



MWR representative, Lisa Williams, scales Corkan's climbing wall.

Allahasia Muhammad, 5, helps demonstrate the new skating facility at Corkan, May 29.

The ribbon was cut, officially opening new facilities to Corkan Family Recreation Area, May 29.

Photos by Pat Young

Third Infantry Division Family Readiness leader, Sarah Lynch; Corkan Family Recreation Manager, Ronnie Stevens; Fort Stewart-Hunter Army Airfield Garrison Commander, Col. Todd Buchs and daughter Alexie Buchs, 7; Joseph McKenzie, 13; Cody Polk, 13; and Garrison Command Sgt. Maj. Charles Durr, cut the ribbon to the newly completed Corkan Family Recreation Area, May 29.

# Corkan opens for summer fun

Pat Young  
Managing Editor

Corkan Family Recreation held a ribbon cutting to a new world of adventure for Fort Stewart-Hunter Army Airfield Youth, May 29.

The cutting preceded demonstrations of new features at the center, including laser tag, wall climbing room, skating, video and concession area.

Fort Stewart-Hunter Army Airfield Garrison Commander, Col. Todd Buchs was on hand for the grand opening. He thanked the community for coming together to make the new center happen, with particular emphasis on Ronnie Stevens, who oversaw the center from concept to reality.

Buchs said the new facility was a testimony of the dedication to community members and activities to provide quality services to Families who sacrificed so much - so their Soldiers could succeed in Iraq.

The commander said about \$1.5 million dollars went into Corkan to transform the World War II generation gym into the modern Family

amusement center.

Corkan Family Recreation Area offers fun for everyone at Fort Stewart with activities that include 12 lanes of bowling, 18 holes of miniature golf, 11 splash-park features, in-door skating and an indoor 'tree-house.'

CFRA consists of the Stewart Lanes Bowling Center, Cypress Creek Adventure Golf, The Springs at Cypress Creek water splash-park, Cypress Sam's Tree House and the new Corkan Recreation Area.

Parents can enjoy the new facilities because it gives children a safe place to play while parents watch in a relaxing environment. In addition, most attractions are available for birthday or unit parties.

Hanee Muhammad, who helped demonstrate the the skating attraction, commented about the changes to Corkan Gym.

"It's nice now. When we first started coming here to skate there was no music, games or air-conditioning," said Muhammad.

He noted the changes added all that was missing and more, mentioning the center was now like a popular business found in Savannah but with more features like the wall climbing room.

The youth attending the grand opening expressed their appreciation.

"It's going to be fun," said Cody Polk, 13, who was on-hand to help with the ribbon cutting. "I'm going to spend a lot of time with the laser tag.

Stewart Lanes has an arcade, snack bar, and 12 lanes of bowling, with bumpers available for younger participants. The cost is \$2 per game, regularly. Monday and Thursday are "Special Bowling" and games are \$1. Moonlight Bowling offers unlimited blowing for \$20 on the second weekend of every month and includes shoe rental.

Stewart Lanes is open 1 to 9 p.m., Monday and Thursday; 1 to 11 p.m., Friday and Saturday, and 1 to 9 p.m., Sunday. The lanes are closed Tuesday and Wednesday.

Cypress Creek Adventure Golf has 18 holes of challenging miniature golf with water features, a gazebo and climbing rock.

The cost is \$2 per game and is open 3 to 7 p.m., Monday through Friday, and noon to 7 p.m., Saturday and Sunday.

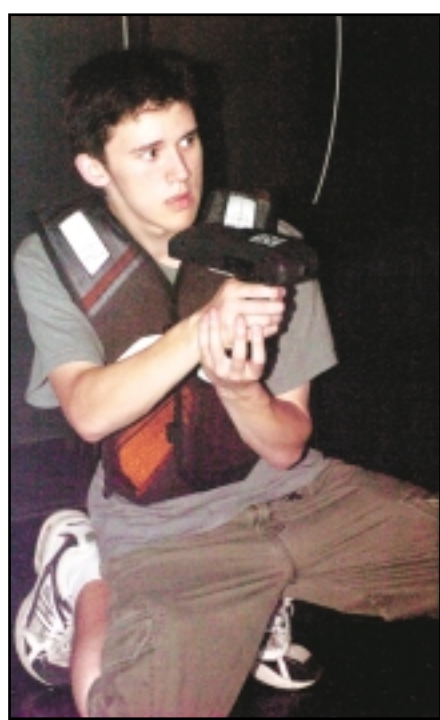
The Springs at Cypress Creek Splash Park is open to children 13 and under with adult supervision. It has 11 features.

