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THE FRONTLINE

SPORTS & RECREATION

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3/160TH soars past opponent

Kaytrina Curtis
Hunter Army Airfield Public Affairs

The American and National Conference teams have battled it out through evening rainstorms since early May, and it all came down to two teams, June 29 during the double-elimination Hunter Army Airfield softball tournament held at Squires Sports Complex. Soldiers of the 3rd Battalion, 160th Special Operations Aviation Regiment, U.S. Army Special Operations Command won over the 224th Military Intelligence Battalion, 18th Airborne Corps team with a final score of 7-6.

Family Members came out to support the two teams during the historical game. It was the first time in Hunter sports history that there was a 10-team double elimination tournament, which started June 22. This year's softball program consisted of 420 joint service members who made up 21 teams, with 20 players per team.

Kyle Kress, 3/160th SOAR said he enjoys playing intramural sports because of the time he gets to spend

with his friends. Kress said the support the team receives from Family Members in attendance at the games helps keep the teams motivated.

"Things in the shop have come a

little bit closer," Kress said. "It's all one team, one fight, and we all just come out here to play some ball."

Scores swung back and forth throughout the evening during the seven-inning championship game.

At one point, the game was tied in the third inning 3-3. The final score was made by 3/160th. With the score tied 6-6 in the bottom of the seventh, 224 MI was looking for a fast out to take the game into overtime.



Kaytrina Curtis

Hunter Army Airfield Garrison Commander Lt. Col. Jose Aguilar, (far right) supported by Hunter Army Airfield Garrison Command Sgt. Maj. David Sampleton (far left), presented Soldiers of the 3rd Battalion, 160th Special Operations Aviation Regiment with championship trophies after the double-elimination softball tournament, June 29.

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Woods, Romo honor troops, prepare USO care packages



Courtesy Photo

Dallas Cowboys quarterback, Tony Romo and professional golfer, Tiger Woods show off the first Operation USO Care Packages they helped assembled at the AT&T National, July 1.

Patrice Cameau
USO

Arlington, VA - Number one ranked golfer, Tiger Woods, and Dallas Cowboys quarterback, Tony Romo, showed their support for the brave men and women of the U.S. Military by assembling the first Operation USO Care Packages at the AT&T National, July 1.

For the first time ever, golfers, volunteers and tournament visitors will be able to stuff care packages under the USO Care Package Tent located on the third green.

The USO Care Package effort is sponsored by Lockheed Martin, which is also the military sponsor of the tournament. Lockheed Martin will host 30,000 military and Family Members during the five-day event.

"The USO is honored to be part of such an amazing and

nationally-known event, and we thank Lockheed Martin for making this all possible," said Sloan Gibson, USO president. "Tiger Woods' recognition of troops' service and sacrifice is important, and we are proud to help the AT&T National bring morale-boosting activities to local servicemembers, and more essential support to those stationed overseas."

Since 2003, the Operation USO Care Package program has distributed more than 1.6 million care packages to servicemembers. Care package contents include shampoo, hand sanitizer, dental care products, sunscreen, wet wipes, playing cards, non-perishable snacks, drinks and a personal message of support from the donor. USO care packages are valued between \$50 and \$75, and can be sponsored by individual donors for \$25.

'Worth Fighting For' Golf Scramble starts July 4th weekend events



Photo by Pfc. Gregory Gieske

Taking his first swing of the day, Col. Kevin W. Milton, Stewart-Hunter garrison commander, displays the precision, technique, and finesse of the game during the 'Worth Fighting For' Golf Scramble tournament held at Taylors Creek Golf Course, July 2. See Page 2C for results.

Jake's Body Shop: Fitness is a lifetime commitment

Jake Battle
DMWR Fitness Director

Exercise for a healthy life

The idea, "the harder you work out, the better your health," is being replaced by a new revolution that is easier on your bones, joints, and muscles.

