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SPORTS & RECREATION

JULY 16, 2009

Pros host football camp for local kids



Patty Leon
Coastal Courier

Former Liberty County Panther football player and Canadian Football League professional Cedric Dickerson is coming to the Liberty County Recreation Department for his annual youth football camp.

The camp is scheduled for July 16-18 at Long Bell Stadium.

Dickerson, who played for the Winnipeg Blue Bombers for three years, will be joined by his cousin, standout Yellow Jacket defensive-end Michael Johnson.

Johnson was the 70th pick in the recent NFL draft, signing with the Cincinnati Bengals.

Dickerson and his cousin are originally from Selma, Ala., but Dickerson played for LCHS after his family moved to Hinesville. After high school, Dickerson played at Valdosta State where he was a three-time team captain, three-time All-Conference, two-time All-South and a Daktronics All-South All-American. He was part of three

Patty Leon

Former Georgia Tech star and current Cincinnati Bengal rookie linebacker, Michael Johnson, runs with local youth at last year's annual football camp.

conference titles Valdosta State earned, and he played on the first team to make it to the national championship game in the school's history.

Dickerson said the camp is his way of giving back.

"It's about giving back to the community that has given me so much," he said. "The people of Hinesville showed me some love when I played football there. So it's my duty to come back and give back to the kids. God blessed me with the opportunity to play professional football. The Bible says to whom much is given much is required. That's my philosophy."

Last year's camp drew roughly 70 kids and featured Dickerson, Johnson and former Jacksonville Jaguar offensive lineman, Richard Collier.

"Even if I get only 20 kids there that is fine with me," he said. "As long as I can reach one or two kids, get the word out and teach them something they might not have known already, (it's worth it)."

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Soldiers strike gold, two silvers at U.S. National Taekwondo Championships

Tim Higgs
FMWRC Public Affairs

AUSTIN, TEXAS - Second Lieutenant Steven Ostrander struck gold, and Sergeants William Rider and Louis Davis won silver medals at the 2009 U.S. National Taekwondo Championships, July 5.

Lt. Ostrander, a U.S. Army World Class Athlete Program martial artist from San Antonio, celebrated a homecoming of sorts by winning his third national crown before family and friends at the Austin Convention Center.

"My friends had never seen me fight, and my parents had not seen me fight live, both of them together, since 2001," Ostrander said.

Ostrander got busy in his first heavyweight match,

a 12-1 victory over Jonathan Lee of New Jersey. He capped the conquest with a spin-hook kick that dropped Lee, who took a standing eight-count during the waning seconds of the bout.

"I knew that he was going to come hard," said Ostrander, a 6-foot-2, 224-pounder. "I felt that he was coming and just went ahead and spun."

Tae means "to strike with the feet." Kwon means "destroying with the hand or the fist." Do means "way" or "method." Taekwondo is believed to be one of the oldest Oriental arts of unarmed self-defense.

"This is not a gentlemen's sport," said Army WCAP Taekwondo coach David Bartlett, a four-time national champion and two-time Team USA member, who is serving as an assistant coach for the 2009-10 U.S. National Team.

"I came out with a job to do and the national team coach was sitting on the sidelines watching," Ostrander said. "This year was the year to make a statement. I didn't get picked for the Pan Am Team last September. Coach Bartlett and I talked about it earlier this week, and said, 'Hey, this is the opportunity to make that statement so that there is no choice when that camp comes around - that their mind is made up before saying, 'Hey, this is the guy that we want on the team.'"

Ostrander, 26, joined the U.S. Army World Class Athlete Program in August of 2006.

"WCAP gives me the opportunity to have no other worries except for training," he said. "I want to thank the men and women who are deployed. I was thinking about that, too."

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Courtesy Photo

Savannah Riverkeeper presents PaddleFest 2009

The Savannah River will once again come alive with canoes, kayaks, and homemade rafts of all kinds, Aug. 29. By the request of the city of Augusta, Savannah Riverkeeper is once again hosting the 3rd Annual Paddlefest, a canoe, kayak, and raft-building competition. Don't miss out on your chance to participate in this time-honored event.

Last year more than 120 boats and 30 rafts participated. Raft materials will range from golf carts to milk jugs tied together. The Savannah Riverkeeper has hosted this event for the last three years in an effort to get people engaged in recreation on Georgia's waterways.

A very popular event in the early 1990s, Paddlefest is back and gaining interest by everyone who loves to be out on the river. The event will include

a canoe/kayak race and an original raft-building competition, followed by the after-party that includes a raffle and a concert hosted by 95 Rock. New for 2009, there will also be a children's art contest, exhibitors and food vendors.

The canoe and kayak race will begin at the Savannah Rapids Pavilion at 9 a.m., while the raft competition will start at the Hammond's Ferry Boat Ramp in North Augusta at 8 a.m. Registration fee is \$35 if registered before 5 p.m., Aug. 26. Otherwise, registration on the day of the event will be \$45 per person.

To register or for more information, call 706-826-8991, or visit www.paddlefestga.com.

