



Staying Fit: The Ultimate Rightsizing

# SHAPE Info

It's time to get into SHAPE!

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## Army Dominance Continues

by: Jeffery Goodman

The annual SHAPE Army / Air Force versus Navy / Marines Softball Challenge was held on Thursday, 27 May 10 at the CMWRA picnic at Red Bug Lake Park. The Army team was the heavy favorite to win again this year. However, the Navy held their own and made a game of it early. While each team was supposed to have a minimum of two females, the Navy only had one. The Army played with two females, thereby being clearly advantaged.

Phil Davis got things started early with a lead-off inside-the-park home run. Phil later added another inside-the-park homer. The Army jumped out to a quick 2-0 lead in the first inning. While the game was close through the first four innings, the Army eventually broke things loose in the game with some timely hitting, aggressive base running, and good defense. Dave McGovern added an inside-the-park home run to seal the win late in the game for the Army. The final score was 20-8.

Rick Neff put together a solid team for the Navy without several of his regulars that were either TDY or playing in the golf tournament. Army team captain Jackie Bushway said, "It was a lot closer than I expected. Even though we are now back to back to back to back champions, you can never really count the Navy team out." The Army not just won the game, but also dominated the fans by a count of 5 to 1. Army fans included Deputy PEO Rob Reyenga and COL Ken Wheeler.



**Army / Air Force Winning Softball Challenge Team:** Top Row (left to right): Rob Reyenga, Bill Monroe, Billy Jensen, Kendal Potesta, Jeff Goodman, Linda Comfort, Dave McGovern, Phil Davis, Jeff Brunell, Steve Bushway, COL Wheeler. Bottom Row: Jackie Bushway (team lead), Brian Serra, Michael Craven, Bobby Verica



**Navy / Marines Softball Challenge Team:** Top Row (left to right): Manu Mehan, Sherri Marquis, Lt. Joel Washington, Alan Litz, GSMC Carl Hoffman, YN1 Ed Malone; Bottom Row: Cameron Mayhew, Tom Shrader, Rick Neff (team lead), ET1 Jason McClure

Photographer: Doug Schaub



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**Army / Air Force Winning Basketball Challenge Team:** Left to Right: Coaches Walt Pezzolo and LTC Gary Stephens (not pictured), Captain Tony Tolbert, Shi Deng, Herbert McDuffie, Donald Schlomer, Scott Welcheck, Brian Serra, Phil Davis, and Robert Johnson. Assisting at the scorer table were Jackie Bushway and Jeffrey Brunell. Jackie has been our scorer for the past 4 years and has done an outstanding job!

## AAF rolls!

by Tony Tolbert

The Army / Air Force (AAF) vs. Navy/ Marine (NM) annual SHAPE Basketball Challenge was the highlight of a busy week on 14<sup>th</sup> of May for the Army and Navy.

What in the world happened at UCF on Friday, 14 May? I have never seen a top Navy team laid a dud like that at home in a big game. The Navy really started the game on fire with Terrance Williams establishing a strong inside presence almost scoring at will on offensive rebounds. This coupled with Blake Shackelford's mid-ranged jumpers, and it wasn't long before Army had their hands full and quickly found themselves trailing Navy by as much as 8 points within the first 10 minutes of the 1st half.

However, the AAF did not lose its composure during the NM initial offensive barrage, but successfully countered with excruciating perimeter shooting from Tony Tolbert, Phil Davis and Robert Johnson. It was only after the AAF countered the NM offensive move that AAF got the sense that a little fear may have settled into the Navy's team, essentially telling Terrance, Blake, and the Navy that you can "Check Out Now".

The second half started with a strong presence from AAF's center Scott Welcheck managing to score 8 hard



**Navy / Marines Basketball Team:** : Left to Right: Noah Heltemes, Blake Shakelford, Mike Martin, Terrance Williams, Carl Hoffman, Rick Neff (Captain), Dan Torgler, Bill Robertson

Photographer: Doug Schaub



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**AAF Rolls! Continued:**

earned points on the low post against NM's tough defenders Bill Robertson, Dan Torgler, and Carl Hoffman. Because AAF did not play smart basketball within the last 6 minutes of the game, NM was able to close within 6 points of AAF. But because of the AAF's strong bench support from Deng Shi, Herbert McDuffie, and Donald Schlomer, AAF was able to sustain their lead. Brian Serra contributed 4 points along with additional scoring from Robert Johnson, Tony Tolbert and Phil Davis to cement the victory for AAF with a final score of AAF 42 and NM 36.

**Safety Fair**

On 23 Jun 10, 0900-1200, SHAPE / Navy Wellness sponsors the annual Safety Fair in de Florez Room 1041. The intent of this event is to encourage employee awareness of the importance of a safe work and home environment.

Various local organizations will have displays and handouts from health safety, marine safety, mosquito control, auto safety to pet safety.

**SHAPE Ideas ....  
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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

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**Army rallies in SHAPE Softball Challenge.** Bill Monroe and Dave McGovern scores during fifth inning.

Photographer: Gary Wuthrich

**Yoga for Absolute Beginners**

SHAPE / Navy Wellness sponsors free classes every Monday and Wednesday 1630-1800 in de Florez 1041. For more info contact CDR Greg Owens at 407-380-8511.

**Zumba**

SHAPE / Navy Wellness sponsors free Zumba classes every Tuesday and Thursday at 1630 in de Florez Multi-Purpose Room. Instructor is Yvonne Boots.

