

# Sports

## Golfers meet geese at Taylors Creek



Sgt. John Mathatas, 554th Engineer Company chips onto the green May 16.

Pat Young  
Managing Editor

Taylors Creek Golf Course kicked off the golf season with an action packed Garrison Commander's Golf Scramble, May 16 on Fort Stewart, with a final score margin of only three points separating first from seventh.

Twenty-five teams raced against the weather as rain threatened to interrupt the competition in the 18-hole tournament. Two smaller events were also included in the tourney, closest-to-pin at Hole 2 and longest drive at Hole 18.

Prior to the shotgun start, Fort Stewart Garrison Commander, Col. Todd Buchs addressed the participants, thanking them for the excellent turn out, and encouraging them to provide feedback to let the installation know how to make the scramble even better.

The event, sponsored by the Directorate of Morale, Welfare and Recreation with the support of Coca Cola, offered prizes, to include new golf bags, shirts, coupons and more.

The competition was intense, but one man swept the field. Andy Anderson won both the separate competitions and helped his team take first with a score of 61.

Anderson joined teammates, Angel Cordelro, Robert Darby and Russell Clifford Johnson who tied the second place team represented by Michael Keesy, Don Esarb, Larry Husketh and Kevin Agel.

The tie was settled by a score card playoff, where performance at a randomly selected hole determined the win-

ner.

Third place was earned with a score of 62 by Paul Confer, Tony Klosek and Taylors Creek record holder, Russell Johnson, edging out the fourth place team in another tiebreaker. The fourth place team was represented by Ralph Daggett, Steven Lange, Tommie Lange, and Dale Smith.

Ronnie Stone, Larry Thomson and Tom Ryhn followed with a score of 63, taking fifth.

In yet another tie breaker, Houston Burke with his wife Christina, his brother Stephen Burke and Erica Doll, earned sixth with a score of 64 pushing the Directorate of Emergency Services team to seventh. DES was represented by Max Brown; Bart Knock; Sean Strate and James Hachney.

Taylors Creek's newest staff member, Shoshannah Steele, said she was happy with the tournament.

"It is really great to see such a wonderful turnout," Steele said.

"It's nice to see so many people enjoying the course, having fun and relaxing."

Golfers may have noticed a number of changes to the course, which provide a constant challenge to regulars, such as the movement of holes; however, one addition is hard to miss - the geese.

A gaggle of Canadian geese have decided to make an extended stay at Taylors Creek, some

thanks to the efforts of the 'Goose whisperer,' Chuck Ghrum Sr., a benevolent volunteer who provides the geese a steady supply of feed.

But whether due to the course, or the scenery, golf course manager and resident professional Tommie McArthur said he hopes returning Soldiers would rediscover the sport at Stewart and Hunter, and come out to play and relax. McArthur has set up a number of programs such as the early bird special, where players can get significant discounts for registering prior to the day of a tournament.

Another program at Taylors Creek is the junior golf camp; a program to teach the basics of golf to youth, ages 7 to 14 years old. Registration is ongoing through June 8 at Stewart and through June 15 at Hunter. Golf camps are 10 to 11 a.m., June 9-10 at Taylors Creek, and June 16-17 at Hunter Golf Club. The cost is \$25.

For more information, call 767-2370 at Stewart or 315-9115 at Hunter.



Photos by Pat Young

Above: Chief Warrant Officer Houston Burke, 2nd Brigade Combat Team, drives at Taylors Creek, May 16, helping his team take sixth place.

Left: A gaggle of Canadian geese add to the scenic beauty at Taylors Creek Golf Course at Fort Stewart.



## 'Smashers' crush competition at Hunter

Kaytrina Curtis  
Hunter Public Affairs

The "MEDDACS" and "Ling's Smashers" went head-to-head in the 2008 Volleyball Championship at Hunter Army Airfield's Tominac Fitness Center, May 12, in a best-two-out-of-three tournament.

As the teams warmed up before the opening serve, it seemed as if a bag of popcorn and cold beverage would be needed for all of the excitement, but the first game was over in a matter of minutes with "Ling's Smashers" coming out of the offensive-oriented and attacking game, with a score of 25-10.

Retired Air Force long-time player and coach, James Ling, currently an administrative assistant at Child and Youth Services, said that his strategy for the game was to run a 6-2 offense.

"We'd like to serve the opposition tough and hopefully, get rid of them very fast," he said.

