

603rd ASB takes Hunter hoops crown

Kaytrina Curtis
Public Affairs Specialist

Soldiers of Company B, 603rd Aviation Support Battalion topped the 1st Battalion, 3rd Aviation Regiment in the Hunter Army Airfield Basketball Championship, 56-46 at Tominac Fitness Center, March 12.

Both teams eventually went home with hardware after a hard-core match-up between two teams whose physical prowess was on display on the hardwood, though only the 603rd, whose team was named the Killa Beez, went home victorious.

The 603rd will represent Hunter against Fort Stewart's intramural league champion in the 3rd Infantry Division's basketball championship game at Tominac, March 25.

The action didn't take long to start; just after tip-off, Jerry Ingram of the fifth-seeded 1/3 Avn. hit a three-pointer less than one minute into the game. Willie Jones, from 603rd ASB, immediately answered with a three-pointer of his own.

The first half proved to be fruitful for 1/3 Avn., as they went in to the locker room up 22-18. Justin Rooks led 1/3 in the first half in points scoring his only eight of the game. Jones ended with nine in the first half and finished as the team's second high-scorer with 15. The 603rd's VonKeith Barra tallied a game-high 16 points.

Jones, who has played basketball since he was 11 years old, said a strong defense is what his team used to frustrate opponents all season long.

"We came out with great intensity each night," Jones said. "We just took advantage of everyone we played."

Jones added that the Killa Beez of the 603rd plan to beat their opponents from Fort Stewart by maintaining an uptempo offense and establishing themselves first on defense.

Michael Hughes, Hunter Sports Director, said the 2009 tournament was well-played and each team involved seemed to have a great time playing.

"It's good to have Soldiers enjoy what we do as the Directorate of Morale Welfare and Recreation for the command and the 3rd Infantry Division," he said.

The 3rd ID championship game will take place 7 p.m., March 25 at Tominac Fitness Center on Hunter.



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Michael Jernigan, 1/3 Avn. works to drive past Willie Jones, 603rd ASB during the Hunter Army Airfield Basketball Championship at Tominac Fitness Center, March 12. The 603rd won, 56-46; they will challenge the Stewart champion at the 3rd Infantry Division Championship at Tominac, March 25.

Stewart Soldiers go fishing with BOSS

Spc. Gaelen Lowers
3rd Sustainment Bde. Public Affairs

Soldiers from Fort Stewart took advantage of the Better Opportunity for Single Soldiers program when they went deep sea fishing near Jekyll Island, Ga., March 14.

Soldiers, or anglers as they could have been called in fishing lingo, met at Stewart early in the morning

with their coolers and their desire to fish and traveled out to the docks of Jekyll Island to Captain Larry's Offshore Charters.

"Today was an opportunity for Soldiers to come out and have a good time," said Staff Sgt. Michelle Duncan, Fort Stewart and Hunter Army Airfield BOSS president. "It's a good morale booster, and to me, it's team building. If you get Soldiers together that don't know each other, then it becomes a great opportunity for them to network and meet other people."

The 44-foot boat accommodated all the Soldiers' fishing needs from bait, poles and lures to ice and fish cleaning supplies right on the deck. Since the Soldiers didn't need to bring anything themselves, it easier for them to focus on the fun at hand.

"All you have to do is bring yourself, food and drink," Duncan said.

Although the fish were in short supply in the areas the Soldiers fished throughout the day, there was no shortage of "success on the line."

"I had a blast," Duncan said laughing. "I caught a small whiting. It was small, but I caught one and that's what matters."

Other Soldiers caught much bigger fish. Specialist Seth Turner,



Spc. Gaelen Lowers

Soldiers stand in front of their fishing boat during the Better Opportunity for Single Soldiers deep sea fishing trip, March 14. The event was organized in conjunction with Captain Larry's Offshore Charters near Jekyll Island.

90th Human Resources Company, Special Troops Battalion, 3rd Sustainment Brigade, was one of two Soldiers who caught a shark that exceeded 30 inches, the minimum size required to be able to keep the shark. Although Turner released his shark, the second shark was kept and cleaned.

"I had a great time," Spc. Timothy Martin said. Martin, a soon-to-be Soldier of the 2nd Brigade Combat Team, is going through reception but still found his way to the event. "We caught some sharks, dogfish and couple of sting rays. It was windy and wet, but it was a lot of fun. I can't wait to go out again."

The BOSS program is dedicated to helping out single Soldiers and Soldiers that would just like to get a little rest and relaxation. They plan trips and support the local community year-round.

"It's all about the Soldiers," said Duncan.



Spc. Gaelen Lowers

Specialist Kaleb Pullam, 90th Human Resources Co., STB, 3rd Sustainment Bde., shows off his catch during the Better Opportunity of Single Soldiers deep sea fishing trip, March 14. The Soldiers spent the day fishing in the waters off Jekyll Island.

Hunter hosts GEICO Intercollegiate golf tourney



Bob Mathews

PGA Professional Tommie McArthur, director of Golf for Fort Stewart-Hunter Army Airfield, posts a score at the conclusion of the GEICO Intercollegiate golf tournament at Hunter Golf Club, March 14.

