

SPORTS & FITNESS B SECTION

On Post**Army 10-Miler tryouts**

Qualifying races to determine 10-miler team will be held July 24th and Aug. 21st.

Each race will start 5:30 a.m. at Donovan Field running track.

The Army 10-miler is scheduled for Oct. 24th in Washington D.C.

Runners wishing to enter the race can sign up at the Fort Stewart sports office, Bldg. 471 or at the race site the morning of the event.

Gracie Ju-Jitsu

Ju-Jitsu is held Tuesday and Friday at Caro Fitness Center from 6 to 7:30 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. at Caro.

For more information, contact Jake at 767-3033.

Newman consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling.

Consultations will be given on an appointment basis only.

For more information, call 767-2771.

Marne tournaments

A nine-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. Cost is \$15 per person.

For more information, call 767-4866.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Softball Tournament

A marathon softball tournament will be held at Stewart and Hunter July 9 and 10.

Sign up deadline for teams is July 7. Cost is \$125 per team (15 players including coaches). All are invited to compete.

The first and second place teams will each receive a team trophy and 15 individual trophies. The third place team will receive a team trophy.

Officials needed

The Hinesville Officials Association is in need of and accepting applications for baseball, basketball, football and softball officials 18 or older.

Experience is not required, as a training program is available.

For more information, call Tom Farlow at 767-4763 or Ron Campbell at 484-8192 or 238-7195.

Marne Day

Soldiers and family members at Fort Stewart come celebrate Marne Day July 1. Events begin at 6:30 a.m. with a division run at the headquarters command building and continues on Donovan Field at 9 a.m. Other activities include music, food, kiddie rides, wildlife displays and a magic show. For more information call Larry Cutchens, 767-2697.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-4951. Deadline is noon on Fridays.



Photos by Pvt. Dan Balda

Garth Spandiff shows Casey Enos the finer points of Gracie Jiu-Jitsu June 15 at Caro Fitness Center.

Jiu-Jitsu classes help Soldiers gain self-confidence, get fit**Pvt Dan Balda**

Staff writer

The Army has moved towards teaching a different kind of self-defense to its Soldiers. Beginning in basic training, drill sergeants teach the new Soldiers the basics of Gracie Jiu-Jitsu. This style of jiu-jitsu combines the best elements of grappling, judo, and wrestling. Gracie Jiu-Jitsu is more dependent on technique than strength, and can be practiced by people of all ages.

Aside from being great exercise, it is by far the most realistic and effective Jiu-Jitsu being taught anywhere, according to the Relson Gracie Web site, www.austinjj.com.

"Brazilian Jiu-Jitsu is a nonviolent way to protect yourself by

subduing your opponent by placing them in a position they can't escape from," said Garth Spandiff, owner and primary instructor at the Relson Gracie Jiu-Jitsu Association based in Savannah. He teaches exercise physiology and sports nutrition full-time at Georgia Southern University.

Spandiff boxed before he became interested in Jiu-Jitsu. He has been training and teaching Jiu-Jitsu for eight years. Relson Gracie, a 22-year undefeated Brazilian champion, personally trained him.

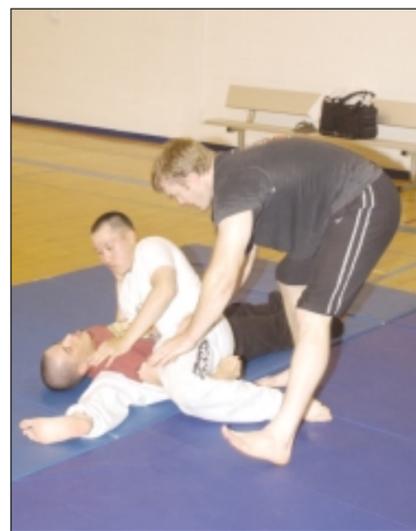
"Relson Gracie is to Brazilian Jiu-Jitsu as Muhammad Ali is to boxing," Spandiff said. "I owe everything to him." He currently trains with Gracie every three months.