Jake's Body Shop: Getting past soreness, dealing with progress

Jake Battle
DMWR Fitness Director

Exercise is not always easy. Even though you know the benefits to your body, it can still be difficult. Here's how to deal with soreness and frustration about your progress.

Problem: I'm sore after exercising.

Suggestions: If you have been exercising for more than three weeks and often feel this way, then chances are good that you are either pushing yourself too hard, or you're not doing the same exercise three times a week.

If so, go easier and more routinely. If you are not pushing yourself and

are stretching regularly but continue to have pain and soreness, you may have strained a muscle and need to rest for awhile until it feels better.

If rest does not help, check with your health care professional for an evaluation.

Problem: I'm not making any progress.

Suggestions: If you are in the early stages of your exercise program, then relax. If you keep exercising, your heart will get stronger and progress will come.

Concentrate on making exercise easy and making it a habit. Do not



get caught up in pushing for progress. Progress will come on its own.

If you have been exercising for at least 10 weeks, many exercisers find that they have plateaus or periods during which they make little progress.

You might, for example, be able to swim faster and faster for the first six months of your exercise program. Suddenly, however, you are not making any progress. Then, after a period of time, you begin to make progress again. This is normal.

After your first improvements,

progress often comes in fits and starts. You cannot always see your progress.

The important thing is to do your exercises, strengthen your heart, and look and feel your best. The point is to be confident, alert and energetic.

Problem: I do not know what to do when I'm traveling.

Suggestions: Try out several exercises you can do indoors with minimum equipment. For example, try jumping rope, running in place, or playing an aerobic tape.

This article is not intended to provide individual advice, which should be obtained from your health care professional.

FOOTBALL

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Dickerson said he is working on bringing in another NFL player to this year's camp.

He said Johnson's rookie experience in the NFL will give the kids plenty to talk about.

"Kids in Hinesville don't usually get those types of opportunities," he said about having NFL players assist at his camp.

Dickerson, who currently lives in Atlanta and recently got married, has been busy coaching high school football at Lassiter High School.

He said football has guided him through life.

"Football gave me the opportunity to play with a lot of guys from different cultural backgrounds and different beliefs," he said. "It teaches you how to work with people every day. You also learn to overcome adversity.

"At some point, if you play football long enough, you are going to be (down). And it's about how do you respond to things when you are down. You know you have to get back up and

push yourself to be better and to win and be successful, and that is the same thing as this game of life."

The registration fee for the football camp is \$35 per person and can be paid through the LCRD.

Camp will run from 9 a.m.- noon each day.

For more information, call the LCRD at 876-5359.

CYS offers sports, cheerleading activities

Child, Youth, & School Services

WHAT: Tackle Football, Cheerleading, and Fall Soccer registration

WHEN: Registration has already started and ends Aug. 10, or when all slots are filled.

WHERE: Register at the Fort Stewart CYSS, building 443, located on the corner of Gulick Ave. & Lindquist Rd. behind Corkan Pool. Hours of operation are Monday, Tuesday, Thursday, and Friday: 8 a.m.-5 p.m., and

Wednesday, 9 a.m.-6 p.m..

FOOTBALL IS OPEN TO: All current CYSS members ages 7-13. Must be age 7 and cannot be age 14 as of Aug. 1. Age divisions will be 7-8, 9-10, and 11-12 (or) 11-13. Participants age 13 (as of Aug. 1) will be placed on a waiting list and will be called in to register if there are enough to form an 11-13 on-post league. All players will be able to participate in their age division, regardless of weight. Uniforms and equipment (except socks and cleats) will be furnished by

CYSS/Youth Sports. Sports fee: \$60

CHEERLEADING IS OPEN TO: All current CYSS members ages 6-13. Must be age 6 and cannot be age 14 as of Dec. 31. Age divisions will be 6-8, 9-10, and 11-13. Uniforms (except socks) will be furnished by CYSS/Youth Sports. Sports fee: \$30

FALL SOCCER IS OPEN TO: All current CYSS members ages 4-13. Must be age 4 and cannot be age 14 as of Aug. 1. Age divisions are 4-5, 6-7, 8-9, and 10-13. Uniforms (except socks &

shin guards) will be furnished by CYSS/Youth Sports. Sports fee: \$30

ADDITIONAL INFORMATION: All participants must have a current physical on file at time of registration. All CYSS sports programs need volunteers to coach teams. If you are interested in volunteering, please visit CYSS or Jordan Youth Gym to fill out a volunteer application. All applications will be subject to background checks. For more information, call 767-2312 or 767-4371.

TIME OUT! All-Star game joins best baseball player in St. Louis

Commentary by Sgt. Joseph McAtee
3rd ID Public Affairs

Albert Pujols is the best player in baseball right now, and there's not even an argument that you could make without being laughed at. The fear of some old-school purists is that by the time he's done, the term "best hitter in baseball" won't apply just to baseball at the moment it is uttered but to the entire history of the sport.

The problem with an athlete like Pujols is that he is unassailable by any would-be critics. He is as flawless a hitter as I've seen in my life; the only other player that matches his offensive ability is Alex Rodriguez, but Pujols has been more consistent. Also, A-Rod's offensive talents come with his offensive ego.

