



SPORTS & RECREATION

NOVEMBER 26, 2009

Disabled Soldiers play golf



Nancy Gould
Hunter Public Affairs

When Sgt. Maj. (Ret.) Juan Garcia left Fort Stewart in 2003, he never thought he'd return to a military installation to play golf as a double amputee.

But on Nov. 16 and 17, Garcia returned to Hunter Army Airfield's driving range for the 'First Swing' workshop, offered by the National Amputee Golfers Association. Joining him were disabled Soldiers from the Warrior Transition Unit, along with about 20 golf professionals and occupational therapists, who came to learn how to encourage and teach the disabled to play.

Garcia, who plays golf regularly, was also there to encourage the sport.

"If they hit the ball just one time, they're hooked," he said, explaining his own reaction when he played for the first time.

Garcia lost his legs after suffering a heart attack in 2005 while playing racquetball.

"My kidneys failed and by blood flow stopped," he said. "It was either my legs or my life."

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Nancy Gould

Sergeant Major (Ret.) Juan Garcia joined WTU Soldiers, Exceptional Family Members, PGA professionals and occupational therapists who participated in Hunter's First Swing workshop, where professionals learned out to work with and teach physically-challenged golfers.

After rehabilitation and a period of adjustment, Garcia found that he could play golf again and it was a great outlet.

"Many disabled people just sit inside depressed with mental and physical wounds," he said. "But when they get out and play, there's no time for depression. They focus on the

"Outdoor sports are uplifting, and for me, the pain goes away when I play."

Bob Wilson
Director, National Amputee Golf Association
20-year double amputee

game, not their short comings.

Tommie McArthur, director of golf for Fort Stewart-Hunter Army Airfield said the workshop teaches golf professionals how to adjust their instruction to a person's physical restrictions. Physical and occupational therapists learn additional techniques and exercise methods. McArthur spent two days himself learning how to instruct the physically challenged at Fort Bragg, N.C., in April.

Skeet and Turkey Shoots planned for Stewart-Hunter sportsmen



50 Bird Skeet shoot to be held at Hunter

Come show your shooting skills in the 50 Bird Skeet Shoot. Shoot begins at 10 a.m., Dec. 5, at the Hunter Skeet Range, building 8250. *Registration deadline is Dec. 3.* Shoot The \$30 per-person fee includes two rounds of skeet, required tie breakers and BBQ lunch. There are five categories: youth, ladies, beginner, novice and expert. Modified NASS tournament rules apply. Prizes will be awarded to the 1st place winners in each category. For details, call 315-9554.

Holiday Turkey Shoots scheduled at Fort Stewart

Gobble, Gobble! Come to the Holiday Turkey Shoots at the Stewart Skeet Range, building 8332, from 4-8 p.m., Dec. 10 and 17. Turkey shoot consists of three types of shoots: traditional, poker and trap. Fees: Traditional (\$3 per shot) and Poker-5 shots (\$3 per person) all night long, plus Trap-1 shot (\$5 per person, one time only per individual/shoot till you miss) each night. Prizes will be awarded in each category and door prizes will be given out. Turkey will be awarded for trap shoot only. For details, call 767-2515.

Hunter to hold traditional Turkey Shoot

The Hunter Skeet Range, building 8250, will host a Turkey Shoot from noon-3 p.m., Dec. 12. Come out and try your luck in winning a \$10 gift certificate or \$20 certificate good at Hunter Outdoor Recreation. Fees: \$3 per round with a minimum of 10 shooters per round. For details, call 315-9554.

Jake's Body Shop Beware of yo-yo dieting

Jake Battle
DMWR Fitness Director

For years, health experts have warned about the vicious cycle of losing and regaining weight.

Recently, a major scientific study concluded that yo-yo dieting may cause more harm than good.

Linked to heart disease

In a study of 3,130 men and women, a team of researchers found that yo-yo dieters have a greater chance (25-100 percent) of developing heart disease and an overall higher death rate than those who maintained a consistent weight.