The cost is \$1 for admission for 13 and under (30 to 60 inches) and is free for children three and under (under 30 inches tall) with a paying adult.

The Creek's operating hours are 12:30 to 7 p.m., Monday through Friday and noon to 7 p.m., Saturday and Sunday.

The Corkan Family Fun Center, with its 8,000 square foot structure will featuring laser tag, roller skating and 3-d climbing wall also features a video arcade and concession area.

The summer hours are 2 to 7 p.m., Monday and Thursday; closed Tuesday; 2 to 9 p.m., Wednesday and Sunday; and 2 to 11 p.m., Friday and Saturday. Laser tag is \$5 per game, \$8 for two, \$10 for 3. Each game is 10 minutes. The climbing room is \$7 per one-hour session.



Josh Reynolds, 18, demonstrates the new laser tag facility at Corkan Family Recreation area, May 29, following the ribbon cutting ceremony.



Cypress Sam's Tree House and Wilderness Play area offers a safe play environment for children.

# 514th QM stumps 110th QM 18-3 in softball action



Kaytrina Curtis

Civilian firefighter, Cody McBrayer, with the 514th Engineer Detachment hits one across left field during a regular season intramural softball game, May 29 on Hunter Army Airfield.

Kaytrina Curtis  
Hunter Public Affairs

Soldiers and civilians warmed up early evening before the infamous Georgia gnats decided to bear their teeth, for a regular season intramural softball game, May 29 on Hunter Army Airfield.

During warm ups, jeers were directed from the undefeated team to those within earshot not to get too comfortable because the game would be over soon. The contest featured the undefeated 514th Engineer Detachment, 260th Quartermaster Battalion against the 1-10 squad from their sister company, "the Ghost Riders" of the 110th Quartermaster Company.

The underdog Ghost Riders played their 15-0 foes tough through three innings before the contest got out of hand. The 514th prevailed 18-3.

The 514th broke out to a 4-0 lead in the first frame and stretched it to 7-2 after two. The Ghost Rider's pitcher and defense settled down in the third, holding the 514th's high-powered offense scoreless. They missed an opportunity to chip away at the 514th's lead when they, too, failed to score in the third.

The 514th's bats got cranked up in the fourth when hitter after hitter stroked line

drives, finding gaps in the Ghost Rider's defense. When the dust settled, the 514th scored six runs and advanced their lead to an insurmountable 13-2

The 514th's offense was led by Larry Rhodes, Bryan Frayer and Justin Grabinski.

Soldiers and civilians participate in intramural sports for various reasons, but one sentiment was repeated by several teammates.

"Well I think after a hard day's work, it's nice to come out here and have a little fun," said Cpl. Justin Grabinski, 514th Eng. Det., who planned on winning the game from the start through "hard work and dedication."

Michael Hughes, Directorate of Morale, Welfare and Recreation, sports director, Hunter Army Airfield, said when commanders care about their unit's morale the unit performs in battle.

"He (commander) will have a well balanced, focused organization, which can communicate to one another and work as a team," he said. "Sports build this in a unit and organization."

A championship softball game will be played sometime this month. For more information on intramural sports, call Mike Hughes, 315-4160 or Randy Walker, 767-8238.

# Jake's Body Shop

## Stretch now ... or pay later

**Jake Battle**  
DMWR Fitness Coordinator

Have you ever started a workout before you were completely warmed up and woke up to regret it the next day? You probably didn't spend enough time limbering up and becoming flexible.

### Why flexibility pays off

Flexibility is the ability to extend each joint through its normal range of motion. It is one of the most basic principles of physical fitness and should be included in any exercise program. There are many benefits associated with a well-designed flexibility program. According to the respected University of Utah's PEAK Academy, there are several benefits to stretching.

### Range of motion

Inactivity, aging, and even exercise can result in tight muscles and connective tissue that result in decreased range of motion. Many of us sit for long periods of time at work or at home, and therefore, have especially tight hamstrings and hip flexor muscles. Consequently, movement is limited. Flexibility exercises can increase and then maintain a wide range of motion.

