



Sgt. 1st Class Tami Hillis

Master Sgt. Christopher Wunsch, 230th MP Co. 'War Masters,' attached to the 4th BCT, 3rd Inf. Div., safely makes it to second base as second-baseman Sgt. Brian Brenner, 3rd Brigade, 101st Airborne Division, waits for the ball. The MPs pulled off the 14-13 win, Aug. 15 in a softball game held at FOB Kalsu, Iraq.

## Marne Soldiers eat up sports, MWR makes more

Pat Young  
Managing Editor

Although softball season ended July 30 at Fort Stewart-Hunter Army Airfield, with Company A, 3rd Brigade Support Battalion "Outlaws" owning

the 514th Engineer Detachment "Hell Fighters," 31-13, on the frontlines in Iraq, Soldiers continue to drive home the runs in the dusty desert sands.

In one of their most recent games there, Sgt. 1st Class Tami Hillis reported a combined military police team pulled off a 14-13 win in FOB Kalsu softball game.

So, despite the constant flux of deployments and redeployments, Soldiers prove there is always room for a little friendly competition.

But the question some may be asking is 'now that softball is finished on post, where can I get my sports fix?'

The installation sports office has the answer.

Flag football season is about to kick off. Units are invited to form their teams and call the sports coordinators to get started at 767-8238 for Stewart or 315-4160 at Hunter.

The Directorate of Morale, Welfare and Recreation provides community members a variety of activities, including intramural sports, golfing, volleyball, bowling and more.

For those chasing the green, the installation offers two 18-hole golf courses, including regularly scheduled competitions like the Garrison Commander's Golf Scramble.

The next scramble is at Taylors Creek Golf Course, Friday.

The golf scrambles often begin with shotgun starts at 8 a.m. The entry fee is \$35 for members and \$40 for non-

members.

The cost includes tournament fee, golf car, driving range balls and two mulligans.

The tournament is open to the first 25 four-person teams; however, Taylor's Creek and Hunter Army Airfield Golf courses regularly hold tournaments and frequently offer discounts with early bird registration.

For more information about golf, call 767-2370 at Stewart, or 315-9115 at Hunter.

Another popular sport here is volleyball. The Newman Fitness Center at Stewart and the Tominac Fitness Center at Hunter are looking for experienced volleyball players to start a varsity level team for men and women.

One of the primary organizers for the volleyball program, James Ling, said the program consists of fundamental drills, advanced instruction, classroom-styled chalk talk, pick-up play, exhibition matches, leagues, tournaments and inter-service competition.

For additional details, call James Ling at 227-2504 or e-mail him at [james.w.ling@us.army.mil](mailto:james.w.ling@us.army.mil).

But if volleyball doesn't strike your fancy, perhaps bowling is down your alley.

Bowling remains a favorite to Soldiers and Families, with league play available seven days a week. (See Page 3C for league information).

Both Marne and Stewart Lanes celebrate National Bowling Week with a bowling marathon from midnight, Friday through midnight, Saturday.

For this event, participants are invited to play the scratch-offs, with a chance to win special prizes. Reservations are required.

For more information about National Bowling Week, call 767-4866 or 767-4273.



Kaytrina Curtis

Novice player, Sgt. Marco Lopez, USAG, takes a swing at his golf ball during the Hunter Garrison Commander's Golf Scramble, Aug. 15 at Hunter Golf Course.



Nancy Gould

Co. A, 3rd BSB's Kevin Gregg leaps high to try to reach an errant throw as the 514th Engineer Detachment's Tony Fornicola hustles down the first base line.

### Sign up for CYS Soccer

Registration for Child and Youth Services youth soccer continues through Sept. 12 or until all slots are filled. The activity is open to all CYS youth, 4-13 years old (as of Aug. 1).

Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool. CYS is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday and 9 a.m. to 6 p.m., Wednesday.

All CYS members must have a current physical on file when registering. For more information, call CYS at 767-2312 or Youth Sports at 767-4371. If you are interested in volunteering to coach, call 767-4371.