In fact, the health risks of repeated weight loss and gain exceed those of being overweight, according to Dr. Kelly Brownwell, a psychologist at Yale who direct-

ed the study.

The study analyzed 32 years of health records of 3,130 participants in the ongoing Framingham Heart Study. All participants were free of coronary disease when the study was initiated.

The study recently published in The New England Journal of Medicine said, "Persons, whose body weight fluctuates often or greatly, have a higher risk of coronary heart disease and death than do personal with relatively stable body weights."

Ages 30-44 most at risk

The study also found that subjects with the greatest weight fluctuation – those between the ages of 30 and 44 – were at most



risk.

According to the researchers, this is the age category where dieting is the most prevalent.

Dr. Brownwell stated that his findings underscore the importance of dieters assessing their willingness to make a

long-term commitment to changing eating behavior before starting a weight-loss effort.

Dr. George Blackburn, an obesity specialist at Harvard Medical School said, "If you are trying to lose ten pounds and are not sure you can keep it off, it may not be a good idea to lose it in the first place."

The researchers also concluded, "These results do suggest that

overweight persons should be taught skills to maintain weight loss, and the prevention of relapse should become a more central focus of weight loss programs."

Compounding the problem is that many dieters really don't need to lose weight.

According to the Tufts University Diet and Nutrition Letter, the media has "fueled the notion that lean was desirable with unremitting intensity... At no other time in history has dieting as a way of life been more ingrained."

Forty years ago, even among the health care community, there was a feeling that all people are meant to be slim and "that all fat people could slim down if they just made more of an effort to stop eating too much."

Slowly, that view is changing.

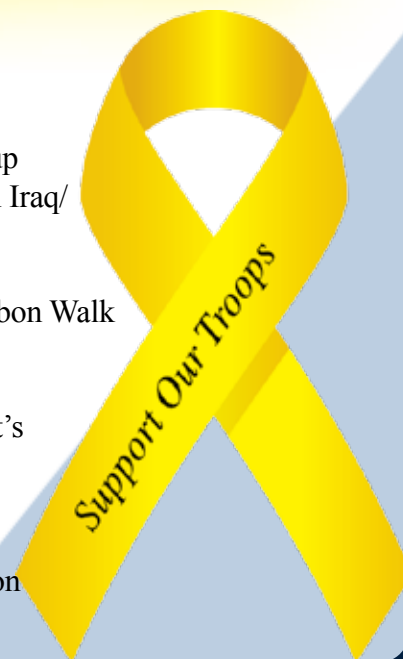
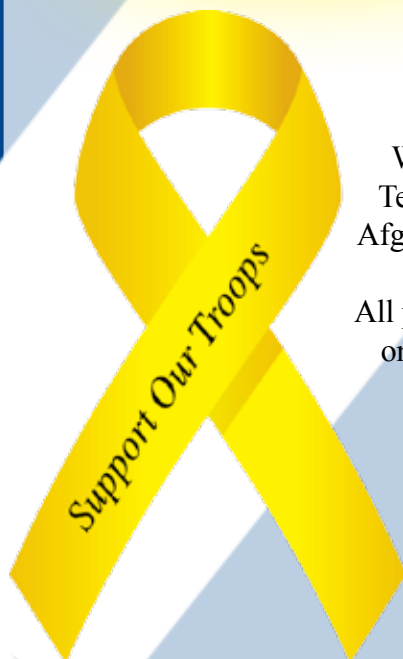
3RD ID RUN/WALK TO, FROM IRAQ/AFGHANISTAN 9 A.M., JAN. 23, 2010 DONOVAN FIELD

Walk your first mile to Iraq/Afghanistan with your Battalion Family Readiness Group Team. Log your miles to honor your Soldier and get your Battalion Team to and from Iraq/Afghanistan before your Soldier returns home

All participants who walk or run 100 miles will receive a T-shirt during the Yellow Ribbon Walk on April 24, 2010.

Finishers will receive a certificate and coin from their Battalion Team at their unit's Last Mile Walked Ceremony.

All Soldiers, Family Members (children, spouses and parents) are encouraged to participate. Register through your Battalion Team captain or Battalion FRSA.



