

SPORTS & FITNESS

B SECTION

On Post

Sports Commissioners

The sports office at Fort Stewart and Hunter are looking for volunteer commissioners for flag football, softball, basketball and volleyball. For more information call 767-8238 or 352-6749.

Driving Range

The putting green is being enlarged from 4,800 sq. ft. to 14,000 sq. ft.. The teeing area and short game practice facility is also being enlarged and renovated. The projected opening date is late September.

Operation Star

All ages needed for future stars. If you are a dancer, singer, band member, cheerleader, break dancer, stepper or rapper please sign up. Organizations are invited and welcome.

For more information please call 767-4491/4493.

Lotts Island Marina

Equipment Rental Center is open Mondays, Thursdays and Fridays 11 a.m. to 5 p.m. and Saturdays, Sundays and holidays 7 a.m. to 3 p.m.

For more information call 352-5974.

Hunter Skeet Range

Open Saturdays 9 a.m. until noon, Thursdays 4-9 p.m.. Hunter Education course is required for on-post hunting permit. Please call 352-2734.

Men's/Co-ed Leagues

The entry deadline for the Fall softball leagues is Sept. 26 and the entry fee is \$175. Leagues are open to all military and civilians.

Playoffs will be for 1st and 2nd place team trophy, 15 individuals trophies for each place and regular season 1st place trophy.

Pool Tournament

A Miss Junior Pool Tournament will be held Saturday, Sept. 27, 1 to 4 p.m. First place winner gets a trophy and \$50 prize.

Holbrook Recreation

Holbrook Pond Recreation Area campground is open year round. Sites have water and electrical hook ups, bathhouse and recreation area.

Pavilion Rentals available to military ID card holders only. Rent a custom craft jon boat for 2 days, get day 3 FREE!

For more information call 767-2771 or 767-2717.

Annual Member Dues

Just a friendly reminder that Sept. 30 concludes this year's membership period. Hunter Golf Course and Taylors Creek are accepting renewal and new annual dues for next year.

For more information call Hunter Golf Club at 352-5622 or Taylors Creek at 767-2370.

Off Post

Jekyll Getaway

All active and retired military families, VFW and workers can stay on Jekyll Island through September and enjoy special room rates at participating hotels - \$55 or \$69 per night per room.

- Enjoy 63 holes of golf from \$35 a round
- Ten miles of public beaches
- Summer Waves water park
- 20 miles bicycle trails and horseback riding
- Mini golf \$5

For information go online at www.jekyllisland.com

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.

1/351st holds Nighthawk Classic

Spc. Jonathan M. Stack

Associate Editor

The sun was out and there was a slight breeze. It wasn't too hot and it wasn't too cold — the weather was perfect. The carts were loaded up and running. The golfers were ready to play.

1/351st (Training Support)(Aviation) hosted their 5th Annual Night Hawks Classic Golf Tournament at Taylors Creek Golf Course Friday.

"This event is always a great time," said Otis Brown. "It is a time for civilians and

military (personnel) to get together and enjoy a game of golf. The civilians help make this a great event."

The tournament was split into 26 four-man teams and played 18 holes. Each team was allowed eight mulligans.

The first place team had a score of 53 and won four rounds of golf at a golf course where the U.S. Senior Open was played.

After the tournament, the players were in the clubhouse talking about their scores

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Clarence Jones, from Sun City, S.C., tries to make a putt while Tom Harsch watches.

Spc. Jonathan M. Stack



Sgt. Trinace Johnson

Staff Sgt. Chance Finely, with the 1/204th ADA, National Guard, practices the squat bender during the PT course.

New PT regimen on the way

Sgt. Trinace Johnson

Army News Service

FORT BLISS, Texas — A team from the U.S. Army Physical Fitness School is visiting Army installations to teach a new exercise regimen that includes pull-ups, the shuttle sprint, squat bender, rower and forward lunge.

The school's commandant began by visiting Fort Bliss last week to teach physical training instructors the exercises designed to improve muscle strength, endurance and mobility, while focusing on fitness for everyday life. There are no immediate plans to change the Army's physical fitness test, officials said, just how soldiers prepare for it.

The 6th Air Defense Artillery Brigade sponsored the training last week that involved more than 60 soldiers from various units on Bliss, including National Guard soldiers and German Air Force members.

Fort Bliss was the first Army installation to be introduced to the new program that was just approved for trial less than three weeks ago.

Lt. Col. William Rieger, U.S. Army Physical Fitness School commandant, and deputy commandant Frank Palkoska, both said that the

new PT would be standardized, disciplined and have a more military appearance.

They also said that the program would be more designed toward the individual soldier's needs and ability and not just a mass one-level of participation.

