

# Boxing makes impact on health at Newman

Pat Young  
Managing Editor

Jimmy "The Hurricane" Williams is helping Fort Stewart make a healthy impact on community members with boxing classes at Newman Fitness Center.

As a three-time All-Army champion and boxing professional who worked alongside all-time greats like Gerry Connie and Archie Moore, Williams understands the full potential of the sport.

"Boxing is a good cardio workout," Williams said. "It keeps a person in shape, but with dedication it can change a person's life. It can build confidence and discipline."

Williams, who has been boxing for nearly 35 years, now teaches Soldiers and community members boxing basics and tactics at Newman. His students learn stance, footwork, defense and combinations.

"I can teach just about anybody good boxing principals in about 30 minutes," Williams said. "It's about quickness and using your body when you punch."

The origin of fighting dates back to earliest man and has been recorded during the Greek Olympic competitions. However, boxing didn't become an official sport at the modern Olympics until it was included as a demonstration in the 1904 St. Louis games. Boxing was then made a medal sport in the London games in 1908, according to [en.wikipedia.org](http://en.wikipedia.org).

Boxing has changed over the years and rules and safety considerations have refined the sport into the modern martial arts it is today.

The U.S. Boxing Association governs all official boxing events with rules of the game that can be found at [www.usaboxing.org](http://www.usaboxing.org).

The sport is open to both male and female boxers, who compete in one of 11 Olympic-style weight classes: light flyweight (106 pounds), flyweight (112 pounds), bantamweight (119 pounds), featherweight (125 pounds), lightweight (132 pounds), light welterweight (141 pounds), welterweight (152 pounds), middleweight (165 pounds) light heavyweight (178 pounds), heavyweight (201 pounds), and super heavyweight (+201

pounds).

To compete, fighters enter a square rink ranging between 16 and 20 feet guarded by at least four ropes; the opponents face each other for a certain amount of rounds, usually two minutes for amateurs with one-minute rest periods between. Using speed, agility and various defenses and punching techniques, fighters attempt to score points by striking his or her opponent above the waist, while being watched by a referee and three judges.

At Stewart, students take boxing classes for various reasons, and Williams said he'll continue to teach as long as the students are dedicated and willing to learn.

"Boxing is a very healthy sport," said Dwayne Romer, assistant manager at Newman Fitness Center. "It provides a good cardio workout while working with hand-eye coordination. And, as a bonus, students learn a little bit about self defense."

Williams currently coaches about 10 active students with two assistant coaches, Martin Jefferson and Tracy "TKO" Rucker.

Among the students are a number of experienced fighters.

Aieti Poloka, from American Samoa, started learning boxing about four years ago. Introduced to the sport by his father, Poloka now trains with Williams.

"He (Williams) has a lot of experience and is a good coach," said Poloka. "He has taught me a lot of things I didn't know."

Poloka said he hopes this experience will help him get on the Army boxing team.

One of the most experienced fighters training at Newman under Williams is



Photos by Pat Young

Archie Johnson blocks a right cross from Aieti Poloka, Aug. 4 during a boxing class at Newman Fitness Center.

Curtis Waller. Waller has been fighting for about seven years and has an amateur fighting record of 4-2. Williams said Waller has the 'right stuff' to make it further.

"He has great potential," Williams said. "He's a southpaw fighter, and can mix it up really well."

Another fighter-in-training is Archie Johnson, a boxer from New Orleans, La. who started training three years ago. Williams spoke highly of the 191-pound fighter, adding he would be devastating, even at 175 pounds.

Linh Nguyen, a mixed martial arts

style fighter, started training with Williams about two months ago. Williams said he hopes to see him compete in an upcoming boxing tournament at Fort Gordon, Aug. 19.

Additionally, several lady boxers continuously prove that boxing isn't just one-gendered, including Natsia Martin, who said she started boxing after she found out the classes were free, and realized it would help keep her busy during her husband's deployment.

If you'd like more information on boxing classes taught at Newman, contact the fitness center at 767-3033.

