



Photos by Sgt. Kevin Stabinsky

Pfc. Robert Galaviz, personal security team for 2nd BCT commander, Col. Terry Ferrell, spends some leisure time pumping iron at the 24-hour gym, the Kal-Zoo.

## 2nd BCT Soldiers take time to reduce stress

Sgt. Kevin Stabinsky  
2nd BCT Public Affairs

**KALSU, Iraq** - All work and no play makes life pretty dull. Fortunately, Soldiers on Forward Operating Base Kalsu have plenty of ways to spend their leisure time.

"We hold many events for Soldiers," said Anita Shaw, Morale, Welfare, and Recreation coordinator.

Daily events include video game competition; board game matches including chess and Risk; ping pong, cards and dominoes; with the most popular being Texas Hold'em, spades and dominoes tournaments, Shaw said.

While tournament winners only get bragging rights and

their picture on the wall, Shaw said she has recently ordered trophies to give out to winners.

Sporting events such as basketball tournaments are also offered for Soldiers to work off some energy.

Other Soldiers opt to spend their leisure time doing another sort of sporting activity - weightlifting.

Pfc. Robert Galaviz and Sgt. Eziqel Gutierrez, are both part of the personal security team for 2nd Brigade Combat Team commander, Col. Terry Ferrell.

Gutierrez said working out during their off time helps them stay fit physically, and mentally.

"It passes the time and relieves stress," Gutierrez said.

"It keeps you motivated and not worried about being home," Galvin said.

Rather than hitting the weights, Staff Sgt. Timothy Eye, 2nd BCT chaplain assistant, plays ping-pong.

Eye said he comes to the MWR Center at least once a week for an hour to an hour-and-a-half to test his skills.

"I'm here to play and have fun," he said, not worrying whether he wins or loses.

Eye said getting out keeps him from getting cabin fever, adding that it is important for Soldiers to socialize.

But even for Soldiers who don't necessarily want to 'hang-out', there are still leisure activities available.

Every Thursday, Friday, Saturday and Sunday night the MWR center plays an outdoor movie at the Kalsu basketball courts.

For Soldiers who want to have

an inside 'adventure,' the center has a vast reading room with books and magazines to browse, borrow or keep.

Sgt. Raul Balderas, 1st Battalion, 30th Infantry Regiment, said reading is one of his hobbies.

"I like learning," he said while sitting comfortably on a sofa reading a book about Greece.

Balderas said relaxing is important to relieve the anxieties of constant work.

"Soldiers need leisure time so they don't burn out. Leaders need to let folks have that freedom and don't assume they are shaming," he said.

While Balderas enjoys reading books, Sgt. Phillip Marshall, 2nd BCT S6 (signal) team, spends his time making one.

Marshall said before deployment he was looking at computer software and found one called ComicLife. Using this software and photos he took, he is creating his own comic book for his Family back home.

"I like doing graphics (design work)," he said, adding this love has also lead him to begin making a DVD for his other love - his wife and daughter.

Others use their electronics for video game.

Marshall said his roommates are big into playing their X-Box video game console.

Staff Sgt. Andrew Medlin, 2nd BCT S6, falls into that category.

"It helps relieve stress. The mission is fine but you still have to unwind sometimes," he said as he battled another roommate in a shooting game.

