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THE FRONTLINE

SPORTS & RECREATION

MAY 14, 2009

Stewart-Hunter, community join to support Relay for Life

Spc. Gaelen Lowers
3rd Sustainment Bde.
Public Affairs

Joan Fredrickson is not a Soldier in the traditional sense, but she knows a lot of struggle.

Joan is a two-time cancer survivor, and a member of the Battle Fighters, a group of friends that has participated in Relay for Life for the past 12 years raising approximately \$40,000 for cancer research. She walks in the relay every year because it is something that she believes in, she said. Cancer has affected her and her family.

"I have had five brothers, all who have had cancer," said Fredrickson. "My mother had breast cancer."

Joan said she will walk in the relays every year she is physically capable of doing so.

"I think it brings a lot of recognition to a disease that really affects everybody in one way or another," she said.

Relay for Life is a life-changing event that brings together more than 3.5 million people. In Liberty County more than 600 people participated in the relay and, as of May 8, have raised \$145,000.

"This is what makes our community so powerful," said Col. Todd Buchs, Fort Stewart/Hunter Army Airfield garrison commander. "That we could all come together as one and be together for a focused reason. And that reason is to fight cancer. I'm so proud of everyone out here tonight."

Colonel Buchs's daughter, Alexie, 8, contributed her own way to helping victims of cancer.



Photos by Spc. Gaelen Lowers

Cancer survivors walk the first lap at the opening ceremony for the American Cancer Society's Relay for Life in Liberty County, May 8.

She donated approximately 13 inches from her hair to Locks for Love, a nonprofit organization that provides hairpieces to financially disadvantaged children in the United States and Canada suffering from long-term medical hair loss.

"I think this was a really great cause to donate my hair to," said Alexie. "I feel great. I feel relieved. I feel like I made a difference."

According to the American Cancer Society, this year alone, approximately 562,340 Americans are expected to die of cancer, more than 1,500 people a day. It is the second most common cause of death in the U.S., exceeded only by heart disease, and accounts for nearly one of every four deaths in the U.S.

The National Institutes of Health estimates overall costs of cancer in 2008 at \$228.1 billion. Lack of health insurance and

other barriers prevent many Americans from receiving optimal health care. This is where the American Cancer Society's Relay for Life steps in to help.

Relay for Life is the American Cancer Society's signature activity. It offers everyone in a community an opportunity to participate in the fight against cancer.

Relay for Life began in Tacoma, Wash., in the mid-1980s with Dr. Gordy Klatt, a Tacoma colorectal surgeon. Klatt wanted to enhance the income of his local American Cancer Society office and to show support for all of his patients who had battled cancer.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma. He ran for more than 83 miles. That first year, nearly 300

of Klatt's friends, family, and patients watched as he ran and walked the course. Throughout the night, friends donated \$25 to run or walk with Klatt for 30 minutes. His efforts raised \$27,000 to fight cancer.

Hinesville mayor Jim Thomas reminded the participants of the relay exactly what everyone was walking for.

"All of you are here for a very good reason," said Thomas. "This relay is about survival, survival for those that are here and survival for those in the future. As you walk this evening, rest assured that the steps you take goes toward helping someone that has gone through or is going through some very difficult times in their life."

For more information about the American Cancer Society and the Relay for Life, visit them on the Web at www.cancer.org.



Alexie Buchs, 8, daughter of Col. Todd Buchs, Stewart-Hunter garrison commander, donates 13 inches of her hair to Locks of Love during the opening ceremony of the American Cancer Society's Relay for Life in Liberty County, May 8.



Photo Courtesy of U.S. Army

About 26,000 runners crossed the starting line of the Army Ten Miler last year at the Pentagon. As with the previous years, volunteers and a winning T-shirt design are needed to make this race another success.

Ten-Miler needs volunteers, new T-shirt contest design

By Nancy Brandon
Army News Service

WASHINGTON - Volunteer registration for the Army Ten-Miler opened May 1 on the Army Ten-Miler Web site at www.armytenmiler.com.

A t-shirt design contest for the 25th-anniversary race is also open to the public and submissions are being accepted through June 1. Artists, designers and would-be artists are invited to submit a t-shirt design.

All those who volunteer to help with the Ten-Miler will receive an official ATM volunteer t-shirt and a volunteer pin, race officials said. They added that special ATM 25th-anniversary door prizes will also be randomly given out during the race, Oct. 4.

Volunteers are needed for a variety of positions ranging from packet pick-up at the ATM Race Expo Presented by New Balance to start-line monitors on

race day.

The two-day expo will take place on Oct. 2 from 11 a.m. to 8 p.m. and Oct. 3 from 9 a.m. to 7 p.m. at the D.C. Armory.

