



# Troops get a kick out of football in Iraq

Spc. Ben Hutto

Col. Wayne Grigsby, Jr., the commander of the 3rd HBCT, runs up field during the 3rd HBCT's senior officer/ senior noncommissioned officer holiday football game Christmas day at FOB Hammer. The NCO team pulled away late and won the game with two quick touchdowns.

## Soldiers use gym to cap New Year's resolutions

Sgt. Kevin Stabinsky  
2nd BCT Public Affairs

**FORWARD OPERATING BASE KALSU, Iraq** – As the new year approached, many people formed resolutions on self-improvement. Common goals included hitting the gym, dropping a few pounds and looking better.

The Forward Operating Base Kalsu gym, aka “the Kal-zoo,” offers Soldiers a way to bring out their inner animal.

The gym features a variety of free weights, machine weights and cardio equipment like row machines, treadmills and stepers and exercise aids such as exercise balls, exercise mats, jump ropes and weight belts. The gym staff is hoping to add even more gear.

Dale Robinson, the Morale, Welfare and Recreation coordinator on FOB Kalsu, said he plans to begin incorporating gym

improvements this month.

One big change is improving the cardio room, he said. Currently the room is housed in an adjacent tent connected to the gym via a wooden hallway. Robinson said plans are in the works to replace the tent with a solid building.

The exterior is not the only thing to change. He said he is working to secure more treadmills for Soldiers, as the current five are not enough to meet user demand.

He also said he plans to add TVs to the cardio room to give Soldiers something to take their mind off the rigors of their workout.

The addition of TVs will increase the number of programs available to Soldiers, as they will be able to watch workout and aerobics videos, added Robinson.

He hopes to start up a martial arts program in the future as well, similar to the one run by the 4th Brigade Combat Team (Airborne), 25th Infantry Division, who were stationed at Kalsu before redeploying in November 2007. Robinson said he is working to find instructors and has found a few potential volunteers. He hopes to start the program soon.

“Kal-zoo’s” improvements include programs such as basketball and flag football leagues and several weight lifting and fitness competitions. “Kal-zoo” hosted a 10K “Jingle Bell Run,” a bench press competition and a strongman competition on Christmas day.

The gym is open 24 hours a day to accommodate all Soldiers no matter what shift they work.



Photos by Sgt. Kevin Stabinsky

**Soldiers challenged themselves and each other Christmas day when the FOB Kalsu gym offered a bench press competition. Knowing that many Soldiers may make resolutions to get more fit for New Year's, the gym staff is working on expanding and offering more options for Soldiers.**

One Soldier who takes full advantage of the gym is Spc. Ryan Davenport, and unmanned aerial vehicle operator with Company A, 2nd Brigade, 3rd Troops Battalion, 2nd BCT.

Davenport, a native of Port Allegheny, Pa., said he works out twice a day, before and after his shift, performing cardio in the morning and weight training in the evening.

In addition to working out to get in better shape, he also said it helps him blow off steam and reduce stress.

To help even more Soldiers like Davenport reduce their waistline and stress, plans for a second gym at Kalsu are in the works.



Spc. Ryan Davenport, Co. A, 2/3 BTB, 2nd BCT, unmanned aerial vehicle operator, works out on the rowing machine at FOB Kalsu's gym, aka “the Kal-zoo” Dec. 14.

## Troops fighting war on terror meet ultimate fighters



Pfc. Gaelen Lowers  
3rd Sustainment Brigade Public Affairs

**FORWARD OPERATING BASE Q-WEST, Iraq** – Soldiers received a visit from Tito Ortiz, the mixed martial arts fighter and former Ultimate Fighting Championship light heavyweight champ, Dec. 18.

Ortiz, having a previous experience with visiting deployed troops, flew from Washington to Kuwait in the Persian Gulf with fellow fighter Justin McCully. They were then flown by plane to Camp Liberty in Baghdad and by Black Hawk helicopter to the Army base in Taji.

They met with an estimated 3,000 officers and enlisted personnel, signed autographs, posed for photos and chatted individually with Soldiers.

“When the (United Service Organizations) asked us (to come visit),” Ortiz said, “we were like, ‘people say no?’”

Ortiz, who then came to FOB Q-West, stopped by the brigade headquarters and eventually the dining facility to have a bite to eat while meeting with Soldiers and civilians alike. He hoped that the visit would brighten the Soldier's spirits.

