



Photos by Kaytrina Curtis

Fort Stewart-Hunter Army Airfield Sports Director, Perry Yawn, congratulates 514th Engineers Detachment coach Cpl. Larry Rhodes after a championship game on Hunter Army Airfield, July 8. 514th Eng. went on to win the championship 14-4, ending their season 30-0.

514th Engineers extinguish 224 MI's fire

Kaytrina Curtis
Hunter Public Affairs

Summer is in full swing and so were the players during this season's seven-inning intramural softball semi-finals and championship games, July 8 at the sports com-

plex on Hunter Army Airfield.

Soldiers of 224 Military Intelligence Battalion, 18th Airborne Corps, played against the Marines of the 2nd Beach and Terminal Operations Company for a match-up to see who would go to the finals against the Soldiers and civilians of the 514th Engineers Detachment team.

In the semi-final contest, most of the runs were scored in the fifth and sixth innings by 224 MI. The Marines had a chance to come back in the 6th inning when bases were loaded, which would have tied the game 9-9. But they remained non-threatening and 224 MI went on to win the game 14-5. This win put 224 MI in direct line of fire for the 514th Engineers.

514th Engineers were a worthy opponent in the game against the Soldiers of 224 MI.

The Engineers ran a

balanced attack against their rival and came out victorious with a 14-4 win. With strong hitters such as Coach Cpl. Larry Rhodes, 514th Engineers, the team remains a threat for those they come up against.

The 514th is the same team that had a miserable season last year and worked hard to turn this season around.

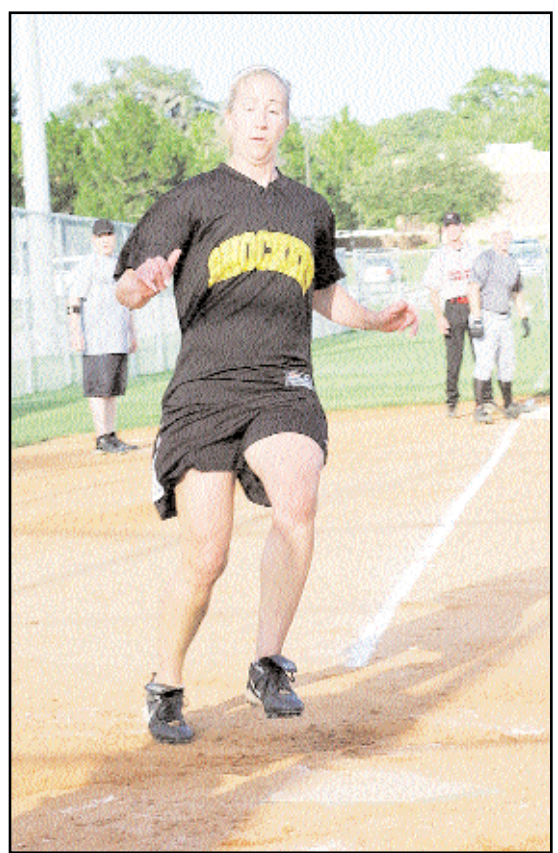
"We worked real hard in the off-season," said Rhodes. "We're a veteran team with a lot of older players and we use that experience to be able to manifest the win."

Even with the loss, 224 MI Sgt. Lauren Milner enjoys the opportunity to play intramural sports.

"I definitely think intramural sports help build good morale," Milner said. "It's a way to get out and have fun outside of the normal nine-to-five work day. Everybody kind of forgets about rank out here and we just have fun."

Throughout the season the Engineers remained strong, defeating each opponent. The team lost a couple of players during the season due to deployments and permanent change of station moves, but the engineers overall were able to hold their own and go on to win in the finals with a 30-0 record for the season.

Both teams, 224 MI who are semi-finalists and 514th the finalist look forward to playing the finalist from Fort Stewart in a championship match later this month.



Sgt. Lauren Milner, 224th Military Intelligence Battalion, 18th Airborne Corps, crosses home plate during a championship game against the 514th Engineers Detachment July 8, on Hunter Army Airfield.



Cpl. Larry Rhodes winds up to hit one to the outfield July 8 at the Hunter Army Airfield Intramural Softball Championship.

Marne Soldiers support community football

Pat Young
Managing Editor

The Hinesville Hurricanes lost 8-14 in a close game to South Georgia Stars in Americus, Ga., July 12.

The action started early in the 1st quarter with the Stars jumping to an early lead 6-0. The turned the extra-point into two, running the ball in.

The Stars scored another 6 points in the second quarter, but the Hurricane's defense stopped the extra point. The Hurricane's picked up the defense in the 2nd half, denying the Stars any additional points, while the offense turned up the heat in the fourth.

Travis Drayton, 10, from Brunswick, caught a 40-yard pass and ran it into the Star's end-zone for six points, and turned the extra point attempt into a two point conversion by running it in past a defiant defense.

Holding on to the hopes of a win, the Hurricanes drove deep into the Stars territory at the 30-yard line.

With two minutes left, the Hurricane's swept left with an incomplete pass, sealing the score.

