



Photos by Pfc. Jared Eastman

Officers with 3/69 Armor, step off a Chinook just north of the Sniper Range., Nov. 26.

3/69 officers train, build cohesion



Pfc. Jared Eastman
1st BCT Public Affairs

The day before Thanksgiving is usually a day for cooking or a day of travel. Most people take it easy that day, but the officers of the 3rd Battalion, 69th Armored Regiment, 1st Brigade Combat Team, decided to spend the morning of Nov. 26 out on a road march and participated in a stress shoot for officer physical training.

"We're doing an officer esprit de corps event," said Maj. Pete Fedak, operations officer for the 3/69th.

Fedak said the officers began their PT session at 4:30 a.m. with a 10K road march to Wright Army Airfield, and then were flown on Chinooks to a sniper range.

"The biggest reason for this training is to build cohesion amongst our officers," said Fedak. "It's a good chance for officers from different companies to interact (with each other)."

The training was an alternative to the normal PT, but the morning wasn't close to an average day. Before beginning the stress

shoot, officers had to undergo two minutes of combatives.

"It's a lot harder to shoot something when you're breathing hard," said 2nd Lt. Travis Armstrong, 3/69. "It's a little more realistic. I don't think anything could truly simulate a combat environment, but it's a lot better than sitting in the prone shooting a pop-up normal qualification."

Fedak agreed with Armstrong.

"The officers are doing pretty well," he said. "They are realizing that it's a lot different from shooting a qualification on Clifford Range when you come out here and actually have to go through a stress shoot."

This officer PT is only the start of many more to come, said Lt. Col. Jessie Robinson, 3/69 commander.

"This is some excellent training so far," he said, adding that the intent was to design realistic training that simulates real-world battlefield conditions.

"We want to see the leaders lead by example, lead from the front, that is part of the challenge of this exercise," Robinson said.

Left: Lieutenant Colonel Jessie Robinson, commander 3/69 Armor, shoots at a 400m target from the third floor of the Sniper Range building, Nov. 26.

Drop those holiday pounds, live a healthier lifestyle

Bob Mathews
MWR Marketing Publicity Specialist

Worried about picking up a few extra pounds during a holiday season that includes big meals, lots of sweets and other treats?

Considering a New Year's resolution to be much more fit in 2009?

No problem.

You can lose the pounds while you learn to live a healthier lifestyle as part of the Civilian Fitness Program, here. The Morale, Welfare and Recreation program begins Jan. 12, 2009 and runs through April 9 at the Newman Fitness Center on Fort Stewart and the Tominac Fitness Center at Hunter Army Airfield.

"People join us for different reasons," said Jake Battle, Fitness Director. "Some join because their doctors have told them they need to exercise; some want to lose weight; and some come in to lower their blood pressure. They come into the program with goals, and we help them to reach those goals."

Battle described the program as "self-paced." "We do assessments when they come into the program, and we do assessments at the end," he said. "We give them three hours a week, and it is part of their work schedule."

Battle said the program benefits civilian participants, who often comment to him about how the program has helped them improve their health.

"People come up to me all the time and tell me how much it helped them," he said.

Battle said the program also benefits the Army, which reaps the benefits of reduced absenteeism and improved productivity from a civilian workforce that is more fit.

Acceptance into the program is on a first-come basis. There is no charge. Applicants can find sign-up details in the Civilian Employee Fitness Enrollment Packet at www.stewartmwr.com/sports/civfit.htm.

Or they can call Newman Fitness Center at 767-3031 or Tominac Fitness Center at 315-2019.

Another fitness program coming up in January is "The Biggest Loser," fashioned after the popular television program, but with one major difference: in the Stewart-Hunter program, every participant will be a winner.

"We're not going to drop anyone out of the program," said Marline Parker, a recreation programmer who is heading up the activity.

The program will begin in the latter part of January and continue until May.

Parker said it is hoped that the program, open to Soldiers and their Families, will have 100 participants at both Newman and Tominac.

"There will be prizes and incentives to motivate them all along the way," she said.

The "Biggest Loser" program won't just be about losing weight, Parker said. "The program will give them an



opportunity to work with a trainer and develop a diet and exercise plan and to have better health."

For more information, call 767-4316.