TIME OUT! PC gone wild

Sports commentary by Jennifer Hartwig
Fort Stewart Public Affairs

We've gotten to a point in our culture where we have to watch every single thing we say; jokes aren't funny, and people take everything too literally.

There is one type of humor that is especially off-limits – racial or ethnic humor. We are so worried about political correctness that we can't even mention any race or ethnicity without someone being offended.

A few weeks ago, college football announcer Bob Griese was suspended for making a comment about Columbian NASCAR driver Juan Pablo Montoya. During a promotional spot, a graphic was shown listing the top five drivers in NASCAR's points race. Fellow analyst Chris Spielman asked where was driver Juan Pablo Montoya, who is Colombian. Griese replied: "Out having a taco."

Insensitive? Yes. Deserving of a suspension despite repeated apologies? I don't believe so.

I guess what announcers and people in general need to realize is that any ethnic or racial jokes are completely forbidden.

I can kind of see why Griese was suspended, not

that I agree with it, and I can certainly see why people like Don Imus - who made completely racist and unacceptable comments about the Rutgers women's basketball team a few years ago - are suspended or fired. If something offends an entire group of people, then it shouldn't be said, and if it is said, then the offended should be punished.

However, this past week our overreaction to political correctness boiled over. After a NBA game between the L.A. Clippers and the Memphis Grizzlies, two basketball announcers were suspended for an exchange regarding the first Iranian player in the NBA.

Los Angeles Clippers TV announcers Ralph Lawler and Mike Smith were suspended for one game because after they spoke of Hamed Haddidi, a Clippers fan who watched the telecast complained about the verbal exchange and said he was owed an apology today from Fox Sports.

One viewer made a complaint, and because of that, the announcers were forced to apologize for what I see as a simple error. The comment that the viewer complained about was the pronunciation of "Iranian." Apparently Smith pronounced it "Eye-Ranian," which the viewer found offensive.

An announcer should not have to publically

apologize or be reprimanded for pronunciation, unless it is meant in an offensive manner. In this case, it was not anything except someone with a slight regional accent saying the word "Iranian" in a different pronunciation than is normally viewed as correct.

The official apology released was: "We regret the remarks made by Clippers announcers Michael Smith and Ralph Lawler during Wednesday's telecast. While we believe that Michael and Ralph did not intend their exchange to be offensive, the comments were inappropriate."

So in other words, they said something, meant nothing by it, but have to apologize because it could have been taken the wrong way. Give me a break!

People need to realize that sports announcers are in the business of entertainment, and their exchange was banter trying to be humorous.

Maybe the complaint was taken so seriously because of the tumultuous relationship we currently have with Iran, or maybe we've gotten to the point where we quite literally can't even refer to a person's race, ethnicity or country of origin when discussing them. It's PC run wild.

I don't know, maybe I'm just not PC enough.

GOLF

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Tim Hipps, FMWR Public Affairs

First Swing instructor Marty Ebel demonstrates how to drive a golf ball from a specialized cart during a golf clinic for wounded warriors on the driving range at Admiral Baker Golf Course in San Diego.

"It broadened my understanding of how prosthetics that are specially designed for golf moves, and the prosthetics' ability to give you movements," he said.

That knowledge helps him instruct physically challenged golfers at Fort Stewart and Hunter Army Airfield.

Bob Wilson, a 20-year double amputee and the director of the National Amputee Golf Association, said golf is one of the best forms of therapy for the disabled.

"It's rehabilitative and re-creative," he said. "Walking on the greens uses all your muscles. Outdoor sports are uplifting, and for me, the pain goes away when I play."

Professional Golfer's Association of America member John Fesperman, a Richmond Hill resident attended the training.

"I have friends who've returned from Iraq with missing arms and legs," he said. "I'm here to learn to teach them how to play with an artificial limb."

"The reward is seeing them smile and doing what I believe God wants me to do – to help others," said Garcia.

If you want more information about the golf program at Fort Stewart-Hunter Army Airfield, contact McArthur at 315-5117 or 767-2370.