

Sports



Sgt. 1st Clas Tami Hillis

Josh Ray, the quarterback for Company C., 3rd Battalion, 7th Infantry Regiment Charging Bulls, scrambles in for a touchdown Sept. 25 at Fort Stewart. The Charging Bulls beat 3rd Battalion, 3rd Aviation Regiment Tigersharks, 27-26 in flag football playoffs.

3/7 'Bulls' beats 3/3 'Tigersharks' 27-26, advance to finals

Sgt. 1st Class Tami Hillis
4th BCT Public Affairs

A championship title is one game away for Company C, 3rd Battalion, 7th Infantry Regiment "Charging Bulls", after knocking off the 3rd Battalion, 3rd Aviation Regiment "Tigersharks", 27-26 during flag football playoff action Sept. 25 at Fort Stewart.

The "Charging Bulls" faced Company F, 703rd Brigade Support Battalion in the championship flag football game at 6 p.m. Oct. 1 at Olvey Field at Bradwell Institute in Hinesville. See next week's edition of The Frontline for full fame coverage.

The "Tigersharks" had first possession of the Sept. 25 game against the "Charging Bulls", but quickly turned it over as Quarterback Demarcus McMillan threw an interception on the third play.

The "Charging Bulls" took advantage and four plays later Quarterback Josh Ray scrambled across the goal line and added the extra point, giving his team an early 7-0 lead.

McMillan took matters into his own hands as he sprinted down the field and across the goal line on the first play of his team's next possession, bringing the score to 7-6.

The "Charging Bulls" answered back as Ray found an open receiver down

field, giving the team six more points.

It was all McMillan during the "Tigersharks" next possession, as he scrambled twice, completed a pass and then zigzagged down the field, chalking up another TD, bringing the score to 13-12.

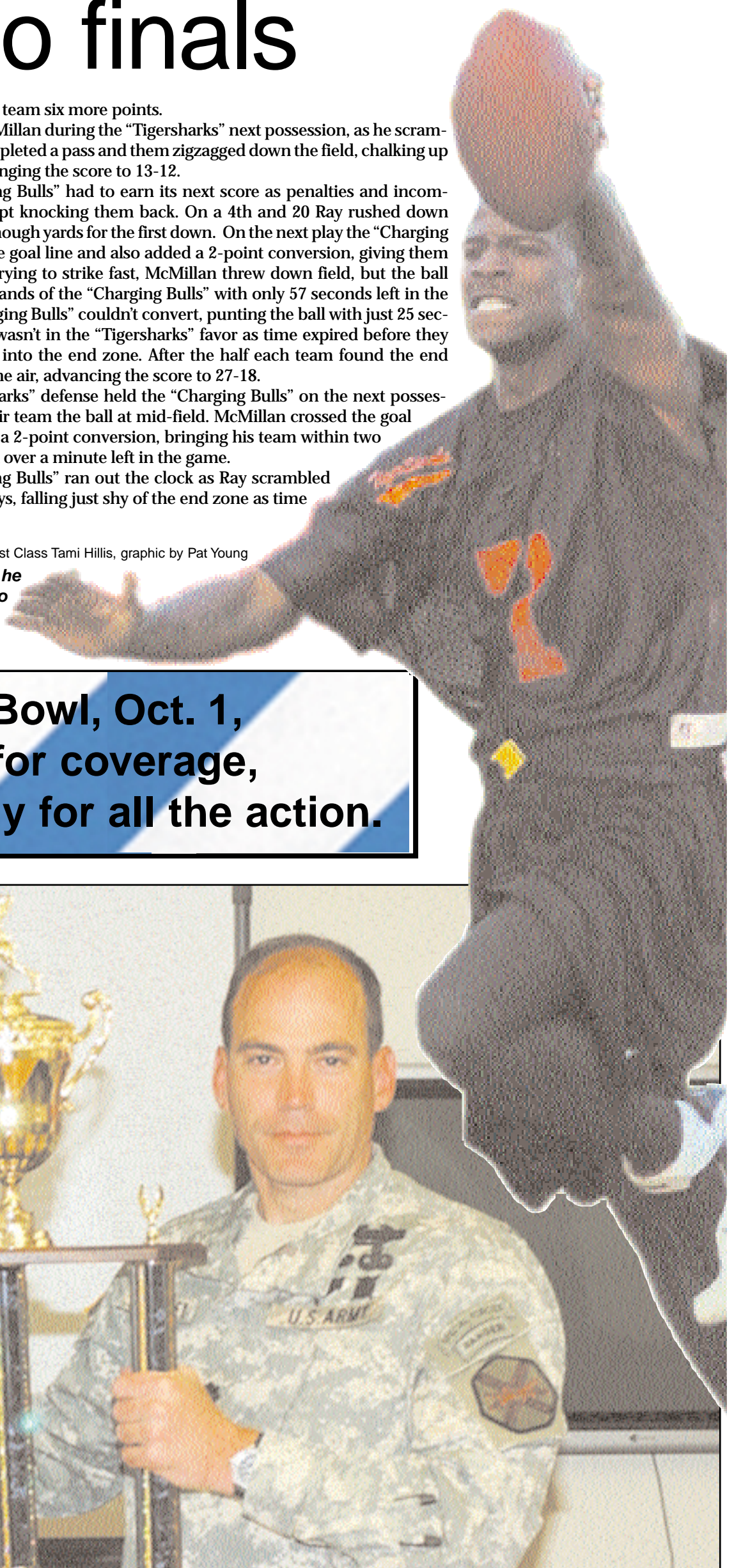
The "Charging Bulls" had to earn its next score as penalties and incomplete passes kept knocking them back. On a 4th and 20 Ray rushed down field, gaining enough yards for the first down. On the next play the "Charging Bulls" found the goal line and also added a 2-point conversion, giving them a 21-12 edge. Trying to strike fast, McMillan threw down field, but the ball landed in the hands of the "Charging Bulls" with only 57 seconds left in the half. The "Charging Bulls" couldn't convert, punting the ball with just 25 second left. Time wasn't in the "Tigersharks" favor as time expired before they could punch it into the end zone. After the half each team found the end zone through the air, advancing the score to 27-18.

