

SPORTS & FITNESS

B SECTION

On Post

Soccer/Track & Field

Sign-ups for Child and Youth Services Spring Soccer are now being accepted. Children between the ages of 4 and 14 can sign up starting April 1. Track & Field sign-ups have also begun for children who turn 6 by May 31 and will not turn 19 before Aug. 10. Coaches are also needed for both sports.

Registration is at Fort Stewart CYS, Bldg. 443, Monday through Friday 8 a.m. to 5 p.m. For more information, call 767-2312 or 767-2143.

Intramural volleyball

Sign-ups have started for the Fort Stewart and Hunter Army Airfield Intramural Volleyball League. Teams are allowed up to 12 players, including the coach, and units are allowed one team each.

Units that want to participate can sign up for the Stewart league. Call 767-8238 or 767-8326. Hunter units can call 352-6749.

Golf Course

Taylor's Creek Golf Course offers Senior Blitz on Thursdays with a 9 a.m. tee off.

Marne Golf Scramble

Sign up now for the St. Patrick's Day Marne Golf Scramble which will be held March 18 at Taylor's Creek Golf Course. For more information call 767-2370.

Consultations at Newman

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling.

Consultations will be given on an appointment basis only. For more information, call 767-2771.

Marne tournaments

A 9-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. Cost is \$15 per person.

Cash prizes will be awarded. The tournament is sponsored by the Fort Stewart Women's Bowling Association. For more information, call 767-4866.

Volleyball tourney

A single-elimination volleyball tournament for Stewart and Hunter teams will be held at Fort Stewart March 15 through 18. Active duty teams of up to 12 players, including coaches, can participate. The registration fee is \$50. The field is limited to 20 teams.

For more information and to register, call 767-8238 or 767-8326.

Hunter Youth Sports

Sign-ups for T-Ball, ages 5 and 6; coach pitch, ages 7 and 8; and baseball, ages 9, 10, 11, 12, 13 and 14 are going on now. Children must be registered with Child and Youth Services to participate.

Sports fees are \$20 for the first child and \$18 for each additional child in the family. Uniforms are provided. For additional information, call 352-5708 or 352-6075.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.

Marines sink WaterDawgs 43-38

Sgt. Mason T. Lowery

Staff Writer, Hunter Public Affairs Office

The 2nd Beach and Terminal Operations Company Marines beat the 512th Quartermaster Company WaterDawgs 43 - 38 in Hunter intramural basketball action Feb. 19.

The Dawgs trailed the Marines the whole game, came close to a dramatic comeback near the end, but gave the win to the Marines with last minute mistakes and missed free throws.

"We played alright — that was one of the better teams. You just can't make mistakes like that at the end of the game," said Marcus Wilcox, WaterDawg forward.

The first half was close; the first points weren't scored until five minutes in. The Marines played outside, attempting wild three-pointers. The Dawgs converted the missed shots on a few fast breaks, and the half finished with the Marines up 13-11.

The Dawgs traded baskets with the Marines in the second half, then unleashed their secret weapon near the end — the Joshua Hoffman and James Rainey combination. Hoffman scored six quick points from jumpers, and Rainey nailed two key three pointers to tie the game at 31 with 2:30 left to play.

The Marines quickly scored to gain the lead again, but Hoffman drove for a lay up and tied it one more time.

The Marines scored again, then fouled Wilcox on the Dawgs' possession. With 1:39 left, Wilcox stood at the foul line, his team down by two. The crowd groaned as he missed the first shot, and then the next. But he was quick to redeem himself, and made a crucial steal, which Hoffman converted into another game-tying follow up.

The Marines scored another basket, and then a three pointer to make it 40 - 35. Rainey countered with another three pointer to bring the Dawgs within 2 with 28 seconds remaining. The Dawgs fouled as soon as the Marines got the ball inbounds. But the Marines can shoot foul shots, and the lead increased by two more.

Wilcox was fouled on a layup with 14 seconds left. The Dawgs' chances ended as he missed both foul shots. With time running out, they started shooting threes and fouling the Marines, hoping they would miss. They did, once, and the game ended at 43 - 38.

