

Sports

Bulls, Maintainers battle at Marne bowl, back-forth brawl with last-second saves

Pvt. Jerome Arp
4th BCT Public Affairs

Photos by Pfc. Amanda McBride
Graphic by Pat Young

The Charging Bulls nipped the Maintainers during the Marne Bowl, championship flag football game Oct. 1 at Olvey Field in Hinesville.

The Charging Bulls, Company C, 3rd Battalion, 7th Infantry Regiment proved the term "underdog" is just a stepping stone to the word "champion".

With a 9-2 record, the Bulls paved through opponent after opponent but another team's legend shadowed over their accomplishments.

The Maintainers, Company F, 703rd Brigade Support Battalion's team were the favorites to win the championship.

With a dominant and undefeated 11-0 record, the Maintainers were last year's champions and played like the champions they were all season.

The game

started with a flag ceremony and singing of the 3rd Infantry Division's trademark "Dog Face Soldier Song" amongst teammates, families, friends and fellow Soldiers in attendance.

The game opened with the Bulls receiving the kick-off and charging down the field to the opposite 20-yard line, earning a first down within the first minute of the game.

1st Lt. Josh Ray, the quarterback of the Bulls, found wide-receiver, Sgt. Allen Roberts in the end zone to put some numbers on the board.

The Bulls' running back, Sgt. Daniel Bottoms, blew past the Maintainers' defense for the extra point. Within the first four minutes of the game, the Bulls proved they were playing with their hearts in the

game with a 7-0 score.

The Bulls

challenged the Maintainers with more aggressive offense and defense, but were answered with a Maintainer interception and touchdown from running back, Sgt. Antonio Lewis.

The first half of the game ended with a score of 7-6, with the Bulls in the lead.

The Maintainers had possession of the ball at the start of the second half and didn't waste any time completing passes.

The Maintainers' lead inspired The Bulls to rally together and grunt their way into their half of the field where Bulls running back, Bottoms, dashed past the Maintainers' tight defense to bring the score to 14-14.

Maintainers running back, Lewis, stepped up for the team and earned another touchdown with minutes left in the game to bring the score to 20-14. The Bulls slowly advanced against the champions' defense with only a minute left in the game. Quarterback, Bottoms, found himself over the goal line, scoring his second touchdown to tie the game at 20-20.

With seconds left on the clock, Bulls quarterback, Ray sneaked past the confused Maintainer defense for the winning point, leaving the final score at 21-20. The game ended with a trophy ceremony and celebration amongst both teams on a great season.

Cadet from the Fort Stewart Youth Challenge Academy present colors at the 2007



Above: Antonio Lewis, running back from Co. F, 703rd BSB Maintainers elude players from Co. C., 3/7 Inf. to try to get his team further on the scoreboard.

Above: Cheerleaders from Hinesville's Liberty County High School came out and throughout the game to show support to both teams playing at the Marne Bowl held at Olvey Field Oct. 1.

Charging Bulls Quarterback 1st Lt. Josh Ray



Above: Christopher Williams, coach for the Charging Bulls, receives the Marne Bowl trophy from Col. Thomas James, 4th BCT Commander and Command Sgt. Maj. Luis Torres, 4th BCT command sergeant major, at the award ceremony held after the game. Each player on the team received a trophy for his participation



Right: Players, from the Charging Bulls of 3/7th Inf., pose with their trophies after beating the "Maintainers" 26-20 Oct. 1 at the Marne Bowl.

Installation youth win punt, pass, kick comp



Courtesy photo

Jerome Washington (Youth Sports Director), Eva Mae Geezy, Emilio Maldonado, Malik King, Adina Lumpkin, Ken'Marquis Jews, Lauren Nelson, Willie King, and Quintunya Chapman

Winners advance to next level

Special to the Frontline

Fort Stewart held their local Punt, Pass and Kick competition on Sept. 22. The first place winners will be moving on to the sectional competition 10 a.m. Oct. 20 at Fort Stewart Youth Services Football Field on Green Street.

