



# SPORTS & RECREATION

MAY 26, 2011

## 135th Quartermaster Battalion clinches soccer title

**Renee Reese**  
Fort Stewart Public Affairs

The undefeated, 135th Quartermaster Battalion rallied early in the first half of the Fort Stewart-Hunter Army Airfield Soccer Champion to squeeze a 3-2 victory over 5/7th Cavalry Regiment at Stewart's Bennett Sports Complex, May 19.

Staff Sergeant Michael Simone, coach and player for 5/7 Cav., admits they let chances slip through the cracks that led to their team losing the championship.

The Quartermasters captured the lead early scoring 2 points in the first half for a 2-0 lead at halftime.

Not to be denied the cav-

alry scored their first point in the second half to close in 1-2. But, Quartermasters came right back with another score in the second half for a 3-1 lead.

Rallying back, the Cav scored again to close in on the Quartermasters but, with time running out and the Cav struggling, Quartermasters went on to win 3-2 to claim the soccer championship.

"I think both teams had the skill level, it's just that 135th QM played a better game of offense and defense to keep the lead and win," observed Amber Clark, adult sports specialist.

Clark invites all units to prep for the next soccer season by calling 912-767-9795.



Courtesy Photo

**ABOVE: 2011 Fort Stewart 1st Place Soccer Team, 135th Quartermaster battalion, 3rd Infantry Division, defeated, (left) B Troop, 5/7 Cavalry Regiment, 3rd, May 19, at Fort Stewart's Bennett Sports Complex, with a final score of 3-2. Undefeated, 135th Quartermaster battalion pulled out a victory and was favored to win. For more information about the upcoming soccer season, call 912-767-9795 or 912-767-8238.**



## Soldiers try new PT test at Benning



Photo by Alexandra Hemmerly

**Sergeant Timothy Heater, a medic with the National Guard's Warrior Training Center, completes the rower exercise as part of testing for the Army's new Physical Readiness Test at Fort Benning, Ga., May 10.**

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**Alexandra Hemmerly Brown**  
Army News Service

**FORT BENNING, Ga.** - The Army's new physical fitness test was administered to a group of Fort Benning, Ga., Soldiers May 9-11 as part of the service's pilot program.

The Army Physical Fitness School's goal is to test 15,000 to 20,000 Soldiers by September in order to establish standards for the new test, officials said.

The Army Physical Readiness Test has been administered so far to groups of Soldiers at Fort Jackson, S.C.; Fort Leonard Wood, Mo.; and Fort Sill, Okla.

About 30 National Guard Soldiers took the APRT May 10 at Fort Benning. The test has also been administered to basic trainees at Benning, said Frank Palkoska, director of the U.S. Army Physical Fitness School.

Testing for Fort Stewart, Ga.; Fort Bragg, N.C.; and Fort Bliss, Texas is planned for July.

The new APRT includes five events: a 60-yard shuttle run, one minute of the rower (a modified crunch), the standing long jump, one minute of push-ups and a 1.5-mile run.

## Softball Standings

### Fort Stewart Softball Standings

TEAM	WON	LOST
<b>Marne Conference</b>		
526th Eng. Co	8	0
24th Ord. Co.	6	1
C Co., 1/30th Inf. Bn	5	2
3/7th Inf. Bn	3	4
F Co., 3/69th AR	3	4
HHC, 1/64th (MED)	3	5
29th Eng. Det.	1	5
B Co., WTB	0	7
<b>Rocky Conference</b>		
MEDDAC	7	0
DHBB (SIG)	5	2
15th ASOS	5	3
NU- IMAGE	4	4
139th MP Co.	3	2
HHB, 1/41 FA	2	5
HHC, 3/69th AR	2	6
C Co., 3/69th AR	0	4
<b>Liberty Conference</b>		
5/7 CAV	7	0
A Co., STB	5	3
226th QM Co.	4	2
B Co., 3/69th AR	4	3
756th EOD	3	1
A Co., 1-3 BSTB	3	2
549th MP CO	2	4
D Co., 1/30th Inf.	2	4
92ND CHEM Co.	2	5
90th HR	0	6
<b>Freedom Conference</b>		
A Co., 2/7 Inf. Bn.	2	0
B Co., 2-3 BTB	2	2
A Co., 3/69th AR	1	3
HHC, 92nd Eng. Co.	1	4
3/7 CAV	1	2
I & S Co.	1	5
1-3 BSTB	1	6
HHC, 2-3 BSTB	1	4
135th QM Co.	0	1
FSC, 1/64th AR	0	1
OPS DHHR	0	1
HQ, 26th BSB	0	2
A Co., 1/41 FA	0	2

