



Army boxers win military title, head to U.S. Nationals, Page 2C

Jake's Body Shop: Keeping 'fit' in fitness, Page 2C

## THE FRONTLINE

# SPORTS & RECREATION

MAY 28, 2009

## Stewart-Hunter 'Losers' win big

**Jennifer Hartwig**  
Fort Stewart Public Affairs

Two hundred began the Fort Stewart-Hunter Army Airfield Biggest Loser program in January, but by May, only 40 remained standing.

The winners of the program, modeled after the hit NBC show, were awarded May 21, with LaVonya Thompson taking home the individual prize, and the team of Crystal Taylor and Danny Deese earning top team honors.

The program started in January, led by Marline Parker, Family, Morale, Welfare and Recreation Directorate Recreation Delivery System Team Programmer.

"We provide the participants with motivation and encouragement," Parker said. "We took the program from the TV show to help all of those people with their New Year's resolutions to lose weight."

Each month there was a weigh-in, and each month contestants who stayed in the program were awarded a motivational prize to help them with their weight-loss goals, including a pedometer, water bottle and a notepad and pen to write down their workout routines.

"We're just trying to keep people motivated to lose that weight they've always wanted to lose," Parker said.

Thompson, an Army spouse, lost a total of 23 pounds and 11 percent body fat by working out five times a week, cutting down on her food intake, and completely cutting out beer.

"It's been four months and I haven't had any at all, not even a sip," she said.

Thompson learned of the program in January, when she started working out at Newman Fitness Center.

"I'd been coming to the gym and when I heard about the contest, I thought it would keep me coming," she said.

Thompson said she has noticed the most

change in her waist, saying how her pants have gotten much baggier. She isn't the only one who's noticed. Her husband, Staff Sgt. Gary Thompson, who is assigned to Fort Hood, Texas, came home a month ago and was shocked at his wife's appearance.

"He said, 'Wow! So now you think you're something, don't you?'" Thompson laughed. "I said 'Yes I do!'"

Taylor and Deese are co-workers with MEDDAC and joined the program together for moral support. The pair combined for a total loss of 18 percent body fat.

"I knew I needed to lose weight, and I thought this would motivate me," said Taylor, who dropped 16 pounds. Deese decided to take part in the program to help his friend, and ended up losing 21 pounds himself.

"It took a lot of hard work and exercise," said Taylor. "We had to change our diets completely."

"We ate a lot of salads," Deese chimed in. Taylor said she's been at the gym at least three times a week since January, using the treadmill, weights, and Nautilus machines to help her reach her goal, while Deese ran 2.6 miles every morning.

Both have said they've seen a drastic change in the way their clothes fit.

"I just feel a lot lighter," Taylor said. "My breathing is better, and my pants are a lot looser."

At Hunter, Christy Cole was the winner of the five-month competition, losing 31.7 pounds. Her husband will soon redeploy with the 10th Transportation Company, 260th Quartermaster Battalion.

Parker said everyone who took part in the program, winners or not, came out on top, losing weight on their way to healthier living.

"I think in today's world we're so busy, and the most important thing is taking care of ourselves," Parker said. "We can all do better at that."



Jennifer Hartwig

Fort Stewart's "Biggest Loser," LaVonya Thompson, is weighed in by Marline Parker, Family, Morale, Welfare and Recreation Directorate Recreation Delivery System Team Programmer. Thompson won the individual title by losing 23 pounds and 11 percent body fat.

## Soldiers, veterans honored by Braves

**Spc. Michael Adams**  
3rd ID Public Affairs

For any Soldier who is a baseball fan, the months of April to September mean their favorite team will play 162 regular season games. One professional team took a game out of their schedule and made it something special for servicemembers and their families.

In honor of Memorial Day, the Atlanta Braves recognized current military members and veterans in a ceremony prior to their game against the Toronto Blue Jays at Turner Field in Atlanta, May 23.

Soldiers marched onto the field and stood along the first and third base lines, receiving loud cheers from the fans, some of whom were waving American flags to support the troops.

Nearly 1,000 military members and their families attended the game free of charge courtesy of baseball players within the organization, including pitchers Mike Gonzales and Raphael Soriano, and catcher Brian McCann. The event also featured a flyover by the 94th Airlift Wing based out of Dobbins Air Force Base, Ga., and a parade of nine Soldiers who 'took the field' with the nine Braves starters while wearing their Army uniforms with Braves ballcaps instead of berets.

The 3rd Infantry Division Band entertained fans in "Fan Plaza" prior to the game.

One Fort Stewart servicemember enjoyed watching baseball during the holiday weekend and felt honored to be a part of the ceremony.

"This is outstanding," said Chief Warrant Officer Jonathan Ward, bandmaster for the 3rd ID band.