The winners for the 8 - 9 year old boys age division was Emilio Maldonado with a score of 170.6, and the girls winner was Eva Mae Geezy with a score of 69.10.

The 10 - 11 year old boys winner was Malik King with a score of 189.3 and the girls winner was Adina Lumpkin with a score of 114.9.

The 12 - 13 category winners were, for the boys Ken'Marquis Jews with a score of 264.8, and for the girls, Lauren Nelson with a score of 144.5.

The 14 - 15 year old boys category was won by Willie King with a score of 229.3 for the boys, and the Quintunya Chapman with a score of 168.6 for the girls.

Jakes Body Shop

Tips to sticking with your exercise routine

Jake Battle
DMWR Fitness Director

You're eager to start your workout program, yet you worry that your enthusiasm will wane and you'll never get into great shape. Fortunately, finding the

motivation to stay in shape isn't as difficult as some believe. The following hints can help you maintain a workout program you enjoy and can live with.

Be flexible

Maybe you started jogging or lifting weights only to realize a few months later you were becoming bored with your exercise routine. You shouldn't feel stuck in any particular activity.

It's okay to change your workout occasional-

ly. Vary your routine by joining an aerobics or dance class or by trying out new machines at the fitness center.

When you enjoy exercising, you will look forward to your workouts and be more likely to stick with them.

Check yourself out

Most of us think we know where our time goes during the day — until we actually write down what we do. It's often a surprise to discover how many wasted minutes slip by.

You may not be as active as you think you are. On a piece of paper, make two hour time slots

for the entire day. At the end of each two hours, jot down what you spent your time doing.

You may be surprised to find out how inactive you really are. Use this knowledge as an extra incentive to get moving.



Do it for life

You decide to start an exercise routine. Stop for a moment and think about your approach to your fitness program.

Are you working out simply to fit into that new outfit or look good when you meet some old friends for lunch next month? Those are good goals, but exercise should be more than just a program to be completed in a few weeks.

Think of exercise as a part of your life from here on out. The benefits

you experience, such as weight loss, are just added bonuses.

Remember, your fitness motivation doesn't have to flee after a couple of months. Use these tips to help you stay motivated week after week and become fit for life.

The first step

1. Vary your exercise routine if you start to become bored.

2. Write down what you do during the day to find out if you are as active as you think.

3. Consider exercise to be something you will do for the rest of your life.

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Nancy Gould

Cpl. Cory Ingram, 1/75th Ranger, U.S. SOC (left), competes in the open division racquetball tournament Sept. 29 with his friend, 2nd Lt. David Psiaki, 3/7 Inf., 4th BCT.

Hunter heats up courts with racquetball tourney

Nancy Gould
Hunter Public Affairs

Hunter Fitness Center hosted its second Racquetball tournament this year on Sept. 29. The first tournament, held in June, was scheduled in conjunction with a clinic conducted by Brenda Kyzer, a professional player with the Ladies' Professional Racquetball Association.

The enthusiasm and participation from that tournament prompted Eli Wilson, the Hunter Fitness Center director, to hold a second tournament that included a novice division for the newer players, and an open division for the more advanced players.

"We've had a good response from players," said Wilson, who will try and get additional professionals to host clinics at the fitness center in the future. "The more racquetball tournaments we hold, the bigger our turnouts seem to get. I'd like to see more ladies and more seniors participate."

2nd Lt. Adam Rosenbaum, 87th Corps Support Battalion, 3rd Sustainment Brigade, 3rd Infantry Division, said he enjoyed participat-

ing. He appreciated the opportunity to play in a tournament although he has only played racquetball for about a year.

"I don't get to play consistently," he said, "but when I do, I have a lot of fun with my friends, plus I get a good workout."

