



Randy Murray

WTU Soldier Spc. Shawn Robey demonstrates how he can adjust his "water leg" prosthesis in order to position it for scuba diving. He was advised by his instructor, Col. (Ret.) Stefan Sherman, to use duct tape to seal the bottom of his wet suit to the prosthesis in order to keep water from filling up inside the artificial limb.

First WTU Soldier completes MWR scuba certification class

Randy Murray
Public Affairs Specialist

Specialist Shawn Robey is the first Fort Stewart - Hunter Army Airfield Warrior Transition Battalion Soldier to complete the Directorate of Morale, Welfare and Recreation's new scuba certification class designed for wounded Warriors. According to his instructor, Col. (Ret.) Stefan Sherman, Robey completed the confined water or pool phase of his training, Sept. 11 then the open water phase Sept. 14.

"This took at least two months preparatory training," said Sherman, who is certified as a National Association of Underwater Instructor and by the Handicapped Scuba Diving Association.

"Shawn had to re-teach his leg muscles to work, to re-learn some motor skills. He had to understand this wasn't an overnight thing. He made the commitment, and I held him to it."

In July 2007, Robey was injured by an improvised explosive device while serving with the 3rd Infantry Division in Iraq. He lost the lower part of his left leg, crushed most of the bones in his right ankle, sustained shrapnel wounds to his abdomen, and he suffered traumatic brain injury. He met Sherman by chance one day while they both underwent physical therapy treatment. At the time, Sherman was recovering from rotator cuff surgery. They struck up a conversation, which quickly turned to scuba diving. Robey was hooked.

By this time, Sherman had already received authorization to teach scuba

diving classes through MWR, he said, thanks to the help of MWR director, Linda Heifferon, and Garrison Command Sgt. Maj. Charles Durr, with the specific intent of helping WTU Soldiers. When all the contacts and approvals at the WTU were made, Sherman met with Robey at Newman Fitness Center Pool.

Despite having an additional "water leg" prosthesis, specially made for swimming, at first Robey could not control his leg movements well enough to use scuba fins. With Sherman's help, he trained his leg muscles to perform the kicking movements necessary to swim under water. Sherman said that once Robey got to where he could swim, he had Robey swim laps around the pool.

"Once we developed his ability to swim, we had to develop his endurance," Sherman said. "Scuba diving is mostly kicking movements with the legs. Shawn went through extensive training, two days a week, two hours at a time. He re-gained considerable use of his right foot during this time. Then a couple weeks ago, I assessed him and realized he was ready."

Robey said he wanted to be a certified scuba diver because he was looking for something adventurous to do, something that proved to himself, if no one, else that he is only disabled - not crippled. The consummate outdoorsman from Charleston, S.C. refused to let his combat injuries prevent him from enjoying the outdoors. Robey went through the two-day classroom phase with a group of



Col. (Ret.) Stefan Sherman

WTU Soldier Spc. Shawn Robey glides along the bottom of Newman Fitness Center Pool, Sept. 10 as part of the scuba certification process.

recreational scuba diving students, Aug. 26-28 held at the Leisure Travel classroom. Because Sherman's classes are supplemented with DVD lessons, of which students have their own copy, Robey was able to overcome the short term memory problems caused by his TBI.

He said he simply played it again and again until he learned that block of instruction.

Bob Chaney, occupational therapist for the WTU strongly supports Sherman's scuba training for wounded Warriors. A former Navy diver, Chaney has gone through Sherman's recre-

ational diving class to obtain his civilian certification. Like Sherman, he expresses tremendous gratitude to MWR for helping Sherman put together both the recreational and the WTU scuba diving programs. MWR provides equipment, classroom and pool space, staffing and communication.

WTU Soldiers interested in taking the scuba certification classes should contact Chaney or call 767-9336 at Stewart or 315-2019 at Hunter. If you're looking for recreational fun that's also good physical therapy, Sherman invites you to "come blow some bubbles."

Jake's Body Shop: What to do when it hurts

Jake Battle
DMWR Fitness Coordinator

Repetitive stress injury is increasing rapidly in the United States. This type of injury occurs when a person performs activities that require repetitive motion for an extended period of time.

Fortunately, these injuries can be reduced or avoided all together. Here's how you can protect yourself from repetitive stress injury at work.

