

# Sports

## Outdoor pools open for summer



Sgt. Tanya Polk

**Brian Hester, 17, "belly flops" at Corkan Pool, May 27. Fort Stewart-Hunter Army Airfield pools and spray parks opened to Soldiers and Family members, May 26. Bryan Village, Corkan and Hunter outdoor pools are open 11:30 a.m. to 8:30 p.m., seven days a week through Sept. 1. Spray parks are open 11:30 a.m. to 8 p.m., Monday through Friday and noon to 8 p.m., Saturday, Sunday and holidays. For more information, call 767-3034 at Stewart, or 315-2819 at Hunter. Inset: Jaren Hart, 2, plays at Corkan Spray Park on Fort Stewart, May 27.**

## Hunter hosts first-ever Aerobicthon

Kaytrina Curtis  
Hunter Public Affairs

What does being physically fit mean? According to the Center for Disease Control and Prevention, physical fitness is defined as a set of attributes that people have or achieve that relates to the ability to perform physical activity. There are five components of physical fitness, and all of these components were shared as sweat, music, and high energy filled the air at Hunter Army Airfield, while many stepped, danced and grooved their way to fitness.

More than 50 Family members, civilians and community members came out to Tominac Fitness Center, May 17 for the first ever Aerobicthon held there. Participants were treated to various exercise avenues such as kickboxing, step aerobics and a crowd favorite, Zumba. A fitness routine that was created in the mid-90s by Colombian native Alberto Perez, Zumba is a dance-based fitness exercise that, mixes the latest dance moves with the latest hip-hop tunes.

Jake Battle, Fort Stewart and Hunter's fitness director said that even with the great

turnout, the hope is to get even more Family members involved in the aspect of fitness.

"I find that if people come out and they have a great time, they are apt to go back and tell someone else, and maybe next time they may bring two or three people along," said Battle.

Building a partnership with Army Families that enhances their strength and resilience is one of the commitments held by the Army Family Covenant, which was officially signed by the Secretary of the Army Pete Geren and Army Gen. George W. Casey Jr., Oct. 17 2007.

Retired navy servicemember, Victoria Godlock, said she enjoyed learning how to do the different routines.

"I think it's great," she said. Godlock added that by learning various forms of exercises, the aerobicthon helped her learn how to change up her routine. "...instead of doing the same things all the time."

Even though it is the first aerobicthon for Hunter, the participation the event turned out has some energized about the future. "We are excited about this, and we are hoping that we can grow from this," Battle said.



Kaytrina Curtis

**Zumba instructor Cara Spencer conducts a class during Tominac Fitness Center's first ever Aerobicthon held on Hunter Army Airfield, May 17**

## Veterans donate 'gift of golf' to deployed Vangards

1st Lt. William Perdue,  
1st Lt. Travis Hayes  
4th BCT Public Affairs

**FORWARD OPERATING BASE ISKAN, Iraq** – Soldiers stationed here received a pallet of golf gear, May 20 from golf enthusiast-military veterans back in the States.



**First Lieutenant Matthew Setters, with HHC, 3/7th Inf. Regt., unloads golf gear, May 20 at FOB Iskan. He received the equipment as a gift from military veteran golf enthusiasts in the States.**

The veterans donated the "gift of golf" – including clubs, balls and bags – after reading an article written by 1st Lt. Matthew Setters with Headquarters and Headquarters Company, 3rd Battalion, 7th Infantry Regiment, 4th Brigade Combat Team, 3rd Infantry Division.

Setters, from Portsmouth, Ohio, wrote the article in response to one written by Butch Harmon — one of the world's best known golf instructors — on "Operation Links," a Morale, Welfare and Recreation sponsored in Iraq last November.

Part of Harmon's article read, "I spent Thanksgiving week in Iraq with Tom Watson, David Feherty, Tom Lehman, Howard Twitty and Joe Inman. We went to 10 U.S. military bases, meeting our troops, talking golf, hearing about their lives and their work over there. What an amazing group of young men and women we have in our military today."