Cpl. Cory Ingram, 1st Battalion, 75th Ranger Regiment, U.S. Army Special Operations Command, played in the Open Division tournament. He said he enjoys racquetball for several reasons— one is that he can play by himself if necessary.

However, competition with others is what drives most to compete, said Wilson. Other incentives to play are— it doesn't require much equipment and there's longevity in the sport. Of approximately thirty competitors who played, only a few walked away winners.

Bryan Frayser captured first place in the Open Division, and Jonathan Bowerman took first in the Novice Division. Both are Hunter Army Airfield firefighters. They were awarded plaques, free bowling passes and other Directorate of Morale Welfare and Recreation coupons.

Panthers beat Glenn Hills 28-8

Patty Leon
Coastal Courier Sports Editor

Although they were unable to add a third shutout to their list of accomplishments so far this season, the Liberty County Panthers secured a solid victory against the Glenn Hill Spartans on Friday night.

The only points on the board for the Spartans came late in the third quarter - from a kick return, not the Spartan offense.

The 28-8 victory gives the Panthers an overall 4-1 record and 2-1 in sub region play as they prepare for Burke County next Friday in their first region game.

Play-by-play

Both teams struggled offensively in the first quarter, unable to move the ball effectively or put points on the board.

Right before the end of the first quarter, Edward Chipple punted the ball and pinned the Spartans inside their own two-yard line. They were then penalized with a false start, placing them half the distance to the goal.

Facing a third-and-eight scenario, the Spartans passed but it was overthrown and incomplete.

During the punt return, Brandon Roberts returned the ball for a seven-yard gain and the



Patty Leon

In your face: Reggie Bodie (99) pressures the Glenn Hill's quarterback forcing him to throw the ball too early for an incompletion in Friday's game.

Panthers took over inside the Spartans 30-yard line.

Roderick Jones carried the ball to the 26 and then the 23 before finally making a first down with 9:49 left in the second quarter.

Byron Calahan got his hands on the ball and took it to the nine-yard line; and quarterback Julian Stokes tried to cut through the center of the pile during a carry but fumbled the ball at the one-yard line. Fortunately, the Panthers recovered.

Calahan then crossed the goal line and scored with 7:46 in the second quarter. The point-after by Chipple was good for a 7-0 game.

Glenn Hills started a good offensive drive but several penalties pushed them back.

During a critical third-yard situation, the Spartans' quarterback was pressured by Reggie Bodie causing him to throw the ball early and Roberts nearly scored a pick.

Glenn Hills was forced to punt and Jones returned the ball to the Spartans' 20- yard line. Roberts then carried the ball to the 13-yard line.

A handoff to Calahan brought the ball to the 10-yard line. Jones then carried the ball to the nine for a first and goal.

Calahan carried the ball to the five-yard line with 3:52 left before the half and then broke through for another Panther touchdown and a 14-0 lead on his next carry.

After a three and out by Glenn Hills, Stokes connected on a pass to Jones at the 15-yard line and, with an open field in front of him, he took it in for another core, making it 21-0 with 2:11 before the half.

The Spartans then took the ball to the 25-yard line on a completed pass with 36 seconds left before the half and once again a new set of downs.

The Panthers opened the third quarter with a kick return by Jones who took the ball from the 10 to the 35-yard line. Stokes took the ball to the 33-yard line before being hit out of bounds.

Roberts then carried it in through a pile of Spartans for the touchdown and a 28-0 lead with 5:48 left in the third.

It was on the ensuing kick return that a Spartans' receiver ran for about 60 yards and a Spartan touchdown, avoiding a shutout. Adding insult to injury, they scored a two-point conversion for a 28-8 ball game.

This sparked the Spartans' and they continued to challenge the Panthers' offense until late in the fourth quarter.

The Panthers held on and did not allow the Hills another opportunity to score.



