

# Hunter starts spring with Shamrock race



**Nancy Gould**  
Hunter Public Affairs

Clear skies and cool morning air was the perfect backdrop for Hunter Army Airfield's first Shamrock 5K Fun-Run, March 21, the first day of spring. More than 120 participants, some pushing baby carriages, gathered at Squires Parking Lot to register and for pre-run warm up and stretches before the 9 a.m. walk/run.

Participants consisted of children and adults; many out for the morning to have fun with their Family Members and others hoped to take home a trophy.

"I love the atmosphere and doing something active," said Sgt. Ramiro Garrido, 703 Brigade Support Battalion, 4th Brigade Combat Team, 3rd Infantry Division. Garrido came with wife, Casey, and their one-year-old terrier, Sophie.

"My husband came to run with me," said Casey, admitting that as an inexperienced runner her primary goal was just to complete the race.

Command Sergeant Major Patrick Blair, 2nd Battalion, 3rd Aviation Regiment, Combat Aviation Brigade, ran with wife, Rhonda, and their daughters, Lindsey and Sidney.

"For us it's Family time," said Blair.

But for Rhonda and Sidney it was that and more.

"We're the competitive ones in the Family," Rhonda said. "We want to win."

Also competitive is the race's first-place overall winner, Sgt. Timothy Insley, 260th Quartermaster Battalion, 3rd Sustainment Brigade. His goal was to finish in 17 minutes, 30 seconds. He said he was pleased with his 17 minute, 20-second fin-

ish, especially since this was his first run after three weeks of nursing an achilles' injury.

"I wanted to win smoothly (without too much stress) coming off this injury," Insley said.

The Shamrock race was not Insley's first win. For the last two consecutive years, he represented Fort Stewart-Hunter in the Army Ten-Miler, a Morale, Welfare and Recreation fundraiser that supports programs for Soldiers and their Families held annually in Washington, D.C.

The first-place female winner was Capt. Emily Potter, a U.S. Army Forces Central Command Soldier on leave from Kuwait. She took second overall with a time of 18 minutes, 34 seconds. Her husband, a Fort Bragg Special Operations Command Soldier, greeted her at the finish line and the two left immediately for Beaufort, S.C., where Potter would compete in her second race of the day.

At the conclusion of the race, Eli Wilson, Tominac Fitness Center director who organized the event, presented awards to the top three finishers in each age category.

A special award was given to Spc. Joseph Volz, 603rd Aviation Support Battalion, CAB, for wearing the most festive St. Patrick's Day attire during the fun-run. He accepted a certificate for a one-night stay for two from the Inn at Ellis Square in Savannah, along with complimentary cocktails, in the huge green cowboy hat that he wore while running.

"This was the first run I've organized," said Wilson, adding that he is planning another race for the fall. "I think everyone who participated had fun; that's what we wanted."

Photos by Nancy Gould

**Specialist Joseph Volz, 603rd ASB, CAB, received a special award for the most festive St. Patrick's Day attire worn in the race. He accepted a certificate for a one-night stay for two from the Inn at Ellis Square in Savannah, along with complimentary cocktails, in the huge green cowboy hat that he wore while running.**

**Right: Runners were followed by walkers, some pushing baby carriages, at the Shamrock 5K Fun-Run at Hunter, March 21.**



# Special Olympics returns to Stewart Friday

**Staff Sgt. Tanya Polk**  
3rd ID Public Affairs

There is still time to volunteer for this year's Spring Special Olympics slated for Friday at Fort Stewart's Quick Track. Volunteers will join Army Community Service and a host of other supporters to make it memorable for many disabled youth of Liberty and Long counties.

Volunteers are needed as huggers, event officials, score sheet runners, and in the audience and

cheering section.

The Special Olympics began in 1968. Held in support of children with disabilities, the annual event has been held at Stewart for over 20 years.

The games are track and field-based and include the 50m, 100m, and 200m run; 25m walk; 25m assisted walk and wheel chair race; 10m assisted walk and wheelchair race; tennis ball and softball throw; and shot put.

Athletes range from ages six through 20, with participants from local elementary, middle, and

high schools.

"Our goal is to ensure that every athlete participating in any event does that to the best of his or her ability and walks away with a feeling of accomplishment and achievement," explained Mavis Crowell, who helped coordinate last year's Olympics.

"Everybody benefits from an event like this, from the volunteers to the athletes," she said.

To volunteer, call the Installation Volunteer Coordinator at 767-9176 or 767-5058/5059.



