



Find out where
your team stands
Page 2A

Jake's Body Shop
Staying motivated
to keep in shape, Page 2C

THE FRONTLINE

SPORTS & RECREATION

JULY 2, 2009

Hunter nets 3,000 pounds of fishy fun



Photos by Kaytrina Curtis

Wildlife Officer, Greg Harvey (far right, background), helps first-time fishermen Staff Sgt. Sonya Busby and her group fish during the Directorate of Morale, Welfare and Recreation fishing derby June 27 at Hunter's Halstrom Lake.

Kaytrina Curtis
Hunter Army Airfield Public Affairs

As temperatures reached into the high 90s, young fishermen up to age 15 pulled catfish out of Hunter Army Airfield's Halstrom Lake, June 27 during the Directorate of Morale and Welfare fishing derby.

More than 230 registered youth tried their skill at the sport. The lake was stocked with 3,000 pounds of catfish and anglers had three hours to attempt to catch their five-fish limit.

First-time fisher, Staff Sgt. Sonya Busby, 165th Airlift Wing, Air National Guard, found information on the fishing derby via a flyer, when she attended her daughter's swim camp on Hunter. Staff Sgt. Busby brought along six children to enjoy the experience as well.

Halstrom Lake is still under construction for renovations and expects a completion date in September. Those in the community will be able to enjoy screened, covered pavilions, a new playground, as well as restrooms.



Four-year-old Hunter Scales was squeamish about touching his fish after catching it during the Directorate of Morale, Welfare and Recreation fishing derby June 27 at Hunter's Halstrom Lake.

LEFT: Sergeant First Class Kelly Dufrene holds a catfish caught by 9-year-old Bailee Dufrene as she cuts the line from the fish's mouth during the Directorate of Morale, Welfare and Recreation fishing derby, June 27 at Hunter's Halstrom Lake.

Garrison Commander hosts Golf Scramble

Randy Murray
Fort Stewart Public Affairs

The Garrison Commander Golf Scramble kicked off at 8 a.m., June 26 with 15 teams competing at Fort Stewart's Taylors Creek Golf Course. The garrison scramble takes place the last Friday in every month from

March through October. It's open to Golf Club members, Soldiers, Family Members, retirees and civilian guests.

According to Tommie McArthur, golf professional for Taylors Creek Golf Course, the winners for the June scramble included the following:

See **GOLF** Page 3C



Benning's new CG runs with Marne Soldiers

Pvt. Erik Anderson

Major General Michael Ferriter, commanding general, Fort Benning, Ga. (left), talks with Capt. Issac Henderson, commander, Troop B, 3rd Squadron, 1st Cavalry Regiment, 3rd Heavy Brigade Combat Team, 3rd Infantry Division, during a troop run. Major General Ferriter, who is marking his fifth tour at Fort Benning, joined the "Dog Face Soldiers" for a morning run before receiving a brief from the 3rd Brigade staff, June 29.

Jake's Body Shop: Keep moving, stay motivated

Jake Battle

FMWR Fitness Director

Working toward a goal can help keep your motivation high. Make your goal specific and reasonable.

For example: "I will be able to run for 25 minutes without stopping by July 30." "By Oct. 15, I will be able to bicycle Cliff Street hill without stopping or walking."

When you do reach a goal, be sure to enjoy your success. Celebrate. Reward yourself.

Another way to feel successful is to watch your progress. As your heart becomes stronger, it will be able to

push more blood through your body with fewer beats. Also, as your heart works better, the heart rate will slow down.

You will be able to see this change by keeping a record of your resting heart rate. Each week, take your pulse in the morning when you wake up. You may not see a change from week to week, but your pulse will gradually get slower.

You can also watch how far you go in 20 minutes. As you become stronger and more fit, you will need to



swim or pedal faster, run or walk more quickly to reach your target heart rate. It will not feel as if you are working harder. Being at your target heart rate will usually feel about the same. But you will have to move more quickly to get your pulse up. As your pace goes up, so will your distance. If when you started you could run 15 laps in 20 minutes, after six weeks you may find yourself going 20 laps. You do not have to push yourself further. Just notice improvements that come naturally from your

regular exercise.

Reward yourself

Rewards are important. In the beginning, exercise itself is probably not a powerful enough reward. Until it becomes one, you need to reward yourself. Do not wait a couple of months to do it. Do something special to celebrate five straight weeks of exercise, your own goal reached, or special progress you have made.

Have an answer for your excuses

You are going to have excuses. Figure out what your excuses are likely to be and catch them as they happen. Then find an answer to each excuse preventing regular exercise.

