



SPORTS & RECREATION

JUNE 2, 2011

Hunter stresses boating, water safety



Photo by Nancy Gould

A Coast Guard rescue swimmer from the Air Station Savannah lit a red flare to signal his position to the helicopter crew that hovered over Hunter's Hallstrom Lake May 24 during a simulated water rescue. The event was one of several demonstrations that the Hunter Safety Office arranged to show service members and their families the risks associated with recreational water events.

Nancy Gould

Hunter Army Airfield Public Affairs

The Coast Guard helicopter hovered over Hallstrom Lake at Hunter Army Airfield on the morning of May 24 to simulate the rescue of a drowning swimmer during National Safe Boating Week, May 21-27. From the shore, employees and Soldiers watched as Air Station Savannah's rescue swimmer marked the manikin's location with a red smoke flare, followed by the descent of a large metal basket from the aircraft into the cool glistening water for pickup.

"I was told that this rescue is a little difficult with all the trees around," said Kim Hill, a safety specialist at Hunter, who helped set up the Coast Guard demonstration and other water related events and static displays of the day to teach water safety.

"You can't assume anyone knows the dangers of boating or of wading too far out in the rip tide currents at Tybee," she continued. "Both can be fatal. The purpose of this event is to explain how to be safe while operating a boat or jet ski and how to stay safe during a day at the beach."

Other groups were also on site with information on water safety, including Don Ambuhl, the lead lifeguard at Tominac Fitness Center. He brought life jackets in various styles, colors, and functionality but all with a Coast Guard stamp of approval, an important factor when investing money in the water safety gear. He urged everyone to wear the correct size and the jacket that is relevant for the water event.

Lance Larson, a vendor from Action Power Sports, brought a jet ski from his shop to demonstrate how to operate it safely. "They've come a long way with safe-

ty features on jet skis the last few years," he said. "They're a lot of fun, but if you don't take precautions, they're dangerous."

Representatives from the Coast Guard Auxiliary set up a booth to disperse boating safety information and to perform boat inspections. When Tommy Sidner heard about the free boat inspections, he brought his family boat to Holbrook to get checked out.

"I'm in the Coast Guard Reserves so I know something about water and water safety," he said. "The free inspection is good for anyone who owns a boat. If you have a light out or something wrong on your boat, it's better to find out before you put it in the water and get a ticket from law enforcement officers. I never want to endanger my family. The inspection raises my comfort level."

An Army Substance Abuse program representative was also on site with literature that warns potential boaters about the risks of drinking alcohol while operating a boat or swimming. He said that water activities and drinking are as lethal a mix as drinking and driving. Alcohol affects your central nervous system, impairs your coordination, judgment and ability to make decisions. Just like the decisions you make behind the wheel of a car, the decisions you make on the water affect your own, as well as other people's lives.

Alcohol makes it easier to become disorientated and fatally confused. It suppresses inhibitions, causes dizziness and tunnel vision. Impaired swimmers and boaters often make wrong decisions, attempt tasks beyond their abilities and when things go wrong, make decisions that do not contribute to their or anybody else's survival.

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Softball Standings

Fort Stewart Softball Standings

TEAM	WON	LOST
Marne Conference		
526th Eng. Co.	9	0
24th Ord. Co.	6	2
C Co., 1/30th Inf. Bn	6	2
F Co., 3/69th AR	4	4
3/7th Inf. Bn	3	5
HHC, 1/64th (MED)	3	6
29th Eng. Det.	1	6
B Co., WTB	0	7
Rocky Conference		
MEDDAC	8	0
DHHB (SIG)	6	2
15th ASOS	5	4
139th MP Co.	4	2
NU- IMAGE	4	5
HCB, 1/41 FA	3	6
HHC, 3/69th AR	2	6
C Co., 3/69th AR	0	5
Liberty Conference		
5/7 CAV	7	1
B Co., 3/69th AR	7	3
226th QM Co.	6	3
A Co., STB	6	3
A Co., 1-3 BSTB	4	2
549th MP Co.	3	5
756th EOD	3	1
D Co., 1/30th Inf.	2	5
92ND CHEM Co.	2	6
90th HR	0	8
Freedom Conference		
B Co., 2-3 BTB	3	1
A Co., 3/69th AR	2	0
HHC, 92nd Eng. Co.	2	0
A Co., 2/7 Inf. Bn.	2	0
HQ, 26th BSB	2	3
HHC, 2-3 BSTB	2	1
135th QM Co.	1	2
1-3 BSTB	1	2
I & S Co.	1	1
3/7 CAV	1	0
A Co., 1/41 FA	0	4
FSC, 1/64th AR	0	2
OPS DHHR	0	1

