

BMX team jumps into Soldier-Family Appreciation

Sgt. Tanya Polk
Editor

Get ready for high-flying BMX action and upside down stunts as a Southern California team plans to wow Soldiers and Family members here on Fort Stewart, July 4.

More commonly known as Team Soil, the six-man professional BMX crew has been touring the world performing back flips, '360s,' 'Superman Seatgrabs' and more on bicycles and skateboards. Now, the team is jumping into the upcoming Soldier and Family Appreciation celebration.

"The BMX-skateboard show will be a spectacular visual performance with high-energy action packed stunts that will amaze and thrill people of all ages," said Christopher Dent, Fort Stewart recreation program coordinator.

Team Soil is scheduled to perform three shows; 10 to 11:45 a.m., noon to 12:45 p.m. and 4 to 5 p.m. in the Walker Field parking lot. Admission is free to Soldiers and Family members, as are other interactive activities and performances also that day.

"This Soldier/Family celebration this year will be the largest, most entertaining fun-filled event ever sponsored by this installation," said Larry Cutchens, community recreation officer for the Directorate of Morale, Welfare and Recreation. "This is joint sponsored event by all the directorates on this installation for our great Soldiers and their Families who we are honoring for their great service to our country."

Read next week's Frontline to hear what else is in store for the upcoming Soldier-Family Appreciation celebration!



Sgt. Tanya Polk

BMX professional, Steve Mueller spins his bike in mid-jump and wowed the crowd with his gravity-defying stunts at the 2007 4th of July festivities at Fort Stewart. DMWR promise this year's celebration to be even bigger and better.

Hunter hosts racquetball tournament



Eli Wilson

Staff Sgt. (retired) William Lowery displays his second place trophy as undefeated Staff Sgt. (retired) Roger Carter, brandishes his first place trophy after a double-elimination racquetball tournament held Saturday at Tominac.

Kaytrina Curtis
Hunter Public Affairs

Several men donned in goggles, t-shirts, shorts, and sneakers who stepped into a room of glass walls, smooth, hard floors, holding a light-weight racquet and a hallow rubber ball traveling a velocity of 140-150 miles per hour, were not crazy. They came to play racquetball. They were contenders in the Hunter Army Airfield Racquet Ball tournament Saturday at Tominac Fitness Center.

Fourteen participants turned out for the double-elimination tournament. There were three men's divisions: novice, open and senior. The senior division proved to be the best contest.

"Many of the tournament participants were evenly matched, which made for some very entertaining matches; several went to a tie breaker," said Eli Wilson, facility and program director, Tominac Fitness Center.

Even with the competitiveness of the matches, senior division's Staff Sgt. Roger Carter, a retired Soldier who was once stationed on Fort Stewart, proved to be the undefeated winner, despite close matches along the way.

"The competitiveness of the participants caught me off guard," Wilson said. "They

took this competition very seriously."

Carter, an avid racquetball player, traveled from Columbia, S. C. to participate in the event. He thought the tournament was well planned and organized. Carter also expressed appreciation for the amenities.

"It was excellent," he said. "They provided drinks, nice showers, towels and great hospitality."

First and second place winners were presented with a tournament trophy, a smoothie token, compliments of the Smoother Operator, and free bowling passes to Marne or Hunter Lanes.

The final results are as follows:

Men's Novice: 2nd place-Sgt. Jonathan Parker, 2nd Beach and Terminal Operations company, United States Marine Corps; 1st place-Spc. Edward Osborne, 224 Military Intelligence Battalion

Men's Open: 2nd place-Staff Sgt. Lorenzo Fleming, 92nd Engineers; 1st place- Capt. Joe Yamrick, United States Marine Corps

Men's Senior: 2nd place- Staff Sgt. William Lowery, retired Army, 3rd Battalion, 160th Special Operations Aviation Regiment; 1st-place Staff Sgt. Roger Carter, retired Army

Wilson said those interested should look for the next tournament to be at the Tominac Fitness Center in October.

Stewart CYS-Hinesville team takes NC State Taekwondo open by storm

Philip Kunz
CYS TaeKwonDo Instructor

Envision swords swinging through the air, the slashing blades cutting paper like a razor. Imagine the choreographed dance of nunchakas being used like a Hong Kong-made Kung Fu movie. Just listen to the snapping of boards like twigs as someone performs an upside down, over-the-head back summersault kick. Watch, as competitors battle against one another like a video game coming to life.

Fort Stewart Youth Services Tae Kwon Do class and the affiliates of the World Martial Arts Academy in Hinesville sent a combined force of 25 students, teachers and Families, nearly 350 miles May 3, to the 2008 North Carolina State Tae Kwon Do Open Championships, in Chandler, to make those images a reality, to compete against some of the best in the southeastern United States and take home their share of the gold. Categories at the event included sparring, forms, board breaking, and weapons.