Work habits

Make it a habit to take occasional breaks. Create reminders, such as writing notes to yourself or setting a clock to beep each hour, to help you take breaks.

These don't need to be extensive times away from work. Get up and stretch your muscles, go for a quick breath of fresh air, or simply relax and close your eyes for one minute.

Work area

Many work areas are too bright. If possible, dim the lights in your work area and use shades to avoid excessive sunlight. If your computer has a glare, adjust the brightness and contrast or simply move the screen. A small glare can cause per-



sistent headaches until fixed.

Also, make sure that the desk you sit at allows you to adjust your posture. Besides a good desk, you should have an adjustable chair, a footrest and armrests that you can remove if needed. Some people also find that using a small pillow behind the back for added support is helpful.

Work materials

The materials you use every day are vital to avoiding repetitive stress injury. Your computer should have an adjustable keyboard and the monitor should swivel. Don't sit too close to the computer screen as you work. Keep at least 16 inches away. Do you ever get a neck cramp from working while talking on the phone? If so, use a telephone headset as you talk.

Work posture

When we get busy, we often forget about maintaining proper posture. However, as you work, you should avoid slumping in your chair. Keep your hands and arms relaxed and bend your upper arm and forearm at a right angle with your wrists straight. Don't let work-related injuries keep you from being productive on the job. Use these tips to avoid pain to yourself and unnecessary costs to your company.

Are you ready for some football?

2008 INTRAMURAL FLAG FOOTBALL SCHEDULE



Marne Conference

DATE	TIME	FIELD	TEAMS
Sept. 22	6:30 p.m.	3	15 ASOS vs. HHC, 2/7 IN
	7:30 p.m.	3	3rd Signal vs. Co. D, 3rd BSB
	8:30 p.m.	3	Co. B, 5/7 CAV vs. 554th Co.
	8:30 p.m.	2	HHC, 3rd BSB vs. 3rd Signal
Sept. 23	6:30 p.m.	3	554th Co. vs. 15 ASOS
	7:30 p.m.	3	Co. D, 3rd BSB vs. Co. B, 5/7 CAV
	8:30 p.m.	3	HHC, 1/41 FA vs. HHT, 5/7 CAV
Sept. 29	6:30 p.m.	3	HHC, 3rd BSB vs. HHC, 26th BSB
	7:30 p.m.	3	Co. B, 5/7 CAV vs. HHT, 5/7 CAV
	8:30 p.m.	3	HHC, 1/41 FA vs. HHC, 1/9 FA
	8:30 p.m.	2	554th Co. vs. HHC, 2/7 IN
Oct. 1	6:30 p.m.	3	Co. D, 3rd BSB vs. Co. A, 3/69 AR
	7:30 p.m.	3	HHC, 26th BSB vs. HHC, 2/7 IN
	8:30 p.m.	3	HHC 1/9 FA vs. 554th Co.
	8:30 p.m.	2	15 ASOS vs. Co. B, 5/7 CAV
Oct. 6	6:30 p.m.	3	554th Co. vs. HHC, 26th BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHC, 1/9 FA
	8:30 p.m.	3	Co. A, 3/69 AR vs. HHC, 3rd BSB
	6:30 p.m.	2	HHC, 1/9 FA vs. 3rd Signal
	7:30 p.m.	2	HHC, 26th BSB vs. HHC, 1/41 FA
	8:30 p.m.	2	HHC, 5/7 CAV vs. 554th Co.
Oct. 8	6:30 p.m.	3	HHC, 1/9 FA vs. HHT 5/7 CAV
	7:30 p.m.	3	15 ASOS vs. HHC, 26th BSB
	8:30 p.m.	3	HHC, 2/7 IN vs. Co. D, 3rd BSB
	6:30 p.m.	1	Co. B, 5/7 CAV vs. Co. A, 3/69 AR
	7:30 p.m.	1	3rd Signal vs. 554th Co.
	8:30 p.m.	1	HHC, 26th BSB vs. HHC 1/9 FA
Oct. 14	6:30 p.m.	1	HHC, 3rd BSB vs. Co. D, 3rd BSB
	7:30 p.m.	1	Co. A, 3/69 AR vs. 15 ASOS
	6:30 p.m.	2	554th Co. vs. HHC, 1/41 FA
	7:30 p.m.	2	HHC, 26th BSB vs. Co. B, 5/7 CAV
	8:30 p.m.	2	HHC, 2/7 IN vs. HHC, 1/9 FA