See page 2C for more standings.

Wounded warriors win gold, silver medals

Denise Etheridge
Frontline Contributor

Two Fort Stewart Soldiers brought home gold and silver medals after competing against similarly determined paralympians from the Army, Navy, Coast Guard, Air Force, Marines and Special Forces in the Warrior Games May 16-21 in Colorado Springs, Colo.

Specialist Zachariah Smith, 23, won silver as a member of the Army's sitting volleyball team, and Spc. Stuart Lancaster, 28, took the gold in the discus throw.

"It was a great experience," Spc. Lancaster said. "Everyone there was a really good competitor. It was intense competition; it was phenomenal."

The two Fort Stewart Soldiers were among 200 wounded, injured and ill active-duty service members who competed in adaptive sports, including archery, cycling, wheelchair basketball, shooting, swimming, sitting volleyball and track and field, at the U.S. Olympic Training Center near Pikes Peak, Colo.

The Warrior Games are organized by the U.S. Paralympics, a division of the U.S. Olympic Committee, the Department of Defense and the USO.

Coaches and athletes from the U.S. Paralympics visited Fort Stewart's wounded warriors in February and have trained Warrior Transition Battalion leaders and cadre staff, including WTB commander Lt. Col. Bill Reitemeyer and chief occupational therapist Debra DeHart, in developing an adaptive-sports program.

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Photo by Denise Etheridge

Specialist Zachariah Smith, left, and Spc. Stuart Lancaster, won silver and gold medals at the Warrior Games last month.

Specialist Lancaster competed against 11 other throwers May 17, the second day of the games. His winning throw was 135 feet, 7 inches, he said.

"There were six teams competing in sitting volleyball," Spc. Smith said. "We lost one game and then lost the one for first place. The Marines took the gold, Army got silver and a special (forces) team got bronze."

Army takes gold at wheelchair basketball championships

Army News Service

COLORADO SPRINGS, Colo. - The Army beat out the Marines, 44-19, and took home the gold, after fierce competition at the championship wheelchair basketball game, May 20, at the 2011 Warrior Games.

Enthusiastic fans from both sides packed the bleachers at Sports Center I, Olympic Training Center. They held up signs, honked horns and cheered for their favorite team.

After the intense game, head coach for the Army, Doug Garner, said he was pleased with the way his team played.

"We got off to a really good start and that helped," Garner said, "We've been kind of slow coming out of our last few games, so we really wanted to come out at a level that we could take sure shots and play good

defense, and we did that."

Garner has been coaching wheelchair basketball since 1992. His son was born with a disability, he explained, so he started a junior program in Arkansas.

"Now I'm a commissioner for the junior division for the U.S. (National Wheelchair Basketball Association), so I work with junior programs around the country," he said.

He also coaches the collegiate team at the University of Texas, Arlington, Texas. The Army called to ask him to coach their team.

The Army's team benefited from the coach's expertise in the championship game, said team captain Juan Soto, who is at the games for the first time.

"We kept our cool and executed basically everything that coach taught us last week," Soto said.