"It's great they let the Soldiers come in here. Baseball is (what) Families do together. It's the last great American sport. Patriotism, baseball and America all go together."

Chief Warrant Officer Ward also loved conducting his band on such an important day to honor

the veterans.

"We love playing for the public and the veterans," he said. "It's what we do."

The pre-game ceremony also honored four Purple Heart recipients, which included veterans from World War II, the Korean Conflict, Vietnam and Operation Iraqi Freedom. Sergeant First Class Ricardo Lugo, plans non-commissioned officer in charge for 1st Army, Fort Gillem, Ga., was the OIF veteran honored; he received two of the decorations while deployed to OIF Three.

"It's a privilege for me to be here," he said. "I really appreciate the effort to recognize Soldiers past and present."

"Patriotism, baseball and America all go together."

**Chief Warrant Officer Jonathan Ward**  
3rd ID bandmaster

## Army Ten-Miler announces online lottery for military



Courtesy photo

The 25th Anniversary running of the Army Ten-Miler will be held in Washington, D.C., Oct. 4. Entries in this year's edition of the race sold out in a record six days, but ATM officials announced that an additional 500 race entries will be offered to U.S. Armed Forces servicemembers through an online lottery, June 15-18.

**Nancy Brandon**  
Marketing Manager, Army Ten Miler

WASHINGTON – Army Ten-Miler officials announced that an additional 500 ATM race entries will be offered to U.S. Armed Forces servicemembers through a special, online lottery, June 15-18. The ATM lottery is open to all branches of the U.S. Armed Forces and winners will be randomly selected, June 19. The military lottery will be conducted online at [www.armytenmiler.com](http://www.armytenmiler.com).

"Since this year's race sold out in a record six days, this lottery will give an additional 500 men and women in uniform the opportunity to run Army," said Jim Vandak, ATM race director.

Military lottery registrants will need to use their military e-mail address with a .mil extension. Only one entry is allowed per e-mail address. The registration fee of \$50.32 includes the processing fee and is charged only to lottery winners. Registrants will be required to enter a valid credit

card that will not be charged unless the registrant is selected as a winner. All registrants will receive an e-mail notifying them if they were selected and a searchable list will be posted on the Army Ten-Miler confirmation page. All lottery winners are final – no refunds or reimbursements will be granted, but transfers will be accepted until Aug. 14. Lottery winners can still be drafted onto an existing team for the team competition until Aug. 27.

The 25th Anniversary of the Army's Race is scheduled in Washington, D.C., Oct. 4. The road race has both its start and finish lines at the Pentagon. Race weekend activities include a two-day race expo, fitness clinics, youth runs, post race party and HOOAH tents from Army installations around the world. The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations. For more information about this prestigious race, visit [www.armytenmiler.com](http://www.armytenmiler.com).

# Jake's Body Shop: Keeping 'fit' in fitness

**Jake Battle**  
DMWR Fitness Director

Regular, vigorous exercises can help you feel great, but it may not come right away.

Being injured or just stiff, sore and uncomfortable is not a healthy way to start your exercise program. Below are four ways you can be certain the first three weeks of your exercise program are as pleasant as they can be. These include starting slow and easy, warming up and cooling down, stretching, and gradually

changing the speed at which you do your exercises.

## Start Slow and Easy

The single-most important thought for keeping fit is to start slowly. This is not a crash program, and there is no hurry. You are trying to gradually make exercise part of your daily routine.

Going slow and easy may be difficult for some. You may remember the old sayings, "No pain, no gain," and "You have to work until it hurts." These ideas give you



the mistaken belief that you have to go harder and faster. When it comes to healthy exercise, these sayings are not only wrong, they can be harmful.

## The risk of "No pain, no gain"

1. Your muscles get fit slowly. If you push too hard or try to go too fast, your muscles will let you know – you will be stiff and sore the next day.

2. A painful program is usually a short program. Most people tend to give up

exercise and the benefits it offers in order to avoid the pain.

3. Exercise does not have to hurt to make your heart and body stronger. In fact, pain is unnecessary. If you are in a lot of pain, your heart rate is too high and you should slow down.

So, increase your activity levels slowly to give your muscles the time they need to get into shape. You want to get fit, not sore. Build your exercise program a little at a time so that it can help you feel and look your best for a lifetime.

## 3rd ID to hold 10-Miler qualifier

**Bob Mathews**  
FMWR

Do you have what it takes to be one of 24 team members who will represent the 3rd Infantry Division in the 25th edition of the Army Ten-Miler in Washington, D.C., this fall?

Find out June 27.

On that day, 3rd ID will hold its Ten-Miler qualifying race. The gun will go off at 5 a.m. at the one-mile Donovan Field Track in the National Guard Training Area of Fort Stewart.