Clyde Blocker, a staff sergeant serving with the 3rd Infantry Division's 5th Squadron 7th U.S. Cavalry Regiment, has played with the Hurricanes for three seasons.

"It's great they (Hurricanes) allow us to play football," Blocker said, noting that they play at their own risk and had to sign waivers; but, he appreciated the opportunity. "I'm almost 30 years old, and I've never felt better. It's nice to keep trying to

fulfill."

Although the game ended with a six-point loss, bringing their record to 1-3, the Hinesville Hurricanes player-coach, James Sharp II, said he felt confident they'll have a good season.

"We had some hard calls this last game, but I feel we can pull it together," Sharp said. "We've got a good team, and three upcoming home games."

He said the Hurricanes were playing the undefeated South Georgia Warrior's from Quitman, Ga.

"We played them our first game this season," Sharp said. On that game we defeated ourselves. We

made some adjustments. This time should be a new ball game."

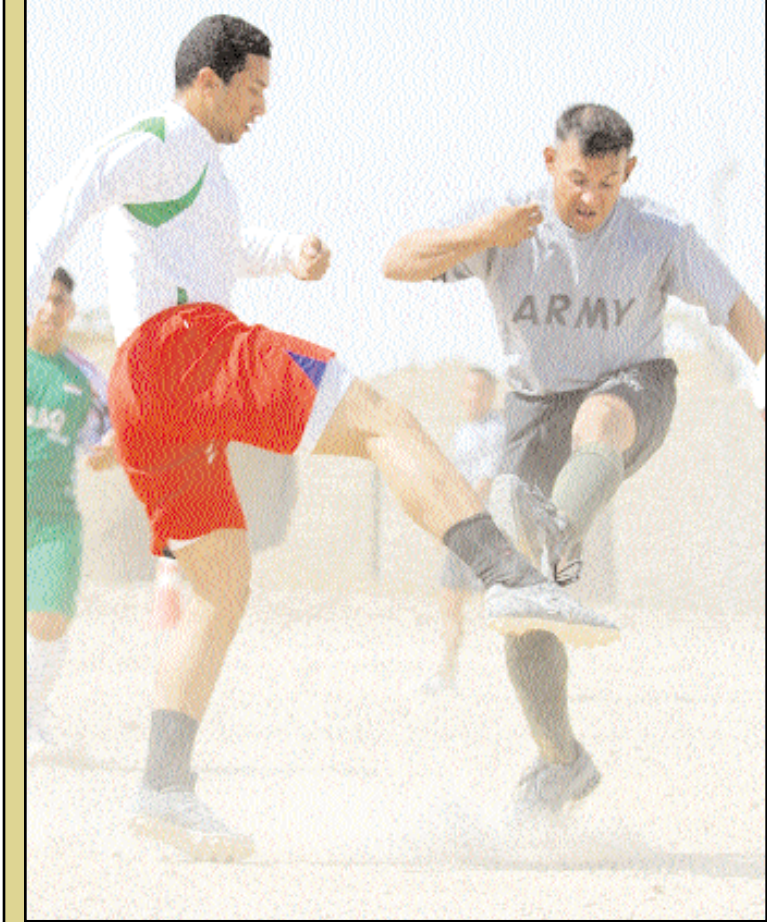
The Hurricane's have about 30 players, 11 are star-players from the 3rd Infantry Division including Willie Coleman Jr., Steven Cahall, Tony Blocker, Mory Walke, Darrick Price, Larry Fullmore, Frank Hampton, David Forth, Deon Nunlay, Corey Washington, Cedric Williams, and Trevor Boothe.

The next three games will be at the Liberty County Recreation Center on Highway 84 at Long Bell Stadium each Saturday at 7 p.m. Tickets can be purchased at the door for \$6 with children 12 and under free.



James Sharp III (51) looks down at an Atlanta Prime player after he and his teammates knocked him to the ground at the Hurricanes regular season home opener, July 14.

Soldiers, Iraqis kick around in Iraq



Sgt. 1st Class Tami Hillis

Husien Obed Saeed, a vendor at the Kalsu Bizarre, battles for the ball against a U.S. Soldier during the opening day of the Kalsu soccer field, June 28. The soccer field provides a new place for entertainment and exercise for the more than 5,000 civilians and Soldiers living and working at FOB Kalsu.

Courtesy Photo

Enjoy summer fun at Cypress Creek



Maya Millam

Samuel R. McKenzie, 18-year-old summer hire currently employed at Cypress Creek Adventure Golf, Fort Stewart, demonstrates the course's capabilities. The golf course offers summer fun for everyone. Enjoy a game of golf for \$2 each game (free for players under three years of age). The putt-putt is located next door to Cypress Sam's tree house, equipped with fake alligators and a fountain of running water, all to enhance the creek like experience. Hours of operation are 11:30 a.m. to 8:30 p.m. daily. Family fun is right here in your backyard.

Jake's Body Shop

Lifetime fitness pays big

Jake Battle
DMWR Fitness Director

The idea of "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 enjoyable physical activity each week can provide life-extending benefits. It is recommended that you regulate your workouts according to "perceived exertion," which means until you're tired but not exhausted.

A 1989 study by epidemiologist Steven Blair, PhD, 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 death rate.

