

Sports

Stewart-Hunter golfer wins \$10,000 in military long drive competition



Pat Young
Frontline Staff

United States Coast Guard Airman Ryan Hixson drove 367 yards at the REMAX World Long Drive Championship at the Palms Golf Club Driving Range Oct. 25 in Mesquite, Nev., to win bragging rights as the military's longest driver. His prizes were \$10,000 and an invitation to return to the competition next year in the open division to compete with the professionals.

"It was a great experience," said Hixson, a regular at the Hunter Golf Course. "It was a lot of fun competing at that level. I'm grateful to Cadberry Swepps, who provided the trip out there. It was more than a person could ask for."

Hixson's adventure began when Stewart-Hunter held its local longest drive competition Aug. 24 as part of the 2007 Military Long Drive Championship presented by Schweppes.

The top finishers at Stewart-Hunter included Hixson, who drove for 346 yards; Spc. Brian McQuade, 306 yards; Sgt. 1st Class Mike Novack, 3-7 Inf., and Staff Sgt. Brett Ott tied for third hitting for 292 yards.

Ryan Hixson represented Stewart-Hunter and advanced to the National Competition as a representative from Zone 4. Other installations in the zone were forts Benning, Gordon, Jackson and Rucker.

Hixson earned the position to represent Zone 4 and advanced with an all-expense paid trip to compete Oct. 25 in the military division of the REMAX World Long Drive Championship. As the Zone 4 representative he had to face off against other military representatives from across the services.

The Zone-1 driver was 1st Lt. Jeremy Williams of the Utah Army National Guard, who had a qualifying drive of 404 yards, from Fort Carson, Co.

Army Sgt. Bryan King earned the Zone 2 win with a 381-yard drive at Fort Hood, Texas.

Air Force Staff Sgt. Carl Taylor was the Zone 3 representative who qualified with a 384-yard drive at the Piney Valley Golf Course, Fort Leonard Wood, Mo.

Sgt. 1st Class John Merritt II won Zone 5 with a 386 yard drive at Fort Meade, Md.

All five met up in the military division for The World Long Drive

Championship. The event featured golfers from twelve countries and was televised by ESPN and ESPN 2.

All the competitors got along real well," Hixson said. "We were cheering each other on. It was a lot of fun."

Hixson and the other players also had the opportunity to meet and talk to a number of professionals like Jason Zubeck, the five time Long Drive Competition winner. Hixson said the professionals were real helpful and gave the contestants helpful advice.

But in the end, there could only be one winner. Hixson used the advice, experience and his favorite driver, his Bang-O-matic, seven-and-a-half degree graph alloy blue, double extra stiff long drive shaft to win the day. But his 367-yard drive wasn't his longest.

"I hit one that was 369 yards but it went out of bounds by a couple of inches and couldn't be used."

The news that Hixson won the event spread fast.

"I was certainly excited to hear that Ryan Hixson won the Military Division of the REMAX Long Drive Competition late Thursday night," said Stewart-Hunter golf-pro and golf club manager Tommie McArthur. "After watching him compete at Fort Stewart, I felt that he could represent the installation very well at the national level. He has very good mechanics and that plays a very big part of hitting the ball long."

McArthur said hitting the long ball isn't just about swinging as hard as you can, but includes solid mechanics and great balance.

Hixson echoed McArthur's sentiments on hitting the long ball.

"It takes timing. You have to practice a lot to get the timing and swing together," Hixson said he has been playing for 17-18 years, but only recently started competing in long drive competitions.

Hunter Golf Course is a favorite haunt of Hixson, but he wasn't the only top five competitors to have used the course.

McArthur noted that the Zone 5 winner, Sgt 1st Class John Merritt II, was a member at Hunter Golf Club in the late 80's and early 90's and played golf as a junior golfer.

You can practice to take on the champ at upcoming golf scrambles at Taylors Creek or Hunter golf courses. The next Hunter Garrison Commander's Golf Scramble is Nov. 9, and the Garrison Commander Scramble at Taylor's Creek is Nov. 26.

