

# Sports

## 'Canes tie Firebirds in preseason kick off

**Patty Leon**  
Coastal Courier

The sky was clear, the weather cool, but you could see the steam coming off the helmets as the Hinesville Hurricanes and the Waycross Firebirds strapped on their football gear to open the semi-pro league's pre-season game at the Gator Bowl on Fort Stewart, Saturday.

Both teams battled during a scoreless first quarter. The haphazard offense on both sides made it evident that both offenses were working to clear the cobwebs accumulated over the long off-season.

While the players gathered their mojo, a series of penalties and turnovers kept both teams at bay.

The first score came as Firebird quarterback Shalom Davis was poised to get a first down; the 'Birds found their rhythm. Hurricane corner Charles Crosby had other plans, crossing in front of the 'Bird receiver for the interception and the Hurricanes first touchdown.

The 'Canes missed the point after and were leading 6-0.

The Firebirds quickly answered and, with the ball on the 4-yard line, 'Bird Dornell Baker carried one in for the TD. They also missed the PAT, tying the game.

The Hurricanes started another offensive series but were unable to cross the

goal. They went for a field goal to close the half with a 9-6 lead.

The 'Canes' defense opened the third quarter with another interception by Travis Dayton and running back Joseph Matavao kept pounding away at the yards. But a Firebird defender deflected a touchdown pass in the end zone.

The 'Canes lined up for a field goal, but it was blocked and Kenny Norton carried it all the way for another Firebird touchdown. After missing the PAT, the 'Birds were ahead 13-9.

Late in the fourth an interception by Dayton allowed Matavao to barrel through the centerline for another 'Canes score. Missing yet another PAT, it was 15-13, Hurricanes.

Dayton brought in another Hurricane touchdown and with 2 minutes left in the game it appeared the Hurricanes were poised to win it 21-13.

Firebird running back Alexander Lacey was supposed to be the standout performer for the night, but it was Deon Turner who stole the show with a 68-yard run for a Firebird touchdown with 1:30 left on the clock making it 21-19.

The Firebirds lined up and scored the 2-point conversion and closed the first action packed pre-season game with a 21-21 tie.

See page 3C for 2008 Hinesville Hurricanes schedule.



Photos by Sgt. Tanya Polk

**Above: Hurricane corner Charles Crosby intercepts the ball and scores the Hurricanes' first touchdown at a preseason game against Waycross Firebirds held at Fort Stewart, May 3.**

**Left: Firebird QB, Shalom Davis tries to avoid Hurricanes' K.B. Brown during the teams' first preseason game held at Fort Stewart, May 3.**



## MWR Big Fish Contest reels in Family fun

**Pat Young**  
Managing Editor

Reeling in a whopping 7.5 pound catfish, May 3, Paul Aidime, landed the largest fish of the day at the Fort Stewart-Hunter Army Airfield Big Fish Contest held at the installation's Cedar Bay Pond 30.

The event had three categories, largest bass; largest pan fish; and largest catfish. The top three were recognized during an awards ceremony at the event. On hand to help hand out the awards was fishing professional Stan Mitchell. Mitchell, who won the 1981 Bass Masters Classic and was listed among ESPN's top 35 anglers for 2003, said he wanted to show his support for the Soldiers.

"It is an honor to spend time here, Mitchell said, "I get to go fishing here, because they're keeping us safe - over there."

Mitchell recalled the times he spent with his father, learning to fish and commented on the participation.

"It is great to see people who don't often get a chance to do this, come out with their Families and enjoy themselves," Mitchell said.

Smiling broadly, Mitchell said the event was amazing as people were using all sorts of baits and setups with huge success.

Patrick Durr, 12, who went fishing with his father, Stewart-Hunter Garrison Command Sgt. Major Charles Durr, reeled the first two fish he ever caught at the event, while using a Silver Eagle 3.0 rod and Bass Pro-Shop 5.0 reel.

With his dad's help, he released the first of two bass that he caught, and strung the other up to bring home to mom for cooking.

Patrick said the event was special because he was able to catch the fish, and it was time well spent with his dad.

