



Photos by Pfc. Jared Eastman

Sergeant First Class Ramone Manzano, senior small group leader at the NCO Academy, competes in the swimming event of the German Armed Forces Proficiency Badge competition at Newman Pool, Oct. 8.

Soldiers shoot for foreign award



Sergeant First Class William Staun IV performs the long jump during the German Armed Forces Proficiency Badge competition at Fort Stewart's Quick Track, Oct. 9.

Pfc. Jared S. Eastman
1st BCT Public Affairs

Fort Stewart's Non-Commissioned Officer's Academy offered Marine Soldiers a chance to compete for and earn one of the few approved foreign awards here, Oct. 8-11.

The German Armed Forces Proficiency Badge, awarded to all German Soldiers, was offered to the NCO Academy cadre, Soldiers from 3rd Infantry Division's 1st Brigade Combat Team and a ROTC cadet from Las Vegas, Nevada.

"This is a great opportunity for Soldiers here to compete for the GAFPB," said Command Sgt. Major Jerry L. Taylor, commandant of the NCO Academy. "They would normally only get this opportunity if they were stationed in Germany. It involves a series of sporting events to include first aid training, a foot march, swimming, 100m dash, 3000m run, shot-put, long-jump and high-jump."

Cadet Jeff Greer said he was glad for the opportunity to compete for the GAFPB.

"I've always known about the GAFPB," he said. "And, by luck of the draw I was online looking at Army schools when I came across this school and found out it was going on. I'd recommend anyone to come out here and try it. It deviates from what you would normally do and lets you learn where you're at from someone else's standard."

But Greer learned more than just that.

"It's great that I can come out

here and get this badge, but second to that, it's been so nice to have all these NCOs that just kind of took me in. I'm getting two things out here: one, I'm getting a GAFPB, and two, I'm getting tutoring from outstanding NCOs."

"A lot of these guys have been pulling me aside and tutoring me," Greer continued. "You can tell that these NCOs take a lot of pride in what they're doing and they really care about developing future officers."

Another competitor was Sgt. 1st Class William Staun IV, senior small group leader for the NCO Academy.

"I should be getting the gold badge," he said with a smile, adding that he enjoyed the pistol shoot the most. "However, the most challenging was the foot march, which I would most definitely do again. It was a very enjoyable competition."

Sergeant Major Karl Grenzbach, German liaison for armored cavalry at Fort Knox, observed the competition.

"The Soldiers did great," he said "especially in the foot march. Normally when I run this I have Soldiers who can't walk for awhile (afterward), but these Soldiers are very fit."

Taylor shared similar sentiments.

"The NCOs that competed today were very motivated and I was happy to give them the opportunity to compete for this badge," he said. "Their spirits are high. I know there are a few blisters, but overall they're motivated and ready to move on."

Dog-Face Soldier helps Army win skeet world championship

SpC. Monica K. Smith
CAB Public Affairs

The Army's Skeet team won the doubles competition in the 2008 Skeet World Championship, Oct. 3-11 at the National Shooting Complex in San Antonio.

Capt. David Guida, special projects officer, Headquarters and Support Company, 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade, was the only member of the Army team from the 3rd Infantry Division.

"This year the participation was low because of all the deployments," said Guida who explained the Army team fielded the bare minimum 5 shooters this year. "Last year we had 12 people, two full teams and a developed team for poorer shooters who wanted to improve."

The seven-day championship brought in teams from around the world and from each of the branches of service.

"It's neat because you get to meet all these other service members and you interact with them," said Guida. "It's a friendly competition. There's some witty banter, you give them a hard time and they give you a hard time but when it's done it's a good break and

you make friends with people from different branches."

Guida, who recently returned from being deployed in Iraq, says he is grateful to his command for the opportunity to represent the unit and the Army.

"Some commands don't support the (temporary duty) it takes to come to the championships and they can't afford it, but I've been incredibly impressed and pleased with my first line supervisor all the way up to the commanding general who supports the Army sporting events," said Guida.

"I'd really like to see more people join the team. I would encourage anyone who is interested to go out



Courtesy photo

Captain David Guida competes in the 12-gauge competition of the 2008 Skeet World Championship with the Army team.

to the skeet club and join the (National Skeet Shooting Association). If you enjoy it it's a good time and you could definitely use more shooters on the team."

Division combatives team scores 4th in Army-wide competition

Pfc. Jared S. Eastman
1st BCT Public Affairs

Soldiers from the 3rd Infantry Division competed in a combatives tournament at the Combatives School on Fort Benning, Oct. 4-5.