United States Coast Guard Airman Ryan Hixson, practices his drive at the Hunter Spouses ' Club golf tournament at Hunter Golf Course Oct. 13. Hixson went on to win the military division of the REMAX Long Drive competition held Oct. 25 in Mesquite, Nev.

Nancy Gould

Corkan Gym closed for upgrades, gets laser tag

Special to the Frontline

Corkan Gym renovations include laser tag and climbing room

Morale, Welfare and Recreation Corkan Gym, located in the Corkan Family Recreation Area, is now closed for renovations and additions. The gym, to include indoor skating, will be closed until mid-Feb. when the renovations and additions are expected to be complete.

When the gym re-opens, it will include a new laser tag facility in the old gymnasium room and a climbing room in an old racquetball court.

The laser tag facility will be equipped with state-of-the-art battle phasers and vests, in the dark effects, fog and music. The facility will hold two teams of up to eight people.

The climbing room will offer various levels of climbing difficulty from beginner to advanced. The room will be

equipped with harnesses for safety and can accommodate up to 24 people climbing at one time.

The game room area will also be expanded to offer more games. Minor cosmetic changes will be made to the skating area.

The renovations will not affect Cypress Sam's Treehouse or Cypress Creek Adventure Golf. The gym hours will change after the re-opening, but the new hours have not been determined yet.

"This [renovation] will add more activities to provide military Families with more affordable Family fun," says Roni Stevens, manager of Corkan Family Recreation Area.

Three contracts have been awarded for construction at the gym. The contracts collectively will cost approximately \$600,000.

For more information, call the Corkan Family Recreation Area at 767-4273.



Pat Young

Workers prepare Corkan Gym to house Corkan Family Recreation Area's new Laser tag facility. The renovations are expected to be complete early 2008.

Sign up now for CYS youth basketball, cheerleading

Registration is underway for youth basketball and cheerleading and will continue until the slots are filled or Dec. 10. Register at the Fort Stewart Child and Youth Services, Bldg. 443 on Gulick Ave. The hours of operation are 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday, and 9 a.m. to 6 p.m. Wednesday. The events are open to all CYS members living on or off-post. Tentative age groups for basketball are 5-6 year-old Peewee (training); 7-8 Peewee (competitive), 9-10 Mite Boys, 8-

10 Mite Girls, 11-12 Midget Boys, 11-14 Midget/Junior Girls, 13-14 Junior Boys, and 15-18 Senior Boy/Girl. Cheerleading open to ages 6-13. The cost is free to CYS members if any parent is currently deployed. Contact CYS for details. Otherwise, the CYS registration fee is \$18.

The sports participation fee is \$25. For more information, call Dan Mock, Jeff Vreeland or Evelyn Alston, at 767-2312 or 767-4371.

Combatives class offered at Kalsu

Sgt. Kevin Stabinsky
2nd BCT Public Affairs

FORWARD OPERATING BASE KALSU – To help stay in peak physical condition, several Soldiers are taking the fight to each other with Tae Kwon Do, boxing, and Army combatives, or hand-to-hand combat training.

Several times a week, in the morning and evening, martial arts-based classes are offered at the Forward Operating Base Kalsu gym.

“There’s something for everyone to learn,” said Staff Sgt. Timothy Eye, chaplain assistant, 2nd Brigade Combat Team, 3rd Infantry Division, of Fort Stewart, Ga.

Eye, who has a martial arts background in Tae Kwon Do and kickboxing, said it was natural for him to want to continue his martial arts training while here.

The Army combatives system has four levels, and since Eye is already certified in the first, he decided to continue training on the second level.

To gain his certification, Eye said he had to perform 80 hours of training and learn various moves, escapes, grapples and throws.

Although finding time was often difficult, Eye said the instructors were very friendly, flexible and willing to work

around Soldiers’ schedules and missions.

Pfc. Logan Forbing, personal security detail for 2nd BCT commander, Col. Terry Ferrell, also attended the Army combatives class, earning his level-one certification.