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Softball Standings continued

Hunter Army Airfield Softball Standings

TEAM	WON	LOST
American League		
USMC	11	1
Hunter Fire Fighters	10	3
B Co., 2/3rd AVN	8	6
USCG	7	4
D Co., 2/3rd AVN	7	6
110th QM Co.	3	12
603rd AVN	2	9
224th M.I.	1	8
National League		
D Co., 4/3rd AVN	10	2
3/160th SOAR	10	3
A Co., 3/160th SOAR	10	3
HSC, 603rd AVN	7	6
JUST ENOUGH	6	0
D Co., 2/3rd AVN	3	8
HHC, 2/3rd AVN	2	10
F Co., 2/3rd AVN	2	10

Stewart CO-ED Softball League Standings

TEAM	WON	LOST	TIE
OSJA	1	5	1
A Co., 3-7 FRG	5	2	
S.W.A.T	2	5	
CHICKS with STICKS	5	1	1

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Soto served in the Army from 1998 to 2002 and was injured in 2003 during a car accident. He has been playing wheelchair basketball for six years, he said, and believes he brings leadership to the court.

"I probably have the most experience," Soto said. "I can decide where the ball goes and who should get it. I know the strengths and weaknesses of my players."

Garner was humbled to participate in the games because he was able to see the players as service members as well as athletes.

"These guys brought a great attitude in because they remember last year," Garner said. "They came to the pre-camp, all the

camp, wanting to learn, and they were really focused."

"I had a blast," Soto said of the games. "It's something I didn't expect for it to be as huge as it is. We have a lot of support from our fellow service-members, so I'm hoping to do it next year."

While the Army and Marines battled for the gold and silver, the Navy and Air Force fought for the remaining prize -- the bronze. But Navy proved the winner there, in a close 13-12 game against the Air Force's team.

The 2011 Warrior Games, a joint effort between the U.S. Olympic Committee and the U.S. Department of Defense, is sponsored by Deloitte.

Hunter trails complete



Sergeant Donna Campbell, Hunter Garrison, takes the first-place female title on May 24, in a competitive run during PT on Hunter's new running trail.



Photos by Nancy Gould, Hunter Army Airfield Public Affairs

Lieutenant Colonel Ron Speir, 117th Air Control Squadron detachment commander, Georgia Air National Guard, takes the lead over Lt. Col. Jose Aguilar, Hunter Army Airfield garrison commander, along with the first-place male title, in a friendly competition on Hunter's new running trail May 24 during PT.

SAFETY ————— from Page 1C

Hill gave other tips about swimming safety:

- Always swim with a partner — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.
- Get prepared for emergencies. Learn life-saving skills, such as CPR and rescue techniques.
- Know your limits. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.
- If you are a good swimmer and have had lessons, keep an eye on friends who aren't as skilled.

• Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, riptides, sudden storms, or other hidden dangers.

• If you do find yourself caught in a current, don't panic and don't fight the current. Swim with the current, gradually trying to make your way back to shore as you do so. Even a very good swimmer who tries to swim against a strong current will get worn out.

• Some areas with extremely strong currents are off limits when it comes to swimming. Do your research so you know where not to swim.

For additional information about boat safety and free vessel exams, go to www.safetysal.net or call Kent Shockey at 912-897-7656.

Savannah Sand Gnats honor military

Jennifer Hartwig
Hunter Army Airfield Public Affairs

The Savannah Sand Gnats, the Class-A affiliate of the New York Mets, honored the military with an appreciation night at Grayson Stadium, May 29.

Soldiers of the 3rd Battalion, 69th Armor Regiment, 1st Heavy Brigade Combat Team, 3rd Infantry Division took an active role in the game's festivities, led by Sgt. 1st Class Robert Caleb, Headquarters and Headquarters Company, 3/69 Armor, who threw out the ceremonial first pitch.

After the pitch, 50 Soldiers from 3/69 Armor marched onto the field, each carrying one of the state flags – in order of statehood. A joint Color guard, made up of Soldiers of the 3rd ID, an Airman from the 165th Airlift Wing, a Marine with the 2nd Beach and Terminal Operations Company, and a Coast Guardsman from the U.S. Coast Guard Air Station Savannah, carried in their service flags and the stars and stripes.

