

Sports



Photos by Pat Young and Cherrie Krieger; graphic by Pat Young

Fest provides wholesome Family fun

Pat Young
Frontline Staff

The Fort Stewart-Hunter Army Airfield Fall Fest was a veritable Olympiad of alternative sporting activities Nov. 3 at Newman Field. Events including sack races, spoon relays, water balloon relays, baseball toss, quarter-back toss, milk-jug throw, ring toss, rock wall climbing, sumo-wrestling and much more, provided free fun-filled entertainment for everyone. While community members took advantage of the sporting events, musical entertain-

ment was provided by youth center program assistant Mark Ross, also known as DJ Freaksho, who played the latest music and Ira Boatner, a 17-year old drummer who took second place at the Southeast Regional Installation Command youth talent show. Boatner, who followed in his father's footsteps as a musician, helped entertain audiences at previous community events like the 4th of July celebration and hopes to continue entertaining community members, possibly at the new teen center scheduled to open in 2008. Dancing to a variety of music, children

from the Child and Youth Services, demonstrated their talents for community members. Brenda Thompson, CYS dance instructor, said the event was a great way for children to display their talents. "Many of them have only been dancing a month or two," Thompson said. "But they are doing a great job. It takes a lot of guts to get up in front of an audience and perform, but they are amazing." Yet, while some listened to music and danced, for Quad Hudson, 7, and Hayden Swan, 7, it was about a little friendly competition. The two were in it for the race, a 20-

yard dash, with a small bungee string attached. As the two children raced down their respective lanes, it became a challenge to see who could make it further before being bounced back down the inflatable track. A number of inflatable rides were available like a giant slide, a moon bounce, and others. And if the children got tired of having fun, they could enjoy the culinary treats provided by Sho Nuff Smoking Good BBQ, Famous Funnel Cakes of Glennville, Smooth Operator fruit smoothies, Shed's Hawaiian Shaved Ice, or one of the other refreshment booths.

Club Stewart to host LC Athletic Hall of Fame luncheon

Courtesy of the Coastal Courier

The Liberty County Athletic Hall of Fame will be honored during the annual banquet at 7 p.m. Dec. 13 at Club Stewart. At the event, five people will be inducted into the Liberty County Athletic Hall of Fame for 2007 at the event. The honorees were selected from among 26 nominees by the Hall of Fame board in September. Those selected represent three former athletes and two athletes at large. They are Raymond Roberts Blake, player; William B. Boyd, player; Quinton Lewis, player; John H. Long, at large; and Tom Sukaratana, at large.

Tom Sukaratana

In the early 1980s, a soccer program began and developed in the Hinesville/Liberty County area due, in large measure, to the efforts of Tom Sukaratana. The goal was for children to have something to do and teach them the value of life, all based on a Christian foundation. This was possible through Sukaratana's involvement with the Liberty County Recreation Department and his formation in 1983 of a club soccer program called the Hinesville Gators. In the early years, the Liberty County Recreation soccer program and The Hinesville Gators provided a venue for all interested young residents to compete locally and at Fort Stewart. But game and practice facilities were limited. With the growth of these programs under the direction of Sukaratana and the Shumans, there became an increasing

need for improved facilities; hence, the birth of James Brown Park. In 1984, he received a merit award from then Maj. Gen. Norman Schwarrkopf for his services to the soccer program. Sukaratana led the Liberty County All-star teams to eight Georgia Recreation and Parks Association (GRPA) state titles, as well as one runner up in various age groups. The first Hinesville Gators team (under 14 age group) had 14 players and was formed as a traveling team to allow more opportunities for competition. The Gators grew into 16 teams with more than 176 players. The teams have had 35 undefeated soccer seasons in the various age groups as well as 15 sportsmanship awards. This nominee has directed numerous soccer tournaments and day camps for Liberty County youth. The tournaments have brought more than 80 teams and Families to Hinesville for weekend competitions and were highly praised by participants. Since 1983, Sukaratana has been founder and chairman of the Board of the Hinesville Soccer Association and director of coaching. He has been devoted to Liberty County soccer and the lives of his young players. He led by example, and with determination and patience was able to make soccer an exemplary athletic program for our community. While his contribution to the development of soccer in this county is monumental, his positive influence on the lives of hundreds of local youth is even more impressive. Sukaratana and his wife, Debra, have worked tirelessly and unselfishly these many years to make a difference in their

community.