Spandiff was contracted by the Army to train Soldiers in the martial art. His first group of trainees was 14 Soldiers. He taught them for 100 hours before they were certified to pass on what they learned to others.

Part of his contract stipulated that he come to Fort Stewart for once-a-week combative training for infantry soldiers. Some of his students wanted to spend more time learning the more specialized holds of Jiu-Jitsu. He currently teaches classes Tuesdays and Fridays at Caro Fitness Center from 6 p.m. to 7:30p.m. The cost is \$45 per month.

"I started taking the class because it sounded interesting," said Samantha Lewis. "It's a great

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Spandiff shows proper techniques to Elvin Ramirez and Gero Caponera.



Pfc. Jacqueline Watson

Tracey Johnson works on building strong biceps during Pilates. She said she likes the way Pilates teaches her "body control."

Pilates proves exercise is enjoyable**Pfc. Jacqueline Watson**

Staff Writer

The elegantly carpeted room looked more like an exquisite ballroom in a Hollywood mansion than a place to meet for an exercise class.

The room's mood was set with dimly illuminated chandeliers and the soothing violins of a classical piece coming from the sound system. It was empty except for a table stocked with some seemingly out-of-place items: small rubber balls, resistance bands and exercise rings.

One by one, people started arriving to the Marne Room at Club Stewart, to take part in the Pilates class.

Pilates is an alternative style of exercise that many have

found strengthens and tones their bodies better than traditional exercise. The Pilates Method, which was developed in the 1920s by the now legendary physical trainer Joseph H. Pilates, focuses on improving flexibility and strength for the total body without building bulk, according to www.Pilates-Studio.com.

Several people at Fort Stewart take advantage of the Pilates class, and have only good things to say about what they experience there.

"It helps tone my body. I have lost a lot of weight, a lot off my stomach," said James Vander Zyl, a retired servicemember and an avid Pilates participant since April 2004.

"Anyone who participates

loses weight," he said with a smile. "You just cannot beat it. And it's safe for everybody."

Vander Zyl said he asked his chiropractor about Pilates before joining the class, just to be sure it was all right for him to join. The chiropractor highly recommended it, saying Pilates helps to build up back muscles.

"I hate exercising," Vander Zyl said. "But this doesn't even feel like you're exercising."

Alice Hill, another class member, agreed. "It's not really like working out. It's fun."

The class begins with breathing and stretching exercises. It goes into a standing routine, then goes through a mat routine, uses a large inflated ball called a Swiss

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Sergeant, widow bond at NASCAR race**Sp. Lorie Jewell**

Special to the Frontline

POCONO, Pa. — The first time Sgt. Marquette Whiteside was invited to enjoy an expense-free VIP treatment at a NASCAR race, he turned it down.

Whiteside, one of three Soldiers featured on the cover of Time Magazine's Person of the Year issue, wasn't a NASCAR fan. He was also set to be in his cousin's wedding party the day before the June 13 race at the Pocono Raceway.

But when told in the next call that he would be at the race with Jill Colgan, wife of Whiteside's former platoon leader, Lt. Ben Colgan, he didn't hesitate to accept. Whiteside was by the lieutenant's side on a Baghdad patrol last year when an ambush took his

life.

"There was no doubt," Whiteside said. "I had to be here. I explained to my family and they understood."

Colgan, 30 at the time of his Nov. 2, 2003 death, was beloved by the Survey Platoon, Headquarters Battery, 2nd Battalion, 3rd Field Artillery of the 1st Armored Division.

Words like inspiring, courageous, trustworthy and honorable only tapped the surface of Colgan's persona, Whiteside said.

"Ordinary people would just come up to him to give him information," Whiteside recalled. "And it was always good information. There was one guy, a businessman, who would come around, but only talk to the L.T. His stuff was always right on."

