

Jimmy Williams

The Hurricane is ring-side at Newman Fitness Center

Sherry Overton

Jamika Parks

Illustration by Spc Christopher Molina

Boxing comes to Stewart, beats the workout blues

Pat Young
Frontline Staff

Jimmy 'the Hurricane Williams' is helping Fort Stewart make a healthy impact on community members with the introduction of boxing classes at Newman Fitness Center.

Williams, a three-time All-Army champion, and one time boxing professional, worked with some of the boxing greats like Gerry Connie and Archie Moore.

"Boxing is a good cardio workout," Williams said. "It keeps a person in shape, but with dedication it can change a person's life. It can build confidence and discipline."

Williams, who has been boxing for nearly 35 years now helps Soldiers and community members by teaching boxing basics and tactics at Newman. His students quickly learn stance, foot-work, defense and combinations.

"I can teach just about anybody good boxing principals in about 30 minutes," Williams said. "It's about quickness, and using your body when you punch."

Students take the classes for various reasons but agree it is a good exercise.

"I judged a few of the boxing matches earlier, back when we had boxing here," said Sherry Overton, a civilian

employee at the Directorate of Information Management. "I approached Mr. Williams about using the speed bag, and he suggested the heavy one."

She uses boxing to supplement her workout and combines it with weight training and biking.

"I got into boxing for the training aspect of it," said Jamika Parks, who works at the Youth Challenge Academy. "It's not just throwing your arms up. It's a cardio workout that uses a lot of upper body strength."

She started the sport as a discipline and training; however, considers following it up as sport.

The origin of fighting dates back to earliest man. The art and sport of boxing, or pugilism, from the Latin, can be traced back to early Greeks and the Olympics.

Boxing didn't become an official sport at the modern Olympics until it was included as a demonstration in the 1904 St. Louis games and made a medal sport in the London games in 1908, according to <http://en.wikipedia.org>.

Boxing has changed over the years and rules and safety considerations have refined the sport into the modern martial arts it is today. The United States Boxing Association governs all official boxing events with rules that can be found at www.usaboxing.org. The sport is open to both

male and female boxers, who compete in one of 11 Olympic-style weight classes: light flyweight (106 pounds); flyweight (112 pounds); bantamweight (119 pounds); featherweight (125 pounds); lightweight (132 pounds); light welterweight (141 pounds); welterweight (152 pounds); middleweight (165 pounds) light heavyweight (178 pounds); heavyweight (201 pounds); and super heavyweight (+201 pounds).

Fighting in a square ring ranging between 16 and 20 feet guarded by at least four ropes, the opponents face each other for a certain amount of times called rounds, usually two minutes for amateurs, with one minute rest periods between. Using speed, agility and various defenses and punching techniques they attempt to score points by striking the opponent above the waste, while being watched by a referee and three judges.

"Boxing is a very healthy sport," said Dwayne Romer, assistant manager at Newman Fitness Center. "It provides a good cardio workout while working with hand eye coordination."

Williams says he teaches the classes for free 4-6 p.m.; however, often runs later for people who are dedicated and willing to learn.

Liberty Mutual Legends of Golf provides free tickets for active military, families

Special to the Frontline

Savannah, GA--The 2007 Liberty Mutual Legends of Golf today announced that all Active Duty Military personnel and their immediate families, including spouses, parents, siblings and children, will receive free tickets to the upcoming tournament at the Westin Savannah Harbor Golf Resort & Spa, April 20-22. Over 67 local businesses purchased ticket packages and donated the tickets back to the Tournament. Liberty Mutual Group, title sponsor of the event will match the donated tickets to ensure all military personnel receive admission.

Active Duty Military personnel are asked to show their Military Identification at the Main Admission Gate, where they will receive a free ticket to the tournament for that day. Plus, Military can visit the USO tent and enjoy complimentary refreshments Friday through Sunday.

"The Champions Tour is committed to giving back to our communities, and we are pleased to announce that all Active Duty Military will once again receive complimentary tickets to the 2007 Liberty Mutual Legends of Golf thanks to the generosity of the Savannah business community," said Tim Iley, Executive Director. "This event provides a wonderful opportunity for families to enjoy first-class golf with Champion Tour players like defending champion Jay Haas, Hale Irwin, Nick Price, Johnny Miller and Fuzzy Zoeller, and the many amenities the tournament has to offer. We encourage Active Duty Military personnel in our area to take advantage of this exciting offer."