2008-2009 INTRAMURAL BASKETBALL SCHEDULE

DATE	TEAMS	TIMES
Dec. 11	HHC, 3rd CAB vs HHC, 260th QM 24th Ord. vs Co. B, 169th	6:30 p.m. 7:30 p.m.
Dec. 15	Corps of Eng. vs 473rd QM USMC vs 1/3rd Avn.	6:30 p.m. 7:30 p.m.
Dec. 16	Co. C, 603rd Avn. vs 3/160th SOAR Co. F, 2/3rd Avn. vs 2/3rd Avn.	6:30 p.m. 7:30 p.m.
Dec. 17	Co. A, 603rd Avn. vs HHC, 260th QM Co. B, 603rd Avn. vs Co. B, 169th	6:30 p.m. 7:30 p.m.
Dec. 18	USMC vs. 473rd QM Co. 24th Ord. co. vs. HHC, 3rd CAB	6:30 p.m. 7:30 p.m.
Jan. 5	Corps of Eng. vs. 3/160th SOAR 1/3rd Avn. vs. Co. F, 2/3 Avn.	6:30 p.m. 7:30 p.m.
Jan. 6	Co. B, 169th vs. 2/3rd Avn. Co. C, 603rd Avn. vs. HHC, 260th QM	6:30 p.m. 7:30 p.m.
Jan. 7	Co. B, 603rd Avn. vs. HHC, 3rd CAB Co. A, 603rd. Avn. vs. 24th Ord.	6:30 p.m. 7:30 p.m.
Jan. 8	USMC vs. Co. F, 2/3 Avn. 473rd QM vs. 3/160 SOAR	6:30 p.m. 7:30 p.m.
Jan. 12	Corps Eng. vs. HHC, 260th QM 1/3rd Avn. vs. Co. B, 169th	6:30 p.m. 7:30 p.m.
Jan. 13	HHC, 3rd CAB vs. 2/3rd Avn. Co. C, 603rd Avn. vs. 24th Ord.	7:30 p.m.
Jan. 14	Co. B, 603rd Avn. vs. Co. A, 603rd Avn. USMC vs. 3/160th SOAR	6:30 p.m. 7:30 p.m.

More to follow in the next issue of The Frontline. For more information, contact Mike Hughes at 315-4160.



Patty Leon

Bradwell Institute's Mariah Maternik tries to drive past a Beach player during a game last season.

Tigers start region play

Patty Leon
Coastal Courier

Bradwell Institute's girls basketball team suffered its first loss of the season Tuesday, falling 73-70 at Coffee High School in Douglas.

Three starters fouled out for the Lady Tigers (2-1), who began the season with wins against Tattnall County and Long County.

"It was one of those losses where you were not disappointed because we saw a lot of good things that happened," coach Faye Baker said. "Coffee has a very good team, so we have to give them credit. I thought we went in there and played well with them."

Baker said her team got rattled a bit late in the game and made some costly turnovers. She added that foul trouble probably cost the Lady Tigers a win.

"We sent them to the line very early, and they shot a whole lot more free throws than us," Baker said. "Some of the things we need to work on are our defensive pressure, and moving our feet and taking care of the ball against teams that try and pressure us."

Bradwell boys

The rumor circulating among Region 3-AAAAA coaches this season is

that Groves is one of the teams to beat.

Bradwell (0-3) is coming off a loss to Coffee on Tuesday.

Bradwell's last two losses came against teams that reached the quarterfinals of their respective state tournaments.

"There were definitely no slouches," Bradwell coach Pete Woodard said of Long County and Coffee.

What the Tigers need to pick up a win is a consistent effort, he said.

"For example, in our first game (against Tattnall) we had good production from the guards, but there were no inside players to get the rebounds. In the second game, we improved with our post play, but the guards' production was lacking. We need to put it all together."

Woodard added that his team faded during the last few minutes against Long and Coffee.

"As a team, we have to stay strong and play all fourth quarters," he said.

He said Long and Coffee each had a player take over late to secure their wins. The Tigers have yet to find a go-to player.

"We only have one varsity veteran from last season, Jordan Johnson," Woodard said. "We need to find that one player who is going to step up and take control of the game."

Jake's Body Shop

Turn chores into exercise

Jake Battle
DMWR Fitness Coordinator

Do you dread Saturday mornings because of the long list of chores waiting for you? If so, be encouraged. Those weekend jobs are really great ways to get some extra exercise.

