

SPORTS & FITNESS

B SECTION

On Post

Tennis Tournament

A tennis tournament will continue through Friday for Stewart and Hunter Active Duty, National Guard, and Reserve Soldiers, family members, retirees and civilians.

For more information, call 767-8238.

Gracie Ju-Jitsu

Ju-Jitsu is held Tuesday and Friday at Caro Fitness Center from 6 to 7:30 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. at Caro.

For more information, contact Jake at 767-3033.

Newman consultations

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 nine-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.

For more information, call 767-4866.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Softball Tournament

A marathon softball tournament will be held at Stewart and Hunter July 9 and 10.

Sign up deadline for teams is July 7. Cost is \$125 per team (15 players including coaches). All are invited to compete.

The first and second place teams will each receive a team trophy and 15 individual trophies. The third place team will receive a team trophy.

Summer Basketball

Entry deadline for the Fort Stewart and Hunter Army Airfield Summer Basketball League is as soon as possible. Entry fee is \$165. The league is 20 teams, 12 players per team including the coach. If 20 teams are entered the top eight teams will compete in the end of season tournament.

Active duty, National Guard and Army reserve soldiers are eligible.

For more information, call 767-8238 or 767-3033.

Officials needed

The Hinesville Officials Association is in need of and accepting applications for baseball, basketball, football and softball officials 18 or older.

Experience is not required, as a training program is available.

For more information, call Tom Farlow at 767-4763 or Ron Campbell at 484-8192 or 238-7195.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-4951. Deadline is noon on Fridays.



Photos by Pfc. Emily J. Danial

DIVARTY right-fielder Gareth Penta slides into third as C Co., 3/15 third baseman Bob Borquez attempts to tag him out June 8 at the Fort Stewart Intramural Sports Complex. **DIVARTY** went on to victory, winning the game 20-8 in five innings.

Thunderbolts shatter Rock, 20-8



Charlie Rock's left-fielder Travis Bures snags a fly ball as center-fielder Jerome McCloud runs across the field to lend him a helping mitt.

Pfc. Emily J. Danial

Staff Writer

The Headquarters and Battery, Division Artillery Thunderbolts brought their record to 2-6 June 8 with a 20-8 landslide victory over the C Company, 3rd Battalion, 15th Infantry Regiment Charlie Rock.

"We're going to smoke them," said Thunderbolts' catcher Jeremy Ragsdale, half-jokingly before the game. "Chicago Cubs, watch out!"

The competition seemed like it would be tight against the Rock's 0-10 record, but only minutes into the first inning, Thunderbolts' left-fielder Scott Cissna brought in the game's first run.

After that, the runs just kept coming in for the Thunderbolts, and by the bottom of the second inning, the Rock was behind 7-1.

"Given our busy work schedule, we don't have much time to practice," said Rock's catcher James Umble in defense of his team's ever-widening

spread. "We try to win, but we mainly just come out here to have fun."

Charlie Rock's extensive training time became more and more evident over the following innings, as it became clear that the team spends more time "in the field" than on the softball field.

At the top of the third, the Thunderbolts had brought their lead to 11-1, and showed no signs of slowing down.

HBB, DIVARTY right-fielder Gareth Penta brought in a score for his team, and Cissna increased the lead by three, knocking in a home run in the bottom of the third inning.

The Rock fought to catch up to their competitors — by the fourth inning, they had closed the Thunderbolts' lead to 15-4.

Off-duty 3/15 Soldiers cheered their team on from the sidelines, and as the Thunderbolts' lead grew, one of the fans, Marc Riesebeck, remarked, "The non-combat-arms teams have time to practice, but the infantry doesn't."

Team spirit stayed up,

though, as team statistician Denise Melhorn put it, "We come out here talking smack all the time, but we've never won once."

Charlie Rock did bring in four more runs in answer to the Thunderbolts' five, continuing to fight to the end.

The game went to five innings, when the final score, 20-8, became official.

Thunderbolt left-center-fielder Adam Peak said the game was a confidence-booster for his team.

"We've had kind of a bad season, but this was a good game to get our confidence back," he said. "Hopefully this will turn around the rest of the season for us."

"We've got a lot of first time players this year, and we've gone from having a team that made the playoffs last year, to having a team that's improving every game," added Thunderbolt's coach and right-center-fielder Octavius Brandon. "They've shown a lot of heart this game, and really turned things around for us."

