

# CYSS keeps youth active this summer

## Frontline Staff

Summer's coming, and with it comes free time for school-aged children. Fort Stewart and Hunter Army Airfield offer numerous activities for those on summer vacation. Activities offered include summer camps, trips, teen dances and indoor and outdoor activities. Children and youth must be enrolled with Child, Youth & School Services prior to attending summer camps, activities and trips. Registration for all summer camps is open. Call the number listed with the following activities for specific information about costs, times and age groups.

School-Age Services will run Camp Stewart from June 1 through Aug. 3. Registration is Summer trips departing from SAS include the historic Savannah Train Station, Star Castle, Jacksonville Zoo and Splash in the Boro. Club activities include the Sewing Club, Garden Explorers and Ultimate Journey. Activities such as arts and crafts, bowling, fishing, and swimming will be offered throughout the summer. For more information about SAS summer activities, call 767-2635.

Child Youth & School Services will be running trips for the month of June and July that include Five Star Fun Park,

Savannah River Street Tour, Six Flags, Splash in the Boro water park, Summer Waves water park, Dave & Buster's Mall Trip, an Atlanta Braves baseball game and Carowinds amusement park. Several teen dances and daily activities will be provided as well. For more information about CYSS summer activities 767-4491

The Pre-K program will hold summer activities at the Fort Stewart Pre-K facility are June 1 through Aug. 5, and summer activities at the Hunter Child Development Center are June 15 through Aug. 28. Activities and trips that will be provided include water play, swimming, bowling, movies, flying frogs, tree-house, library, museums, botanical gardens and a petting zoo. For more information about Pre-K programs, call 767-8947 at Fort Stewart, or 315-6115 at Hunter.

SKIES Unlimited will hold a summer camp for every single day of the summer as well as for all age groups. Summer camps that will be provided for the youth at Stewart-Hunter include golf, horseback riding, soccer, outdoor adventures, cheer leading, dances, automotive repair, basketball, Missoula, gymnastics, swimming and various music and geography/language camps. Ongoing classes offered throughout the summer include Brazilian jujitsu, piano, taekwon-do, Kindermusik, and tumbling and tutoring. For more information, visit the Central Registration Office, building 443, or call 767-2312 or 767-6071.

Soccer camp will be offered at Fort Stewart June 15 through June 19, and at Hunter July 20 through July 24. For more information, go to [www.challenger-sports.com](http://www.challenger-sports.com).



Courtesy Photo

Fort Stewart and Hunter Army Airfield's Child, Youth and School Services will hold numerous activities throughout summer break for military children.

## Legends of Golf tournament comes to Savannah

### Military and Families offered free admission to Senior PGA tournament

Nancy Gould  
Hunter Public Affairs

Just as they have in years past, active-duty members of the military and their Families will be admitted free of charge to the Liberty Mutual Legends of Golf Tournament, scheduled Thursday through Sunday, at the Westin Savannah Harbor Golf Resort & Spa.

In past years, about 3,000 service-members have attended the annual

tournament. This year, attendees will watch well-known Champions Tour stars, including Tom Watson, Tom Kite, Fuzzy Zoeller, Jay Haas and others who are part of the Champions (seniors) PGA Tour.

Thanks to the Savannah Chamber of Commerce, the Savannah USO and Liberty Mutual organizers, Soldiers receive free admission, along with free food and beverages from the USO canteen, located behind the 18th green.

In the past, event spectators and golf professionals routinely stop by the canteen to pay their respects to the Soldiers and to see the 3rd Infantry Division's up-armored humvee positioned in front of the tent with Soldiers nearby to talk about the vehicle and their Army careers.

If you plan to attend, just present your active-duty military ID at the entrance.

To make the most out of the event, Goodwill Industries of the Coastal Empire will be accepting old electronic items for recycling such as cell phones, computers and televisions.

Attendees will find recycling con-

tainers in the Savannah International Trade & Convention Center parking lot, across from the main tournament admission gate.

To get to the Westin from Fort Stewart, take I-95 North; exit I-16 East toward Savannah; take the Highway 17/Tallmadge Bridge/South Carolina exit; go over the Tallmadge Bridge; take the first right onto Hutchinson Island, and follow the signs.