The "MEDDACS," the number two seated team, were not there just for their health. During the second match, the "MEDDACS" took off their proverbial gloves and gave the "Smashers" a run for the trophies. Smasher, husband and wife teammates, Sondra and Sgt. Benjamin Wheeler, Warriors Transition Unit, met opposing player Spc. Kadee Wasserburger, MEDDAC, Tuttle Army Health Clinic, at the net for a game point for the "Smashers," answering the

point-for-point game.

Sondra said that she enjoyed playing this season because this season appeared to be better organized. She encourages other spouses to get into the game.

Family member Christine Dye, a statuesque team member who stands almost six-feet two inches, laughingly said that her height works to her advantage on the court.

"I may not be as physically quick or jump as high as the other athletes here," she said, "but because I am taller it helps to give me that extra edge."

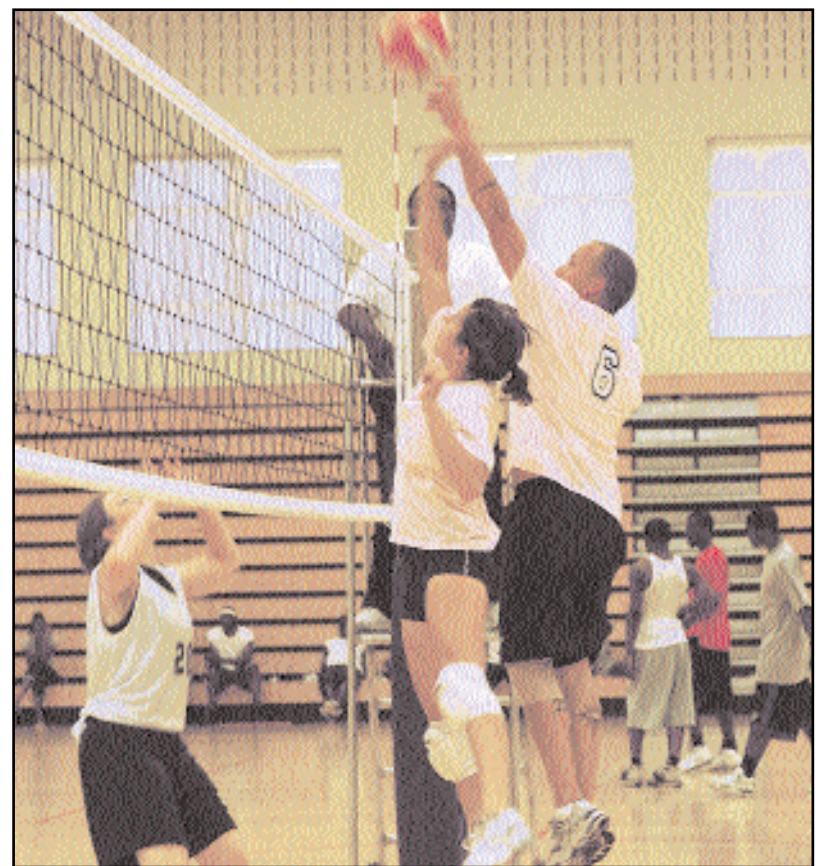
Dye said that the team has been practicing together since last June and that they finally got the chance to put all of their skills to use and have fun at the same time.

In the end, "Ling's Smashers," commanding and optimizing strategy helped to prove them as the undeniable winner, prevailing with a close score of 25-22.

To find out more information on Hunter Intramural sports programs, call Mike Hughes, sports director at 315-4160 or Randy Walker on Fort Stewart at 767-8238.

Kaytrina Curtis

"Ling's Smashers" Sgt. Benjamin Wheeler, WTU and Sondra Wheeler met at the net with opposing MEDDAC player Spc. Kadee Wasserburger, MEDDAC, Tuttle Army Health Clinic, during the 2008 Volleyball Championship game at Tominac, May 12.



Sgt. Jason Stadel

Staff Sergeant Justin Davis, Co. A, 26th BSB, tries his luck at the FOB Kalsu fishing pond, May 15.

Sgt. Jason Stadel  
2nd BCT Public Affairs

**FORWARD OPERATING BASE KALSU, Iraq** - Anglers at Forward Operating Base Kalsu now have a place to create fish stories with the grand opening of the FOB's newly-built fishing pond, May 15.