# Warrior takes weight problems to the rink



Pat Young

Frenchi Jones delivers an uppercut during a boxing workout session, Aug. 4 at Newman Fitness Center.

Pat Young  
Managing Editor

You cannot truly understand the effort it takes to fight weight problems, unless you have been there. One warrior who has fought and won that battle is Frenchi Jones, a Marne Family member who recently lost nearly 130 pounds.

Originally from Washington, Jones grew up loving music and dancing, but due to health issues and a lack of confidence, she didn't feel well enough to get out much.

"You go through life and run into issues," she said. "I had self-esteem issues and started putting on the pounds. I didn't feel good about myself."

After reaching 270 pounds, with doctors telling her she needed to lose weight or face the threat of full blown diabetes, Jones decided to do something about it.

With the support of her husband and three children, Jones started going to Newman Fitness Center where she met Fitness Trainer Sharoya Bryant.

Bryant told Jones how she used to be overweight, but exercised to sculpt herself into a new person.

"She (Bryant) looked great, with confidence and a flat stomach," Jones said. "She helped motivate me, and I decided I was going to make that happen for myself."

# Get fit with aerobics classes

Pat Young  
Managing Editor

Newman Fitness Center offers a number of programs focused on providing Soldiers and Family members with a diverse workout available seven days a week.

Special programs are offered six of the days, ranging from Pilates to water aerobics.

Jake Battle, Directorate of Morale, Welfare and Recreation fitness coordinator said although the fitness center is undergoing construction, the programs will continue to be offered.

Pilates is available 6 to 7 p.m. each Monday, Wednesday and Friday at Club Stewart. The program specializes in toning and shaping without bulking up. The primary instructor is Bennie White.

Also on Mondays, Busy Feet taught by Irma Wright, offers a cardio workout with two classes. The first is a steps class from 9 to 10 a.m., and the second is a kick-boxing-style step class from 4:30 to 5:30 p.m.

On Tuesdays, the action doesn't stop as Wright brings a Basic Training Workout that mixes it up with steps, weights and more. Battle takes over in the afternoon,

4:30 to 5:30 p.m., with the Steps Challenge and Bun Busters.

Wright makes mid-week a heart racer with Cardio Kick Boxing, 9 to 10 a.m. and Step Kicking 4:30 to 5:30 p.m., Wednesdays.

Thursdays' workout gets Back to the Basics, 9 to 10 a.m. with Wright, and Cardio-box and Butt Shaper by Battle 4:30 to 5:30 p.m. that features body bars, hoola-hoops, power ropes and more.

The body is back in Wright's court with a Killer Friday Workout that includes kicking, stepping, hopping, and weights. She continues with a second class held 4:30 to 5:30 p.m.

On Saturday, the workout allows participants to pick their own 'poison,' before the work week kicks off again, led by Carmen Roman.



Pat Young

Sherita Baker holds her hand up, leading her water aerobics class, Aug. 4 at Newman Pool.

For those who enjoy water sports, Sherita Baker leads aquatic fitness at Newman Pool. Two levels of difficulty are offered. On Mondays and Thursdays, 6 to 7 p.m., the class is geared toward beginners, while Tuesdays and Thursdays, 9 to 10 a.m. has all levels of experience and uses all pool depths.

For more information, call Newman Fitness Center at 767-3033.