Exercise improves health

The biggest difference though, occurred between the lowest and the next highest category of fitness. This study showed that even just 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, PhD, 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 most of the same benefits."

Walking is highly recommended since it has been shown that brisk walking causes

fewer injuries and has the same aerobic 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 then walk twice the distance.

Stop the effects of aging

Muscle loss is usually the result of inactivity, not aging. Studies by Bill Evans, PhD, 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 activity.

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 directly from your health care professional.



Register for youth football, cheerleading

Special to the Frontline

Child and Youth Services football and cheerleading registration continues through Aug. 18 or when slots are full.

Football is open to CYS members age 7-12 (as of Aug. 1.) Members age 13 will be placed on a waiting list in the event there are enough players to form an 11-13 league.

Cheerleading is open to CYS members age 6-13 (as of Dec. 31).

Sports fees are waived for CYS members of parents currently deployed.

Register at Fort Stewart CYS, building 443, Gulick Ave. between 8 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday; and Wednesday, 9 a.m. to 6 p.m.

For more information, call 767-2312 or Youth Sports at 767-4371.

AT&T National honors troops during opening ceremonies

Tim Hipps
FMWRC Public Affairs

BETHESDA, Md. – Although Army brat Tiger Woods was at home in Orlando, mending his wounded knee, the opening ceremony of his AT&T National PGA Tour event was a non-stop tribute to service members and their Families.

About 20 wounded warriors were seated beside the No. 1 tee box – not far from 25 children of deployed parents. An Air Force brass quintet seated between them entertained the crowd. A Joint Services Honor Guard backed 14-year-old Anna Nicholson's rendition of the "The Star-Spangled Banner."

Five skydivers from the 101st Airborne Screaming Eagles Parachute Demonstration Team then dropped onto the lush fairway – delivering golf balls that had been struck by troops in Iraq, Afghanistan, Germany, Japan and the United Kingdom.

Thirteen-year-old Maggie Rollins and Jeff Dahl, 9, teed up and whacked two of the balls that officially opened the second-annual Earl Woods Memorial Pro-Am, July 2 at Congressional Country Club.

Rollins, of Woodbridge, Va., is the daughter of Army Sgt. Tyrone Rollins, who recently returned from a tour of Iraq. Dahl is the son of New Jersey Air National Guard Maj. Thomas Jeffrey Dahl, who is serving in Pakistan. They represented Our Military Kids, which provides support to the children of deployed and severely injured National Guard and Military Reserve personnel.

The program provides grants for enrichment activities and tutoring that nurture and sustain the children during the time a parent is away in service to our country.

It also provides activities and support programs that help children better cope with challenges that arise during a parent's deployment or injury recovery.

"I wanted this year's ceremony to honor the men and women who serve in our military and their Families," said

Tiger Woods, who donated 30,000 tickets for military Families to attend the tournament. "I grew up in a military household, which gave me an understanding of the sacrifices these Soldiers and their Families make for all of us. It's our way of saying thanks to them."

The Wounded Warriors Project hosted the group of Soldiers from Walter Reed Army Medical Center in Washington, where they are recovering from life-altering injuries.

"It is the premiere organization that just steps up and supports the Families and supports the warriors," said Staff Sgt. (ret.) Dan Nevins, a double-amputee who was injured Nov. 10, 2004, in Balad, Iraq, when an IED exploded beneath his vehicle. "They're the people who can get guys like me out of the hospital bed and onto the mountains skiing and onto the river rafting and rock climbing – you name it – just to prove to you that you can do everything you used to be able to. You



Members of the 101st Airborne Screaming Eagles Parachute Demonstration Team deliver golf balls that were struck by Soldiers serving Operation Iraqi Freedom and Operation Enduring Freedom to Our Military Kids representatives Maggie Rollins and Jeff Dahl at Congressional Country Club in Bethesda, Md. Deployed parents hit the balls, which were retrieved and delivered to military children of deployed service men and women for ceremonial shots at the second-annual Earl Woods Memorial Pro-Am.



Tim Hipps

Fourteen-year-old Anna Nicholson sings the "The Star-Spangled Banner" as a Joint Services Honor Guard presents the colors during the opening ceremonies of the second-annual Earl Woods Memorial Pro-Am, July 3 at Congressional Country Club in Bethesda, Md.

might have to change some things or have some adaptive equipment. I don't have any legs, but I can still play golf. I've whitewater rafted. You can go snowboarding, wakeboarding, you name it. "I cannot imagine rehabilitation without it."

Later in the day, PGA Tour officials treated wounded Soldiers and their Families to a barbecue at Walter Reed Army Medical Center's Mologne House as part of their Birdies for the Brave military outreach program.

The AT&T National honored a specific branch of the U.S. military each day: Coast Guard on Wednesday, Air Force on Thursday, Navy on Friday, Marine Corps on Saturday and Army on Sunday.

"To be here on the Fourth of July week in the nation's capital celebrating our independence and our freedom with a group of guys who have given so much, a group of people in a sport who care more than they let on – they all do so much to give back – it's just been phenomenal," Nevins said.

"You can't ask for more."