Fort Stewart Softball Standings



Marne Conference

	Team	Wins	Losses	Win Pct.
1.	3/69 AR	11	1	.916
2.	5/7 CAV	6	1	.857
3.	C Co 3/15 IN	8	2	.800
4.	HHC 3RD SB	7	4	.636
5.	B TRP, 6/8 CAV	8	5	.615
6.	HHC 92d EN	6	4	.600
7t.	BALFOUR BEATY	4	5	.444
7t.	HHC 1/41 FA	4	5	.444
9.	A CO 2/7 IN	2	3	.400
10.	92d EN BN	3	6	.333
11t.	A BTRY 1/41 FA	2	6	.250
11t.	A Co 3/15 IN	4	6	.250
13t.	A Co. 3RD SB	2	6	.200
14t.	HHC 4-3 BSTB	2	8	.200
15.	HHC 1st BDE	0	8	.000

Rocky Conference

	Team	Wins	Losses	Win Pct.
1.	MEDDAC	10	1	.909
2.	A Co 3/7 IN	12	2	.857
3.	HHC 3/15 IN	10	2	.833
4.	15 ASOS	7	2	.777
5.	C TRP 6/8 CAV	10	4	.714
6.	HHC 3/7 IN	6	4	.600
7.	1/76 FA	6	5	.545
8t.	3d SIG STB	4	6	.400
8t.	C Co. 1/64 AR	4	6	.400
10t.	A 4-3 BSTB	6	7	.375
10t.	HHC 1-3 BSTB	3	5	.375
12.	C CO 3/7 IN	4	7	.363
13.	HHC 703d ASB	3	9	.272
14.	C Co. 3/69 AR	3	12	.200
15.	632d MAINT Co.	0	15	.000

Hunter Army Airfield Softball Standings

American Conference

	Team	Wins	Losses	Win Pct.
1.	D CO 4/3RD AVN	7	2	.778
2.	HHC 1/3RD AVN	6	2	.750
3t.	A CO 603RD AVN	5	2	.714
3t.	HHC 3RD CAB	5	2	.714
5t.	RIGGERS	3	3	.500
5t.	416TH TRANS CO	3	3	.500
7.	6TH ROTC	3	5	.375
8.	473RD QM CO	2	5	.286
9t.	E CO 2/3RD GSAB	0	2	.000
9t.	4/3RD AVN	0	5	.000

National Conference

	Team	Wins	Losses	Win Pct.
1.	3/160TH SOAR	7	2	.778
2t.	224TH M.I. BN	7	2	.750
2t.	24TH ORD CO	7	2	.750
4.	B CO 603RD AVN	6	3	.667
5t.	USCG	6	3	.625
5t.	D CO 2/3RD AVN	5	4	.625
7.	USMC	4	5	.500
8.	E TROOP 317TH CAV	2	7	.125
9t.	JAG OFFICE	1	8	.000
9t.	512TH QM CO	0	9	.000
9t.	C CO 1/3RD AVN	0	0	.000



GOLF

from Page 1C



Photos by Randy Murray

CptCross: Captain Jason Cross, C Co. commander, 3/15 Inf. Regt., chips one closer to the 10th hole at Taylors Creek Golf Course during the Garrison Commander Golf Scramble, June 26.



First Sergeant Robert Keith, first sergeant for A Co., 3/15 Inf. Regt., putts one into the 10th hole with lots of support from battalion teammates, Sgt. Brock Price (D Co.), Sgt. Marc Miller (C Co.) and Capt. Jason Cross (C Co.). The foursome was part of 15 teams that participated in the Garrison Commander Golf Scramble at Taylors Creek Golf Course, June 26.

- First Place (58 points): Staff Sgt. (Ret.) Lenny Carrette, Sgt. 1st Class Alvin Thompson, Jamie Blocker and Staff Sgt. (Ret.) Fred Frisbee.

- Second Place (59 points): Pfc. Efren Mendoza, Spc. Paul Hernandez, Spc. Matthew Michalski and Sgt. Joshua Gracias.

- Third Place (59 points): Col. (Ret.) Scott Armbrister, Ken Armbrister, Master Sgt. Steve Williams and Will Jones.

- Fourth Place (61 points): Master Sgt. Bart Knoch, Sergeant Maj. Max Brown, Staff Sgt. Terry Middleton and Master

Sgt. Terry Hurdle.

- Fifth Place (61 points): Col. George Geczy, Capt. Todd Harkradar, Sgt. 1st Class Matt Chipman and Sgt. Steven Lang.

- Closest to Pin #11: Sgt. 1st Class Matt Chipman.