Randy Murray

**Athletes from Liberty and Long County schools participate in the 50-meter run at the 2008 Spring Special Olympics as volunteers from Stewart-Hunter cheer them on, March 27, 2008. The Special Olympics returns to Stewart's Quick Track, Friday.**

# Wounded Warriors get into the swing of active lifestyle

**Tim Hipps**

*FMWRC Public Affairs*

Tommie McArthur, golf pro with the Fort Stewart-Hunter Army Airfield Directorate of Morale, Welfare and Recreation, said he is scheduled to attend two 1/2 days of training at Fort Bragg, N.C., around the middle of April. He will learn how to provide golf instruction to Soldiers with disabilities, particularly amputees. On his return, McArthur will develop a plan to provide this instruction



Tim Hipps

**National Amputee Golf Association Founder and President Bob Wilson, a double below-the-knee amputee demonstrates an iron shot during a First Swing golf clinic for Wounded Warriors on the driving range at Admiral Baker Golf Course in San Diego, Calif.**

for Stewart-Hunter's Wounded Warriors.

According to Tim Hipps, Family Morale Welfare and Recreation Center public affairs, the National Amputee Golf Association's First Swing mission is to help military golf instructors like McArthur learn how to work with Wounded Warriors and encourage disabled Soldiers to get back into the swing of an active lifestyle. The Army Family and Morale, Welfare and Recreation Command partnered with the United States Golf Association to take the tour to Fort Belvoir, Va., March 22-23.

On the first day, military golf instructors will receive instructions on how to work with disabled athletes – everything from dealing with psychological setbacks to overcoming physical challenges. On the second day, they will put their newfound knowledge into play by conducting a workshop for Wounded Warriors.

With more disabled servicemen and women remaining on active duty, more military professionals need training in areas that once were considered exceptional. Amputees who formerly would have been discharged or forced to retire are continuing their military careers. The exceptions of yesteryear are flooding today's mainstream – and the number of disabled Soldiers in search of physical activities likely will continue to rise.

The First Swing program was designed to encourage Wounded Warriors to return to an active lifestyle as soon as they are capable by assisting them in adapting their golf game to compensate for their injuries.

"This program is to help give the Soldiers an alternative," said FMWRC program analyst Trace Kea, a PGA member who brought the First Swing program to the Army. "Rehabilitative benefits of golf can improve the mental and physical condition of each and every Soldier returning – not just those with visible injuries.

"I've seen nearly every type of injury on the driving range, from double- or triple-amputees playing with state-of-the-art prosthetics, to others with shrapnel wounds, spinal-cord injuries, and neurological deficits. Seeing those men and women playing touched me, and I knew we had to get involved."

After launching a pilot program last summer at Fort Carson, Colo., FMWRC joined forces with the USGA and NAGA to open the 2009 First Swing campaign, Feb. 2-3 at Navy's Admiral Baker Golf Course in San Diego, Calif., followed by a clinic, Feb. 21-23 at Fort Sam Houston, Texas. Following the event at Fort Belvoir, more stops on the circuit are set for Fort Bragg, N.C., April 19-20; Fort Campbell, Ky., May 17-18; Fort Lewis, Wash., July 18-19; and Fort Jackson, S.C.,

Sept. 13-14.

The train-the-trainer portion of the program helps military golf professionals learn adapted techniques for teaching people with disabilities how to golf. It also offers tips on how to better communicate with Wounded Warriors, who many folks seem uncomfortable approaching. First Swing instructors Bob Wilson, Rick Monroe and Marty Ebel are veteran amputees who can relate with Wounded Warriors, and they all golf better than most able-bodied athletes. They understand the challenges of golfing on prosthetics or with just one arm, or even from specially-built golf carts that accommodate players without legs, like Ebel.

"I struggled for years learning how to golf as a disabled person," said Ebel, 50, a self-professed "cruddy golfer" who lost his legs after flipping a front-end loader while landscaping when he was 25. Seven surgeries later, both of his legs were amputated. "I never broke 100 before I lost my legs, and the first 10 years (as a seated golfer) were just brutal," he said. "I tried everything and didn't do much of it well."

Ebel now scores in the 80s and inspires others.

"I take it a little more seriously now because I don't have as many recreational activities," he said. "If I can help just one person with the frustration that I went through, to help them figure it out for themselves, then it's worthwhile if one guy just decides not to give up.

Navy veteran Monroe, 57, of Austin, Texas, lost the use of one arm 30 years ago through an accident on the USS Enterprise. He said he derives more satisfaction from giving back to the troops than they could ever imagine.