The "Tigersharks" defense held the "Charging Bulls" on the next possession, giving their team the ball at mid-field. McMillan crossed the goal line and added a 2-point conversion, bringing his team within two points with just over a minute left in the game.

The "Charging Bulls" ran out the clock as Ray scrambled for all three plays, falling just shy of the end zone as time expired.

Photo by Sgt. 1st Class Tami Hillis, graphic by Pat Young

Right: Demarcus McMillan, the quarterback for 3/3 Avn "Tigersharks", celebrates as he crosses the end zone for a touchdown Sept. 25 at Fort Stewart. The Tigersharks loss to the Co. C., 3/7 Inf. "Charging Bulls" 27-26 in flag football playoffs.



If you missed the Marne Bowl, Oct. 1, see next weeks Frontline for coverage, or watch Marne T.V. 7 p.m. nightly for all the action.



Nancy Gould

Right: Lt. Col. Daniel Whitney, Hunter Army Airfield garrison commander, presents the 3/3 Avn, flag football coach, Sgt. 1st Class David McCorkill, a trophy for his team's 11-0 undefeated regular season play. "The team gave 100 percent," McCorkill said. "We could not have played so well without the support and encouragement of our command."



Courtesy photo

The members of the 203rd Forward Support Battalion softball team pose for a team photo prior to winning the Forward Operating Base Hammer softball championship Sept. 13.

Troops compete on softball field

Spc. Ben Hutto
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq – Airman from the 557th Expeditionary Red Horse Squadron and Soldiers from the 203rd Brigade Support Battalion took time out of their busy schedules to play for the Forward Operating Base Hammer Softball Championship at Sledgehammer Field Sept. 13.

The 203rd BSB narrowly beat the 557th ERHS by a score of 23 to 21 in a close game.

Before the game, Soldiers of 203rd BSB were excited and

motivated to win because of a friendly bet made between the two teams. According to the rules of the wager, the losing team would host a barbecue for the winning team and serve them at a location and time picked by the winning team.