"Our team placed 4th overall," said Staff Sgt. Keith Bach, 1st Brigade Combat Team combatives non-commissioned officer in charge, adding that getting the team together on a three week's notice was impressive. "There were about 52 different teams in the whole Army, each team filled almost all 12 slots."

Bach said this was his first opportunity to enter the competition.

"When I came into the Army I worked at the 2nd Ranger Battalion and I was offered a job to go out to Fort Benning and work at the Combatives School," Bachs said. "They started an all-Army combatives tournament, so Soldiers could see what they have, and who the greatest fighter is. This year I was able to compete in it because I wasn't working at the school."

Installations across the Army sent their best Soldiers to compete in the different weight brackets. "Over two days you have upwards from eight to

ten matches depending on how well you do," said Capt. Levi Lenon, Troop A, 5th Squadron, 7th U.S. Cavalry Regiment executive officer. "They progress through combatives level from straight grappling to mixed martial arts, so it's a test of all the different skills that you have as well as your physical endurance."

Lenon said there were several talented Soldiers at the competition.

"You had to come in good physical shape, and you also had to be able to use your head as well in order to beat them," he said, adding that the Mixed Martial Arts style fighting on the final day of the competition was challenging.

This was the first time the 3rd Infantry Division competed.

"Our team did really well," Bach said. "Now we have a whole year to refocus and readjust so I'm really excited to see where we go from here."

But the 3rd ID team won't have to wait another year to get back into the ring, said Lenon.

"There's going to be a combatives tournament during Marne Week (Nov. 17-21), so I'm pretty excited for that."



Courtesy photo

The 3rd ID combatives team placed 4th in an Army-wide competition, Oct. 4 and 5 at Fort Benning, Ga.

Hunter Spouses Club hosts golf tourney, supports community education

Kaytrina Curtis
Public Affairs Specialist

Extra funds for college can be helpful to those aspiring to gain a higher education, especially with college tuition costs on the rise and the

decline in student loan approvals. The Hunter Spouses' Club can help to ease some of the cost associated with a post high school education via scholarships. One way HSC raises money for the health and welfare grants and merit-based scholarships is through

fund raisers.

The HSC hosted its second annual golf tournament Friday at the Hunter Army Airfield Golf Course to raise money for the health and welfare grant and scholarship fund. Sixty-five golfers came out to support the event, and made up 17 teams in a best ball competition. More than 30 sponsors from the local community stepped in to donate monetarily as well as food and prize giveaways. The three levels of sponsors for the event were honors, restraint and courage. Honors sponsors for the event paid for service-members to participate in the tournament.

Marines of the Second Beach and Terminal Operations Company took home the first place title with a score of 15 under par.

First Sergeant Michael Sutterfield, 2nd Battalion, 3rd Aviation Regiment, said he enjoyed coming out to play golf to support the Hunter community.

"These scholarships are very important," he said. "Taking advantage of these scholarships can never be

stressed enough."

"This was a way for the sponsors in the area to show their support for our troops," said Erin Wallace, HSC, second vice president.

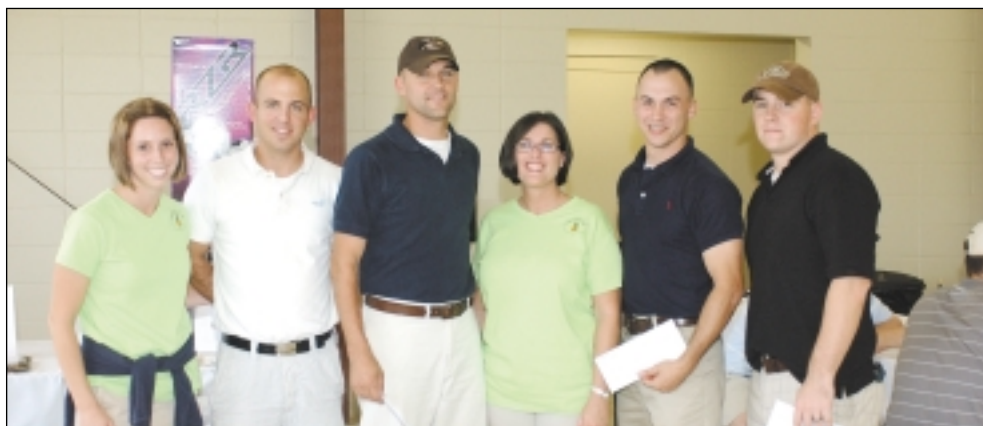
Last year the HSC and the Hunter Thrift Store awarded \$7,000 to eleven students through scholarships that ranged from \$250 to \$1,000. This year they hope to exceed that amount.