### Decrease muscle tension

Stretching promotes relaxation by bringing muscles back to normal resting lengths. Muscle tension that results in headaches, 'stiff neck,' and general stiffness can be reduced and/or eliminated through regular flexibility exercises.

### Prevent injury

Muscle and connective tissue injuries are commonly due to limited joint mobility. For example, consider the high incidence of hamstring injury (muscle and connective tissue tears) in football players, a group with generally low flexibility, compared to the muscle tear rate in gymnasts, a high flexibility group.

As flexibility decreases, there is greater likelihood of injury if the body is put in a position outside the normal range of motion (as with exercise, sport actions, even slips and falls).

### Promote body awareness

Flexibility exercises allow individuals to become 'in tune' with their bodies. Body awareness is valuable in identifying limitations and strengths.

### Enhance performance

Performance is enhanced in a number of ways if flexibility is maintained. Muscles contract with more force at long lengths; therefore, a long supple muscle is effectively stronger. Fluidity of motion is evident in individuals with greater flexibility. Again, visualize the movements of a gymnast compared to a muscle-bound body builder with a limited range of motion. The gymnast is able to perform complex actions with ease because of greater flexibility.

It feels great

### It feels great

Stretching feels good! Many people rely on flexibility exercises for reducing muscle tension, stress relief and even meditation. When performed properly, stretching results in a feeling of well-being and relaxations.



Jake Battle

# Tiger opens arms for Soldiers, Family members at AT&T National

**Tim Hippi**  
FMWRC Public Affairs

BETHESDA, Md. – Tiger Woods' support of U.S. troops will be on worldwide display July 2-6 during the AT&T National at Congressional Country Club.

Like last year, tournament host Woods has donated 30,000 tickets for service members and their Families to attend the AT&T National. Military personnel again will play alongside Tiger in the Earl Woods Memorial Pro-Am, July 2.

For that day, a new twist has been added to this year's event. Nike donated golf equipment to troops in the United Kingdom, Afghanistan, Iraq, Germany, Japan, and aboard the U.S.S. Harry S. Truman. The Pentagon Channel will film servicemembers making ceremonial first shots in those locations and the balls will be returned to the States.

Twenty-five children who have a parent serving abroad will join Tiger at Congressional for ceremonial first shots with those same golf balls.

"We feel that the shot and these balls are our way of thanking these Families for the support that they really provide us," Congressional Country Club President Bret Hart said during AT&T National media day, May 27. "We feel it will be a great way really to honor them as well."

Woods seconded that sentiment. "I think that people don't realize the dedication of our men and women," said Woods, an Army brat who seemingly could not say "thank you" enough to the troops. "I grew up in a military household. I understand. I understand what it takes. I witnessed it. I have been around the guys all my life – have been part of the military from infantrymen to Special Forces. I have been around all that. I know what it takes."

"They don't get enough thanks, and we're here to do that. There are people here who really do miss them, really appreciate what they're doing."

Most Army ITT/ITR offices within a

150-mile radius of Washington have the free tickets available on a first-come, first-served basis. The tickets will be limited to two per person each day for play on Wednesday through Friday for active duty, Reserve, National Guard, retired and civilian Department of Defense personnel.

For Saturday and Sunday play, the free tickets will be available only for active duty personnel – and restricted to two per day per person for each day. All tickets must be picked up at an ITT/ITR office. No tickets will be mailed.

Throughout the tournament, children 12-and-younger will be admitted for free when accompanied by a ticket-holding adult (limit two children per adult).

Tickets for youths ages 13-17 can be purchased daily for \$15 only at the gate.

For more information about the ticket distribution, e-mail your questions to [militarytickets@attnational.org](mailto:militarytickets@attnational.org).

The AT&T National also will offer military personnel a one-time 10 percent discount at all on-course merchandise locations. A valid U.S. military identification card must be presented at time of purchase. That discount does not apply to purchases made at the Congressional Golf Shop adjacent to the clubhouse.

The tournament will honor a different branch of the military on each day of play and spectators are encouraged to wear patriotic clothing in support of our military men and women. Wednesday will be Coast Guard Day; Thursday is Air Force Day; Friday is Navy Day; Saturday will be dedicated to the Marine Corps, and Sunday will be Army Day.

