

Local girls receive b-ball scholarships to Ga Tech

Stewart supports student athletes' with VTC

Jennifer Scales
Public Affairs Specialist

Liberty County High School's point guard Metra Walthour and forward LaQuananisha Adams of the Lady Panthers signed for a full athletic scholarship to Georgia Tech, Nov. 14.

Walthour and Adams join an elite team of recruits for the sixth-ranked 2008 recruiting class of Georgia Tech.

Walthour, 5'6" ranks as the No. 71 player in the nation, according to Collegiate Girls Basketball Report.

Adams, the daughter of Sharon Adams - who works in the Emergency Operations Center at Fort Stewart - and Command Sgt. Maj. Carl Adams - who is stationed at Camp Zama, Japan - brings height, at 6'3", and runs the floor like a guard, said Georgia Tech's head coach MaChelle Joseph.

Seniors this year at Liberty, Walthour and Adams began their basketball careers early. Walthour has been playing since she was nine-years-old. She was mentored by her uncle, Ernie Walthour.

"He took me to basketball camps and started me off that way," said Walthour.

Adams, on the other hand, was initially playing volleyball for the Liberty County Recreation Department and had never played basketball before. When she began middle school at Snelson Golden, and tried out for the basketball team, she did not make it due to a technical fluke; which turned out to be in her favor, as Carolyn Kelly, coach of the Liberty County High School Lady Panthers, spotted her.

"Coach Kelly began working with me, since she knew I would eventually end up at Liberty," said Adams.

The rest as they say, is history.

"I am overwhelmed," said Kelly. "They have worked extremely hard."

"It has been a long road, and I am happy for them," Kelly continued. "They were in the ninth grade when they started, and set goals to play at the Division 1 level."

Adams and Walthour are extremely intelligent, continued Kelly. "They are both very smart, and were scouted aggressively last year as juniors. They had offers from Virginia Tech, Florida State, Michigan State and others."

They could have gone anywhere they wanted, but they



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Liberty County High School seniors Metra Walthour and LaQuananisha Adams signed their scholarships to Georgia Tech at the Video Teleconference Center at Fort Stewart, Nov. 14.

wanted to stay together.

"Some of the schools have only one position, and not the other," said Kelly.

"So it was just a natural for them to sign with Georgia Tech when they indicated they wanted both a guard and a point player. With their degree from Georgia Tech, they can write their own ticket in their careers."

"I will continue to worry about her because she is leaving the nest," said Sharon, "but I have confidence in the Georgia Tech staff. Through the visits we have made there, I feel that she will be in good hands. They have a really good program in both athletics and education. As long as Nisha stays focused, everything will be fine."

Sharon retired from the U. S. Army in 2006, and the Family decided to stay here while her husband went on to his next assignment.

Adams's dad was not left out of the picture for the once in a lifetime event. Though he is stationed at Camp Zama, Japan, Command Sgt. Maj. Adams was able to witness the occasion the next best way courtesy of the Stewart-Hunter Directorate of Information Management's Video Teleconference Center.

Command Sgt. Maj. Adams said the occasion was like a Godsend.

"I am overwhelmed, I am about to tear up," he said.

"To see both of the girls get to this point in their lives is great."

The audience in the VTC laughed and applauded as he added, "the bottom line is that it saves us some money."

Command Sgt. Maj. Adams went on to thank the coach for her support to the girls.

"Thank you Coach Kelly for helping to get them to this point. Thank you for being mother and father when we were not there."

Beyond hoop dreams, Adams and Walthour have other aspirations.

"I want to be engineer, so I am going to school to major in industrial engineering," Walthour said.

Adams goals lie at the other end of the spectrum.

"I am going to major in nursing and science technology-agricultural communications," she said.

After graduation in May, both girls will begin college in June where Georgia Tech will familiarize them with the campus, studies, and sports.

3rd Inf Div trots in WWII commander's footsteps



Courtesy Photo

Soldiers take off from the starting line in front of the MND-C Headquarters for the "Truscot Trot" fun-run, Nov. 17.

Staff Sgt. Carlos Lazo
MND-C Public Affairs

Over 200 people participated in the "Truscott Trot" five kilometer run at the Multi-National Division-Center headquarters, Nov.17. Organized by the 3rd Infantry Division, participants included Soldiers from Multi-National Forces - Iraq and other residents of Camp Victory.

