



SPORTS & RECREATION

DECEMBER 3, 2009

3SB NCOs defeat officers in annual Turkey Bowl



Sgt. 1st Class Rhonda Lawson

Major Michael Halley evades an NCO defender as he carries the ball during 3rd Sustainment Bde.'s annual Turkey Bowl, Nov. 15. His gain wasn't enough, as the NCO team defeated the officer team 6-0 to earn brigade bragging rights for the year.

Spc. Gaelen Lowers
3rd Sustainment Bde. Public Affairs

Former Arkansas governor Mike Huckabee once said, "We believe that competition breeds excellence, and that the lack of it breeds mediocrity."

Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Brigade demonstrated that statement when Soldiers of the unit came together for their first-ever Turkey Bowl football game, Nov. 25.

The football game pitted the non-

commissioned officers against the officers, and was set up to promote esprit de corps and unity within the brigade, said Col. Shawn Morrissey, commander of the 3rd Sustainment Bde.

"It's good rivalry; it's good competition, because we're all in this together, and that's what today was all about," said Col. Morrissey. "I'm proud."

The entire brigade was in attendance - Soldiers not participating in the game cheered on the teams from the sidelines, some even brought pom-poms and led cheers.

The first quarter saw little action as far as points, but in the second, fans saw Cpl. Morrison Lee throw a pass down the field to Sgt. David Duren for a touchdown, which proved to be the only score of the game.

The quarterback of the NCOs, Cpl. Lee, gave all the credit to his receiver.

"It felt awesome," he said. "I had to go congratulate the receiver who caught the pass because without him, we wouldn't have won."

Sergeant Duren took a very modest stance when asked about his game-

winning touchdown.

"I just like that I contributed to the team," he said. "Whatever they asked me to do, that is what I tried to do."

Although many attempts were made by the officers to answer their opponent's touchdown, some coming only a few short yards away from the end zone, they were unable to do so. That didn't keep anyone from showing good sportsmanship before, during and after the game, said 2nd Lt. Thomas Bloomer, who has high hopes for next year's game.

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TF Marne Soldier meets Texas head football coach

Staff Sgt. Melanie Trollinger
130th Engineer Brigade

CONTINGENCY OPERATING SITE MAREZ, Iraq - For one Soldier home on leave from Iraq, the chance to meet his favorite football team's head coach never crossed his mind.

Private First Class Sean Hearn, of Pflugerville, Texas, was excited when he got the opportunity for an unexpected meeting in November. Glad to be home for a few weeks from Iraq where he is deployed with Headquarters and Headquarters Company, 130th Engineer Brigade, the first thing he did was

catch the University of Texas-University of Central Florida game on TV. After the game, he met up with his long-time friend, Longhorns starting fullback Antwaan Cobb, and the two watched some football at home and made plans to meet up at the University of Texas football stadium later in the week.

"We toured the entire 40-acre complex: the stadium, locker room, film room, practice facility, everything," Pfc. Hearn said. "My friend asked if I wanted to find Coach Mack Brown. He wasn't there, but when his secretary called him and told him there was a Soldier home from Iraq on leave, he was there within 10 minutes."

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Courtesy Photo

Private First Class Sean Hearn holds Earl Campbell's original Heisman Trophy during a visit with University of Texas Longhorns head coach, Mack Brown. Private First Class Hearn, of Pflugerville, Texas, was home on leave from Iraq in November. An electrician with the 130th Engineer Brigade, he is deployed to Contingency Operating Site Marez, Mosul, Iraq.



Special Olympics

Volunteers Needed

The Special Olympics would not exist today without the time, energy, commitment and enthusiasm of volunteers. Fort Stewart is hosting the Winter Special Olympics at Marne Lanes, from 8 a.m. to 2 p.m., Dec. 11. This one-day event is a great opportunity for you to give a helping hand as a hugger, score sheet runner and, most importantly, the audience and cheering section.

To find out more about this great volunteer opportunity, contact your local ACS at 767-5058.

Jake's Body Shop Stay fit, safe during pregnancy

Jake Battle
DMWR Fitness Director

Even if you're pregnant, you can learn to exercise safely and feel great about being fit. Staying active during a pregnancy can give your body a boost and make it easier for you to get back in shape after your baby is born.