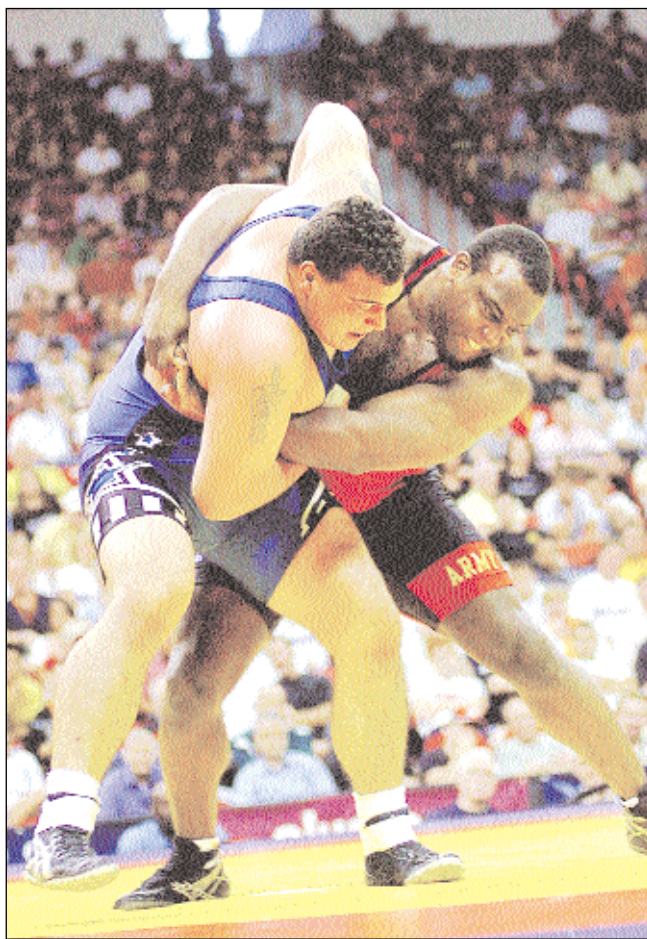
# 16 Soldiers set to bolster Team USA at Beijing Olympic Games

**Tim Hipps**  
FMWRC Public Affairs

**ALEXANDRIA, Va.** – Sixteen members of the U.S. Army Family will compete, coach or serve as training partners for Team USA at the 29th Olympic Games now through Aug. 24 in Beijing.

U.S. Army World Class Athlete Program Greco-Roman heavyweight wrestler Staff Sgt. Dremiel Byers will compete in the 264.5-pound weight class, Aug. 14.

Byers, a world champion in 2002, will be accompanied in China by WCAP teammate and training partner Spc. Timothy Taylor, who Byers defeated in a best-of-three finale at the U.S. Olympic Team Trials for Wrestling in Las Vegas. They train together at Fort Carson, Colo., home of the WCAP wrestling and boxing teams.



Tim Hipps

**U.S. Army World Class Athlete Program teammates Staff Sgt. Dremiel Byers (right) and Spc. Timothy Taylor square off in the Greco-Roman 264.5-pound finals of the 2008 U.S. Olympic Team Trials for Wrestling at the Thomas and Mack Center in Las Vegas. Byers won the best-of-three series and will wrestle for Team USA in the Olympic Games, Aug. 14 in Beijing. Taylor will accompany Byers to China and serve as his training partner.**

“That’s my brother from another mother,” Byers said. “We live that every day with our unit. We really are Family. If you look around at Nationals or you look into it, we’re the only actual team. The other guys are [members of wrestling] clubs that live all over the country and come together for one event.

Byers, 33, of Kings Mountain, N.C., long ago promised his late grandfather, Theodore, that he would win an Olympic medal. He intends to fulfill the promise in Beijing, and has focused on nothing else.

“This is more than important,” Byers said. “Everything is about having this come to pass. If it is not about getting the medal, I want it out of my life. I did it at the World Championships, and I am going to do it at this Olympics.”

WCAP marksman Maj. Michael Anti, a 2004 Olympic silver medalist in three-position rifle shooting, will compete in his fifth Olympics in the 50-meter prone rifle event Aug. 15. Anti, 43, of Winterville, N.C., will lie on his stomach and fire a .22-caliber rifle at targets with bull’s-eyes 10.4 millimeters wide, much smaller than a dime.

Although Anti was the only Soldier to win a medal at the 2004 Olympics in Athens, Greece, the U.S. military boasts a proud history of producing Olympians.

At the 1964 Summer Olympics in Tokyo, 52 of the 290 U.S. male competitors were military athletes who combined to win 20 individual or team medals – an impressive 22 percent of Team USA’s hardware. The military secured eight gold, five silver and seven bronze medals that year. Fifty military athletes represented the U.S. at the 1968 Summer Olympics in Mexico City.