In addition to seeing the greatest names on the Champions Tour compete at the Westin Savannah Harbor Golf Resort & Spa, April 20-22, ticket holders can stay after play on Friday and Saturday and enjoy live concerts on the 18th green! The 98.7 The River Concert Series kicks off on Friday with The 8 Tracks and continues on Saturday with the band Bottles n Cans. The concerts are free to all ticket holders and begin after the last putt drops each day.

Plus, for the first time at the Liberty Mutual Legends of Golf in Savannah, Winn Grips presents Golfweek's Golfest on Saturday and Sunday from 10am until 4pm. Golfest is free to all ticket holders. Don't miss your chance to learn from the celebrities like ESPN contributor Suzy Whaley, Dennis Walters of the Dennis Walters Golf Show, and trick shot-master Peter Johncke.

Ticket options for the 2007 tournament include the Week Long, Legends Club ticket book for \$75 (\$65 for age 60+), which includes entry into the Legends Club Pavilion, Wednesday - Sunday. Daily tickets are \$25 when purchased in advance (\$30 at the gate). Tickets are on sale now at participating Kroger Super Markets throughout Savannah, Waycross, GA, Brunswick, GA, Augusta, GA, Hilton Head, SC, Myrtle Beach, SC and Beaufort, SC. Tickets may also be purchased by calling (912) 236-1333 or visiting the tournament's Web site at www.libertymutuallegends.pgatour.com. Other discount ticket packages are available on the Tournament's Web site.

For more information, please call the Tournament Office at 236-1333.



Sgt. 1st Class Thomas Mills

Col. Dan Ball, commander, Combat Aviation Brigade, throws out the first pitch last Friday night at a Savannah Sand Gnats game. The Sand Gnats held a military appreciation night during which 1st Sgt. Fransisco Terranova, HHC 2/3 AVN, sang the National Anthem, the color guard performed, and Soldiers competed between innings in various activities.

Nick Hill pitches Army to split with Bucknell

www.goarmysports.com

LEWISBURG, Pa. – Senior left-hander Nick Hill came within two outs of his first career no-hitter as Army snapped a four-game losing streak with a 3-0 defeat of Bucknell in the first game of the teams' Patriot League doubleheader, Sunday afternoon at blustery Depew Field.

Shawn Hirsch singled home the game-winning run with two outs in the bottom of the 10th inning of the nightcap as the Bison slipped past the Black Knights 4-3 to earn a split of the conference twinbill, played in frigid temperatures and a cold, biting wind.

Hill (3-3) was dominant from the start in the opener, retiring the first seven Bucknell batters into the third inning. He would face just two batters over the minimum and retired 14 of the final 15 Bucknell batters after permitting a one-out walk in the third. The two-time All-American southpaw did not allow a single Bison base runner into scoring position all day in firing his second career one-hitter and school-record seventh career shutout. He also equaled a career high with 11 strikeouts.

"Nick Hill was not going to be denied today," said Army head coach Joe Sottolano. "He pitched an outstanding baseball game.

He just put the team on his back and carried us to the win."

Army provided Hill with all the offensive support he needed in the third inning, plating a pair of runs on a sacrifice fly by Milan Dinga and a run-scoring by Cole White against Bucknell starter Matt Curry (3-4). The Black Knights added an insurance in the fifth when Tony Capozzi singled and scored on a two-out single by White, who went 3-for-3 with two RBI in the first game.

The Black Knights (9-14 overall, 1-5 Patriot) played from behind in the second contest, trailing 2-0 after the first inning as the Bison touched starter Ben Mayhew for two runs on an RBI triple by Jason Buursma and a run-scoring groundout by Ryan Gryskevicz. The Black Knights sliced the deficit in half in the top of the second inning when Chris Simmons was hit by a pitch from Bison starter Nathan Mittag and scored on a single up the middle by J.P. Polchinski.

A run-scoring single by Gryskevicz in the third stretched Bucknell's lead back to 3-1 in the third inning. But Army battled back to tie the score, recording single tallies in the sixth and seventh innings. The Black Knights scored an unearned run off Mittag in the sixth, then notched the equalizer

when Andy Ernesto singled and scored on a wild pitch by Buursma, who relieved Mittag with two outs in the seventh.