Sgt. Armando Velez Sr., 293rd Military Police Company, who recently returned from Iraq, agreed with that sentiment. He said he came to the event, not for the competition, but for his five-year-old son Armando, Junior.

"It doesn't matter if we don't catch anything at all," Velez Senior said. "I thought it would be fun to come out, practice casting, teach him a few things, and spend time together."

But there was plenty for Families to do besides fish at the event, with inflatable slides and jump houses, fishing games and displays, and food and refreshment vendors.

But some people came early and left with a wealth of fish.

Catching more than a dozen only a few hours into the event, Linda McKnight came to spend time with her fishing buddy - her husband and to relax with a hobby she's done for most of her life.

"My mother taught me to fish," she said. "And it's something I still enjoy doing." She said it was something the Family could do together. She shared some of her fishing secrets. She said she cast out about seven to eight feet out - using a floater, situated about three feet from the bait, and occasionally jiggling (wiggling the rod) to catch the fish's attention.

Several of the contestants seemed to know the trick of luring them in as nine winners were announced during the awards ceremony. The top three winners for the bass category were Spc. Allen Kerner, Company A, Warrior Transition Battalion with a 3.7 pounder; Oliver Bennett, with a 3.3 pounder; and Eddy White with a 3.07 pounder.

The top three panfish were Cypress Phipps with a 1.07 pound fish, David Richardson with a .89 pounder, and Christ Crenshaw with a .58 pounder.

The top cat fish catches were Paul Adime with his 7.5 pounder, Richard Faulk with a 1.0 pounder, and Roy Hoey with a .96 pounder.

To prepare for the tournament, Fish and Wildlife donated about 3,000 pounds of fish to the pond, a combination of catfish, bass and panfish.

Chris Dent, Recreation Delivery System Coordinator said other contributors to the event were AAFES, Bass Pro, Budweiser, Clyde's Market, Coca-Cola Company's Vault soft drink; Independence Place Apartments, VIP Office and Furniture Supplies, the Directorate of Emergency Services Game Wardens, and Youth Challenge.

"The sponsors really came together to do something for the active duty, and WTU Soldiers," Dent said. "Yet, although the contest was for the active-duty Soldiers, we expected it would be a great Family event."



Photos by Pat Young

**Stewart-Hunter Garrison Command Sgt. Maj. Charles Durr, takes the opportunity to go fishing with his son Patrick, 12, at Pond 30 May 3.**



**Above: Sgt. Armando Velez, Sr. spends time with his son Armando Jr., May 3 at The Big Fish Contest.**



**Right: More than 750 people participated in the Big Fish Contest at Pond 30 on Fort Stewart, May 3.**

# Kalsu crowns basketball champion



Courtesy photo

**Sergeant Mickey Campbell, "Dem Dudes," drives for a layup past a defender from the Patriots during the FOB Kalsu basketball championship, May 3. "Dem Dudes" claimed the title with a 44-37 win.**

**Sgt. Jason Stadel**  
2nd BCT Public Affairs

**FORWARD OPERATING BASE KALSU, Iraq** – It took a span of four days but in the end, "Dem Dudes" held off the Patriots 44-37 to claim the FOB Kalsu basketball championship, May 3.

"Dem Dudes" was comprised of Soldiers from the 2nd Brigade Combat Team, 3rd Infantry Division; 153rd Military Police Company, 5th Battalion, 5th Air Defense Artillery; and 2nd Battalion, 69th Field Artillery. Soldiers from 4th BCT, 3rd Inf. Div., formed the Patriots.

The championship game began April 29 under a sky dark with dust and clouds. Both teams struggled offensively in the first half, which ended with "Dem Dudes" leading 17-16.

In the second half, the pace of the game changed from poor offense to stepped-up defense.

"Dem Dudes" had three quick steals and converted them into six fast-break points to take a seven-point lead.

After the transition points, the pace of the game slowed down and the sky turned darker. Rain began to fall, and for the safety of the players, officials stopped the game with nine minutes remaining in the second half. At the time of the weather delay, "Dem Dudes" clung to a five-point lead.

From where it left off, the game continued four days later, May 3.

Here, the Patriots were able to make a run, this time under a cloudless sky.