For more information on volunteer shifts and positions available, click on the volunteer tab at www.armytenmiler.com. Groups of 10 or more looking to volunteer should contact George Banker, operations manager at 202-685-3408 or George.Banker@jfhqncr.northcom.mil.

Those who submit a t-shirt design for the race will have their entries judged, after the June 1 deadline, by a blue-ribbon committee. The top five designs will be posted on the Army Ten-Miler Web site. The 30,000 registered runners will be able to vote for their favorite design from June 10-19. The first, second and third place entries will be announced on June 24 at www.armytenmiler.com.

Boating Safety Week: May 16-May 22

Directorate of Emergency Services

With the warmer weather approaching, sportsmen and recreational enthusiasts will be taking advantage of the rivers, creeks, and ponds that Fort Stewart and South Georgia have to offer. With the increase in activity, the probability of accidents rises. The United States will be celebrating National Safe Boating Week, May 16-22, to shed light on the simple safety measures that can prevent a vast majority of these accidents.

- Always wear your life jacket while your vessel is in the water.
- Never operate a vessel under the influence of any impairing substance.

• Never overload your vessel beyond the capacity plate limits or overpower a boat with a motor that exceeds the maximum safe horsepower on the capacity plate.

The Directorate of Emergency Services - Conservation Law Enforcement Branch will be conducting boat safety inspections at the Pass and Permit, building 8093, from 11 a.m. to 2 p.m., May 16-17.

All sportsmen are encouraged to bring in their vessels and boating equipment for general guidance. This is a great opportunity to have a game warden answer questions and verify that your vessel is in accordance with the law.

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Savannah Mile raises funds for fallen heroes, Families

200 Club Publicity Department

The 3rd Annual Savannah Mile will be run in downtown Savannah at 7:40 a.m., May 23. The course takes runners one mile straight down Drayton Street, starting near the south end of Forsyth Park, finishing at Broughton Street.

The proceeds for The Savannah Mile go to the 200 Club of the Coastal Empire. The principal objective of The 200 Club is to provide immediate financial assistance to the surviving spouse and children of local law enforcement officers, firefighters, and servicemembers who lose their lives in the line-of-duty.

The Mile is a unique running event that attracts all levels of participants from the very young to the master's runner who is young at heart. This race will be run in several heats including a Family division, five year-interval age groups, guaranteeing many award winners, and will finish with the elite division and heat that will promise to bring a competitive finish and extremely fast times.

Early registration is \$18, or \$20 the day of the race. Early registration closes today at 11:59 p.m. To register visit www.active.com. For more information about the sponsor, visit <http://www.twohundredclub.org>.

Jake's Body Shop: The risks of start and stop fitness

Jake Battle
DMWR Fitness Director

For years, health experts have warned about the vicious cycle of losing and regaining weight.

Recently, a major scientific study concluded that yo-yo dieting may cause more harm than good.

Linked to heart disease

In a study of 3,130 men and women, a team of researchers found that yo-yo dieters have a greater chance (25-100 percent) of developing heart disease and an overall higher death rate than those who maintained a consistent weight.

In fact, the health risks of repeated weight loss and gain exceed those of being overweight, according to Dr. Kelly Brownwell, a psychologist at Yale who directed the study.

The study analyzed 32 years of health records of 3,130 participants in the ongoing Framingham Heart Study. All participants were free of coronary disease when the study was initiated.

The study recently published in The New England Journal of Medicine says, "persons whose body weight fluctuates often or greatly have a higher risk of coronary heart disease and death than do personal with relatively stable body weights."

Ages 30-44 most at risk

The study also found that subjects with the greatest weight fluctuation – those between the ages of 30 and 44 – were at most risk.

According to the researchers this is the age category where dieting



the most prevalent.

Dr. Brownwell started that his findings underscore the importance of dieters assessing their willingness to make a long-term commitment to changing eating behavior before starting a weight-loss effort.

Dr. George Blackburn, an obesity specialist at Harvard Medical School said, "If you are trying to lose ten pounds and are not sure you can keep it off, it may not be a good idea to lose it in the first place."

The researchers also concluded, "These results do suggest that overweight persons should be taught skills to maintain weight loss, and the prevention of relapse should become a more central focus of weight loss programs."

Compounding the problem is that many dieters really don't need to lose weight.

According to the Tufts University Diet and Nutrition Letter, the media has "fueled the notion that lean was desirable with unremitting intensity... At no other time in history has dieting as a way of life been more ingrained."

Forty years ago, even among the health care community, there was a feeling that all people are meant to be slim and "that all fat people could slim down if they just made more of an effort to stop eating too much."

Slowly, that view is changing.