Neither team scored again until the 10th inning when Gryskevicz reached on an infield single to open the frame against Army reliever Matt Fouch. Fouch retired the next two batters before walking Ed Rubbo to push the winning run into scoring position. Hirsch followed with a soft liner to right-center field, delivering Gryskevicz with the game-winner.

Buursma (3-1) fired 3.1 innings of one-hit relief to earn the victory for Bucknell (11-13, 4-2 Patriot), while Fouch suffered the loss in his first collegiate decision. It marked the Black Knights' fifth Patriot League defeat this spring, with those five setbacks coming by a total of only seven runs.

"I really thought our guys came out and battled today," said Sottolano. "I was very proud of the way we competed all day. We worked very hard all week long on doing the little things right and executing during critical situations, and I thought we did a good job in those aspects today.

Army, which slapped eight hits (all singles) in the opener, was out-hit 12-5 in the nightcap.



Army's pitcher, Nick Hill

Army softball completes four-game sweep of Holy Cross



Veronica Barth

www.goarmysports.com

WORCESTER, Mass. – Junior hurler Veronica Barth was the winning pitcher in both games as Army swept its second Patriot League doubleheader of Holy Cross in as many days. Back-to-back solo homers by Chris Stauffer and Lindsey Gerheim in a four-run seventh snapped a 3-3 tie as the Black Knights (11-24, 5-3 PL) beat the Crusaders 7-3 in the first game and 4-1 in the nightcap to complete their first four-game series sweep of the Crusaders since 2002.

Army's victories moved the Black Knights into sole possession of third place with a 5-3 mark, trailing first-place Colgate (4-0) and Lehigh (7-1) atop the Patriot League standings.

Junior catcher Mary Ann Kearney, 2-for-3, staked Army to a 3-0 lead in the opener, driving in Erin McClain and Barth with a two-single up the middle in the second inning. She laced a run scoring single to left field in the sixth that delivered pinch runner Melissa Magana.

Stauffer did not allow Holy Cross into scoring position over the first five innings scattering a pair of hits and a walk. Barth yielded back-to-back hits, the first loading the bases and the second delivering two runs to tie the score 3-3 before getting out of the jam with a groundout back to the circle.

Army answered right back using the long ball to snap that tie with Stauffer and Gerheim ripping back-to-back solo homers with one out in the top of the seventh. Freshman Cassie Ellington doubled home a pair of insurance runs to stake Barth to a four-run (7-3) lead.

Barth retired the side with a strikeout and back-to-back

groundouts to the shortstop to put the win in the books.

The Black Knights collected 14 hits with Barth going 3-for-4 with three runs scored along with a pair of hits by McClain, Ellington, Kearney and Kelsie August.

Barth (7-11) continued in the circle in the nightcap, where she was staked to a 2-0 lead in the first inning on McClain's two-out home run with a man aboard.

Freshman Debbie Medintz plated a run in the second with her fielder's choice RBI, driving in Ellington, who led off with a single up the middle and moved around on a wild pitch and fielder's choice.

The junior co-captain lost out on the shutout in the seventh when Holy Cross capitalized on Army's lone error to push across an unearned run. With two outs and a runner at second, Barth gave way to Muckelroy, who ended the Crusaders threat with a strikeout en route to posting her first collegiate win.

McClain went 2-for-3 with two RBI in leading Army's seven-hit attack off Sheena Stangler (1-6).

Barth yielded six hits and one unearned run along with three strikeouts and two walks over eight innings in the twinbill to boost her unbeaten league mark to 3-0 along with a 0.00 ERA over the weekend.

Gerheim went 3-for-8 in the twinbill with an RBI and run scored. The solo blast was her seventh home run of the season and career 20th to take over sole possession of fifth place in the league's all-time list.

McClain was 2-for-6 with two runs scored and an RBI. Both Gerheim and McClain poked two home runs each in the weekend series.

Gridders cap week three with Black/Gold preview

www.goarmysports.com

WEST POINT, N.Y. – The Army football team wrapped up its third week of spring practices with a very promising scrimmage, Saturday, inside the confines of the Foley Athletic Center.

The offense showed the ability to put together long drives and finish by putting the ball in the end zone. The defense struggled early, but stepped it up at the end of practice during goalline situations. Overall, the team showed much progress from last week's scrimmage.