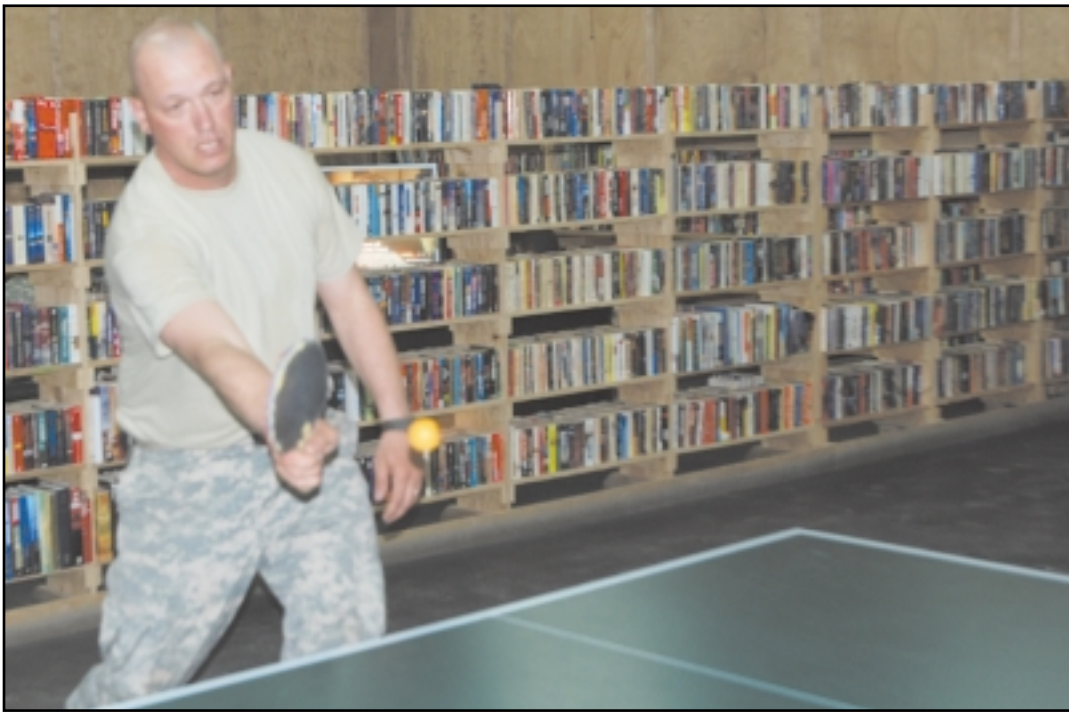
Besides killing time, the video game rivalries also help strengthen bonds between fellow Soldiers, Medlin said.

"You have to socialize; you can't keep to yourself," Medlin continued. "It is better with friends."

Life is also better when you have time to just 'chill,' all agreed.

No matter what direction Soldiers pour their chill energies into, Shaw said finding positive areas to channel a Soldier's energy into is important.

"A busy Soldier is one who stays out of trouble."



Staff Sgt. Timothy Eye, 2nd BCT chaplain assistant, uses his leisure time to play ping-pong at the Kalsu MWR center.

## Youth stay cool at Hunter

Nondice Powell  
Hunter Army Airfield

There's a new way for children of the Hunter Army Airfield community to stay cool during the summer. July 20 marked the opening of the spray park next to the outdoor pool.

"Spray parks were identified in recent leisure needs surveys to be one of the top ten needs for the installation," said Outdoor Recreation and Leisure Activities Director Susan Chipple.

"This and the overwhelming success of the park constructed at Fort Stewart in 2005 led the Directorate of Morale,

Welfare and Recreation, to proceed with this project to improve the quality of life for the Soldiers and their Families at Hunter."

The park took four months to build and costs approximately \$390,000 explained Chipple. The park's 3,000-gallon holding tank recycles the water through a filtration system. The park shuts off when not in use and automatically restarts when children enter the area.

The entrance is the through the Hunter Outdoor Pool. Park and pool hours are 11:30 a.m. to 8:30 p.m. daily until Labor Day. The pool is scheduled to close after Labor Day, but the spray

park will remain open from 11:30 a.m. to 6:30 p.m. until Sept. 30. The cost is \$1 daily and \$35 for a season pass.

Children 12-years-old and younger are permitted to play in the park while supervised by an adult or someone 16-years-old or older.

Swim diapers are required for younger patrons. Patrons shouldn't have toys, food or drinks in the park area and children are not allowed to run.

"I think it's great," said Bridget Rainey, Family member. "It's good to walk the babies around in. They did a great job with building it, especially the tents. It's great to have shade."