Some of the key points in the program will be to:

- Improve physical fitness while controlling injuries
- Progressively condition and toughen soldiers
- Develop soldiers' self-confidence and discipline

"We're going to be training as we fight," said Sgt. Jeffrey J. Hernandez, Headquarters and Headquarters Battery, 6th ADA Brigade.

"We had a lot of injuries in the past," Hernandez said. He said that the USAPFS is set to teach this PT to basic trainees and anticipates saving money on hospital costs.

"With these exercises we will be able to better control injuries," said Staff Sgt. Emerson Hazzard, 6th Brigade operations noncommissioned officer and student of the new PT demonstration class. "We'll never be

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Fort Stewart has bigger, better hunting

Lindsay Thomas Jr.

Georgia Outdoor News

Name this public hunting land:

The public deer hunts here have been going on two years longer than the classic hunts at Piedmont Refuge, and this huge area would hold seven Piedmonts and some change. In Georgia, only Chattahoochee National Forest is bigger.

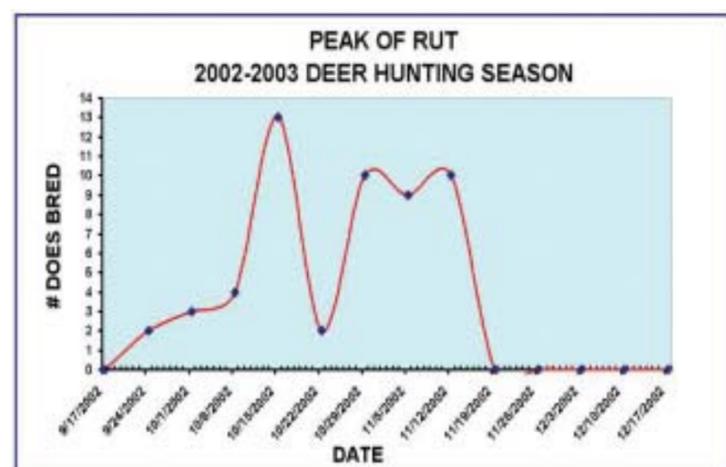
If this area was a state wildlife management area, its hunter success rate last year would have placed third in the state behind Sapelo and Ossabaw islands. But forget applications and rejection notices - this land is open for state seasons, and you just about can not get turned away. The hog season only shuts down long enough to honor the spring gobbler season, and you can also hunt quail, rabbits, doves and squirrels in season.

Fort Stewart covers an incredible 280,000 acres in southeast Georgia, the largest military base east of the Mississippi River, and 230,000 of those acres are part of the public-

hunting program. Unlike Fort Benning in Columbus and Fort Gordon in Augusta, hunting access by civilians is virtually unrestricted. Outside of paying more for a hunting permit than military personnel (\$40 annually compared to \$10), civilians enjoy equal access to the post's hunting opportunities.

Fort Stewart also enjoys some of the finest wildlife managers and most intensive programs put into public hunting land anywhere, and those efforts are paying off. Last year the base produced a Pope & Young winning buck for a local archer, the first ever for Liberty County. New this season, the post's Fish & Wildlife Branch is offering a 14,235-acre quality-deer-management zone, where only bucks with at least four points on one side are legal. It is the first quality-managed public hunting opportunity in the Lower Coastal Plain.

Just as many middle-Georgia hunters remember their first deer hunt on Piedmont Refuge, many a coastal deer hunter went on his first



deer hunt at Fort Stewart. The hunts opened in 1959 and have been going strong ever since. Pete Moore, the current chief of the Wildlife Management section has been a biologist on Fort Stewart since the early 1970s. In that time he has seen a lot of improvement in the quality of the hunting here,

especially in the last 10 years. "When I started working down here in the 70's, the attitude was you need a doe behind every tree," Moore said. "The idea of a strong doe harvest was unpopular until the population got high enough that

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GOLF

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Spc. Jonathan M. Stack

Mike Maxwell, from Sun City, S.C., tries to make a shot over the water at Taylors Creek Golf Course.

and how they shot.

"Even the bad shots were good shots because they were out here having fun," Brown said.

Along with the tournament, lunch was provided by Baldinos Subs and McDonalds.

Each player was given a ticket and

at the end of the tournament there were drawings to hand out different prizes that businesses around the area donated.

Some of the prizes were a motorcycle helmet, two golf club bags, a putter, a driver, different articles signed by Al Pacino among other

items.

"The tournament was a great success. Lot of guys came out here and a lot of guys had a good time," Brown said.

"There was good competition overall. We couldn't have asked for a better time," added Brown.