Instead of disliking your messy house, you can look forward to the exercise you will get by cleaning it up. Here's how your to-do's can help you get in better shape.

Fold it up

After folding that pile of laundry, don't load it all into your basket when you go to put it away. Instead, make several smaller trips as you walk throughout your house. Your back will appreciate the lighter loads, and carrying the basket around the house can build muscle in your arms.



Stretch for the dishes

Stand on your tiptoes as you wash dishes. Slowly lower your feet back to the floor, and then gently rise again. Do this several times. This exercise will strengthen both your foot and calf muscles.

Take it outside

Yard work is easy to put off. However, working outside can be a great form of exercise. Whether you are mowing the

yard, raking leaves or trimming hedges, you can be sure you are working your muscles and burning calories.

Color on the walls

Now is the perfect time to paint your room that has been so dreary and drab. Reaching for the ceiling or bending toward the floor with your paint brush can stretch and strengthen muscles throughout your body.

Head for the store

Forget your grocery list? That's okay. Walk quickly around the store before picking up anything.

As you do, jot down any items you need. Then, go through the store again, this time getting the items on your new list.

Of course, if you only need a few items, grab a basket and carry it rather than pushing a grocery cart. Walking

gives you a quick cardio workout and carrying the basket builds muscle tone.

Clean the floor

Do you dislike vacuuming? Remember, not only are you keeping your floors clean, but you're also strengthening your arm and leg muscles.

Instead of feeling guilty for not taking time to exercise, you can feel great for getting a workout throughout the entire day.

CYSS offers strength through dance

Pat Young
Managing Editor

Gliding across a paneled floor, spinning in a pirouette, arms lifted in a Port de Bras students at Fort Stewart-Hunter Army Airfield Child and Youth School Services are the picture of grace before transitioning to an upbeat jazzy routine.

In addition to grace, discipline, strength, coordination and self-confidence are some of the benefits of CYSS dance classes according to instructor Brenda Thompson. She noted the children benefit from socialization, having fun with peers on a regular basis.

Thompson, a formally trained dancer, who attended Dance of the Hemisphere and Rochester School of Dance, said the benefits carry over to other aspects of the children's lives.

"It helps their self-esteem," Thompson said. "It pushes them, and assists students with other sports too. It really helps them realize they accomplish anything they can set their mind to."

Thompson, who got into dance when she was young for health reasons, said she grew to love it and found out it helped later in life with her figure skating. She said she introduced the activity to her daughters, MicKenzie, 8; Ashley, 12; and Jazmine, 13.

She said her own daughter Jazmine went through a phase when she was younger, where she had difficulty in school work. Thompson noted that dance helped provide a focus and since then Jazmine has been a model student and has excelled at dance. She said Jazmine not only took classes at CYS, but also assist with off-post at Cheryl Brett Dance Studio in Hinesville.

As a hobby, the entrance cost for the activity varies, depending on the type of dance the student is interested, such as leotards and tights for ballet to comfortable clothes for jazz.

"The shoes also depend on what form your studying," Thompson said. "Local stores like Payless have ballet shoes for around \$17, while ballet shoes and tap shoes would either be available at KK's in Savannah or online."

CYSS dance classes are \$30 a month and run Tuesday through Friday for children 3-18 years old. Classes are Tuesday, 4-8 p.m.; Wednesday, 5-8 p.m.; Thursday, 5-6 p.m.; and Friday, 5-6 p.m. She noted the classes are about an hour long, with the younger children in the early classes.

The next dance recital for CYS will be at Bryan Village Youth Center Dec. 20, and April 2009.

Aside from dance classes, CYSS offers a myriad of opportunities for youth at Stewart-Hunter ranging from martial arts, music, and special programs such as an upcoming youth ice skating trip.

The skating trip is part of the youth sponsorship monthly tour, 10 a.m. to 4:30 p.m., Dec. 22. The trip departs Stewart and Hunter School Age Services Center for the Savannah Civic Center.

The trip is open to CYSS registered youth, but they must sign-up no later than Dec. 19. The cost is \$5 per person. For more information, call 767-6533 or 767-4491 at Fort Stewart or 315-6586 or 315-6075 at Hunter.



Courtesy photo

CYS dance students, 6-9 year olds wait back stage for their opportunity to shine at Woodruff theater last April 2008.