West Point freshmen named All-Americans

goarmysports.com

Special to The Frontline

WEST POINT, N.Y. — A talented freshman class was largely responsible for much of Army's baseball success this spring.

Two members of that group were cited for their outstanding performances on Monday when Nick Hill and Milan Dinga were named to the 2004 Louisville Slugger Freshmen All-America team as chosen by Collegiate Baseball.

Selected to the TPX Louisville Slugger NCAA Division I Third Team All-America squad by

Collegiate Baseball earlier this month, Hill authored a storybook season in his rookie campaign along the banks of the Hudson.

The winningest single-season pitcher in both Army and Patriot League history, Hill posted a 10-3 record with a 2.60 earned run average.

He struck out 81 and walked 24, while allowing 64 base hits over 86.2 innings of work.

His strikeout total ranks as the eighth highest single-season figure in Army history.

The Patriot League's Pitcher of the Year, Hill limited opponents to a .203 batting average this spring,

became the first freshman to capture the conference's top pitching honor, stands as the first Army freshman to earn All-America laurels.

Along with Dinga, he becomes the first West Pointer to earn Freshman All-America plaudits since Steve Reich in 1990.

A native of Bluff City, Tenn. (Sullivan East H.S.), Hill ranks tied for 50th among national leaders in ERA and stands tied for 32nd nationally in victories.

He is responsible for breaking 15 school and league records, including nine freshman Academy marks.

Dinga, meanwhile, earned his freshman All-America selection as a two-position standout.

The Patriot League's Freshman of the Year, Dinga batted .323 with nine doubles, four triples, two home runs and 36 runs batted in.

He added 51 runs scored and 85 total bases, while notching a .443 slugging percentage.

He finished 15th among Patriot League batting leaders and ranked second in runs scored, sixth in base hits, fourth in triples and tied for ninth in runs batted in.

He stands third on Army's

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Army soccer player selected to run in Olympic torch relay

goarmysports.com

Special to The Frontline

WEST POINT, N.Y. — When Maria Schmitz, a member of the Army women's soccer team, returns to the United States Military Academy from her summer leave, she will be able to regale her teammates and classmates about carrying the Olympic Flame for the ATHENS 2004 International Olympic Torch Relay when it arrived in historic St.

Louis.

Schmitz will have the honor of being among approximately 125 torchbearers in her hometown where the flame will travel 34 miles around the St. Louis metropolitan area in that leg of its journey.

The Army sophomore-to-be will be one of approximately 480 torchbearers to take part in the American portion and among the 10,000 torchbearers (3,600 people will participate during the inter-

national route and nearly 7,000 within Greece) overall that will participate in this historical event. Jackie Joyner-Kersey, three-time Olympic gold medalist and local native, will serve as St. Louis' final torchbearer where each participant will carry the torch just over half a mile.

The criteria for the selection process was established by the Athens Organizing Committee that all torchbearers represent the best of humanity,

reflect the values of the Olympic Games and are people who serve their communities through sport, education or culture. The torch is being carried by former Olympians, public figures and everyday individuals.

St. Louis, home to the first Olympic Games on American soil in 1904, will mark the 100th anniversary of the World Fair and Games when the Torch



Courtesy photo

Maria Schmitz, Army soccer player, will run 34 miles with the 2004 Olympic Torch relay.

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Soldiers celebrate Army's birthday in Iraq

Army News Service

Special to the Frontline

WASHINGTON — A steady stream of cadence calls filled the air at the break of dawn as the Soldiers of the 1st Cavalry Division hit the road in celebration of the Army's 229th birthday June 14 in Iraq.

There were no balloons, party hats or streamers in this celebration. Instead, the First Team's commanding general, Maj. Gen. Pete Chiarelli, led nearly 1,000 of his troopers on a three-and-a-half-mile loop around the man-made lake on his headquarters' base camp, Camp Victory North, Baghdad.

The division annually conducts a division run, with more than 15,000 participating last year at Fort Hood, Texas.

On the other side of the world, a group of more than 3,000 Soldiers gathered June 12 at the

Phil Long Expo Center in Colorado Springs, Colo., to commemorate the Army's 229th birthday. Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, the event's guest speaker, spoke of his appreciation for Soldiers' tireless resolve toward the accomplishment of the mission and the military's importance.