Bob Mathews
MWR Marketing Publicity Specialist

Savannah College of Art and Design golfer Tom Hayes took top individual honors by firing a 54-hole total of 219 in the GEICO Intercollegiate tournament played on the Hunter Golf Club course on Hunter Army Airfield, March 13-14.

Hayes shot a one-over-par 73 to finish four strokes ahead of Southern Illinois' Jordan Cox, who shot a round of 74 and finished at 223.

Southern Illinois University took top team honors by posting a total score of 904 for the tournament. Bryant University was second with 911, with Seton Hall University, Appalachian State and Yale University rounding out the top five.

Southern Illinois senior Todd Obergoenner fired a seven-under 65 in his second round Friday, breaking the black-tee course record of 68 set by teammate John Danielson in the GEICO College-Am played March 12. Obergoenner shot an 82 in his first round Friday.

Tommie McArthur, PGA professional and Fort Stewart-Hunter director of golf, said the Hunter Course played at about 6,800 yards from the black tees on Friday. It played even longer at about 7,000 yards from the blacks Saturday.

The first-place winners of the GEICO College-Am were B.J. Franklin, Mike Hayes, Mark Stillings, and Charlie Tukes. They played with John Danielson of Southern Illinois and finished with a score of 131.

Jake's Body Shop: Make fitness a lifetime commitment

Jake Battle
DMWR Fitness Director

Exercise now for a healthy life

The idea, "the harder you work out, the better your health," is being replaced by a new revolution that is easier on your bones, joints, and muscles.

Research shows that a modest amount of physical activity each week can provide life-extending benefits. It is recommended that your work out according to "perceived exertion," which means until you're tired, not exhausted.

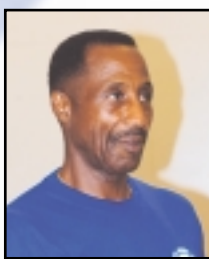
A 1989 study by epidemiologist

Steven Blair, Ph.D, Institute for Aerobics Research in Dallas, ranked 13,000 individuals age 20 to 85 from least to most fit. Over several years, the least fit had the highest death rate, and the fittest had the lowest.

Even a little counts

The biggest difference occurred between the lowest and next highest category of fitness. This study proved that even a little exercise will improve your health and give you life-extending benefits.

"We now recognize the importance of less intense exercise, which is key for the



older, higher-risk population," said Jack Wilmore, Ph.D, University of Texas at Austin. "It places less stress on the body, exposing us to lower risk of exercise-induced injuries and heart attacks, yet offers most of the same benefits."

Walking is highly recommended since it has been shown to cause fewer injuries with the same benefits as running if you walk longer and more often.

For instance, if a walk feels like it takes half the effort of your run; walk twice the distance.

Stop the effects of aging

Muscle loss is usually the result of inactivity, not aging. Studies by Bill Evans, Ph.D, Tufts University, show that even 90-year olds in nursing homes who worked out with light weights could significantly improve their strength and level of inactivity. Emphasis should be placed on muscular conditioning exercises for the arms and upper body, since aerobic sports such as walking, running, and bicycling don't focus on these areas.

This article is not intended to provide individual advice, which should be obtained from your health care professional.

Soldier is Kelley Hill's version of the Biggest Loser

Pvt. Erik Anderson
3rd HBCT Public Affairs

I always hated having to walk past all of the trendy shops at the mall. Shopping was something I avoided, not because of my distain for mall consumerism, but the difficulty I had finding clothes that fit and having to see what I had become in the mirror.

Three years ago, I tipped the scales at an obscene 330 pounds. Eighteen months later I had dropped down to 300 pounds through a random assortment of crash diets. It was around this time that I decided to join the Army.

After a disheartening trip to my local recruiter and learning exactly how out of shape I was, I realized it was time to really start turning my life around.

In my quest to join the Army, I had to start out slow, riding my bicycle and walking with a neighbor for a few miles a day. In March 2008, I went to the Military Entrance Processing Station in Atlanta, Ga.

My recruiter tried to prepare me for a fitness test, but I wasn't ready. Fortunately, I cared enough to pass the test and not pass out, but I had a hard time walking for a while afterwards.

I shipped to Basic Combat Training weighing 285 pounds and had an embarrassing first Army Physical Fitness Test: 11 push-ups, 17 sit-ups and running two miles in over 22 minutes for a score of 36 points.

Getting through basic

was tough, but I enjoyed it. I struggled with my physical abilities, but everything had improved by leaps and bounds at the end of the cycle. The final APFT showed my gains: 56 push-ups, 52 sit-ups and two miles in under 15:30 for a total of 222 points. The scale showed my losses; I had dropped down to a rather svelte 237 pounds. For the record, that's less than when I graduated high school in 1997.

Advanced Individual Training found me putting the pounds back on, and I graduated from the Defense Information School at Fort Meade, Md., weighing 255 pounds. After a month of hometown recruiting assistance in Jamestown, N.Y., with my extended Family and some fantastic home cooking, I reported to my first duty station once again weighing 285 pounds.