"We need some practice — we were out of sync. A lot of our players are hurt, so guys are playing out of position, but we were the more aggressive team," said Marine Archie Schubert, explaining his team's win.

The Dawgs will have a chance to redeem themselves tonight at 8 p.m., when they play a team from D Company, 1st Battalion, 58th Aviation Air Traffic Control.



Sgt. Mason T. Lowery

512th QM WaterDawg Guard James Rainey rises above the competition Thursday night in a game against the 2nd BTO Marines at the Hunter Gym. The Marines beat the WaterDawgs 43-38.

Iron men compete for Stewart weightlifting title

Jake Battle

Special to The Frontline

Some of the strongest men and women on Fort Stewart and Hunter Army Airfield came together Saturday in front of a very enthusiastic crowd to "push - pull - and - squat" their way to weightlifting victories at Newman Physical Fitness Center.

This was one of the first meets held at Stewart in over six years and it was apparent from the enthusiasm of the audience and the competitiveness of the lifters that there will be more to come, according to Jake Battle, fitness coordinator for Newman.

Maurice "Big Dawg" Washington barked his way to two records in the 140.0kg up to 308 pounds category, establishing a record in both the bench press and deadlift with 430 pounds and 540 pounds respectively.

Washington, who's "warm-up" antic is to bark like a dog really brought crowd to their feet when he attempted to lift 500 pounds in the bench press competition, Battle said.

Unfortunately, his attempt was unsuccessful but that didn't dampen his showmanship spirit, as he and Charles Mallard put on a show in the deadlift competition with over 600 pound attempts, he added.

Armando Cruz the smallest man in the competition at 154 pounds squatted 390 pounds, bench pressed 345 pounds, and dead lifted 415 pounds to win the overall "Best Lifter" award. Cruz was one of four lifters to compete in all three events.

FEMALES				
CLASS	LIFTS	NAME/UNIT	WEIGHTS LIFTED	PLACE
60.0kg (132 lbs.)	Squat	Jennifer Dunn (WACH)	100lbs	1st
	Bench Press	Jennifer Dunn	95 lbs	1st
	Dead Lift	Jennifer Dunn	160 lbs	1st
TEENS				
	Bench Press	Jeffrey McWilliams	330 lbs.	1st.
MALES				
75.0kg (165.0) lbs.	Squat	Richard Sommerville (FS)	415 lbs.	1st
		Armando Cruz (FS)	365 lbs.	2nd.
	Bench Press	Richard Sommerville	375 lbs.	1st
		Armando Cruz	310 lbs.	2nd
82.5kg. (181 lbs.)	Dead Lift	Armando Cruz	415 lbs.	1st
	Bench Press	Virgil Wimberly (HAAF)	340 lbs.	1st
		Kelsey Lopez (FS)	310 lbs.	2nd
90.0kg. (198 lbs.)	Dead Lift	Percy Price (FS)	450 lbs.	1st
	Bench Press	Omar Washington (FS)	355 lbs.	1st
100.0kg. (220+)		Terry Brown Jr. (FS)	300 lbs.	2nd
	Squat	Eric Gardner (FS)	450 lbs.	1st
	Bench Press	Eric Gardner	390 lbs.	1st
110.0kg. (242+)		Stanley Scott (FS)	315 lbs.	2nd
	Squat	Charles Mallard (retired)	500 lbs.	1st
	Bench Press	Ricky Wright Sr. (retired)	420 lbs.	1st
		Charles Mallard	330 lbs.	2nd
125.0kg. (275 lbs.)	Dead Lift	Charles Mallard	530 lbs.	1st
	Bench Press	Earnest Thurmond (FS)	425 lbs.	1st
		Martin Hollis Jr. (FS)	335 lbs.	2nd
140.0kg. (308 lbs.)	Bench Press	Maurice Washington (HAAF)	430 lbs.	1st
		Chester Paschal (RET.)	405 lbs.	1st
	Dead Lift	Maurice Washington	540 lbs.	1st

Event features first black NASCAR owner

Spc. Lorie Jewell

Special to The Frontline

WASHINGTON — In 1959, Sam Belnavis vividly remembers sitting in a college psychology class in which the professor lectured on the inferiority of the 'Negro' brain.

