

SPORTS & FITNESS

B SECTION

On Post

Army 10-Miler tryouts

Qualifying races to determine 10-miler team will be held July 24th and Aug. 21st. Each race will start 5:30 a.m. at Donovan Field running track.

The Army 10-miler is scheduled for Oct. 24th in Washington D.C.

Runners wishing to enter the race can sign up at the Fort Stewart sports office, Bldg. 471 or at the race site the morning of the event.

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.

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.

Marne Day

Soldiers and family members at Fort Stewart celebrate Marne Day today. Events begin at 6:30 a.m. with a division run at the headquarters command building and continues on Donovan Field at 9 a.m. Other activities include music, food, kiddie rides, wildlife displays and a magic show. For more information call Larry Cutchens, 767-2697.

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.

Forget Mike ... be like Tiger!

Camp offers golf fundamentals to children



Pfc. Ricardo Branch

4-year-old William Hartford sets a golf ball on a tee at the driving range for the three-day golf camp June 22 through 24 at the Hunter Golf Course. Children ages 4 through 12 came to the camp to learn the basics and get in the swing of golf.

Volunteers needed for 18th Annual Firecracker 5000

Mark Weisner

Special to The Frontline

HILTON HEAD ISLAND, SC — Volunteers are needed to be part of the team for the 19th Annual Island Packet Firecracker 5000 Road Race and Fun Walk which will be held on Sunday, July 4, 2004, at 8 a.m. at the Mall at Shelter Cove.

Team members are needed from 7 a.m. to 10 a.m. the day of the race for course management, water stations, refreshments, registration and finish line duties. Volunteers are also needed for pre-registration and packet pick-up, which will be held Saturday, July 3, from 5 p.m. to 8 p.m. at the Mall at Shelter Cove.

Runners from all over the United States participate in this Independence Day Event, which will be limited to the first 1,000 participants registered. The 5K Island Packet Firecracker 5000 course starts and finishes behind the Mall at Shelter Cove and takes participants through the fast and flat roads around Shelter Cove Harbor.

The family event features standard male and female race divisions, including men's clydesdale, women's filly and senior.

Prizes will be presented to the top five overall male and female finishers, plus the top

three in each age category will also receive unique awards. A \$250 cash bonus will be awarded for new male and female course records.

Pre-registration is \$20; race day registration is \$25. Participants will receive a colorful 2004 Island Packet Firecracker 5000 T-shirt.

A percentage of proceeds from will benefit Hilton Head Aquatics and the Hilton Head Runners Club. Everyone, regardless of age or ability, is encouraged to participate in the event. An award ceremony featuring refreshments, live music and door prizes will be held in the Mall at Shelter Cove parking lot following the race.

The Island Packet Firecracker 5000 is presented by D.R. Horton, Hilton Head Regional Medical Center, and sponsored in part by Tony Poythress, Piggly Wiggly at Shelter Cove, Charles J. Nivens, Spine Center, Hummer of Savannah, Coastal Sport & Wellness, Planet Smoothie, Sprint, Pepsi, Chick-Fil-A, Papa John's, Rudy Project, Alpine Water, and The Mall at Shelter Cove.

All team members will receive an event t-shirt and refreshments, and will be eligible to win door prizes. Interested volunteers may contact Bear Foot Sports at 843/379-3440.

Pfc. Ricardo Branch

Staff Writer

Kids from Hunter Army Airfield recently received a chance to get in the swing of things and experience the fun of golf at a three-day golf camp June 22 to 24 at the Hunter golf course.

"This is a camp that was started to get juniors interested into golf," said Tommie McArthur, Fort Stewart and Hunter golf director.

McArthur said that the camp is geared to teach young people the fundamental basics needed to start golf.

"Golf is hard to learn for beginners, so we teach things like keeping your arm in an 'L' during the swing, hinging your wrist when you strike and watching the ball after hitting," McArthur said. "That's the basics that's taught to get people somewhere from where they can move forward."

