

SPORTS & RECREATION

SEPTEMBER 3, 2009

Sand Gnats salute the Troops

Spc. Monica K. Smith
3rd Combat Aviation Bde. Public Affairs

The Soldier took his place among other honored guests next to the Grayson Stadium pitcher's mound. He took a baseball, looked down at the catcher and threw the first pitch of the night. It was the Savannah Sand Gnats' Military Appreciation Night and Sgt. Kevin DeBold, Headquarters and Headquarters Company, 3rd Combat Aviation Brigade, 3rd Infantry Division, threw the first pitch.

"It's been a while since I threw a baseball, but it wasn't too bad," said Sgt. Debold. "It's an honor that I was asked to throw the first pitch. I'm sure there are many other more deserving people, but I'm proud to represent my unit."

The night was presented by Beaufort Memorial Hospital, Budweiser and Coca-Cola,

and it included a presentation of the colors by a joint color guard during singing of the national anthem. Even the Sand Gnats players took part in the evening's theme by wearing a new uniform for the night – tan camouflage jerseys, which were auctioned off during the game to benefit the Gnats Scholarship Fund.

"I thought it was really cool to see the players wearing the (camouflage) uniforms," said Spc. Nick Holley, Company A, 2nd Battalion, 3rd Aviation Regiment, 3rd CAB, 3rd ID. "I didn't notice until my girlfriend pointed it out, but then I saw they were wearing the digital pattern, and I thought that was a nice touch since it was military appreciation night. I think all around, it was well coordinated. I had a good time."

Saturday's final score was a Savannah Sand Gnats win: 6-2.



Photos by Spc. Monica K. Smith
Sergeant Kevin DeBold, HHC, 3rd CAB, throws the first pitch at the Savannah Sand Gnats military appreciation night, Aug. 29 at Grayson Stadium.



A joint-service color guard marches the colors off the field at Grayson Stadium after presenting the colors during the singing of the national anthem, Aug. 29 during the Savannah Sand Gnats' Military Appreciation Night.



A joint-service color guard presents the colors during the singing of the national anthem, Aug. 29 at the Savannah Sand Gnats' Military Appreciation Night at Grayson Stadium.

Taekwondo builds confidence, skills

Philip Konz
Child and Youth School Services

The school year has started and Fort Stewart-Hunter Army Airfield Child and Youth School Services have programs for installation youth that can help with their self-assurance, confi-

dence and focus through SKIESUnlimited.

A variety of programs that include dance, gymnastics and taekwondo among others, that are designed to provide opportunities for youth to expand their knowledge, inspire them, while helping them acquire new skills.

See TKD Page 3C

Garrison Commander's Golf Scramble results posted

This month's Garrison Commander's Golf Scramble had two different events going on – a two-person scramble and a four-person scramble. Below are the results for each event:

Two-Person Team:

1st Place – 61: Maj. (Ret.) Dan Shalongo and Ken Reddish; 2nd Place – 62: Pfc. Paul Confer and Russell Johnson; 3rd Place – 64: Sgt. 1st Class (Ret.) Jimmy Bynum and Command Sgt. Maj. John Smiley; 4th Place – 67: Master Sgt. Steven Williams and Col. (Ret.) Scott Armbrister.

Four-Person Team:

1st Place – 130: Pfc. Paul Confer, Russell Johnson, Master Sgt. Bart Knoch, and Master Sgt. Gregg Kleinholtz; 2nd Place – 139: Col Kevin Milton, Travis Mobley, 1st Sgt. Tyrone Hurdle, and 1st Sgt. Rodney Hargus; 3rd Place – 139: Pfc. Paul Confer, Russell Johnson, Staff Sgt. Willie Scott, and Staff Sgt Gus Gordon; 4th Place – 142: Sgt. 1st Class (Ret.) Jimmy Bynum, Command Sgt. Maj. John Smiley, Pfc. Ray Bitner, and Pfc. Nathan Emond.

CYSS holds NFL football competition

What: NFL punt, pass, and kick (local competition)

When: Sept. 19

Waiver and release of liability forms may be picked up and turned in at Jordan Youth Gym, building 608, located on W. 6th St. And Bryan village youth center, building 7338, located on Austin Rd. Last-minute registrations will be taken 9 a.m. – 9:45 a.m. on the day of competition. Parents are required to furnish proof of age.

Where: Youth Services football field on Green St. behind youth center

Who: Open to all children in the community, boys and girls, ages 8-15. Must turn 8 and cannot be older than 15 as of Dec. 31. This includes high school and junior high students.