The top six runners in each of four groups will represent 3rd ID: men's open; women's open, and men's and women's masters (age 40 and older).

The qualifying competition is for active duty Soldiers only. There is no charge.

To register or to learn more details about the qualifier, visit Bennett's Sports Complex, building 471, Monday-Friday, or call 767-8238.

This year, the Army Ten-Miler will celebrate its 25th anniversary. The race is scheduled for 8 a.m., Oct. 4. The race will start and finish at the Pentagon with a course that will take runners by the Capitol, Lincoln Memorial, Washington Monument and other D.C. landmarks.

Each year, tens of thousands of runners and spectators descend upon Washington, D.C., to join in the prestigious event. The Army Ten-Miler proceeds benefit Army Morale, Welfare and Recreation.

For complete information about the Army Ten-Miler, go to [www.armytenmiler.com/index.cfm](http://www.armytenmiler.com/index.cfm).

# Seven Soldier boxers strike gold

**By Tim Hippi**  
FMWRC Public Affairs

**FORT HUACHUCA, Ariz.** – Seven Soldiers won gold medals to lead All-Army boxers to the team title in the 2009 Armed Forces Boxing Championships at Barnes Field House.

All-Army won the tournament with 14 points, followed by All-Navy (4), All-Air Force (3) and All-Marine Corps (3).

Five-time Armed Forces champion Sgt. John Franklin of the U.S. Army World Class Athlete Program got the Soldiers going with a 20-5 decision over Marine Corps Lance Cpl. Magdiel Matias in the 119-pound weight class.

"I wanted to start this night off the perfect way for my teammates," said Sgt. Franklin, 25, a native of Kansas City, Mo., who is stationed at Fort Carson, Colo., home of the WCAP boxing program.

Sergeant Franklin, a silver medalist at 112 pounds in the Conseil International du Sport Militaire's 2007 Military World Games at Hyderabad, India, did not need his best performance to win convincingly in the Armed Forces Championships.

All-Army and WCAP boxing coach Basheer Abdullah, head coach of the 2004 U.S. Olympic Boxing Team, was impressed with Sgt. Franklin's performance and potential.

"He actually won this tournament (by performing) below his best," Abdullah said. "To me, that means he's on his way to being a great boxer because when he's not performing at his best, he's still finding a way to win.

WCAP Spc. Alexis Ramos followed with a 12-9 decision over Cpl. Elias

Sanchez of Marine Corps Base Camp Lejeune, N.C. Ramos rallied from a five-point deficit in the first round of their 125-pound finale.

Specialist Ramos, who did not begin boxing until age 17, comes from a long Family line of boxers.

"My father, my uncle, my grandma, everybody used to box – it's in the Family," Spc. Ramos said. "But my pops, he never wanted me fight. Now he doesn't want me to stop."

At 132 pounds, WCAP Spc. Connor Johnson posted a 5-0 decision over Cpl. Tommy Rogue of Camp Lejeune.

Specialist Johnson has been a quick learner in the ring.

"I've only been boxing for about three years," said the 19-year-old native of Wales, United Kingdom, who grew up in Waterloo, Iowa, and joined the Army 22 days after graduating from West High School. "Long story short, I just had the heart and the will to get better and better. I guess I just proved to the coaches that I earned a spot on the All-Army team.

Private First Class Sidney Williams, a Reservist from Kentucky, won the 165-pound division with a 19-17 decision over Navy SK Abdullah Johnson.

Two-time Armed Forces champion Spc. Jeffery Spencer closed out the All-Army portion of the program with a victory over Air Force AIC Nicholas Alwan at 178 pounds.

The referee stopped their bout at 1 minute, 36 seconds of the first round.

Specialist Spencer said he felt the pressure of being a defending champion on the team to beat.

"The pressure's there because everybody is gunning for the Army," he said.

"For me, personally, this is just one step closer to achieving the goal I have set for myself this year - not to lose a fight in '09. I'm trying to get a national title this year. It's up to each one of us athletes, as a unit for the Army, to keep bringing that title home."

Specialist Spencer is chasing the Team USA spot occupied in 2008 by Staff Sgt. Christopher Downs, who now coaches All-Army and WCAP boxers.

First Lieutenant Michael Benedosso and Spc. Adrian Ghisiou won uncontested gold medals in the 106 and 112-pound weight classes, respectively because the other services did not have competitors in those divisions.

Sergeant Reyes Marquez of Fort Myer, Va., took the silver medal at 152 pounds after dropping a 30-29 tiebreaker to Staff Sgt. Joshua Gomez of Kirkland Air Force Base, N.M.

