



Photo by Spc. Amanda McBride

The 3rd Infantry Division 10-Miler Team poses at Marne Garden Sept. 29 prior to traveling to Washington D.C. for the competition. The team members are from left to right: Capt. Alexis Davis, Spc. Amy Davis, Sgt. 1st Class Valerie Garza, Sgt. Betzaida Santana, 1st. Lt. Regina Lewis, Capt. Jason Schuerger, Capt. Jake Karn, Capt. Pablo Cercenia, and Sgt. Tim Insley. (Team members not pictured: Sgt. Georgina Pastor-Hernandez, Sgt. Jason Green, and Sgt. Michael Sizemore).

## Army 10-Miler team prepares to depart

Spc. Amanda McBride  
4th BCT Public Affairs

The official Fort Stewart teams competing in the 24th Army Ten-Miler race have high hopes as they prepare for the race, being held Oct. 7 in Washington D.C.

After training for more than three months as a team, both the male and female teams look forward to bringing home the winning title.

"The men are going to try and make it in the top four in under 60 minutes," said Capt. Jake Karn, assigned to 3rd Battalion, 7th Cavalry Regiment, 2nd Brigade Combat Team. "The women hope to place in their field."

The top six male and top six female Soldiers that placed in the qualification race were put on the team, with one alternate on both teams.

After being chosen from other runners from Fort Stewart, the team started training together in late July to be ready for the competition.

"The women would run between 25 to 35 miles per week and the men would 45 to 60 miles per week," Karn said. "On the weekends both men and women teams complete one long run."

While there are a few previous Army Ten-Miler competitors on the team, for many this is their first Army Ten-Miler.

The team members plan to go into the race with clear heads and very high expectations.

The men's team is comprised of Capt. Jason Schuerger, Capt. Jake Karn, Capt. Pablo Cercenia, Sgt. Tim Insley, Sgt. Jason Green, and Sgt. Michael Sizemore. The women's team is comprised of Capt. Alexis Davis,

1st. Lt. Regina Lewis, Sgt. 1st Class Valerie Garza, Sgt. Georgina Pastor-Hernandez, Sgt. Betzaida Santana, and Spc. Amy Davis.

"Both men and women's teams are made up of Fort Stewart runners from varying units and redeployment cycles," Karn said.

The Army Ten-Miler is an annual race held in Washington, D.C. and is the largest 10 mile race held in America. More than 26,000 people from all over the world come and compete in the annual race.

The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations.

The course begins and ends at the Pentagon, with the route passing by many of the monuments throughout the city.

## Spartans demonstrate arts of war

Spc. Dustin Gautney  
2nd BCT Public Affairs

In combat, hand-to-hand fighting is rare and usually a last resort. But being forced into hand-to-hand combat is a fight for your life, where personal equipment will

probably not play a role, but physical training and conditioning may tip the scales in a life or death situation. This dire situation is what Army combatives prepares Soldiers for, giving them the tools to fight and win, regardless of the odds stacked against them.

Although hand-to hand combat is a form of battlefield training, Army combatives begins in a gym with the sound of bodies hitting mats, and the echo of coaches shouting advice and constructive criticism.

For the Soldiers of 2nd Brigade Combat Team, this training started Sept. 23 at Carro Gym.

"Combatives instills motivation and discipline into the Soldiers," said Staff Sgt. Chris Issac, 1st Battalion 64th Armor Regiment, 2nd BCT, 3rd Infantry Division combatives instructor.

Combatives teaches the Soldiers the ability to fight and defend themselves, even in the direst situations of hand-to-hand combat, where Soldiers will have to depend on their knowledge and skills in a life or death situation, Issac said.

Much of the Army combatives

techniques are designed for ground fighting, energy conservation and to disable the opponent as quickly as possible. It is similar to Judo and combatives uses many of the same holds and chokes one may see in a televised, mixed-martial arts match.

"The Soldiers here today are in the beginning phase of the level one certification training," said Issac. "They will learn to trust the men and women around them, no matter what happens."

"I love to see the Soldiers when they first come to the training. They all are apprehensive and not sure of what the experience of training will be like," said the instructor of six years. "The best feeling is seeing the change in the Soldiers as they grow and become more motivated and confident with the moves."

Combatives certification training is a unique "train the trainer" experience. Once Soldiers complete the first level of training, they will be certified to instruct combatives at a company level. Further instruction grants the Soldiers the ability to instruct at the battalion level, all the way to instructing brigades, said Issac.

