

# Sports



Pvt. Jared Eastman

**Safe!** Staff Sgt. Joseph Monroe, Co. A, 3rd BSB "Outlaws," slides into home as Staff Sgt. Jeremy Gann, Co.A, 1/41's FA "Automatic Steel," catches the ball at Fort Stewart's Sports Complex, July 17. The Outlaws won with a final score of 25-10.

## Outlaws blast past Automatic Steel, 25-10



Randy Murray

**Sgt. Cody Danser, Co. A, 1/41 FA, prepares to knock one into outfield. Despite his best efforts, Danser's team, "Automatic Steel," lost to Co. A, 3rd BSB's "Outlaws," 25-10 in a championship game played at Fort Stewart, July 17.**

**Randy Murray**  
Public Affairs Specialist

The first time the "Outlaws" of Company A, 3rd Brigade Support Battalion met "Automatic Steel" of Company A, 1st Battalion, 41st Field Artillery for Fort Stewart's softball championship, mother nature won. The game was called in middle of 4th inning due to a torrential downpour that sent player-Soldiers and their supporting Family members sprinting for shelter. At that point in the game, the Outlaws were leading 12 to 9.

The game was continued two days later, picking up at the bottom of the 4th. On this day, however, Automatic Steel was missing several key players, making the outcome of the game very one-sided. The Outlaws won

25 to 10.

"We were missing four players," said Automatic Steel's team captain, Staff Sgt. Jeremy Gann. "That's why we lost. We beat them pretty good during the regular season, but the playoff game is the one that counts."

Gann said his team went 7 and 0 during the regular season and 3 and 1 in the playoffs, losing to their rivals, the Outlaws, who had a 6 and 1 record for the regular season, losing only to Automatic Steel. Both teams now go on to the 3rd ID championships held at Hunter Army Airfield, Aug. 28-31. Gann said he hopes to have all his team members playing for next week's championship games.

Watch for the Aug. 7 issue of The Frontline to see results and photos of the softball championship.



Randy Murray

**Spc. William Asble, Co. A, 3rd BSB, slams a line drive that gets him to 1st base. Nonetheless, his team, the "Outlaws," was able to beat Co. A, 1/41 FA's "Automatic Steel," 25-10 in the Fort Stewart softball championship, July 17.**



# Hunter hosts GC golf scramble

**Kaytrina Curtis**  
Public Affairs Specialist

Joint Services came together during the Garrison Commander's Hunter Army Airfield Golf Tournament at the Hunter Golf Club, July 18 to test their skills for the championship and to also witness the ribbon cutting of the new golf course pavilion.

Sixteen teams played the 18-hole tournament, using a best ball format, to win golf bags and bragging rights.

The team consisting of Cameron Kaneeter, Andy Atkins, Layton Truax, and Wesley Bush eeked out a first place win with a score of 56 over the second place team of Christopher Wiley, Brandon Dillard, Gregory Mayburn, and Ryan Frappier who fell short one stroke behind the leaders with a score of 57.

Ryan Frappier, 2nd Beach and Terminal Operations Company, USMC Reserve, said the pavilion offers everyone who comes out to play golf, a place to relax and enjoy the tournaments.

"It was a great day to have a golf tourna-

ment," he said.

At the end of the tournament, participants had the opportunity to witness the ribbon cutting of the new pavilion at the Hunter Golf Club and enjoy a bar-b-que meal provided by the staff of the Hunter Club. With a price tag of close to \$300 thousand dollars the pavilion is open to not only servicemembers and their Families, but also the community. Non-golfing gatherings, such as birthday parties and hail and farewells, can also be held at the pavilion for a nominal rate.

Avid golfer, Jerry VonBargen, USAF Ret. colonel and Landings Military Relief Fund Organization member said he likes having somewhere to go after playing a round of golf.

"I think it's absolutely great," he said. "I am happy to see joint services out here participate."

