

Show your Marne spirit, join the 'Jingle Bell Jog'

Pat Young
Frontline Staff

The Walk to Iraq and Back began as a program for Soldiers, Families, and friends to help show their support for the deployed warriors with a goal of "walking" about 13,000 miles – the approximate distance from Fort Stewart to Iraq.

More than 70,000 miles since its initial three-mile walk kick-off May 5, the Fort Stewart-Hunter Army Airfield community has demonstrated their love and support of the deployed Soldiers to Iraq and Afghanistan, transversing the globe nearly three times from its widest point, the equator, at nearly 25,000 miles.

"I would love it if we could go over three times, or more," said Fran Williams, 3rd Infantry Division Family Readiness Support Assistant.

Williams said although the purpose is to show support for the division's deployed Soldiers, its good for much more. She said it helps promote fitness and relieve stress. She said it was an opportunity for the whole Family to get out and share in the

camaraderie.

"It's really fun for everyone, and the children get excited because they get to contribute too," Williams said.

Although the walk is a continuous effort, Lt. Col. Ellen Birch, 3rd Inf. Div. deputy rear-detachment commander, said community members could help further the goal and have fun while they were at it at the upcoming 'Jingle Bell Jog' scheduled for Dec. 15.

The special holiday edition of the Walk to Iraq and Back invites community members to get out their red and green colors, pointy shoes and ears, white beard and antlers, and join the fun.

The event starts with a four-mile walk/run at Club Stewart, with registration beginning around 8 a.m., and runners starting around 9 a.m., followed soon after by the walkers.

There is no cost for the event, but participants are asked to help show their holiday cheer by wearing red or green.

Recognition will go to the first finishers in several categories including man and woman; parent-child team; and parent-stroller team.

In addition, other categories include the first Santa, dressed all in red and white with some sort of white facial hair; first Christmas tree, dressed in green with visible ornaments; reindeer, dressed in brown with antlers; and first elf, dressed in red and green with pointy shoes and ears etc.

At previous walks, themes were developed such as the Oct. 27 Costume Walk to Iraq and Back. In that event at Hunter, the Savannah Winds Orchestra played patriotic music with special guests in attendance that included U.S. Representative Jack Kingston, representing Georgia's first congressional district; Pete Liakakis, Chairman of the

County Commissioners; and Bill Edwards, a popular Savannah talk show radio host.

Even if community members can't make it to the Jingle Bell Jog, they can still participate, registering and turning in their miles with the Family Readiness Center. People can participate by walking, riding, biking or swimming.



Darts score bull's eye with Soldiers

Sgt. Kevin Stabinsky
2nd BCT Public Affairs

Though the main attraction available in bars is off limits to Soldiers in Iraq, some are downing a daily dosage of another common thing found in bars: darts.

For Soldiers in the 2/3 Brigade Troop Battalion, the game of skill is a favorite way to pass the time.

"It's just a little thing, but it relieves stress," said Sgt. 1st Class Michael Thomas, 2nd BTB communication section chief.

purchase his own dart set before this deployment.

Like Thomas, Staff Sgt. Tremaine Melendez, 2nd BTB computer help desk non-commissioned officer in charge, said he began playing during OIF III. Like a dart drilled into the board, the habit stuck.

"If I see someone playing I will play," he said.

Play is quite a common occurrence, mainly due to the speed of the games. Thomas said a game usually only lasts five to 10 minutes.

In the standard game, players take turns throwing from behind a line eight feet away from the board. At the end of each player's turn, their score is added up. The first one to 350 wins.

However, the catch is the score must end at 350; anything over and the turn is lost.

Thus, toward the end, accuracy becomes very important, Melendez said.

Accuracy is often built up in practice sessions and games, Thomas said. During these times, Soldiers will just grab four darts and throw them at the board, with the highest score winning, he added. The highest score a player can get per throw is

60 points: a dart in the triple ring of the twenty column.

Besides throwing the darts, another common thing thrown during games is trash talk.

