

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. 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.

Free Golf Tickets

Active duty military personnel and their families will receive free tickets to the 2004 Liberty Mutual Legends of Golf tournament, which will be held at the Westin Savannah Harbor Golf Resort & Spa, April 19 through 25.

Show military identification at the main admission gate to receive a free ticket to the tournament for that day.

Golf Course

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

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.

Hunter Youth Sports

Sign-ups for T-Ball, ages 5 and 6; coach pitch, ages 7 and 8; and baseball, ages 9 to 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.

Tae Kwon Do lessons

Tae Kwon Do is available for children and adults.

Classes are held for beginners from 5 to 6 p.m., intermediate 6 to 7 p.m. and teen and adult 7 to 8 p.m., each Tuesday and Thursday at the Fort Stewart Youth Services Center, Bldg. 7338, Austin Road, Bryan Village next to the shoppette.

The cost is \$30 per month, \$30 for uniform and \$30 for testing fee; belts are included.

For more information, call Child and Youth Services at 767-2312.

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.

Ask the dietician ...

Are weight gain supplements safe?

Capt. Cheryl Chmielewski

Special to The Frontline

Q: My 15 year old son wants to gain weight before football season starts. He lifts weight three days a week. He has talked about Creatine and other weight gain supplements. Are any of these safe? What type of diet should he be on to gain weight safely and effectively?

A: I would think twice before using Creatine at his young age. Creatine is not recommended for children, adolescents, pregnant or breastfeeding women, or anyone at risk for kidney disorders and diabetes. Although dangers are lower with Creatine than other supplements on the shelf, be aware it can have adverse effects like impaired kidney function, dehydration, muscle cramping, vomiting, diarrhea, anxiety, migraines and seizures.

In order to gain weight, you

must take in more calories than what you expend. Adolescent, physically active males tend to have a metabolism that burns calories faster than the speed of light. Encourage him to eat calorie rich foods frequently throughout the day, focusing on a balance between fat, protein and carbohydrates.

Fat promotes weight gain, providing a rich source of calories for small volume of food and spares muscle protein during times of high calorie expenditure such as football training. It can be abundantly found in butter, sour cream, peanut butter, salad dressing, bacon, avocado and dispersed in meat, dairy, and bread products like biscuits, crackers, and cookies.

Protein is essential for muscle growth, and repair of the injuries that may follow. Meats, meat alternatives and dairy products are good sources of protein and

simultaneously a moderate to high source of calories.

Carbohydrates will be the primary source of fuel for the body. It promotes production of glycogen, which is the muscles very own fuel source. Glycogen depleted muscles fizzle out quickly. Carbohydrates are found in grains/starches, fruits, vegetables and milk/yogurt as well as sweets and alcohol.

Calories in the form of liquids often will ease the process of weight gain. Drinking calories is less filling and satisfying so a person will find they can eat more calories on top of what they drank. Consider trying a liquid supplement such as Slimfast. Mostly used as a meal replacement for people who wish to lose weight, if used in addition to a meal Slimfast can promote weight gain. One can is 220 calories, and if consumed at a meal three times a day, that is 660 calories the entire day. At this rate,

your son could gain one and half pounds per week on a liquid supplement alone.

Other suggestions for weight gain include enhancing food with powdered milk, whole milk, cheese, yogurt, and eggs or egg products.

It is important to include physical training while gaining weight to promote deposition of lean mass rather than fat. Also, remember that once physical training stops, calorie expenditure will slow down too — food intake may need to be altered according to activity level.

Your son should be able to gain weight by just a few tweaks and additions to his current diet. There are a lot more healthy alternatives than turning to a bottle of supplements. Healthy foods are easily obtainable, less expensive and have less health concerns. So set out the trough and let him go!

Warming up ...



Spc. Jimmy D. Lane Jr.

Raymond Garcia a player with the 1st Brigade Raiders, eyes the ball as he prepares to take a swing during a practice Tuesday in preparation for the Raider Rally softball tournament.

Disabled Soldiers, veterans hit slopes

Spc. Lori Jewell

Special to The Frontline

SNOWMASS VILLAGE, Colo. — Cruising down a ski slope near Aspen, Soldiers who lost limbs in operations Iraqi Freedom and Enduring Freedom spent a week proving disabilities don't have to put the brakes on active lifestyles.

More than 20 Soldiers and veterans from those operations joined about 300 veterans of other eras for the 18th Annual National Disabled Veterans Winter Sports Clinic at Snowmass Village April 4 through 9.

They came from 41 states in wheelchairs, walking on artificial legs, or led by seeing-eye dogs for lessons in adaptive Alpine and Nordic skiing. The clinic included other activities such as sled hockey, trap shooting, rock climbing, horseback riding and scuba diving. Agents from the U.S. Secret Service taught self-defense classes.

Sponsored by the Veterans Administration and the Disabled American Veterans, the clinic also featured classes on topics such as the benefits of massage therapy, weight loss for therapeutic recreation and journal writing. Participants were also encouraged to share memories of their military service for the Veterans History Project, which will be forwarded to the Library of Congress.

For Soldiers like Sgt. Erick Castro and Sgt. Tyler Hall, the clinic — paid for by business and individual donations — not only taught new skills, but also showed them they can still enjoy activities they did before losing their legs in Iraq.

Hall, 23, had been on a snowboard before heading to Iraq last year with his Fort Lewis, Wash., unit, the 44th Engineers, 555th Engineer Group of the 4th Infantry Division. He was traveling in a convoy near Tikrit Aug. 22 when a roadside bomb hurled

Hall out of the armored personnel carrier he was in. He suffered a head injury that put him in a coma for a month, his back was broken in three places, and his left leg was amputated just below the knee. At one point, the Army classified him as dead.