“Hopefully this takes them out of the outside and give them a little bit of home,” Ortiz said. “It's awesome to come out here and boost a little morale, and

I think that is what it comes down to.”

During their stop at the 3rd Sustainment Brigade headquarters, the command sergeant major of the 3rd Sustainment Bde. and FOB Q-West, Command Sgt. Maj. Clifton H. Johnson, presented Ortiz and McCully with a coin.

“We are excited you guys are here,” said Johnson. “We have this thing in the Army we call a coin of excellence. We give these to studs, not duds.”

McCully expressed his gratitude for the Soldiers doing their jobs here in Iraq and in other areas of operation.

“Thank you so much for what you're doing out here,” said McCully. “We can't put it into words the appreciation we have for you guys. You guys are out here fighting for us, and we're back there fighting for you.”

Although he got to meet with a lot of fans, Ortiz said that he is a fan of the Soldiers putting their lives on the line everyday for him and their country.

“Thank you guys so much for you're doing out here,” Ortiz said.

“They say to me, ‘Tito you're our hero.’ The truth is that you're our heroes. You guys are out here holding those guns, defending our country. Being away from your family during the holidays is really hard. You're the ones that are truly sacrificing.”

Pfc. Gaelen Lowers

Tito Ortiz, a martial arts fighter and Ultimate Fighting Championship fighter, is greeted by Command Sgt. Maj. Clifton H. Johnson, the 3rd SB and FOB Q-West command sergeant major, while making a visit to FOB Q-West, Dec. 18, 2007.

# Jake's Body Shop

## Should you hire an exercise expert?

### The benefits of having a personal trainer

**Jake Battle**  
DMWR Fitness Director

A trained professional can make the road to attaining your fitness goals smoother and more successful. Here are some benefits of having a personal trainer.

#### Plan and conquer

A key to getting fit is setting realistic exercise goals. Your personal trainer can help you set both short-term and long-term goals.

Selecting a proper workout routine can be difficult for someone who knows little about fitness. A personal trainer can help you choose which exercises are right for you.

They can also help you see how you are progressing and point out what you need to do to reach your goals as quickly as possible.

#### A helping hand

Your personal trainer can help you understand why your body reacts in certain ways to exercise. If you become discouraged by a lack of results, it can be your trainer who gives you that needed faith to continue working on your goals.

#### Reaching your best

During an exercise session, it can be easy to skip an important part of the routine that you don't particularly enjoy.

A trainer can push you to do your best every session with firm encouragement and instruction.

#### The right way

Performing an exercise incorrectly is

one reason many people do not get maximum benefits from their workout routine. This can even result in injury.

If you do an exercise improperly, your personal trainer will show you how to correct yourself. If there is an exercise you have wanted to try but haven't known how, they can teach you.

Enjoy a successful workout routine by getting a personal trainer.

The support and professional instruction may be just what you need to get the body you desire.



**Jake Battle**

#### Ask yourself

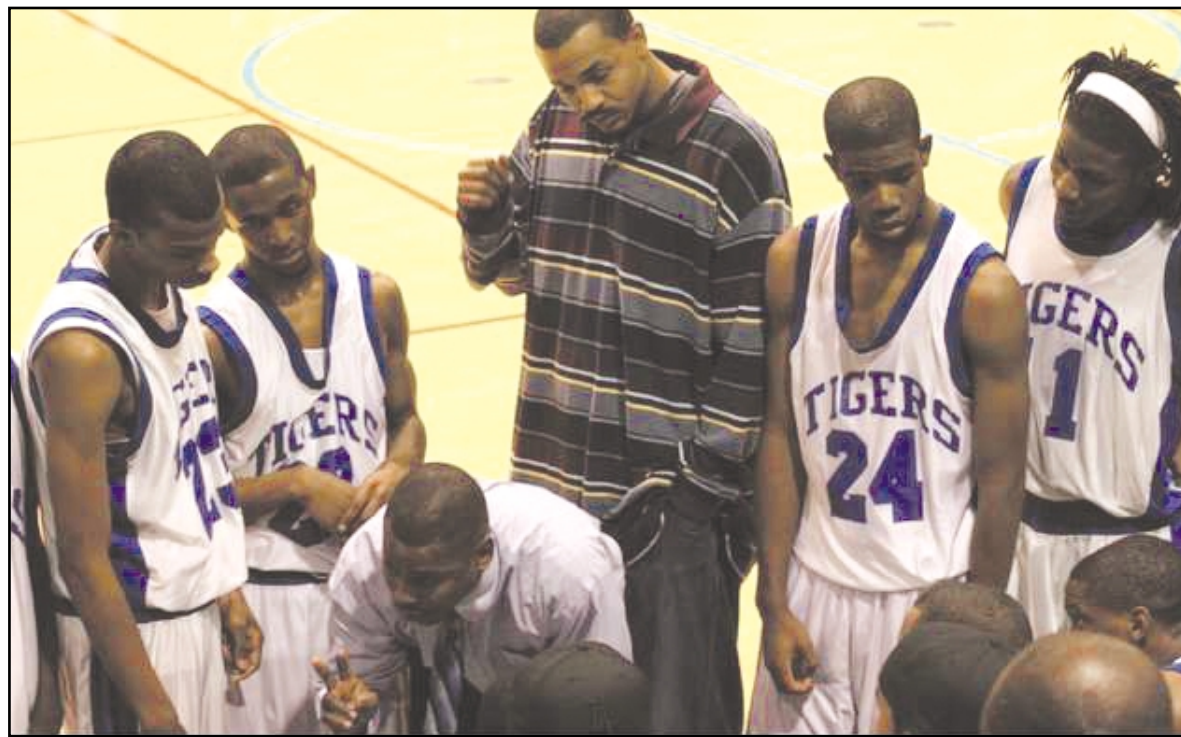
Have you been wondering if you should try working out with a personal trainer? If so, ask yourself these questions.