Marne Scoreboard**Aerobics****Newman Fitness Center**

Mondays	
Latino Rhythm Busy Feet Workout	7:30 to 8:30 a.m. 9 to 10 a.m. 4:30 to 5:30 p.m.
Tuesdays	
Butts and Gutts Basic Training Workout Cardio-Stepping	7:30 to 8:30 a.m. 9 to 10 a.m. 4:30 to 5:30 p.m.
Wednesday	
Caliente Cardio Kick-boxing Step-kicking	7:30 to 8:30 a.m. 9 to 10 a.m. 4:30 to 5:30 p.m.
Thursday	
Basic Training Workout	9 to 10 a.m. 4:30 to 5:30
Fridays	
"Master C" Workout "Killer Friday"	7:30 to 8:30 a.m. 9 to 10 a.m. 4:30 to 5:30 p.m.
Saturdays	
"Pick Your Poison"	9 to 10 a.m.

Tournaments**Hunter Halloween 5K Run/Fun Walk**

The 5K event will be held Oct. 25. The fun walk is offered to children 12-years-old and younger. The teams for the 5K run must have a minimum of 5 people. Prizes will be given out to the two top finishers.

All participants must pre-register by Oct. 16. For more information call 352-5918.

PT

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able to get rid of injuries. The Army had to come up with a plan to get the max amount out of a soldier without breaking him," Hazzard said.

Rieger said that this program is not a drastic change from what the Army has always been doing, it's just doing it better.

"There's no bad exercise, only exercises that are done incorrectly or with the improper intensity, order, volume and amount of repetitions," Rieger said.

Palkoska said that when he teaches soldiers in the field, he wants to make sure they understand why they are being taught the particular way of doing the exercises and why they could endure longer if they use the USAPFS program.

In addition, both Rieger and Palkoska said that this program would improve soldier performance that is related to their jobs.

For instance, if a soldier has a job that requires him or her to move fast in a moment's notice, the shuttle sprint or start, stop and change direction run that was taught should help with that.

"A dynamic exercise like the forward lunge is better for stretching," Rieger said.

He said the USAPFS wanted soldiers to do exercises that applied to the functional strength of what they're doing. For instance, he said the high jumper works with soldiers who are airborne.

Rieger said that part of the program was designed to train the muscles to respond anaerobically, using less oxygen, as well as aerobically, using more oxygen.

"You have to stress the body in different ways with a combination of activities to improve," Rieger said.

He suggested doing one minute of push-ups with no rest to assess strength.

"We're educating soldiers so they know they can do it and believe they can do it, because they've practiced it on a regular basis," Palkoska said.

Fort Jackson, S.C., is the next installation on Rieger and Palkoska's list.

"We're going to every single installation in the Army," Rieger said, adding that it may take a couple of years.

Staff Sgt. Steven Saenz, an instructor at the fitness school, said that a new Army Field Manual 21-20, (Physical Fitness) is currently in the works, but will not be out for a few years.



Sgt. Trinace Johnson

Soldiers perform the rower, one of the proposed warmup exercises.

HUNTING

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they started eating the tops out of pine seedlings, and you know they've got to be pretty hungry to eat pine trees. My forester started complaining about it, and we were able to start having more doe days." Gradually, the doe harvest on the Fort has climbed. Meanwhile, changes in management in the last decade have improved the habitat here.

"The tankers have got to have visibility for their training," Moore said. "We've done a lot more timber harvesting and opening up the woods. Plus, under our red-cockaded woodpecker management, we do a lot of burning to keep the woods open. Our deer habitat has improved a lot."

Average body weights of deer are climbing. Last year Moore personally weighed the heaviest buck he has seen come here, a 190-lb. nine-pointer. Also, the average antler length of a 1 1/2-year-old buck has doubled since 1990. The total deer harvest has also steadily increased.

"In the 70's, we were finding an average of 0.9 fetuses per doe," Moore said. "This past season it was 1.73. It's gone from less than one fawn per doe to almost two, which is unreal for the Lower Coastal Plain. Almost all of our does were carrying twins this year."

Last year, 1,463 deer hunters returned their harvest cards as required, and they killed 610 deer, an astonishing 42 percent success rate. But Pete feels that the harvest is normally under-reported every year, so the success rate may have been higher. The harvest of 610 deer is low compared to the average annual reported harvest of 800 to 900 deer, and Pete points to an unusually large and long training exercise last fall that shut down some prime areas during the heart of deer season.

For the first-time Fort Stewart hunter, there are a few things to know before showing up at the base with camo and a deer stand. This is not a WMA, it is a working military installation with the generosity to invite the public to hunt. Your safety as a hunter is foremost, and as you might guess there are areas on the Fort where live-fire training goes on that are never open to the public - even the base wildlife biologists do not go there. At any time, the open hunting areas may also be closed due to training exercises. That is why knowing the check-in and check-out system here is a must before you go hunting. The good news is that the Fort Stewart hunter-check-in system is an efficient and easy one to use.