Sergeant Franklin, who battled through the challenger's bracket before losing to the Olympic alternate at the 2008 U.S. Olympic Team Trials for Boxing in Houston, now has his sights set on the 2012 London Olympic Games.

"I came back knowing I was going to be one of the leaders of this team, and I expect myself to be on that Olympic team."

All in all, Abdullah said he was impressed with the fight in his young boxers.

"Our goal is to be top three in the nation, team-wise, in two years at the U.S. Nationals. This was a performance that we can build off of."

The 2009 U.S. National Boxing Championships are scheduled for June 8-13 at Denver Coliseum.

# TIME OUT! The reality of 'Field of Dreams'

**Sgt. Joseph McAtee**  
3rd ID Public Affairs

Field of Dreams is one of those movies that every man over the age of 18 needs to have seen. It's a Capra-esque story of a man trying to bring closure to his ruined relationship with his dead father through the game of baseball. It's a quintessential American man's tale, but it speaks to the importance of baseball to the American soul.

In the film, Ray Kinsella, played by Kevin Costner, is a struggling Iowa farmer who is pushed to carve a baseball diamond into his corn field by a mysterious voice. Through a series of mystical events and characters, Kinsella eventually

reunites with his father, albeit a supernatural younger version of his dad. As the movie closes, the camera zooms out and we see a line of cars lined up for miles ready to hand over money to Kinsella, thus saving the farm from foreclosure. It's a simple feel-good plot, but one that hinges on a concept that can often be ignored in the modern sports climate: baseball and America are a part of each other.

The ending of the movie comes off as plausible because so many Americans still flock to games throughout the summer, even if, shockingly, the Red Sox or Yankees aren't playing. Baseball still holds a place deep in the American psyche that extends beyond the vio-

lent voyeurism of football, and past the improvisational and urban nature of basketball. It is a sport that is indelibly bonded with its own calendar season: summer.

Consider the classic anthem, "Take Me Out to the Ballgame." The song is an anomaly, because it's a song about going to a baseball game, not just watching the sport. That in and of itself explains that going to the ballpark is the attraction, not the sport itself. Attending a baseball game is important not just to watch the game or root for a particular team, but because the experience is singular. Just look at minor league baseball, a collection of organizations that lack both the star power of the

major leagues and the population hubs the MLB enjoys.

For the 2008 season, all of minor league baseball averaged more than 4,000 attendees per game. Savannah's minor league team, the Sand Gnats, welcomed more than 100,000 fans in 2008. Last year, minor league baseball attendance was up 1.1 percent despite the woes of the American economy. Despite the myriad troubles Americans face, they are still drawn to baseball, no matter the level of talent. The reason is simple: the sport of baseball is ingrained so deeply into our American minds that it doesn't matter who's playing. We'll still head to the ball park to watch.

James Earl Jones, who plays

a reclusive author in Field of Dreams, delivers a stirring monologue at one point to convince Costner to keep the field despite the financial troubles it creates and encapsulates what baseball means to our culture.

"People will come, Ray," he starts. "The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it's a part of our past, Ray. It reminds us of all that once was good and it could be again. Oh, people will come, Ray. People will most definitely come."

They certainly will.

## BRAVES

from Page 1C

The fans cheered for Sgt. 1st Class Lugo and the other honored men who stood on the pitcher's mound as they were recognized by the crowd for their sacrifice and the service to their country.

Soldiers and fans watched the game, surviving the downpour of rain at the end to see the home team defeat the visitors, 4-3.

While the Braves got the win, one player spoke of his reason for suiting up and playing on Memorial Day.

"We appreciate what you do day in and day out," said Gonzalez, who earned the save for Atlanta. "The least we can do is give you a good game today."

The Braves honor the military year-round. Every game at Turner Field, members of the military receive a 2-for-1 ticket offer on upper box seats by showing their military ID at the Turner Field ticket windows.



Spc. Michael Adams

**The Atlanta Braves honored servicemembers, veterans and their Families during their game against the Toronto Blue Jays, May 23.**

## Intramural Softball Scores

May 20

Field#1	Score
3/69 AR def. HHC 4-3 BSTB	28-12
MEDDAC def. 1-76 FA	12-1
C CO 3/7 IN def. C TROOP 6-8 CAV	13-10
Field#2	Score
92ND EN BN def. HHB 1/41 FA	18-17
A 4-3BSTB def. C CO 1/64 AR	11-8
A CO 3/7 IN def. 15 ASOS	13-6
Field#3	Score
C CO 3/15 IN def. A CO 3/15 IN	13-8
HHC 2/7 IN def. C CO 3/69 AR	10-0
3rd Sig BTB def. HHC 1-3 BSTB	17-15

## 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.rezendes@conus.army.mil](mailto:mary.rezendes@conus.army.mil).