But exercising during a pregnancy does require extra caution and knowledge of what you can and can't do. Keep the following tips in mind as you exercise while pregnant, and enjoy a safe, pain-free workout.

Coordination and balance

You will discover that while

pregnant, you lose some of your sense of coordination and balance. Suddenly, your center of gravity changes, and this can greatly affect your workout.

Avoid activities, such as ice skating, tennis and some types of aerobics, which require a great deal of coordination.

Try to modify all of your intense activities during the second and third trimesters.

Eating for two

The number of calories you take



in during your pregnancy must increase greatly. If you exercise, your body will require even more calories.

Nutritional supplements can help you receive the nutrients your body needs. An important nutrient called folate can reduce the risk of neural tube defects in the fetus, especially if started before you get pregnant.

What to avoid

Certain activities can be potentially harmful for the fetus. Contact sports such as basketball, soccer or karate, will put your pregnancy

at risk.

A woman who is more than 20 weeks pregnant should be most concerned about trauma to the uterus.

Trauma in this area can cause premature labor or even preterm delivery.

Your position

It is best to avoid exercises that require you to lie on your back, such as sit-ups or lifting weight on a bench press machine. This position can be potentially harmful to the fetus.

Talk to your healthcare professional. He or she can help you find the exercise program suited to your own needs and interests.

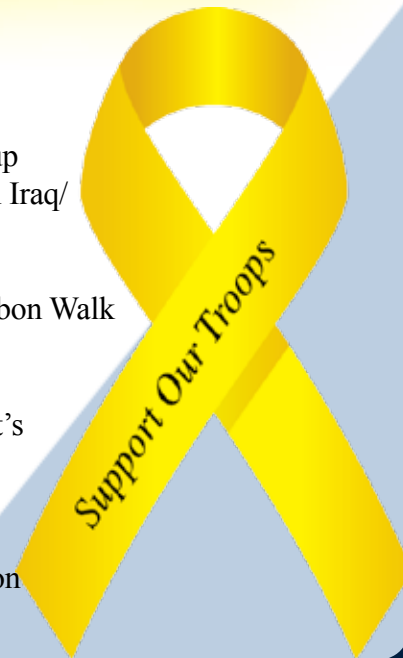
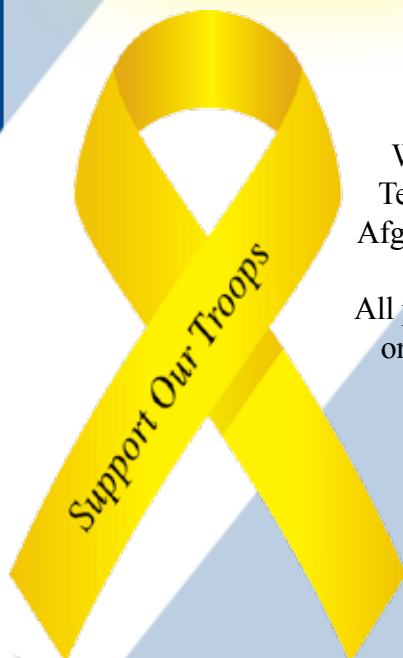
3RD ID RUN/WALK TO, FROM IRAQ/AFGHANISTAN 9 A.M., JAN. 23, 2010 DONOVAN FIELD

Walk your first mile to Iraq/Afghanistan with your Battalion Family Readiness Group Team. Log your miles to honor your Soldier and get your Battalion Team to and from Iraq/Afghanistan before your Soldier returns home.

All participants who walk or run 100 miles will receive a T-shirt during the Yellow Ribbon Walk on April 24, 2010.

Finishers will receive a certificate and coin from their Battalion Team at their unit's Last Mile Walked Ceremony.

All Soldiers, Family Members (children, spouses and parents) are encouraged to participate. Register through your Battalion Team captain or Battalion FRSA.



TIME OUT! The solution to Tiger's PR debacle

Sports commentary by Jennifer Hartwig
Fort Stewart Public Affairs

I usually try to be original, but this week there's really only one thing, sports-related, that I can think to write about, and I'm not the only one – Tiger Woods. And for once, we're not talking about his game.