For additional information, contact the tournament office at 912-236-1333, or go to [www.lmlog.com](http://www.lmlog.com). For information on the recycling portion of the event, go to [www.goodwillsavannahga.org](http://www.goodwillsavannahga.org).

## Soldiers take on all services in Combatives tournament

Sgt. Gretchen Goodrich  
Army News Service

**HUMPHREYS GARRISON, Korea** - Arm bars, cross-collar chokes and strikes set the tone for the 35th Air Defense Artillery Combatives Tournament held in the Osan Air Base gym, April 4.

A total of 120 competitors from across the peninsula and Japan formed teams to compete in the day-long tournament that tested their combative skills, agility and endurance.

While competitors came from each branch of service, fighters followed the rules and regulations of Modern Army Combatives. During the starting matches, competitors were restricted to earning points through take-downs and submissions. As the matches progressed, regulations gave combatants opportunities to slap, punch, kick and even use their knees to take down their opponent, said event coordinator Spc. Patricia Nicholas, 35th ADA BDE.

Those who won the preliminaries fought in a middle boxing room, surrounded by cheering fans. Brawlers who braved the ring and won, walked away with a medal and bragging rights for the entire year ahead.

Private First Class Jennifer Schlein, Headquarters Detachment, 94th Military Police Battalion, snatched away

the women's middle-weight title from Pfc. Shelly Najera of Headquarters Battery, 35th ADA BDE in a spirited battle.

Staff Sgt. Katherine Atkinson of Charlie Battery, 3rd Battalion, 2nd ADA Battalion, squashed Pfc. Catalina Velasquez of Headquarters Battery, 35th ADA BDE, for the women's heavyweight title.

"She was a more experienced fighter and had much better skills than I did," said Velasquez. "I couldn't do anything but try and defend myself the entire time."

Sergeant Ruben Covarrubias of Alpha Company, 524th Military Intelligence Battalion, won the men's lightweight division title following a match with Staff Sgt. Chito Anicete of the 51st Aerospace Medical Services.

The welter-weight title went to Sgt. Ian Peters of Team Yongsan after a hearty fist-throwing fight with Cpl. Christopher Muniz, 3-2 ADA who walked in second.

While the other fights took a mere one to two rounds to complete, the middle-weight battle took an entire 15 minutes. After the long engagement, Capt. Jiwan Chung walked away as middle-weight champion, leaving Sgt. William Majestic with 3-2 ADA in a close second.

Although he was fighting for first place, Majestic accepted the second place medal with a smile.



Sgt. Gretchen Goodrich, 35th ADA Brigade

Sgt. Francine Carriaga (top) battles Pfc. Shelly Najera during middleweight Army Combatives Tournament action at Osan Air Base, April 4.

"It was my first Mixed Martial Arts competition so I went into the tournament to just have fun," said Majestic.

Staff Sgt. Jeffrey Duncan, 8th Army Chaplain's office pounded Spc. Mark Richardson, Company B, 3rd Military Intelligence Battalion, into a second place finish, leaving Duncan as the cruiserweight champion.

Duncan had a reputation that Richardson said he was

well aware of before heading into the ring.

"I was proud to take second against such a good fighter," said Richardson.

Sergeant 1st Class Brandt Vansoolen, of 1-1 ADA, in Japan knocked out 2nd Lt. Edward Murtagh of Alpha Battery, 4-5 ADA, with a jaw-dropping left uppercut, leaving Murtagh in second and claiming the light heavyweight title for himself.

Airman 1st Class David Gay,

of the 51st Security Forces, slammed Sgt. 1st Class Erick Clark, of 3-2 ADA, to the ground during the heavyweight finals, giving Gay the heavyweight title of the event. While it was Clark's last time to be competing in a combatives tournament, it was Gay's first competition.

Team Yongsan walked away with the team trophy for accumulating the most points throughout the entire event.