The camp taught the kids the basics from putting and chipping the first two-days, to the full swing on the final day.

"I remember when I grew up and had golf professionals help me out in learning all there was to know about golf," McArthur said. "As a golf professional, it's my job to help perpetuate the game and introduce it to people and get them more involved in a great sport."

Wyatt Fields, a 12-year-old, said that he came to get a refresher in golf and enjoyed the program for many reasons.

"This is a great sport, it's fun and relaxing and this camp is helping me get some much needed practice," Fields said.

The camp, started by the First Tee of Savannah, a youth program that strives to introduce golfing to young people, teaches more than golf.

Jeff Middleton, executive director for First Tee said that First Tee is aimed at teaching kids life-enhancing values and ideas to improve their quality of life and create a platform where children can increase their potential for success.

By incorporating a value (like respect) in their teaching, First Tee goes beyond just average learning of golf.

Sara Vanpuffelen, a 10-year-old, said that she learned sportsmanship and had a blast playing golf despite the challenge of being new to golf herself.

"It's pretty tough but fun to play," Vanpuffelen said.

Arriving at the program, kids from ages 9 through 12, received practice on hitting on the driving range, putting on the putting course and a culmination of their skills on the 17th hole in a quick game of golf.

Each day began and ended with the kids learning one of the values like honest, integrity, sportsmanship and respect.



Spc. Lorie Jewell

D.C. United team captain Ryan Nelsen greets Cpl. Dwayne Frost, Spc. Antoinette Scott and Sgt. Timothy Abele before the team's match against the Columbus Crew. Midfielder Joshua Gros heads back to rejoin the team after meeting the Soldiers, who were inducted into the Military Order of the Purple Heart as part of the team's annual Armed Forces Appreciation Day.

Military soccer fans score appreciation and a victory

By Spc. Lorie Jewell

Special to the Frontline

WASHINGTON, D.C. — A year ago, Sgt. Timothy Abele, Cpl. Dwayne Frost and Spc. Antoinette Scott were in Baghdad, ferrying troops and supplies to and from destinations throughout Iraq.

The trio, members of the D.C. National Guard's 547th Transportation Company, stood centerfield in RFK Stadium June 19, taking in thunderous applause from more than 17,000 soccer fans as they accepted lifetime memberships into the Military Order of the Purple Heart. The Soldiers also helped start the competition with ceremonial kicks of soccer balls.

"It's so overwhelming," Scott said

after the presentation. "It's a good feeling to be recognized for what you do. To me, I was just doing my job. And I would do it again."

Scott was driving a 5-ton truck to Baghdad Airport Nov. 14, transporting several Soldiers who were flying out for rest and recuperation leave or transfers to new duty assignments, when the vehicle was hit by an improvised explosive device. Shrapnel went through the left side of her face, breaking her jaw and a main blood vessel to her brain. Scott managed not only to keep the truck upright and moving, but she was able to get the Soldiers to their destination before seeking medical treatment.

"There was no time to think, I just

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knew I had to move and move fast," Scott recalled. "I was making sure I had my weapon close and that it wasn't on safe, plus trying to do a head count to make sure everyone was OK. That's when I realized I was bleeding."

Abele and Frost were also driving 5-tons when they were injured. Abele was in a convoy heading into Fallujah when his vehicle hit an IED on Sept. 22. Shrapnel peppered his face, missing his left eye by a half-inch. He was treated on the spot, completed his mission, and returned to duty. Frost was on an evening mission in downtown Baghdad July 22, the same day Saddam Hussein's sons were killed, when insurgents in a Jeep Cherokee barreled into his vehicle head-on, flipping the 5-ton. Despite shrapnel burrowing into his legs, Frost and several other Soldiers took up their weapons and fought their way to safety. The insurgents were arrested, Frost said, and he returned to duty after being treated for his injuries.

Both returned to D.C. in April with their unit. Scott was flown out of Iraq to Germany soon after the attack on her vehicle, where she spent about eight days before arriving at Walter Reed Army Medical Center for another nine weeks of recovery. A thick scar along her jaw line is a lingering reminder of her scrape with death.