“I’m excited about the game tonight,” said Master Sgt. Donnie DeVaughn, the non-commissioned officer in charge of support operations for the Headquarters Company of 203rd BSB, Laurinburg, N.C. “I’m looking forward to it. I can’t believe we have made it this far.”

The 557th ERHS held the lead early until the 203rd BSB took it away with a big rally in the 5th inning.

203rd BSB maintained their advantage for four more hotly contested innings to claim the championship.

“This game was a good competition,” said 1st Sgt. James Maye, Headquarters Company, from York, Ala. “It lifted Soldier’s morale and helped both units build esprit de corps. The Air Force was a well organized team, but in the end the true victors were the Eagles. Now we are just waiting for our barbecue.”

The 203rd BSB is part of the 3rd Heavy Brigade Combat Team, 3rd Infantry Division, Fort Benning, Ga., and has been deployed in support of Operation Iraqi Freedom since March 2007.

Soldiers dethrone Air Force for Armed Forces men’s softball championship

Staff Sgt. Mike Meares
96th Air Base Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. – The All-Army team spoiled All-Air Force’s bid for a fourth consecutive championship by capturing the gold medal at the Armed Forces Men’s Softball Championship game Sept. 12-14.

The All-Army team claimed its first Armed Forces men’s softball title since 2003

– and sixth overall – with six victories and two losses. The All-Marine Corps team finished second with a 6-3 record.

“Any team can beat any team at any given time,” said All-Army coach Command Sgt. Maj. Victor Rivera of Fort Drum, N.Y. “My strategy is to beat everyone at least twice.”

The three-day, round-robin tournament featured hand-picked players from around the Air Force, Army, Marine Corps and Navy. Each team played nine games.

The All-Army team, with only three rookies, relied on the experience of 12 veterans. After losing 20-8 in their tournament opener to the All-Marine Corps squad, the Soldiers made adjustments and dropped only one game to All-Air Force the rest of the way.

“Not only did we win it for ourselves, we won it for our units, divisions, and most importantly, the Army,” Rivera said. “We can brag for the next year we are the softball

champs.”

Three-time defending champion All-Air Force had just one win before defeating Navy, 18-9, in the final game of the second day of the tourney. They entered the final day needing to sweep all three services. They beat All-Army in a defensive battle, 5-2, and shut out All-Navy, 15-0, but couldn’t hold off the All-Marine Corps squad, losing 9-5 in what amounted to the silver-medal game..

Golfers up morale during FOB visit

Sgt Kevin Stabinsky
2nd BCT PAO

FOB KALSU - After a tour through Iraq, four professional golfers will never look at sand traps the same way again.

Carl Paulson, Jim Carter, Suzanne Strudwick and Mollie Fankhauser visited Forward Operating Base Kalsu and Hammer Sept. 23 as part of the tour through Iraq to boost Soldier morale.

The ten-day tour, which stopped at 15 bases (13 in Iraq and two in Kuwait), was sponsored by Pro Sports MVPs, a Colorado Springs based sports and marketing firm. The company, which markets tours featuring celebrities and sports figures to various markets, is known for its contributions to the military, having run tours in Iraq, Afghanistan and Bosnia.

This is the second time Pro Sports MVP has visited Kalsu this year. On June 15, former National Basketball Association stars Greg Minor, Thurl Bailey and Shawn Bradley visited with the group.

Like the previous tour with the NBA stars, the visit gave "Joes" a chance to interact with the "pros" and get their autographs.



Courtesy photo

Staff Sgt. Andrew Pearce, battle noncommissioned officer, 3rd HBCT, tees off after getting pointers from professional golfers at FOB Hammer during the Fairways 2 Greens Golf Tour Sept. 23.

The tour, Fairways to Greens, was very interactive as well. At each of the bases toured, the pros offered swing analysis, chipping contests, putting contests and tips on how to improve one's game, said Brian Lee, Pro Sports MVP director.

Soldiers at certain bases, based on their location, also got to enjoy other memories, such as driving golf balls into Turkey.

Likewise, the pros got to get a lot out of their visit, no matter which base they stayed at.