Because the nation is at war, the numbers are not what they used to be, but through the Army Family Covenant the U.S. Army continues to offer servicemen and women the same opportunities as those they are sworn to defend.

“Our numbers are down from years past, however, the World Class Athlete Program does offer Soldiers an opportunity to continue to train and work toward their lifelong dreams of competing in the Olympics, as well as competing in national and international competitions,” WCAP Director Willie Wilson said. “The Soldiers that are a part of this program are not only outstanding athletes but they are outstanding Soldiers.

“Our Soldiers are very appreciative that the Army and America have given them the opportunity to continue to pursue their dreams. They take that very seriously and they’re honored to represent the Army and their country.”

WCAP rifle coach Maj. David Johnson, a 19-year member of the U.S. National Rifle Team who competed at the 1992 Barcelona Games, also coached Team USA’s rifle shooters at the 2004 Athens Games. He was the first Soldier to learn that he would be going to Beijing.

U.S. Army Marksmanship Unit shooter Sgt. 1st Class Jason Parker, under the tutelage of Johnson, won gold medals in both the 50-meter and 3-position air rifle

events at the 2007 Pan Am Games in Rio de Janeiro, Brazil. He competed in the 10-meter air rifle, Aug. 11 and will compete in the 50-meter three-position rifle event, Aug. 17 in Beijing.

“I have to say a big, big ‘thank you’ to coach Dave Johnson because he’s the one that’s pushing me harder and harder after each event, and he’s the one who finds the things I need to work on next,” said Parker, 33, a three-time Olympian from Omaha, Neb. “I think he is probably the top coach in the world. He comes along and always finds a way to push you and make you do better.

“He’s not settling for silver, bronze, or just missing out on the finals. He wants gold medals, and he’s always pushing athletes to getting those. He’s invaluable to all of our training and competitions.”

Cadet Stephen Scherer, 19, of the United States Military Academy at West Point, N.Y., also competed in the 10-meter air rifle competition, Aug. 11.

WCAP shooter Staff Sgt. Keith Sanderson, 33, of San Antonio, will compete Aug. 16 in the 25-meter rapid fire pistol event.

Army Reserve Staff Sgt. Elizabeth “Libby” Callahan, 56, of Columbia, S.C., made her fourth Olympic appearance in the women’s sport pistol event, Aug. 13.

USAMU pistol shooter Sgt. 1st Class Daryl Szarenski, 40, of Saginaw, Mich., competed in his third Olympics in the 50-meter free pistol event, Aug. 12.

Szarenski placed fifth at the 2000 Olympics in Sydney, Australia, and 13th at the 2004 Athens Games.

USAMU shotgun shooter Pfc. Vincent Hancock, 19, of Eatonton, Ga., set a world record in every skeet-shooting event at age 18. He will toe the line Aug. 16 in Beijing.

USAMU shotgun-shooting teammates Spc. Walton Glenn Eller III, 26, of Katy, Texas, and Spc. Jeffrey Holguin, 29, of Yorba Linda, Calif., competed Aug. 12 in double trap.

As Holguin makes his Olympic debut, Eller, who joined the Army in 2006, is competing in this third Olympics. He placed 17th in 2004 and 12th in 2000.

“Growing up, I always wanted to be an Olympian,” Eller said. “The Olympics were greater in every aspect than I had anticipated, both in highs and lows. The emotions involved are so great because of the years of training that go into that one day of competition.”

Sgt. 1st Class (ret.) Bret Erickson, 47, of Bennington, Neb., competed in trap shooting Aug. 10.

WCAP boxing coach Staff Sgt. (ret.) Basheer Abdullah, the U.S. head coach in the Athens Games, will serve as a technical advisor for Team USA.

WCAP boxer Sgt. 1st Class Christopher Downs won Team USA’s light heavyweight spot at the U.S. Olympic Team Trials in Houston but did not get the weight class qualified to compete in Beijing.