"It went well," noted Army head coach Stan Brock. "From an offensive stand point, the first couple of groups looked really good and moved the ball. I was really happy with the energy that was out here. The defense struggled a little bit and missed some check down routes, but that's why we practice. When we came down for (goal line situations) the offense didn't score, so that means the defense didn't hang their heads, and I'm really proud of that."

Most impressive was the offense's opening drive of the scrimmage a 13-play, 65-yard drive that ended on an end-around by wide receiver Damion Hunter that he broke open for a 23-yard touchdown scamper down the right sideline. Quarterback Carson Williams completed five of six passes for 25 yards along with a 4-yard run and running back Tony Dace had five carries for 13 markers to set up Hunter.

The defense responded the following drive by forcing a turnover in the red zone. Quarterback David Pevoto completed three of his first four attempts before a pass to tight end Ernie Bernal was tipped in the air and intercepted by defensive end Marcus Millen who had dropped back in zone coverage.

The remainder of the scrimmage was a battle of field possession with the offense breaking through again in the short field. The offense actually scored on all three drives that started on the 35 yardline with various rushing scores. Dace capped the first drive with an 11-yard sweep off the left end, Jon Douglas scored on the second drive on a similar play from six yards out, while Justin Turner finished the final drive with a 22-yard run off tackle that included several broken tackles along the line.

"The offense really stepped it up today, they impressed the whole team", commented cornerback John Laird. "They came out firing on all cylinders, so they did very well. The defense lagged a little bit, but we'll pick it up. It's going to be a good spring football game next weekend."

The annual Black/Gold spring game is slated for Saturday, April 14, at 1 p.m., in historic Michie Stadium. The Black Knights will usher in the 2007 campaign on Sept. 1 at Akron, with their home opener a week later, Sept. 8, against Rhode Island.

Season ticket packages and single game tickets to all Army home football contests for the 2007 campaign are currently on sale at the Army Ticket Office or online at www.goARMYsports.com. Fans wishing to purchase tickets over the phone by credit card can do so by calling 1-877-TIX-ARMY.

Sights and Sounds of Spring

Defensive Back, Markenson Pierre intercepted a pass dur-

ing 7-on-7 drills and returned it for a touchdown. Wide Receiver Damion Hunter took an end-around 23 yards for a touchdown on the offense's opening drive. Defensive End Marcus Millen dove to intercept a tipped pass in the redzone. Tight End Simon Youngblut dove to catch a pass from Quarterback Carson Williams 11-yards down field. Running Back Justin Turner dropped his shoulder to run over a defender for a 6-yard pickup. Quarter back Kevin Dunn hit Tight End Dominic Cinotto 19 yards down field on a bootleg pass. Quarterback Carson Williams finished 8-for-12 passing for 72 yards. Quarter Back David Pevoto compled 6 of 8 passes for 51 yards. Running Back Tony Dace picked up 32 yards on 10 carries with a touchdown. Runnnig Back Justin Turner carried the ball 8 times for 61 yards and a touchdown. Brig. Gen. Patrick Finnegan, dean of students, checked out practice inside the newly finished Foley Athletic Center.

Head Coach Stan Brock

(ref.: play of the offensive line)

"Well, I always think it starts with the offensive line. Everyone has to do their job and that's when its successful. The offensive line looked like it played well today, but you never know until you look at the film. I was happy with how they hung together."

Offensive Coordinator Tim Walsh

"I was pretty happy with the way we played on offense compared to last week. We sustained some drives and executed. The players played within themselves. Like I told them, we teach them all week long and then they take the test. Today they passed the test, I thought they played well. I wish we could have performed better at the end on the goalline but that is going to happen the first couple of times it happens. I think we did some good things today."

Defensive Back John Laird

(ref.: progress this spring)

"This year, I'm going the same thing I did last year, just working hard and listing to the coach. (Coach Wally Ake) has been doing an amazing job with the corners. All six of the corners that we have right now have made so much progress that I don't think we'll have too many problems next season. Everyone we have is capable of performing in games so depth is not going to be an issue for us."