Photos by Nondice Powell

Above: Children stay cool at the new Hunter Spray park by playing in one of the many water fountains.

Left: The new spray park at Hunter is open for youth 12 and under and is open 11:30 a.m. to 8:30 p.m. until Labor Day, and 11:30 a.m. - 6:30 p.m. from Labor Day until Sept. 30.



# Jake's Body Shop

## Discover the endless benefits of aerobics

**Jake Battle**  
MWR Fitness Director

**L**ooking for a new way to get in shape? Aerobics may be the perfect exercise for you.

Aerobic dance is simple, fun and beneficial to your health in many ways. You can lose weight and build muscle along with others who have the same goals. Your level of energy and motivation will skyrocket with aerobics!

Learn how to dance your way to better health with the following keys.

### Maximum Benefits

Aerobics is a long-duration exercise. This means that when you work out

for at least twenty minutes, your body draws energy from its fat deposits. But, not only do you lose fat, at the same time you gain muscle.

Traditional aerobic moves – lunges, knee lifts and arm movements – all help to improve muscle strength, endurance and flexibility. While doing these exercises, your heart and lungs get a great workout and your body begins to use oxygen more efficiently.

But the benefits don't end when the music stops. Aerobic exercise increases energy and stamina and reduces stress all day long.

### An easy start

Getting involved with aerobics is simple. Don't worry if you're rhythmically challenged. Aerobics is for everyone from the beginner to the expert.

Classes are offered at all levels. It's simply a matter of signing up for one. What is most important is that you're

comfortable with your class. That way you'll enjoy it, stick with it, and see faster results.

Once you decide on a class or tape, all you need is a good pair of shoes (these should cost no more than \$40-\$80), and a loose cotton T-shirt and shorts. Now, you're ready to dance.

### Warm-up

Just like any finely-tuned piece of machinery, your body hates cold starts and stops. The warm-up and cool-down periods are essential to avoiding injuries to muscles and undue stress on the heart. They allow you to prepare

yourself for the workout and should never be missed in any well-rounded aerobics class.

Now you know that aerobics is a simple way to burn fat, tone your muscles and reduce stress, all with a minimum investment. It's time to get up and dance your way to great health!

### Dance your way to a better health

1. Start with a low-impact aerobics class so you don't overexert yourself.

2. Choose the type of aerobics that is best for you. It may be step, funk or body sculpting.

3. Remember to always warm up and cool down before and after all aerobics.



ChaNae Bradley

**Sherita Baker instructs water-aerobics participants Aug. 2 at Corkan's Outdoor pool at Fort Stewart.**

## Water facilitates fitness

**ChaNae Bradley**  
Frontline Contributor

If you are looking for fun, fitness and water to cool off from the blazing sun, you should check out the free water aerobics class offered at the Corkan outdoor pool.

The class is available to Soldiers, Family members, retirees, or other Directorate of Morale, Welfare, and Recreation authorized users.

Classes take place 9-10 a.m. every Tuesday and Thursday at Corkan; however, may move to Newman Fitness Center to accommodate additional participants.

"Water aerobics is unique because it maximizes the benefits of cardiovascular and muscular endurance training while significantly reducing the level of stress to the joints, muscles, and skeleton," said aquatic fitness instructor Sherita Baker.

Baker also said participants do not have to know how to swim to take the class.

Family member Alice Manice said she joined the class because she grew tired of the traditional exercise programs.

"Water aerobics is less taxing on the joints, and it strengthens my core muscles," Manice said.

Corinda Gray, Family member, said her doctor recommended this form of exercise.

"When I was pregnant, my daughter broke my pelvic bone, and the water aerobics has helped me get better," Gray said.

In addition to the physical benefits of the class, aquatics instructor Sherita Baker also said the most interesting part of the class is the participants. Class participant and Family member Karen Schuck said, she encourages everyone to come out and try water aerobics and gain friendships which motivates participants to continue to come.

