



Photos by Craig White

The Packers celebrate their victory at the 2008 Gatorbowl at Fort Stewart, Nov. 15 after defeating the Rams.

## Packers, Dolphins take Gatorbowl 2008

Pat Young  
Managing Editor

Fort Stewart was the site for the 2008 Gator Bowl Championship for the Junior Pee Wee football league, Nov. 15.

In the 9 and 10-year-old division, the Packers took on the Rams. The action was heated with both teams going the distance. Eventually the Packers emerged victorious after a close game, 33-25.

This finale was the icing on the cake for the Packers who saw other close games throughout their season such as their defeat of the Long County Road Runners and Fort Stewart Redskins.

In the 7 and 8-year-old Mitey Mite Division, the Dolphins beat the Jets for their respective Gator Bowl Championship.

Craig White, a parent who helped out throughout the season expressed his

appreciation to those who made it happen.

"Children's sports are great," White said. "It keeps their minds focused on other things besides the violence in the world. It teaches them they can achieve their goals through hard work and determination."

White's son, Craig Jr., played with the Packers as the quarterback. He said his son looked forward to the games and was fired-up each week to go out and lay it on the line with his friends.

"All the children were wonderful. They were great to work with and gave 100 percent. Their camaraderie was excellent. The Packers especially lived up to their motto, 'One team, one fight,'" White said and thanked the coaches, fellow parents, cheerleaders, Youth Services staff and players for a wonderful 2008 season.



Cheerleaders for the Packers encouraged players to 'never give up.'

## TKD students display academic, martial prowess

Commentary

Philip Konz  
CYSS TaekwonDo Instructor

Although the chilly air sweeping across the southeastern United States caused temperatures to drop below freezing, the warmth and happiness of the students and Family Members of the Fort Stewart Youth Services Taekwondo class was apparent with their support at the Nov. 20 Student of the Month presentations.

November's top spot as Student of the Month went to Jamia Stackhouse, 6, for her tremendous positive attitude and performance.

Since joining the class, she has constantly tried to do her best and never gave up. Jamia's efforts are truly a recipe for success in any situation.

Outstanding student awards were presented to Erika James, 5; Tiani Quattlebaum, 9; Paul Reeves, 9; Darlene Bailey, 17; and Brea Guidry, 10.

Promotions for the month went to

Asa Everson, 7; for Yellow-Stripe Belt; Sierra Green, 11, Breanna Guidry, 10; and Chris Maryland, 14; to Yellow Belt; and Joshua Bones to Blue Belt.

Academic Achievement Awards for academic excellence were earned by Joseph Dennis, 6, and Noah Hash, 7.

During the ceremony, board breaking demonstrations were provided by Reeves with a triple, spinning heel kick; Bones who performed a triple, spinning heel kick; Lewis Beal, 8 who used a combination punch and front snap kick; and Jack Burt, 8 who used a combination sidekick/punch.

The Fort Stewart Youth Services Taekwondo November Student of the Month presentation continued its legacy of awarding outstanding students from great Families doing wonderful things.

In addition, the Fort Stewart Youth Services Taekwondo Class also competed Nov. 15 at the 2008 Charity Masters Exhibition in Simpsonville, S.C. The Taekwondo championship, which hosted hundreds of competitors, may be the last Taekwondo tour-

namment of the 2008 season.

And for this competition, the Fort Stewart Youth Service TKD class made it a Family affair by sending the dynamic duo of Chris, 15, and Nick Maryland, 8.

Nick earned a first place in breaking and a third place sparring. Chris' earned him first place in the forms competition and first place in the board breaking.

As the 2008 Taekwondo tournament season draws to a close, we reflect upon our accomplishments.

This season was a very successful year for the Fort Stewart Youth Services Taekwondo Class. But the real success story of the season as well as the Taekwondo class is the support, understanding and togetherness of the Families involved in the Taekwondo program. In the end, Family is what truly counts!

Contact the Fort Stewart Youth Services Registration to get your Family enrolled in any of its many activities. Don't be frozen by inactivity, get involved!



Courtesy photo

Chris Maryland, 15, displays boards he broke, Nov. 15 that earned him first place for his division at the 2008 Charity Masters Exhibition in Simpsonville, S.C.

## FOB Kalsu hosts Turkey Trot in Iraq

Sgt. 1st Class Tami Hillis

Approximately 150 servicemembers and Army Civilians participate in a 10K Turkey Trot at Forward Operating Base Kalsu, Iraq, Thanksgiving day.



# GA tech beats Georgia, 45-42

Special to the Frontline

**ATHENS** — Georgia Tech had not beaten Georgia since 2000, and it wasn't looking good when the Yellow Jackets trailed by 16 points at halftime.

Then Roddy Jones and the triple-option offense went to work.

Jones rushed a career-best 214 yards, including a decisive 54-yard touchdown midway through the fourth quarter, and No. 18 Georgia Tech rallied to snap a seven-game losing streak against its state rival with a 45-42 victory over 13th-ranked Georgia on Saturday.

The cold, rainy day wasn't a total victory for the visiting team: Virginia Tech denied the Yellow Jackets a spot in the Atlantic Coast Conference championship game with a 17-14 victory over Virginia.

But Georgia Tech (9-3) celebrated anyway, gathering in front of its small contingent at Sanford Stadium to sing the school fight song while the red-clad Georgia fans headed to the exits, a season that started at No. 1, winding down far short of expectations.

After building a 28-12 halftime lead, the Bulldogs (9-3) simply had no answer for Georgia Tech's unique offense, which piled up 409 yards on the ground. Jones, a redshirt freshman, averaged 16.5 yards per carry and scored twice, including the long run that gave Georgia Tech a 45-35 lead with 7:13 remaining.