About the competition: The competition is free and will be held at the Fort Stewart youth services football field on Green St. at 10 a.m., Sept. 19. Age divisions will be 8-9, 10-11, 12-13, and 14-15, boys will compete against boys; girls will compete against girls. Each participant will receive one punt, one pass, and one place kick in their competition. Scores will be based on distance and accuracy. The top winner in each age group for both boys & girls will advance to the sectional competition to be held at Fort Stewart on Oct. 24. The top five first-place winners in the boys' and girls' age groups among all sectional winners will advance to the team championship, which will be held at Atlanta's Georgia Dome in November.

For additional information, contact the Youth Sports office at 767-4371 or 767-9270.

Jake's Body Shop Shoes: The foundation of fitness

Jake Battle
DFMWR Fitness Director

One of the keys to exercise success is wearing the right shoe.

A shoe that doesn't fit properly can create problems such as black toe, hammer toe, Morton's neuroma and claw toe.

However, going to a shoe store can be intimidating if you aren't sure what to buy.

Dozens of shoes line the walls, and most of us don't know where to start looking for that perfect shoe.

If you have been thinking about getting a new workout shoe, read the following guidelines before venturing to the shoe store.

Shop at right time

Because your feet are smallest in the morning, try shopping at the end of the day or after you have just finished working out.

You don't want to get a shoe that fits in the morning but is uncomfortable later during your exercise routine.



Try them on

Maybe your last pair of workout shoes was a size 9. This doesn't mean you can just go in and pick up another pair of size 9 shoes

and be sure of a great fit.

Try on the shoes before you buy them. Shoe sizes vary somewhat among manufacturers. The size that fit last time may be too small this time.

Give yourself room

Check where your toes are in the toe box. You need to have some room at the top of your shoe.

Place your thumb at the top of your shoe. If there isn't at least one thumb's width of space between your longest toe and the end of the shoe, ask for a larger size.

Wear your socks

Be sure to wear the socks you will be wearing while you work out. Although a pair of shoes may seem to fit without socks on or with the socks provided at the store, the shoes may be uncomfortable.

Also, have both feet measured. One foot may be slightly larger than the other, making a difference in the size you need.

Finding the perfect workout shoe doesn't have to be a daunting task. Remember these hints and keep your feet feeling great during every workout.

50 Bird Skeet Tournament

Registration gets under way today for the 50 Bird Skeet Tournament, which will be held at the Fort Stewart Skeet and Trap Range beginning at 8 a.m. on Sept. 19.

The required pre-registration will continue until 7 p.m., Sept. 17.

Participants can register at the Fort Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For more information, call 435-8219 or 767-2515.

The tournament is open to Soldiers, Family Members, retirees, Army Civilians and their guests. The registration fee is \$30 per shooter.

Shooters will compete in five divisions. They are the Rocky Division (experts); Dogface Division (intermediate); Iron

Mike Division (novice); Annie Oakley Division (women) and the Bullwinkle Division (youth ages 12 to 17).

A \$300 prize will be awarded to the shooter who breaks 50 out of 50 clay pigeons in his/her two rounds. The top shooter in each division will win \$75.

Michael Moore, Shooting Sports Manager for Outdoor Recreation with the Directorate of Family, Morale, Welfare and Recreation, said some 12 and 20 gauge shotguns will be available for eligible shooters who do not have them. Ammunition will be available for purchase.

Referees and scorers will be from the Marne Skeet Club, strong supporters of skeet shooting and the Fort Stewart Skeet and Trap Range, Moore said.

Soldier Fishing Event scheduled

Pond 30 on Fort Stewart is the place to be Sept. 26 for Soldiers who love to fish and those who want to give the sport a try.

Soldier Fishing Day will be observed Sept. 26 in conjunction with the celebration of National Hunting and Fishing Day.

Soldiers throwing out a line are likely to have plenty of luck because DPW, Fish and Wildlife will stock the pond with catfish before the event.

The day's events will begin at 7 a.m. and conclude at 1 p.m. Fishing will be free, and state and post permit requirements will be waived for the day.

A shuttle service is being arranged to transport Soldiers from their barracks to Pond 30.

Bait will be provided and a limited number of fishing poles available.

Soldiers who preregister will be entered into a drawing for a free rod and reel. All attending will be entered into drawings for various door prizes during the day.

Make plans to be a part of this special time for Soldiers. In addition to fishing time, there will be display booths providing information about Stewart-Hunter hunting and fishing programs, kayak and canoe demonstrations, a casting competition, a fish-cleaning demonstration and a fish fry tasting booth.