The Fort Stewart team was headed by veteran competitors Paul Reeves, 9; Terri

Brown, 8; and Josh Bones, 8. The newcomers to tournament competition were Antonio Fierro, 9; Ty Ruff, 15; Bryan Ruff, 8; and Dustin Brown, 6. Although a very young squad, the Fort Stewart team represented themselves and the post in an excellent manner by capturing a total of 14 awards - six first place awards, two second place awards and six third place awards.

The WMAA team consisted of Terry Thomas, 10; Devin Campbell, 8; Daniel Schauland, 11; Cody Collier, 11; Tyler Dixon, 10; Joann Collier, 9; Kamani Pabo, 8; Eduardo Renta, 5; Evan Thomas, 6; Trajan White, 5; Kaulana Pabo, 4 and Deon Wise, 5; with instructors Steven Westerman and Victor Maldonado.

The sparring competition may have been the best talented groups assembled in quite awhile. In probably the toughest competitive age group, boys 8-9, Paul Reeves, Antonio Fierro, and Dustin Brown all fought really hard and earned a prestigious third place. First place awards were presented to both Josh Bones and Bryan Ruff.

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'Crushers' beat 'Eliminators' 7-6



Courtesy photo

Child and Youth Services closed out their Spring Soccer Season May 1 with the final game being the Crushers versus the Eliminators. Crushing the Eliminators 7-6 in the 10-13 year old league, Matthew Dawson led the team with five goals, and Steven Robinson adding two to the winning tally.

The team members are: first row; Cory Smith, Dawson, Jacob Kleinholz, Robinson, Aman Singh, second row; Casey Smith, Crystal Smith, Brandi Ray, Shelby Kleinholz, Alexis Vela, Dezmond Palsey, Megan Gibson, Denadja Soto, Armando Casquete, and Leslie Vizcarra. The team was coached by Samuel and Rhonda Robinson.

Golf association helps wounded troops get back in the swing

Tim Hipps

FMWRC Public Affairs

OLNEY, Md. – The Salute Military Golf Association has helped hundreds of combat-wounded servicemembers get back into the swing of life – both physically and psychologically – by providing free instruction, golf clubs, balls and practice facilities.

Most of the wounded warriors who attend clinics at Olney Golf Club in Maryland come from Walter Reed Army Medical Center and Bethesda Naval Hospital, where they are recovering from severe injuries.

Some come on prosthetic legs. Some hold the club in one hand, while maintaining balance with a metal hook that serves as the other. Some have never played golf before. Some may never again play the game as well as they once did.

They all, however, seem to leave feeling more content than they came.

“You can feel sorry for yourself all you want, but it’s not going to make your situation any better,” said Spc. Saul Bosquez, who had his left leg amputated below the knee and lost two right toes after getting hit with an improvised explosive device while on patrol in Baghdad, Iraq. “So why not try to do something?”

Bosquez, 23, of Fort Benning, Ga., has been rehabilitating since September at Walter Reed, where he learned about the SMGA.

“I figured I might as well do something while I’m here,” he said. “If you’re out doing stuff, it takes your mind off what happened. You might have a little reminder here and there while trying to make a swing – it’s more difficult because of your disability. But I’m out here golfing while there are guys still over in Iraq, so I can’t really complain.”

A member of the Eastern Amputee Golf Association, Bosquez recently shot a 92 at TPC Scottsdale in Arizona. On a couple of local courses, he has posted nine-hole scores of 43 and 45. Not bad for a Soldier on one leg who fancies himself as “a big baseball player.”

“Before, it was pretty much ‘here’s a ball, now go hit it,’” Bosquez said. “Now there’s a little more thought process going into my swing. Coming from a baseball background, all I wanted to do is just hit it as far as I could. Now there’s a little more of a science to it.”

Bosquez played catcher and third base for Adrian (Mich.) High School and a couple of seasons for Grand Rapids Community College.

“I can do other things, but they don’t have a lot of programs for the things that I want to do,” he said. “I would like to start a baseball program and actually play in a league.”

That kind of spirit is what inspired Jim Estes to create the SMGA, whose mission is to provide rehabilitative golf experiences for Soldiers wounded in Iraq and Afghanistan. A former PGA Tour player and current director of instruction at Olney Golf Park, Estes launched the program last year.

“Most people, if they don’t do it well, they quit,” Estes said. “These guys, they don’t quit at anything. So they’ve got a perfect

mentality for it. You tell them how long and how hard and they’ll do it. That’s the sort of people we wish we had as students. Most people play golf for recreation. These guys play golf for therapy and recreation.”