If Whiteside and other members of the platoon had any doubts about their abilities, Colgan erased them. Before any raid or patrol, he gave his Soldiers a detailed briefing that covered every possible aspect of what could happen and what to do about it. When they arrived at a destination, Colgan was typically first out of the Humvees, Whiteside said.

"He made us all feel more confident about what we were doing, that we were the best," Whiteside said. "He always helped us find something to laugh about."

Whiteside and Jill Colgan met Joe Nemechek, driver of the Army-sponsored racecar; cut a mammoth cake to celebrate the Army's 229th birthday; and watched the race from the



Sp. Lorie Jewell

Jill Colgan and Sgt. Marquette Whiteside had a high-level view of the June 13 NASCAR race.

pit. Colgan sought details about her husband's daily life in Iraq.

Whiteside described daily attacks on the platoon's quarters that gradually worsened in intensity and higher-powered muni-

tions. He also told her about the lieutenant's last mission.

Whiteside, Colgan, Sgt. Ronald Buxton and Sp. Sky Schermerhorn were in a Humvee that went over

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workout and it's extremely fun." She has been taking classes for a month and a half, four days a week. It is a good idea for self-defense, especially being a female, she said.

Pvt. Elvin Ramirez, 3rd Battalion, 69th Armor Regiment, has practiced Chinese Kung-fu for two years. He watched Jiu-Jitsu on TV, saw smaller guys doing it and thought that he could do it as well.

"It's very important to fight on the ground," Ramirez said. "Any person can use it to defend themselves."

Sp. Casey Enos, 3rd Battalion, 7th Infantry Regiment, became interested in the classes after taking part in this unit's combative tournament held in April. Spandiff officiated the tournament. Enos will also use his training aid to pursue his future dreams of joining the law enforcement community when his time in the Army is over.

"It keeps you in good shape," Enos said. "It's also a good combat skill to have and it's great training too."

"If the student takes six months to learn the art, there is a dramatic change in the their self confidence," Spandiff said. "The difference is like night and day."

The student's change in confidence depends on how much work they put into their training. The students grapple and spar throughout the session. This gives

them immediate reinforcement of the skills they have just learned. Participants can see the positive dividends before they even leave the gym, Spandiff said.

"It's real and it works," Spandiff said. "You just have to work hard and pay attention."

"We still have room available in the class," Spandiff said. "I encourage anybody who is interested in Jiu-Jitsu to come out and work out with the rest of the class."



Pvt. Dan Balda

The class watches as Spandiff throws one of his students to the floor with his myriad of moves and techniques.

NASCAR

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an improvised explosive device. Whiteside was knocked unconscious and when he came to, he checked himself for injuries and immediately went back to the gun he was manning. As Schermerhorn continued to drive, Whiteside noticed blood was streaming from Colgan's forehead and his eye was seriously damaged.

Whiteside dropped to him immediately, checking for a pulse and simultaneously calling for help. The pulse was weak, but started to strengthen as Whiteside yelled to his commander, urging him to hold on while they brought him to an aid

station.

Whiteside thought Colgan was going to make it. He had started coming to, even giving his name when asked. But the next morning the platoon was informed that Colgan was dead.

"I was real down on myself at first, saying if I had done this, or done that, maybe he would have made it," Whiteside said. "But I did everything I could."

Jill Colgan listened quietly. She had heard most of it before, but not from Whiteside. Being with Whiteside was a connection to the last chapter of her husband's life, one she couldn't share with him in person.

"I'm just so proud of him, and so grateful to hear that the way he was over there was exactly like he was with us," Colgan said. "We talked by phone and e-mail, but it was mostly about us and the girls, or his Soldiers."

Jill Colgan, in return, shared an experience she had shortly after learning of her husband's death. A moment of clarity, of sorts. Family members were gathered at her home, sharing stories about Colgan.

