

## Stewart's Rockets advance to State

Sgt. Tanya Polk  
Editor

Fort Stewart hosted the annual Georgia Recreational Park Association District II Track Meet, April 26 at Quick Track. Stewart's Rockets, age 8 through 14, competed against Camden, Appling, Douglas Coffee, Ware and Wayne county athletes.

Overall, Lady Rockets placed second with 373 points, as Camden County took first with 391 points. The Rockets took first place with 518 points, with Appling County falling in second with a total of 397.5 points.

The top two athletes from each event will advance to State, held in Carrollton, Ga., Friday and Saturday. Fort Stewart's State winners will be announced in the May 8 edition of the Frontline.

The following Rockets are advancing to the State competition.

### Triple Jump, Running Long Jump

#### Boys

- Age 7-8  
First Place: Jalen Smith, age 8, 10-02.00
- Age 9-10  
First Place: Justin Jordan-Smith, age 10, 12-05.50
- Age 11-12  
Second Place: Carion Eaton, age 11, 13-08.00

#### Girls

- Age 7-8  
First Place: Samantha Stewart, age 8, 9-05.00
- Age 11-12  
Second Place: Ajiah Lewis, age 12, 12-01.50

### Long Jump, Standing Long Jump

#### Boys

- Age 7-8  
Second Place: Dillon Gooding, age 8, 5-04.00
- Age 9-10  
Second Place: Tiamario Lindsey, age 9, 6-00.50

#### Girls

- Age 11-12  
First Place: JaKima Wilson, age 11, 6-09.25

### Shot Put

#### Girls

- Age 9-10  
Second Place: Ashanti Harris, age 9, 14-10.00
- Age 11-12  
Second Place: Knilah Waters, age 11, 22-09.00
- Age 13-14  
First Place: Courtney Bennett, age 13, 32-11.00

### Javelin Throw, Softball Throw

#### Boys

- Age 7-8  
Second Place: Montaye Frasier, age 8, 80-03
- Age 13-14  
Second Place: Khalil Harris, age 13, 186-00

#### Girls

- Age 7-8  
First Place: Leilynn Arrington, age 8, 68-05

### High Jump

#### Boys

- Age 11-12  
First Place: Adonus Lee, age 11, 4-10.00
- Second Place: Shadeed Reed, age 12, 4-06.00
- Age 13-14  
First Place: Marsalis Jackson, age 14, 5-08.00
- Second Place: Anthony Holsendolph, 14, 5-04.00



Rocket Anthony Holsendolph, age 14, (left) tries to take the lead from Camden County's Russell Brown, age 14, in the 200 Meter Dash. Holsendolph took third with a time of 25.63 seconds at the GRPA District II Track Meet held at Fort Stewart's Quick Track, April 26.

Photos by Sgt. Tanya Polk

#### Girls

- Age 9-10  
Second Place: Rahja Walker, age 10, 3-00.00
- Age 11-12  
Son'Taja Gordon, 11, 4-06.00

### 1600 Meter Run

#### Boys

- Age 9-10  
First Place: Da'Shaun Coleman, age 10, 6:33.11
- Age 11-12  
Second Place: David Wemyss, age 11, 6:20.35
- Age 13-14  
Second Place: Keith Williams, age 13, 5:41.95

#### Girls

- Age 9-10  
First Place: Nicole Weymss, age 9, 6:41.57

### 200 Meter Dash

#### Boys

- Age 7-8  
First Place: Isaac Coleman, age 8, 35.20

#### Girls

- Age 7-8  
First Place: Leilynn Arrington, age 8, 36.09

### 100 Meter Dash

#### Boys

- Age 7-8  
First Place: Jalen Smith, age 8, 16.53
- Second Place: Dillon Gooding, age 8, 16.99
- Age 9-10  
First Place: Justin Jordan-Smith, age 10, 14.31

#### Girls

- Age 7-8  
First Place, Danika Boyd, age 8, 17.56

### 50 Meter Dash

#### Age 7-8

- First Place: Dillon Gooding, age 8, 8.50

#### Age 9-10

- First Place: Justin Jordan-Smith, age 10, 7.56

#### Girls

- Age 7-8  
First Place: Leilynn Arrington, age 8, 8.86

### 400 Meter Dash

#### Boys

- Age 7-8  
First Place: Isaac Coleman, age 8, 1:19.19

#### Age 11-12

- Second Place: Montaye Frasier, age 8, 1:19.57
- Age 11-12  
First Place: Shadeed Reed, age 12, 1:04.08
- Age 13-14  
Second Place: Anthony Holsendolph, age 14, 57.12