Pujols, while certainly not the most interesting character, is by all accounts a great teammate both on and off the field. He just doesn't provide any ammunition for pundits who would love to see him fall from grace, although I can't imagine why anyone would.

That's why I am glad to see St. Louis host the All-Star game this year – Albert deserves the spotlight. He doesn't seek the spotlight through antics like Manny Ramirez, and his persona doesn't lend itself to scrutiny like Big Papi David Ortiz. What he does do is deliver hits all over the field every season.

It's not as if pitchers aren't aware of his talents. The aforementioned Ortiz is also well known for his slugging abilities, which seem to increase once the Red Sox enter the playoffs.

Through June 5, Ortiz had only hit one home run; Pujols had hit 18. In the period since, Big Papi has slugged 11 home runs, delighting Boston fans and reminding opponents why he is so well known. In the same time frame, Pujols has hit 14.

It's not just home runs. Pujols has the sixth best batting average in all of baseball. After Pujols, the hitter with at least 20 home runs with the best batting average is Prince Fielder. He's got a full 10 home runs less than Albert. Of course, Pujols leads the league in on-base

percentage, both because he hits so well and because he walks often.

But Albert is more than a single season stud. He's been doing this for just under a decade.

In his rookie season, Pujols exploded into baseball and hasn't looked back. While he leads all active players in career batting average, he's currently 23rd all-time, sitting behind stars of the slap-hitting 1900's such as Nap Lajoie and Willie Keeler.

More impressive is his slugging percentage; Pujols currently boasts the 4th best slugging percentage ever, only behind Babe Ruth, Ted Williams and Lou Gehrig.

Even Barry Bonds and his steroid fueled power couldn't slug the ball as well as Albert has.

I could go on for pages using a barrage of statistics that show how well Albert has played in his first eight and a half seasons of major league baseball to suggest Albert Pujols is the greatest hitter since Ted Williams. I'd rather let him prove it by playing eight and a half more.

NATIONALS

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Bartlett said he "couldn't ask for more" from Ostrander.

"He's kind of like a teddy bear," Bartlett said. "He doesn't have the most intimidating look. He doesn't have a loud and exciting personality. But when he gets out there, he knows how to flip the switch. He's a competitor, and he's a monster. He wants to win."

Rider, a WCAP martial artist from Orangeburg, S.C., lost 5-3 in the featherweight finale to 17-year-old Jaysen Ishida of Hawaii.

The score was tied at 3 in the second of three 2-minute periods, but Ishida tallied one more point in both the second and third.

"It was a good match against a tough opponent; I just didn't dominate like I should have," said Rider, who has competed in five national championships. "I should have drawn his shots out more. In the third round, I kind of let it get away from me and had to play catch-up."

In the semifinals, Rider broke a 5-5 tie by knocking out Californian Cory King with a powerful kick to the ribs with 1 minute, 3 seconds remaining in the second round.

"In my 25 years of Taekwondo, I think that's the second time I've ever seen a body shot knockout, and the first from a roundhouse kick," Bartlett said. "I have to give thanks to the strength and condi-

tioning program of Master Sgt. Mike Mielke."

"It was good for my first time in the medal rounds to get a knockout to get through the semis and into the final," Rider said. "At this point, I just have to get my body healthy, get ready for the camp, and make the World Cup Team."

Davis, 38, of Fort Lewis, Wash., banged up his right foot, right knee and tore tendons in his left thumb before losing 3-2 to Georgia's Curtis Barnett in the finals of the welterweight division.

Davis said he blocked out the pain until his day was done.

"I didn't feel a darn thing until after the (final) match was over," said Davis, who injured his thumb during a semi-final victory over Darrell Rydholm, a former member of WCAP. "I just chalked it up as 'bang, I got hit.'"

The goal for Davis, a 2005 national champion, was to win another gold medal before deploying to Iraq in October.

"I did my best to follow coach's instructions to the letter, but there is more I can do," Davis said.

"In the final, I made errors that I should not have made. I was better than the other guy; however, I just made one too many errors. I got impatient.

Davis, a native of Chicago reared in Minneapolis, Minn., said this tourna-

ment was personal.

"The truth of the matter, the other part is these guys," he said. "Fighting side-by-side with these Soldiers, that's a great honor. Our battlefield is that mat. We're representing every Soldier. The warrior ethos is applied to the fullest in this sport: 'Always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade.' That's us.

"We comprise all of that in this game."

Even at age 38, Davis refuses to quit.

"This has been one of the best years this team has had," said Davis, who first competed at nationals in 1997.

"We came together as a team on such short notice and we went out there and took care of business, period."

Bartlett seconded that sentiment.

"We train hard," he said. "We train to win. Somebody's going to get their hand raised.

"Why not us? Two-thousand-twelve may seem like a long time, but to make that team, you've got to start now. We're a lot closer today than we were yesterday."



Tim Hipps

U.S. Army World Class Athlete Program martial artist 2nd Lt. Steven Ostrander kicks New Jersey's Jonathan Lee in the face during his 12-1 semi-final victory en route to his third career crown in the heavyweight division of the U.S. National Taekwondo Championships, July 5 at the Austin Convention Center in Austin, Texas.