Photo by Tim Hipps, FMWRC Public Affairs

Col. Steve Galing of the Pentagon makes a birdie putt on No. 4 to help the All-Army men's team finish third in the 2007 Armed Forces Golf Championships Sept. 23-26 at Aeropines Golf Club on Naval Air Station, Oceana, Va.

All-Army women finish second, men third in Armed Forces Golf

Ft Benning Soldier takes 15th place scoring 302 in meet

By Tim Hipps
FMWRC Public Affairs

NAVAL AIR STATION OCEANA, Va. – The All-Army women's team finished second and the men's squad placed third in the 2007 Armed Forces Golf Championships Sept. 23-26 at Aeropines Golf Club.

Col. Albert Johnson of Fort Sill, Okla., won the men's gold medal with a four-round total of even-par 288 on the Hornet Course.

Capt. Scott Johnson (eighth at 299) of Fort Rucker, Ala.; Col. Steve Galing (12th, 301) of the Pentagon; Staff Sgt. Jeff Hallauer (13th, 302) of Darmstadt, Germany; Sgt. Mike Rumbaugh (15th, 305) of Fort Benning, Ga.; and Sgt. 1st Class Mike Bowers (20th, 319) of Washington, D.C., rounded out the All-Army squad.

All-Air Force won the men's division with a 1,779 total, followed by All-Navy (1,805), All-Army (1,814) and All-Marine Corps (1,943).

In the women's division, Capt. Sunny Mitchell, the Army ROTC scholarship and enrollment officer at Western Kentucky University, finished fourth with a 320 total. Army National Guard Chief Warrant Officer Stephanie Mann of Colorado Springs, Colo., finished sixth at 325.

Mitchell and Mann were the only two women to report to All-Army Trial Camp this year.

"The All-Army golf program is awesome, but the word needs to get out more," said Mann, who has finished second twice in 12 Armed Forces appearances. "It's hard to field a strong team."

Mann urged golf professionals at Family and Morale, Welfare and Recreation command-sponsored courses to help recruit for the All-Army teams.

"They are the ones who will know," she said.

"Hopefully, we'll have more next year

because the Army's hosting it," Mitchell added. "This is a great event to show that we have many different facets to Army life. We want all of the Soldiers to know they have the opportunity to play."

The All-Air Force women prevailed with a 592 total, followed by All-Army (645), All-Navy (652) and All-Marine Corps (719).

Three-time Armed Forces champion Capt. Linda Jeffery of Offutt Air Force Base, Neb., dominated women's play with a 22-stroke victory over teammate 1st Lt. Lori Bartz of Seymour Johnson Air Force Base, N.C.

Jeffery finished with a 3-under-par 285, followed by Bartz at 307. First Lt. Maria Gronning of Buckley Air Force Base, Colo., completed their sweep at 312.

In 1994, Jeffery won an NAIA championship with Hardin-Simmons University. She won Armed Forces Championships in 2002 and 2006. She missed the 2003 tournament

because she was pregnant and the '04 event to tend to her baby. She finished second in 2005 and was back atop the podium the following two years.

"I hit fairways, I hit greens, and I try to make putts," Jeffery said. "For three days, I played very smart. On the fourth day, I had

some bad swings but managed to get around quickly enough."

In men's competition, runner-up 1st Lt. Ryan King (290) of Barksdale Air Force Base, La., finished only two strokes behind Albert Johnson.

King actually missed the cut at All-Air Force Trial Camp. He paid his own way to Oceana as a last-minute substitute and "got hot at the right time" to win the golf trip of his life.

The top six men and top two women at Armed Forces earned a spot in the Conseil International du Sport Militaire's 4th World Military Golf Championships Oct. 1-4 on the Gary Player Course in Sun City, South Africa.

"I've been looking forward to this for months and months and months," King said. "I just got married on the second of September and now I'll be gone for a third week. It's going to be a second honeymoon when I get home."

'The All-Army golf program is awesome, but the word needs to get out more'

Chief Warrant officer Stephanie Mann, finished 6th at meet
