



Sgt. Jasmine Chopra

Maj. Gen. Rick Lynch (center), commander of Multi-National Division – Center, and former and current Task Force Marne noncommissioned officers and Soldiers of the quarter cut a cake in honor of Sgt. 1st Class Paul R. Smith, after an April 10 ceremony naming the fitness center here in Smith's honor. Inset: Sgt. 1st Class Smith photo provided by Fort Stewart Museum.

Fitness center dedicated to fallen hero

Sgt. Jasmine Chopra
MND-C Public Affairs

CAMP VICTORY, Iraq – A newly-built fitness center on Victory Base Complex was dedicated April 10 in honor of Sgt. 1st Class Paul R. Smith, a man his peers and seniors said demanded perfection.

Smith was a platoon sergeant with Company B, 11th Engineer Battalion, 1st Brigade Combat Team, 3rd Infantry Division, who gave his life in defense of others in 2003. He earned the Medal of Honor for his heroism.

The Sgt. 1st Class Paul R. Smith Physical Fitness Center serves residents of Camp Victory and other surrounding installations, including Camp Liberty.

"It's fitting that we dedicate a fitness center to a man who had high standards, loved Soldiers and loved helping them become better and stronger," said Brig. Gen. William Grimsley, deputy commander of the 4th Infantry Division.

At the time of Smith's death, Grimsley was the 1st BCT, 3rd Inf. Div. commander.

Staff Sgt. Steven Holloway, a 3rd Inf. Div. engineer, former member of Smith's platoon and a personal friend, agreed naming the fitness center after Smith was appropriate, since Smith constantly pushed his Soldiers to be disciplined, fit and "perfect," he said.

"He was a person who demanded perfection from his Soldiers. When his squad ran infantry battle drills, if they were good, but not perfect, he'd say, 'run it again.'"

On April 4, 2003, Holloway was just 100 yards from Smith at the time Smith was mortally wounded by braving enemy fire and engaging the attacking force, saving the lives of numerous wounded Soldiers.

Maj. Gen. Rick Lynch, commander of Multi-National Division – Center; Grimsley; Command Sgt. Maj. Jesse Andrews, senior enlisted leader for Multi-National Division – Center; and Holloway unveiled a sign that read 'Sgt. 1st Class Smith Physical Fitness Center' and contained a picture of Smith smiling, battle-ready.

"I hope that the thousands who come through (the fitness center) see his name, see his face and take time to learn about the great Soldier, the great man that he was," Holloway said.



Sgt. Jason Stadel

Master Sgt. Douglas Stinson, HHC, 2BCT, takes part in the homerun derby during the grand opening of the Forward Operating Base Kalsu softball field April 5. Of the 15 competitors, nobody was able to knock one out of the park.

Soldiers take swing at new softball field

Sgt. Jason Stadel
2nd BCT Public Affairs

FORWARD OPERATING BASE KALSU, Iraq – Recreational opportunities at Forward Operating Base Kalsu improved April 5 with the grand opening of a softball field.

The softball field is an addition to a driving range that opened two months ago and a fishing pond scheduled to open next month.

More than 80 people attended the opening, which included a ribbon-cutting ceremony and a homerun derby. Col. Terry Ferrell, commander of 2nd Brigade Combat Team, 3rd Infantry Division, officially opened the softball field and threw out the first pitch.

Ferrell encouraged Soldiers in attendance to take advantage of Morale, Welfare and Recreation opportunities at FOB Kalsu. "We have to be able to do some of the normal things in life," Ferrell said.

Numerous sets of softballs, gloves and bats were donated to the MWR, said 1st Lt. Andrew

Shadley, FOB Kalsu MWR coordinator.

Internet Web sites that support Soldiers such as AnySoldier and Soldier's Angels, along with private citizens, donated a majority of the equipment.

Shadley said softball will probably be the most popular MWR event in the coming months.

"Most people have a baseball or softball glove and it's really easy just to get a few guys together and have a game," he said.