#### Girls

- Age 7-8  
Second Place: Danika Boyd, age 8, 1:32.00
- Age 9-10  
Second Place: Alexis Cisco, age 10, 1:20.06
- Age 11-12  
First Place: Ajiah Lewis, age 12, 1:07.41

### 800 Meter Run

#### Boys

- Age 7-8  
First Place: Jalen Smith, age 8, 2:57.98
- Second Place: Montaye Frasier, age 8, 3:00.07
- Age 9-10  
First Place: Da'Shaun Coleman, age 10, 3:03.34
- Age 11-12  
First Place: Adonus Lee, age 11, 2:38.16
- Age 13-14  
Second Place: Jamorris Hill, age 13, 2:36.02

#### Girls

- Age 7-8  
First Place: Samantha Stewart, age 8, 3:37.57
- Age 9-10  
First Place: Nicole Wemyss, age 9, 3:06.01
- Age 13-14  
First Place: Keyiana Lindsey, age 13, 2:43.10

### 4X400 Meter Relay

#### Boys

- Age 7-8: First Place
- Age 11-12: Second Place
- Age 13-14: First Place

#### Girls

- Age 7-8: First Place
- Age 9-10: Second Place
- Age 11-12: Second Place

### 4X100 Meter Relay

#### Boys

- Age 7-8: First Place
- Age 9-10: Second Place
- Age 11-12: Second Place
- Age 13-14: First Place

#### Girls

- Age 7-8: First Place
- Age 11-12: Second Place

For full results log on to [www.exact-timing.com](http://www.exact-timing.com) and click on the 'GRPA April 26 Results' link. For information about Stewart youth sports, call Child and Youth Services at 767-2312 or the Youth Sports Office at 767-4371.



Samantha Stewart, age 8, takes first place in the Tripple Jump, Standing Long Jump, jumping 9-05.00, at the GRPA District II Track Meet held at Fort Stewart's Quick Track, April 26. Stewart will compete at the State meet in Carrollton, Ga., Friday and Saturday.

# Military golfers get opportunity of a lifetime



Photos by Randy Murray

**Lt. Robert Workman, USCG, tees off at Hole 3 during the first day of the pro-am portion of the Liberty Mutual Legends of Golf tournament, held at Westin Savannah Harbor Golf Resort and Spa, April 23-24. Workman and three other servicemen, Sgt. Kevin Brown, USA; and Sgt. Chris Wiley, USMC; and Master Sgt. John Findley, Ga. Air National Guard, were given the opportunity to play with a professional golfer in a show of appreciation to the U.S. military. Active duty servicemembers were also given free tickets to attend the week-long event.**

**Randy Murray**  
Public Affairs Specialist

“This is something I’ve never experienced before,” said Lt. Robert Workman, U.S. Coast Guard, regarding the VIP treatment he and fellow servicemen received from the Westin Savannah Harbor Golf Resort and Spa during their participation in the 20th annual Liberty Mutual Legends of Golf tournament.

Workman, a rescue helicopter pilot, was one of four servicemen-golfers selected to pair with golf professionals and participate in the pro-am portion of the tournament. The other military participants were Master Sgt. John Findley, an active duty maintenance superintendent with the Georgia Air National Guard; Sgt. Chris Wiley, a Marine Corps administrative noncommissioned officer; and Sgt. Kevin Brown, an Army military intelligence noncommissioned officer. All of these servicemen are stationed at Hunter Army Airfield.

Though their military experience varies, all four men have more than 10 years experience on the golf course. Findley said he started taking the game of golf seriously when he bought his first set of clubs 10 years ago. He said the investment in the equipment, which can cost thousands of dollars, pretty much mandates a commitment to the game. Workman, who’s been hitting and chasing little white balls around big, green fields for 15 years, agreed.

Wiley, who’s considering leaving the Corps and making golf his fulltime job, has been trudging through the fairways for over 16 years. When he was asked if he’d give up a day at work to participate in the Liberty Mutual Legends of Golf, his response was like the recitation of a bumper sticker. He’d rather be playing golf.

Brown, who’s only 29, said he’s been playing golf all his life, though he officially didn’t pick up a putter until he was 4.

“My mom (Valerie Brown) would take me onto the course with her in the golf cart, me in my car seat,” he chuckled. “My dad (Dennis Brown) was the same way. I’d say I grew up on the golf course.”

