

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.

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.

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.

Hula Hoop Contest

Sports USA is hosting a hula hoop contest July 24 from 9 to 10 p.m.

Prizes will be awarded, and the 50th woman through the door wins \$50.

For more information, call 767-8715.

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.

Cheerleaders visit

Jacksonville Jaguars Cheerleaders and Mascot Visit Sports USA on Thursday, July 22

Doors open at 1p.m., celebrity appearance, 3 to 6 p.m.

Leisure Travel will be selling Jaguar game tickets for \$22.

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.

Off Post

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.

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.



Pfc. Jacqueline Watson

Terri Taylor takes time out Thursday afternoon to catch a workout on some cycling equipment at Jordan Fitness Center.

Jordan has what it takes

Pfc. Jacqueline Watson

Staff Writer

Question number one: Do you like to watch TV, maybe flip some channels to see what else is on? Like to watch things besides the news sometimes?

Question number two: Like working out, preferably at a gym where there's not a lot of waiting to get on the machine you want to use?

And question number three: Wouldn't it be nice to have both at the same time?

For those who aren't already aware of it, you can.

At the newly renovated Jordan Fitness Center, twenty television sets encircle the cardio room that still holds on to that "new equipment" smell. The TVs, which are set up for closed circuit headphones broadcast, provide an assortment of viewing choices to make exercise more enjoyable, said Sgt. 1st Class Quinton T. Mason, Jordan Fitness Center NCOIC.

But as important as this variety might be, the best part about the new Jordan is the up-to-date equipment, he said.

Jordan has the latest exercise machines, something that other gyms on post don't. The main and secondary cardio rooms hold eight new tread mills, 14 bicycle machines, six step machines, six ellipticals, and a climbing machine. In the weight room, 17 weight machines surround 10 free weight benches.

In addition to the cardio and weight rooms, Jordan also offers a room with a large, coed whirlpool and sauna — also equipped with a television. There is a full-sized basketball court and a racquetball court as well.

"We come here to play basketball in the afternoons to stay in shape," said Sgt. Nathaniel G. Baker from HHC, 4/64, about he and the five soldiers playing hard on the court.

The fitness center was closed for almost two years before it

reopened April 20, 2004, Mason said, and he is excited about all it now has to offer. All rooms, except, at this time, for the basketball court, are air-conditioned.

Need another reason to try Jordan out? Besides updated equipment, the fitness center has the friendliest staff on post, Mason said with a grin. And there is always an attendant on duty to assist its patrons.

Jordan has safety and security in check, as well, with cameras in each room except locker rooms.

Currently, some organized sports are held at Jordan, like horseshoes and flag football. Volleyball takes place on Thursdays and Sundays, and Jordan has jerseys available for those who wish to organize basketball, soccer, volleyball, or basketball games.

Jordan is in building 608, and is open from 9 a.m. until 10 p.m. Monday through Friday, 9 a.m. until 9 p.m. Saturdays and training holidays, and noon until 9 p.m. Sundays and holidays.



Pfc. Jacqueline Watson

Kevin M. Baker puts in a slam dunk during a basketball game with some friends at Jordan Thursday afternoon.

Disabled children get fun in the sun

Nancy Gould

Special to The Frontline

Most kids look forward to summer camp where they can enjoy arts and crafts, swimming, games, and some out-of-the-ordinary adventures. Special needs children in the Fort Stewart community are no different.

Disabled children and adults, ages 5 and up, of active duty military or Department of Defense civilian parents will have that experience, according to Lucia Braxton, Army Community Service (ACS) chief and Camp Venture director. Braxton is energized about this year's camp and assures the participants that it's going to be fun!

Braxton, along with the Liberty County Recreation Department, a few ACS staffers, and a whole lot of committed volunteers, will host the camp, August 5 through August 19, at the Liberty County Health Department. The special

needs children and adults or "campers" will get a chance to excel among their peers, and their parents get a much needed "respite" doing whatever they want, which often consists of quality time with other family members and friends.

"Working with these children is a treat for me," said Braxton, who has directed seven camps at Fort Stewart for disabled children and young adults in her career. But the special needs camp was discontinued four years ago as a result of regulation changes that incurred extra costs and personnel. This came after a 26-year history of special needs camps at Fort Stewart. This year, Camp Venture came back on line after Liberty County offered support, including a fenced recreational facility, with regulation playing areas for basketball and softball, a picnic area and an air-conditioned pavilion that seats 200.