"Everyone has gone out of their way to make this trip memorable," said Paulson, a 27-time-top-25 finishes during his pro tenure.

Strudwick, the 1993 Ladies Pro Golf Association rookie of the year and now one of the top female golf teachers in the United States, said there were many educational experiences.

"Every knows about the sacrifices, but not all the little things," she said, noting it was interesting to see how the Soldiers lived, worked and performed their jobs.

Such interaction increased Strudwick's respect for the service members, who noted that despite all the adversities they face, they still maintain an unbelievable passion about their jobs and mission.

"Its amazing how passionate and young the Soldiers are," Strudwick said. "To be so young and have a skill level so high, like it is an everyday thing (to perform their missions) is amazing."

Such respect is what each of the golfers said would commit them to a second tour. This was the first time Pro Sports MVP sponsored a golf related tour to Iraq, Lee said.

Based on reception, the pros said they would like to come back again and once again boost the morale of the military through the tour.

In the meantime, Soldiers can possibly catch a glimpse of the golfers next February when the professional golfing season gets into full swing. As for other sports stars, future Pro Sports MVP tours are in the works. Future events with baseball stars during the World Series and football stars after the National Football League season is over are being planned, according to Lee.

"This is just a great way for troops to get their minds off of things," Lee said. "It's a great release for them."

Jake's Body Shop Stay young, live healthy physically, psychologically

Jake Battle
DMWR Fitness Director

Exercise for your health

Regular exercise is also helpful. It not

only helps preserve, but may also enhance neurological functioning in older people who have previously been sedentary.

The Annals of Internal Medicine reported, "functional aerobic age is probably lowered by the conditioning effect of repeated exercise." This simply means exercise makes you younger. Many studies have indicated that exercise prolongs life. Even engaging in light sports for two hours a week increases life expectancy.

Older people can start an exercise program at any age and have short term physiological benefits as well as a reduced incidence of chronic diseases.

Exercise can improve both cardiovascular fitness and strength. It can help lower blood pressure, raise HDL ("good") cholesterol levels, relieve emotional stress and help with weight control.

Exercises such as running or walking may delay or prevent osteoporosis, the bone loss that comes with aging. People who exercise almost always say it improves their sense of well-being.

Start slowly and increase the length and intensity of your workouts gradually if you are starting an exercise program in mid-life.

It's probably a good idea to check with a doctor before you significantly increase your exercise.



The fountain of youth

If you're over 45, you may be familiar with a slow down of memory. For instance, names and facts may become harder to retrieve. Yet knowledge and good judgment usually increase with experience.

Fortunately, mental capacity does not need to deteriorate, especially in people who continue to learn and think, who are well nourished and who exercise their bodies throughout their lives.

One thing that makes a difference is keeping the mind in shape. Try working, reading, taking classes, talking to others, cultivating a hobby, playing games or traveling.



Ft. Stewart/Hunter Morale, Welfare and Recreation

Hunter Safety Course

6 Oct - 9:30 a.m.,

Holbrook Pond Recreation Area, Bldg 8325

Required for hunting on Fort Stewart or HAAF. FREE. Register for class on the GA Dept of Natural Resources website (select Liberty County) 435-8205.

Oktoberfest Extravaganza Sunday Brunch

7 Oct - 10:30 a.m. to 1:30 p.m., Club Stewart

Menu features Schnitzel, knockwurst, bratwurst, sauerkraut, cabbage, rouladen, German potato salad, breakfast items, baked apples and assorted desserts. Beer samples and gluewein. Cost \$11.95 a person. Reduced pricing for children. Bring a church bulletin and receive \$1 off pricing. 368-2213.

Community Showcase

10 Oct - 1 to 6 p.m., Club Stewart

Come see what there is to do in regional communities from South Carolina to Florida. This is an opportunity to find out what communities and organizations have to offer (events, cultural activities, arts, entertainment, and outdoor experiences). 767-7111.

Employment Orientation Workshop

11 Oct - 9:30 to 11:30 a.m., Education Center

Learn what the Family Readiness Employment Program (FREP) has to offer and get an employment overview within a 50 min radius. You can also learn about current job vacancies. 767-1257.