An organized softball league will soon start up at FOB Kalsu beginning in May. Company-level teams are currently being organized.

To break in the new field, which measures 280 feet down the foul lines and 342 feet to center, 15 competitors took part in a homerun derby. It ended in a 15-way tie, as nobody knocked one out of the park.

After the homerun derby, there was an exhibition game between FOB Kalsu's two brigade support battalions, the 26th BSB, 2nd BCT and 703rd BSB, 4th BCT. The 703rd BSB won the game.

Hunter's military long drive champion tees up for competition

Tim Hipps
FMWRC Public Affairs

ALEXANDRIA, Va. – It's about time for the Army's big hitters to start swinging for the 2008 Military Long Drive Championship Presented by 7UP.

U.S. Coast Guard Airman Ryan Hixson, serving out of Hunter Army Airfield, won the inaugural event organized by the Army Family and Morale, Welfare and Recreation Command with a drive of 367 yards. He earned \$10,000 and a berth in the 2008 RE/MAX World Long Drive Championship in Mesquite, Nev.

"Unbelievable," said Hixson, who prevailed against four other finalists under the lights in Mesquite and more than 650 competitors at 25 qualifying sites. "To have an opportunity to come out here and be treated the way we've been treated, and then to

come away with a victory, it's overwhelming."

The finals of the Military Long Drive Championship will be contested on the same grid and weekend as the World Long Drive Championship – in a desert oasis resort town where the best in the business of tape-measure tee shots congregate annually to crown their champions.

The field for the 2008 military finals has been expanded to six competitors who will square off Oct. 23 in Mesquite. The champion will win \$10,000 and an exemption into the 2009 RE/MAX World Long Drive Championship, which means another all-expenses-paid trip to Mesquite.

The object is to drive a golf ball as far as possible, but it also must remain in bounds.

"You've got to balance it," Hixson said. "In the finals, I hit one 366 in the grid and

was pretty comfortable with that, so I felt like I could just rear back and let it go. Then again, when you swing that way, it's kind of tough to hit the grid."

An extra round of competition has been added to the Military Long Drive Championship this year. The inaugural finalists were determined on paper in 2007 by comparing yardages, which made it virtually impossible to account for the differences in altitude, climate, facilities and weather conditions at various sites.

This year, local winners will advance to four second-round qualifying venues where they will compete for spots in the Military Long Drive Championship at Mesquite. The competition is open to all active-duty service members, Reservists, National Guardsmen, retirees and Family members, 18 and older from all branches of the military.

Twenty-seven sites currently are set for first-round competitions between July 11 and Aug. 31. Dates and times will be determined by officials at each respective site.

The following installations will host first-round competitions: Fort Dix, N.J.; Fort Lee, Va.; Fort Meade, Md.; Carlisle Barracks, Pa.; Schofield Barracks, Hawaii; Fort Benning, Fort Gordon and Fort McPherson, Ga.; Fort Bragg, N.C.; Fort Campbell and Fort Knox, Ky.; Fort Jackson, S.C.; Fort Wainwright, Alaska; Fort Carson, Colo.; Fort Leonard Wood, Mo.; Fort Lewis, Wis.; Fort Riley, Kan.; Fort Bliss, Fort Hood and Fort Sam Houston, Texas; Fort Huachuca, Ariz.; Fort Sill, Okla.; Heidelberg, Stuttgart and Wiesbaden, Germany; and Camp Casey and Yongsan, Korea.

The second-round sites have not been finalized. For more information, visit www.ArmyMWR.com.

Firebirds take on Hurricanes

Come watch semi-professional football teams Waycross Firebirds and Hinesville Hurricanes as they play locally.

Date	Location	Time
May 3	Fort Stewart	6 p.m.
July 19	Hinesville	6 p.m.

For ticket information on home games call 912-283-3531 or go to the Web at www.eteamz.com/Waycross_Firebirds.



Tide loses to No 1 team

Mike Riddle
Coastal Courier

LUDOWICI — As they say in kid's games, close doesn't count in anything but horseshoes and hand grenades, but Tuesday, the Long County Blue Tide came about as close as they could in knocking off the 2-AA, 8-0, Pierce County Bears.