Jonathan Dwyer added 144 yards rushing and scored two TDs of his own.

Georgia lost despite Matthew Stafford tying a school record with five touchdown passes — three of them to Mohamed Massaquoi — in what might have been his final game between the hedges. The junior quarterback said he'll consider entering the NFL draft.

Stafford looked like he would go out a winner, despite an errant throw that Morgan Burnett picked off and returned 35 yards for Georgia Tech's first TD.

Stafford capped Georgia's opening drive with a 1-

yard scoring pass to Tripp Chandler, then hooked up with Massaquoi on touchdown passes of 10, 49 and 3 yards. Georgia Tech botched the extra point after Burnett's TD, then was unsuccessful on a two-point try after Lucas Cox scored on a 2-yard run.

But the Yellow Jackets turned the game around with a stunning display at the start of the third quarter. On their first play from the scrimmage, Dwyer broke off a 60-yard touchdown run, then got in on the two-point conversion that made it 28-20.

Georgia went three-and-out, and Georgia Tech quickly marched for another score on Jones' 8-yard run. Nesbitt's conversion run put up another two points, tying the game at 28.

Richard Samuel fumbled the ensuing kickoff; the Yellow jackets recovered and scored on the very next play: Dwyer's 23-yard run. Two TDs just 16 seconds apart gave Georgia Tech its first lead of the game, 35-28, and the Bulldogs never recovered.

Stafford finished 24-of-39 for 407 yards, becoming the third quarterback in school history to throw five TDs in game. David Greene and D.J. Shockley also did



*Georgia Tech Yellow Jackets storm the playing field.*

Courtesy photo

it. Massaquoi had 11 receptions for 180 yards.

Georgia's Knowshon Moreno, who like Stafford may leave school early for the NFL, rushed for 94 yards and scored on a 32-yard run. Stafford added a 12-yard scoring pass to A.J. Green with 4:04 remaining, but the Bulldogs couldn't stop the triple-option.

Georgia Tech ran out the clock without giving Georgia another shot.

# Jake's Body Shop

## Just one more bite

**Jake Battle**  
DMWR Fitness Coordinator

On the radio we hear of the latest food that decreases our risk of cancer. In the grocery store, magazine covers announce that what we eat affects our mood, while coworkers try the newest diet that claims to cure all health problems.

We are constantly barraged with people telling us we need to eat healthy.

Yet actually changing how we eat is difficult to do. So we often do nothing.

Fortunately, developing healthy eating habits doesn't have to be expensive or require that we eat awful-tasting foods.

Here are just a few ways you can eat more nutritious meals with little effort.



### Bag it

Lunch time can be treacherous. Though you may be able to eat healthy at home, it can be difficult to resist a burger and fries or splitting a pizza with coworkers.

Make it a habit to bring a lunch to work with you. So it won't be a hassle, make your lunch the night before using foods that are easy to prepare.

Also, be sure to include items you enjoy.

This way you won't be tempted to splurge on junk food you'll later regret.

Try including leftovers from the previous night's dinner, a

yummy salad with dressing on the side or fresh veggies with low fat dip.

### Have a snack attack

Not all snacking is bad. Eating small snacks throughout the day can help you have a more balanced diet.

Vitamins and minerals that you didn't get at mealtime can be received through food eaten between meals.

Now, of course, this doesn't mean you should indulge in every piece of candy offered to you or the bag of chips sitting inside your desk.

Make sure your snacks are good for you.

Fresh fruit when you want something sweet, a granola bar instead of the candy bar or pretzels in place of potato chips are all healthy options.

### Share your ideas

Trying to cook healthy foods that make your family groan at the dinner table can be difficult.

Get together with several friends who also put an emphasis on healthy eating.

Use recipes that you have enjoyed and think the others would appreciate.

Discovering new recipes that are both healthy and tasty will help you stay motivated in your quest for healthier living.

As you begin to practice these healthy eating habits, you'll find even more ways to develop a healthy lifestyle. The choice to eat right is one you won't regret.

## Intramural Fall Softball League

### CO-ED SCHEDULE

DATE	TIME	TEAMS
Dec. 8	6:30 p.m. 7:30 p.m. 8:30 p.m.	Comcast vs. Geo Vista Scared Hitless vs. Down and Dirty Bold and Beautiful vs. Young-n-Old

### MEN'S OPEN

DATE	TIME	FIELD	TEAMS
Tonight	6:30 p.m.	1	Spartans vs. Fire Dept.
	7:30 p.m.	1	Fire Dept. vs. Spartans
	6:30 p.m.	3	Down and Dirty vs. 5/7 Cav.
	7:30 p.m.	3	5/7 Cav. vs. Down and Dirty
Dec. 11	6:30 p.m.	1	5/7 Cav. vs. Fire Dept.
	7:30 p.m.	1	Fire Dept. vs. 5/7 Cav.
	6:30 p.m.	3	Spartans vs. 5/7 Cav.
	7:30 p.m.	3	5/7 Cav. vs. Spartans

## 2008 FALL SOFTBALL STANDINGS

### COED Softball

	WON	LOST	PCT
Bold and Beautiful	5	0	1.000
Comcast	4	1	0.800
Down and Dirty	3	2	0.600
Geo Vista	2	3	0.400
Young-N-Old	1	4	0.200
Scared Hitless	0	5	0.000

### Men's Open

	WON	LOST	PCT
5/7 Cav.	2	0	1.000
Fire Dept	1	1	0.500
Down and Dirty	1	1	0.500
Fisters	0	2	0.000
MEDDAC	0	0	0.000