This is the first fun-run organized by the division during this deployment.

"It turned out great," said Capt. Valerie K. Foddrill, G1 planner.

Upon completing the run, participants received free t-shirts from Foddrill and fellow volunteers. Maj. Shawn D. Smith, MNF-I Staff Judge Advocate, was the first to finish the run.

The run was held to celebrate the memory and contributions of Gen. Lucian K. Truscott, Jr., commanding general of the 3rd Inf. Div. during World War II from March 1943 to January 1944.

Lucian King Truscott, Jr., was one of seven generals who commanded the 3rd Infantry Division during World War II. He took command of the Marne Division March 1943, and oversaw preparations for the invasion of

Sicily. He led the division in the assault on Sicily in July 1943.

He was known as a very tough trainer, bringing the Division up to a very high standard. During the assault on Sicily, his training paid off when the division covered great distances in the mountainous terrain at high speed.

The famous "Truscott Trot" was a marching pace of five miles per hour over the first mile, then four miles per hour, much faster than the usual standard of 2.5 miles per hour. He also saw to it that infantry and artillery worked closely together and that battle simulations used live mortars, machine guns and ammunition. The 3rd Inf. Div. was considered by many the best-trained, best-led Division in the Seventh Army.

In mid-September 1943, nine days after the initial Allied landings, he led the division ashore at Salerno on the Italian mainland, where it fought its way up the peninsula.

His son, Lucian K. Truscott III served during the Korean War as a rifle company commander. Truscott once told his son, "Let me tell you something, and don't ever forget it. You play games to win, not lose. And you fight wars to win."

Hunter military police team takes home tournament trophies

Kaytrina Curtis
Hunter Public Affairs

Friday night proved to be a successful one for some Soldiers of the Puerto Rico National Guard's Military Police detachment at the Tominac Fitness Center on Hunter Army Airfield.

More than 20 Soldiers, Family members and civilians signed up to shoot hoops.

Eli Wilson, Tominac Fitness Center's programs director said

that, "The turnout was less than expected, but everyone that did attend had a good time."

The teams played hard for the coveted trophies.

"All players were highly skilled and evenly matched," said Wilson.

According to Wilson, the two teams in the final match were even which made for a tight game until the end.

"All of the winners were excited about their wins," said Wilson.

Hunter and Fort Stewart bowling centers donated free passes to each

of the winning team members and the three-point contest winner.

The winners were also presented with trophies.

Kaytrina Curtis

Pictured left to right - Staff Sgt. Edgardo Morales, Spc. Joseph Santiago, and Sgt. Samuel Ortiz, all of the Puerto Rico National Guard's Military Police Detachment, pose with their first place trophies at Hunter's 3-on-3 basketball tournament, Nov. 17 at the Tominac Fitness Center.



'Rays sting Grasshoppers in season finale

Kaytrina Sharp
Hunter Public Affairs

Chilly temperatures nor a long school day could stop the enthusiasm of the Grasshoppers or the Stingrays. Children of the Hunter Army Airfield community soccer teams gathered to play the final game of the season for the Grasshoppers Nov. 22.

Sgt. Dallen Smith, 3rd Battalion, 160th SOAR coaches the Stingrays and said that they have been practicing since August. The Stingrays who had an impressive record of 6-0 thus far, looked forward to the night's game.

The players, for both teams, range in from ages 4-6.

"All the kids play all positions," said Sgt. Chris Peche,

of 3/160th SOAR.

Peche, a novice volunteer soccer coach said, "Everything I learned about soccer I learned from the Internet."

Peche said his team played physical games such as 'Red light, Green light' and 'Tag' to prepare for the season.

Amid fighting sand gnats and numerous bathroom breaks, the Stingrays came away victorious and ended their season, 7-0.

The Grasshoppers finished the season with a 4-3 record.

Kaytrina Sharp

The Stingrays (gray shirts) and the Grasshoppers (green shirts) race for the ball during their final game of the season.



Bowlers score big at Hunter Lanes

Molly Ohearn
MWR Public Relations

Two bowlers tied for the second highest series during the month of October at Hunter Lanes. Lonnie Byrd is the first man in Savannah to bowl two 300's in one series, a set of three games. His score for the series totaled 827.

Chiquita Etheridge's score also totaled 827, making her the first woman in Savannah to bowl an 800 series and the fourth to bowl a 300 game.