"It's been pretty fun so far," said Pvt. Michael Harmon, 1-3 Brigade Troops Battalion, 1st BCT, 3rd ID, as he receives his first level of instruct with Army combatives.

"I think I'll be better trained, having completed this course and have a better chance of protecting myself if I am ever forced to use the hand-to-hand combat techniques," said Harmon.



Photo by Spc. Dustin Gautney

Spc. Ryab Aulvach and Spc. Wilfrido Gonzales, both from HHC, 3/69 Armor, practice choke techniques as part of combatives training at Carro Gym, Sept. 23.

## Renovation finishes at Newman Fitness Center

Special to the Frontline

Community members new to the installation or who haven't been to Newman Fitness Center lately will find the center to be much more than a gym.

According to Directorate of Morale, Welfare and Recreation Fitness director, Jake Battle, Newman has acquired two additional spaces to meet the Soldiers and Families' rising physical fitness demands.

The first is actually an expansion to the current weight room, providing an additional 3,000 square feet of space. Individuals will find the center boast a wide selection of muscle building and toning equipment ranging from isometric toners to bulk busting free weights.

Battle said the second major addition was a separate aerobics room, which provides an additional 3,000 sq. feet; plus, it provides a private space for fitness classes. Classes are available throughout the week and range from

step, kickboxing to basic training. The separate aerobics room also frees up space to maximize the basketball courts, he said.

Some of the classes at Newman include step at 9 a.m. and kickboxing 4:30 p.m., Mondays; step kicking 9 a.m., Wednesdays and Basic Training Workout 9 a.m., Tuesdays and Thursdays. In addition, the newly renovated pool offers water aerobics and lanes swimming.

The center also offers services such as personal trainers, upgraded day care services and Smooth Operator, a new juice bar.

Fresh paint and carpeting were a nice touch to the lobby but hardly describe the renovated lobby, which overlooks Newman's day care area, which was expanded to increase capacity.

Readers are encouraged to take a trip to Newman and see the modifications; however, The Frontline will feature a full spread of Newman's new amenities, Oct. 9.

## CYS announces student of the month

Commentary  
Phil Konz,  
CYS TKD Instructor

All over the media are reports on a supposedly unstable and faltering U.S. economic status. However, within the Fort Stewart and Hinesville area, Soldiers and Families are making an investment in their children.

That investment is simply building the character, pride, discipline, and physical as well as mental well being of their young ones.

On Sept. 30, that investment showed progress at the Fort Stewart Youth Services Taekwondo Class Student of the Month presentation. This month's awards were presented to some truly tremendous students who have put forth unprecedented performances.

The Student of the Month Award went to Terri Brown, 9. Terri, who has previously received the Most Improved Student Award on four different occasions was extremely happy to finally receive top honors.

The Most Improved Student Awards were presented to Martae Criss, 8; Antonio Fierro, 10; Josh Bones, 8; and Jared Hazel, 9. Additionally, Braxton Jordan, 11; Javier Gonzalez-Rodriguez, 9; and Mason Wren, 12 received Outstanding Student Awards for their performances.

Students receiving promotions to Yellow-Stripe Belt were Isaiah Edan Aguilar, 5; Martae Criss, 8; Trent Guidry, 9; and Charles McLaughlin, 11. The Yellow Belt was awarded to Nick Maryland, 8; Jared Hazel, 9; Skyla Haines, 9; Joshua Davis, 11; Kadeja Green, 12; and Lauren Cardinal, 15. The Orange Belt was awarded to Antonio Fierro, 10; Nik Heckman, 12; and Braxton Jordan, 11. The Blue Belt was awarded to Terri Brown, 9 and Idris Harris, 13.

Parents, Family Members and friends can be very proud of all the students. The hard work, dedication, and pride these children display is an investment in their future as well as the future of their Families. Great job to all of them.

# HSC hosts golf tourney

Special to the Frontline

The Hunter Spouses' Club of the Hunter Army Airfield is announcing plans for the second annual HSC Golf Tournament.

Coined "Honor, Strength, and Courage," the event will begin at 8 a.m., Oct. 17 at the Hunter Army Airfield Golf Course.

Proceeds from the golf tournament will fund scholarships awarded to college-bound students of military Families. In addition, HSC gives many donations to local groups and charities that support military Families stationed at Hunter Army Airfield.