1. Do I become easily discouraged?
2. Are there some exercises I'm not sure I am doing properly?
3. Am I not getting the results I had hoped for?
4. Are my fitness goals unrealistic for me?

If you have answered "yes" to any of the above, consider a personal trainer to help you achieve the results you're looking for.

#### Personal trainer certification

Certified personal trainers have passed a test and are considered qualified to give personal exercise instruction. The advantage of having a certified trainer is that they are professional and usually more qualified and serious about helping you achieve results. Don't hesitate to ask a personal trainer whether he or she is certified.



Patty Leon

**Interim head coach Pete Woodard talks to his Tigers about strategy during the Jan. 11 game against Johnson.**

## Atom Smashers win by one in high energy game

**Patty Leon**  
Coastal Courier

A perhaps temporary era dawned Jan. 11 as the Tigers entered the gym to host the Johnson Atom Smashers. Interim head coach Pete Woodard commanded the mens' Tiger squad.

The Atom Smashers entered the Tigers' den with a 10-3 record and the hopes of catching the Tigers while they were still down from a loss to Savannah High, Jan. 8.

It was, as expected, a regional battle to the finish with the Atom Smashers sprinting to a one-point (60-59) lead at the end because of missed free throws by the Tigers throughout the game. The Tigers are 9-6 overall and 3-3 in 3-AAAAA region play.

Compounding the missed free throws was Jarvis Wadsworth's foul trouble, forcing him to sit for the third quarter. There were also critical errors on ball control and passes that plagued the Tigers.

The Atom Smashers pulled ahead with a double-digit lead, but the Tigers did bring the game within six points in the third. In the fourth quarter, the Tigers got their game together and pulled within four shots. The Atom Smashers had a player ejected from the game and the Tigers had an

opportunity to tie the score with the technical foul free throws but came out two of four at the line.

With three seconds the Tigers had their last shot at winning. All they had to do was bring the ball into play and shoot, but again passing was an issue and the ball ended up with an Atom Smasher.

"They had too many opportunities for second and third shots in the early stages in the game," Woodard said. "Once we went to man-to-man defense we rebounded better and played better, but it was one of those nights where it was not meant to be."

"Luckily we held on to win," Atom Smasher head coach Keith Errington said. "We'll take a win on the road and in this region all day."

The Tigers were scheduled to travel to Tattnall County Saturday afternoon for a non-region game. Woodard hopes the recent losses will ignite the team and push them to play harder for the win.

After Tattnall they have four tough regional games against Beach, Groves, Camden and Jenkins before getting a reprieve by hosting Wayne County. After that they face regional opponents once again until the region playoffs begin the week of Feb. 11.