Byrd began bowling with friends in a league 22 years ago. He is now a member of the Tuesday Night Imperial League at Hunter Lanes and has been bowling there for over eight years.

Byrd bowled 300, 227 and 300, for a total of 827 during his league bowling Oct. 23.

"I was proud and shocked," said Byrd. "My ultimate goal was to shoot 800."

Byrd is a former vice president of the Greater Savannah Bowling Association, where he served a three-year term. He was also presented Bowler of the Year in 2005 for the Greater Savannah Area.

"Bowling is fun for me," Byrd said. "I enjoy the time I spend with the people I bowl with. It's as much about the people as it is the game."

Byrd is a native of Pooler and the owner of B & B Paints in downtown Savannah.

Only a few days after Byrd's 827 series, Etheridge tied the high score during the Coastal Savannah Classic Tournament, Oct. 28. Her series included scores of 248, 300 and 278.

Etheridge has been bowling nine years and bowls with the Monday Madness League at Victory Lanes in Savannah. However, Etheridge has been an occasional visitor to Hunter Lanes since she moved to Savannah in 2003.

Etheridge said she began bowling as "something to get out of the house. "It [bowling] just came natural to me," she said.

She holds three first place titles with the National Bowling Association and placed first in the Singles event during the tournament at Hunter.

"The bowlers who I bowl with really provided me with encouragement and inspiration," Etheridge said. "It was a good feeling to have my friends there with me."

Etheridge currently works as a child support enforcement officer in Savannah.

Byrd and Etheridge will both receive an 800 and 300 ring for their achievement from the United States Bowling Congress.

"It couldn't have happened to two better people," said Carlton Peck, manager of Hunter Lanes.



Courtesy photo

The Senior Bowling League takes to the lanes at Hunter Army Airfield.

Jake's Body Shop:

A word about sugar and sweets

Jake Battle
DMWR Fitness Director

Q: I have read that eating empty calories in snacks that contain a lot of sugar may make us age faster. Is this true?

A: Some researchers believe this may be correct, but it has not been proven. Their reasoning goes like this: Diabetics experience the problems of aging at an earlier age than do non diabetics.

These problems include cataracts, hardening of the arteries and joint stiffness.

So the plan has been to study diabetics and to apply ideas learned about aging to the general population.

Diabetics are affected by many abnormalities including high levels of glucose in the blood. Glucose causes a chemical change in hemoglobin and other proteins.

The proteins become sticky and adhere to other proteins in a lattice-work pattern.

Such effects are believed to help cause hardening of the arteries and other conditions of aging.

Studies reveal

A researcher at Rockefeller University in New York City began to check proteins of non diabetics for evidence of these effects of sugar. He soaked lens of the eye in sugar solutions. This turned the lens opaque like a cataract. Skin and muscle tendons soaked in glucose became stiff and broke easily as they do as we grow older.

The theory is that very high levels of glucose may hasten aging.

What we can do?

We can reduce our intake of foods or beverages that give rapid absorption of glucose and high blood levels. Nearly all foods are partially converted to glucose during absorption.

But simple sugars in orange juice, soft drinks and candy cause high blood levels when consumed alone.

If these are taken with meals that have complex starches

(breads, potatoes), proteins (meats) and fibers (vegetables, leafy greens), we are less likely to get those high glucose levels.

Thus, eating candy and drinking orange juice and regular soft drinks by themselves would be best avoided.

Diet drinks would not cause these high glucose levels, and would be preferred from this standpoint over regular soft drinks.



Jake Battle

2007 INSTALLATION SPORTS

Stewart Softball Schedule

| Date | Time | Sports/Complex | Team |
|---------|-----------|----------------|-----------------------------------|
| 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. | 5 | 0 | 1.000 |
| 110th QM | 3 | 1 | 0.750 |
| 514th Eng. | 3 | 2 | 0.600 |
| 224th MI | 2 | 2 | 0.500 |
| 473rd QM | 2 | 2 | 0.500 |
| Hunter Gate Guards | 2 | 3 | 0.400 |
| 512th QM | 1 | 2 | 0.333 |
| 10th Trans. | 1 | 3 | 0.200 |
| 24th Ord. | 0 | 4 | 0.000 |



Tigers prepare to hoop it up

Bradwell Institute's basketball season jump starts Nov 27



Patty Leon

Jarvis Wadsworth is one of the three returning seniors for the Tiger basketball team.