See page 2C for more standings.

## Law Enforcement golf tournament held at Stewart

**Mike Riddle**  
Frontline Correspondent

The Law Enforcement Information Sharing Network 2nd Annual Golf Tournament was held May 13 at Taylors Creek Golf Course on Fort Stewart.

The event is a part of the networking program through the Department of Emergency Services, and is designed to bring law enforcement agencies in the area together to help build better departmental relationships.

In the Local Law Enforcement Division, the winning duo was Rodney Hargus and Roland Gilbert who shot a score of (68). Taking home first place in the Garrison Division was the team of Kevin McLaughlin and Cecil Mann who

finished the day with a (66). And winning the Military Law Enforcement Division was Michael Doggett and Anthony Green who had a tournament low score of (65).

In the individual events, taking home the two Longest Drive Awards were Andy Gose at hole #6 and Bryan Van Riper at hole #18, while the winner of the Closet-to-the-Pin Award was Steven More.

Hinesville Ford was one of three local car dealerships to put up a new car if one of the competitors nailed a hole-in-one, and General Manager, Fred Mingledorff commented on the event.

"We're proud to be a supporter of law enforcement, and all other public safety agencies; a golf tournament like this, where you have

law enforcement from all over the area getting together to network, and share ideas can only help make our communities a little safer," said Mingledorff.

Ludowici Police Department, Chief Richard Robertson, who along with Sgt. J.D. Campbell won their division last year, were the tournament directors this year.

"There are way too many to be able to thank for their support, but I do want to say thanks to all of the hole sponsors, those who donated food and door prizes, and all who help put the day together, from the bottom of our hearts we thank you," said Robertson.

This year the tournament raised \$5,100 dollars, which will go to Helen's Haven, located in Hinesville.

# Softball Standings

## Hunter Army Airfield Softball Standings

TEAM	WON	LOST
<b>American League</b>		
USMC	10	0
Hunter Fire Fighters	9	2
B Co., 2/3rd AVN	7	4
USCG	5	4
D Co., 2/3rd AVN	4	6
603rd AVN	2	6
110th QM Co.	2	10
224th M.I.	1	8
<b>National League</b>		
3/160th SOAR	10	1
A Co., 3/160th SOAR	9	3
D Co., 4/3rd AVN	8	2
HSC, 603rd AVN	6	5
JUST ENOUGH	5	0
D Co., 2/3rd AVN	3	8
F Co., 2/3rd AVN	2	8
HHC, 2/3rd AVN	1	9
E Co., 1/3rd AVN	0	10

## Army women's soccer 2011 Fall schedule

Courtesy Army Athletic Communications

**WEST POINT, N.Y.** - Army women's soccer coach Stefanie Golan released her 2011 fall slate that has the Black Knights playing their toughest season opener when she ushers in the school's 26th season with a visit to her alma mater, Duke University, Aug. 19. The Blue Devils advanced to the Sweet 16 at last year's NCAA Tournament in compiling a record of 11-8-4.