The Canoochee River divides Fort Stewart roughly in half, running from the northwest corner of the base near Claxton to the eastern end near Richmond Hill. In the very center of the fort is the large artillery-impact area that is permanently off-limits. Other off-limits areas are located in other regions. The large off-limits area is a wildlife sanctuary, both for the deer and hogs that are not hunted there, and the fish in the

Canoochee River that are unbothered by anglers. Both hunters and fishermen are aware of the benefits of heading to areas that border the off-limits regions.

The garrison area is buffered by no-hunting areas, but it is surrounded by nearly 10,000 acres of archery-only hunting. There are shotgun and black powder areas as well.

In all, the base is carved into more than 120 designated hunting areas in six main groups, A, B, C, D, E and F. Areas average around 2,000 to 2,500 acres each. Each area has a limit on the number of hunters who can check in to that area at one time, and the system is based on a generous allowance of one hunter per 100 acres. There are areas of the Fort that are more popular than others, and at any time a hunting area may be closed due to military training, but finding a place to hunt is always possible.

Last fall, a major training maneuver during deer season shut down many of the popular areas in the western section of the Fort, particularly the Es and Fs, for a month.

"Last year when we had the big exercise and the Es and Fs, which is our better deer habitat, were closed, a lot of folks chose to stay home rather than hunt the east side of the post," Moore said. "But I don't think we've ever had a situation where you couldn't find a place to get in the woods if you wanted to go. That exercise was unusual. It's uncommon for a long exercise to close areas down for a month. Usually it's a week or so."

It is in the popular western end of Fort Stewart that biologists chose to try the new quality-buck areas, which include E-12 through E-16, plus E-20, 21 and 22. All bucks in these areas must have four points on one side or better to be legal.

The base attracts some serious bowhunters, and in fact it was the bowhunters who most often asked about the chances of getting a quality-managed area, Moore said.

Lee Mitchell is one of the post's die-hard bowhunters and a wildlife biologist here. He said he has no trouble killing a few deer and a lot of hogs every season. In 2001 he arrowed a nine-pointer that, with a net score of 121 2/8, is the biggest archery buck on record in Bryan County.

"For bucks I like to hunt inside the thickets," Mitchell said. "You can't see very well, but that seems to be where the bigger bucks are hanging out. A lot of times it's a 10-yard shot when they come by. You don't see a lot of deer, but when you do it's usually a good buck. I am usually able to get one mature buck every year like that."

There is a wide range of habitat types here, from clearcuts and food plots to deep swamps and live-oak flatwoods. Tall, mature pines with an open understory make up the red-cockaded woodpecker's favorite hangout, and there are numerous



ENRD

Robert Edenfield, of Rincon, arrowed this Stewart 10-pointer in one of the "B" areas on Nov. 30. The buck scored 127 5/8, becoming the first Pope & Young winner for Liberty County

old homesites scattered in the woods of the fort where soft mast species like plums, planted by the homesteaders, will be found.

If you are after hogs, Moore and Mitchell said they would look to the creek and river drainages. Moore said areas B-8 and B-3 are particularly good for hogs, because they border both the Canoochee River and the closed impact zone. Hogs abound in the impact zone, where they are not hunted, so any area bordering the zone is likely to be have them in abundance.

Hunting Permit: To hunt on Fort Stewart you need a Georgia hunting license and a Fort Stewart Hunting Permit, which is \$10 annually for post personnel and \$40 annually for civilians. You must go by the Pass and Permit Office once before hunting to get your permit. Call this office at (912) 767-5032 to find out hours of operation and directions. Note: unmarried children of a permit holder who are younger than 18 or a student younger than 24 can hunt under their sponsor's permit. After you get your permit, you can check in to a hunting area on the Fort's automatic telephone check-in line, (912) 767-0202. This system will let you know if the area you want is full or closed for training, so have a couple of areas in mind when you call. Also, you can get an up-to-the-minute status sheet on areas closed for training on the Fish and Wildlife Branch's Web Site, www.stewart.army.mil/dpw/wildlife.

No matter what, do not forget that you must also clear your area by phone by a specified deadline, usually an hour-and-a-half after official sunset. When hunters don't clear their area,

a game warden heads to the woods to locate them. This is why forgetting to call and clear your area by the deadline automatically results in a 7-day suspension of hunting privileges.

Check-Station: The FWB operates a hunter check station to collect deer population data, and hunters are required to bring their deer by the station when it is open. That includes weekends during the muzzleloader and firearms seasons and every day during either-sex seasons.

Seasons & Either-sex: Deer seasons on Stewart are the same as state seasons, however firearms hunters have restricted dates for either-sex harvest. Check the Stewart website or the Pass and Permit office for details. Remember that deer killed on Stewart count against a hunter's state bag limit. Also, your Fort Stewart Harvest Card must be turned in no later than 30 days after the end of deer season.

Additional information can be found on the website.