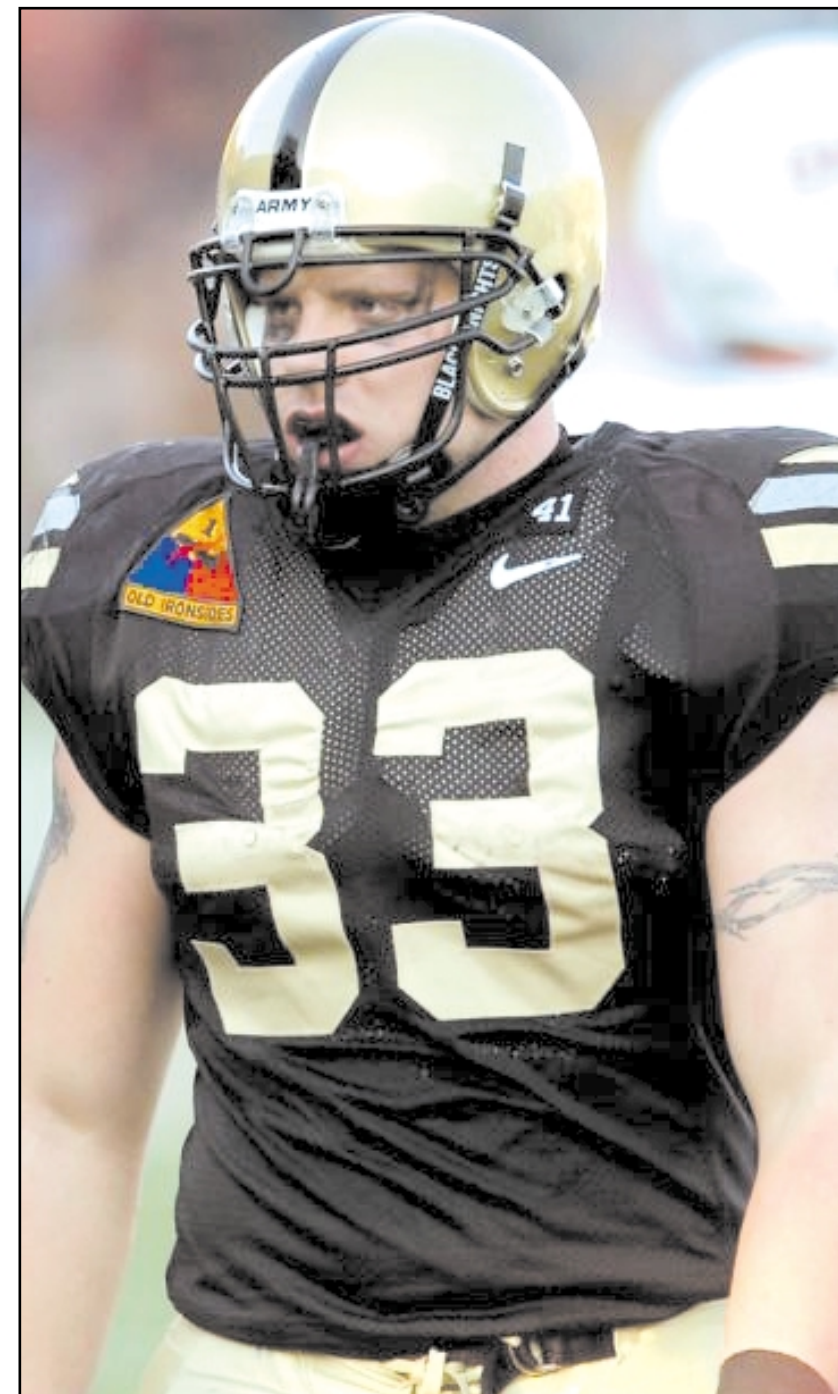
Full Back Mike Viti

(ref.: play of the offense during the scrimmage)

"The main thing you saw out here today was a good consistent offense, really balanced. We went two-deep with our playbook today, which is something we wanted to do. We threw in some of the new stuff to give the defense something different to look at, and I think it paid off for us today."

(ref.: progress of the running backs)

"I think it was the offensive line that did the job today. Guys like Tony Dace and Ian Smith all had good days. We're all just doing what we're taught and trying to



Mike Viti

make the hard work of the offensive line pay off."

Center Trey Miranne

(ref.: progress of the offensive line)

"We made a lot of improvements since last week and that was really big for us. We put together some nice drives and put some points on the board. That was a really good thing to see, we really controlled the ball well today.

"We have a lot of guys with experience they just haven't been the guys who started. Everyone is cooperating well and we're starting to come together."