The 3rd ID band played the national anthem

and the service members received a standing ovation from the crowd as the final notes of the Star Spangled Banner echoed through the stadium. Earlier, the division band played patriotic music outside of the stadium as the crowd trickled in.

Between innings, nine 3/69 Armor "Speed and Power" Soldiers took part in competitive games, including a tire flip and pushup contest.

Specialist William Bobaconti, 3/69 Armor, completed 47 pushups in 30 seconds to win the pushup competition in the sixth inning.

"It's a good feeling to be recognized for the things you do for your country," he said after his win.

The Sand Gnats took advantage of five Charleston RiverDogs errors to take the 4-3 win in front of 3,069 fans on Military Appreciation Night.

In honor of the military, the game was followed by a fireworks display. Active-duty service members and veterans were given free admission to the game, and their Family Members received discounted tickets.



Photo by Steve Hart, Hunter Army Airfield Public Affairs

Fifty Soldiers of 3/69 Armor, 1st HBCT, 3rd ID, carried the flags of the United States and a joint color guard presented the colors during the National Anthem as part of the Savannah Sand Gnats Military Appreciation Night at Grayson Stadium in Savannah, May 30.



Sports Briefs

Stewart needs youth coaches

The CYSS Youth Sports is currently seeking volunteer coaches for tee-ball and baseball for age groups 4-13. The season runs through June 2011. To sign up as a volunteer or to acquire more information, please call 912-767-5079.

Ten Miler qualifying race

There's no charge to take part in the practice race or the Army Ten-Miler Qualifying Race, which will be run at the Donovan track in the Georgia National Guard Training Area at Stewart, Saturday.

Family Members are not eligible to become a member of the Stewart/Hunter Ten-Miler team, but are welcome to run with their Soldiers in the practice run and qualifier.

For more information, call 912-767-8238 at Stewart or 912-315-2019 at Hunter.

The 27th Annual Army Ten-Miler, with a 30,000-runner field, will be held at 8 a.m., Oct. 9 at the Pentagon.

Medals

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Specialist Smith said that going into the semifinals, all bets were on the Army and Marine teams to win.

"It was all about having fun," he said, adding that the competition wasn't fierce until the final game. "Then the Marines came out of nowhere and began ramming it down our throats," he said.

Specialist Lancaster and Spc. Smith supported one another during the games.

Specialist Smith recorded most of Spc. Lancaster's discus event, and both watched the Army compete in wheelchair basketball.

"That is an intense sport," Spc. Smith said.

"Some of the wheelchairs fell over (during play)," Spc. Lancaster said.

The Army's team took the gold in wheelchair basketball and swimming, Spc. Smith said.

Specialist Smith and Spc. Lancaster don't dwell on their injuries; they say it's better to focus on improving their athletic skills and encourage other wounded warriors to do the same.

Specialist Smith was injured in an IED blast in 2007 while deployed to Iraq with the 2nd Heavy Brigade Combat Team. He suffered 12 separated disks in his spine, a broken knee, a broken shoulder, traumatic brain injury and PTSD.

Specialist Lancaster came to the WTB after being diagnosed with Hodgkin Lymphoma in 2009. He was preparing to deploy to Iraq with the 1st Heavy Brigade Combat Team when he got sick. He endured intensive chemotherapy treatments and received a stem-cell transplant.

Both Spc. Smith and Spc. Lancaster soon will return to full duty.

Specialist Smith is waiting on orders to mechanic school and in the meantime will help coach the WTB's sitting volleyball team. He will be among 45 soldiers and WTB cadre members attending the Georgia Champions Sports Festival, June 8-9 at Warm Springs.

"I'll be at the Warrior Games next year if I'm not deployed," Spc. Smith said.

Specialist Lancaster currently is focusing on getting promoted and expects to be assigned to an infantry battalion within the next six months. He intends to continue his track-and-field training.

"I'll probably start throwing like I did when I was younger within six months of training," he said. His goal is to reach a discus throw of 185 feet — 50 feet farther than his Warrior Games gold-medal throw — by the end of this year.

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