In addition to participating as a golfer, there are many sponsorship opportunities available, ranging from hole sponsors to raffle items.

There will also be a hole-in-one prize; a 2008 automobile donated by Dan Vaden. The tournament will be followed by a buffet lunch and an awards presentation.

"This is a wonderful opportunity for the Soldiers and [Army] civilians alike to enjoy a day of golf," said Rhonda Blair,

president of the HSC. "Businesses and individuals can play in the tournament or sponsor a soldier to play for free. The Families on post certainly welcome the participation of the community and businesses in Savannah and the tournament is a great way for everyone to show their deep commitment and support for the troops and their Families."

"Events such as this are only possible through the participation and sponsorship of generous individuals and organizations," said Erin Wallace, who is directing the event. "The individual participant fee of \$60 includes a breakfast snack, greens and cart fees, lunch, and the opportunity to win one of our many raffle prizes. We are also encouraging pairs and foursomes, a total of 100 golfers."

Major sponsors for the golf tournament include Dan Vaden, Coca-Cola, Boeing, Flight Safety International, Outback Steakhouse, We Do That Painting, 40 Volume Salon, Oglethorpe Speedway Park, and Gardner Design. For more information on sponsorship and participation opportunities, contact the HSC at [www.hunterspousesclub.org](http://www.hunterspousesclub.org).

# Taylor's Creek holds scramble prepares for end of season

Special to the Frontline

Taylor's Creek Golf Course held the Garrison Commander Golf Scramble, Sept. 26 with only three points separating first and third.

The top three teams were from United States Army Garrison, 3rd Sustainment Brigade, and 2nd Brigade.

Earning the win with a score of 54 was the garrison team, which consisted of Travis Mobley, Clifford Johnson, Angel Cordero, and Ken West.

Second and third place came down to a tiebreaker as both scored 57. The tie was settled by looking at the finishing rounds score and reviewing the scores backward till they determined who fin-

ished best. Finishing second from 3rd Sustainment Brigade, was Alvin Thompson, Michael Harris, Michael Wills, and Reggie Jackson.

2nd Brigade representatives Terry Middleton, Len Carrette, and Jay Blocker had nothing to feel bad about as the just edged out the 188th team who took fourth with a score of 58, and the 4th Brigade Team who scored 59.

In addition to the team competition, the scramble also featured a longest drive, which was earned by Middleton, and closest to pin that was earned by Jackson.

The next golf scramble at Taylor's Creek is scheduled for Oct. 31, 2008, which will be the last until March 2009.

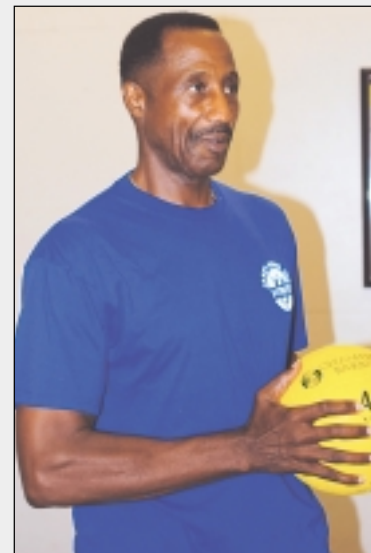
# Jake's Body Shop: Check out fitness centers

**Jake Battle**  
DMWR Fitness Coordinator

Do you find yourself spending more time thinking about exercising than you spend actually doing it? If so, you can find the motivation to work out by joining a fitness center.

Because of the variety of activities available, exercising at a fitness center can make it easier to stick to a routine.

Here are some benefits of exercising at a fitness center. Discover the endless options available to you.



## The buddy system

A fitness center is a great place to make new friends. You meet people with common interest and goals. It is a place where everyone is equal and striving to do the same thing – get in better shape. Having workout buddies gives you the incentive to stay committed to your fitness goals.

## Trained staff

It is a good feeling to know you are not alone when trying new activities. A trained staff is ready to help you whenever you have questions. You don't have to figure out the machines by yourself. Not only does this prevent frustration, it can also keep you from getting injured.

## Freedom for creativity

You may get bored when exercising at home because you always do the same things. At a fitness center, you have a number of options available to you.

Tired of lifting weights? You could

join an aerobics class or swim a few laps. There are so many different activities; you can always vary your routine and stay motivated.

