

Sports

26th BSB claims 'Turkey Bowl'

Sgt. Jason Stadel
2nd BCT Public Affairs

Soldiers of the "Spartan" brigade upheld the tradition of football on Thanksgiving with a flag football tournament at Forward Operating Base Kalsu Nov. 22.

Three teams took to the gridiron: Headquarters and Headquarters Company, 2nd Brigade Combat Team, 2/3 Brigade Troops Battalion and 26th Brigade Support Battalion. A round robin format was used for the tournament.

In the first game 26th BSB defeated HHC, 2nd BCT, 3rd Inf. Div. The second game featured 2/3 BTB against HHC with the

"Roughriders" of HHC getting the win over 2/3 BTB. In the final game of the round robin 26th BSB defeated 2/3 BTB.

After the round robin portion of the tournament 26th BSB was 2-0, HHC was 1-1 and 2/3 BTB was 0-2. HHC, 2nd BCT, 3rd Inf. Div. played 2/3 BTB to see who would take on 26th BSB in the championship game.

In the loser-out game 2/3 BTB was able to pick up their first win of the day and sent HHC packing.

During the championship game, 26th BSB continued their dominance of the other Spartan brigade teams as they coasted to a victory and claimed the FOB Kalsu "Turkey Bowl."



Photos by Sgt. Jason Stadel

Above: Second BCT Soldiers compete in a "Turkey Bowl" tournament at FOB Kalsu, Nov. 22.

Right: Spc. Kenneth Busch, HHC, 2nd BCT personal security detail, scrambles in the pocket to avoid getting "sacked." Busch was the quarterback for the HHC team.



Hunter's fitness center takes training personal

Kaytrina Curtis
Hunter Public Affairs

Tominac Fitness Center on Hunter Army Airfield has much to boast about when it comes to physical fitness, and the addition of free personal training to their register fattens the list. Nov. 12 was the first day patrons could sign up to use the free service.

Anyone who is approved to use the fitness center, including servicemembers, Family members, military retirees and DoD civilians are authorized to use the services of the personal trainers. The trainers are available throughout the day, seven days a week on both Hunter and Fort Stewart.

Sudan Salaam, who feels "fabulous at 47," is a competitive weight-lifter and body builder. She is one of the two personal trainers at Hunter. Salaam said that the 45-minute sessions are adequate enough times to, not only counsel patrons on setting personal goals, but to help work out under the guidance of a trainer.

"We put them on the body composition scale," she said. "Once they actually get on that scale, that triggers everything."

The trainers offer fitness assessments, exercise prescription, nutrition guidance and moral support to assist patrons. Although interested ones sometimes come in to get fit for an event or other special occasion, Salaam suggested that physical training should become a lifestyle.

"You should do this consistently for the rest of your life. It will keep you in shape," said Salaam.

Some Family members, whose spouses are deployed, work out to attain a certain weight goal before their Soldiers return. Vida Hernandez, spouse of a deployed Soldier and mother of four, said that both she and her husband are spending time in the gym. When her husband redeploy, it would be like two new people seeing each other for the first time.

"He sees a new woman and I see a new man," Hernandez said.

Eli Wilson, the Tominac Fitness Center Facility and

Program Director for Hunter, said that both fitness centers on Hunter and Stewart have been working for some time to bring personal trainers on board and available to the patrons of the centers.

"It's a great opportunity for our servicemembers and Family members to get help and motivation so they can reach their goals," Wilson said.

Some of the benefits of physical fitness include increased energy levels, stress management, positive self image, increased muscle strength and a stronger immune system.

Larry Cutchens, Stewart - Hunter's community recreation director and Jake Battle, Stewart - Hunter's fitness director, were instrumental in bringing the service to fruition said Wilson.

Approximately 50 patrons a week are utilizing the trainers.

"The response has been overwhelming," said Wilson. "Everyone seems to love the concept and they are taking advantage of the advice and knowledge out trainers have to



Kaytrina Sharp

Sudan Salaam, fitness trainer at Tominac Fitness Center, helps Vida Hernandez, Family member, get into shape. Tominac offers personal trainers as of Nov. 12.

offer."

"Working with a trainer gives you that extra help you need to learn how to use the weights the right way and to know what a repetition is, and how many sets you need to do," said Hernandez.