CYS Family Night

11 Oct - 5:30 to 7 p.m., Youth Center, Bldg 7338

Family Night is back! It's fun for the whole family (children's activities, mini workshops: Gang Awareness, Parent Teacher Conference, Student Portfolio; and massage/pampering services for parents). Reserve space for you and your family. FREE childcare (register through CYS) and dinner provided. 767-4494.

Meals in Minutes "Tips for Expecting Parents & Parents with Young Children" @ HAAF

17 Oct - 10 a.m. to 12 p.m., ACS, Bldg 1286

Part of New Parents Support Program. Gloriel Ray from Expanded Food and Nutrition Education Program presents tips on making healthy food choices for young children and expecting mothers. Learn about the food pyramid, planning low cost nutritious meals and prepare quick and healthy meals. Food demonstration. No cost. 315-2746.

The Great MWR Post-Wide Yard Sale

27 Oct - 8 a.m. to 2 p.m., Club Stewart parking lot & Homes throughout Post Housing

Spaces are available at the Club Stewart location for \$5 a space. Anyone from Active Duty Military, Family members, National Guard, Reserves, retirees & DA civilians are eligible to sell items. The sale is open to the public. All items are eligible to be sold, except for weapons, food, and retail items, such as, Avon, Tupperware, etc. Spots are limited, so reserve your space today! Registration deadline is 26 Oct 767-8238.

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Taylor's Creek Golf Course holds commander scramble

Pat Young
Frontline Staff

Golfers came out swinging at Taylor's Creek Golf Course Sept. 28 for the quarterly Garrison Commander's Golf Scramble.

More than 75 people recently participated with awards going to the top seven teams.

The tournament was a best ball competition, with everyone hitting their own ball, and the team using the ball closest to the pin for their next swing.

The first place finishers for the Garrison Scramble were the team members from the 549th Military Police with a score of 54, Capt. Bryan VanRipper, 1st Sgt. Willie Massey, Master Sgt. Bart Knoch, and Sgt. 1st Class Greg Kleinholz.

Al Hoffey, Mike Passmore, Gary Blanchard and Ron Koch scored 59 points, taking second by out performing the third place 4th Brigade team who also scored 59, but didn't fare as well on the tie breaking whole.

The 4th Brigade team was well represented by its members, Lt. Col. Dane Barksdale, Lt. Col. Darryl McDowell, Capt. John Angello, and Capt. Norm Stephenson.

The 4th Battalion, 64th Armor team came in a close fourth with an outstanding score of 60. Its team members Command Sgt. Maj. Clarence Stanley, who joined the team during his mid-tour rest and relaxation leave; Capt. Andrew Betson; Sgt. 1st class Bruce Bradford and Staff Sgt. Henry Davis.

Directorate of Emergency Services responded with a score of 61, rounding up

the top five with its members Sean Strate, Sgt. Maj. Max brown, randall Dutkiewicz and Arnie Macey edging out the sixth place Criminal Law team who scored 62. the Criminal law team members were Capt. Edward Berg, Capt. Daniel Yehl, Capt. Michael Guinan and Maj. Charles Kuhfahl.

The last prize earning team, who took 7th were the members of the Staff Judge Advocate Capt. Daren Jaques, Capt. Timothy Hayes, and Capt. Edward Whitford, scoring 63.

The longest drive was hit DES team member Max Brown, and closest to pin was Jerry Strickland.

But even during the tournament, golf isn't only about competition. Sometimes its just about having fun with co-workers and friends.

The 703rd team represented by 2nd Lt. Carolyn Frazier, 1st Lt. Luke Stewart, 2nd Lt. Allis Gilbert and 2nd Lt. Abbie Gottschall wanted to do their best, but didn't weren't really oriented to win. Although the team admits Gilbert was probably the better golfer, with a number of years of golf experience behind her, the whole team made it a special effort just to have fun.

"We'll be deploying to Iraq soon, and just wanted to relax a little before we did," said Frazier from Company D.

Upcoming tournaments include the next Garrison Commander's Scramble on Oct. 19; The Hunter Garrison Scramble Oct. 26; the Hunter Spouse's Club Scramble Oct. 13; and a Veterans of World War II Memorial tournament on Oct. 20. For more information about upcoming events, call 767-2350.