# Panthers net big wins over Tattnall

*In their second meeting this season, the Panthers once again proved their cat-like skills can overpower a Warrior. Both the men and women got and maintained a widespread lead in their wins in Tattnall County, Jan. 8.*

## Panthers 70, Tattnall 55

**Patty Leon**  
*Coastal Courier*

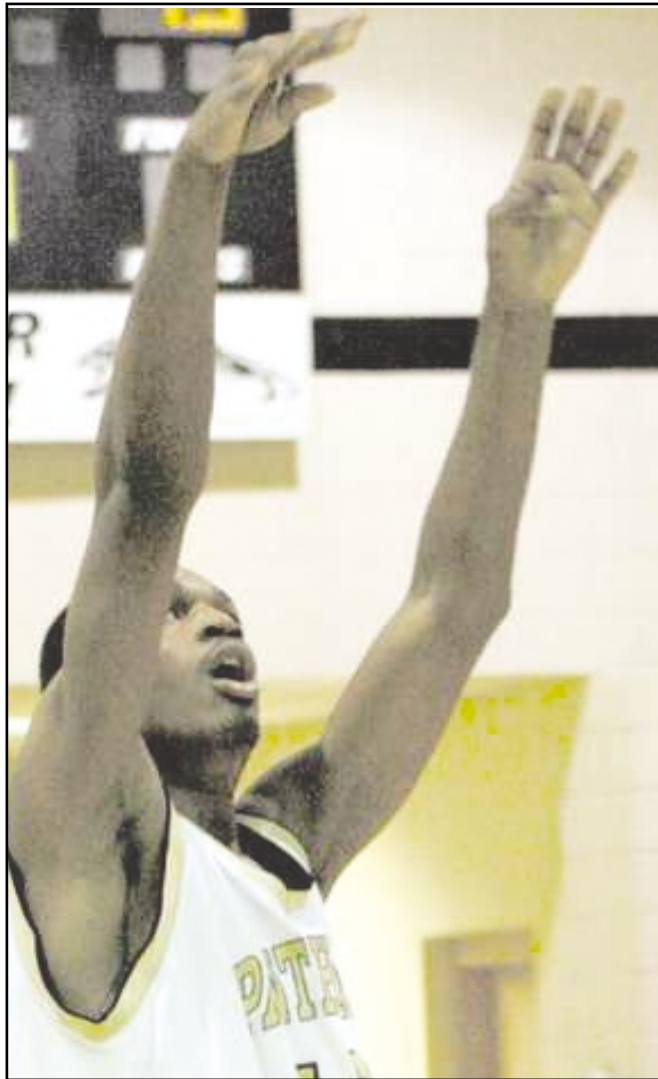
Panther head coach Willie Graham said he saw great progress in his team and felt they kept getting better and better throughout the game. But despite the progress, he noticed once again a lack of consistency in maintaining that intensity and drive.

"We played the first six to eight minutes of the first quarter almost flawless," he said. "And then we did a couple of substitutions, and we lost our focus and were not that sharp again for the rest of the night. We kept enough pressure on them and executed enough to maintain a six to eight point lead for most of the game, however."

It is the consistency factor and mental focus he hopes his team can improve on when the Panthers travel to Benedictine.

"We are trying to get them to be sharper and be patient," said Graham of his players. "We've played other teams that have thrown some form of zone at us but Benedictine will show us zone for most of the game. And beating the zone is more of a mindset than anything else. You must be patient and keep moving the ball until you find the hole and attack the weak side. The weak side will move depending on the kind of zone defense they have. Benedictine is known for using a variety of zones so we must be patient."

Graham went on to note Benedictine is more a mental test than a physical one and it would take a team effort and everyone contributing their part for a victory.



Patty Leon

**Michael Manning makes a shot.**

### Scoring

*Michael Manning 19*  
*Emmanuel Fuller 16*  
*Rashine Mitchell 8*  
*Jordan McRae 8*  
*Charles Friend 6*  
*Rion Brown 5*  
*Will Lee 5*  
*Roderick Jones 2*  
*Donrico Wigfall 1*

## Lady Panthers 78, Tattnall 23

**Patty Leon**  
*Coastal Courier*

Lady Panther head coach Carolyn Kelly put her players through some rigid drills and training in the days leading up to their game against Tattnall. Not because she felt they posed a threat, but it's her way of preparing her team for the physical challenges of harder teams to come. She noticed the difference during the Tattnall County game.

"It did get them in shape a little bit and they were more disciplined on the offensive end and that is what we were stressing," she said. "We can't beat teams just on the fast break, we have to be a more disciplined team. We have to be able to set up a pattern and run through our pattern and they did a good job in doing that against Tattnall."

Kelly said the drill seemed to give her players a better understanding on the concept of getting their hands in a player's face to block the shots. It also gave her an insight on who really understood what she meant by closing out and trapping a player in.