Quinton Lewis

Bradwell Institute, Class of 1981
(Photo not available)

As a youngster, Lewis started playing for the Liberty County Recreation Department where he excelled in football, basketball and track until 1976. In 1973, he was the local winner of the annual Punt, Pass and Kick Competition and was invited to the competition at the regional level in Jacksonville. At the LCRD, he received numerous most valuable player awards and played on a couple of state championship games for the LCRD teams. Lewis was a three-year letterman in football, basketball, baseball, and track and field. He started his career as a running back during his sophomore year. As a junior, he was the backup quarterback before being handed the reigns in his senior year. In his senior year, he accumulated more than 1,000 yards rushing and passing, leading his team to the 3-AAAA Championship. In 1980, he threw two touchdowns in the GACA All-Star game. He was named the captain, MVP and the Coastal Empire Player of the Year. In track, he was a region champ in the long jump and triple jump, and a champion in the 4x400 meter race in the 3-AAAA Region. In 1980, he placed fourth in the long jump at the state track meet and the following year placed fourth in the triple jump and 4x400 meter race.

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Photos courtesy of Coastalcourier
Tom Sukaratana



John Long



Raymond Roberts Blake



William Boyd

Jake's Body Shop:

Breakfast makes a difference

Jake Battle
DMWR Fitness Director

Although all three meals of the day are important, it is breakfast that plays the most significant role in supplying the daily recommended levels of essential nutrients.

Studies have shown that eating breakfast is associated with improved strength and endurance in the late morning, along with a better attitude toward work or school.

Eating breakfast may also help you lose weight by reducing impulsive snacking and reducing dietary fat, according to research from Vanderbilt University.

Out of fifty-two women who were 30-60 percent above ideal body weight, those who ate three meals a day, including breakfast, lost more weight than those who skipped breakfast.

Women who ate breakfast lost between 11 and 19 pounds while on the diet for three months. Those who skipped breakfast lost about 13 pounds while on the same diet, said psychologist David

Schlundt, Vanderbilt University.

This could be attributed to the fact that the women who ate breakfast started the day with greater energy levels and were less likely to become over-tired or hungry later. They were less likely to eat unplanned snacks during the day that were high in fat.

It is recommended that individuals attempting a weight-loss program include a breakfast that is low in fat and high in carbohydrates as part of their program. In terms of suppressing hunger, the balanced breakfast is the most effective.

An unbalanced breakfast suppresses hunger only for awhile; four hours later; those who eat an unbalanced breakfast are as hungry as those who fasted. Breakfast helps to replenish blood glucose levels, the brain's main energy source. This is important because the brain itself has no reserves of glucose and it must be constantly replenished.

Eating breakfast prevents many of the adverse effects of fasting such as irritability, fatigue and performance difficulties on tasks requiring concentration.

BREAKFAST TIPS

- No time? Fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready-to-eat cold cereals and instant breakfast mixes are fast and easy alternatives to a hot breakfast.

- Take it to go. Try celery stuffed with peanut butter or a meat or cheese spread, dried fruits or vegetable juices.

- Add flavor to your cereal. Top cereals with fruit or stir chopped nuts such as peanuts, pecans and walnuts into cooked cereal.

- Not hungry yet? Drink juice. Something is better than nothing. Have some bread or crackers later in the morning, then drink low-fat milk and eat some fruit or fresh vegetables.

This article is not intended to give medical advice which should be obtained directly from your doctor.



2007 INSTALLATION SPORTS

Stewart Softball Schedule

Date/Day	Time	Sports/Complex	Team
Thurs - Nov. 8	6:30 p.m.	Field 3	731st EOD vs Georgia Athletic
	7:30 p.m.	Field 3	OUTKAST vs Rest in Peach
Tues - Nov. 13	6:30 p.m.	Field 3	Georgia Athletic vs High, Rollers
	7:30 p.m.	Field 3	Rest in Peach vs 731st EOD
Thurs - Nov. 15	5:30 p.m.	Field 3	731st EOD vs OUTKAST
	7:30 p.m.	Field 3	High, Rollers vs Rest in Peach
Mon - Nov. 19	5:30 p.m.	Field 3	OUTKAST vs High, Rollers
	7:30 p.m.	Field 3	Georgia Athletic vs Rest in Peach
Mon - Nov. 26	5:30 p.m.	Field 3	High, Rollers vs 731st EOD
	7:30 p.m.	Field 3	Georgia Athletic vs Rest in Peach
Thurs - Nov. 29	5:30 p.m.	Field 3	731st EOD vs Georgia Athletic
	7:30 p.m.	Field 3	OUTKAST vs Rest in Peach