The advice that Hernandez would give to other interested people is to "...do it. Just come in and do it."



Hunter GC hosts golf scramble

Nancy Gould

John Marshall, Hunter Army Airfield Emergency Services Chief, watches teammate, Capt. Dan Yehl, a trial council attorney at Hunter's Staff Judge Advocate Office, sink a putt on the first hole of the Garrison Commander's Golf Scramble, in a four-person team best ball format, held Dec. 5 at Hunter Golf Course. The team, including Lt. Col. Daniel Whitney, Hunter garrison commander and Kewyn Williams, Hunter deputy commander, shot a 65, placing second in the tournament. Retired Command Sgt. Maj. Carlos Cueto and his team of retirees, took first with a score of 62.

"I look forward to the golf scrambles each month," said Williams, who admits he's "hooked" on golf. Williams said that besides having fun, he and his teammates accomplished a lot of work during their time on the course.

Jake's Body Shop

Chris's story: How one person chose her exercise

Jake Battle
DMWR Fitness Director

Besides Chris's regular aerobic class, she wants to add some additional exercises to her workout routine. Her goal is to strengthen her heart by keeping in her target heart rate.

Let's look at how she examines the ability of various exercises to help her get into her target heart rate.

Running sprints

Will your heart rate be high enough, but not too high?

"No, my heart rate will be too high. I will definitely have to stop and catch my breath."

Can you run 20 minutes straight without stopping?

"No, I cannot run sprints for 20 minutes

straight. This is probably not a good exercise for my heart."

Bowling

Will your heart rate be high enough, but not too high?

"No, my heart rate will not be high enough. I will not breathe that hard or sweat very much. I usually share a lane and spend time waiting anyway."

Can you bowl 20 minutes without stopping?

"Yes, given the chance, I can certainly bowl for 20 minutes without a rest.

This is probably not a good exercise to strengthen my heart."



Jake Battle

Walking

Will your heart rate be high enough, but not too high?

"Maybe. Whether I breathe hard and break into a sweat depends on how hard I walk or if I am going up a hill. If I am taking a pleasant evening stroll, my heart rate does not get high enough to be in my target. But, if I am walking to work, I think it does get high enough."

Can you walk 20 minutes without stopping?

"Yes, I can certainly walk for 20 minutes

without a rest. So this may be a good exercise for my heart."

Karate

Will your heart rate be high enough, but not too high?

"Probably, if I just practice certain moves, I do not breathe that hard, so sometimes my heart rate might not get high enough. On the other hand, if we spar, I will have to stop to catch my breath. So, sometimes my heart rate might be too high. But certainly sometimes I can exercise with my heart rate in my target."

Can you go 20 minutes without stopping?

"Probably, whether I can move constantly for 20 straight minutes depends on how hard I try. If I go all out, I have to stop and rest. But if I take it a little easy, I can go the whole 20 minutes. This is probably a good exercise for my heart."

Sports Briefs

Join the Jingle Bell Jog

Walkers, joggers, runners, strollers, children big and small are invited to the 2007 Jingle Bell Jog, Saturday at Club Stewart. Runners depart at 9 a.m. followed by the walkers ten minutes later.

The cost is free and participants are encouraged to wear red, green or their favorite Christmas themed costume. Recognition will be given to the first person wearing various costumes. You can be Santa all in red with some form of white beard; a Christmas tree all in green with visible ornaments; a reindeer in brown with antlers, or an elf with red and green pointy-shoes, ears and similar apparel. Join the fun in support of the Soldiers.

Basketball, cheerleading registration

Registration is underway for Child and Youth Services Youth Sports basketball and cheerleading. Registration is open to all CYS members living on or off post (ages 5-18) for basketball and (ages 6-13) for cheerleading. Tentative age divisions for basketball will be 5-6 (co-ed), 7-8 (co-ed), 9-10 (boys), 8-10 (girls), 11-12 (boys), 11-14 (girls), 13-14 (boys), and 15-18 (co-ed). Age divisions for cheerleading will be determined by number of participants registered. Register at the Fort Stewart CYS, building 443.

Special discounts may apply for children of deployed Soldiers. For more information, call CYS at 767-2312 or Jordan Gymb at 767-4371. Volunteer coaches are needed. If interested, please call 767-2312.