"At every base we hit balls with the troops on makeshift ranges—into the Iraqi desert, off the massive Haditha Dam, at a range built to honor a fallen commander in Baghdad (a few blocks from Saddam's palace, now command head-

quarters). We couldn't believe how thankful our Soldiers were that we made the trip. As a former Army guy in Vietnam, this was the most humbling and emotional experience of my life."

In his own article to Golf Digest, Setters wrote about Soldiers at FOB Iskan working on their game of golf while being deployed. Setters said he didn't want anything more than to publish the story of 3/7th Inf. Regt. Soldiers.

However, his entry received several readers' responses. Three readers in particular paid extra attention to the article. Terry and Brandon Kasen, veterans, got together with Family and friends to donate a surplus of golfing supplies to the Soldiers. Rich Elliot, of St. Simons Island, Ga., a Vietnam veteran, also contributed to the package of golfing supplies.

Elliot was on his way to be a part of the Professional Golfers Association of America tour before being drafted in the 1960s.

"I just want to thank all the golf patrons for their support," Setters said.

"I know the Soldiers of 3/7th will greatly appreciate the equipment. Upon receiving the equipment, the MWR is now going to sponsor a driving range for the Soldiers here on FOB Iskan."

So as the pallet full of golf gear arrived, Setters, who while in high school received several scholarships to Division III schools to play golf, hoped the game of golf would become a new outlet for Soldiers on the FOB.

With the new gear available, Setters is now working on a "course" so Soldiers can enhance their golf skills.

Prior to receiving his commission into the Army, Setters worked as the assistant pro at a golf course in Nicholasville, Ky., while attending the University of Kentucky.

# Jake's Body Shop

## The risks of start, stop fitness

**Jake Battle**  
DMWR Fitness Director

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

Now a major scientific study concludes 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 may exceed those of being overweight, according to Dr. Kelly Brownell, 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 heart disease when the study was initiated.

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

### Ages 30 to 44 most at risk

The study also found that subjects with the greatest weight fluctuation - were at most risk.

According to the researchers, this is

the age category where dieting is most prevalent.

Dr. Brownell state 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 weightloss 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 give medical advice, which should be obtained directly from your doctor.



**Jake Battle**

## 2008 Intramural Softball Schedule

### Rocky Conference

Date	Time	Field #	Teams
June 2	6:30 p.m.	1	3rd STB vs. FIREDAW
	7:30 p.m.	1	HHC, 1BCT vs. DES
	8:30 p.m.	1	385th MP vs. FIREDAW
	6:30 p.m.	2	MEDDAC vs. 526th ENG
	7:30 p.m.	2	MEDDAC vs. 293rd MP
June 4	6:30 p.m.	1	DES vs. 293rd MP
	7:30 p.m.	1	526th ENG vs. HHC, 1BCT
	8:30 p.m.	1	15 ASOS vs. 385th MP
	6:30 p.m.	2	MEDDAC vs. HHC, 1BCT
	7:30 p.m.	2	293rd MP vs. 526th ENG
June 9	6:30 p.m.	1	139th MP vs. 3rd STB
	7:30 p.m.	1	3rd STB vs. 15 ASOS
	8:30 p.m.	1	139th MP vs. DES
	6:30 p.m.	2	HHC, 1BCT vs. 293rd MP
	7:30 p.m.	2	385th MP vs. MEDDAC
June 11	6:30 p.m.	1	526th ENG vs. 139th MP
	7:30 p.m.	1	DES vs. FIREDAW

### Fort Stewart CO-ED

Date	Time	Field #	Teams
June 3	6:30 p.m.	1	293rd MP vs. Misfits
	7:30 p.m.	1	3rd SB vs. 385th MP
June 10	6:30 p.m.	1	293rd MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd SB
June 17	6:30 p.m.	1	3rd SB vs. 293rd MP
	7:30 p.m.	1	385th MP vs. Misfits
June 24	6:30 p.m.	1	385th MP vs. 3rd STB
	7:30 p.m.	1	293rd MP vs. Misfits
July 8	6:30 p.m.	1	293 MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 10	6:30 p.m.	1	3rd STB vs. 293rd MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 15	6:30 p.m.	1	3rd STB vs. 385th MP
	7:30 p.m.	1	293rd MP vs. Misfits

# Freshman ranked 16th in nation, 3rd in state

**Patty Leon**  
*Coastal Courier*

Running against some of the fastest seniors in the state at the Georgia High School Women's State Track Meet May 3 was a lone Tiger freshman, Quintunya Chapman.

