

Deployed troops test their strength

Aviation battalion competes in strongest man competition

Pfc. Monica Smith
3rd CAB Public Affairs

CAMP STRIKER, Iraq - The two victors of a battalion strength and skills competition were declared at Camp Striker, Nov. 10.

Capt. David Guida and Spc. Terrance Haupt, both of Company E, 2nd Battalion, 3rd Aviation Regiment became winners of the Knighthawk Stakes, a 2/3 Avn. Regt. competition that took place Nov. 4.

"The top three were all within a fraction of a few points of each other," said Guida, commander of Co. E. "I knew we'd be competitive; we put a 100 percent into it, but I didn't necessarily think we'd win the whole thing. I was surprised, pleasantly surprised."

The Knighthawk Stakes took place at the 2/3 Avn. Regt. headquarters and included 19 two-man teams who were graded on their ability to complete 10 challenges.

"The companies were tasked to provide three teams if stationed at (Camp Striker) and two if stationed at Forward Operating Base Kalsu or Taji," said Sgt. Maj. William Gammon, Headquarters and Headquarters Company, 2/3 Avn. Regt. "The whole brigade was involved."

The challenges tested the Soldiers physically with the two-minute push-ups and sit-

ups portion, the bench press, and flipping a heavy expanded mobile tactical truck tire. The competition also graded the teams on their military knowledge in areas such as first aid, land navigation, and their ability to reassemble an M16A2 rifle, M9 pistol and M249 squad automatic weapon, in addition to reassembling an M16A2 rifle while blindfolded. However, not all the challenges were military in nature.

"We mixed (military) tasks with fun events like the muffin and pop-tart eating competition," Gammon said.

The Soldiers had to eat as many as they could in two minutes. With all the muffins the brigade has on hand, someone should be reasonably good at eating those things by now, Gammon added.

The Soldiers also had to recite the Soldier's creed and the Dog Face Soldier song. The



Pfc. Monica Smith

Spc. Travonte Edison (left) and Sgt. Joseph Steel, HHC, 2/3 Aviation, flip a tire across the 2/3 Avn. parking area, during the Knighthawk Stakes, Nov. 4, at Camp Striker, Baghdad.

Soldiers were given freedom to perform each in a manner that would inspire and motivate the listener. Some Soldiers performed at the traditional position of attention, while others invoked a spirit of theater and performed the Dog Face Soldier Song, complete with 'jazz hands.'

Prior to deployment, the 2/3 Avn. Regt. had a similar event where Soldiers participated in events dealing with shooting, communication, first aid and also Iraqi culture. The same concept was brought to the Knighthawk Stakes.

"This was our first competition," Gammon said. "We only hit about 20 percent of the tasks we were trained on before we deployed, but we wanted to have some fun. We've been here for six months. We wanted to provide an opportunity for one company to have bragging rights."

For the first Knighthawk Stakes, Co. E has taken the title.

"The competition brought morale up a lot," said Haupt, orderly room clerk, Co. E. "It was fun. It was a good thing for the battalion to do. I think they should do it again."

FOB Q-West holds Halloween monster dash for troops



Pfc. Gaelen Lowers
3rd Sustainment Brigade

Forward Operating Base Q-West - QAI-YARA, Iraq - Forward Operating Base Q-West held its inaugural 5K Monster Dash, Oct. 31.

Put together by Capt. Brittany Warren, 3rd Sustainment Brigade adjutant, KBR, the Morale, Welfare and Recreation staff and brigade staff, the 5K Monster Dash provide a little friendly competition and excitement for deployed Soldiers.

"I think everybody likes having an opportunity to do something a little bit different," said Warren. "We try to make it special and make it a big deal."

Prizes were given out to the male and

female winners of each age group. Age groups included 18-29, 30-39, and 40+. Prizes included AAFES gift cards for first, second and third places. First place winners received a \$50 gift card, second place winners received a \$35 gift card and a \$25 gift card went to third place winners.