Patrons who purchase tickets on the AT&T National Web site can make a donation to one of the following military charities: Fisher House Foundation, Military Officers Association of America Scholarship Fund, National Military Family Association, Our Military Kids or the Yellow Ribbon Fund.

# SALUTE THE TROOPS

Air Show

For more information visit:  
[www.midcoastairshow.com](http://www.midcoastairshow.com)  
or call 912.368.3471

MidCoast Regional Airport at Wright Army Airfield

Tickets can be purchased at: The Heritage Bank, MWFR, City of Hinesville, Liberty Co. Courthouse Annex & Liberty Co. Chamber of Commerce

Saturday, June 14th & Sunday, June 15th

gates open 10 a.m. – 5p.m.

Parking is on Donovan Field with transportation provided to the airport.

Tickets: \$10 for Active Duty Military \$12 for Civilians  
Children 12 & under free

NO OUTSIDE FOOD OR DRINK ALLOWED. NO COOLERS. BAGS SUBJECT TO SEARCH. NO PETS.

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# 2008 Intramural Softball Standings

Co-ed Softball	Won	Lost	PCT	
293 MP	1	0	1.000	
MISFITS	1	0	1.000	
3rd STB	0	1	0.000	
385 MP	0	1	0.000	
Marne Conference	Won	Lost	PCT	
Co. A, 5/7 CAV		0	0	0.000
Co. A, 3rd BSB	0	0	0.000	
HQ, 5/7CAV	0	0	0.000	
Co. A, 1/41FA	0	0	0.000	
HHC, 3/69AR (A)	0	0	0.000	
HHC, 3/69AR (B)	0	0	0.000	
Co. C, 3/69AR	0	0	0.000	
Rocky Conference	Won	Lost	PCT	
526th Eng	4	0	1.000	
MEDDAC	4	0	1.000	
FIREDAW	3	1	0.750	
293 MP	2	1	0.666	
3rd STB	2	2	0.500	
15 ASOS	1	2	0.333	
139th MP	1	3	0.250	
DES	1	3	0.250	
HHC 1 BCT	0	3	0.000	
385th MP	0	3	0.000	
Hunter Softball Conference	Won	Lost	PCT	
514th Eng.	15	0	1.000	
Rigger Platoon	8	1	0.888	
224th MI BN	8	4	0.666	
USMC	6	5	0.545	
E Co., 3/3 Avn		2	5	0.286
D Co., 3/3 Avn	2	6	0.250	
110th QM	2	9	0.181	
10th Trans	1	11	0.083	

## Sign up for CYS sports

### Special to the Frontline

Registration for youth sports at Child and Youth Services. Sports programs are open to all Child and Youth Service members, both boys and girls for children meeting the age requirements. Categories vary throughout the year.

For more information, call 767-4371. CYS registration is located at building 443, Gulick Ave. next to Corkan Pool. Hours of operation are 8 a.m. to 5 p.m., Monday through Friday; 9 a.m. to 6 p.m., Wednesday. For more information, call 767-2312. Sports registration is free to children of any parent currently deployed.

## Rocky Conference

Date	Time	Field #	Teams
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 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

## Marne Conference

Date	Time	Field#	Teams
June 9	6:30 p.m.	3	HHC, 3/69AR (B) VS Co. A, 3rd BSB
	7:30 p.m.	3	A, 1/41FA vs A, 5/7 CAV
	8:30 p.m.	3	HHC, 3/69AR (A) VS HQ, 5/7 CAV
	8:30 p.m.	2	C, 3/69AR VS A. 3/69AR
June 11	6:30 p.m.	2	C, 3/69AR VS HHC 3/69AR (A)
	7:30 p.m.	2	HHC, 3/69AR (B) vs A, 5/7 CAV
	6:30 p.m.	3	Co. A, 3rd BSB VS HQ, 5/7 CAV
	7:30 p.m.	3	A, 1/41FA VS A, 3/69AR
June 16	6:30 p.m.	1	A, 5/7 CAV vs HQ, 5/7 CAV
	7:30 p.m.	1	A, 1/41FA VS Co. A, 3rd BSB
	6:30 p.m.	2	HHC, 3/69AR (B) VS C, 3/69AR
	7:30 p.m.	2	HHC, 3/69AR (A) VS A, 3/69AR