# Jake's Body Shop: Make exercise work for you

**Jake Battle**  
*DMWR Fitness Director*

To get the full benefit of exercise, you have to exercise regularly. Exercising regularly is easier when it becomes part of your schedule. That way, you don't have to make a decision each time - it becomes a habit. So, do not take a chance on wasting valuable time and energy by starting off on the wrong foot. Just as using a good map tells you how to find your destination, be sure you plan before you start your exercise program.

## Exercising your heart

Your heart is a muscle, like a muscle in your arms and legs, and it needs exercise to be strong and work at its best. When you exercise your arm and leg muscles, they get stronger and firmer. When you exercise your heart, its new strength pumps more blood through your body with less effort. A stronger heart can help you wake up rested, looking forward to your day. It can also give you more energy.

Exercising your heart is simple. All it



takes is moving your body until your heart beats faster than it does when you're sedentary. But there is more to helping your heart get stronger - there are three guidelines that your exercise must meet to give our heart the right exercise.

## Three steps for exercise results:

1. You need to do aerobic exercise that raises your heart rate a minimum of three times a week with no more than two days of rest between exercise sessions.

2. You need to raise your heart rate to its target speed. Generally, this is when you are breathing hard and sweating. Be careful, though. If your heart rate is higher than your target, you could be so tired and winded that you will have to stop to catch your breath. Then your heart rate will fall, and it could be unsafe for your heart.

3. Keep your heart rate in your target heart rate a minimum of 20 minutes without resting.

These guidelines represent the minimum. You need at least this much effort to exercise your heart and to look and feel your best.

## Liberty summer sport registration opens May 1

Registration for Liberty County Recreation Department 2009 summer programs will start May 1. Programs include day camp, swim lessons, swim team, sports camps, Tae Kwon Do, golf, tennis, track & field and more.

Registration will be accepted at the LCRD Office, located on Hwy. 84 East in Hinesville, beside the National Guard Armory. Office hours are Monday through Friday, 10 a.m. to 6 p.m. Registration will continue until all slots are filled. Online registration is available at [www.lcrd.net](http://www.lcrd.net). For more information, call 876-5359.

# Army team wins Greco-Roman championship

**Tim Hipps**  
Family and Morale Welfare and  
Recreation Command Public Affairs

**LAS VEGAS** – Four Soldiers won individual titles while leading the All-Army wrestling team to its ninth Greco-Roman crown in 10 years at the 2009 U.S. National Wrestling Championships at the Las Vegas Convention Center, April 10.

U.S. Army World Class Athlete Program wrestlers Staff Sgt. Dremiel Byers, Sgt. Brad Ahearn and Spcs. Jermaine Hodge and Faruk Sahin won their respective weight classes as the All-Army team outscored the New York Athletic Club, 82-78, to win its fifth consecutive national team title.

"We've never had four individual champs," All-Army coach Staff Sgt. Shon Lewis said. "Those guys went out there and got it done. They performed. They brought it."

Specialist Aaron Sieracki also reached the finals and won the silver medal at 185 pounds.

Specialist Hodge avoided getting pinned in the second period and rallied late to upset Sunkist Kids' two-time national champion Sam Hazewinkel, 1-0, 0-3, 4-4, in the 121-pound finale for his first national championship.

"I have to really thank the people in the wrestling room that I wrestle with and my coaches in the World Class Athlete Program," said Spc. Hodge, 27, a native of Hillsborough, N.C. "The biggest thing coach has implemented here in the past couple of months is 'nobody out-toughs us,' and if we go out there and wrestle tough, nobody can beat us."

Specialist Sahin, a two-time Turkish national champion, prevailed 2-0, 1-0 over Gator Wrestling Club's Mark Rial,

the 2008 U.S. national champ, to capture the 145.5-pound division. Specialist Sahin said leaving his newborn son was the toughest part of the week.

"I miss him a lot, but I told him not to worry because I was going to make him the son of a champion," said Spc. Sahin, 33, a native of Ankara, Turkey.

Sergeant Ahearn, 27, of Orange Park, Fla., won his second consecutive national championship with a 2-0, 1-0 victory over Sunkist Kids' R.C. Johnson in the 211.5-pound division. In 2008, Ahearn won at 185 pounds.

"That's his second championship in a row. He's our one guy that nobody is going to out-tough," Staff Sgt. Lewis said.