She went to their bedroom for a few minutes alone. Talking out loud to her husband, she said she needed some kind of sign that he was OK and that she,

their two daughters, and the daughter yet to be born would be OK.

When she returned to the living room, someone touched her shoulder and pointed to the fireplace. There, in the embers of a burning log was the shape of a perfect cross. It was her sign.

As she finished the story, Colgan pulled out a small laminated photo of the fiery image and handed it to Whiteside.

"I carry this with me, it's Ben's cross," she said. "I want you to have one to carry with you."

Whiteside turned his head for a moment, blinking back tears before hugging Colgan.

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ball, and incorporates some other exercises.

The Pilates Method was originally called "Controlology," said certified class instructor Bennie White. "Because in it you are utilizing your body to control muscles. Your body is a vehicle."

White, who is also skilled in Tae Kwon Do, learned Controlology in his younger years when he was still in school. A dance teacher approached him, he said, and told him she needed some male students for an upcoming recital.

White scoffed at the idea at first, but when the teacher told him it would be a great way to learn focus, not to mention a great way to meet some young ladies, he jumped at the opportunity. From that dance teacher he learned the same techniques he uses today when he teaches the Pilates class.

The class is laid back and enjoyable, Hill said. Throughout the hour and a half that White instructed the eager students, they were smiling and laughing, obviously having a good time. And by the end, each of them felt they had completed a tremendous workout.

Both men and women, older and younger, participated in the class.

"Regardless of your current level of fit-

ness — from sedentary office worker to fitness enthusiast — the Pilates Method can be your primary mode of body conditioning and injury prevention," states the Web site.

"It really tones the stomach," said Hill. "And the mid-section, thighs, arms and hips. I'm getting more flexible, and getting more control of my body."

"I always recommend Pilates to my coworkers," said Tracey Johnson, the director of housekeeping at Winn Army Community Hospital.

"What I like best is when I look at myself in the mirror the next morning," she said.

"It's also beneficial because it corrects posture and lengthens muscles while it tones," White said.

Normal classes can range from \$50 to \$100 for one session, but White offers his class for \$45 a month. The class meets three times a week — Mondays, Wednesdays, and Fridays at Club Stewart in the Palmetto Room, unless otherwise posted.

The classes begin at 6 pm, and continue until 7:15. To sign up for the class, just arrive prior to 6 pm on one of the scheduled class days. For more information on the Pilates class, call 767-3033.

"I almost lost it," he said later. "I'll cry later when I'm back in my room, alone."

Whiteside left the race feeling more in tune with NASCAR, and with a side of his commander he and his fellow Soldiers weren't privy to.

"Talking to her was real good for me, I got a lot of information to pass on to the rest of the team," said Whiteside, who still stays in touch with members of the platoon that remain in Iraq. "I'll never forget him. Even now, when I'm doing something, I think about him and I can hear him telling us never give up. You can do anything."

ASK THE DIETICIAN

Jan Clark

Special to The Frontline

Q1: I heard caffeine will slow down your metabolism. Is this true?

Q2: Can caffeine really help me max my Physical Training (PT) Test? How much is recommended?

A1&2: Caffeine is not known to slow down metabolism. For some people it may stimulate the central nervous system, helping them to feel more alert and perhaps enhance energy level. It may slightly increase metabolism however, this is only temporary, and to what extent is unclear. It is unlikely to be significant enough to make a notable impact on a person's body weight and should not be relied upon as weight loss method.

Some athletes believe caffeine is ergogenic and contributes to endurance performance. Research suggests this may be true at intakes of about 2.5 mg/pound of body weight taken about one hour before an endurance. For a 150-pound person this would be 375 mg of caffeine, about three to four 6-ounce cups of regular brew coffee or just one 6-ounce Expresso. Note that caffeine does not seem to offer any benefits for high-intensity exercise such as sprinting.