Stewart Fall Softball Conference

Team	Won	Lost	Percentage
Rest In Peach	2	0	1.000
731st EOD	1	1	0.500
High Rollers	0	2	0.000
Georgia Athletic	0	1	0.500
Outkast	1	0	1.000

Hunter Basketball Standings

Team	Won	Lost	Percentage
110TH QM Co.	2	0	1.000
3/3rd Avn. Co.	1	0	1.000
Hunter Gate Guards	1	0	1.000
473rd QM Co.	1	1	0.500
224th MI Bn.	1	1	0.500
24th ORD Co.	0	1	0.500
10th TRANS Co.	0	2	0.000
514th ENG Co.	0	2	0.000
0512th QM Co.	0	0	0.000



FAME From 1C

Lewis was a member of the Gamecocks of the University of South Carolina and was instrumental in the team's magical 10-2 season of 1984. As a Gamecock he was a four-year letterman, co-starter in 1983 and 1984 and was named MVP for the Navy game. He received the George Terry Best Attitude award in 1984 and had 1,021 yards rushing, 207 yards passing, 191 yards receiving and 12 touchdowns. During the 1984 Gator Bowl, he rushed for 36 yards, was 1 for 1 in passing and scored a touchdown.

Raymond Roberts-Blake

Bradwell Institute, Class of 1999

Roberts-Blake was a Tiger offensive lineman who lettered four times in football and twice in track.

He was chosen as an honorable mention All-American by USA Today, and the Atlanta Journal-Constitution chose him as one of the top 50 prospects in Georgia.

SuperPrep post-season magazine named him the 69th prospect in Dixie and he was rated a 9.25 by Deep South Magazine. Roberts-Blake received another honorable mention as an offensive lineman in the SEC region by Prep Star magazine in their post-season edition.

He had 30 pancake blocks as a junior, was tabbed AAAA all-state honorable mention and named 3-AAAA lineman of the year. The Savannah Daily News selected him to the All-Coastal Empire team.

At Georgia Tech, Roberts-Blake was named to Tech's second tea-team right guard in 1999 with four games off the bench. In 2000, he started every game at left guard helping Tech rank in the top 20 nationally in total offense, passing offense and scoring offense, as well as the top three in the ACC in rushing. He was part of the offensive line that led the ACC in fewest sacks allowed with 16, including only 14 by the starting five.

Roberts-Blake had his best game of the 2000 season against 19th ranked Georgia.

In 2001, he shared starting duties at left guard and started in seven games. The following year, he started every game at right guard and in 2002 he was elected one of Tech's permanent captains.

Roberts-Blake is described as an honorable man and in 2002 was honored by the city of Walthourville and presented with a key to the city.

He is the son of Carolyn Blake-Roberts and Tonnie Roberts.

William B. Boyd

Bradwell Institute, Class of 1960

Boyd was a four-year letterman in football and

baseball and a two-year letterman in track. He was captain in his junior and senior year and named All-State Honorable Mention in his senior year.

He made the Atlanta Journal statewide Honor Roll eight out of 10 weeks for the season. He was a starter for three years and rushed for over 1,000 yards, scoring 13 touchdowns as a senior.

A versatile athlete, he played fullback and line-backer punted and kicked off. In baseball, he was an outfielder, shortstop and leadoff batter. In track, he ran the leadoff leg in the relays and qualified in the low and high hurdles for state.

Boyd walked on at the University of Tampa and earned a scholarship. He was the second player in Bradwell's history to sign a football grant-in-aid.

Boyd started at running back his junior year. In his senior year, he played both ways at running back and rover back. The team's secondary led the nation that year in interceptions. He was featured in an article in Smith and Street preseason magazine in 1963.

Academically, Boyd was listed in the Who's Who In American Colleges and Universities as a junior and senior, and received the Tampa Lithograph Academic Award as a senior football player with the highest average. He was also selected as Young Man of the Year in Georgia in 1975.

Boyd went on to coach high school football for 34 years. He was selected as Coach of the Year five times - three times as an assistant coach and twice as a head coach. Boyd was also selected several times as Macon area Coach of the Week for outstanding wins. As a coach, he won five region championships and coached in the Georgia North/South All-star game.