She was all smiles in her Class A uniform, though, as she stood at attention beside Abele and Frost for the induction ceremony by Military Order of the Purple Heart officials Richard Spinelli, Richard Gallant and Ransom Jordon.

The ceremony was a featured event in the D.C. United soccer organization's fifth-annual Armed Forces Appreciation Day. The team paid tribute to the service and sacrifices of military members with discounted admission to the game against the Columbus Crew, entertainment and interactive soccer activities for children prior to the



Spc. Lorie Jewell

Tossing rifles in the air, the Marine Corps Silent Drill Team commanded complete attention during its halftime demonstration at the D.C. United's soccer match against the Columbus Crew.

game. They also donated a portion of ticket sales to the USO to assist the organization's efforts in sponsoring entertainment and assistance programs for the military.

Service members from all branches played an active role in pre-game and half time proceedings, from a joint color guard and F-16 flyover to Navy Chief Kevin C. Macey singing the National Anthem and a presentation by the Marine Corps Silent Drill Team. Operation Tribute to Freedom, a year-old program that supports and assists efforts to honor the military, worked closely with D.C. United to organize military participation in the event.

"We thought it was a fantastic evening," said Doug Hicks, vice president of communications for the team. "We felt everything that was done properly honored the military."

Greg Davis, a Navy lieutenant commander, agreed. He said he appreciated the recognition from D.C. United and an opportunity to enjoy several hours of inexpensive

fun and entertainment with his wife, Lori, and 3-year-old son, Cameron. The couple escorted their son through several interactive play stations in the Soccer Celebration area before game time, where he bounced through an inflatable soccer field obstacle course, kicked a few soccer balls, and played goalie.

"It's great to get all this attention out here," said Davis, who works in public health service. "And for the price, you absolutely can't beat it."

Marine Lance Cpl. Brian Smith is an avid soccer fan. He's been to many D.C. United games and normally roots for the team. Being from Ohio, though, he felt obliged to cheer on Columbus.

"Being a soccer fan, you gotta choose a team," Smith said, grinning. "But really, it's all about the sport."

On this night, it was about much more. There were thank-yous for selfless service, proud displays of military showmanship and skill - and victory. D.C. United beat Columbus Crew, 3-1.

Army wins marksmanship

Chief Master Sgt. Bernard E. DeLisle

Special to The Frontline

NORTH LITTLE ROCK, Ark. — U.S. Army Marksmanship Unit shooters from Fort Benning, Ga., scored decisive victories to win big at this year's 45th Annual Interservice Pistol Championships, June 14 to 17 at Camp Joseph T. Robinson, Ark.

The USAMU fielded two marksmanship teams as they joined those from other U.S. military active and reserve components in competing at the annual event.

The Interservice Matches, hosted by the National Guard Marksmanship Training Unit at Camp Robinson, attracted 62 individuals on eight pistol teams composed of some of the top marksmen from across the U.S. military.

The U.S. Army Marksmanship Unit Service Pistol Team won the championship in the team aggregate with a final aggregate score of 4,634 points and 177 Xs; an X is a bull's eye used in tie breaking. Team members were team captain Sgt. 1st Class Roger C. Jacobson, Staff Sgt. Thomas A. Rose, Sgt. Adam Sokolowski and Spc. Sean Watson.

Like last year, the AMU shooters were followed in second place by the U.S. Marine Corps team from Quantico, Va., with 4,614 points and 153 Xs. The Marine shooters were Gunnery Sgt. Brian Zins, Staff Sgt. Michael A. Lawson, Sgt. James A. Ruiz and Cpl. Kevin Moore.

Third place in the team aggregate went to the Army

Reserve Team with a final tally of 4,579 points and 179 Xs. That team was made up of Chief Warrant Officer 4 Albert Wood, double distinguished in pistol and rifle, Staff Sgt. Jason Sargent and Sgts. Keith Sanderson and James M. Henderson, all distinguished pistol shooters.