Courtesy Photo

Volunteers and members of Army Community Services of Camp Venture 1980 enjoy playing and learning with special needs children.

According to Braxton, it's the perfect setting for the 55 campers and 43 counselors, helpers and volunteers who have signed up to work there so far. Each camper is assigned two counselors (staff members will supplement as needed). Besides a preliminary screening process, volun-

teers complete three days of training to learn about the different types of disabilities they will encounter—ranging from disfigurements to attention deficient behavioral problems.

"Not everyone can do this," said Braxton, whose expertise has come partly from living with her own

brother, who had multiple disabilities. "Counselors get 'the down and dirty' on my first day with them," she added. "I tell them that they've got to expect things to get messy at times." Counselors learn to recognize and deal with unusual behavior during

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Basketball standout to play with Connecticut Sun

goARMYsports.com

Special to The Frontline

WEST POINT, N.Y. — Although her illustrious basketball career at West Point has come to an end, four-year letter-winner and two-time team co-captain Katie Macfarlane is still hooping it up, now with the professionals. Despite just missing out on a roster spot with the Connecticut Sun, Macfarlane has been invited to be part of the Sun's practice squad this summer.

Back in mid-April, Macfarlane was one of 37 women who attended a two-day free agent tryout at Connecticut College, the practice facility for the Connecticut Sun. The Sun then selected Macfarlane, a 6-0 for-

ward, as one of just three players to be invited to the training camp. Macfarlane endured 10 days of practice drills with some of the country's elite players and made it past the first round of cuts. But, on May 12, she was waived by the Sun when the squad trimmed its roster from 14 players to 12.

Macfarlane averaged 18.6 points and 10.1 rebounds this past season for the Black Knights and was among the Patriot League leaders in numerous categories. She became the first Black Knight ever named to the All-Metropolitan First Team by the Metropolitan Basketball Writers Association. Macfarlane also garnered her third consecutive selection to the All-Patriot League first team and was cho-

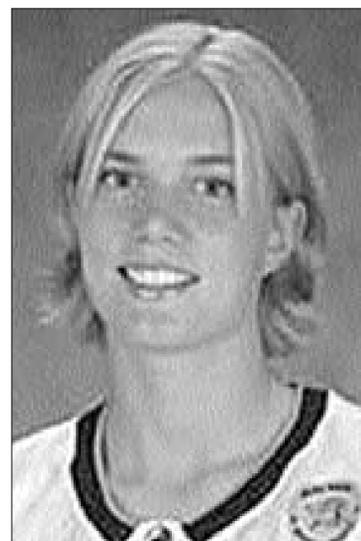
sen as the league's "Player of the Year" following her remarkable senior campaign. Macfarlane rewrote career Academy records in scoring (1,941) and rebounding (1,143) and set a new Patriot League record for career rebounds.

Head coach Sherri Abbey-Nowatzki considers the star forward to be a trailblazer not just for her sport, but for the Academy as well. "Katie is breaking new ground and setting a new precedent, not only for women's basketball but for women at the Academy," Abbey-Nowatzki said.

"It's huge for the Academy to have her achieve this goal. I can think of no better representative to pave the way for future players. It really gives our program

validation that we're doing things the right way. We take pride in teaching the fundamentals, but Katie also possesses all the intangibles to succeed at the next level."

Macfarlane, a newly commissioned second lieutenant who is branching military intelligence, is the first Army women's basketball player to pursue a professional basketball career. She will be returning to West Point this fall to serve as the athletic intern for Abbey-Nowatzki's women's basketball staff. She is using her allotted military leave time to participate in the Sun's practices and is committed to her active duty service obligation. The Sun is currently 9-7 overall and tied for first place in the WNBA's Eastern Conference.



Katie Macfarlane



Courtesy Photo

Felix Hicks (middle) receives a certificate of achievement during Camp Venture 1980, ACS's day camp for children with special needs at Fort Stewart. Maj. Anthony Jantovsky, DCAS, makes the presentation and extends his congratulations.