## Young achiever earns prestigious Red Belt

Philip Konz  
CYS Taekwondo Instructor

When we think of the color red, we usually conjure up negative or restrictive images such as financial default, remarks made by a teacher on your thesis, a possible physical injury, or a stop light. However, for students studying the martial arts, red (or more precisely) the Red Belt is a level of proficiency few students achieve on their quest to acquire the coveted Black Belt.

Recently, Paul Reeve, 9, from the Fort Stewart Youth Services Taekwondo Class obtained the prestigious rank of Red Belt during a promotion ceremony held at the School Age Services building. Reeve faced quite a challenge just to get to the point of being eligible to test for his Red Belt. But as the day approached, he passed the rigorous test that required him to perform eight different forms, numerous combinations and jumping kicks, board breaking and various sparring techniques.

Mental as well as physical tasks were part of his test. Reeve had to write four essays on topics such as, board breaking techniques, the generation of power, leadership and his preparation for his future.

With the amount of effort Reeve put into his essays, he had no

red marks on his papers from his instructor. As Reeve happily put on his new, well earned Red Belt, he knows he has a long, hard path ahead of him to reach his ultimate goal of making it to Black Belt.

CYS offers martial arts classes		
Beginner	Tuesday, Thursday	6 to 7 p.m.
Intermediate	Wednesday, Friday	6 to 7 p.m.
Advanced	Tuesday, Thursday	7 to 8 p.m.
Teen TKD	Monday, Wednesday	7 to 8 p.m.
Sparring	Friday	7 to 8 p.m.



Philip Konz

Paul Reeve, a Taekwondo student at the Fort Stewart CYS recently earned the Red Belt.

# Panthers count on junior kicker for points

**Patty Leon**  
*Coastal Courier*

Junior Eddie Chipple will lead the Liberty County Panthers' special teams unit as the returning starting kicker and punter. The all-around athlete, who also plays soccer and baseball, has hit the target all summer, and football head coach Kirk Warner thinks he can count on the junior to give them extra points.

"He's been consistently kicking it from 35-40 yards out," Warner said. "That means if we get inside the 25-yard line we have a legitimate chance of getting points on

the board."

Chipple is also the team's punter, and Warner said, his style of kicking is effective in pinning opponents back.

"We will use his soccer style kicking technique to pin them back," Warner said. "He doesn't have a strong leg but he can give us 35-40 yards on the roll out style kick. We are hoping Chipple doesn't get hurt, at least long enough to find a backup."

There lies the Panthers weak area. The coach said he is working on finding backup players to help with the kicking and punting, but realizes the skilled position is difficult to fill.

"Right now, we may just have to go with our best athlete back there which would be JaQuel Roberts or one of the DB types," Warner said.

But what the Panthers lack in kickers they make up for on the return team.

"That is going to be one of our strong suits," Warner said.

"We got Roderick (Jones) of course. We have Mike Rodriguez, Artavious Frost, who returned a kick against Burke County last season. Demetrius Stinson has shown improvement so we have about four or five guys. I think we are pretty strong in that area."



Patty Leon

**Returning junior Panther punter and kicker Eddie Chipple takes a shot for an extra point during practice. Panther coach Kirk Warner said Chipple's been consistent from 35-40 yards out.**

# US female becomes oldest competitor in Olympic history

**Tim Hipps**  
*FMWRC Public Affairs*

**BEIJING** – At age 56, U.S. Army Reserve Staff Sgt. Elizabeth "Libby" Callahan became the oldest U.S. female competitor in Olympic history with a 25th-place finish in the women's 25-meter pistol shooting event, Aug. 13, at the Beijing Shooting Range Hall.

"I've been told oldest ever female Olympian of any nation, of all time," Callahan said. "But I don't know if that's right."

USA Shooting officials could not confirm that claim. At any rate, Callahan certainly has withstood the test of time on the competitive pistol-shooting line.