I didn't really give much thought to my physical readiness, because I was focused on other things, like how Kelley Hill operates and how the Army works. Everything came crashing down when I failed my first APFT at Fort Benning in November 2008.

I felt I had let down my section, my wife and myself. For a few days, I was depressed and really hard on myself.

Staff Sergeant Natalie P. Rostek, 3rd Heavy Brigade Combat Team, 3rd Infantry Division, noncommissioned officer in charge of the brigade public affairs office, was supportive. She told me that the most important thing is to not let it get me down. She said I should use the failed APFT to fuel my motivation to better myself.

My first-line supervisor, Sgt. Rebecka A. Reyes, 3rd HBCT, 3rd ID, counseled me and laid out a plan to get me in shape again.

I ran at least six times per week. Specific credit goes to my wife, Melissa, for helping me get my eating habits in check. We dieted and counted calories together, and after two and a half months of hard work, I took another

APFT.

My work paid off; I passed the APFT. However, when I went to the gym to get my height and weight measured, I was once again disappointed.

My body fat calculation showed I was one percent outside of allowable regulations. One of the graders said it best, "Anderson, the Army really hates your body."

All this did was strengthen my resolve.

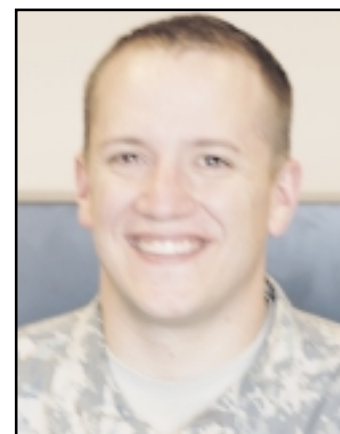
I continued to work hard and get ready to try again. The hard work finally paid off, and my body composition is now within Army regulations.

This experience has taught me that I need to be conscious of my diet and my workout habits.

I dropped more than 35 pounds in the past two months, not by taking pills, starving myself or being unhealthy. I have changed my lifestyle, and will continue to benefit because of it.

There might be other Soldiers on Kelley Hill or at other installations who have fought or are still fighting the same demons I do everyday. Use the people around you, like your NCOs and your battle buddies for inspiration and support. Maintain your vigilance and reap the benefits of a better, healthier life.

And just in case you need to find me, the "Biggest Loser" will be at the mall, buying the clothes I used to wish I could wear.



The author, Pvt. Erik Anderson, 3rd HBCT, in 2009 after having lost almost 90 lbs.



The author, Pvt. Erik Anderson, 3rd HBCT, in 2005 at roughly 330 lbs.

Hunter YMCA basketball team wins title

Tonya Williams
Frontline Contributor

The Hunter Celtics basketball team won the Coastal Georgia YMCA district tournament championship at the Islands YMCA, March 9.

The single-elimination tournament, which began March 7, consisted of 20 basketball teams in the 9 to 10-year-old division.

The head coach, Major Ken Williams,

was on temporary duty during the play-offs and could not return until the final game, but his 16-year-old son, Kirk, stepped in without hesitating and coached the team through three victories.

The Celtics put together a string of three strong performances en route to the championship.

Coach Williams returned home just in time for the championship game to guide the Celtics against another undefeated

team, the All-Islands team.

The score was close throughout all four quarters of the championship game.

The Celtics jumped out to an early lead and never looked back, leading the entire game. In the end, they defeated the All-Islands team 36-24.

One of the Williams' 9-year-old twins, Keith, led the team in scoring, collecting 14 of the team's 36 points. Keith's twin, Kev-o, led the team in assists, adding four points. Shamad Lomax, voted the team's

most valuable player, poured eight points and led the team in rebounds. Nicholas Barkum, Wesley Rugen, Savion Wilson and Joshua Musiol combined to score the remaining 10 points.

As the game drew to a close, Williams reminded the team what he had told them throughout the season, "All of your hard work will pay off in the end."

It certainly did as the Celtics capped off an undefeated season with a championship title.

5K Fun Run

Hunter Army Airfield
March 21

Tominac Fitness Center

Check-in 7:30 - 8:30 a.m.
Race begins at 9 a.m.

Pre-registration fees are \$15 for all military ID cardholders and \$20 for all others.

Race-day registration fees are \$20 for all military ID cardholders and \$25 for all others.

For registration information and details, call 315-2019.



Kaytrina Curtis

Regatta racers take creativity to the pool

Julie Petrillo pushes off the pool wall while Grace and Hayden Lewis row their way to a first-place victory during the Hunter Army Airfield Regatta race at Tominac Fitness Center, March 14.

Relocating to Fort Benning?

The Columbus Travel Hockey Association (CTHA) is organizing youth travel ice hockey teams for next season for the following categories:

Mite - 2002/2001 birth years, Squirt - 1999/2000 birth years, PeeWee - 1997/1996 birth years

If you're interested or would like more information, please send an e-mail:

travelhockey@bellsouth.net