Rocky's Conference

DATE	TIME	FIELD	TEAMS
Sept. 22	6:30 p.m.	1	Co. D, 2/7 IN vs. 1st BCT
	7:30 p.m.	1	139th MP vs. Co. G, 1/41 FA
	8:30 p.m.	1	MEDDAC vs. HQ, 5/7 CAV
	6:30 p.m.	2	90th HR vs. Co. F, 2/7 IN
	7:30 p.m.	2	Co. B, WTU vs. Co. A, 1/41 FA
Sept. 23	6:30 p.m.	1	Co. A, 5/7 CAV vs. Co. B, 2/7 IN
	7:30 p.m.	1	Co. G, 1/41 FA vs. Co. D, 2/7 IN
	8:30 p.m.	1	Co. F, 2/7 IN vs. Co. A, 5/7 CAV
	6:30 p.m.	2	HQ, 5/7 CAV vs. Co. B, WTU
	7:30 p.m.	2	1st BCT vs. Co. A, 1/41 FA
	8:30 p.m.	2	HQ, 5/7 CAV vs. 90th HR
Sept. 29	6:30 p.m.	1	1st BCT vs. Co. B, 2/7 IN
	7:30 p.m.	1	Co. A, 1/41 FA vs. Co. F, 2/7 IN
	8:30 p.m.	1	Co. A, 5/7 CAV vs. HQ, 5/7 CAV
	6:30 p.m.	2	90th HR vs. MEDDAC
	7:30 p.m.	2	Co. D, 2/7 IN vs. 139th MP
Oct. 1	6:30 p.m.	1	Co. B, WTU vs. Co. G, 1/41 FA
	7:30 p.m.	1	Co. A 5/7 CAV vs. 90th HR
	8:30 p.m.	1	Co. D, 2/7 IN vs. HQ, 5/7 CAV
	6:30 p.m.	2	HQ 5/7 CAV vs. Co. B, 2/7 IN
	7:30 p.m.	2	Co. A, 1/41 FA vs. MEDDAC
Oct. 6	6:30 p.m.	1	Co. B, WTU vs. Co. D, 2/7 IN
	7:30 p.m.	1	Co. F, 2/7 IN vs. Co. G, 1/41 FA
	8:30 p.m.	1	MEDDAC vs. 1st BCT
Oct. 8	6:30 p.m.	2	MEDDAC vs. Co. B, WTU
	7:30 p.m.	2	Co. D, 2/7 IN vs. Co. A, 5/7 CAV
	8:30 p.m.	2	90th HR vs. Co. A, 1/41 FA
Oct. 14	6:30 p.m.	3	Co. G, 1/41 FA vs. HQ, 5/7 CAV
	7:30 p.m.	3	MEDDAC vs. Co. D, 2/7 IN
	8:30 p.m.	3	139th MP vs. Co. B, 2/7 IN

For more information, call 767-9795 or 767-8238.