"It's all about talking trash to (your) counterparts," said Sgt. Quanda Jarrett, 2nd BTB Headquarters and Headquarters Company, evaluations and promotions NCO.

Although a relative newcomer to the game - having only started about a month ago - Jarrett said she is building her skill through playing at least twice a day.

Technique is also an important part of her game.

Jarrett said she received quite a bit of help from fellow "Titan" Soldiers in Company A on how to place her feet and how to throw using only the lower part of her arm, from below the elbow, instead of like a baseball which incorporates the shoulder and upper arm muscles.

As for her advice to other 'newbies', which she said has helped her win quite a few games, is to throw the darts fast and collect them from the board so no one has

time to calculate your score. Thus, she added jokingly, you can make up whatever score you want.

The silly atmosphere often carries over to the games themselves.

"We like to joke around," Thomas said, adding games are usually played over un-serious bets like bags of Oreo cookies.

Like the game itself, this camaraderie helps relieve the stress of deployment. It also lends to some interesting and memorable stories.

Thomas recalled a light being knocked over by a poor throw while Melendez remembers his super accurate throw.

"I hit a bull's-eye from three-point land," he said, referring to the normal line as the foul line and demonstrating how he was nearly twice as far away. Despite this impressive skill, he said he needs to continue to work on his game in order to upstage current dart king Thomas.

Challengers also motivate Thomas to work on keeping his position as king of the hill and in the center of the circle of power.

"My goal is to beat everyone who comes in and challenges me," he said.

Though the main reason to play is stress relief, he added that it is also "all about competition."

Panthers win LCRD flag football championships

Special to the Frontline
Coastal Courier

The Liberty County Recreation Department flag football championship trophy was awarded to the Panthers, while the second-place trophy was awarded to the Yellow Jackets.

Here's a complete look at the LCRD flag football scoreboard:

Oct. 29

Eagles 0, Seminoles 24

Jalen Smith scored six on a 13-yard run in the first quarter. Trayon Harris had a nine-yard and two-yard run for touchdowns in the second quarter making it 18-0. Andre Burnett finished it off with an eight-yard run in the fourth ending the game 24-0.

Hurricanes 13, Yellow Jackets 19

Mark Witson put the first points on the scoreboard for the Yellow Jackets with a 50-yard run and Jeremiah Purnell ran in the point after attempt for a 7-0 lead in the second quarter of play. Witson came back in the third quarter with a 10-yard run for another six points on the board making it 13-0 for the Yellow Jackets. Tobias Hurley rallied the Hurricanes with a 10-yard run for the Hurricanes' first score in the third quarter. But Witson returned the favor with a nine-yard run once again giving the Yellow Jackets a 19-6 lead. Hurley came back with a 40-yard run and the point after attempt for the Hurricanes but it

was still short of the victory and the Yellow Jackets held on to win 19-13.

Oct. 30

Tigers 0, Panthers 22

The Panthers dominated the entire game, shutting out the Tigers. Gabriel Bowen scored first with a 12-yard run.

Eddie Holsey ran in the point after attempt making it 7-0. The Panthers then scored a safety and by the end of the first quarter the game was 9-0. The Tigers' defense held the Panthers scoreless in the third quarter, but Holsey scored twice in the next series on a 15-yard and 45-yard run making it 21-0. Jerel Smith closed the game with the run for the point after attempt making it 22-0.

Gators 26, Bulldogs 20

Both teams were scoreless in the first quarter but Davion Mitchell opened the second quarter with a 40-yard run. Isaiah Quarterman ran in the point after making it 7-0 in favor of the Gators. Mitchell came back with a 6-yard interception return followed by a point after attempt by Rackwan Johnson, making it 14-0. Antonio Ramos scored for the Bulldogs with a 14-yard run and the two-point conversion making it 8-14.

Jaylen Hayden added six more for the Bulldogs with a 14-yard run in the third quarter for a 14-14 tie. Mitchell added six for the Gators with another 14-yard run, but Hayden immediately followed with a 7-yard run tying the score 20-20 and sending the game into overtime. Mitchell ran in for 17 yards,

winning the game for the Gators 26-20.