He admitted being nervous at getting on a snowboard again.

"I just wanted to make sure I didn't get hurt," Hall said. "I'm doing pretty well with my recovery, but I wanted to make sure I didn't set myself back."

His mother, Kim, accompanied him to the clinic. She, too, was worried as she watched her son from the sidelines. She made sure instructors were aware of his condition, including the presence of a shunt in his head. Although Hall took a few spills, he got up every time and continued to slide forward.

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Courtesy photo

Pfc. Phil Bauer hits a slope near Aspen in a bi-ski with guidance from a volunteer instructor. Bauer's right leg was amputated below the knee after the Chinook he was riding in was shot down in Iraq Nov. 2. Bauer was among more than 300 Soldiers and veterans participating in the National Disabled Veterans Winter Sports Clinic April 4 through 9 near Aspen.

SLOPES

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doing something he was doing before getting hurt," said Kim Hall. "That's what makes me happy."

Sgt. Peter Damon, 31, tried to snowboard about five years ago, without much success. A member of the 126th Aviation Battalion of the Massachusetts National Guard, Damon lost both forearms in October while changing a tire on a Black Hawk in Balad, Iraq. The tire exploded, injuring Damon and killing Pfc. Paul Bueche.

Damon attended the clinic with his wife, Jennifer. This time, he triumphed on the snowboard.

"I had a better instructor this time," Damon said, grinning at his teacher, Becky Boyce.

Castro, 24, gave sled hockey a shot. A California native, he had never played hockey on an ice rink. On an indoor rink in Aspen, Castro got help lowering himself into the sled — a form-fitting seat mounted on two blades, with a slender metal frame jutting out front that supported his right leg. With a short stick in each hand, Castro tentatively pushed himself across the ice. As confidence and momentum grew, he aimed for a puck, slapping it with the blade end of the stick toward the net. It missed. No matter, he tried again.

"I didn't know what to expect when I came, but I'm having a lot of fun," Castro said. "I'm really glad for this. For a lot of us, you're laying in a hospital bed thinking life is over. But this really motivates you. I never realized there was so much out there to help you do stuff."

Castro lost his left leg at the hip when the armored personnel carrier he was in was ambushed Aug. 25 near Fallujah. A rocket-propelled grenade bore through the vehicle, tearing through Castro and two buddies, Pfc. Tristan Wyatt and Sgt. Mike Meinen. All three lost a leg from the single round. Wyatt and Meinen also participated in the clinic.

"I thought that after losing my leg, I'd be stuck in a wheelchair," said Castro, who plans to take a medical retirement and go back to California to study engineering. "Being here has changed that. I've met several vets who have the same injury and are showing me that they're doing all this stuff. It's a real morale booster."

Cpl. Brian Wilhelm and Pfc. Phil Bauer, both OIF vets who are back on active duty



Courtesy Photo

Sgt. Erick Castro faces a member of the opposing team in a sled hockey game. Castro, who lost his left leg at the hip in an ambush last year near Fallujah, participated in the annual National Disabled Veterans Winter Sports Clinic.

at Fort Carson, Colo., skied with their prosthetic legs a few months ago. This time, Wilhelm tried the mono-ski, which has a seat mounted close to the ground on a single ski. The skier uses short outriggers (forearm crutches with ski tips attached at one end) to help balance and steer.

"This was more fun," Wilhelm said, comparing the mono-ski to upright skiing. "It's not as much work."

Bauer, who used the bi-ski — a seat mounted on two skis — enjoyed the sporting aspect of the clinic. But he also appreciated time spent with older veterans.

"One thing I learned from them here is patience," said Bauer, who was on his way to two weeks of rest and recuperation leave when the Chinook helicopter he was riding in was shot down Nov. 2. His right leg was amputated below the knee. A cav-

alry scout, Bauer is doing everything he can to remain on active duty. "They've had a lot more time to get used to it (a prosthetic)."

They also enjoyed comparing prosthetics.

"They're really interested in what type of cool stuff you have," said Wilhelm, an infantryman with 1st Battalion, 8th Infantry Regiment, who lost his right leg below the knee in an Oct. 7 RPG attack near Balad, Iraq. "It's like a car show."

Hall, too, got a boost from the other veterans. They inspired him to believe in himself and try new things, he said. In the resort swimming pool, he did just that. Hall spent an afternoon learning the basics of scuba diving, surprising his mother, who said he's never been enthusiastic about water sports.

"I think that one close call makes him

want to try everything," Kim Hall said. "He doesn't want to be wasting time."

Hall, who is medically retired, plans to return home to Wasilla, Alaska, after finishing his recovery at Walter Reed Army Medical Center. He wants to go to college, but hasn't decided on a definite career — maybe petroleum engineering, or something that involves building or creating things.

Like other Soldiers, Hall said he was deeply grateful for the opportunity to participate in the clinic. He doesn't know where exactly the contributions came from that allowed him to attend, but appreciates them.

"This was really awesome," Hall said. "I hope they (donors) know exactly who it goes to and they can see how they are contributing to helping people get along with their lives."

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

Volleyball

April 12
 103rd MI 21-13, 21-17 C Co., 703rd MSB 21-18
 MEDDAC 21-0, 21-0, 21-0 HHB, DIVARTY (Forfeit)

Fort Stewart

Standings

Team	Won	Lost	Pct
MEDDAC	7	2	.778
C Co., 703rd MSB	4	4	.500
103rd MI	4	4	.500
HHB, DIVARTY	2	7	.222
HHC, 2/7 Inf.	0	0	.000
A Co., 3/15 Inf.	0	0	.000
92nd Eng. Bn.	0	0	.000
SJA	0	0	.000

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



Practice Safe Biking...
Always Wear a Helmet!