The Lady Panthers face St. Vincent's Academy and Kelly said she talked to the players about the strategy they needed to avoid being taken out of their game plan.

"It doesn't matter what kind of team St. Vincent's has," Kelly said. "Whether they lose good players or acquire new ones, we always seem to have a struggle against them because of the style they play. They play opponents to their level and they will try and do the opposite of we want to do. They know we are big and that we are faster and their strategy will be to slow us down and take us out of what we are accustomed to doing. And for some

reason they are successful.

We've come out victorious in the past but their strategy always seems to give us a fit. Our plan is to tell our kids that instead of them trying to slow you down, let them make them play our game and speed them up."

### Scoring

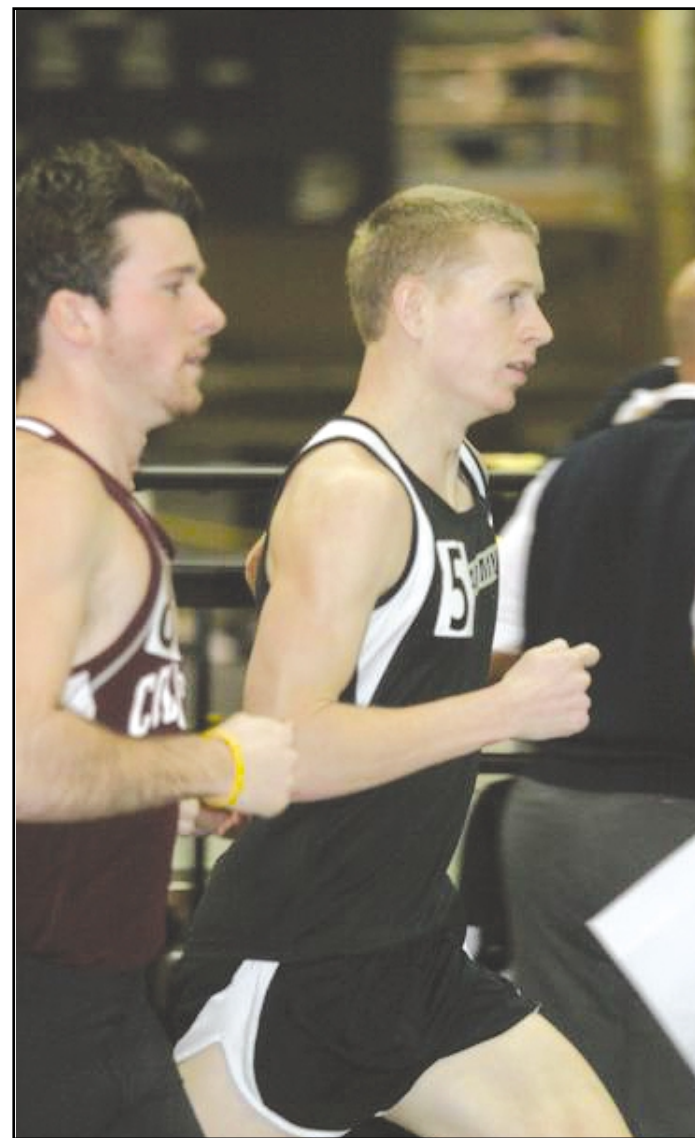
*Nisha Adams 20*  
*Metra Walthour 18*  
*Kourtney Alexander 12*  
*Candice Barham 8*  
*Miata Askew 6*  
*Precious Williams 5*  
*Shanetious Clay 3*  
*Janesha Ross 2*  
*Marcella Gordon 2*



Patty Leon

**Metra Walthour eyes the basket.**

# Men's track team impressive in season opener



Army Athletic Communications  
www.goArmysports.com

**WEST POINT, N.Y.** – Three members of the Army men's track and field team picked up individual wins at the season opening Crowell Invitational, Jan. 12 at Gillis Field House. John Mickowski, Zach Reiter and Joseph Nemeth all came away with wins in their respective events while the Black Knights posted second-place finishes in nine events on the day.

"Overall we're pretty pleased," said head coach Jerry Quiller who begins his 13th season at the helm of the Army program. "We ended up a lot better in some areas than we thought we were and we can see the other areas we need more work on now."

Senior John Mickowski opened the indoor season with the same kind of performance he showed all fall for the cross country team. Mickowski won the 3,000-meter race with a time of 8:35.08, finishing over 25 seconds ahead of the second-place runner.