All American Conference

DATE	TIME	FIELD	TEAMS
Sept. 22	6:30 p.m.	1	15th ASOS vs. 3/160th SOAR
	7:30 p.m.	1	473rd QM vs. 512th QM
	6:30 p.m.	2	1/10 AVN vs. 224th MI
	7:30 p.m.	2	2/3RD AVN VS 1/3RD AVN
Sept. 23	6:30 p.m.	1	Co. B, 603rd AVN vs. USCG
	7:30 p.m.	1	3rd CAV vs. HHD, 260th QM
	6:30 p.m.	2	USMC vs. 2/3rd AVN
Sept. 24	7:30 p.m.	2	514th Eng. vs. 3/160th SOAR
	6:30 p.m.	1	15th ASOS vs. 473rd QM
	7:30 p.m.	1	1/10th AVN vs USCG
Sept. 25	6:30 p.m.	2	224th MI vs. HHD, 260th QM
	7:30 p.m.	2	512th QM vs. 1/3rd AVN
	6:30 p.m.	1	Co. B, 603rd AVN vs. 2/3rd AVN
	7:30 p.m.	1	3rd CAV vs. 3/160th SOAR
Sept. 29	6:30 p.m.	2	USMC vs. 512th QM
	7:30 p.m.	2	514th Eng. vs. 473rd QM
	6:30 p.m.	1	1/10th AVN vs. HHD, 260th QM
	7:30 p.m.	1	USCG vs. 2/3rd AVN
Sept. 30	6:30 p.m.	2	224th MI vs. 3/160th SOAR
	7:30 p.m.	2	15th ASOS vs. 1/3rd AVN
	6:30 p.m.	1	Co. B, 603rd AVN vs. 473rd QM
	7:30 p.m.	1	3rd CAV vs. 473rd QM
Oct. 1	6:30 p.m.	2	USMC vs. 15th ASOS
	7:30 p.m.	2	1/10th AVN vs. 2/3rd AVN
	6:30 p.m.	1	HHD, 260th QM vs 512th QM
	7:30 p.m.	1	USCG vs. 473rd QM
Oct. 6	6:30 p.m.	2	224th MI vs. 473rd QM
	7:30 p.m.	2	514th Eng vs. 1/3rd AVN
	6:30 p.m.	1	Co. B, 603rd AVN vs. 15th ASOS
	7:30 p.m.	1	USMC vs. 514th Eng
Oct. 7	6:30 p.m.	2	1/10th AVN vs. 512th QM
	7:30 p.m.	2	3rd CAV vs. 1/3rd AVN
	6:30 p.m.	1	2/3rd AVN vs. 473rd QM
	7:30 p.m.	1	HHD, 260th QM vs. 473rd QM
Oct. 8	6:30 p.m.	2	USCG vs. 15th ASOS
	7:30 p.m.	2	Co. B, 603rd AVN vs 514th Eng.
	6:30 p.m.	1	3rd CAV vs. USMC
	7:30 p.m.	1	1/10th AVN vs 512th QM
Oct. 9	6:30 p.m.	2	512th QM vs. 473rd QM
	7:30 p.m.	2	224th MI vs. 1/3rd AVN
	6:30 p.m.	1	2/3rd AVN vs.15th ASOS
	7:30 p.m.	1	USCG vs. 514th Eng.
Oct. 13	6:30 p.m.	2	224th MI vs. USMC
	7:30 p.m.	2	Co. B, 603rd AVN vs. 3rd CAV
	6:30 p.m.	1	1/10th AVN vs. 473rd QM
	7:30 p.m.	1	512th QM vs.15th ASOS
Oct. 14	6:30 p.m.	2	2/3rd AVN vs. 514th Eng.
	7:30 p.m.	2	HHD, 260th QM vs. 1/3rd AVN
	6:30 p.m.	1	HHD, 260th QM VS USMC
	7:30 p.m.	1	USCG vs. 3rd CAV
Oct. 15	6:30 p.m.	2	224th MI vs. Co. B, 603rd AVN
	7:30 p.m.	2	1/10th AVN vs. 15TH ASOS
	6:30 p.m.	1	512th QM vs. 514th Eng.
	7:30 p.m.	1	3/160th SOAR vs. USMC

2008 INTRAMURAL FLAG FOOTBALL STANDINGS

Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	4	0	1.000
MEDDAC	1	0	1.000
Co. A, 1/41 FA	3	0	1.000
90th HR Co.	3	1	0.750
Co. B, WTU	3	1	0.750
1ST BDE BTB	2	1	0.666
Co. D, 2/7 IN	1	1	0.500
Co. G 1/41 FA	1	2	0.333
139th MP Co.	1	3	0.250
Co. A, 5/7 CAV	0	4	0.000
Co. B, 2/7 IN	0	3	0.000
HQ, 5/7 CAV	0	3	0.000

Marne Conference

	WON	LOST	PCT
HHC, 3rd BSB	3	0	1.000
554th Co.	2	0	1.000
HHB, 1/41 FA	3	1	0.750
3rd SIGNAL	2	1	0.666
Co. A, 3/69 AR	2	2	0.500
15 ASOS	2	2	0.500
HHC, 2/7 IN	1	2	0.333
HHT, 5/7 CAV	1	3	0.250
Co. B, 5/7 CAV	0	3	0.000
Co. D, 3rd BSB	0	2	0.000
HHC, 26TH BSB	0	0	0.000
HHB, 1/9 FA	0	0	0.000

See Page 3C for the Installation 2008 Intramural Football Schedule.