"Well, it shows my longevity, I guess," Callahan said with a laugh and a smile that rivaled the seemingly never-ending smiles of the Chinese hosts of the Beijing Games. "I'm just still kicking, and I'm not putting any restrictions on myself. It doesn't say I have to stop at a certain age.

"In fact, the oldest Olympic medalist was in shooting and he was 73, back in the early 1900s."

Therefore, Callahan, a four-time Olympian, already is considering taking a shot at the 2012 London Games.

"I'm not ruling it out," she said. "I'm not ruling anything out. I still feel good, and I still have that competitive fire in me."

Callahan's passion for pistol packing already has earned Summer Olympic trips to Barcelona, Atlanta

and Athens, Greece, along with journeys to Hyderabad, India, for the Conseil Internationale du Sport Militaire's 2007 Military World Games, and to Salinas, Puerto Rico, for the 2005 Championships of the Americas. She's also competed in five World Championships and as many Pan American Games.

After retiring in 2003 from a 28-year career with the Washington, D.C., Metropolitan Police Department, Callahan moved from Upper Marlboro, Md., to Pawleys Island, S.C., to be closer to her seven older brothers and sisters. She now has an unprecedented amount of free time to sharpen her shooting skills and compete internationally.

"What I've probably done in a lot of areas is that I've tried too hard," Callahan said. "I shoot (with) great technique. I've been told this not just by U.S. coaches but other international coaches. It's just something's happening just a few times in a match that throws me out of some competitions. That's a mental thing. And you know, the brain, the mind, is a terrible thing."

Callahan can easily laugh with herself – seemingly oblivious of the fact that Father Time could be ticking on her athletic career. Her approach to the sport, however, remains the same as she approaches her 57th birthday.

"You still have to have the same mental approach, have to have the same techniques to execute the shot," she said. "There may be a different perspective in maybe somebody who is younger or hasn't been here before, but that's just all part of experience – just hav-

ing general experience in life.

"Throughout shooting, you will find that some things work at a certain period of time, and then after a while it doesn't work anymore, so you maybe try something different. Maybe it's your stance, maybe it's your grip, maybe it's your gun. There are always things that if something's not working and you've worked at it for a while, OK, let's try something different. How you execute, and how you execute under certain conditions, is always the important thing.

"I'm way (more) advanced than I was when I first started shooting, but it's some mental things that really grab me at certain times and it hurts me in the match."

Callahan did not advance to the final in Beijing, where gold medalist Gundegmaa Otryad of Mongolia equaled the Olympic record with a 590 total. Germany's Munkhbayar Dorjsuren won the silver medal with a score of 587. China's Chen Ying took the bronze with a 585 total.

Callahan's career-best Olympic finish was 19th in the 2004 sport pistol event in Athens, where she also placed 30th in the air pistol competition.

"Some days you're really good. Some days you're really bad. And some days you're mediocre," she said. "That's what makes shooting interesting and I guess challenging. You can shoot a perfect score, and the next day go out and you aren't diddly squat."

Either way, Callahan always finds the resolve to shoot another day.

# Jake's Body Shop:

## *Overdoing exercise can do more harm than good*

**Jake Battle**  
DMWR Fitness Coordinator

Exercise is good for your body, but if you overdo it, you may unknowingly cause harm. The most common injury is pulled muscles, but over exercise can affect your body's ability to fight off illness. Intense training can increase your chances of catching a cold or the flu due to overexertion.

In a 1987 study of L.A. Marathon runners, those who trained more than 60 miles a week caught nearly twice as many colds as those who trained less than 20 miles a week. Thirteen percent of the runners who participated in the race became



sick within a week, compared to just two percent of those who trained but then did not compete in the marathon. The number of natural killer cells also decreased during training.

This suggests that after an exhausting marathon run, the body's immune system is more susceptible to being attacked by bacteria or viruses. A precaution to take after participating in a competitive event is to avoid sick people for at least six hours.

Respiratory illness also tends to increase during competition seasons. This is illustrated by the number of

Olympic hopefuls who must sit out the competition because of over training for their event.