"He said that because of the Negro brain size and structure, it was less developed and less capable of absorbing and retaining information than a Caucasian brain," Belnavis recalled.

More than four decades later, Belnavis is still proving that professor wrong.

His list of successes is long. Most recent is his ground-breaking entry into NASCAR as its first African-American team owner, currently overseeing the business of racing the No. 16 National Guard car driven by Greg Biffle, who finished 13th in the Daytona 500 Feb. 15. He also owns two trucks that raced two days prior in the Florida Dodge Dealers 250 that placed first and eighth, with drivers Carl Edwards and Jon Wood, respectively.

Belnavis shared his story at a Feb. 18 African-American History Month celebration in the Pentagon, which observed the 50th anniversary of the landmark "Brown versus Board of Education" ruling that ended segregation in schools.

As a child, Belnavis excelled at Our Lady of Victory, an all-black parochial school in Brooklyn, N.Y. He drew praise for academic and athletic accomplishments, enjoyed plenty of friends, and basked in the love and encouragement of his family.

He flourished in that environment, maturing into a young man who had no doubts in his ability to achieve anything he set his mind to.

"I was in a cocoon, sheltered from the real American way of life back then," Belnavis said.

The Brown victory led to his enrollment in Bishop Lockley High School, where the largely



Spc. Lorie Jewell

Sam Belnavis watches the Daytona 500 on a television monitor in the National Guard pit area. Greg Biffle drove the No. 16 car, owned by Belnavis, to a 13th place finish in the opening race of the 2004 Nextel Cup series.

white population of students and teachers jerked him into a different reality, he said. The respect, acceptance and encouragement he enjoyed in elementary and junior high were gone.

"In high school, I learned that because I was a Negro, my potential to transform excellence into success was minimal to none," Belnavis said.

At Manhattan College, he started proving otherwise. He pursued a degree in accounting and business management, despite efforts by faculty members to steer him into a less challenging career path. He also enrolled in the Air Force ROTC program, which led to a post-college assignment at Lackland Air Force Base in Texas. He earned his wings in a fighter pilot training program and served with the 105th Tactical Fighter Squadron.

He left the service with an honorable discharge and made his way into the retail business field, eventually becoming the first black person to hold a management position with Sears. Directing sports marketing for the Miller Brewing Company came next, followed by a job as senior vice president of sports and entertainment with Saatchi & Saatchi Worldwide Advertising Agency in New York City.

At 64, Belnavis is now the chief

executive officer of Belnavis & Associates, a Charlotte, N.C.-based advertising and marketing agency that focuses on sports, cultural diversity and event marketing.

There's also NASCAR. At the Daytona Speedway, Belnavis described his pride in representing the National Guard on the racetrack. The sponsorship is in its second year.

"Being involved with the National Guard has made my feelings about being an American even more intense," said Belnavis, who visited Soldiers in Bosnia not long after the partnership began. "It's very humbling to see the commitment our young Soldiers are making daily. Rather than them looking to me or to Greg, we look to them."

Belnavis also makes frequent visits to schools, where he talks to students about the opportunities they have in NASCAR and the National Guard, as well as in the business world and life in general.

In the Pentagon's crowded executive dining room, Belnavis encouraged audience members to push for excellence in their own lives.

"You have dreams. You have goals. Remind yourself of them daily, strive to achieve them each day," he said. "Never, never, never give up."

HOLE IN ONE



Aaron Bright

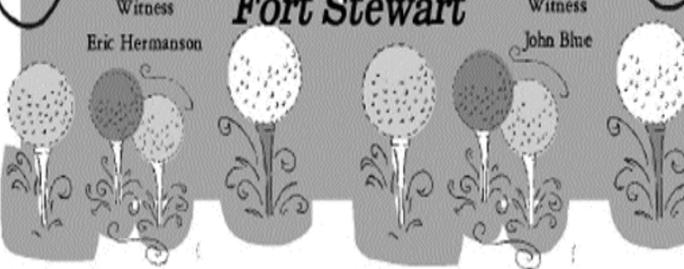
Hole #8 178 Yards
6 Iron Blue Tees

on the 16th of February, 2004

Taylors Creek Golf Course

Fort Stewart

Witness
Eric Hermanson
Witness
John Blue





**Practice Safe
Biking...**

*Always Wear
a Helmet!*

Newman Physical Fitness Center Aerobic Schedule

Mondays

Latino Rhythm with Carmen (weights and tubing) 7:30 to 8:30 a.m.
 Busy Feet Workout with Irma (cross training) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Tuesdays