For more information, e-mail Sherita Baker at [sherita.baker@us.army.mil](mailto:sherita.baker@us.army.mil).

MWR encourages community members to jump into fitness - the water's fine.

# Register now for youth athletics

## Special to the Frontline

Fort Stewart promotes a healthy lifestyle and wants to keep youth active in athletics. Football, cheerleading and soccer registration is currently underway.

## CYS football, cheerleading

Fort Stewart's Child and Youth Services tackle football and cheerleading registration runs through Friday.

Participants may register 8 a.m. - 5 p.m. at

the CYS building 443 on the corner of Gulick Ave. and Lindquist Rd., behind Corkan Pool.

Football is open to members of Youth Services, ages 7-13 as of Aug. 1. Age divisions are 7-8, 9-10, and 11-12 (or -13). Participants age 13 will be placed on a waiting list and will be called if there are enough players to form an 11-13 league.

All players will be able to participate in their age division, regardless of weight. All equipment, except cleats, will be furnished by CYS/Youth Sports.

Cheerleading is open to members of Youth Services, ages 6-13. For more information, call CYS at 767-2312 or the Youth Sports office at 767-4371.

All participants must have a current physical on file at time of registration.

Also, volunteer coaches are needed.

## CYS soccer tryouts

CYS fall soccer registration is currently underway and will end Sept. 10. This program is open to all CYS members living on or

off post ages 4-13. Children must be 4 and cannot be older than 13 as of Aug. 1.

Tentative age divisions will be 4-5, 6-7, 8-9, and 10-13. The sports registration fee of \$25 will be waived for up to two children of any parent (military or Department of Defense civilian) currently deployed.

Register 8 a.m. to 5 p.m. Monday - Friday, until 6 p.m. Wednesday, at Fort Stewart CYS, Bldg. 443 Gulick Ave., behind Corkan Pool. For more information, call 767-2312 or 767-4371.

# 2007 INTRAMURAL FLAG FOOTBALL SCHEDULE

## Marne Conference

92nd Chemical Co. vs F Co. 703rd BSB	Field 1	8:30 p.m.	Aug 08	NCO Academy vs HHC 4/64 Armor	Field 3	6:30 p.m.	Sept 05
F Co. 703rd BSB vs E Co. 4/64 Armor	Field 1	8:30 p.m.	Aug 13	F Co. 703rd BSB vs C Co. 4/64 Armor	Field 3	7:30 p.m.	Sept 05
C Co. 4/64 Armor vs 92nd Chemical Co.	Field 1	8:30 p.m.	Aug 20	B Co. 4/64 Armor vs 92nd Chemical Co.	Field 3	8:30 p.m.	Sept 05
HHC 4/64 Armor vs B Co. 4/64 Armor	Field 3	8:30 p.m.	Aug 20	HHC 4/64 Armor vs 549th MP Co.	Field 1	8:30 p.m.	Sept 11
B Co. Armor vs 549th MP Co.	Field 3	6:30 p.m.	Aug 22	B Co. 4/64 Armor vs NCO Academy	Field 3	8:30 p.m.	Sept 11
HHC 4/64 Armor vs 92nd Chemical Co.	Field 3	7:30 p.m.	Aug 22	C Co. 4/64 Armor vs HHC 4/64 Armor	Field 1	6:30 p.m.	Sept 12
E Co. 4/64 Armor vs C Co. 4/64 Armor	Field 3	8:30 p.m.	Aug 22	B Co. 4/64 Armor vs E Co. 4/64 Armor	Field 1	7:30 p.m.	Sept 12
NCO Academy vs F Co. 703rd BSB	Field 1	8:30 p.m.	Aug 27	92nd Chemical Co. vs NCO Academy	Field 1	8:30 p.m.	Sept 12
549th MP Co. vs E Co. 4/64 Armor	Field 3	8:30 p.m.	Aug 27	549th MP Co. vs NCO Academy	Field 3	6:30 p.m.	Sept 17
HHC 4/64 Armor vs E Co. 4/64 Armor	Field 1	6:30 p.m.	Aug 29	92nd Chemical Co. vs E Co. 4/64 Armor	Field 3	7:30 p.m.	Sept 17
B Co. 4/64 Armor vs F Co. 703rd BSB	Field 1	7:30 p.m.	Aug 29	F Co. 703rd BSB vs HHC 4/64 Armor	Field 3	8:30 p.m.	Sept 17
549th MP Co. vs 92nd Chemical Co.	Field 1	8:30 p.m.	Aug 29	E Co. 4/64 Armor vs NCO Academy	Field 1	6:30 p.m.	Sept 19
549th MP Co. vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept 04	F Co. 703rd BSB vs 549th MP Co.	Field 1	7:30 p.m.	Sept 19
HHC 4/64 Armor vs E Co. 4/64 Armor	Field 3	8:30 p.m.	Sept 04	B Co. 4/64 Armor vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept 19