Along with gift cards the winners received a certificate of achievement for their efforts.

The overall male winner with a time of 20:03 was Spc. Jarmaris Chaney, 57th Signal Co., and the female overall winner was 1st Sgt. Cynthia Witfield, 226th Quarter Master Co.

Events like these are held for the Soldiers to help them enjoy their time here and hopefully create a few memories said Warren.

Pfc. Gaelen Lowers

Soldiers and civilians begin the 5K Monster Dash at FOB Q-West Oct. 31.

Spartans get a kick out of soccer Sundays

Sgt. Kevin Stabinsky
2nd BCT Public Affairs

FORWARD OPERATING BASE KALSU, Iraq - Soldiers of the 2nd Brigade Combat Team, 3rd Infantry Division are getting a kick out of a weekly soccer game every Sunday on Forward Operating Base Kalsu.

The ritual began with 1st Sgt. Richard Henson, first sergeant, Headquarters and Headquarters Company, who wanted to have Soldiers engage in some form of competitive sport each week.

While the first few weeks rotated between sports like volleyball and flag football, it was soccer that really stuck with the Dog Face Soldiers.

Part of the success came from dedicated players like Capt. Lauren Glaze, Provost Marshall Office, and 2nd Lt. Tiffany Allen, Unmanned Aerial Vehicle platoon, platoon leader, 2/3 Brigade Troops Battalion.

The two, who were teammates on the West Point soccer team, helped develop a core group of players, Glaze said.

The first few games were small, two-on-two, Glaze said. However, the core group of players gathered new recruits.

One of the continuing appeals of the game is the relief from the stress of deployment and work, Allen said. It is also a great way to socialize with other people, she added.

Games of six-on-six or eight-on-eight are commonplace now, Glaze said.

The games, which last an hour, are more "sandlot" than intramural, with no set teams.

What the teams may lack in weekly organization is made up in the determination amongst the players.

While they don't play for a trophy, there are intangible prizes motivating the players.

Glaze said some of the motiva-

tion is the challenge of the sport.

Besides the awkward mechanics of being unable to use your hands or arms to move the ball, the game is also challenging because it hasn't been very popular in America until recently. Glaze said seeing so many other countries fielding teams much better than American soccer teams motivates many Americans to improve at the game.

For Allen, who has played soccer for 17 years, it is the escape from Iraq that she seeks. In playing competitively, even if only among her peers, she said it takes her back to her school days.

It is also a great workout, the two agreed.

"I like sports where you run around a lot," Allen said. "You're always moving."

Looking forward to the next game also helps keep the work week moving.

"It is always something to look forward to on Sundays," Allen said



Sgt. Kevin Stabinsky

Second Lt. Tiffany Allen, 2/3 BTB, tries to overcome the defense of Capt. Lauren Glaze, 2nd BCT, Provost Marshall Office, during a Nov. 4 soccer game on FOB Kalsu.

Jake's Body Shop:

Should you hire an exercise expert to assist you with physical fitness

Jake Battle
DMWR Fitness Director

Do you become easily discouraged? Are there some exercises you're not sure you are doing properly? Are you not getting the results you had hoped for? Are your fitness goals unrealistic?

If you answered "yes" to any of these questions, consider a personal trainer to help you achieve the results you're looking for.

A trained professional personal trainer can make the road to attaining your fitness goals smoother and more successful. Certified personal trainers have passed a test and are considered qualified to

give personal exercise instruction. The advantage of having a certified trainer is that they are professionals and usually more qualified and serious about helping you achieve results. Don't hesitate to ask a personal trainer whether he or she is certified.

Here are some benefits of having a personal trainer.

Plan and conquer

A key to getting fit is setting realistic exercise goals. Your personal trainer can help you set both short-term and long-term goals.

Selecting a proper workout routine can be difficult for someone who knows

little about fitness. A personal trainer can help you choose which exercises are right for you.

They can also help you see how you are progressing and point out what you need to do to reach your goals as quickly as possible.