Like Eye, Forbing said he plans to continue his “fighting education” by pursuing a level-two certification.

“I really liked combatives; it is a more fun version of wrestling,” Forbing said. “Everyone should get at least level-one certified.”

One of the good things about combatives is that anyone can do it, Eye said. His class consisted of Soldiers across a variety of job skills, ranging from communications, administration, and infantrymen.

Army combatives aren’t just for men. There were a number of females present in all the classes.

The only limitation is the availability of instructors. Eye said that due to a lack of instructors, he could not pursue a level-three certification.

In the meantime, Eye may pursue boxing.

“It feeds into combatives,” Eye said.

Besides the skills taught, both Eye and Forbing agreed that martial arts are a great way to shed extra pounds.



Sgt. Kevin Stabinsky

Two Soldiers spar at the Forward Operating Base Kalsu gym Oct. 25. Boxing, Tae Kwon Do and Army Combatives are all offered at the gym for Soldiers looking to add a little “kick” to their workout regiment.

Jake’s Body Shop: Myths about food, exercise



Jake Battle
DMWR Fitness Director

Whether your athletic activities include working out, running or taking a fast walk, the right food is the key to getting the best results from exercise.

A balanced diet provides the energy to complete an exercise routine and all the nutrients necessary for tissue growth and replacement after a workout.

Putting your hopes into health products that claim to build muscles and give stamina may lead to a diet that lacks some important nutrients but has excessive amounts of others. Nutritional practices based on half truths and misconceptions can even be dangerous if taken to the extreme, according to Barbara McLaurin, PhD, Mississippi State University.

Myths about diet exercise

Myth • Eating more protein helps build more muscle.

Fact: Protein is important in building and protecting muscles, but high-protein diets or supplements have not been proven to increase muscle mass. Excessive protein intake may also strain kidney functions.

Myth • Eat a lot of carbohydrates before each workout.

Fact: A high-carbohydrate diet is not necessary for a regular workout. If preparing for a long-distance event lasting an hour or longer, such as a marathon, a high-carbohydrate diet may be needed, starting several days before the

event.

For events lasting less than 90 minutes, a high-carbohydrate diet for one day can adequately fuel muscles

Myth • Sports drinks before and after normal exercise are essential for replacing lost body fluids.

Fact: During activity, perspiration causes loss of water and minerals such as sodium and potassium that are important for normal body functions.

The average American diet contains more than enough sodium to make up for losses—and potassium is widely distributed in foods, especially fruits and vegetables. Therefore, supplements are not needed unless circumstances are unusual, such as participating in a triathlon in intense heat.

Myth • Consuming foods or beverages high in sugar before exercising provide extra energy.

Fact: If you eat food high in sugar (such as a candy bar) 30 to 60 minutes before working out, it may actually have a negative effect on your performance.

The short-term energy boost may be followed by temporary low blood sugar, which limits the brain’s ability to use its fuel (calories) to boost muscular function and mental drive. Fatigue would likely be the result.

Myth • Beverages that contain caffeine and alcohol stimulate the nervous system and provide energy.

Fact: Drinks that contain caffeine and alcoholic beverages have dehydrating effects, which offer no benefits to a person who works out regularly or an athlete in training.

U.S. Soldiers go for gold at World Games

Tim Hipps
FMWRC Public Affairs

HYDERABAD, India -- U.S. Army World Class Athlete Program Staff Sgt. Andrew Shepherd won a gold medal in the heavyweight division to highlight the U.S. Armed Forces boxing team's four-medal performance at the 4th CISM Military World Games.

"Besides my five-year-old son being born, this is certainly the greatest moment of my life," said Shepherd, 26, a WCAP boxer sta-

tioned at Fort Carson, Colo. "Seeing our flag being raised and hearing our national anthem being played made me think about all the Soldiers serving overseas in harm's way."

When Shepherd climbed into the ring to face Germany's Erken Teper in the final boxing bout of the 2007 Military World Games, he believed Team USA was still competing for its first and only gold medal of the Games.