Butts and Gutts with Carmen (weights and bars) 7:30 to 8:30 a.m.
 Basic Training Workout with Irma (steps, body bars, weights, abdominal work, etc.) 9 to 10 a.m.
 Cardio-Stepping 4:30 to 5:30 p.m.

Wednesdays

Caliente with Carmen (kick-boxing) 7:30 to 8:30 a.m.
 Cardio Kick-boxing with Irma 9 to 10 a.m.
 Step-Kicking with Irma (cardio kick-boxing/steps) 4:30 to 5:30 p.m.

Thursdays

Basic Training Workout with Irma (Tubes, body bars, hoola-hoops, exercise balls) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Fridays

"Master C" Workout with Carmen (Buns & thighs workout/cardio kicking) 7:30 to 8:30 a.m.
 Killer Friday with Irma (kicking, stepping, hooping and weights, etc.) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Saturdays

Pick Your Poison with Asha 9 to 10 a.m.

Marne Scoreboard

Basketball

Standings				Southeastern Conference				Gulf Coast Conference			
Team	Won	Lost	Pct	Team	Won	Lost	Pct	Team	Won	Lost	Pct
2003 Stewart Intramural Basketball League											
Scores											
Feb. 18											
123rd Sig. Bn. 49	226th DS 40										
233rd/87th CSB 49	2nd Bde. DFAC 48										
A Co., 1/9 FA 46	A Co., 1/41 FA 42										
C Co., 703rd MSB 2	A Trp., 3/7th Cav. (forfeit)										
A Co., 3/7 Inf. 52	D Co., 10th Eng. Bn. 58										
B Co., 3rd FSB 46	B Co., 123 Sig. Bn. 44										
HHC, 10th Eng. Bn. 55	B Trp., 3/7 Cav. 68										
HHC, 3/69 AR 40	C Co., 1/39 Armor 41										
B Trp., 3/7 Cav. 50	HHC, 4/64 Armor 52										
Feb. 19											
HHC, DISCOM 2	C Co., 703rd MSB (forfeit)										
A Co., 3/7 Inf. 55	B Co., 3rd FSB 53										
A Co., 3rd FSB 44	C 703rd MSB 49										
A Co., 1/41 FA 52	HHC, 3/69 Armor 56										
A Co., 1/9 FA 46	2nd Bde. DFAC 56										
233rd/87th CSB 49	226th DS 47										
A Co., 1/9 FA 49	C Co., 3/7th Inf. 52										
HHC, 3/7 Inf. 48	123rd Sig. Bn. 37										
Monday											
123rd Sig. Bn. 54	SJA 51										
226th DS (forfeit)	C Co., 3/7 Inf. 2										
C Co., 3/7 Inf. 70	B Co., 2/7 Inf. 52										
HHC, 3/69 AR 54	233rd/87th CSB 46										
2nd Bde. DFAC 80	HHC, 3/7 Inf. 77										
B Co., 123rd Sig. Bn. 48	A Co., 3/7 Inf. 33										
B Co., 123rd Sig. Bn. 38	D Co., 10th Eng. Bn. 37										
D Co., 1/3 ADA 43	C Co., 70rd MSB 33										
Atlantic Conference											
Team	Won	Lost	Pct	Team	Won	Lost	Pct	Team	Won	Lost	Pct
HHC, 24th CSG	9	1	.900	HHC, 24th CSG	9	1	.900	HHC, 24th CSG	9	1	.900