FUN

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their training, according to Braxton, adding that without it, a seizure could be mistaken for a temper tantrum. But with proper instruction from a community health nurse counselors learn to recognize the difference.

The camp is geared to boost the self esteem of campers, who are often frustrated in "regular" classroom or camp settings that lack the modified equipment needed by those with vision, hearing or other physical or mental impairments. At Camp Venture, easy-to-grip textured balls are provided as well as other special equipment, such as paintbrushes that can be held with a few fingers.

"These children are very fragile and there are a lot of considerations taken in their care," Braxton said. "But we want them to have fun and it's worth the effort. At camp, they get to do things they don't ordinarily do and they glow

with excitement."

Activities at the camp include swimming at Corkan Pool, bowling at Marne Lanes, field trips (including one to Lotts Island at Hunter Army Airfield) as well as video and board games, movie and music sessions and special classes, such as one on personal hygiene and dating. The children will help churn homemade ice cream and make snow cones- things that most kids don't realize you can do at home.

Mattie Hicks, a Hinesville resident whose 40-year old disabled son, Felix, is returning to Camp Venture this year, said the camp teaches practical skills as well. "Everything they do builds confidence and skills that help them find their place in the community," she said.

Special staff support includes two full-time assistant directors who are on site at all times, as well as a medic

who will handle and administer the children's medications. But according to Braxton, the camp would not be possible without volunteers- counselors, workers to transport and prepare food, and others who work tirelessly helping with other essential tasks that make the camp possible.

But the driving force behind the camp is Braxton herself. The mother of four grown boys, she is quick to tell you what motivates her- her love for people and the desire to see them excel. With more than 20 years of managerial experience directing people of various ages, races and cultures, she's a professional at passing her motivation on to others. And when August 19 arrives, she and her staff of volunteers will be excited and ready to give campers an experience of a lifetime. If you want to help Braxton or find out more about the program, contact her at 912-767-5058.

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.