He will make the trip to China to serve as a training partner. WCAP fencer Spc. Cody Nagengast will serve as a training partner for Team USA’s epee squad.

# Jake's Body Shop:

## Stretch for success

**Jake Battle**  
DMWR Fitness Coordinator

Stretching allows you to develop the flexibility to gain maximum benefit from your exercise routine. But, if it is not done correctly you won't gain from stretching, or worse you could harm yourself. Here's how to spend the first and last part of every workout for the best results.

Flexibility exercises should be performed without movement. Each stretching position should be held for 30 seconds or more to achieve best results. Some stretching will probably be more difficult at first, so



uncontrollably, then you have stretched too far. Gradually work up to your flexibility goals. Flexibility takes time and persistence.

There are many appropriate times to stretch; it is helpful to stretch before exercise to prepare the muscles for activity.

However, a warm-up (light exercise) should be done first, as stretching cold muscles can cause injury. After exercise, stretching results in greatest gains in mobility. When the body is warm, the muscles are most responsive to stretching. Many people stretch before bed or while watching TV to promote

relaxation. Some people enjoy stretching in the morning to prepare for the day and to eliminate stiffness. As a minimum, stretching should be performed three days per week, and preferably after every exercise session. It is not unusual for individuals to stretch before and after every exercise session.

As mentioned above, each stretch should be held for 30 seconds. Stretching sessions before or after exercise should focus on the muscle groups active during the exercise. Therefore, six to 10 stretches in a session includes the major muscle groups involved in the exercise.

A simple calculation reveals that this will only take about 5 minutes per session, a small commitment that will result in great physical benefit!

Like any other type of training, intensity is a basic principle for flexibility. To avoid injury and discouragement, it is important that a stretch does not cause pain. While stretching, you should feel tension as the muscles are gently pulled, but there should be no pain.

If you notice that the muscle being stretched is shaking

## Marne Lanes League Bowling

Marne Lanes offers a variety of individual and league play to Soldiers, Family members and civilians. Stop by to register for league bowling with opportunities ranging from open competition, seniors, scratch, church or youth teams.

To join, choose a time or league in which you wish to bowl. Fill out the registration form available at Marne Lanes. Return the registration form to the reception counter. For more information about times or leagues, call the Marne Lanes at 767-4866 or log on to [www.fsusbc.org](http://www.fsusbc.org).

### Leagues

League	Time	Type	# per team	Date
Monday Night Open	7 p.m.	Open Mixed	4	Sept. 8
Senior Mixed Classic	10 a.m.	Mixed	3	Sept. 8
Tuesday Night Mixed	7 p.m.	Open Mixed	4	Sept. 2
Tuesday Scratch Trio	7 p.m.	Open	3	Sept. 2
Senior Friends Hi/Lo	7 p.m.	Singles/Doubles	1	Sept. 10
Wednesday Night Mixed	7 p.m.	Mixed Doubles	4	Sept. 3
Thurs Morning Coffee	9 a.m.	Ladies	3	Sept. 4
Thursday Night Church	7 p.m.	Open Mixed	3	Sept. 4
Friday Night Open	7 p.m.	Open Mixed	4	Sept. 5
Saturday Morning Youth	9 a.m.	Youth	4	Sept. 6

## Sign up for CYS youth activities

### Football, cheerleading

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.

### Soccer

Register for Child and Youth Services youth soccer. Registration is Aug. 1 to Sept. 12 or until all slots are filled. The activity is open to all CYS youth 4-13 years old (as of Aug. 1.) Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool. CYS is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday and 9 a.m. to 6 p.m., Wednesday.

All CYS members must have a current physical on file when registering. For more information, call CYS at 767-2312 or Youth Sports at 767-4371.

Volunteers are needed to coach soccer teams. If you are interested in volunteering, call 767-4371. New volunteers will be required to come to Jordan Youth Gym, building 606, West 6th St. to complete a volunteer registration form and submit to a background check.