Research shows that a modest amount of physical activity each week can provide life-extending benefits. It is recommended that you work out according to "perceived exertion," which means until you're tired, not exhausted.

A 1989 study by epidemiologist Steven Blair, Ph.D, Institute for

Aerobics Research in Dallas, ranked 13,000 individuals age 20 to 85 from least to most fit. Over several years, the least fit had the highest death rate, and the fittest had the lowest.

Even a little counts

The biggest difference occurred between the lowest and next highest category of fitness. This study proved that even a little exercise will improve your health and give you life-extending benefits.

"We now recognize the importance of less intense exercise, which is key



for the older, higher-risk population," said Jack Wilmore, Ph.D, University of Texas at Austin. "It places less stress on the body, exposing us to lower risk of exercise-induced injuries and heart attacks, yet offers the same benefits."

Walking is highly recommended since it has been shown to cause fewer injuries with the same benefits as running if you walk longer and more often.

For instance, if a walk feels like it takes half the effort of your run, walk twice the distance.

Stop the effects of aging

Muscle loss is usually the result of inactivity, not aging. Studies by Bill Evans, Ph.D, Tufts University, show that even 90-year olds in nursing homes who worked out with light weights could significantly improve their strength and level of inactivity. Emphasis should be placed on muscular conditioning exercises for the arms and upper body, since aerobic sports such as walking, running, and bicycling don't focus on these areas.

This article is not intended to provide individual advice, which should be obtained from your health care professional.

"Worth Fighting For" Golf Scramble kicks off July 4th celebration

First Place

Score: 55 points

Sgt. Efron Mendoza (Team captain)
Sgt. Paul Mendoza
Sgt. Josh Gracia
Sgt. Brandon Heath

Second Place

Score: 56 points

Command Sgt. Maj. Max Brown (Team captain)
Master Sgt. Bart Knoch
Terry Middleton
Master Sgt. Tyrone Hurdle

Third Place

Score: 59 points

Col. Kevin Milton (Team captain)
Col. (Ret) Scott Armbrister
Ken Armbrister
Master Sgt. Steve William

Closest To Pin #17

Dan Chaffee

*First through Third Place teams
received trophies.*

Photos by Pfc. Gregory Gieske

Focusing all his energy on the green, Ken Armbrister, cracks the ball down the fairway of Taylors Creek's first hole during Fort Stewart's "Worth Fighting For" Golf Scramble Tournament, July 2.



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To no avail, the 3/160th proved to be a team that came to win; with two outs, they earned a run in the bottom of the last inning for the final winning run.

Matt Williams, 224th MI, said even though they came in second place, the combination of

strengths on the team helped them to get to the finals. He said he enjoyed getting out of the office to play softball with the other guys on the team.

"Hopefully, we can hop into the Fort Stewart tournament and get a crack at these guys again,"

Williams said.

At the game's end, Hunter Army Airfield Garrison Commander Lt. Col. Jose Aguilar, supported by Hunter Army Airfield Command Sgt. Maj. David Sampleton, presented the championship team and the runners-up with trophies.

87th CSSB gets outdoors, stays active during organizational day

Photos by Capt. Katresha Bailey, 87th CSSB

BELOW: Soldiers from the 87th Combat Sustainment Support Battalion take part in a tug-of-war competition during the unit's organization day held at Richmond Hill's J.F. Gregory Park, June 19.



UPPER LEFT: Soldiers from the 87th Combat Sustainment Support Battalion participate in a flag football game during their Organizational Day, June 19 at J.F. Gregory Park. All Soldiers and their Families were invited to attend and were provided with free food and activities such as flag football, tug-of-war, a dunk booth, moon bounce, football toss, and a playground.

LEFT: Captain David Harlan, 396th Transportation Company commander, prepares himself to take another dive in the dunk tank during the 87th Combat Sustainment Support Battalion's Organizational Day at J.F. Gregory Park, June 19.