Like it or not, athletes are public figures, and with that role comes public interest. Sure, it's really none of our business what went down in the early morning hours of Nov. 27. But as a public figure, Tiger has to know that there are questions, scrutiny and intense interest and fascination with everything he does, especially when the first reports of this specific incident were that "Tiger Woods has been in a serious car accident."

Now, I'm not going to get into all of the gossip flying around in regards to what occurred that night and what precipitated it because I don't like to further spread rumors, but we all realize that

what little is being said happened isn't the whole story, and quite a bit of it is fabricated.

It's the secrecy that kills me. Celebrities need to realize that not saying anything is usually the worst thing they can do. Now, the whole world is wondering what happened - wondering why he was leaving his house at 2:30 a.m., and undoubtedly the worst thoughts come to mind first and the most often. Without a plausible and believable explanation, we are left coming to our own conclusions, and I'm going to go ahead and say that whatever the truth is probably isn't worse than the rumors swirling.

You give up a lot for the chance at fame and fortune. Maybe Woods didn't ask for the fame part, but that comes hand-in-hand with being the best-ever at something that people pay to see. For him, a private matter is no longer a private matter. It may be unfortunate, but it's the society that we live in.

In this case, honesty is the best policy, or even

partial honesty - an explanation of some kind. If he gives the public even one straight-forward response, the scrutiny, the questions and the media frenzy will slowly dissipate.

He's trying to lay low in hopes it will go away. It won't. Eventually, he'll have to talk, or people are going to continue to talk for him, and it's going to get worse and worse until he is forced to talk. But by then, it will be too late. People will have been turned off to him by the swirling rumors and the assumptions. Whatever he says, even if it's 100 percent truthful, will be taken with a grain of salt.

I get that it's none of our business what happened. But as long as there are tabloids and entertainment "news" shows, there will be people prying into the lives of celebrities. That's not going away, so neither is Tiger's situation. The sooner he deals with it, the better off his reputation, and his millions of dollars in endorsements, will be.

TURKEY

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Sgt. 1st Class Rhonda Lawson

Sergeant First Class Edward Matthews catches a pass for the NCO team as defender Chief Warrant Officer Kelsey McCorkel tries to intercept the pass, during 3rd Sustainment Bde.'s annual Turkey Bowl, Nov. 25. The NCO team defeated the Officer team 6-0.

"It was a good game," he said. "We were a little disappointed that they got that one touchdown, but when we get to the sandbox, we're just going to have to work on our offense a little bit more."

After the game, a trophy was awarded to the winners, but Command Sgt. Maj. Clifton Johnson, command sergeant major of the 3rd Sustainment Bde., reminded everyone that the NCOs were not the only victors of the day.

"At the end of the day, we are all winners," he said.

TEXAS

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Coach Brown, whom Pfc. Hearn said spent eight days in Iraq this summer meeting service-members and offering support, talked about Iraq, football and Family. They also talked about Pfc. Hearn's younger brother, who was killed in Iraq on Memorial Day in 2007.

Coach Brown gave Pfc. Hearn a tour of his office, which the Soldier described as a small museum filled with pictures, signed footballs, trophies and Longhorns memorabilia. He told Pfc. Hearn he understands the sacrifices the men and women in uniform make and tries to instill in his football players to be grateful for what they have because he knows the sacrifices service-members are making for them.

"The one thing that stands out to me is how much Coach Brown cares about Soldiers," said Pfc. Hearn. "He's a hero to every Texas Longhorns fan, but here he is talking about how much he appreciates us. I'd say he was just as interested in me as I was in him."

At the time of Pfc. Hearn's visit home, he said the Longhorns were two games away from going to the National championships. Meeting not only the coach, but all the players as well, Hearn said, was amazing, especially since Texas football is the one thing he looks forward to every year.

"I can't even tell you how much meeting (Coach Brown) meant to me," Pfc. Hearn said. "That was probably one of the best days of my life."

Although he won't be home to see the Longhorns play Nebraska during the Big 12 Championship game, Saturday, Pfc. Hearn will be cheering his team on from Iraq.

Private First Class Hearn, an electrician with the 130th Eng. Bde., is currently working with the brigade's Combat Security Team. He has traveled all over northern Iraq, helping provide security for brigade commander, Col. Fabien E. Mendoza, Jr.