2007 INSTALLATION SPORTS

Hunter Basketball Standings

Team	Won	Lost	Percentage
3/3rd Avn.	8	0	1.000
110th QM	7	1	0.875
514th Eng.	5	3	0.625
512th QM	5	3	0.625
473rd QM	4	4	0.500
Hunter Gate Guards	3	5	0.375
10th Trans.	2	6	0.250
224th MI	2	6	0.250
24th Ord.	0	8	0.000



Panthers score big, defeat Warriors

Panthers send Warriors home, 75-66

Patty Leon
Coastal Courier

The Warriors from Tattnall County came into the Panthers' arena and waged a hard battle before falling behind by nine points to give the home team their second-straight victory.

The Warriors came out strong and were first to put points on the board despite the visible size advantage the Panthers had over their opponents.

The Panthers gave up a five-point lead and allowed the Warriors to sit one point ahead early in the second period.

Ball possession went back and forth from

there in a fierce battle to see who would come out on top for the half. The battle ended at the half with a 29-29 tie.

The Panthers opened the third period with a quick four-point lead but the Warriors were not done with the battle and immediately came within two. The Panthers struggled until head coach Willie Graham called in the second team. Within minutes, they opened the Panthers up to a 17-point lead by the end of the third period (60-43).

To start the fourth period, the Panthers' first team went back in and let the Warriors come within five points with 1:14 left on the game clock. The Panthers mustered up enough defenses to pull away and hold on to win 75-66.

"I am by no means satisfied with the way they played," Panthers head coach Willie Graham said.

"We had no defense; we focused on offense too much. There were too many missed assignments and too much individualism on the court." Graham went on to say his first team needed to find the "we" and "us" that make up a team and stop focusing on the "I."

He clearly gave the game-saving credit to his second team who gave the Panthers the spread they needed to hold onto the win.

"We sent our second group into the game and they were playing harder than our first team," he said.

"They were playing more together than our first team, especially where defense was concerned. If it were not for them we may have lost this game."

The Panthers are now 3-2.

Points scored

Terrell Johnson 13
Michael Manning 13
Charles Friend 10
Jordan McRae 10
Rion Brown 7
Rashine Mitchell 6
Emmanuel Fuller 5
Roderick Jones 4

Lady Panthers beat Warriors by 52 points

Patty Leon
Coastal Courier

The Lady Panthers added another win Dec. 4 against the Lady Tattnall Warriors in a 71-19 victory. This gives them a 4-1 record as they prepare for a true test of regional competition when they travel to Burke County and take on the Lady Bears.

The highlight for the Dec. 4 victory was the surprise performance of ninth grader Precious Williams who put up 18 points in her first start in a varsity game.

"This is her first start but we've been putting her into the last three games to get her more exposure and let her work her way up," Lady Panther head coach Carolyn Kelly said.

"She has the ability of being a really good basketball player. She is learning and developing so being able to put her into games will keep bringing her up to our varsity level," Kelly said.

LaQuananisha Adams and Metra Walthour were in sync hooking up for passes and shots as they continue to display why they are the team leaders.

"I'm not pleased with my performance in every game but we continue to work hard to try and get there," Walthour said. "We need to practice hard and play hard because the games like the one against Burke are the ones that begin to matter and we need to be ready for them. All these other games were like practice games and now it's region time and I'm looking forward to it," she said.

"I don't think I played to my full potential Tuesday night," Adams said.

"I think I can do better, practice harder. I would like to score 20 points, make 20 rebounds. That would be the ultimate goal but, as for Burke, if we do our best I know



Patty Leon

Precious Williams was a pleasant surprise in her first varsity start, scoring 18 points for the Lady Panthers.

we can beat them."

Although pleased her team came away with another win Tuesday, Kelly said she felt there is still room for improvement in order for her team to gain and later maintain the lead in games.

"We can't allow teams to score on us," she said.

"If we come out early with a big lead like we did against Tattnall and then you allow them to come back that means we are not moving our feet. You allow a team to come back on you like that, especially a team like Burke. It may cost you the game."