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

BOATING

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The National Safe Boating Campaign, the United States Coast Guard and the National Association of Boating Law Administrators sponsor National Safe Boating Week. For more information on National Safe Boating Week or boating safety in Georgia, visit the Georgia Wildlife Resources Division Web site at www.goboat-georgia.com; contact the local

WRD Law Enforcement Office or the Conservation Law Enforcement Branch on Fort Stewart at Phone (912) 435-8013.

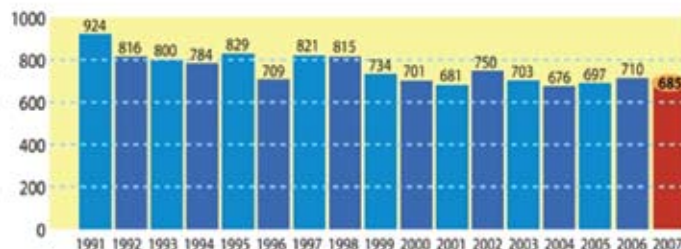
Statistics: The diagrams below represents reported accidents, fatalities, and personal property damage that occurred in the United States as reported by the U.S. Coast Guard. They are currently collecting the data for 2008.

2007 Boating Accident Statistics

U.S. Coast Guard statistics

In 2007, the number of boating deaths, injuries and property damage decreased from the previous year. Overall, over 69% of all fatal boating accident victims drowned. Of those who drowned, over 89% of the victims were not wearing a life jacket. Over 83% of the boaters who drowned were using boats less than 26 feet in length. Consistent with previous years, 75% of reported fatalities occurred on boats where the operator had not received boating safety instruction.

2007 BOATING FATALITIES



2007 TOP FIVE TYPES OF ACCIDENTS

CONTRIBUTING FACTOR	ACCIDENT RANKING	NUMBER OF ACCIDENTS	NUMBER OF FATALITIES
COLLISION WITH A VESSEL	1	1,329	66
COLLISION WITH A FIXED OBJECT	2	558	35
SKIER MISHAP	3	492	11
FALLS OVERBOARD	4	485	208
CAPSIZING	5	398	204

2007 TOP 10 CONTRIBUTING FACTORS

CONTRIBUTING FACTOR	ACCIDENT RANKING	NUMBER OF ACCIDENTS	NUMBER OF FATALITIES
OPERATOR INATTENTION	1	628	47
CARELESS/RECKLESS OPERATION	2	552	33
PASSENGER/SKIER BEHAVIOR	3	492	47
EXCESSIVE SPEED	4	473	31
ALCOHOL USE	5	391	145
NO PROPER LOOKOUT	6	375	20
OPERATOR INEXPERIENCE	7	353	42
MACHINERY FAILURE	8	312	21
WEATHER	9	148	36
EQUIPMENT FAILURE	10	141	17

2007 FATALITIES AND LIFE JACKET WEAR

CAUSE OF DEATH	TOTAL NUMBER OF FATALITIES	LIFE JACKET WORN	LIFE JACKET NOT WORN
DROWNING	476	49	427
TRAUMA	137	52	85
OTHER	11	8	3
HYPOTHERMIA	18	7	11
CARBON MONOXIDE POISONING	6	0	6
UNKNOWN	37	6	31



www.SafeBoatingCampaign.com

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Mixed martial arts gaining popularity

Sports Commentary
Jennifer Small Hartwig
Public Affairs Specialist

Last week I wrote a story about Sgt. Nate Banks, the combatives trainer for Headquarters and Headquarter Company, 3rd Battalion, 15th Infantry Regiment, who is going on to join Greg Jackson's Mixed Martial Arts, one of the best MMA schools in the world

If you are a fan of the Ultimate Fighting Championship, you undoubtedly have heard of Greg Jackson, who has developed 10 world champions, and many of the athletes that train at his gym. Rashad Evans, Georges St. Pierre, Nate Marquardt, Keith Jardine aren't little-known fighters.

But while Sgt. Baker may be in the minority of those training at such a prestigious academy (Jackson trains only about 32 professional fighters), he is part of an ever-growing population of

Soldiers studying MMA.

MMA is a full-contact combat sport that allows a wide variety of fighting techniques from a mixture of martial arts traditions and non-traditions to be used in competitions. The rules allow the use of striking and grappling techniques, both while standing and on the ground. In MMA, and most famously the UFC, fighters often utilize parts of boxing, wrestling, Brazilian jujitsu and muay thai kickboxing, among other disciplines.

Just 5 years ago, the UFC was an underground sport, often looked at by outsiders as gruesome, barbaric and sadistic, and even called "human cock fighting" by Sen. John McCain, among others. But today, after dropping the "no holds barred" label and adopting stricter rules, the UFC is now a billion-dollar enterprise that has up to 12 fights a year telecast on Pay-Per-View, each up to 1.5 million viewers paying \$44.95 a piece.