"Dem Dudes" started with a zone defense to clog the middle of the court and force the Patriots to take outside shots.

"They had good, three-point shooters, but they were a bit off," said Sgt. 1st Class Deon Sparkling, coach of "Dem Dudes."

Although the Patriots' shots weren't falling, "Dem Dudes" failed to grab the defensive rebounds. The Patriots took advantage of the offensive boards to get within one; however, that was as close as the game would be.

"They (the Patriots) played hard today. We were just the better team," said Sgt. Mickey Campbell, "Dem Dudes" team captain.

In the last four minutes of the game, "Dem Dudes" used the fast break to sustain the lead, and a three-point bucket by Sgt. 1st Class Randy Parker sealed the win.

"We won because of teamwork," Parker said. "You've got to play team basketball to win."

The FOB Kalsu basketball championship started with 10 teams. "Dem Dudes" ran the table going 4-0. They finished the season with an 11-1 record and were also the preseason tournament champions.

# Fort Stewart recognizes youth State track winners

## Special to the Frontline

The Fort Stewart Rockets took home 75 medals from the Georgia Recreation Park Association Class B/C State Track Meet May 2 and 3 in Carrollton, Ga. These athletes, ages 7 through 14, recently placed first and second place in the District II meet at Stewart's Quick Track, April 26.

Fort Stewart-Hunter Army Airfield, in conjunction with Child and Youth Services, Youth Sports recognizes the following winners:

## Girls

### Ages 7-8

Samantha Stewart – 8th place Long Jump, 6-10.00; 8th place 100m Dash, 17.78; 1st place 800m Run, 3:19.02; 2nd place 4X100 Relay, 1:11.78; 1st place 4X400 relay, 6:31.53

Leilynn Arrington – 2nd place Softball Throw, 63-00; 6th place 50m Dash, 8.92; 4th place 200m Dash, 37.72; 2nd place 4X100 Relay, 1:11.78; 1st place 4X400 Relay, 6:31.53

Danika Boyd – 7th place 100m Dash, 17.74; 7th place 400m Run, 1:34.86; 2nd place 4X100 Relay, 1:11.78; 1st place 4X400

Relay, 6:31.53

Loki Bowen – 2nd place 4X100 Relay, 1:11.78; 1st place 4X400 Relay, 6:31.53

### Ages 9-10

Alexus Cisco – 6th place 400m Run, 1:20.03

Nicole Wemyss – 1st place 800m Run, 3:02.53; 1st place 1600m Run, 6:23.55

### Ages 11-12

Son'Taja Gordon – 1st place High Jump, 4-02.00

Ajiah Lewis – 8th place Long Jump, 10-02.50; 1st place 400m Run, 1:05.23

Knillah Waters – 3rd place Shot Put, 21-09.00

Jakima Wilsom – 1st place Standing Long Jump, 6-07.00

### Age 13-14

Courtney Bennett – 1st place Shot Put, 34-05.00

Keyiana Lindsey – 3rd place 100m Dash, 14.09; 4th place 800m Run, 2:50.95

## Boys

### Age 7-8

Jalen Smith – 4th place Lung Jump, 9-07.00; 6th place 100m Dash, 16.01; 2nd place 800m Run, 3:08.53; 3rd place 4X100m Relay, 1:06.69, 1st place 4X400m Relay, 5:44.54

Montaye Frasier – 8th place Softball Throw, 59-00.00; 1st place 800m Dash, 3:05.56; 4th place 4X400m Relay, 1:24.04, 3rd place 4X400m Relay, 1:06.69; 1st place 4X400m Relay, 5:44.54

Isaac Coleman – 6th place 200m Dash, 38.12; 1st place 400m Dash, 1:19.01; 3rd place 4X100m Relay, 1:06.69

Richard Fernandez – 3rd place 4X100m Relay, 1:06.69; 1st place 4X400m Relay, 4:44.54

### Ages 9-10

Justin Jordan-Smith – 2nd place Long Jump, 12-07.25; 2nd place 50m Dash, 7.63; 1st place 100m Dash, 14.19