Points scored

Precious Williams 18
Metra Waltjour 13
Candice Barham 13
LaQuananisha Adams 10
Courtney Alexander 8
Charlie Courson 3
Tay Clay 3
Desiree Garcia 3



Patty Leon

Terrell Johnson gets airborne and makes the shot in the Dec. 4 victory over the Warriors. Johnson and Michael Manning scored 13 points in the game.



Courtesy Photo

Jarell Brown scored a game-high 22 points in the loss to Quinnipiac.

Quinnipiac takes 58-54 win at Army

Special to the Frontline
Army Athletic Communications

WEST POINT, N.Y. – Two free throws by Karl Anderson with 10 seconds remaining provided the winning points for the Quinnipiac Bobcats in a 58-54 victory versus Army in men's basketball action at Christl Arena Dec. 9. Army had a chance to tie or take the lead, but its final shot attempt was partially blocked and the Bobcats were able to secure the rebound and ice the game with two more free throws with 0.9 seconds showing on the clock.

The Black Knights (4-5) fought back from a seven-point halftime deficit to take a 49-48 lead on a jumper by senior G Jarell Brown with 4:22 to go. The Bobcats (4-4, 1-0 NEC) took the lead right back on a pair of free throws, but a jumper by sophomore G Josh Miller and a three-pointer by Brown opened up a 54-50 lead for the Black Knights with 2:47 to go. Quinnipiac scored the game's final eight points to take the four-point victory.

Brown recorded his sixth straight 20-point effort with a game-high 22 points. Brown shot 8 of 15 from the floor, including 5 of 8 from three-point range. The Cleveland native was also Army's top rebounder with five boards and made a team-high two steals. Miller scored seven points and handed out six assists, while sophomore G Marcus Nelson scored a season-high eight points. Junior F Doug Williams also chipped in seven points.

Bryan Geffen led the Bobcats with 16 points, including four three-pointers. DeMario Anderson was the only other player in double figures with 12 points. Anderson scored eight points and pulled down a game-high nine rebounds. Casey Cosgrove scored six points on two three-pointers.

"We just couldn't really get over the hump," said head coach Jim Crews. "Even when we had the four-point lead, there were two minutes in there when we could have done more than we did. We did some things defensively that were pretty good except for letting those two guards get threes. We left those guys when we shouldn't have been leaving them."

Army struggled from the field in the first half, hitting just 7 of 24 shot attempts (39.6

percent). The Black Knights hit 50 percent of their field goal tries after halftime to raise their accuracy rate to 39.6 percent for the game. The Bobcats hit 42.0 percent from the floor, including 50 percent from deep (8-16). Quinnipiac outrebounded the Black Knights 36-29.

A layup by sophomore Cleveland Richard tied the game at 8-8 in the opening minutes, but the Bobcats were able to score the next seven points to open a 15-8 advantage with 12:30 to go.

Army got back within a single point at 18-17, but Quinnipiac went on a 10-2 run to take its largest lead of the game at 28-19 on a three-pointer by Geffen. Sophomore C Chris Walker scored the final bucket of the first half and the Black Knights went into the locker room down, 28-21.

Army scored 10 of the first 15 points in the second half to reduce the Bobcats' advantage to two points with 16:20 to go. Quinnipiac withstood the run and pushed their lead back to seven points, but again the Black Knights surged to within a basket at 40-38 with 10:26 remaining.

After a three-pointer by Anderson advanced the Quinnipiac lead back to five points, Brown hit a three-pointer and Nelson converted a put-back to knot the score at 43-43 with 6:54 to go. Quinnipiac scored five of the next six points before Brown capped a 5-0 Army run that provided the Black Knights with their first lead since 8-6. The Bobcats quickly retook the lead on a pair of free throws before Army's five-point surge that gave them a 54-50 lead. The lead lasted just two more possessions as the Bobcats scored on two straight trips down the floor to tie the game, setting up Anderson's heroics from the foul line.

Rebounding was a key in the second half as the Bobcats held a 7-2 advantage in second-chance points and a 14-12 margin in points in the paint after halftime.

"We need to have five guys out there looking to score. In the first half, I thought we were totally looking for Jarell. Everyone else was just watching. You can't be very effective offensively like that. The second half we picked it up a little bit from an offensive standpoint."

The Black Knights continue their five-game homestand tonight when they welcome Florida Gulf Coast to Christl Arena. Tip-off is scheduled for 7 p.m.