Patty Leon
Coastal Courier

As football begins to wind down, the attention now turns to high school basketball.

Tigers' men's head coach David Jones reflects on last season in anticipation of what the new one may bring for his squad.

"Our record last season was 13-13," he said. "But we are extremely excited about the upcoming season. I guess if you ever get to the point where you're not excited about the season, it's time to move on. But, I'm excited about it."

The men and women's basketball regular season starts Nov. 27, with a home opener against Tattnall County - a game Jones admits he is a little nervous about.

"We open up against Tattnall, who literally embarrassed and destroyed us last year," he said. "They are well coached and they play hard. As bad and as easy as they beat us last year, there is no reason for them to think that they can't do the same thing to us this year."

Jones said every game they play this year would be tough. He noted that in regards to basketball, the Tigers are in one of the toughest regions in the state.

"We don't have an easy game this season. Once again, we are limited in size so we will need to limit our mistakes, play solid defense, play pressure defense to the goal, and be selective in our shots. If we can keep these things in mind, we can have a good year," he said.

It's hard to think of not having size when you describe young men standing 6'1" to 6'2" but Jones said most of the powerhouse

"...we are limited in size so we will need to limit our mistakes, play solid defense, play pressure defense to the goal, and be selective in our shots."

David Jones
Tigers' head coach

basketball teams in the region have players who are easily 6'5" to 6'7."

"Savannah High, Beach, Johnson, Jenkins and Groves have some of the top programs in the state when it comes to basketball," Jones said. "Jenkins was an inch away last year and Groves went to state. They have some kids that are juniors that are 6'5" and above, so we know we have to play smart to overcome some of the size issues."

The Tigers have three players who are returning as seniors - Robert Sims, Daniel Materney and Jarvis Wadsworth. They also have Brandon Hayes who will return to play his senior year as a Tiger now that his family moved back to Hinesville from Chicago.

"We have some younger players who are moving up from the junior varsity squad, like Tony Costin and DeAndre Ross," Jones said. "These two kids took to the weight room during the off season, and they took the work out to a higher level. They will probably be in our top eight."

"We brought in Joseph Palmer," Jones said. "Derrick Nesbitt will help us out and Manuel Crum will come back once football is over. But our biggest surprise came from the baseball field in a young man named Cantrell Hardgrove. He will also likely be in our top eight. Of course, we will be expecting a lot from Wadsworth and Sims as they are probably two of our premiere leaders."

"We are lucky this year," said Nesbitt. "We have a few kids who play wide open with reckless abandonment that comes from within. They are driven by the game. That is something you just can't teach. It has to come from your heart."

Lady Tigers gear up for regular season

Patty Leon
Coastal Courier

Faye Baker, Bradwell's women's basketball coach, is used to overcoming obstacles in her life. Her latest challenge comes as the Lady Tigers prepare for their basketball season.

"I had my first losing season last year when we went 13-14," she said. "We were rebuilding, and I knew that, but there were definitely some teams we should not have lost to."

The Lady Tigers have only three returning seniors with previous game experience.

But once again, Baker sees the positive above the negative aspects a young team may bring.

"The beauty of this team is that we were young last year," she said. "We lost four seniors, so the nucleus of the team is returning. They worked really hard during the off season and they did everything we asked them to do, like hitting the weights and attending summer camps."

Baker said the improvement has been noticeable as the Lady Tigers hit the courts everyday for two hours to prepare for this season's com-

petition.

The Lady Tigers have a tough schedule facing regional opponents in Beach, Camden County, Savannah High and Groves. Their toughest non-regional opponent will likely be Glynn Academy.

Baker said her team's one weakness she wants them to overcome is a lack of consistency.

"We had a problem with being consistent last season, and that is something we are really working hard on," she said. "Our strength is our quickness and the fact that we have kids willing to play defense. They know that defenses can win games."

Baker feels her team will be able to shoot the ball from the outside a lot better this year, but she knows it is playing time that matters most.

"Over the course of the year, the team should be able to compete very well into post season. Collectively we are working to fix those little things that can make last year's losses into this year's wins," Baker said.

The Lady Tigers will open the regular season at home against Tattnall County, Nov. 27.



Patty Leon

Jaimme McLemore and Quintunya Chapman practice against each other as the Lady Tigers prep for regular season.