McArthur said the next scheduled Garrison Commander Golf Scramble will take place July 31. A special "Worth Fighting For" Golf Scramble kicked off today at 9 a.m. as part of Fort Stewart and Hunter Army Airfield's Independence Day celebrations.

CYS offers football, cheerleading activities

Child, Youth, & School Services

WHAT: Tackle Football, Cheerleading, and Fall Soccer registration

WHEN: Football and Cheerleading registration is now underway. Fall Soccer registration begins June 29. Registration ends Aug. 10, or when all slots are filled.

WHERE: Register at the Fort Stewart CYSS, building 443, located on the corner of Gulick Ave. & Lindquist Rd. behind Corkan Pool.

Hours of operation are Monday, Tuesday, Thursday, and Friday: 8 a.m.-5 p.m., and Wednesday, 9 a.m.-6 p.m..

FOOTBALL IS OPEN TO: All current CYSS members ages 7-13. Must be age 7 and cannot be age 14 as of Aug. 1. Age divisions will be 7-8, 9-10, and 11-12 (or) 11-13. Participants age 13 (as of Aug. 1) will be placed on a waiting list and will be called in to register if there are enough to form an 11-13 on-post league.

All players will be able to participate in their age division, regardless of weight. Uniforms and equipment (except socks and cleats) will be furnished by CYSS/Youth Sports. Sports fee: \$60

CHEERLEADING IS OPEN TO: All current CYSS members ages 6-13. Must be age 6 and cannot be age 14 as of Dec. 31. Age divisions will be 6-8, 9-10, and 11-13.

Uniforms (except socks) will be furnished by CYSS/Youth Sports. Sports fee: \$30

FALL SOCCER IS OPEN TO: All current CYSS members ages 4-13. Must be age 4 and cannot be age 14 as of Aug. 1. Age divisions are 4-5, 6-7, 8-9, and 10-13. Uniforms (except socks & shin guards) will be furnished by CYSS/Youth Sports. Sports fee: \$30

CURRENT INCENTIVES: Sports fee waived if one or more parents are deployed. Sports fee waived for first child and 10 percent discount for each additional child of volunteer coaches (preceding sport, only). Full price for first child, then 10 percent discount for each additional child of the same household for each sport. All incentives are subject to CYSS guidelines and restrictions.

ADDITIONAL INFORMATION: All participants must have a current physical on file at time of registration. All CYSS sports programs need volunteers to coach teams. If you are interested in volunteering, please visit CYSS or Jordan Youth Gym to fill out a volunteer application. All applications will be subject to background checks. For more registration information, please call CYSS at 767-2312.

For more sports information, please call the Youth Sports Office (located at Jordan Gym) at 767-4371.

3ID Army Ten-Miler Team selected

Frontline Staff

The 3rd Infantry Division held its qualifier race for the Army Ten-Miler, June 27. The top six runners in each group will represent the 3rd ID in the race, which is scheduled to take place in Washington, D.C., Oct. 4. The following Soldiers participated in the qualifier race, finishing with the times indicated:

1. Augustus Bostick- Sgt. 1st Class	226 QM Co.	1:04:11
2. Erik Mcfarlane- Capt.	HHT, 5/7 Cav.	1:04:43
3. Michael Sizemore- Sgt.	HHC, 3th BSB	1:05:14
4. William Morgan-Pfc.	226 QM Co.	1:05:53
5. Ramiro Garrido-Sgt.	C Co., 703 BSB	1:05:55
6. Donald Houston- 1st Sgt.	HHC 3th BSB	1:06:44
7. Darrell Miller-Sgt.	B Co., 3/69 AR	1:09:14
8. Kendrick Robinson-Spc.	F Co., 2/7 Inf.	1:09:23
9. Patrick Maher-Lt.	526/ 92d Eng.	1:09:48
10. Juan Chacon-Nevarez-Pfc.	90th HR Co.	1:10:13
11. Kalen Smith- Capt.	HHC, 92d Eng.	1:10:24
12. Cory Bullers- Pvt.	C Co., 3th BSB	1:10:46
13. James Jennings- Pfc.	A Co., 2/7 Inf.	1:10:59
14. Jose Aguilar- Lt. Col.	Hunter Garrison	1:11:36
15. Nahom Tsegaye-Pfc.	HHC, 92d Eng.	1:12:01
16. Scott Trost-Master Sgt.	HHC, 87th CSSB	1:13:40
17. Ronald Welch- Chief Warrant 3	B Co., 26 BSB	1:14:25
18. Jermey Manyonda-Spc.	F Co., 2/7 Inf.	1:15:02
19. Joel Yeend- Sgt.	A Co., 1/64 AR	1:15:08
20. Jesse Pena-Capt.	632d Maint. Co.	1:15:27
21. Tegan Searle- 1st Lt.	WTB	1:15:40
22. Mark Reeder-Sgt.	C Co., 3 BSB	1:15:52
23. Joseph Cody-Pvt.	B Co 3/69 AR	1:16:12