"Honestly, with no Americans having won a gold medal, the pressure got to me," admit-

ted Shepherd, who fought tentatively in the first round. "It took a couple of hard shots to wake me up."

If two brutal punches did not do the trick, U.S. head boxing coach Basheer Abdullah's demonstrative instructions between rounds one and two certainly got Shepherd's attention. Had Shepherd known the U.S. women's formation skydiving team had secured a gold medal earlier in the day, he probably would have gotten busy earlier in the fray.

"It would've helped," Shepherd admitted. "It would've helped."

Abdullah knew the scenario but wanted Shepherd to believe that Team USA's fate still rested on his heavyweight's broad shoulders.

"I'm sure that our military mission is hurting a lot of our sports, but we wanted to top it off by getting that gold medal," Abdullah said. "We definitely didn't want our country to go back home without any gold, so the pressure was on us and we responded to it."

Shepherd, a 1999 graduate of Union Pines High School in Cameron, N.C., responded by exhibiting the ferociousness Abdullah has been seeking since the heavyweight from Fort Eustis, Va., joined WCAP in January of 2006.

"Ever since the start of the third round of his first fight, he's turned it up," Abdullah said of Shepherd's performances at the Military World Games. "He showed me what I've been looking for since he's been in WCAP. He had a hell of a performance in the semifinals. That was the type of boxing I've been waiting to see for a very long time. He really let it go. He was mean. He was powerful. He was physical."

For only the second time in his boxing career -- the other coming at the U.S. Olympic Boxing Team Trials two months ago in Houston -- Shepherd had to weigh in for four fights in one week. He came up two bouts short in Houston. This time, he went the distance and won a 15-7 decision.

"Everything clicked at the right time," said Shepherd, adding that his inspiration came from Army WCAP teammates Sgt. John Franklin and Staff Sgt. Joe Guzman, who both won silver medals.

"John Franklin had to make weight, so he couldn't eat or drink what he wanted to eat or drink," Shepherd explained. "He had to

dig deep down for intestinal fortitude, being without energy and going out there and competing the way he did. That gave me inspiration to go out there and do the same. And Joe Guzman went through three surgeries, but he still was able to advance to a silver medal. We were feeding off each other."

Franklin, 23, of Fort Carson, lost a 19-5 decision to China's Linzhi Gao in the 51-kilogram finale.

"It was a good bout all the way through, but making this weight for a long period of time really got to me," said Franklin, a three-time U.S. Armed Forces champion from Kansas City, Mo. "I'm moving up to the 119-pound division and this is my last time fighting in this weight class, so I wanted to go out with a bang.

"I think this was a great experience," Franklin continued. "This is the best way for me to end it. I could've got the gold. I should've got the gold. But I was blessed with the silver medal and that's what I take into appreciation. I just want to thank my coach because I got myself to the quarterfinals and he got me past it -- and we got all the way to the finals. My first two matches couldn't have gone better for me."

During the semifinals, Franklin was winning 24-21 when the Korean opponent's coach threw in the towel with 30 seconds remaining in the fourth and final round. The score was tied after rounds two and three.

The boxers exchanged a flurry of body shots in the fourth round before Franklin took a three-point lead with left hooks to the body and head with about 45 seconds left.

"I just kept stepping to him and we were banging each other," Franklin said. "I hurt my left elbow in the third round. It really hurts now. I can barely straighten it out, but I'm a warrior so I'll just keep fighting through it. I can handle anything, Sir."

Abdullah was impressed with Franklin's performances during a 16-11 win over Kenya's Kariuki Samvel and a 12-9 conquest of Uzbekistan's boxer.

"Franklin had two previous bouts that were action packed," Abdullah said after the finale. "This was his first time going this deep into a tournament -- an international tournament, at that. His semifinal bout was his best performance since he signed with WCAP."



Tim Hipps

U.S. Army World Class Athlete Program Staff Sgt. Andrew Shepherd delivers a left jab while loading an overhand right against Germany's Erken Teper in the heavyweight finale of the 4th CISM Military World Games Oct. 20 at Hyderabad, India. Shepherd won the gold medal.