## Rocky's SCHEDULE

135th QM Co. vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Aug 08	G Co. 703rd BSB vs 632nd Maint. Co.	Field 1	7:30 p.m.	Aug 20
HHC 4th Bde. vs G Co. 703rd BSB	Field 3	6:30 p.m.	Aug 08	A Co. 3/7 Inf. vs HHC 4/3 BSTB	Field 3	7:30 p.m.	Aug 20
632nd Maint. Co. vs A Co. 3/7 Inf.	Field 1	7:30 p.m.	Aug 08	G Co. 703rd BSB vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Aug 27
HHC 4/3 BSTB vs E Co. 703rd BSB	Field 3	7:30 p.m.	Aug 08	135th QM Co. vs HHC 4/3 BSTB	Field 3	6:30 p.m.	Aug 27
632nd Maint. Co. vs HHC 4/3 BSTB	Field 1	6:30 p.m.	Aug 13	E Co. 703rd BSB vs 632nd Maint. Co.	Field 1	7:30 p.m.	Aug 27
HHC 4th Bde. vs E Co. 703rd BSB	Field 3	6:30 p.m.	Aug 13	A Co. 3/7 Inf. vs HHC 4th Bde.	Field 3	7:30 p.m.	Aug 27
C Co. 3/7 Inf. vs A Co. 3/7 Inf.	Field 1	7:30 p.m.	Aug 13	HHC 4/3 BSTB vs HHC 4th Bde	Field 1	6:30 p.m.	Sept 04
135 QM Co. vs G Co. 703rd BSB	Field 3	7:30 p.m.	Aug 13	E Co. 703rd BSB vs C Co. 3/7 Inf.	Field 3	6:30 p.m.	Sept 04
HHC 4th Bde. vs 632nd Maint Co.	Field 1	6:30 p.m.	Aug 15	A Co. 3/7 Inf. vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept 04
135th QM Co. vs A Co. 3/7 Inf.	Field 3	6:30 p.m.	Aug 15	135 QM Co. vs 632nd Maint. Co.	Field 3	7:30 p.m.	Sept 04
G Co. 703rd BSB vs E Co. 703rd BSB	Field 1	7:30 p.m.	Aug 15	632nd Maint Co. vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Sept 11
C Co. 3/7 Inf. vs HHC 4/3 BSTB	Field 3	7:30 p.m.	Aug 15	135th QM Co. vs HHC 4th Bde.	Field 3	6:30 p.m.	Sept 11
135th QM Co. vs E Co. 703rd BSB	Field 1	6:30 p.m.	Aug 20	HHC 4/3 BSTB vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept 11
C Co. 3/7 Inf. vs HHC 4th Bde.	Field 3	6:30 p.m.	Aug 20	E Co. 703rd BSB vs A Co. 3/7 Inf.	Field 3	7:30 p.m.	Sept 11

For additional information call the sports office at 767-8238.