Just getting out and about and mingling with others is half the battle.

“It’s good to get out and socialize because after physical therapy I just go home and really don’t do anything,” said Sgt. Randy Coggins of Fort Campbell, Ky. “It really helps with my depression. I found out recently that I’m not as depressed as I used to be.”

While driving through northern Baghdad on Aug. 23, 2007, Coggins was hit by an explosively formed penetrator that severed his left leg below the knee and shredded the Achilles tendon in his right leg.

“A lot of people say I’ve handled it quite well,” Coggins said. “I don’t really take it too hard. I just tell myself it happens sometimes and you’ve got to deal with it – just got to accept the fact that it’s the way I’m going to be for the rest of my life.”

An eight-year Army veteran, Coggins, 26, has come full circle back to Walter Reed, where he was born. Disabled Sports USA program services assistant Kat Poster approached him there about joining forces with the SMGA.

“Kat came to me at Walter Reed and asked if I’d like to learn to play golf. I said, ‘Sure, I’ll give it a try,’” Coggins said. “This is my second time out. I never played golf before. It’s kind of cool, actually. I’ll try playing a round of golf and see how that works out, but right now I’m pretty content just knocking the ball around.”

Those kinds of comments make Estes smile.

“Most people that play golf are exposed to it at a young age and they take it on as a hobby,” Estes said. “Frankly, they take it on as a status symbol. These guys don’t have to pay a hundred grand in initiation fees to come out here and love golf.

I’ve seen it happen firsthand – how guys change their mind: go from depressed and drugged to the point they’re almost reaching for medication and everything’s negative because that’s the environment. Every single day a doctor is telling them ‘this is what’s wrong with you’ and pretty soon that’s all they’re thinking about.

So let’s get out of that medical atmosphere. Nothing against physicians; that’s what they’re trained to do is tell you what’s wrong with you, but you can’t play and have fun and be in a proper mindset with golf and think that way. So we just transform that.”

Army Family and Morale, Welfare and Recreation Command program analyst Trace Kea, a nine-year PGA professional, volunteered to help instruct the wounded warriors every Saturday from April 5 through May 24 at Olney Golf Park.

“It was a great way to give something back to these guys, who have given their all for us,” said Kea, who also worked with the group last year. “Their attitudes are great. They love that someone is doing something for them, and they love this program. They’re happy to be doing something instead of being laid up doing nothing at the hospital.”



Tim Hipps

SMGA founder Jim Estes (right) works with Army Sgt. Ramsey Coggins during a clinic at Olney (Md.) Golf Park. The SMGA was formed in 2007 with the belief that the rehabilitative benefits of golf can improve the mental and physical condition of every wounded Soldier returning from combat in Iraq or Afghanistan. It began with the purpose of creating a therapeutic outlet for Soldiers undergoing prolonged medical treatment at Walter Reed Army Medical Hospital and Bethesda Naval Hospital.

Disabled Sports USA partnered with the PGA of America to support the SMGA.

“I went to the prosthetic clinic at Walter Reed one day, and it brings tears to your eyes to see 40 or 50 people going through their drills and their rehab for the day,” Kea said. “And Kat from DSUSA rounds them up and says, ‘Let’s go.’”

They not only take them to the driving range – the Disabled Sports USA folks have taken the wounded warriors white-water rafting, biking, climbing, scuba diving and skiing, among other activities.



Spc. Amanda McBride

Capt. Shane Williams, Headquarters and Headquarters Company, 2nd Brigade Combat Team, 3rd Infantry Division, stares down a pitch May 8. The HHC, 2nd BCT "Rough Riders" were defeated by the 26th Brigade Support Battalion, "No Challenge too Great" team, 8-6.

The Forward Operating Base Kalsu Softball season is in full swing. On May 5, Soldiers gathered at the new softball field to prepare for intramural play amongst units fielded by the 2nd and 4th Brigade Combat Teams, 3rd Inf. Div. and the 3rd BCT, 101st Airborne Division (Air Assault).

The FOB Kalsu softball play will continue throughout May and June. There are 11 teams participating and an end of season tournament is scheduled for June.