Sergeant Ahearn, however, is not about to get ahead of himself.

"I'm going to stay healthy, keep training like I'm training, and I've got to take it one match at a time, one period at a time," he said. "But I just feel the worlds [world championships] this year. I can't wait to get there, but I can't look ahead... if make it out of America, and I feel I will, I feel really good about my chances at the world championships."

Staff Sergeant Byers, 34, of Kings Mountain, N.C., won his eighth national championship with a convincing, 5-0, 1-0 victory over New York Athletic Club's Brandon Rupp in the 264.5-pound weight class.

Unlike previous national tournaments in which Staff Sgt. Byers battled with 2000 Olympic gold medalist Rulon Gardner, New York Athletic Club's Russ Davie and WCAP teammate Spc. Timothy Taylor, there was little drama this time.

"Dremiel is a great champion; he's a great team leader; he's a great individual to have around -- he's just a great person, altogether," Staff Sgt. Lewis said of

Staff Sgt. Byers' quest to make Team USA for the 2012 London Olympic Games. "Since 2002, he's been the guy that's expected to win. Every year, we know that everybody is shooting for Dremiel. He has to find something to motivate himself, which is not easy to do when you're not only expected to win, but expected to win big. That says a lot about his mental strength and his ability to focus."

Staff Sergeant Byers, a 2002 world champion, said his best days on the mat are yet to come.

"Any medal that I may have been blessed with in the past is probably resting somewhere right now," he said. "You're only as good as the one you're going after and the one you just won, so this will last for a couple of days, it's going to spoil, and then we're getting ready for the trials, and then whatever is next."

Specialist Sieracki, 34, of Richland Center, Wis., finished second in the 185-pound division after losing 1-0, 3-0 in the finals to 2008 Olympian T.C. Dantzler of New York Athletic Club.

The Soldiers who competed in Las Vegas are stationed at Fort Carson, Colo., home of the U.S. Army World Class Athlete Program and All-Army wrestling team. The champions in each weight class earned No. 1 seeds for the U.S. World Team Trials, set for May 30-31 in Council Bluffs, Iowa.

All told, 18 Soldiers qualified for the World Team Trials.

Staff Sgt. Oscar Wood, a 2004 Olympian, finished third at 145.5 pounds.

Private first class Nathan Piasecki, who discovered the Army wrestling program while working out with Soldiers at the Olympic Training Center in Colorado Springs, defeated Staff Sgt. Glenn



Tim Hipps

**Staff Sergeant Dremiel Byers throws his opponent en route victory in the Greco-Roman heavyweight finale of the 2009 U.S. National Wrestling Championships at the Las Vegas Convention Center, April 10.**

Garrison for third place in the 132-pound weight class.

Specialist Justin Millard, a former All-Air Force wrestler, took third place in the 211.5-pound division. Sergeant Peter Hicks, who also left the Air Force to join the All-Army squad, earned his first berth in the world team trials with a seventh-place finish at 185 pounds.

Staff Sergeant Deon Hicks took fifth place at 211.5 pounds. Private first class Jeremiah Davis and Spc. Marco Lara were fifth and sixth respectively at 132 pounds. Sergeant Jess Hargrave placed fourth at 163 pounds and Spc. Timothy Taylor sixth in the heavyweight division.

In women's freestyle, 2005 world champion Sgt. Iris Smith finished third in the 158.5-pound class.

## STAFF JUDGE ADVOCATE'S 2009 LAW DAY GOLF TOURNAMENT

THE SJA 2009 GOLF TOURNAMENT  
WILL BE HELD MAY 1  
FORT STEWART'S TAYLORS CREEK GOLF COURSE

## ALL ARE WELCOME!

Registration deadline is Wednesday.

25-team scramble will begin at 8:30 a.m. with a shotgun start.

Cost is \$35 per player. Fees include greens fees, golf cart, driving range balls and tournament prizes.

To register, call 767-4723, or visit  
the Administrative Law Office,

60 McNeely Rd., bldg. T-54, Fort Stewart.

The first 25 four-person teams will be accepted.

Individuals may register but will be placed with a team at a later date.