"We are a nation that is threatened in some ways like we never have been threatened before," said Myers. The military is an important element in combating the threat.

Across the country, at Long Pond, Pa., Jeff Gordon, representing NASCAR drivers, joined Lt. Gen. Anthony Jones and U.S. Army driver Joe Nemechek in a cake-cutting ceremony before Sunday's Pocono 500.

Celebrations like these dot the world in mid June to commemorate Flag Day and the birthday of

the U.S. Army. This year, special emphasis is being given to deployed Soldiers.

"They made big, big sacrifices," said Myers of deployed Soldiers. Myers also said he was honored to be able to thank the Soldiers personally for their sacrifices at Fort Carson's Army Birthday Ball, its largest to date.

Those in attendance in Colorado Springs let loose hearty cheers when Myers applauded Soldiers in Iraq.

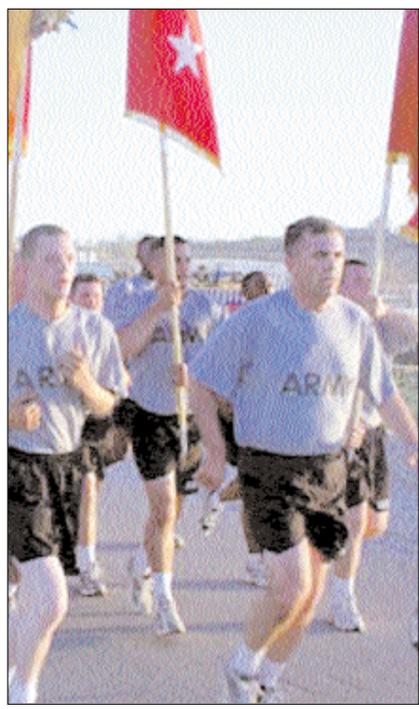
One Soldier in Colorado Springs who was recognized for his effort was Cpl. Brian Wilhelm, who lost part of his leg in Iraq during a rocket-propelled grenade attack on his unit. Wilhelm was able to break an old military tradition of the youngest Soldier at the ball getting to cut the cake by taking the honor with Myers, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general,

and Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major.

In Baghdad, after the First Team's 30-minute jaunt, nearly a thousand Soldiers lined up waiting to be treated to an Army birthday gift — a slice of cake to make all the sweat worthwhile. After a 10-minute wait, however, the bad news came: the Army birthday cake was Absent Without Leave..

"Commanders, take charge of your units!" Chiarelli finally shouted down the line of troops. "We can't find the cake!"

The cake later showed up at the division headquarters building, about an hour after the division was dismissed. It was a three-layered white sheet cake, 3-by-5-feet in dimension, with creamy frosting. It lasted about two hours in the foyer of the building.



Courtesy photo

Maj. Gen. Pete Chiarelli and Soldiers of the 1st Cav. Div. begin the Army birthday with a run in Baghdad.

TORCH

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passes through. It is one of the four cities participating in the relay, sponsored by Coca-Cola and Samsung, when the Olympic flame makes its visit to the United States June 16-19 in the first-ever global Olympic torch relay.

The Olympic flame, lit March 2 in ancient Olympia, Greece, will travel to all cities that hosted the summer Olympic Games along with several other selected sites.

The relay takes the flame to each continent represented by the five Olympic rings along with visiting Africa and Latin American for the first time.

Taking off from Athens on June 2, the flame will visit 34 cities in 26 countries worldwide in over 35 days internationally before returning to Greece for the final leg of the journey, which will last 78 days, for the Opening Ceremony of the 2004

Olympic Games on August 13.

With the international portion of the relay beginning June 4 in Sydney, Australia and returning to Greece just over a month later on July 9, the flame travels to the United States from Mexico City.

It arrives in Los Angeles, site of the 1932 and 1984 Olympic Games, on June 16.

The next leg takes the flame to St. Louis on June 17 before heading to Atlanta, the site of the 1996 Centennial Olympic Games, on June 18.

The U.S. portion of the International Torch Relay wraps up in New York City, the home of the United Nations, on June 19 before

departing for Montreal, host of the 1976 Olympic Games.

Schmitz, who starred on the pitch at Nerinx Hall H.S. in Webster Groves, returns to the Academy on June 18 along with her classmates to begin the summer training program at Camp Buckner.

She will be back in the St. Louis area in mid-September with the Army soccer team to participate for the eighth straight year in the Annual Toys for Tots/Military Academies Classic.

