

## Cyclones put out Hellraisers' fire



Photos by Pvt. Jerome Arp

**Above:** *Spc. Steven Mitchell of HHC 4/64 Armor tags out Sgt. Taurus Staples of C Co. 4/64 Armor at second base, a call that was much debated between the teams and the fans attending the Fort Stewart Championship game July 19.*

**Right:** *Showing a sign of good sportsmanship, both teams lined up to congratulate each other on a great season after the Fort Stewart Softball Championships, July 19.*



**Pvt. Jerome Arp**  
4th BCT Public Affairs

The Cyclones, C Company, 4th Battalion, 64th Field Artillery Regiment, softball team beat the Hellraisers, Headquarters and Headquarters Company, 4/64Armor, in the Fort Stewart Softball Championships, 9-7, July 17.

The game was off to a rocky start halfway through the first inning due to lightning and thunder. The Umpires decided to call a rain delay as a storm moved over Field 3.

Both teams stayed motivated and didn't let the storm ruin their game.

The Cyclones blasted Milli Vanilli's "Blame it on the Rain" from a boom-box within their dugout. Even in the pouring rain, Family and friends kept each team's spirits up.

Just as it seemed all hope was lost, the clouds parted, the storm passed, and the teams took the field.

Both teams were neck and neck every inning. The Cyclones would bat a few runs in, and The Hellraisers would match them. The intensity grew as umpires made

tough decisions on whether runners were safe or out at the bases.

But it was all over when Sgt. Alexis Garcia of The Cyclones knocked out a three-run homer in the bottom of the seventh inning to bring the final score 9-7, just barely securing the win.

The Hellraisers and The Cyclones said they worked hard during the season to land spots in the championship.

The Hellraisers who held a hardy 10-2 record, wore black and were said to have lived up to their name throughout the season on the diamond.

"We played hard, we played smart and we played together," said Sgt. Ty Socket, coach of The Hellraisers.

The Cyclones earned a spotless 12-0 record.

The Cyclones wore yellow, the color of insanity, according to the team, and dominated each game throughout their season.

"Other teams know we're tight and we pack might," said Sgt. Anthony Smith, the coach of The Cyclones.

The Cyclones will go on to play the champions of Hunter Army Airfield at Hunter tonight.

## Seniors take a swing at golf championship



Nondice Powell

**First Sgt. Mike Hayes, 224th MI, tees off while Bruce Bauman looks on during the second day of play, July 22, for the senior division of the Hunter Golf Club Annual Club Championship.**

**Nondice Powell**  
Hunter Public Affairs

With much of the 3rd Infantry Division's Combat Aviation Brigade deployed, it was a quiet weekend July 21 and 22 at the Hunter Golf Course for those taking part in the seniors' division of the Hunter Golf Club's Annual Club Championship. Many of the participants were retired service-members.

"I retired after 28 years," said retired Command Sgt. Maj. Charlie Drown. "I love this little golf course. It's really nice. I've been playing here since 1978. I volunteer out here three days a week. It's pretty enjoyable out there; we've got great folks."

Drown, who started playing golf at Fort Ord, Calif. in 1973, took first place in the Senior Division A Flight with a score of 167 after two days of play.

"We were out here having fun mostly," said Drown. "We were seeing who could beat who, and I was lucky."

First Sgt. Michael Hayes, 224 Military Intelligence Battalion, won the Senior Division Championship Flight with a score of 148.

"I won the tournament by one stroke," said Hayes.

Hayes, who will retire later this month, started playing golf when he bought a set of clubs at a yard sale in 2003.

He thanked Mark Stillings, another participant in the championship, for his help at the driving range and expressed his appreciation for those who volunteer their time at the golf course.

"I think the volunteer staff does a really great job putting in the extra hours to get the course playable for us," said Hayes.

"There are some older folks that do a lot of extra work and I appre-

ciate that."

Drown and Hayes encouraged others to take the opportunity to play golf at Hunter.

"It's a nice little course and everybody should come out here and play," said Drown.

"It's wonderful to play golf," he said Hayes. He encourages everyone to play golf if they can.

"It's a sport that you can carry into your older years," Hayes continued. "When you get away from contact sports, it's a good sport to take up. It's very competitive, and everyone here is certainly competitive. I really enjoy it."

Twenty individuals took part in the two-day competition. The Senior Division Championship Flight ended with Thomas Wallace in second place with a score of 149 and Bruce Bauman and BJ Franklin tying for third with a score of 152.

In the A Flight, Frank Yelton and Dais Rush tied for second with a score of 168.

### Intramural Flag Football League sign-up at sports office

Registration for the intramural flag football league is open, 7:30 a.m. to 4 p.m., at the sports office until Aug. 1.

The event is open to active duty military, Family members who are 18 years and older, retired military and Department of the Army civilians.

Games begin Aug 6. For more information call Michael Hughes at 315-4160 at Hunter or Randy Walker at Fort Stewart at 767-8238.



### Hunter declares strongest man

Nondice Powell

**Sgt. Raymond Collins, 3rd Battalion, 160th Special Operations Aviation Regiment, U.S. Army Special Operations Command, (right) takes part in the Hunter Fitness Center Strong Man Bench Press competition July 18. Each participant had to bench 80 percent of their weight as many times as they could. Spc. Dion Bays, 1st Battalion, 75th Ranger Regiment, who completed 57 repetitions, won the competition.**



# Jake's Body Shop

## Choose the exercise that's right for you

**Jake Battle**  
MWR Fitness Director

**T**hink about the sports that you play and the exercises that you do. Think about the exercises that your friends do, that you have seen done, or that you always wanted to try. Here are the questions to ask yourself in setting up a rewarding exercise program.