Golan, who opens her third season as head coach and fifth on the Army sideline, was a four-year letterwinner at Duke as a defensive stalwart who participated in three NCAA Tournaments. The Army mentor is coming off one of the finest seasons in school history as the Black Knights ranked No. 1 nationally in goals-against average (0.274), shutout percentage (0.762) and save percentage (0.919).

Army authored a 14-4-3 mark in 2010, ranked as high as third in the Mid-Atlantic Region, co-shared the Patriot League regular-season title

after being picked seventh in the preseason poll, and hosted the tournament as the top seed. The Black Knights shattered the school record for shutouts with 16, breaking the former mark of 13 set in 1993, while their 14 wins are the highest since compiling 16 in 1997.

Chosen for league coaching honors last fall, Golan welcomes back the league's defensive player and rookie of the year in freshmen Molly McGuigan and Kim An, both first-team all-league selections along with junior defender Julia Stallard.

Seventeen players return to form this year's nucleus, to include the top two scorers in An (21 points) and Erringer Helbling, along with goalkeeper Monica Lee, who posted a stingy 0.33 goals-against average in recording five shutouts.

After taking on Duke in the first-ever meeting between the two schools in opening a 19-game schedule, Army closes out its trip south with a visit to the University of Maryland-Baltimore County

(Aug. 21) prior to making its home debut hosting Central Connecticut State Aug. 26, in the first of 12 games on the homefront.

Army is back on the road two days later when it visits Connecticut (Aug. 28) before returning home for a busy schedule that finds the Black Knights playing 10 of their next 11 games (12 overall) at the friendly confines of Clinton Field.

"We feel we have a good schedule this year," says Golan. "We play at home a lot, but we love our environment at Clinton Field. Opening on the road against a very good Duke team will allow us to see where we are right off the bat. We want to be challenged, and we feel we will be competitive in every game.

"Our focus will remain on doing the little things well so the results can take care of themselves. We had a good season in 2010, but we weren't satisfied as we fell short of our final goal. We look forward to continuing to build a program that strives for competitive greatness year in and year out."

PT

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Master Sergeant Robert Hoskins, chief training manager at the APFS, said the current Army Physical Fitness Test, developed in the 1980s, is outdated.

"Science has changed since then," Master Sgt. Hoskins said. "Science has matured, and we now know that there are better ways to give a commander an indication of a Soldier's physical abilities."

Master Sergeant Hoskins noted that one of the ways the new test is more effective is not giving a rest period during the push-up or rowing events. He said letting Soldiers rest doesn't give a true appraisal of their muscular fitness, and that muscle failure is usually achieved in about one minute of continuous exercise.

"I think the test works," Master Sgt. Hoskins said. "You have to believe in it, and you have to try it."

Master Sergeant Hoskins explained that the events in the new test were

selected by a board of sergeant majors, doctors, and scientists and that from a medical standpoint these five exercises provide a more comprehensive report of a Soldier's overall fitness.

However, Master Sgt. Hoskins said it's possible that all five events might not make the test's final cut - that will be decided from the data collected during this pilot period.

Sergeant Michael Mateo, a support Soldier for the National Guard's Warrior Training Center at Benning, said he didn't think the new test was very hard, but it was harder than the current APFT.

"I think with more practice, it would be fairly easy to get a good score," Sgt. Mateo said.

And practice is exactly what Hoskins wants Soldiers to do.

"If you actually do the new Physical Readiness Training, the training will drive the test," Master Sgt. Hoskins said.



Photo by Alexandra Hemmerly-Brown  
Army News Service

Sergeant Michael Mateo, center, attempts a standing long jump during the new Army Physical Readiness Test at Fort Benning, Ga., May 10.

# TIME OUT! Using liquid gold equals cheating

**Jennifer Hartwig**  
Hunter AAF Public Affairs

Did you hear – one of Lance Armstrong's teammates is saying he took performance enhancers!

Is this news? It's, I think, the third time we've heard this from teammates of Armstrong, who continues to adamantly deny, deny, deny.