Hunter Garrison Commander Lt. Col. Dan Whitney said the pavilion is a great opportunity for joint services, Family members and the community to come together.

Kaytrina Curtis

*Capt. Angela Swilley, Staff Judge Advocate office, takes a swing at her custom lavender ball during the Hunter Army Airfield Garrison Commander Golf Scramble, July 18 at Hunter Golf Club.*

## New pavilion opens at Hunter

**Bob Matthews**  
MWR Publicity Specialist

The skies rolling over the Hunter Golf Club shortly after noon on July 18 were dark and threatening, giving most gathered there a feeling that it could pour any minute.

No matter. Shelter on a rainy day is but one of the attractions of The Pavilion new to Hunter Golf Club.

Lt. Col. Daniel Whitney, Hunter Army Airfield garrison commander, spoke of a few other facility attributes shortly after a ceremonial ribbon-cutting marked its opening. The sun broke through for the ceremony.

"(The Pavilion) is important for the local community in that we have a place to bring Family or to have unit functions out here. It's appropriate that we've got the (ceiling) fans, we've got protection from the bugs, that we can have a nice Family or unit func-

tion out here without the threat of rain or threat of bugs in Coastal Georgia, which is always an important thing."

"This brings that much more capability to the installation as we go forward more and more with these Family-type initiatives," Whitney said.

Tommie McArthur, golf professional at Hunter and Fort Stewart, said the Pavilion "is a great area for pre-tournament or post-tournament gatherings. But it's not only for golfing fans. It (also hosts) other occasions, such as hail and farewell events, birthday parties, or if a unit just wants to have a fun activity."

For those who want to have an activity at the pavilion "everything is all set for them," McArthur said. "Everything" includes gleaming new steel picnic tables and, outside, a large grill on which Hunter Club Executive Chef Keith Cain prepared hamburgers for the some 100 guests for the rib-

bon-cutting.

McArthur said the Pavilion comfortably, seats 130 people. He noted most people liked the screened-in area and fans, while maintaining a picnic atmosphere.

"We have worked very hard to provide a golf course that our Soldiers and Family members can be proud of," McArthur said, adding that his number-one priority was to create something community members would enjoy.

The hours of operation for the Hunter Army Airfield Golf Course summer schedule is 7:30 a.m. to 9 p.m. through Sept. 30; the winter schedule, Oct. 1 to March 31 is 7:30 a.m. to 6 p.m. For more information call 315-9115.

Pavilion rental fees are \$100 for four hours, Monday-Thursday; \$200 for four hours Friday-Sunday; all federal holidays are \$200 for four hours. A key deposit of \$50 for all rentals is required.

## Register for youth sports

**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.

# Ga Warriors overthrow Hinesville Hurricanes, 22-16

**Patty Leon**  
*Coastal Courier*

Despite opening the game with a halfback option pass to a wide-open receiver for a touchdown, the Hinesville Hurricanes found themselves coming up short of a victory at their second home game Saturday night.

The 'Canes opened the game with a kick return by Cedric Lovejoy that placed them almost at mid-field. In their first offensive run, quarterback Larry Fillmore, pitched the ball to the halfback, Frank Troop, who then threw it to Travis Drayton for a 'Canes touchdown. Fillmore then kept the ball for a QB sneak and a two-point conversion giving the 'Canes an 8-0 lead.

The 'Canes defense fed off the momentum and the South Georgia Warriors were forced to a third and ten. 'Canes defensive lineman, K. B. Brown jumped up and batted down the Warriors' pass attempted, forcing the punt.

But like their first home game, fumbles and penalties would plague the 'Canes. And as they were making forward progress in their second offensive stance, a fumble gave the Warriors the ball and a touchdown.

The Warriors drew a penalty flag for a personal foul and that moved them back 10-yards for the point after attempt. Unable to convert the PAT the 'Canes still held a two-point lead (8-6).