Tiamario Lindsey – 4th place Standing Long Jump, 5-05.00

Da'Shaun Coleman – 1st place 800m Run, 2:50.22; 1st place 1600m Run, 6:20.40

### Ages 11-12

Adonus Lee – 1st place High Jump, 4-08.00; 1st place 800m Run, 2:38.38

Shadeed Reed – 2nd place High Jump, 4-06.00; 6th place 100m Dash, 14.28; 1st place 400m Run, 1:04.66

Carion Eaton – 2nd place Long Jump, 13-07.50; 4th place 200m Dash, 28.79

David Wemyss – 2nd place 1600m Run, 6:11.00

### Ages 13-14

Marsalis Jackson – 1st place High Jump, 5-08.00; 1st place 4X400m Relay, 3:54.24 (State record 3:53.41)

Anthony Holsendolph – 2nd place High Jump, 5-06.00; 5th place 200m Dash, 26.27; 2nd place 400m Dash; 1st place 4X400m Relay, 3:54.24

Jordan Waters – 4th place Standing Long Jump, 6-11.50; 3rd place 800m Run, 2:39.81; 4th place 1600m Run, 5:43.00

JaMorris Hill – 2nd place 800m Run, 2:36.47

Keith Williams – 2nd place 1600m Run, 5:34.46; 1st place 4X400m Relay, 3:54.24

Joshua McCullam – 1st place 4X400m Relay, 3:54.24

Of these medals, 29 were Gold and 15 were Silver. All Rockets will compete at the Georgia Games at Savannah State University, May 24.

For more information, contact Jerome Washinton, Youth Sports director at 767-4898.

# Jake's Body Shop

## When your routine becomes routine

**Jake Battle**  
DMWR Fitness Director

Keeping exercise fun and interesting can be tough. When your enthusiasm starts to dwindle you need encouragement. Here's how to deal with the exercise blues.

### Suggestions:

If you are in the first nine weeks of exercise, try giving exercise a little more time. As you become stronger, you may find that exercise in general and the specific exercise that you are doing will become more fun and less boring.

You may be pushing yourself harder than you need to. Always trying to go faster and further can make exercise painful and unpleasant. This can cause you to rapidly use up your motivation.

Be sure to do your warm-up and cool-down. It is normal for your body to be a little uncomfortable and sore when you start a new exercise program. Warming up before and cooling down after exercise can help keep the discomfort down and your motivation up.



*Jake Battle*

If you have been exercising for 10 or more weeks be sure that your choice of exercises, and time to do exercises make your exercising easy. Nothing will sap your energy motivation like trying to do an exercise you do not like or exercising at the wrong time.

Be careful not to push yourself too hard. As you get stronger, you may be tempted to push yourself to go further and faster than needed. This only depletes your motivation and discipline. Progress is natural. Enjoy it. Do not force it.

### Also try the following:

- Setting personal goals.
- Keeping a record of your exercise.
- Tracking your progress.
- Rewarding yourself for reaching goals or making progress.
- Reminding yourself of your commitment to exercise.
- Seeking help from your friends.
- Taking charge of your excuses.

### Excuses and Answers

It's too cold.

I can exercise inside.

I'm too tired

I feel good after exercise.

I can do it tomorrow.

I may be wasting earlier work.

# 2008 Hinesville Hurricanes Schedule

*Come watch semi-professional football team Hinesville Hurricanes.*

*All home games are played at Liberty Field off HWY 84.*

Date	Opponent	Location	Time
June 7	SO GA Warriors	Thomasville	7 p.m.
June 14	Seaport Sharks	AWAY	5 p.m.
June 21	Waycross Firebirds	HOME	7 p.m.
June 28	Macon Warriors	HOME	7 p.m.
July 12	SO GA Stars	Americus	7 p.m.
July 19	Waycross Firebirds	HOME	7 p.m.
July 26	Seaport Sharks	AWAY	7 p.m.
Aug. 2	SO GA Warriors	HOME	7 p.m.
Aug. 9	Macon Warriors	AWAY	TBA
Aug. 16	SO GA Stars	HOME	7 p.m.
Aug. 30	1st round of playoffs		
Sept. 6	2nd round of playoffs		
Sept. 20	Championship		

*General admission for games is \$6 for adults and children older than 12.*