**Jake Battle**

### Is it fun?

Will you really enjoy doing this activity? If you like to exercise alone, do not pick a team sport. If you do like to exercise with other people, choose activities that people do in groups, or clubs, or exercises that friends and Family will do with you.

### Is it convenient?

Does the exercise require equipment? If it does, can you afford the equipment cost? If traveling is involved, do not underestimate the extra time and effort. Make exercise as convenient and reasonable as possible.

Choose three exercises that are fun, convenient and will help you reach your target heart rate for at least 20 minutes. These exercises are the foundation for you to build on.

If you have not picked out your three exercises... STOP. Do it now. It is important.

### Does it fit your schedule?

How you fit exercise into your daily schedule can make or break your program. It is that important. The goal is to find times in your daily life where exercise can fit in easily and become an accepted part of your everyday routine. That way, you make the best possible use of the time, discipline, and work you are putting in. Exercise that does not fit your schedule is likely to take two or three times the amount of effort to try to fit it in.

You can find times in your life when exercise will take a reasonable effort, not a superhuman one. Just be honest with yourself and do not try to change your basic nature. Decide where exercise best fits for you.

*This article is not intended for individual advice which should be obtained directly from your health care professional.*



# The Rock upsets rivals, 39-36

Staff Sgt. Carlos J. Lazo

**Pfc. Alton Propst, Special Troops Battalion, 3rd Infantry Division, goes for a lay-up during the basketball championship held at Camp Victory, July 18. The 3rd Inf. Div. team, "The Rock," trailed at halftime, 16-23, but came back to win the game and the championship against their rivals "The Upsetters" with a final score of 39-36.**



# Team USA takes second at Pan American Games

Tim Hipps

**The American team joins international professionals in a rowing competition, July 19. Team USA rowers Simon Carcagno, Capt. Matt Smith, Bjorn Larsen and Andrew Bolton took silver medals in the lightweight men's four event of the XV Pan American Games in Rio de Janeiro, Brazil. Smith is a member of the U.S. Army World Class Athlete Program.**

# Second loss forces 'Canes revamp



Patty Leon

**Coach Michael "Ice" Jones takes the offensive line through the motions in order for them to provide better protection for the quarterback.**

**Patty Leon**  
*Coastal Courier*

After their second straight loss, the Hinesville Hurricanes are rebuilding.

The 'Canes had a week off and this Saturday plan to use that time to strengthen their offensive line and meld a new quarterback into their offensive system. Paul Deese has joined the team as quarterback and started to run plays during the July 21 game.

The Hurricanes' second loss, July 21, was to the South Georgia Warriors of Thomasville.

Deese was a third string quarterback at Mississippi State University, bringing offensive tactics and throwing skills to the Hurricanes' struggling offense.

Coach Michael "Ice" Jones concentrated the July 17 practice on offensive timing drills, pass plays and blocking tactics for the offensive line.

He's hoping to give the quarterback more time in the pocket.

Jones said both of the teams they played so far presented two distinct oppositions; one primarily big and strong but slow, and the other smaller, but quick on their feet. He said those two opposing styles helped him develop a strategy for practice that

would help players adjust their game depending on the type of team they're up against.

In addition to Deese, two of Joseph Matavao's brothers, Tim and Auvae, have joined the team adding depth in offense and defense. Joseph Matavao has been the instrumental running back for the 'Canes. His brothers share his size and skills.

The bye week will also allow James Sharp III to rest a slightly injured shoulder sustained in Saturday's loss. But, like a true teammate and mentor, Sharp was at practice, lending support and coaching the defense.

According to both coaches, the defense continues to do well, holding back the opposing team as much as possible. But with turnovers being produced by the offense, the defense has more playing time and that needs to be solved so the offense has more time to try to score.

Jones spent a great deal of time demonstrating techniques and having his offense go through the motions in order to improve their performance.

The Hurricanes next game against the Savannah Warriors is at home at 7 p.m., Saturday at Lewis Frasier Middle School. Admission is \$6. Children 12 and under are admitted free.

# Youth learn football basics at summer camp

**John Deike**  
*Coastal Courier*

College and professional football players gathered last week for Cedric Dickerson's second annual football camp to coach eager, athletic youngsters.

The three-day camp, which ran from July 19 through 21, featured players such as Georgia Tech's Mike Johnson and Martin Frierson, Georgia State University's Marcello Estrada and Jacksonville Jaguars' Richard Collier.

Dickerson, who played for the Canadian Football League, is a Liberty County High School alum who started the camp last year to offer the kids of the county added experience and insights on the tools of the game.

Johnson spent the first two days teaching the kids three-

point stances, foot and hand placement, and defensive line drills.

"We are helping these kids build their mental toughness through positive coaching," Frierson said.

"There are some good athletes out here, and we want them to know that they can play ball."

Estrada, who is a 2003 Liberty County High School graduate, was excited to come back for a second year to participate in the football camp.

"We are showing them some college and professional football drills that expose them to future football training," Estrada said. "I am surprised about how eager they are to learn, and how well they listen. It's very encouraging to see."

Coaches were more than a positive influence for the youth.

"I didn't realize how much of an effect we have on these kids," Collier said. "We are teaching them the fundamentals of the game, and I wish I could have participated in something like this when I was a kid."

Dickerson was pleased by the turnout of children ages 9 to 13, and he believes the camp is a stepping stone for the kids who came out.

"These kids are lucky because there is so much we can teach them," Dickerson said. "We are giving them direction, and we are building their skills to go on and play high school, college and, hopefully, professional football."

John Deike

**Kids learn how to kick off a football game at Cedric Dickerson's second annual football camp.**



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