As part of his coaching legacy, he developed the talent of many players who went on to become two All-Americans and many All-state winners. Two of his protégés ended up in the NFL. Many of his players were signed to colleges, such as Georgia, Florida, Georgia Tech, South Carolina, Citadel, East Carolina, Troy, University of Illinois, Oregon, Florida State, Western Carolina, Merchant Marines Academy, Newberry, College of the Desert, Taft and others.

Today, Boyd spends his days immersed in civic activities and has taught Sunday school for more than 25 years at Gray Methodist Church. For a while, he was in charge of logistics for the Relay for Life in Jones County. His efforts have put the organization the top 10 for money raised for communities of its size in the USA several times, including 2006.

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Army Rifleman named AAA Athlete of the week

Courtesy of www.goarmysport

WEST POINT, N.Y. - Rifleman Chris Abalo was named the Army Athletic Association's "Athlete of the Week" following his NCAA record-setting performance at the President's Trophy Match over the weekend. It is the first time this season that Abalo was chosen for AAA honors and the fourth time he has garnered this award in the past two years.

The native of Glendora, Calif., set an NCAA record in smallbore with his match-high 590 at the President's Trophy Match hosted by Navy at Bancroft Rifle Range Saturday. His score nipped the former mark of 589 set last year by Jacksonville State's Joe Hall along with shattering his Academy record by two points.

Abalo, unbeaten this season in smallbore, earned medalist honors for the fourth straight time en route to leading Army to its third straight President's Trophy Match title. The Black Knights, finishing first in both disciplines, outpointed the field with a 5817 aggregate mark, beating their closest rival, Navy (5736) by 81 points. Air Force (5656) and Coast Guard (5566) finished third and fourth, respectively.

The Army senior fired a 589 score in air rifle, tying classmate Brian Kern for run-

ner-up honors, en route to finishing first in the combined scoring with an 1179 to repeat as medalist in both smallbore and aggregate after breaking both marks he set in last year's winning effort.

Army, 3-0 overall and 2-0 in the Great America Rifle Conference, returns to action this weekend on the homefront Saturday hosting Texas Christian in opening a three-game homestand. The Black Knights close out their fall slate the following weekend (Nov. 18) when they entertain North Carolina State and Nebraska in a pair of GARC matches.



courtesy photo

Chris Abalo

Boyd is a past member of the Chamber of Commerce and was in charge of tourism. He was the campaign treasurer for Jones County, helping the mayor get re-elected. Presently he serves on a committee to rewrite his city charter.

“When I left Bradwell, I left to make a name and place for myself,” Boyd said. “I never forgot where I came from, or the people that instilled in me integrity, honor, pride and work ethic. I owe a great debt of gratitude to Hokey Jackson, Ed Edwards, Toby Fountain, Faye Darsey, Willie Stafford, B.A. Johnson, Albert Rogers, William Cox and many others. I’ve always taken the name and honor of Hinesville with me and tried to give back to the youth. I’ve taught and coached for 38 years the legacy of Bradwell institute.

I’m proud to call Hinesville my home.”

John H. Long

While growing up in Washington, Ga. John Long was a star football player and had lots of drive. After graduating from college and moving around a bit, he landed in Hinesville in 1962.

His love for football gave him the drive to put in place something special in his new home in Liberty County.

Before having children of his own, he started the steps necessary for recreational football for the children of Liberty County. He first worked with the Harvey Overton Bradwell Booster Club to raise the money needed for the program. He actually administered the program for the first five years that even involved storing all the football

equipment in his home attic.

During that time, he solicited the county commissioners to officially establish a recreation program with staff. In 1968, the county commission did establish the recreation board and the Liberty County Recreation Department, and subsequently hired Charles Shuman as director.

Long coached recreational football and baseball and had several championship teams for many years. Long even donated two front teeth to the cause of teaching a young lineman how to properly block.

He was a steady influence for the Liberty County Recreation Department for many years.

In the late 1970s and 1980s, he stayed busy on Friday nights providing the coaching

communication headsets at Bradwell Institute football games. This involved getting to all the games early and staying late to make certain the equipment functioned properly throughout the game.

Liberty County honored Long by naming the recreation football and track stadium in his honor along with Winford Bell. The facility is officially called Long-Bell Stadium. He made a positive impact on countless athletes from the early 1960s through the ‘80s.

Long touched most of the athletes who graduated from Bradwell Institute during those years in some way. He exemplified the great pride and spirit that athletics can bring to a community. His significant contribution has helped make Liberty County a great sports county.

Sign up now for Child and Youth Services youth basketball, cheerleading programs

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 Pee wee (training); 7-8 Pee

wee (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.