who lose 25 pounds or more will remain at their desired weight for more than two years.

By decreasing the fat in your diet, you automatically decrease calories. According to Penny Kris-Etherton,



Ph.D., R.D., Pennsylvania State University, you can lose between one-half to one pound per week just by decreasing fat from the present level of 36 percent of calories to the recommended 30 percent.

The healthiest method to controlling weight is to start exercising and shifting caloric intake to a diet low in fat and higher in complex carbohydrates. The most effective way to reduce fat includes substituting lean meats and low fat cheeses for higher-fat dressings and spreads.

Higher fat meats and whole milk represent a large percentage of fat in diets, so small changes such as switching to lean meats and low-fat cheeses are more effective in dieting than completely giving up your favorite foods

such as cookies and chips.

"By making simple changes, men and women could meet dietary goals for both total fat and saturated fat without depriving themselves of some of the higher-fat foods they enjoy," said Kris-Etherton. "These strategies represent very realistic options that can have a lasting effect on peoples' diets."

Increasing your daily activity with exercise such as brisk walking, swimming, jogging or aerobics will help you lose excess fat, maintain your desired weight and lower your blood cholesterol level.

It is important to safely lose one to two pounds of body fat per week. If you lose weight any faster than that, you may begin to lose muscle too. The fastest and easiest way to lose weight is through a combination of diet and exercise.

2009 Intramural Basketball

ROCKY CONFERENCE

Date	Time	Court	Teams
Feb. 11	6:30 p.m.	1	984th Eng. vs. 2-3 BTB
	7:30 p.m.	1	HHB, 1/41 FA vs. 26th BSB
	8:30 p.m.	1	90th HRC vs. Co. G, 1/41 FA
	6:30 p.m.	2	Co. A, 5/7 Cav. vs. 87th CSSB
	7:30 p.m.	2	554th Eng (B) vs. Co. A, 1/41 FA
	8:30 p.m.	2	Co. A, 3rd SB vs. 3rd SIG
Feb. 19	6:30 p.m.	1	2-3 BTB vs. 3rd Sig.
	7:30 p.m.	1	554th Eng. (B) vs. HHC 26 BSB
	8:30 p.m.	1	Co. B, 1/41 FA vs. Co. G, 1/41
	6:30 p.m.	2	Co. A, 3rd SB vs. HHB, 1/41 FA
	7:30 p.m.	2	984nd Eng. vs. 87th CSSB
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 90th HR

MARNE CONFERENCE

Date	Time	Court	Teams
Feb. 9	8:30 p.m.	1	Co. A, 1/41 FA vs. HHC, 2/7 IN
	7:30 p.m.	1	HHC, 1/3 BTB vs. MEDDAC
	8:30 p.m.	1	Co. A, 26 BSB vs. Co. A, 1/9 FA
	6:30 p.m.	2	554th Eng. (A) vs. Co. B, WTU
	7:30 p.m.	2	1/64 AR vs. 1/30 IN
	8:30 p.m.	2	Co. E, 3/69 AR vs. 5/7 Cav.
Feb. 12	6:30 p.m.	1	554th Eng. vs. 1/41 FA
	7:30 p.m.	1	1/64 AR vs. MEDDAC
	8:30 p.m.	1	Co. A, 26 BSB vs. HHC, 2/7 Inf.
	6:30 p.m.	2	Co. E, 3/69 AR vs. 1/30 Inf.
	7:30 p.m.	2	5/7 Cav. vs. Co. B, WTU
	8:30 p.m.	2	HHC, 1/3 BTB vs. Co. A, 1/9 FA

HUNTER CONFERENCE

Date	Teams	Times
Tonight	Co. F, 2/3 Avn. vs. Co. C, 603rd Avn. 473rd QM vs. 2/3rd Avn.	6:30 p.m. 7:30 p.m.
Feb. 9	1/3rd Avn. vs. Corps of Eng. USMC vs. 24th Ord.	6:30 p.m. 7:30 p.m.
Feb. 10	HHC, 3rd CAB vs. Co. A, 603rd Avn. HHC, 260th QM vs. Co. B, 603rd Avn.	6:30 p.m. 7:30 p.m.

For more information, contact the Fort Stewart sports office at 767-8238 or the Hunter sports office at 315-4160.

Rocky Conference Standings

Team	Won	Loss	Percentage
Co. A, 3rd SB	5	1	0.833
87th CSSB	5	2	0.714
3rd Sig.	4	2	0.666
984th Eng.	4	2	0.666
90th HRC	4	2	0.666
2-3 BTB	4	2	0.666
HHB, 1/41 FA	1	4	0.200
Co. G, 1/41 FA	1	3	0.250
554th Eng. (B)	1	5	0.166
HHC, 26th BSB	1	6	0.142

Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	6	0	1.000
Co. A, 1/41 FA	4	2	0.666
1/64 AR	6	1	0.857
Co. B, WTU	5	2	0.714
Co. A, 1/9 FA	5	2	0.714
Co. A, 26th BSB	3	4	0.428
HHC, 2/7 Inf.	3	4	0.428
MEDDAC	2	4	0.333
Troop B, 5/7 Cav.	2	5	0.285
HHC, 1-3 BTB	2	5	0.285
Co. E, 3/69 AR	2	6	0.250
554th Eng. (A)	1	6	0.142

Hunter Conference Standings

Team	Won	Loss	Percentage
Co. B, 603rd 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