The number one team in the state came to Ludowici to take on the Blue Tide. And from the 12-2 score in their first meeting this year, the bears probably figured on an easy win.

The Blue Tide lost the game 10-11.

But Tide coach Brian Thomas had his team ready to play, and especially ready to not quit.

"We were behind most of the way, but never quit and kept scratching away at Pierce's lead. This was a much improved effort, compared to our first meeting when they beat us 12-2 in six innings. We were in this game right up to the last pitch."

Stetson Strickland started the game going 1-2/3rd innings, followed by Paul Lewandowski going 2 innings, and Jake Durham finished with 2-1/3rd innings.

The Tide's leading batters were Stevie Harrison who went 2 for 3, with a triple and 2 runs scored and Richard Johnson who also went 2 for 3 with a double.



Mike Riddle

Richard Johnson hits a double Tuesday against Pierce County.

Thomas praised the effort of the whole team and also said of the seniors, "I am really proud of our seniors for showing great leadership and being positive role models."

The Tide's record now is 9-6 overall, and 3-5 in the 2-AA Region. In the region they are in fifth place, and need to move up to at least fourth to make the play-offs.

Panthers lose two games in a row

Patty Leon
Coastal Courier

The Liberty County Panthers have hit a slump, dropping back-to-back games against Statesboro, April 8 and South Effingham, April 9.

The trip to Statesboro didn't take long. But the trip home felt like an eternity, Panthers said, after Statesboro handed them a 1-6 loss in the non-region match up.

"We gave up 6 runs in the 4th inning, all unearned," Panther coach Steve Cotrell said. "We came out and played flat. We were not ready to play."

Sitting at 4-0 in 3S-AAA region the Panthers faced their biggest regional opponent, the undefeated South Effingham Mustangs, Wednesday afternoon at home.

The Mustangs showed why they are on top and opened the game with 2 back-to-back homers for a quick 0-2 lead.

Skyler Hoffer started on the mound for the Panthers. But the Mustangs kept the hits coming, scoring 6 more runs in the second and 2 runs in the fifth to topple the Panthers in five innings 0-10.

Justin Eaton replaced Hoffer in the third. Edward Chipple

finished the game in the fifth.

The Panthers' struggled at bat and the few hits they made were either easy outs or fielded for the out.

"They are a good team," Cotrell said about the Mustangs. "Their coach does a great job with those guys; they are fundamentally sound, and I told our guys they had to come ready to play and have energy and have fun."

"I think we are more athletic than them, I think we can do some things more than they can do, but not when you are not ready to play. Our players appeared to be intimidated by them just because of the way they take the infield and outfield. We just didn't respond to them. We didn't respond when they put up 2 runs on us, and it took the steam right out of us."

Cotrell said his team appears to be in a spell right now where they are feeling sorry for themselves. He hopes his guys snap out of it as they face another regional challenge tonight against Burke at home.

"Now we are in a dogfight for second or third place," the coach said. "We have to find a way to get in. We will find out what kind of character and integrity our kids have. They will have to step up."



Patty Leon

Despite a stretching attempt, the ball got behind Justin Eaton in the Panthers' April 9 loss to South Effingham.

Jake's Body Shop

Setting your goals, tracking the progress

Jake Battle
DMWR Fitness Director

Making your exercise a success is not easy. But you can do it! Following these simple steps will greatly increase your chances for exercise success.

Ask your friends

Ask the people close to you (spouse, Family, friends) to help you. Ask them to celebrate with you when you reach a goal, to exercise with you, or to help you realistically plan your schedule.

Tell them it is important to you and ask them to be interested and encouraging. Perhaps they would like to join you. It is easier to jump rope if other people are doing it too. It is easier to keep going when other people are exercising with you.

Keep up if you miss a day

Everyone misses a day once in a while. Do not waste time feeling that your program is over or that it will be too hard to exercise if a day has been missed. Just get restarted. A perfect record is not important. Just keep trying and you will do it.