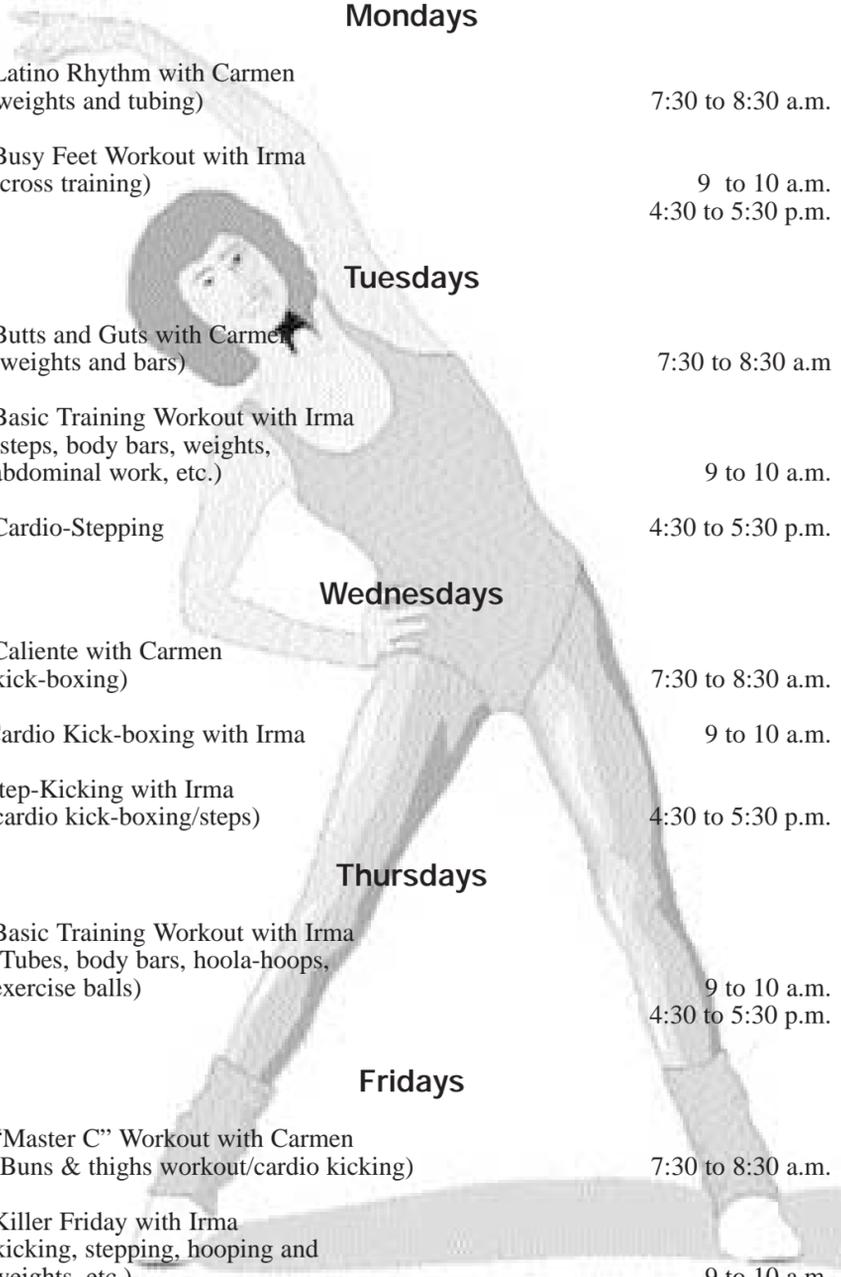
Fridays

“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.



ASK THE DIETICIAN

Jan Clark

Special to the Frontline

Q: What are some great natural sources of vitamins?

A: Food, glorious food! It is the most natural form you are going to find. If you rely on food your nutritional needs, you not only get the notable nutrients, you get additional nutrients like bioflavonoids and phytochemicals. We are continually finding health promoting nutrients in food that we never knew were present. Think of the tomato—a well-known excellent source of vitamin C. The phytochemical Lycopene was recently discovered to also be abundant in tomatoes shown to promote a healthy heart and urinary tract and prevent cancer. It's called the synergistic effect.

There are “natural” vitamins or supplements, but the majority is synthetic, meaning they were created in a laboratory to replicate the natural nutrient. In most cases your body cannot tell the difference. The chemical composition found in both is the same and equally safe. The exception is vitamin E and folate. The natural forms of these two nutrients are absorbed and utilized more efficiently than the synthetic forms.

Many supplements boast “natural”, declaring natural is better. If natural is better, I ask why then are you taking your life's nutrients in pill form? Nutrients found in food are superior to anything in a pressed pill or powder-filled capsule, which had to go through some laboratory processing to get to the market, regardless of it being natural or synthetic.

Food becomes the enemy when we make more unhealthy choices than healthy choices and when we overeat taking excess calories and ignore the need to exercise. Practice a lifestyle of a wholesome diet and routine exercise and start feeling naturally healthy.

Q: What is a good time of day to take vitamins? Does it make a difference?

A: You can take a vitamin in the morning, afternoon, or night, whichever is an easier time of day for you to remember. I would, however, advise you to avoid taking your vitamin with large meal. Your body has set absorption limits over a certain period of time. One example is with calcium; your body can only absorb about 500 mg of calcium over a 2-3 hour period. If you took a vitamin containing 400 mg of calcium with a large meal that we'll say contained 300 mg of calcium, that is 700 mg total and 200 mg calcium could not be utilized by the body at that time. With the meal providing a good amount of nutrients already and the addition of a vitamin/mineral supplement, the excess nutrients are excreted once the body reaches its threshold. This makes very expensive urine.

Take your vitamin with a small light snack so you can maximize absorption of your daily nutrient intake. In the above situation, if the vitamin with 400 mg of calcium were taken at a light snack such as a peanut butter sandwich, all 400 mg would be absorbed as well as the calcium available from the small snack. No calcium wasted, no expensive urine and your getting the most out of your dollar and nutrition.

Creating a Clean and Healthy Environment

How to make your own glass cleaner

1. Mix three tablespoons ammonia, one tablespoon white vinegar and three-fourths cup water. OR
2. Mix two tablespoons vinegar in one quart water. OR
3. Mix one quart water with half cup of vinegar and one to two table spoons of lemon juice or rubbing alcohol.

Simply pour any of these mixtures into a spray bottle, spray, wipe and watch your glass sparkle.