The Black Knights, who captured the tournament the inaugural year, face host St. Louis Friday evening, Sept. 17, and Air Force on Sunday, Sept. 19.



Team

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single-season charts in runs scored, sixth in base hits, tied for seventh in triples and tied for 11th in runs batted in.

On the mound, Dinga registered an 0-1 record with three saves and a 3.86 earned run average, despite being limited to outfield duties much of the season due to a broken finger.

In 9.1 innings of work, spanning 10 appearances, the Tampa, Fla. (Robinson H.S.), native struck out 12, walked two and allowed 10 base hits.

In all, he established four freshman school records.

Patriot League champion Army finished the finest season in school history at 37-15, culminating the year with the program's second trip to the NCAA Tournament.



Courtesy photo

Milan Dinga, one of two West Point freshmen to be named All-Americans.

Ask the Dietician

Jan Clark

Special to The Frontline

Q: How much sugar is a person allowed in a day? Is there a difference between the sugar from a candy bar and sugar from fruit, bread or milk? How can I reduce sugar intake in my diet?

A: The limit recommended by United States Department of Agriculture (USDA) for added or refined sugar, not carbohydrates, is approximately 40 grams a day—that is about equivalent to about 10 teaspoons. This is nowhere near America's consumption rate.

Refined sugars found in foods such as sweetened cereals, soft drinks, and sugary snacks figure far too prominently in our diet. There has been a 20 percent rise in American consumption over the past two decades. In 1981, the average person consumed 85 pounds of sugar a year; by 2001 it had soared up to 105 pounds per person per year. That's over one quarter of a pound per day or about 30 teaspoons a day. Americans are eating three times over the recommended sugar limit.

Consumption of any sugar, be it from fruit, milk or bread is broken down into glucose so your body can use it as fuel. However, your body reacts differently to a sugar concentrated candy bar or soft drink than if you had, say, an apple, which contains sugar, but also fiber and other nutrients.

First of all, an apple contains less total sugar than the candy bar or soft drink. Also, the fiber and other nutrients in the apple help slow the digestion of the sugar, preventing a large surge of glucose in your system. Conversely, repeatedly downing the concentrated refined sugar in a candy bar, without the fiber and other nutrients, can send your body into overdrive.

The more concentrated sugar, the more insulin your body produces to process the glucose level in your system, sometimes with not so perfect results. In other words, the insulin response to gauge the glucose in your system from such a high and quick glucose surge is sometimes too good, now resulting in a lower than normal glucose level. Now what happens? You crave more sugar to bring the glucose level back up to normal. This spike and crash scenario sets people up for a lifetime of unhealthy snacking.

What does this have to do with health? Too much refined sugar and consequently high blood sugar is directly related to high triglycerides, a condition found to raise LDL cholesterol (the bad type). Furthermore, refined sugar foods replace more nutritious foods. By displacing foods with protective nutrients, refined sugar foods play a large yet not so obvious role in risk for disease. And lest we forget, more sugar means more calories which translates into weight gain and prevalence of obesity.

Obvious sources of refined sugar are sweetened cereals, candy, candy bars, high sugar beverages, pastries, cakes, and cookies. Some hidden sources include fat free or low fat foods, canned fruits, spaghetti sauces, and other sauces used to improve the taste of food, some soups and salad dressings.

Read the food label and look for these words in the ingredient list that identify added sugars: Corn syrups, dextrose, fructose, glucose, honey, lactose, maltose, maple sugar or syrup, molasses, and sucrose. Word of advice, just because you see these words in the ingredient list, does not mean they are bad. Look for the order they fall in the list. The closer to the top of the list, the more of that particular ingredient can be found in the food product. Also, look for more than one of these words in the list. If a product contains corn syrup, maltose and sucrose, it is likely to be high in added sugars.

To clear up the bad reputation of the potato, if the skin is eaten that's where the fiber is! Fiber slows the release of glucose into the system. The toppings you put on a potato can be far worse than the potato itself! Plus, there are several nutrients found in a potato.

Sugar itself is not bad, it's the American habit of eating too much of it. Remember, no food should be eliminated (unless you have food allergies), but simply limited.

Use the 90 to 10 rule: 90 percent of your daily food intake should be the healthy wholesome food, 10 percent can be what we call "junk food". Moderation is the key.

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 Guts 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.