Call 767-3515 or 767-5145 for more information.

The taekwondo class, instructed by Master Philp Konz, a fourth degree black belt practitioner, recognizes its participants monthly with student of the month ceremonies.

The August 2009 Student of the Month and Promotion Ceremony was held Aug. 27 at the School Age Services building. Continuing its tradition of recognizing and rewarding outstanding students and Families, many students received accolades for their tremendous performances.

Students earning promotion to their next higher belt levels included, to Yellow Stripe - Andrew Conger, 11, and to Yellow Belt - Faith Diaz, 12. The coveted Student of the Month Award for August was earned by Crissy Wright, 8, for her hard work and determination.

Outstanding Student Awards were presented to William Gulley, 6, Jared Hazel 10, Christian Touchet, 10, and Annemarie Gulley, 9, for the tremendous job they have done.

The Best Poomsea (forms) Award went to Emerald Eberenz, 10, for the great job

she did doing all of her forms throughout the month.

The Best Kicker Award was earned by Christian Touchet for his outstanding kicks and kicking combinations.

Certificates of Achievement for doing a great job and/or making significant improvement in the TKD class went to Sadie Barnette, 5, Nathaniel Barnette, 7, Faith Diaz, Lucas Skinner, 8, Brea Guidry, 11, and Emma Grace Barnette, 9.

Students celebrating their birthdays during the month were: Emerald Eberenz, Idris Harris, 14, and Sierra Green, 12.

August continues to be another fantastic month for the students and Families of the Fort Stewart Youth Services Taekwondo Class. With the children returning to school, the emphasis on their learning and growing continues.

The encouragement and support the Families provide to their children will help them overcome many adversities in life.

We are pleased to have all of them in our program and wish everyone the best in their futures.

Local cancer survivor competes in soapbox race

Patty Leon
Coastal Courier

Diamond Elementary school teacher Dr. Edith Allison put on her racing suit and headed to Atlanta to race in the Red Bull Soapbox Race at Piedmont Park, the 2009 event's first pit stop in the United States, Aug. 29.

Designing a non-motorized speed car was not something Allison thought she would ever do, but her life took a dramatic turn when, in 2006, she was diagnosed with breast cancer.

She became determined to beat the disease and live life to the fullest.

Inspired by the book "101 Things to Do Before You Die" by British author Richard Horne, Allison created her own list and began to blog about it.

"I'm doing 101 things to do before I die as part of my victory over breast cancer," she said. "And No. 88 was to compete in a soap box derby. I have a Web site where you can look at the things I've completed, and it's the seventh item I've completed."

Allison said she has some pretty wild stuff on her to do list, but it's all part of recovering and aiding others.

"I'm trying to inspire other breast cancer survivors to go out and live life because it's not a death sentence anymore," she said.

Allison said her sister, Jean Marie Allison, came up with the car design.

They submitted it to the Red Bull judges and were among the 50 teams selected. In keeping with the breast cancer awareness theme, they named themselves Team Boobie-Do.

"My sister had the idea to make [the car] look

like a breast cancer ribbon. It was in my den because it was too long to fit in the garage. [We were not sure we could] get it out the door," she said, laughing.

Going with her to Atlanta as her pit crew was her sister Jean Marie Allison and Diamond Elementary School Assistant Principal Dr. Odessa Morman.

Her co-pilot in the car was Nancy Cintron, who Allison said is another breast cancer survivor.

Cintron teaches at another Fort Stewart school.

Allison said they named the car Betty, after a friend who was just diagnosed with breast cancer and recently began chemotherapy.

Although their team didn't do so well during the race, Allison said they had a great time.

Saturday race marked Allison's two-year anniversary for being cancer-free.

On Labor Day weekend, Allison said she will cross another item off her list.

She and 10 others were chosen to dress up like female Klingons and participate in the Klingon Beauty Pageant at the 2009 Dragon-Con event in Atlanta.

Follow Allison as she tackles her list of 101 items at <http://edidod.blogspot.com/2009/03/welcome.html>.



Courtesy Photo

Cancer survivor Dr. Edith Allison (right, kneeling) and her sister, Jean Marie Allison (left, standing), Nancy Cintron (left, kneeling), also a cancer survivor, and friend Christina Cintron, competed with the above soapbox car in Atlanta's Red Bull Soapbox race, Aug. 29. This weekend Allison will participate in a Klingon Beauty Contest.