Just like last year, members of the U.S. Army Reserve led the way in the Individual Championship, scoring first and third place victories in the Individual Championship Grand Aggregate. Henderson led all individual competitors and set a new match record with a first place score of 3,536 points and 184 Xs.

Henderson was trailed by Zins of the Marine Corps who took second place individual honors with a total score of 3,522 points and 181 Xs. Third place went to Sanderson with 3,496 points and 150 Xs. Henderson and Sanderson are distinguished pistol shooters, while Zins is distinguished in both pistol and rifle disciplines.

Jacobson, who has set eight national shooting records, has been on two world championship-shooting teams and is a distinguished pistol shooter. The 18-year Army veteran said he is very proud of his Army Team.

The Interservice Matches "are important to hone the skills of marksmanship under stress (while) not having someone shooting back at you," Jacobson said. A USAMU instructor and shooter, Jacobson works on improving leaders' abilities to teach their personnel about marksmanship.

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.

ASK THE DIETICIAN

Jan Clark

Special to The Frontline

Q: Being an athlete (Wrestler) in high school and college, I had a lot of small injuries that bother me now as sore joints and a little bit of arthritis. I am taking Glucosamine and Chondroitin on a daily basis. It seems to be helping me. Do you know of anything negative about these dietary supplements?

A: So far, Glucosamine and Chondroitin have not produced any adverse side effects. These supplements are one of the very few that have scientific research backing positive results from usage. However, in order for them to be effective, you must have remaining cartilage available to work with. If the cartilage is completely gone or destroyed, Glucosamine and Chondroitin are ineffective.

Continue taking as indicated on the bottle daily, then experiment with the dosage. Try taking one half of the dosage daily, or taking the normal dosage but only every other day. Generally, once you complete a building up phase, you can reduce intake to a maintenance dosage. This will save you money as well as lessen workload on the kidneys and liver.

Remember to still find a way to exercise. The tendency to cease all exercise is common when painful joints begin to surface. Naturally, anything that causes you pain would not be recommended, but seek out exercises that are appropriate to keep stiffness at bay. A doctor or a physical therapist should be seen for advice.

Q: Upon leaving the Army, I was told that I have borderline high blood pressure. I was wondering what you might suggest as far as diet (what to eat and what to avoid), as well as any dietary supplements.

A: To my knowledge, no supplement is guaranteed to control blood pressure. You may certainly hear of one, but I

would not trust all that you hear about supplements. Sometimes taking a calcium supplement is recommended, however, I suggest trying calcium in the food form first, since too much supplemental calcium can promote kidney stone formation.

Try the dietary tips below to help lower blood pressure.

- Watch sodium intake. The goal is less than 3,000 milligrams per day. Most Americans are currently consuming 5,000 to 10,000 mg per day.
 - Read the food label for sodium in foods you eat frequently or in large portions. You may be surprised how much sodium you are getting.
 - Low sodium foods contain 140 mg per serving or less. Anything above this is moderate to high sodium foods.
 - Watch out for reduced fat and especially no fat foods. Fat gives food flavor and when it is reduced or removed, sodium and sugar are often added to replace taste.
 - Processed, cured, and convenient foods contain higher sodium. Sodium is also a common preservative in several food items.
 - Moderate intake of animal foods, which are naturally higher in sodium.
 - Eat plenty of fruits and vegetables, which are a good source of potassium, magnesium, calcium and other vital nutrients that help control blood pressure. The exact recommendation is eight to ten total servings per day.
 - Consume 2 to 3 low-fat dairy servings per day for excellent calcium and magnesium sources.
 - Moderate and consistent exercise, and reduce stress — try breathing techniques, they really work!
- Watch for other factors that increase blood pressure such as caffeine, tobacco use, excessive alcohol consumption or use of weight loss/energy boosting supplements that may contain ephedra, synephrine, or other blood pressure raising chemicals.

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