



Pfc. Jared Eastman

Steve Kramer, Co. B, 4/64 Armor, reaches for the basket as Chris Garrett, Battery B, 1/41 FA, follows close behind.

## 4/64 Armor puts down 'Glory's Guns': 60-47

Pfc. Jared S. Eastman  
1st BCT Public Affairs

In an intramural league basketball game between Company B, 4th Battalion, 64th Armor Regiment, and Battery B, 1st Battalion, 41st Field Artillery Regiment, 4/64 demonstrated better basketball tactics, winning 60-47, Feb. 12 at Newman Fitness Center.

The 'Glory's Guns' from 1/41 FA, lost from the tipoff, which led to multiple turnovers and fouls in

the first half.

"We did all right today," said 1/41 head coach Derick Clark. "We had a lot of key injuries that slowed us down. On offense the players moved the ball, but on defense it seemed like they got tired toward the end."

The Armor Regiment's sharp shooting powered past 1/41's shaky defense. With three minutes left in the game 4/64 had an eight-point lead of 51-43.

As the clock ran down 1/41 scrambled for ball control, but 4/64 put up nine more points for the win.

Christopher Garrett, point-guard for 1/41 FA, felt his team could have played better.

"We turned the ball over when we didn't have to," he said. "A lot of guys weren't looking for other players. We never really got into a solid flow. The defense was kind of sluggish but overall the players were moving around and really focused on the game."

Despite his team's loss, Garrett has high hopes for the future.

"We just have to pick it up and practice harder and start working the kinks out," he said.

## Hunter Celtics earn win at Savannah YMCA

Kaytrina Curtis  
Hunter Public Affairs

Savannah's Habersham Street YMCA hosted the Hunter Celtics and the Effingham County YMCA team as they came up mostly chin to head against their opponents with the shining light of victory in their eyes. The Hunter team comprised of nine and 10 year olds scored so many points the mercy rule went into effect and ended the game with a 29-10 score. The score board for the Celtics stopped at 29-2 allowing the opponents to score eight more points

before the end of the game.

The Hunter Celtics, played against opponents from the YMCA team Saturday. The Celtics' seven-man team rotated off the bench throughout the game, and left no real scoring room for the other team.

The offensive laden team averages 68-70 points a game with 82 being the highest and 54 points at the lowest.

Coach, Maj. Kenneth Williams, 3rd Infantry Division Special Troops Battalion and a native of North Carolina, said in most cases the league stops counting the score at the end of the third quarter due to the lopsidedness of the score. The mercy rule is used when team scores are separated by 20 or more points. Family Members unofficially keep score for the team during most fourth quarters.

"We generally begin the mercy rule during the 2nd quarter," Williams said.

"Only one team has scored more than single digits on our team this season."

Williams said it was his mentor who inspired him growing up and is what drives him to give back to those in the area. A coach of a self-defined "Family team" said training the players helps to build character with the young men in the community.

The Celtics style of play recently earned them bragging rights as an undefeated team and the opportunity to travel to Atlanta for the Georgia State All-Star tournament. The team was chosen as one of two teams from Savannah. Unlike most teams, the Celtics is attending as a standing team and not one of select star players picked from seven or eight teams.

What also makes Williams' team unique are his sons, point guard Keith and teammate/twin Kevin's, playing style. The Williams twins have been playing basketball since they were two years old and seem to have the moves and form to prove it courtside.

"I'm good at defense," said Keith. "Our



Photos by Kaytrina Curtis

Hunter Celtic Wesley Rugen looks for the chance to make a basket during a game at the Habersham Street YMCA Saturday.

coach really worked with us on dribbling, as the main thing that we should do."