## Structure

Many people need structure in order to stick with an exercise routine. A fitness center provides both structure and freedom.

There are a number of programs and classes you can join. Try aerobics classes three nights a week and take body sculpting on the other nights.

The more variety you have, the better. Go ahead and join a fitness center. When you are in shape and feeling great, you will be glad you did.

## Start now

Decide today to begin enjoying the rewards of exercising. Don't wait till tomorrow. The benefits of exercise could be yours right away. Make the commitment.

## The dollar incentive

The old saying, 'Nothing worth very much is free' definitely applies here.

Your health and your state of mind are priceless and worth your investment.

The bottom line is that the majority of people who benefit from exercise do it all or in part at a fitness center. The motivation and the friendships keep them involved and excited, while enjoying all the benefits of exercise. See what its like by visiting Newman or Tominac Fitness Centers.

# 2008 INTRAMURAL FLAG FOOTBALL SCHEDULE

## Marne Conference

DATE	TIME	FIELD	TEAMS
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
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
Oct. 15	6:30 p.m.	1	1st BCT vs. Co. B, WTU
	7:30 p.m.	1	Co. B, 2/7 IN vs. MEDDAC
	8:30 p.m.	1	Co. A, 1/41 FA vs. Co. A, 5/7 CAV

## Rocky's Conference

DATE	TIME	FIELD	TEAMS
Oct. 6	6:30 p.m.	3	554th Co. vs. HHC, 26th BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHB, 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
Oct. 8	8:30 p.m.	2	HHT, 5/7 CAV vs. 554th Co.
	6:30 p.m.	3	HHB, 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. HHB 1/9 FA

## All American Conference

DATE	TIME	FIELD	TEAMS
Oct. 6	6:30 p.m.	1	Co. B, 603rd AVN vs. 15th ASOS
	7:30 p.m.	1	USMC vs. 514th Eng
	6:30 p.m.	2	1/10th AVN vs. 512th QM
	7:30 p.m.	2	3rd CAV vs. 1/3rd AVN
Oct. 7	6:30 p.m.	1	2/3rd AVN vs. 473rd QM
	7:30 p.m.	1	HHD, 260th QM vs. 473rd QM
	6:30 p.m.	2	USCG vs. 15th ASOS
Oct. 8	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
	6:30 p.m.	2	512th QM vs. 473rd QM
Oct. 9	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.
	6:30 p.m.	2	224th MI vs. USMC
	7:30 p.m.	2	Co. B, 603rd AVN vs. 3rd CAV

## Intramural football standings

### Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	8	0	1.000
1/64 AR	2	0	1.000
1ST BDE BTB	6	1	0.857
Co. B, WTU	5	1	0.830
Co. A, 1/41 FA	5	2	0.710
90th HR Co.	4	3	0.570
MEDDAC	2	2	0.500
Co. B, 2/7 IN	2	3	0.400
Co. G 1/41 FA	1	3	0.250
Co. D, 2/7 IN	1	5	0.200
139th MP Co.	1	5	0.200
HQ, 5/7 CAV	1	7	0.120
Co. A, 5/7 CAV	1	6	0.140

### Marne Conference

	WON	LOST	PCT
554th Co.	6	0	1.000
HHC, 3rd BSB	5	1	0.833
HHB, 1/41 FA	5	2	0.714
HHC, 26TH BSB	2	1	0.666
HHC, 2/7 IN	4	2	0.666
3rd SIGNAL	2	2	0.500
Co. A, 3/69 AR	2	3	0.400
Co. D, 3rd BSB	2	3	0.400
15 ASOS	2	4	0.333
Co. B, 5/7 CAV	1	5	0.166
HHB, 1/9 FA	0	1	0.000
HHT, 5/7 CAV	0	7	0.000

### All American Conference

	WON	LOST	PCT
514th Eng.	5	1	0.833
USMC	5	1	0.833
HHD, 260th QM Co.	5	1	0.833
1/10th Avn.	5	2	0.714
512th QM Co.	4	3	0.571
1/3rd AVN	4	3	0.571
3rd CAV AVN	3	3	0.500
3rd 160th SOAR	3	3	0.500
473rd QM Co.	4	4	0.500
HSC 603rd ASB	1	1	0.500
B Co, 603rd AVN	2	4	0.333
USCG	1	5	0.167
224th MI BN	1	7	0.125
15th ASOS	0	5	0.000