MEDDAC	6	3	.667	MEDDAC	6	3	.667	MEDDAC	6	3	.667
92nd Eng.	5	3	.625	92nd Eng.	5	3	.625	92nd Eng.	5	3	.625
B Trp., 3/7 Cav.	3	2	.600	B Trp., 3/7 Cav.	3	2	.600	B Trp., 3/7 Cav.	3	2	.600
HHC, DIVARTY	4	5	.444	HHC, DIVARTY	4	5	.444	HHC, DIVARTY	4	5	.444
HHC, 3/69 Armor	4	5	.444	HHC, 3/69 Armor	4	5	.444	HHC, 3/69 Armor	4	5	.444
C Btry., 1/39 FA	3	5	.375	C Btry., 1/39 FA	3	5	.375	C Btry., 1/39 FA	3	5	.375
HHC, 4/64 Armor	3	5	.375	HHC, 4/64 Armor	3	5	.375	HHC, 4/64 Armor	3	5	.375
HHC, 10th Eng.	2	5	.286	HHC, 10th Eng.	2	5	.286	HHC, 10th Eng.	2	5	.286
HHC, 3ID	2	6	.250	HHC, 3ID	2	6	.250	HHC, 3ID	2	6	.250
Freedom Conference											
Team	Won	Lost	Pct	Team	Won	Lost	Pct	Team	Won	Lost	Pct
2nd Bde. DFAC	9	1	.900	2nd Bde. DFAC	9	1	.900	2nd Bde. DFAC	9	1	.900
HHC, 3/7 Inf.	8	0	1.000	HHC, 3/7 Inf.	8	0	1.000	HHC, 3/7 Inf.	8	0	1.000
A Btry., 1/9 FA	3	3	.500	A Btry., 1/9 FA	3	3	.500	A Btry., 1/9 FA	3	3	.500
HHC, 3/69 Armor	7	2	.777	HHC, 3/69 Armor	7	2	.777	HHC, 3/69 Armor	7	2	.777
A Btry., 1/41 FA	5	4	.555	A Btry., 1/41 FA	5	4	.555	A Btry., 1/41 FA	5	4	.555
C Co., 3/7 Inf.	7	3	.700	C Co., 3/7 Inf.	7	3	.700	C Co., 3/7 Inf.	7	3	.700
223rd/ 87th CSB	5	4	.555	223rd/ 87th CSB	5	4	.555	223rd/ 87th CSB	5	4	.555
C Co., 123rd Sig.	3	2	.600	C Co., 123rd Sig.	3	2	.600	C Co., 123rd Sig.	3	2	.600
226th DS	3	7	.333	226th DS	3	7	.333	226th DS	3	7	.333
SJA	1	9	.100	SJA	1	9	.100	SJA	1	9	.100
15th ASOS	0	5	.000	15th ASOS	0	5	.000	15th ASOS	0	5	.000
B Co., 2/7 Inf.	0	8	.000	B Co., 2/7 Inf.	0	8	.000	B Co., 2/7 Inf.	0	8	.000
Western Conference											
Team	Won	Lost	Pct	Team	Won	Lost	Pct	Team	Won	Lost	Pct
USMC	5	0	1.000	USMC	5	0	1.000	USMC	5	0	1.000
K Co., 159th Avn.	3	2	.625	K Co., 159th Avn.	3	2	.625	K Co., 159th Avn.	3	2	.625
B Co., 159th Avn.	4	1	.800	B Co., 159th Avn.	4	1	.800	B Co., 159th Avn.	4	1	.800
HSC, 603rd ASB	4	1	.800	HSC, 603rd ASB	4	1	.800	HSC, 603rd ASB	4	1	.800
USCG	2	2	.500	USCG	2	2	.500	USCG	2	2	.500
D Co., 1/58 Avn.	3	3	.500	D Co., 1/58 Avn.	3	3	.500	D Co., 1/58 Avn.	3	3	.500
512th QM Co.	3	3	.500	512th QM Co.	3	3	.500	512th QM Co.	3	3	.500
HHC, 1/3 Avn.	0	8	.000	HHC, 1/3 Avn.	0	8	.000	HHC, 1/3 Avn.	0	8	.000
110th QM Co.	1	6	.143	110th QM Co.	1	6	.143	110th QM Co.	1	6	.143

Got scores?
 Contact the Frontline staff at 767-3440.

A POWERFUL FORCE FOR POSITIVE CHANGE.



1.800.899.0089
 www.voa.org

a CFC participant

Look Before You Leap...

Observe swimming safety, year-round!