The pond is 18 feet deep and naturally filled with ground water. It was stocked with more than 1,200 carp to give Kalsu's fishermen an opportunity to catch the 'big one.' The fishing pond is for catch-and-release only.

Staff Sgt. Justin Davis, Company A, 26th Brigade Support Battalion, 2nd Brigade Combat Team, 3rd Infantry Division, is an avid fresh and salt water

fisherman who already has plans with his dad to go fishing once he returns to the States.

"It's kind of funny," said Davis, a native of Palatka, Fla. "My dad and I were talking about it would be cool if I could go fishing in Iraq. He's never going to believe that I actually am."

Fish were introduced to the pond in early May. The FOB Kalsu Mayor's Cell is responsible for the pond's upkeep, including feeding the fish.

Davis, who is typically a bass and catfish fisherman, said fishing for carp at the pond is still relaxing.

"It reminds me of home; for someone like myself that enjoys fishing, this is great," he said.

During the brief ceremony, Lt. Col.

Mark Weinert, 26th BSB commander, thanked everyone involved in the daunting task of building the pond.

"It took some hard work by dedicated individuals to get this pond here," he said.

The grand opening included an hour-long contest for the fishermen in attendance. Gift certificates were provided to the anglers with the first and most fish. The opening was held in 90-plus degree, mid-day heat, and Davis said it would be hard to catch many fish in those conditions. His prediction was correct. Just one fish was caught during the grand opening. Specialist Stephen Crofoot, Headquarters and Headquarters Company, 2nd BCT, was the winner of both Bass Pro Shops gift certificates.

# Jake's Body Shop

## Healthy strategies for losing weight

**Jake Battle**  
DMWR Fitness Director

For people who don't practice year-round healthy eating habits, a sudden start in dieting can cause serious health implications. One vicious cycle of losing and regaining weight, called "yo-yo" dieting, may actually cause more harm than good.

Health and medical experts have been warning dieters for years that this roller coaster cycle is detrimental to your health. The health risks may be greater than just being overweight, according to Dr. Kelly Brownell, a psychologist at Yale University.

In a recent study of over 3,000 men and women, it was found that yo-yo dieters have a greater chance of developing heart disease and a higher overall death rate when compared with people who maintained a consistent weight. Because dieting is most prevalent at this age, people between 30 and 44 are at high-risk for adverse health outcomes.

It is important for dieters to assess their long-term commitment to changing eating behavior before starting a weight-loss effort. According to the National Center for Health Statistics, only 10 percent of dieters who lose 25 pounds or more will remain at their desired weight for more than two years.

By decreasing the fat in your diet, you automatically decrease calories. According to Penny Kris-Etherton, Ph.D., R.D., Pennsylvania State University, you can lose between one-half to one pound



**Jake Battle**

per week just by decreasing fat from the present level of 36 percent of calories to the recommended 30 percent.

The healthiest method to controlling weight is to start exercising and shifting caloric intake to a diet low in fat and higher in complex carbohydrates. The most effective way to reduce fat includes substituting skim milk for whole or low-fat milk, and using fat-modified foods such as lower-fat dressings and spreads.

Higher-fat meats and whole milk represent a large percentage of fat in diets, so small changes such as switching to lean meats and low-fat cheeses are more effective in dieting than completely giving up your favorite foods such as cookies and chips.

"By making simple changes, men and women could meet dietary goals

for both total fat and saturated fat without depriving themselves of some of the higher-fat foods they enjoy," said Kris-Etherton. "These strategies represent very realistic options that can have a lasting effect on peoples' diets."

Increasing your daily activity with exercise such as brisk walking, swimming, jogging or aerobics will help you lose excess fat, maintain your desired weight and lower your blood cholesterol level.

It's possible to safely lose one to two pounds of body fat a week. If you lose weight any faster than that you may begin to lose muscle too. The fastest (and easiest) way to lose weight is through a combination of diet and exercise.

# Fort Stewart youth goes to Junior Olympics 2008

**Pat Young**  
Managing Editor

Sean May, 9, traveled to Daytona, Fla. May 10 and won a spot at the upcoming Junior Olympics, July 1-6 in Detroit, Mich.

May went to the qualification event with his mother and stepfather, Anissa and Staff Sgt. Andrew Swilling, 293rd Military Police Company, and his coach Steve Westerman, World Martial Academy, who are very supportive of him.

Anissa said May started martial arts when he was five to give him the opportunity to be around other children and help provide him a focus.