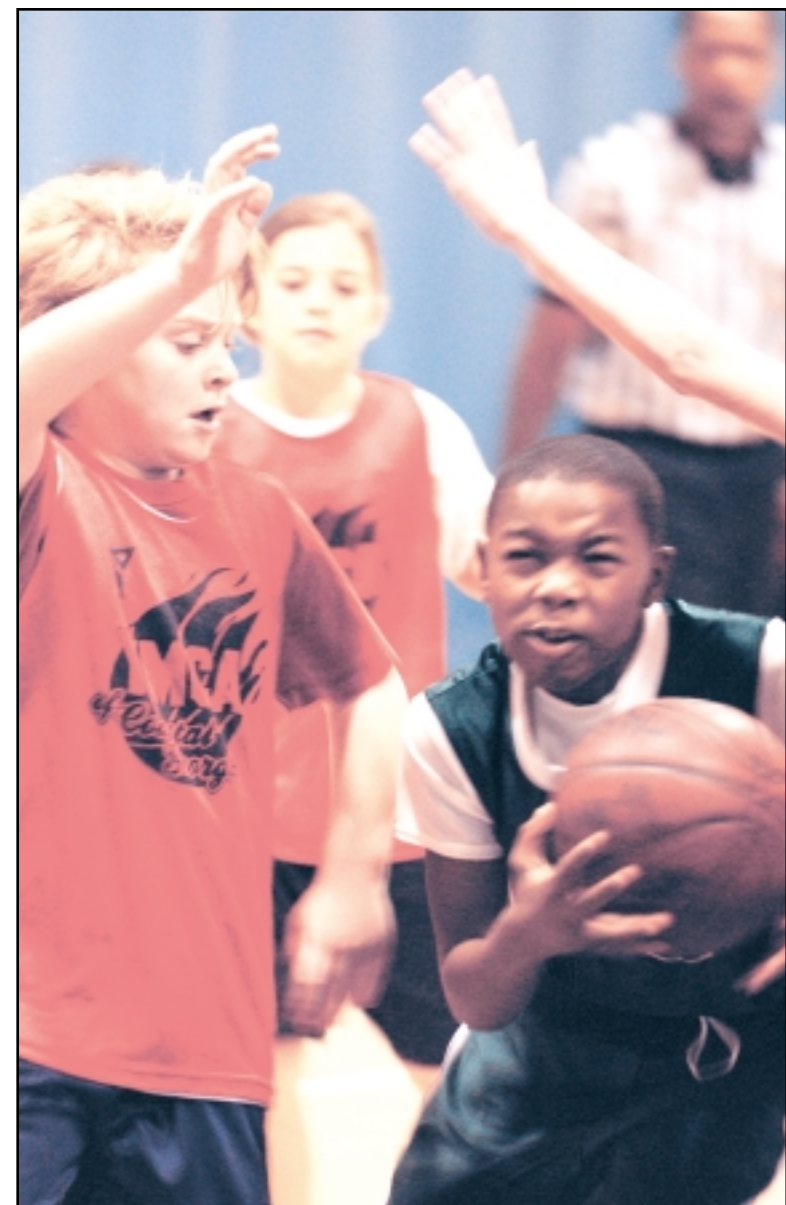
Kevin said teamwork is important on and off the court. "Without it, people might get mad and quit and we might not have enough people on the team to play the game."

Hunter Celtic Joshua Musiol said he likes playing basketball because it's fun. "When I get out there on the floor I feel so awesome because I know that we are going to win," he said. "Even if we don't win, it's okay because we can still get in there and play."

The Celtics have unit sponsors who donate time and money to help the players attend tournaments. Williams said the Soldiers with the 260th Quartermaster Battalion and the 3rd Battalion, 160th Special Operations Aviation Regiment, U.S. Army Special Operations Command, have provided a lot for the team.

"I just want to thank those organizations for having helped these kids get to Atlanta and hopefully we will come back with a win for the installation," he said.

The week of March 9-12 also brings championship playoff games to Hunter at Tominac Fitness Center. Intramural basketball championship games will be begin on the 9th in a eight-team single-elimination final tournament. Most games begin at 6:30 p.m. Michael Hughes, sports director, encourages all to come out and support their unit and/or team.



Savion Lomax of the Hunter Celtics, pushes through a red wall of Effingham County YMCA teammates to make a lay-up during a youth basketball game held Saturday at the Habersham Street YMCA.

# Jake's Body Shop: Choose the exercise that's right for you

**Jake Battle**  
DMWR Fitness Director

One of the keys to exercise success is wearing the right shoe. A shoe that doesn't fit properly can create problems such as black toe, hammer toe, Morton's neuroma and claw toe.

However, going to a shoe store can be intimidating if you aren't sure what to buy. Dozens of shoes line the walls, and most of us don't know where to start looking for that perfect shoe.

If you have been thinking about getting a new workout shoe, read the following guidelines before venturing to the shoe store.

## Shop at the right time

Because your feet are smallest in the morning, try shopping at the end of the day or after you have just finished working out.

You don't want to get a shoe that fits in the morning but is uncomfortable later during your exercise routine.

## Put them on

Maybe your last pair of workout shoes was a size 9. This doesn't mean you can just go in and pick up another pair of size 9 shoes and be sure of a great fit.



Try on the shoes before you buy them. Shoe sizes vary somewhat among manufacturers. The size that fit last time may be too small this time.

## Give yourself room

Check where your toes are in the toe box. You need to have some room at the top of your shoe.

Place your thumb at the top of your shoe. If there isn't at least one thumb's width of space between your longest toe and the end of the shoe,

ask for a larger size.

## Wear your socks

Be sure to wear the socks you will be wearing while you work out. Although a pair of shoes may seem to fit without socks on or with the socks provided at the store, the shoes may be uncomfortable. Also, have both feet measured. One foot may be slightly larger than the other, making a difference in the size you need.

Finding the perfect workout shoe doesn't have to be a daunting task. Remember these hints and keep your feet feeling great during every workout.

# Soldier's son signs letter of intent to play college football

**Sgt. Jason Stadel**  
2nd BCT Public Affairs

Sergeant First Class Aaron Bennett has served more 20 years in the U.S. Army. Bennett came to Fort Stewart in 1997, and with the exception a tour in Korea in 2003, has been a Dog Face Soldier ever since. Although many Soldiers like to move from post-to-

post after a few years Bennett said he has found it a blessing for his Family that he has been at Fort Stewart for so long.

"My wife has a good job on post and my son has been able to play football here with a lot of the same coaches and students since he was eight years old," Bennett said.