"I just wanted to get out and relax the first couple laps and see how I was feeling," said Mickowski. "Then I just got comfortable. I really wasn't pushing at all. It just felt good to get back to competing again."

Army swept the long distance events on

the afternoon with sophomore Zach Reiter crossing the line first in the 5,000-meter run. Reiter finished the race with a time of 15:16.90.

The third Army win of the day came in the shot put where Joseph Nemeth took the top spot. The sophomore landed a throw of 50 feet, 4 inches, narrowly missing the IC4A qualifying mark.

The Black Knights took home a host of second-place showings on the day led by freshman Alfred McDaniel. McDaniel finished second in the 60m dash with a time of 7.04 seconds before taking second in the long jump with a leap of 23-1. McDaniel closed out his day with a third-place showing in the triple jump, with a leap of 47 feet, 11 inches.

"We're really excited about Alfred," said jumps coach Michael Young. "He enters the program with the same kind of marks as our top guys. Having three guys in the finals of the triple jump is exactly what we wanted to do today."

The Black Knights also got second-place finishes from freshman Chris Michels in the 400m (50.93), junior Larry Choate in the 500m (1:06.70), senior Matt Tower in the mile (4:25.84), freshman Chris Wagner in the 800m (2:00.01), senior Steve Zhang in the triple jump (48-06) and sophomore Adam Schwartz in the weight throw (46-09).

Other top finishers for the Black Knights included: Robert Stovall, third in the 60m (7.07), Dennis Rowe, fourth in the 500m (1:07.27), Steve Marthy, third in the mile (4:29.01), Bryce Livingston, fourth in the mile (4:29.77), William Caffery, fourth in the 800m (2:00.72), Andrew Ferrara, fourth in the 1000m (2:38.10), Kirk Chitwood, fourth in the 3000m (9:02.22), Greg Griffith, third in the 5000m (15:29.10), Andrew Catalano, fourth in the 5000m (15:31.50), Domonick Sylve, third in the 60m hurdles (8.50), Evan Nelson, fourth in the pole vault (13-09) and Archie Smith, fourth in the triple jump (47-03).

The Black Knights will continue their season next weekend at the Gotham Invitational at the New Balance Track and Field Center at the Armory in New York City.

**Notes:** Army was the final team in the Patriot League to open competition this season. Captain Brandon Lewis competed in select events in the heptathlon but will make his full debut at Penn State in two weeks. Over 600 athletes entered the Crowell Open this season, as opposed to the tradition 400-500 entrants received for the meet. The Black Knights carry over 100 men on the roster, but will only be allowed to take 40 participants to the Patriot League Championships later this season.

Courtesy Photo

*Mickowski takes the lead early in the men's 3000m.*

## Three Army hockey players listed on Hobey Baker ballot

Army Athletic Communications  
www.goArmysports.com

**WEST POINT, N.Y.** – Army hockey players Luke Flicek, Bryce Hollweg and Owen Meyer are among the candidates listed on the Hobey Baker Award ballot and fans will have a voice in the winner.

The Hobey Baker Memorial Award is presented to a collegiate hockey player who exhibits strength of character on and off the ice; contributes to the integrity of the team and displays outstanding skills in all phases of the game and boasts scholastic achievement and sportsmanship.

The initial list of candidates will be trimmed to 10 by

March 20. The Hobey Hat Trick of three finalists will be announced on April 2. The Hobey Baker Award will be handed out on April 11.

Fans can vote for their favorite player by visiting [www.hobeybaker.com](http://www.hobeybaker.com) and selecting the Vote for Hobey tab. Votes for the initial phase must be cast by March 9. Fans will also have a vote in the second phase and can make a selection from March 20 to April 1.

The fans' vote accounts for 1% of the total ballot in each phase.

In addition to the fans' vote, each of the 58 Division I head coaches has a vote and will determine the top 10. The Selection Committee, comprised of print and electronic

media, NHL scouts and the American Hockey Coaches Association, decides the winner from the top 10.

Ryan Duncan from North Dakota won the award last year.

Flicek, a senior alternate captain from Burnsville, Minn., leads the team with 15 assists and also has seven goals. He shares the team scoring lead with Meyer, a sophomore from Dundee, Ill., that leads Army with a team-best 12 goals. Hollweg, a senior captain from Langley, British Columbia, has 12 assists and six goals.

Army will return to Tate Rink this weekend for the beginning of a nine-game homestand. Army will host Canisius Friday and Saturday with both games set for 7:05 p.m.