On their first day, Brown, Wiley, Findley and Workman were paired with professional golfer Gary Koch, who when he wasn’t joking with them about awkward shots,

gave each of them pointers to improve their game. His sense of humor and appreciation for the sacrifices service members make for this country were evident at the first shotgun tee-off. Brown’s ball veered left into a marshy rough, scattering the redwing blackbirds that were cheerfully singing among the cattails and pampas grass that lined the borders of the fairway. Wiley’s ball veered right into the trees, some of which were covered by honeysuckles; the sweet-smelling fragrance was perhaps a distraction to the Dallas, Texas native.

“The object of the game is to hit the ball so that it lands between the roughs,” Koch joked, pointing at the marshy area to his left front and the tree line to his right.

Their performance improved dramatically after the first hole. In fact, the team’s score April 23 and 24 was 10 under par, which is not bad for amateurs. Findley’s remarks perhaps summarized how each of them felt about the two days they played golf with the pros’ at a national golf tournament. He described the experience as “an opportunity of a lifetime.”

In addition to incorporating service members in the pro-am part of the tournament, 50 local businesses bought admission tickets for active duty members and their spouses. The Liberty Mutual Group, who sponsored the tournament, matched those tickets to ensure all military personnel interested in attending would be admitted. Moreover, the Stewart-Hunter Tithes and Offering Fund received a check for \$17,600 from the Liberty Mutual Legends of Golf tournament.



**Lt. Robert Workman, USCG; Master Sgt. John Findley, Ga. Air National Guard, Sgt. Kevin Brown, USA; and Sgt. Chris Wiley, USMC; pause for the camera before teeing off on the first day of their participation in the pro-am portion of the Liberty Mutual Legends of Golf tournament held at Westin Savannah Harbor Golf Resort and Spa, April 23-24.**

# Jake's Body Shop: *Take time out to exercise*

**Jake Battle**  
DMWR Fitness Director

Exercise is one of the best uses of your time. Here's how to not lose it in the shuffle.

Problems are a normal part of life. You should expect to run into a few as you build your exercise habit. Most people do. But many of these common problems can be avoided. Those that cannot be avoided can often be minimized or overcome.

Do not let an occasional problem get you down or make you feel like a failure. You are in charge, and you can handle whatever comes up. Use your own common sense, your friends' ideas, and the suggestions below to successfully deal with any difficulties, and keep your exercise program going strong.

**'Exercise takes too much time.'**

## **Suggestions:**

A workout should take no longer than one hour. This includes a five-minute warm-up, at least 20 minutes with your heart rate up, a five-minute cool-down and time to change and shower.

*If your workouts are taking longer than an hour, then ...*

- Make your workout shorter by figuring out which part of the workout is using extra time. If your warm-up takes 20 minutes, consider cutting back.

*If your workouts are taking an hour, but they seem to keep you from doing other things, then ...*

- Consider making some changes in your exercise schedule. If you feel rushed shopping or you are missing your favorite TV program because you are exercising, then exercise could seem to be taking too much of your time. Do not stop your efforts. Try different

times until you find a pattern that fits your schedule. Perhaps enthusiasm is getting low and you need to raise it.

- Combine exercise with other activities. Exercise with friends or Family. Walk to work. Bicycle to the store.

*If your workouts are taking about an hour, but you feel three hours each week is too much time to exercise, then ...*

- You may need to re-examine your exercise commitment. Take another look at your priorities. Reconsider the many health benefits you are getting from exercise – benefits that make you more effective in dealing with daily stress.

- Perhaps you are changing jobs or moving. If so, wait to begin your program.

If your chart is on the positive side, review your reasons for exercising and make a new and firm commitment to exercise.



## Hang time at Hunter

Courtesy photo

*Slam Dunk contest winner, Airman 1st Class Mareguis Killebrew, a Jet Engine Mechanic at Travis Air Force Base, hangs out and displays his trophy at the Hunter Army Airfield three-on-three tournament, April 12. The tournament held at the GMH Housing office, was sponsored by Coca Cola and the Defense Commissary Agency. The event consisted of a three-on-three tournament with two age categories (15-17 and 18+), a three-point contest, slam-dunk contest and a cookout.*

*The 15 to 17 three-on-three champions were John Frazier, Clarence Kirkwood and Lydell Manigo. The 18+ three-on-three champions were Mareguis Killebrew, Jacob Zielinski, and Eli Wilson.*

*The three-point contest winner was Noel Ortega, and the Slam Dunk contest winner was Killebrew.*