During the kick return a penalty for a block to the back would negate a 45-yard return by 'Cane player, Timothy Sapp. The 'Canes were forced to start deep in their own 15-yard line. Running backs, Frank Hampton and Joseph Matavao were

moving the ball forward on two successful running plays. The 'Canes tried a screen pass but a Warrior defender was there to snag the ball in mid-air and he ran it in for another touchdown giving them the 8-12 lead.

The Warriors lined up for a two-point conversion. On a pass play two 'Cane defenders were in the end zone and were able to tip the ball up but it ended up in the hands of a Warrior giving them an 8-14 lead.

On the ensuing kick return, Quinton Griffin fumbled the ball but was able to recover it, giving the 'Canes offense good field position. Troop stepped in as the 'Canes QB and tossed a pass to Sapp. The Warrior defender placed himself in front of the pass and intercepted the ball.

The 'Canes defense found themselves on their own one-yard line trying to keep the Warriors out of the end zone. Digging deep they held them on three downs and then Brown forced a fumble giving the 'Canes the ball.

Matavao was moving the ball for the 'Canes as the second quarter was underway. However, the ball was knocked out of his hands on another carry and the Warriors picked it up and ran it in for another Warrior touchdown. By halftime the score was in the Warriors' favor 8-20. Fatigue and penalties continued to hinder the 'Canes for the second half as the Warriors scored a safety. The 'Canes regrouped enough to get another touch down and two-point conversion but it was not enough as they fell to the Warriors 16-22.

Warriors' coach Andre Williams said he team is currently undefeated at 6-0. The Warriors came into Hinesville with only 40 percent of their regular roster and the coach is confident his

team will go all the way this year saying they have yet to meet a challenge against the teams they've played.

The Canes are currently 1-5-1 as they get ready to hit the road for their next game Saturday. Previously scheduled as a home game, a conflict with the opposing team forced the 'Canes to change the venue and travel to South Carolina to play the Scorpions. Kick off is set for 7 p.m.



Patty Leon

*The Warriors' point after attempt was tipped by a Hurricane defender and was eventually caught by a Warrior for the two-point conversion giving them a 14-8 lead over the 'Canes in the first quarter.*

## Jake's Body Shop: Learn simple ways to healthy living

**Jake Battle**  
*DMWR Fitness Director*

Only a few years ago most thought it was normal for our bodies to lose their strength with age. Once firm muscles became soft, bones grew brittle and energy level lowered.

Now we know that much of the aging process was caused by a lack of exercise. You can be rewarded with health benefits by continuing to focus on exercise.

### Strength training

Strength training has extra bonuses, too. Resistance exercises that improve muscle

strength also improve bone density. People who are doing aerobic exercises and weight training have greater bone density than those who perform only aerobic exercises.

This is important for menopausal women since they are losing bone mineral at a faster rate than aging men.

### Weight training

Wright training for aging adults should have special modifications since lifting heavy weights is not recommended. Some exercise specialists say you can get enough muscular work by doing calisthenics such as sit-ups, push-ups and pull-ups. (Too

many pull-ups may increase blood pressure.) Also recommended, because the machines are very safe and work with almost every important muscle, are weight lifting equipment that use a mechanical cam that varies the resistance of the weight in proportion to your muscular strength.

Stretching should also be added for flexibility.

As you age, the connective tissues in your joints, ligaments, and tendons shorten and stiffen. Tightness in the hamstring muscles and Achilles tendons, along with each stomach muscles can cause serious back problems.

Stretching lengthens these tissues and restores their range of motion and flexibil-

ity. Just ten minutes a day of stretching exercises can help prevent injury.

Here are a few rules for stretching. You should warm-up first by walking for a few minutes so that the muscles are somewhat loose.

Never bounce while stretching and don't stretch to the point where you feel pain. This could cause you to tear the tissues you were trying to protect. Instead, slowly stretch to the point where you feel a slight pull.

Hold the stretch for thirty seconds if you can, but release before that if it hurts.

Exercise can be difficult to maintain, but even just a little physical activity each day will add healthy benefits to your life.