A helping hand

Your personal trainer can help you understand why your body reacts in certain ways to exercise. If you become discouraged by a lack of results, it can be your trainer who gives you that needed faith to continue working on your goals.

Reaching your best

During an exercise session, it can be easy to skip an important part of the routine that you don't particularly enjoy.

A trainer can push you to do your best

every session with firm encouragement and instruction.

The right way

Performing an exercise incorrectly is one reason many people do not get maximum benefits from their workout routine. This can even result in injury.

If you do an exercise improperly, your personal trainer will show you how to correct yourself. If there is an exercise you have wanted to try but haven't known how, they can teach you.

Enjoy a successful workout routine by getting a personal trainer. The support and professional instruction may be just what you need to get the body you desire.



Stewart youth jump at the chance to win free turkeys

Sgt. Tanya Polk
Editor

Thanksgiving is just around the corner and Fort Stewart's Child and Youth Services helped some Families to a jump start on dinner by providing the opportunity to win a free turkey.

A Turkey Shoot-Out competition was held for children ages seven through 17, Nov. 10 at Jordan Gym.

Recently, Jordan Gym has reopened as a youth-only fitness center.

The Turkey Shoot-Out is similar to the game "two-ball." Six makers were placed on the basketball court. Each marker is worth a point value. The athletes then have one minute total to shoot a basket from each marker. The player with the most points wins a free turkey.

"In the past we've held similar competitions where youth could win school supplies," said Lonell Jones, gym manager.

"It gives the kids something interesting to do and (also) introduces (some) to the game of basketball."

Sherita Baker, brought her sons Samuel, 7, and Patrick, 8, to the competition.

"I wanted to get them out of the house," said Baker, "and, I was thinking of putting them in basketball, so this was a good opportunity to see how (well) they do."

The Bakers took home their Thanksgiving turkey as Samuel won first place for his age group.

Other turkey winners included Moses Wardlow, 12; Larry Murray, 14; Hamilton Thomas, 13; and James Wardlow, 16.

Jones said that anyone could participate in these events, although being a CYS member is highly encouraged.

He said there will be more youth recre-



Sgt. Tanya Polk

Larry Murray, 14, competes at this year's youth Turkey Shoot-Out at Jordan Gym as Sherita Baker and her sons Samuel, 7, and Patrick, 8 look on.

ational activities such like the Turkey Shoot-Out in the future.

For more information on youth sports activities on Fort Stewart or to enroll your child in CYS contact the Child and Youth Services sports center at 767-2697.

Panthers tame Mustangs, 50-24



Patty Leon

Panthers' quarterback Julian Stokes runs for a first down.

Patty Leon
Coastal Courier

The Panthers defeated the South Effingham Mustangs for the first time since the two teams began meeting on the field of battle. Not only did the Panthers win, they also knocked the Mustangs out of any post-season opportunity they may have had.

It looked, at first, as if history would repeat itself as the Mustangs came out strong and scored first, but the Panthers prevailed in a stunning upset.

The Mustang defense started strong, forcing the Panthers to a quick three and punt.

The Mustangs received the kick at the 45-yard line before Tachory Rhodes tackled the receiver. The Mustangs converted on a third down and the next drive brought the ball to the first yard line. The Mustangs' running back then carried the ball into the end zone for the game's first score.

The Mustangs' offense chipped away at the Panthers' defense making three first downs. But the Panther defense made some critical adjustments and held the Mustangs to a field goal and a 9-0 lead with 41 seconds left in the first quarter.

Stokes carried the ball for two plays and two first downs before the first quarter ended. Jones carried the ball to the 14-yard

line and then the 10 before Calahan broke through the center tackle and walked into the end zone for a Panther touch down. Chipple's point after was good and the Panthers were back in the game behind by two early in the second quarter (9-7).

The defense forced the Mustangs to punt for the first time in the game with 7:09 left in the second quarter.