"I always feel like I get more out of it than they do, absolutely, because if I can communicate anything to these guys, it is that a good life is still possible for them," Monroe said. "Obviously, golf is a great game, but it's also a lifetime game, so by communicating that they don't have to sit on the couch – that they can be active, productive and live a good life."

Wilson, director of the National Amputee Golf Association, is a retired Navy lieutenant commander who lost both of his lower legs while serving aboard the USS Kitty Hawk.

"The pros have been very receptive to the training," said Wilson, who founded and remains the driving force of the NAGA. "I think it's something that they were really looking for, not maybe that they needed or wanted, but at the end of the day they realized that it was something they needed to round out their bag of tricks as far as being a professional golf pro and being able to teach. It just expanded their horizons as far as what they are able to do."

Wilson pointed out that there are 54 million disabled people in America, including 65,000 from the conflict in Iraq alone.

He warned the instructors not to underestimate the Wounded Warriors.

# Jake's Body Shop: Exercise helps prevent strokes, heart attacks

**Jake Battle**  
DMWR Fitness Director

You don't have to be a fitness enthusiast to significantly improve your health. Even moderate exercises such as regular cycling and recreational activities like gardening and do-it-yourself jobs lessen your chances for a heart attack. Running or tennis will also improve your physical health.

British physicians report that moderate exercise, such as walking or golf, can significantly reduce the risk of

stroke and heart attacks among middle-aged men, even if they have a history of heart disease.

In a recently disclosed report of a nine-and-a-half year study, it was shown that healthy men who exercised at this moderate level cut their risk of stroke to an annual rate 0.9 episodes per thousand persons, compared with 2.2 among the inactive group in the study.



The studies with exercise show that physical activity can reduce blood pressure and blood coagulability, which are both well-known risk factors for stroke, said David Lowenthal, M.D., University of Florida College of Medicine.

Healthy seniors who exercise vigorously for 45 minutes four or five times a week may improve their intrinsic ability to dissolve blood clots or to prevent clot formation, lowering their risk of

heart attack and stroke, according to the American Heart Association.

After six months of exercise training, 13 men ages 60 - 82 showed increases in their activity levels of tissue plasminogen activator, a natural clot-dissolving enzyme. They also had significant decreases in the activity level of an enzyme that inhibits TPA.

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

## Exercise fights diabetes: Benefits of a consistent exercise program

**Jake Battle**  
DMWR Fitness Director

Exercise appears to be beneficial in the treatment of some types of diabetes, according to a Nurses Health Study. The study results indicate that physical activity may help in the treatment and prevention of

non-insulin dependent diabetes.

The results show that exercise reduces both body fat and blood sugar levels.

Exercise reduces the risk of diabetes in those in good shape and those overweight. The Nurses Health Study examined 87, 253 women ages 39-59 years and free of diagnosed diabetes, cardiovascular disease

and cancer.

Previous studies have shown that people who exercise regularly are generally more active (climb stairs, walk fast, have active hobbies, etcetera) than those who do not exercise.

Family history did not modify the effect of exercise on diabetes.

## Register for CYSS baseball, t-ball

**Special to the Frontline**

Registration for youth baseball and t-ball on Fort Stewart will begin March 30 and will end May 8, or when slots are no longer available. Baseball is open to current Child and Youth School Service members age 7-14 (as of Aug. 1) and t-ball is open to current CYSS members age 4-6 (as of May 1).

Tentative age divisions for baseball will be 7-8 pitching machine, 9-10 pitching machine, and 11-14 live pitch.

Register at CYSS, building 443,

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

For more information on registration procedures, please call 767-2312. For more information on baseball or t-ball, please call 767-4371.

All CYSS sports programs require the use of volunteers to coach teams. If you would like to volunteer to coach, please visit CYSS or Jordan Youth Gym (building 608, W. 6th St.) and ask for a volunteer application.

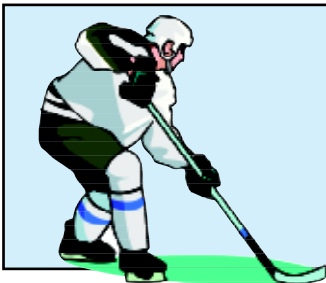
All new applicants must submit to screening and background checks.

## 'Canes challenge Broncos in Semi-pro football action

*Fort Stewart's Youth Services sports football field*

*5 p.m., May 16*

*Celebrate Armed Forces Day watching the Hinesville Hurricanes battle the Beaufort Broncos.*



### Relocating to Fort Benning?

The Columbus Travel Hockey Association 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](mailto:travelhockey@bellsouth.net)