"It helps me a lot," May said. "It helps me around the house and with other people. It teaches respect for people and myself."

Earning a Silver Medal in sparring at the qualifier provides him another opportunity to demonstrate his abilities to his father, Staff Sgt. Corey May, an Army Recruiter, and his grandfather, Robert May who will accompany May to



Courtesy photo

**Sean May earned a spot at the Junior Olympics in Detroit, Mich., after taking Silver at the Daytona qualifications.**

the Junior Olympics. Westerman will also travel with May to the event.

## 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.

# Fort Stewart 2008 Intramural Softball Schedule / Standings

## Rocky Conference

Date	Time	Field #	Teams
May 27	6:30 p.m.	1	293rd MP vs. 15 ASOS
	7:30 p.m.	1	15 ASOS vs. 139th MP
	6:30 p.m.	2	HHC, 1BCT vs. 385th MP
	7:30 p.m.	2	3rd STB vs. HHC, 1BCT
	8:30 p.m.	2	385th MP vs. 293rd MP
May 28	6:30 p.m.	1	DES vs. 526nd ENG
	7:30 p.m.	1	FIREDAW vs. MEDDAC
	8:30 p.m.	1	139th MP vs. 385th MP
	6:30 p.m.	2	FIREDAW vs. 15 ASOS
	7:30 p.m.	2	293rd MP vs. 3rd STB
June 2	6:30 p.m.	1	3rd STB vs. FIREDAW
	7:30 p.m.	1	HHC, 1BCT vs. DES
	8:30 p.m.	1	385th MP vs. FIREDAW
	6:30 p.m.	2	MEDDAC vs. 526th ENG
	7:30 p.m.	2	MEDDAC vs. 293rd MP
June 4	6:30 p.m.	1	DES vs. 293rd MP
	7:30 p.m.	1	526th ENG vs. HHC, 1BCT
	8:30 p.m.	1	15 ASOS vs. 385th MP
	6:30 p.m.	2	MEDDAC vs. HHC, 1BCT
	7:30 p.m.	2	293rd MP vs. 526th ENG
June 9	6:30 p.m.	1	139th MP vs. 3rd STB
	7:30 p.m.	1	3rd STB vs. 15 ASOS
	8:30 p.m.	1	139th MP vs. DES
	6:30 p.m.	2	HHC, 1BCT vs. 293rd MP
	7:30 p.m.	2	385th MP vs. MEDDAC
June 11	6:30 p.m.	1	526th ENG vs. 139th MP
	7:30 p.m.	1	DES vs. FIREDAW

For more information, contact the sports office at 767-9795 or 767-8238.

## Sign up for CYS sports

### Special to the Frontline

Registration for youth sports at Child and Youth Services. Sports programs are open to all Child and Youth Service members, both boys and girls for children meeting the age requirements. Categories vary throughout the year.

For more information, call 767-4371. CYS registration is located at 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.

If you're interested in volunteering to coach, please contact CYS at 767-2312 or Youth Sports Office at 767-4371.

## Fort Stewart CO-ED

Date	Time	Field #	Teams
May 29	6:30 p.m.	1	3rd SB vs. 293rd MP
	7:30 p.m.	1	385th MP vs. Misfits
June 3	6:30 p.m.	1	293rd MP vs. Misfits
	7:30 p.m.	1	3rd SB vs. 385th MP
June 10	6:30 p.m.	1	293rd MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd SB
June 17	6:30 p.m.	1	3rd SB vs. 293rd MP
	7:30 p.m.	1	385th MP vs. Misfits
June 24	6:30 p.m.	1	385th MP vs. 3rd STB
	7:30 p.m.	1	293rd MP vs. Misfits
July 8	6:30 p.m.	1	293 MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 10	6:30 p.m.	1	3rd STB vs. 293rd MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 15	6:30 p.m.	1	3rd STB vs. 385th MP
	7:30 p.m.	1	293rd MP vs. Misfits

## 2008 Rocky Conference Standings

	WON	LOST	PERCENTAGE
526th ENG	4	0	1.000
MEDDAC	3	0	1.000
15ASOS	1	2	0.333
293rd MP	1	0	1.000
139th MP	1	2	0.333
385th MP	0	2	0.000
HHC, 1BCT	0	2	0.000
3rd STB	1	2	0.333
FIREDAW	1	1	0.500
DES	1	2	0.333