Pat Young

Left to right: 1st Lt. Luke Stewart watches as 2nd Lt. Allis Gilbert kicks her ball out of the way so the team can play 2nd Lt. Carolyn Frazier's best ball. Frazier lines up to hit the ball as 2nd Lt. Abbie Gottschall waits her turn.

Stewart-Hunter invite community members to learn more about golf

Pat Young
Frontline Staff

Although the tournaments at Taylor's Creek and Hunter Golf Courses are a favorite by many, the course isn't only for the experienced, according to Tommie McArthur, resident golf professional and manager of the golf courses.

McArthur explained that Stewart-Hunter offers free clinics the first Saturday of the month, and all beginning players have to do is call Friday to register.

The objective of golf is to drive the golf ball from the starting tees, down the fairways to the putting green, and sink it in the hole, with the fewest swings. The amount of swings it is measured against the standard for that particular hole. The standard for each hole is generally three swings for a hole that is 200 yards or less from tee off location to hole - making it a Par-3. The amount of swings is compared to the standard. If you make it in 4 swings on a Par-3, your score thus far is 1 over Par.

The record for lowest score for a single player shooting 18 holes at Taylor's Creek is 64, shot by Russell Johnson on Dec. 4, 1999.

Some interesting terms while scoring a hole is are Par, where swings equal the standard; scoring three below par is referred to as an ace; two below is an eagle, one below is a birdie; one above is a bogie, two above is a double bogie, and three above is a triple bogie.

McArthur explained in order to hit the ball down the range, the golfer uses a variety of clubs - depending preferences, ability and terrain. They ranged from woods, irons, and putters. McArthur said rental clubs at Stewart-Hunter included three wooden drivers, eight irons, and a putter. Each driver and iron has heads with varying angles designed to hit the ball with varying trajectories. An example would be the seven-iron, which could be used to hit the ball, on average, about 150 yards. A rule of measure would be 10 to 15 yards increase or decrease depending on the iron, so 165 yards for a six-iron, or 135 for an eight-iron.

A golfer may encounter deep grass on either side of the fairway, called the rough, or the ball may land in a sand bunker. To get it out, the golfer could use a wedge. Three common wedges are the pitching wedge with a 45-49 degree angle; the sand wedge with a 59-56 degree angle and the lob wedge with a

60 degree angle. With wedges, the golfer doesn't hit the ball directly but uses hits slightly under the ball, creating a pillow of sand to help carry the ball out of the bunker.

Golf courtesy dictates the golfer should then fix or fill the "divot," a term used to refer

to the hole made by the impact.

A rake is often found near bunkers, and sand is generally kept in bottles stored on golf carts.

When you're ready to start the next hole, there are four starting positions to tee off from. McArthur said Taylor's Creek has four choices. The blue pins, referred to as championship tees, are furthest from the hole; the white pins are the standard starting location for men, called member's tees; gold for seniors and red for ladies.

One of the youngest to occasionally use the blue pins, is six year old Garrett Ott, a first grade student attending Taylor's Creek Elementary, and son of Sgt 1st Class Brett Ott, 3rd Battalion, 7th Infantry and golf course assistant Betsy Ott.

Garrett plays at Taylor's Creek to develop his game and is scheduled to participate in his first tournament in McDonough, Ga. Oct. 6.

"He's very excited about the event, said Betsy. "He's been practicing at Taylor's Creek and at his aunt's golf course, the Liberty Valley Country Club in Dannsville, Pennsylvania."

A young man who's score rival team scores at the garrison scramble, Garrett's father has hopes for his future.

"He's working on our future retirement," Ott said, who incidentally tied for second at the recent Fort-Stewart Long Drive competition.

"A lot of people think a long drive competition is all about hitting as hard as you can," McArthur said. "The real trick is having real good mechanics. If you put power and proper mechanics together it will give you the ability to hit it farther."

Learn more about golfing by visiting one of the installation golf courses, or call 767-2370.



courtesy photo

Garrett Ott