### **Start slow, pace yourself**

Begin your exercise program gradually. After becoming accustomed to a certain level of exercise, switch to an activity that is more demanding.

After warming up, move on to the conditioning period - the phase of activity that actually helps improve cardiovascular fitness. You should concentrate on moderate, not exhaustive, intensity. Do not push on until you are nearing collapse or breathlessness. If you are

not on a regular exercise regimen, this conditioning period should last 10-20 minutes, or longer if the activity is intermittent, as in tennis.

If you exercise regularly, you'll be able to increase the intensity of activity gradually without becoming totally exhausted. Immediately following the exercise period, cool down by walking for a few minutes so that your body can readjust gradually to the decreased physical demand.

*This article is not intended to provide medical advice which should be obtained directly from your doctor.*

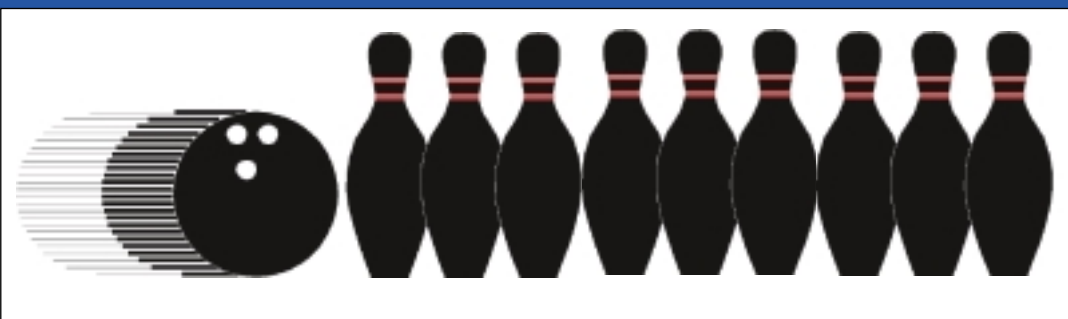
## Marne Lanes League Bowling

Marne Lanes offers a variety of individual and league play to Soldiers, Family members and civilians. Stop by to register for league bowling with opportunities ranging from open competition, seniors, scratch, church or youth teams.

To join, choose a time or league in which you wish to bowl. Fill out the registration form available at Marne Lanes. Return the registration form to the reception counter. For more information about times or leagues, call the Marne Lanes at 767-4866 or log on to [www.fsusbc.org](http://www.fsusbc.org).

### Leagues

League	Time	Type	team #	Date
<b>Monday Night Open</b>	7 p.m.	Open Mixed	4	Sept. 8
<b>Senior Mixed Classic</b>	10 a.m.	Mixed	3	Sept. 8
<b>Tuesday Night Mixed</b>	7 p.m.	Open Mixed	4	Sept. 2
<b>Tuesday Scratch Trio</b>	7 p.m.	Open	3	Sept. 2
<b>Senior Friends Hi/Lo</b>	7 p.m.	Singles/Doubles	1	Sept. 10
<b>Wednesday Night Mixed</b>	7 p.m.	Mixed Doubles	4	Sept. 3
<b>Thurs Morning Coffee</b>	9 a.m.	Ladies	3	Sept. 4
<b>Thursday Night Church</b>	7 p.m.	Open Mixed	3	Sept. 4
<b>Friday Night Open</b>	7 p.m.	Open Mixed	4	Sept. 5
<b>Saturday Morning Youth</b>	9 a.m.	Youth	4	Sept. 6



## Try out for Army Taekwondo Team

Seeking Soldiers, Department of Defense civilians, and dependents of all skill levels, Ages, and martial arts background, to represent the Army at the 2009 Taekwondo Nationals to be held in Fort Lauderdale, Fla.

Qualifier for nationals will be held in March; location tentatively scheduled for Atlanta, Ga.

Areas of interest include Olympic sparring, point sparring, and kata/form. If interested, contact Staff Sgt. Charles Wesley at 704-5340.