The popularity of MMA isn't just in the civilian world. In fact, the Army began training its Soldiers in hand-to-hand combat, much like mixed martial arts, in 1995, when the 2nd Ranger Battalion began training in Modern Army Combatives, and the instruction has since spread at the grass roots throughout the Army.

In 2000, the Army Combatives School at Fort Benning opened, with the mission of training leaders and Soldiers in close-quarters combatives in order to instill the Warrior Ethos and prepare Soldiers to close with and defeat the enemy in hand-to-hand combat. The school was founded by Sgt. 1st Class Matt Larsen and teaches a martial art unique to the United States Army called Modern Army Combatives, a regimen focused on small, easily repeatable drills, in which practitioners could learn multiple related techniques rapidly. After years of developing the elite 75th Ranger

Regiment's hand to hand program, Sgt. 1st Class Larsen was assigned to the Ranger Training Brigade, the combatives proponent at the time. Over the next several years, the program was developed around the idea of building virtually self-sustaining combatives programs within units by training cadres of instructors indigenous to each unit. With the continued success of this approach, the school became the recognized source of instruction for the entire Army.

Many of the Soldiers at Fort Stewart-Hunter Army Airfield are currently training in Army combatives, and perhaps some of you are those 1.5 million, mostly male, viewers who pay to watch UFC fights each month or who tune in to watch The Ultimate Fighter on Spike, or maybe you're like how I used to be, baffled by the lure of MMA. I think if anyone gives it a chance, he or she could get sucked in just like I did.

TEN-MILER

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The grand-prize winner will receive \$1,000 and will have his/her design printed on over 30,000 official race and volunteer t-shirts. The second-place winner will receive \$500 and the third-place winner will receive \$250.

The Army Ten-Miler t-shirt design contest is open to all U.S. residents, age 18 and older. Designs must be original artwork and reflect the unique tradition and experience of the Army Ten-Miler. For

design guidelines and specifications on the contest, visit www.armytenmiler.com.

The Army Ten-Miler is celebrating its 25th anniversary this year, Oct. 4 in Washington, D.C. with a road race that both starts and finishes at the Pentagon.

Marne Soldiers vying to qualify to participate in the Army Ten-Miler may register at Bennett's Sports Complex, building 471 on Stewart, Monday through

Friday, or call 767-8238. The qualifying race will start at 5 a.m., June 27 at the one-mile Donovan Field track in Stewart's National Guard Training Area. The race is produced by the U.S. Army Military District of Washington, with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their Families.

Myrtle Beach to hold Military Appreciation sporting events

Frontline staff

The City of Myrtle Beach is holding the Myrtle Beach Military Appreciation Days competitive sporting events and memorial ceremony, May 28-30.

On May 28, there will be a Handgun Marksmanship Tournament at the Myrtle Beach Law Enforcement Complex Indoor Range. Entry is limited to the first 50 to register. Contestants must provide their own handgun, up to .45 caliber, and 200 rounds of ammunition (Ball/Full Metal Jacket). Secure storage will be available at the range.

On May 28-29, there will be a 36-hole golf tournament at Whispering Pines Golf Course. The individual stroke play championship will be flighted by handicaps. The tournament is open to the first 72 players who register.

Men's and Women's Basketball Tournaments will be held at the Crabtree and Pepper-Geddings gymnasiums, May 28-30, with games beginning at 8 a.m. each day. The championship games

will be held May 30.

A 5K Run/Walk will take place May 30, with the wheelchair 5K taking off at 8 a.m., and the 5K Run/Walk at 8:30 a.m. The race is free for active and retired military, and \$20 for civilians.

Also on May 30 at Grand Park, part of the former Myrtle Beach Air Force Base, will be a Combat Cuisine Cook-off between military teams, a picnic, model boat races a model airplane demonstration, a climbing wall, simulators, a humvee and tank display, a parachute jump, a military memorial ceremony, a Navy SEALs exhibit, a Jet Ski exhibition, a Coast Guard rescue and a concert beginning at 7:30 p.m., all followed by fireworks.

For more information or to register for sporting events, go to www.militaryappreciationdays.com or contact Diane Moskow-McKenzie at (843) 918-1069 or dmckenzie@cityofmyrtlebeach.com.

Many hotels and restaurants in the area will be offering military rates and discounts.

Female distance runners wanted

A Marne Team in the Female Masters Division for the Army 10-Miler competition is being formed. A spot has been reserved for a Female Masters Marne Team for the race that will take place Oct. 4 in Washington, D.C. Any interested 40-or-over female who is assigned to the 3rd Infantry Division should contact Maj. Mary Rezendes ASAP at 435-6289 or mary.rezendez@conus.army.mil.