2008 Hinesville Hurricanes Schedule

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

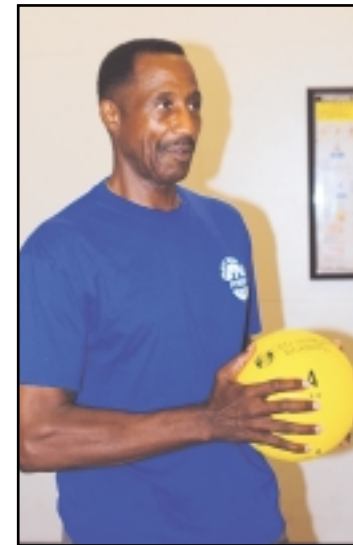
Date	Opponent	Location	Time
June 7	SO GA Warriors	Thomasville	7 p.m.
June 14	Seaport Sharks	AWAY	5 p.m.
June 21	Waycross Firebirds	HOME	7 p.m.
June 28	Macon Warriors	HOME	7 p.m.
July 12	SO GA Stars	Americus	7 p.m.
July 19	Waycross Firebirds	HOME	7 p.m.
July 26	Seaport Sharks	AWAY	7 p.m.
Aug. 2	SO GA Warriors	HOME	7 p.m.
Aug. 9	Macon Warriors	AWAY	TBA
Aug. 16	SO GA Stars	HOME	7 p.m.

Jake's Body Shop

Walk your way to health

Jake Battle
DMWR Fitness Director

Someone once said that the 70s were for jogging, the 80s for aerobics and the 90s were for walking. If this is true it's because more people find walking to be a less stressful yet more rewarding exercise. Those seriously involved in walking have turned it into a sport. The best part is that the participants range from age eight to 80, all of whom get in shape with minimal risks.



Jake Battle

Exercise walk

Exercise walking is a progression of steps that keeps the feet in unbroken contact with the ground. There are two basic keys:

- 1) You do not lose contact with the ground, and
- 2) keep the knee of the supporting leg straight. Since your foot stays on the ground at all times, it does not jar the body and results in fewer injuries.

The straight knee is what distinguishes the exercise walkers from joggers. It is also what gives exercise walkers their distinctive hip waggle. The waggle occurs because the walker is trying to keep the hip relaxed, so when the supporting leg is under the body, that hip will rise slightly, and the hip of the swinging leg will lower. The rotation of the pelvis increases hip extension, which in turn increases stride length.

Importance of arm motion

Along with the straightened knee, the exercise walker's feet land in a straight line instead of side by side. The arms are bent, giving more power to the arm swing. The arms and legs work as a unit, so quicker arm swings mean quicker leg strides.

The movement in exercise walking is more forward and less up-and-down, which puts less stress on the body, so the exercise walker is more likely to walk for longer periods of time. Once you learn the technique, you are able to keep going faster and further.

By increasing speed, exercise walkers and professional distance runners have comparable fitness levels, according to tests done at the U.S. Olympic Training Center. Even at slower

speeds, exercise walking has higher metabolic demands than jogging.

Better for you than jogging

Exercise walking is also associated with fewer injuries than running because the feet don't hit the ground with as much impact. Since one foot is always on the ground, the exercise walker lands with an impact of one-and-a-half times the body weight, compared with three-to-five times the body weight of a runner.

People who can't or don't want to run are finding exercise walking a healthy alternative. Patients with cardiac problems, bunions, flat feet, arthritis, or joint replacements will need special attention from their physician before beginning a next exercise walking routine.



Courtesy photo

Front Row: Jessica Ruff, Susie Brown and Angelo Fierro traveled with (second row) Bryan Ruff, Antonio Fierro, Terri Brown, Dustin Brown, Paul Reeves, Bosh Bones and (back row) Paul Brown, Tiffany Fierro, Kathryn Ruff, Ty Ruff, Philip Kunz, Lani Reeves, Luke Reeves, and Paula Brown to the 2008 North Carolina State TKD Open Championships ,May 3.

TKD

Two of the Fort Stewart team members completely dominated their opponents in forms and sparring competitions and earned first place in both categories, Terri Brown and Ty Ruff. Brown did her best to overcome the opposition – her outstanding performance of the Taeguk 4 Form and the constant pressure she applied on her opponents while sparring, sent her adversaries running for help. In his first martial arts competition, Ruff performed the Taeguk 1 Form extremely well and like Terri, kept constant pressure on his foes so they could not mount an attack or effective defense.

The WMAA students also performed well earning 16 first places, nine second places, and 11 third places among several categories, including sparring, forms, weapons, and board breaking.

All of the members of the Fort Stewart-WMAA team performed in a magnificent manner. Fort Stewart can all be proud of the team, and grateful

to the other class members who helped prepare them, and certainly the Family

members who helped make it possible for the students to participate.



Pat Young

The WMAA team, Joann Collier, 9; Kamani Pabo, 8; Eduardo Renta, 5; Evan Thomas, 6; Trajan White, 5; Kaulana Pabo, 4; Kevin, 6; Deon Wise, 5; and back row, Victor Maldonado; Terry Thomas, 10; Devin Campbell, 8; Daniel Schauland, 11; Cody Collier, 11; Tyler Dixon, 10; and instructors Tony Cipolla, and Steve Westerman (not in photo).

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