A wise person must always weigh the pros against the cons though. The diuretic effect of caffeine could be a negative effect for athletes with excessive water needs, or for those in long distance events who do not want to take time to urinate during the event. This diuretic effect can also lead to dehydration of tissues, which results in muscle fatigue defeating the purpose.

Athletes are cautioned on use of caffeine. Presently caffeine is listed as a restricted drug by the International Olympic Committee and is considered a "doping agent". If urine concentrations are found in excess this could be grounds for disqualification from an event.

Caffeine can produce adverse effects if too much is consumed or certain conditions exist. Shakiness, dizziness, weakness, nervousness, heart palpitations, headache, dehydration and dry mouth are some common symptoms of an overdose. People who have high blood pressure, diabetes, congestive heart failure and other heart disorders, osteoporosis, or are pregnant or breastfeeding may need to moderate or avoid caffeine intake. Of course always use common sense when consuming anything-if you start feeling poorly, you should stop taking it and seek out advice from a health care professional.

Q: What is the difference between lean and extra lean ground beef other than a couple dollars?

A: Extra Lean: (4 ounce serving)

Calories 285

Fat (g) 18, Saturated Fat (g) 7

Cholesterol (mg) 93

Lean: (4 ounce serving)

Calories 310

Fat (g) 22, Saturated Fat (g) 9

Cholesterol (mg) 78

Each day an average man needs about 2000-2200 calories, 75-85 grams of total fat, of this only about 20-25 grams or less should be saturated fat, and 300 mg or less of cholesterol. An average woman's needs differ slightly with about 1600-1800 calories, 60-70 grams of total fat, 15-20 grams or less should be saturated fat and 300 mg or less of cholesterol.

Compare the difference between extra lean and lean ground beef. Now plug in those numbers into the recommended calorie, fat, saturated fat, and cholesterol for the average man or woman. A woman eating 1600 calories has much less leeway for total fat and saturated fat grams than a man eating 2200 calories. So to her, it may be worth it to save 35 calories, 4 grams of fat, and 2 grams of saturated fat and 15 mg of cholesterol, whereas the man may not find it that crucial.

Remember it is the little differences that add up, and if several like the above example is made, the result can be quite substantial. The best part is that if changes are little, you are less likely to notice it and long for the former. Dieters are more likely to fail when huge changes are made, virtually shocking the body. Instead of focusing on one huge goal, such as not ever eating chocolate again, try tackling several small goals, such as substituting extra lean for lean ground beef, drinking two cans of regular soda versus four and switching out the 2% for 1% milk. So is the little difference worth it? You can decide based on where your health stands today, what your goals are, and how close are you to meeting those goals.

Newman Physical Fitness Center Aerobic Schedule

Mondays

Latino Rhythm with Carmen (weights and tubing) 7:30 to 8:30 a.m.

Busy Feet Workout with Irma (cross training) 9 to 10 a.m.
4:30 to 5:30 p.m.

Tuesdays

Butts and Guts with Carmen (weights and bars) 7:30 to 8:30 a.m.

Basic Training Workout with Irma (steps, body bars, weights, abdominal work, etc.) 9 to 10 a.m.

Cardio-Stepping 4:30 to 5:30 p.m.

Wednesdays

Caliente with Carmen (kick-boxing) 7:30 to 8:30 a.m.

Cardio Kick-boxing with Irma 9 to 10 a.m.

Step-Kicking with Irma (cardio kick-boxing/steps) 4:30 to 5:30 p.m.

Thursdays

Basic Training Workout with Irma (Tubes, body bars, hoola-hoops, exercise balls) 9 to 10 a.m.
4:30 to 5:30 p.m.

Fridays

"Master C" Workout with Carmen (Buns & thighs workout/cardio kicking) 7:30 to 8:30 a.m.

Killer Friday with Irma (kicking, stepping, hooping and weights, etc.) 9 to 10 a.m.
4:30 to 5:30 p.m.

Saturdays

Pick Your Poison with Asha 9 to 10 a.m.