Stokes threw an interception in the Panthers' next drive and the Mustangs brought it to the 18-yard line. With a third down and three inside the Panthers' 10-yard line, the Panthers' defense once again stepped it up and knocked the running back for a loss forcing another field goal attempt for the Mustangs and a 12-7 lead.

The Panther offense began to feed off their defense and the momentum in the game began to shift. Stokes fumbled the snap but immediately jumped on the ball to retain possession. Stokes then pitched the ball to Jones, who made it to the 35-yard line and a new set of downs. Calahan spun to come down at the 30-yard line. Calahan then carried the ball to the seven-yard line and Stokes eventually crossed the end zone giving the Panthers a 14-12 lead before half time.

Seconds left before the half, the Panthers were up 21-12.

In the fourth quarter, the Panthers ran

the halfback option and Jones connected to Paul Davis, bringing the Panthers from their own 36-yard line to the Mustangs' 21-yard line. But the Mustangs held the Panthers to only a field goal, making the score 24-12.

The Mustangs then connected on a pass carried into the end zone by the receiver, but the point-after attempt was missed, making it 24-18. With 4:05 left in regulation, Jones found the outside seam and again tiptoed the sideline for another Panther touchdown. The Panthers were penalized for celebrating thereby backing up the point-after attempt by Chipple. But he was able to break the crossbars, making it 31-18.

The Mustangs' offensive was once again deep in the Panthers' red zone when the quarterback was sacked by the Panther defenders, causing the ball to come loose before he went down. Kendrick Jones was there for the recovery and a defensive touchdown for the Panthers. Another penalty for delay of game forced the extra-point attempt back but it still was good, giving the Panthers a 38-18 lead.

The Mustangs rallied again and scored but went for a two-point conversion that was negated by a tough-standing Panther defense. That held the score to 38-24. Two more touchdowns with two missed extra points would seal the game for the Panthers' victory of 50-24.

Bradwell Tigers suffer loss to Camden Wildcats, 49-7

Patty Leon
Coastal Courier

With a 49-7 victory over the Bradwell Tigers, the Camden County Wildcats once again reign as the champions in the 3-A region.

For the Wildcats, it is their seventh straight regional title.

For the Tigers, it was a missed opportunity to top-ple the Cats' crown. But the Tigers will soon face a new Wildcat opponent.

Bradwell will travel to Valdosta Friday for the first

round of playoffs against the Valdosta Wildcats of 1-A.

Bradwell's 5-5, 5-2 record ranks them in third place in 3-A and Valdosta's 8-2, 5-1 record ranked them in second place of 1-A, pitting the two against each other in a battle for the second round of playoffs.

The winner will face either Martin Luther King High or Paulding County in round two scheduled for Nov. 23.

The kickoff time has not been determined as of press time.

Patty Leon

Scrambling: Terrance Jemison scored the Tigers' only touchdown in Friday's loss to Camden County. The Tigers score with three seconds left on the clock avoiding a shutout.



2007 INSTALLATION SPORTS

Stewart Softball Schedule

Date	Time	Sports/Complex	Team
Nov. 15	5:30 p.m.	Field 3	731st EOD vs OUTKAST
	7:30 p.m.	Field 3	High, Rollers vs Rest in Peach
Nov. 19	5:30 p.m.	Field 3	OUTKAST vs High, Rollers
	7:30 p.m.	Field 3	Georgia Athletic vs Rest in Peach
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
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
3/3rd Avn.	3	0	1.000
110th QM	2	1	0.667
473rd QM	2	1	0.667
224th MI	2	1	0.667
Hunter Gate Guards	2	2	0.500
512th QM	1	1	0.500
514th Eng.	1	2	0.250
10th Trans.	1	3	0.200
24th Ord.	0	3	0.000



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It should be understood that employment may be located in a hostile area and possibly in a combat or war zone. This could include the possibility of suffering harm at the hands of hostile forces or by friendly fire. It should be further understood that these dangers are inherent to work in a hostile environment.