Armstrong's biggest argument is that he is the "Most Tested Athlete Ever" and he has never failed a test. And that certainly helps his case. But we're at the point where even that doesn't convince the public. It seems that athletes are always one step ahead of the tests, proven by the fact that Barry Bonds and Mark McGwire never failed a test.

The sad thing is, we aren't surprised by drug allegations anymore – not just from Armstrong, but from any athlete. We're to the point where, if you told me Babe Ruth shot up before games in the 1920s, I wouldn't be shocked. Athletes are tattling on each other, hocking their so-called "exposes" and hoping to get exposure – and a book deal – from their so-called honesty.

But Armstrong's story was just so great, that we hoped for so long that it was true. As more and more of his teammates are saying he used performance enhancers, that story seems to dim.

What do I think? To be honest, I can't decide. I want to believe that he did it on his own, but I really can't. Evidence proves that just about every cyclist used "liquid gold," and for Lance to be so dominant over athletes who were juiced up ... well, it just doesn't seem possible that he did it clean.

The sad truth is, we are no longer trusting. When we see athletes do great things – like Usain Bolt breaking, utterly obliterating, world records on the track – we are skeptical; when Albert Pujols slams 50 homers, we are cynical. We've reached the point where we have a hard time believing any greatness is natural.

Then there's the argument that, "if everyone was taking it, then the field was level," which almost makes sense in my head. But then I think about the few athletes who would never take performance enhancers based on principle and integrity. Those athletes have to suffer, both financially and physically, to try to keep up to those who don't let something like illegality get in their way. It's not fair, it's not ethical and

it says a lot about the character of the athletes who cheat.

We all like to think that our favorite athlete wouldn't cheat – but then Big Papi is suspended for drug use, and all of our trust is shattered.

The funny thing is, we are more enraged when it's an unlikeable athlete who is caught cheating, or in the case of Bonds, not caught. We make excuses for the "good guys" like David Ortiz, we forgive Shawn Merriman, but we demonize Bonds and Roger Clemens because, frankly, we don't like them very much.

A few years ago, I did a story at Fort Belvoir, Va., on a retired Airman who did natural bodybuilding. He only entered contests where testing was prevalent, because he never wanted his results to be questioned, and he never wanted to be at a disadvantage because he played clean. I had so much respect for him – not only for his dedication, but for his refusal to take the easy way out in a sport where it's not only accepted but almost expected for the top athletes to juice.

The bottom line is this: taking performance enhancing drugs is cheating. It isn't OK because "everyone else is doing it" or because it helps an athlete "heal from injury." It is illegal, it is deceitful and it is unethical.

## Sports Briefs

### Stewart needs youth coaches

The Child, Youth & School Services Youth Sports is currently seeking volunteer coaches for tee-ball and baseball for age groups 4-13. The season will run from May through June 2011. To sign up as a volunteer or to acquire more information, please call 912-767-5079.

### Ten Miler qualifying race

There's no charge to take part in the practice race or the Army Ten-Miler Qualifying Race, which will be run at the Donovan track in the Georgia National Guard Training Area at Stewart, June 4.

Family Members are not eligible to become a member of the Stewart/Hunter Ten-Miler team, but are welcome to run with their Soldiers in the practice run and qualifier. The 27th Annual Army Ten-Miler, with a 30,000-runner field, will be held at 8 a.m., Oct. 9 at the Pentagon.

For more information, call 912-767-8238 at Stewart or 912-315-2019 at Hunter.

## Kids Fishing event at Fort Stewart

Kids Fishing Event  
7 to 11 a.m.

June 11 at Pond 30, Training  
Area Echo 1  
(off Highway 144 West)

Kids under the age of 16 will have an opportunity to catch 10 catfish from a heavily stocked fishing pond, compete in a bait-casting competition and much more.

Activities and events will be scheduled every 30 minutes from 8 to 10:30 a.m.

**FREE**