"The biggest thing that we do is give back to our community," said Rhonda Blair, HSC president. "We are so fortunate to live here in the Coastal Empire where we get such great support from our community."

Military spouses are encouraged to join the HSC to help give back to the community, said Blair.

"We try to make our club welcoming to every spouse out there, which means we have something for everybody," Blair said. "We have luncheons and community projects once a month. So come give us a try."

At the end of the tournament, participants were treated to a hot lunch and had the opportunity to win prizes.



Kaytrina Curtis

The Marines of the Second Beach and Terminal Operations took home the grand prize of four rounds of golf and gift certificates to a local restaurant at the HSC hosted tournament, Friday. They won with a score of 15 under par. (Pictured l. to r.)--Erin Wallace, Christopher Wiley, Chris Crittenden, Rhonda Blair, Gregory Rayburn, Brandon Dillard.

Jake's Body Shop

Starting a successful exercise program

Jake Battle
DMWR Fitness Coordinator

There will never be a more important part of your exercise routine than the first few weeks. This is when you will begin habits that will determine the success of your exercise.

The habits could be good or bad. Just as unfitness didn't come in a day, neither does fitness. Here's how to start a successful routine.

1. Keep your heart rate in the lower half of your target heart rate.

You will be working hard enough to make your heart stronger, but not overexerting.

2. Measure your exercise by time only.

If you measure your exercise by both time and distance, it encourages hurrying. While you might start with something reasonable, each day you would be tempted to push further or faster.

So, try just going out to exercise for 20 minutes and do not worry about how far you go. Just watch your heart rate and put in your time.

3. Slow down or rest if you need to.

Some of you will find it impossible to keep going the entire 20 minutes. That is fine.

The idea is to get stronger, and

you will get stronger if you simply keep your body moving the entire 20 minutes.

For example, if you get tired after 10 minutes of bicycling, walk for awhile. Build up to the 20 minutes. If you swim, float for a while to rest and then try swimming again.

Do not worry if you are not up to 20 minutes at the beginning. The important thing is to keep going. If you stick with it, your endurance will increase and you will be able to go the whole 20 minutes.

4. Listen to your body.

Your body needs a chance to warm up. A warm-up gradually prepares your muscles for exercise. Warming-up is especially important for exercise that requires quick bursts of effort, such as basketball or

racquet sports.

Rather than plunging into exercise, take five minutes to gradually get your heart and breathing going faster. Start your normal exercise slowly and pick up the pace gradually.

When you finish your workout, your body needs a chance to cool down slowly.

This means you should slow your heart rate gently. Do not stop abruptly by standing still, sitting, lying down, or bending over with your hands on your knees.

Your heart needs to come gradually back to its resting rate. Keep moving, but at a slower pace to cool down.



Intramural football standings

Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	10	0	1.000
1ST BDE BTB	8	2	0.800
MEDDAC	8	2	0.800
Co. A, 1/41 FA	7	3	0.700
1/64 AR	4	2	0.666
90th HR Co.	5	5	0.500
Co. B, WTU	5	6	0.454
Co. D, 2/7 IN	4	6	0.400
Co. B, 2/7 IN	2	7	0.333
139th MP Co.	3	7	0.300
HQ, 5/7 CAV	2	9	0.181
Co. A, 5/7 CAV	1	9	0.170

Marne Conference

	WON	LOST	PCT
554th Co.	10	1	1.000
HHC, 26TH BSB	9	1	0.900
HHC, 3rd BSB	8	2	0.800
Co. A, 3/69 AR	6	4	0.600
HHC, 2/7 IN	4	3	0.571
Co. D, 3rd BSB	6	5	0.545
HHC, 1/41 FA	5	5	0.500
3rd SIGNAL	4	5	0.444
15 ASOS	4	6	0.400
Co. B, 5/7 CAV	2	8	0.200
HHT, 5/7 CAV	1	9	0.100
HHC, 1/9 FA	0	9	0.000

Intramural soccer standings

Rocky's Conference

	WON	LOST	PCT
HSC STB, 3RD SB	4	0	1.000
26th BDE	2	1	0.666
Co. A, 1/9 FA	2	2	0.500
HHC, 1/3 BDE	1	2	0.333
MEDDAC	0	4	0.000