Nov. 1

Yellow Jackets 12, Seminoles 6

Witson scored first for the Yellow Jackets with a four-yard run but Trayon Harris answered with a 12-yard run making it 6-6 in the second quarter. Neither team made the end zone in the third quarter. In the fourth quarter, Kane Young through a 17-yard pass to Jeremiah Prunell for a touchdown and final score of 12-6.

Gators 6, Panthers 19

Gabriel Bowen put the first seven points on the board for the Panthers. The Gators quickly followed with an 18-yard run by Davion Mitchell in the second quarter.

Eddie Holsey ran in from three yards to put the Panthers ahead 13-6. In the fourth quarter Bowen scored to end the game 19-6.

Championship game

Nov. 6.

Yellow Jackets 6, Panthers 12

Competing for the championship title, the Yellow Jackets and Panthers battled it out in a low scoring game. The Yellow Jackets jumped on top first with Jordan Gilliard connecting on a 10-yard pass to Jeremiah Purnell and a 6 to 0 lead. Gabriel Bowen brought in a 16-yard run tying the score 6-6. Eddie Holsey sealed the game for the Panthers with a four-yard run.



Courtesy Photo

The Champion Panthers: Gary Guy, coach and team members Elijah Bowen, Gabriel Bowen, ShaQueze Drayton, Cody Griffiths, Jyaunti Haggray, Eddie Holsey, Justin Kendrick, Jamel Robinson, Jerel Smith, Tre'von Smith Jayson Tapley and Antoine Graham pose with their first place trophies after winning the LCRD flag football championships.

Jake's Body Shop:

The benefits of exercise with age

Jake Battle
DMWR Fitness Director

Q: *Is exercise really good for an older person, or will it cause problems as one gets older?*

A: Regular exercise has numerous benefits for younger and older adults. With exercise, the heart and blood vessels improve, bone density increases, joints become more flexible and one's mental outlook benefits.

Aging without exercise causes muscles, the heart and lungs to show a distinctly reduced ability to function by age 70. Conversely, if a muscle is contracted to 20 percent of its capacity three times each week it retains strength.

Bone loss in women begins at age 35 at an approximate rate of one percent each year. At age 50, this loss increases to two to three percent. Men lose only four percent of bone per year before rapid loss begins at age 70.

Also, the diabetic's need for insulin may decrease with an increase in exercise.

Length of life

Studies show that by age 80, people

who have exercised regularly add one to two years to their life-span, and these years are usually physically and emotionally better years than sedentary elderly have.

Choosing an activity

Walking and swimming are two of the best forms of exercise. One needs vigorous exercise two to three times weekly, but not so vigorous as to cause chest pain or a too rapid heartbeat.

walking should be done at a brisk pace with a heavy arm swing for upper extremity movement and with deep breathing to benefit respiration. If jogging is preferred, one should be conditioned to walk three miles before attempting to jog. Jogging must not be stopped abruptly but slowed down to a walk before stopping.

Avoid exercises that might be damaging. Diving into water might risk retinal

detachment. Skating or skiing should be avoided due to risk of fractures.

Anyone who needs heart or blood pressure medications (and people middle age or beyond) should check with a physician before starting an exercise routine.

Take advantage of "natural" exercises, such as taking the stairs instead of riding the elevator. Enjoying the use of our muscles in all the tasks of daily living is important.



Jake Battle

2007 INSTALLATION SPORTS

Stewart Softball Schedule

| Date | Time | Sports/Complex | Team |
|---------|-----------|----------------|-------------------------------|
| 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. | 6 | 0 | 1.000 |
| 110th QM | 5 | 1 | 0.833 |
| 514th Eng. | 4 | 3 | 0.571 |
| 224th MI | 2 | 3 | 0.400 |
| 473rd QM | 4 | 3 | 0.571 |
| Hunter Gate Guards | 2 | 4 | 0.333 |
| 512th QM | 4 | 3 | 0.571 |
| 10th Trans. | 1 | 4 | 0.200 |
| 24th Ord. | 0 | 7 | 0.000 |