At the sound of the gun the 400-meter dash was off, and 55.895 seconds later, Chapman took her place in the winner's circle with second place. It was another stitch in the runner's sneakers as she climbs to the top of the state.

As a freshman, Chapman is currently ranked third in the state and 16th in the nation for the 400-meter dash. The 15-year-old has already participated in five junior Olympics. She ran in her first junior Olympic game when she was just 12.

Chapman's Family moved from Fort Riley, Kan., to Fort Stewart about three years ago. A multi-sport athlete, she started playing basketball for the Fort Stewart girls team and teammates encouraged her to run track with them.

"I never ran track until we moved to Hinesville," Chapman said. "I didn't know what it was, but after the first year, I couldn't quit."

The sprinter also excels in the long jump and the relay, but her main claim to fame is the 400-meter dash. She runs with heart and determination.

"If I see somebody ahead of me I just can't let that go," she said. "I just go and run and I don't quit until the race is over."

Chapman said she never thought she would be ranked as high as she is. She said running started as something to do during off-season of basketball and volleyball to stay in shape.

"It's just starting to open up for me, and it's a talent that I now appreciate," she said. "Before, I just did it to stay active, but now it might get me into college."

And she has a preference.

"The University of Tennessee," she said.

"She plays volleyball, basketball and track," her mother Cenita said. "But she knows for us it's the grades that matter the most. She is an honor roll, grade-A student. She is aware that her athletic abilities are a God given talent, but without the grades she won't make it, so we always push education above everything else."

Cenita Chapman said it was Willie Daniels, the track coach for Fort Stewart's Elite Rockets, who brought her running talents to their attention. The Rockets are currently

training for nationals in Detroit in July.

"When the coach saw her running a practice warm-up, he immediately asked who she was and said she would be a 400-meter runner," she said. "She has been running ever since, and here we are. It's awesome; we are very proud of her."

Being the last of five kids gave Chapman another advantage. She is an independent thinker, thanks to the support of her Family, and she is not likely to follow others down the wrong path.

"If I have any problems, I usually go to my parents for answers," Chapman said. "I don't let the other kids influence my decisions."

"I thank God that she has parents who are already molding her and she listens," Lady Tiger track coach Readie Kelly said. "She believes in doing the right thing herself, and she is a role model and leader for the rest of the athletes."

Kelly said she began to watch Chapman's progress in the seventh grade.

"I started to see what I would be able to do as a coach to develop that skill," Kelly said. "When I saw the potential she had and the athleticism

that she possess, I thought to myself 'I have an Olympian here.' I compare her to another former track star, Delisha Milton, at this stage. As a ninth grader coming out and being balanced in every sport and excelling in every sport, I placed her just ahead of Milton and that is saying a lot. To place anyone in the same arena as Milton is an accomplishment."

Kelly said the focus is to keep her from any injury that would hinder her performance as well as keeping her focused on academics. The coach said she enjoys watching her run against senior rivals at state.

"To see her run against some of the best seniors, and here she is a freshman, and to compete the way she did was just a sight to see," Kelly said.

"Think about where she can be when she is a senior."

Cenita Chapman said she is a Volunteers fan as well and hopes Tennessee will be her daughter's future.

"But ultimately the university that can offer her the most would be acceptable as well," she said.



Patty Leon

**Track coach Readie Kelly (left) stands with Tiger track star Quintunya Chapman and her mother Cenita. The freshman is ranked third in the state and 16th in the nation in the 400-meter dash.**