Use reminders

To remind yourself to exercise, put reminders out where you will see them in your home and at work.

For example, put up a picture of a winning runner, breaking the tape and holding hands high. Anything that reminds you of your commitment to being stronger and more fit will help to keep your motivation high until exercise becomes a habit.

Quit smoking, lose weight

Success breeds success. After a few weeks of exercise, you have taken command. Now is a good time to think about taking charge of your smoking or excess weight.

Quitting smoking will help your exercise routine, and your exercise routine will actually make it easier for

you to quit smoking.

Losing weight and keeping it off is also aided by exercise. Combining exercise with changes in your eating routine will help you successfully lose your excess weight.

Make a commitment

Perhaps, you have tried exercising for three weeks and made a good, solid start. You were a success. Keep your exercise program going until it becomes a habit. Review your reasons for exercising and then take the next step. You can do it.



Jake Battle

2008 INSTALLATION SPORTS

Hunter Intramural Volleyball Schedule

April 17 MEDDAC vs. Lang's Smashers 6:30 p.m. Riggers platoon vs. 224th MI 7:30 p.m.	Riggers platoon vs. 224th MI 7:30 p.m.
April 21 Riggers platoon vs. Smashers 6:30 p.m. 224th MI vs. MEDDAC 7:30 p.m.	April 30 224th MI vs. MEDDAC 6:30 p.m. Riggers platoon vs. Smashers 7:30 p.m.
April 22 Smashers vs. 224th MI 6:30 p.m. Riggers platoon vs. MEDDAC 7:30 p.m.	April 30 224th MI vs. MEDDAC 6:30 p.m. Riggers platoon vs. Smashers 7:30 p.m.
April 23 Riggers platoon vs. 224th MI 6:30 p.m. MEDDAC vs. Smashers 7:30 p.m.	May 5 Riggers platoon VS. 224th MI 6:30 p.m. MEDDAC VS. Smashers 7:30 p.m.
April 24 Riggers platoon vs. Smashers 6:30 p.m. 224th MI vs. MEDDAC 7:30 p.m.	May 6 224th MI VS. MEDDAC 6:30 p.m. Riggers platoon VS. Smashers 7:30 p.m.
April 28 Riggers platoon vs. MEDDAC 6:30 p.m. Lang's Smashers vs. 224th MI 7:30 p.m.	May 7 Smashers VS. 224th MI 6:30 p.m. Riggers platoon VS. MEDDAC 7:30 p.m.
April 29 MEDDAC vs. Smashers 6:30 p.m.	May 8 Riggers platoon VS. 224th MI 6:30 p.m. MEDDAC VS. Smashers 7:30 p.m.

Sign up for CYS sports

Registration for youth T-ball, baseball, and girls' softball is currently underway and will end May 5 or when all slots are filled.

Sports programs are open to all Child and Youth Service members, both boys and girls for children meeting the age requirements.

The categories are T-ball for 4 to 6-years old as of May 1; Baseball for 7 to 14 year old as of Aug 1; and girls' softball, for ages 7 to 12, as of Jan 1. For more information, call 767-4371.

Register for the above sports at Fort Stewart CYS, building 443, Gulick Ave. next to Corkan Pool. Hours of operation are 8 a.m. to 5 p.m., Monday through Friday; 9 a.m. to 6 p.m., Wednesday. For more information, call 767-2312.

Sports registration is free to children of any parent currently deployed. Volunteers are needed to coach teams.

If interested, please contact CYS at 767-2312 or Youth Sports Office at 767-4371.

Intramural softball leagues begin

Now is the time to register for intramural softball. Registration will be held until April 28. Games will be held at 6:30, 7:30 and 8:30 p.m., Monday through Thursday at the Bennett Sports Complex at Stewart and Squires Sports Complex at Hunter. Leagues are open to active duty, Family members, retirees, and Department of the Army civilians. For more information or to register, call 767-8238 at Stewart or 315-4160 at Hunter. League play begins in May.