Football has been a large part of Bennett's Family life and it will continue to be since Bennett's son, Trier, a Liberty County High School senior, signed a letter of intent to play NCAA Division II college football at Tuskegee University, one of the most successful historically black college football programs in the nation.

Bennett encouraged his son, a defensive tackle, to play football but also the importance of an education.

"Kids need to get an education because you can always fall back on an education," he said.

Bennett said watching his son earn a scholarship and sign a letter of intent was a proud moment for him.

"I missed his entire freshman and junior years because of deployments. ... I had to watch a lot of games on video," Bennett said. "I was blessed to be here his entire

senior year and now that I'm retiring I plan on watching him in college as much as possible."

Bennett said a lot of credit for his son's football development goes to the Fort Stewart youth programs.

"The youth athletic department at Fort Stewart taught him all the skills he needed to become a scholar athlete," he said.

At 12 years old Bennett said he could see something special in his son.

"I realized he was good; he's always been a big guy and he was always very fast."

Trier, who stands six feet tall and weights 260 pounds, had 64 tackles in 2008, 52 were solo tackles according to *maxpreps.com*.

Since the missions can separate Families Bennett volunteered to help coach his son's teams when he could and did his best to be a part of his son's playing career.

Trier had scholarship offers from other colleges but choose Tuskegee because of their strong football history. The university has won 28 Southern Intercollegiate Athletic Conference championships and has had 16 undefeated seasons, including a 10-0 2008 season.

Trier said he's going to try and get playing time next year and hopes to avoid a redshirt season.

Now that Bennett's military career is winding down he said the priority will be spending time with his Family and watching his son play college football.

"I'm a proud father; I want to watch him do well in college."



Courtesy photo

**Sergeant First Class Aaron Bennett looks on as his son, Trier, gives the thumbs up after signing a NCAA Division II college football letter of intent Feb. 4 at Liberty County High School.**

## 2009 Intramural Basketball

### ROCKY CONFERENCE

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

### HUNTER CONFERENCE

Date	Teams	Times
Today	USMC vs. Co. C, 603rd Avn.	6:30 p.m.
	Co. B, 603rd Avn. vs. 2/3rd Avn.	7:30 p.m.
March 2	Co. A, 603rd Avn. vs. Corps of Eng.	6:30 p.m.
	24th Ord. vs. 1/3rd Avn.	7:30 p.m.
March 3	HHC, 3rd CAB vs. 473rd QM	6:30 p.m.
	HHC, 260th QM vs. Co. F, 2/3rd Avn.	7:30 p.m.
March 4	Co. B, 169th vs. 3/160th SOAR	6:30 p.m.
	USMC vs. 2/3rd Avn.	7:30 p.m.
March 9	Co. A, 603rd Avn. vs. 473rd QM	6:30 p.m.
	24th Ord. vs. Co. F, 2/3rd Avn.	7:30 p.m.
March 10	HHC, 3rd CAB vs. 3/160th SOAR	6:30 p.m.
	HHC, 260th QM vs. Co. B, 169th	7:30 p.m.

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

#### Sign up for youth soccer, track and field

Registration for Child and Youth School Services track and field and spring soccer is underway and is open to all CYSS members living on or off-post, ages 7-14 (as of Dec. 31) for track and field, or 4-13 (as of April 1) for soccer. For more information, registration or to learn how to become a CYSS member, call 767-2312.

For more information on the track and field program, call 767-9270. For soccer information, call 767-4371.

## Rocky Conference Standings

Team	Won	Loss	Percentage
Co. A, 3rd SB	8	1	0.888
87th CSSB	7	1	0.875
2-3 BTB	7	2	0.777
90th HRC	5	3	0.625
984th Eng.	6	4	0.600
3rd Sig.	5	4	0.555
Co. B, 1/64 AR	4	4	0.500
HHB, 1/41 FA	3	6	0.333
554th Eng. (B)	3	6	0.333
HHC, 26th BSB	3	7	0.300

## Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	10	0	1.000
Co. B, WTU	9	2	0.818
Co. A, 1/9 FA	9	2	0.818
Co. A, 1/41 FA	7	3	0.700
1/64 AR	7	4	0.636
MEDDAC	6	4	0.600
HHC, 2/7 Inf.	4	6	0.400
HHC, 1-3 BTB	4	7	0.363
Co. A, 26th BSB	3	7	0.300
Co. E, 3/69 AR	2	9	0.181
Troop B, 5/7 Cav.	2	9	0.181

## Hunter Conference Standings

Team	Won	Loss	Percentage
HHC, 260th QM	7	0	1.000
Co. B, 603rd Avn.	9	1	0.900
Co. A, 603rd Avn.	8	2	0.800
2/3 Avn.	6	2	0.750
1/3rd Avn.	6	5	0.550
USMC	5	5	0.500
473rd QM	4	5	0.440
Corps of Eng.	4	5	0.440
3/160th SOAR	4	6	0.400
Co. B, 169th	2	6	0.250
24th Ord. Co.	2	6	0.250
HHC, 3rd CAB	2	7	0.222