24. Janet Martini-Capt.	92d Eng.	1:17:25
25. Brian Gault-Staff Sgt.	B Co., 3/69 AR	1:18:01
26. Michael Cherven-Spc.	632d Maint. Co.	1:18:19
27. Kwasi Deitutu-Staff Sgt.	HHC, 3/15 Inf.	1:18:44
28. Michael Sawyers-Staff Sgt.	A Co., 2/7 Inf.	1:18:49
29. Luke Mathias-Simpson-Pfc.	HHC, 1/9 FA	1:20:29
30. Dasine Asberry-Pfc.	HHC, 1/30 Scout	1:20:39
31. Dwight Smalls-Spc.	90th HR Co.	1:20:43
32. Michael Obringer-Capt.	526, 92d Eng.	1:20:59
33. Shamill Franklin- Spc	632d. Maint. Co.	1:21:07
34. Joseph Murphy-Sgt.	B Co., 3/7 Inf	1:21:14
35. Rhod Lavalasse-Pfc.	FSC, 1/64 AR	1:22:01
36. Lawon Carr-Staff Sgt.	HHC, 3 BSB	1:22:58
37. Elizabeth Waite-2nd Lt.	92d Eng.	1:23:16
38. Joel Wheeler-Spc.	90th HR Co.	1:23:38
39. Annette Bieler-Pfc.	3d BSB	1:25:40
40. Juan Hernandez-Capt.	DENTAC	1:27:24
41. Aaron Mchaney-1st Sgt.	731st EOD	1:27:40
42. Compton Johnson-1st Sgt.	B Co., 3BSB	1:28:40
43. Bryan Gravely-Pfc	90th HR Co.	1:29:24
44. Kent Smith-Master Sgt.	2/349 LSB	1:30:45
45. Nicole Cintron-Griffith-1st Lt.	3rd BSB	1:34:44
46. Abel Segura-Pfc.	C Co., 3th BSB	1:35:11
47. Lavone Bradshaw -Capt.	3th BSB	1:40:50
48. Joanne Carelus-1 st Lt.	3th BSB	1:40:51
49. Andreia Ortiz-Gonzalez-Pvt.	26th BSB	1:45:25
50. Olusiji Aderibigbe-Pfc.	F Co., 2/7 Inf.	1:56:44
51. Casey Gregg-Sgt. 1st Class	HHOC BSTB	2:04:29
52. Louisa Jones-Capt.	HHOC BSTB	2:04:30

Men's Open Army Ten Miler Team

1. Augustus Bostic-Sgt. 1st Class	226 QM Co.	1:04:11
2. Erik Mcfarlane-Capt.	HHT, 5/7 Cav.	1:04:43
3. Michael Sizemore-Sgt.	HHC 3th BSB	1:05:14
4. William Morgan-Pfc.	226 QM Co.	1:05:53
5. Ramiro Garrido-Sgt.	C Co., 703d BSB	1:05:55
6. Donald Houston-1st Sgt.	HHC, 3th BSB	1:06:44

Women's Open Army Ten Miler Team

1. Tegan Searle-1st Lt.	WTB	1:15:40
2. Janet Martini-Capt.	92d Eng.	1:17:25
3. Elizabeth Waite-2nd Lt.	92d Eng.	1:23:16
4. Annette Bieler-Pfc.	3d BSB	1:25:40
5. Nicole Cintron-Griffith-1st Lt.	3th BSB	1:34:44
6. Lavone Bradshaw-Capt.	3th BSB	1:40:51

Men's Master Army Ten-Miler Team

1. Jose Aguilar-Lt. Col.	Hunter Garrison	1:11:36
2. Scott Trost-Master Sgt.	HHC, 87th CSSB	1:13:40
3. Jeremy Manyonda-Spc.	F Co., 2/7 Inf.	1:15:02
4. Mark Reeder-Sgt.	C Co., 3 BSB	1:15:52
5. Aaron MCHaney-1st Sgt.	731st EOD	1:27:40
6. Compton Johnson-1st Sgt.	B Co., 3BSB	1:28:40

The 25th Annual Army Ten-Miler will kick off at 8 a.m., and will both 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.

