

SPORTS & FITNESS

B SECTION

On Post

Flag Football Tourney

The pre-season tournament double elimination game will be Aug. 23 to 26. Entry deadline is Aug. 19 and entry fee is \$75 per team. Teams are limited to 15 players including the coach. The tournament is open to active duty personnel.

For more information, call 767-8238/8326.

Softball leagues

It's time to enter your teams in the co-ed fall softball league and the men's open league.

The entry deadline is Sept. 10, and the entry fee is \$200.

Teams are limited to 15 players including the coach. Leagues are open to both military and civilians.

For more information, call 767-8238/9795.

Soccer league

The 6-man fall soccer league sign up is from Aug. 23 to Sept. 23. Registration is at the Fort Stewart Sports Office, building 471 or at Hunter, building 925. Active duty, National Guard, and Reserves are eligible to sign up. For more information, call 767-8326/8238 or 352-6749.

Army 10-Miler tryouts

The second qualifying race to determine 10-miler team will be held Aug. 21. Each race will start 5:30 a.m. at Donovan Field running track.

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

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.

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.

Newman consultations

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

For more information, call 767-2771.

Off Post

Health and Fitness Expo

The Woodlands Health & Rehabilitation Center, along with the Liberty County Chamber of Commerce will be hosting a Health and Fitness Expo Sept. 25 at the Woodlands Health & Rehabilitation Center.

The expo will offer free carnival rides, a bicycle safety rodeo, face painting and cholesterol and blood pressure screening.

Live music and entertainment, along with local vendors and food providers, will be on hand to offer up their goods and services.

For more information call the health center at 884-3361.

Officials needed

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

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.

Sand Gnats say thanks to Stewart, Hunter

Grayson Stadium holds military appreciation night

Spc. Emily J. Danial

Staff writer

"Free beer!" was the rallying cry heard at the Savannah Sand Gnats' Military Appreciation Night at Grayson Stadium Saturday.

The Soldier-friendly package included a game admission, hotdog, bag of chips, and choice of three sodas or beers for all military identification cardholders.

Hunter Army Airfield's A Company, 603rd Aviation Support Battalion provided a color guard for the opening of the game.

"We appreciate being asked to come out here," said Spc. Brent Goolsby, one of the color guard Soldiers. "It shows how much support the community has for the military."

Tim Wood, Sand Gnats' general manager, affirmed that statement.

"Overall, the local military has been phenomenal to us," he said. "We wanted to do something to give them a good night out."

The deal holds a \$20 value, and this was the first time the Gnats had been able to offer it to Soldiers, according to Wood.

"We're neighbors," he said. "We very much appreciate the local military, and the military in general, for their dedication ... they deserve a night out."

Soldiers in the stands expressed their pleasure with the Sand Gnats' offer.

"Free, cold (beverages) are tasty," said Spc. Kellen Cook, Headquarters Company, Headquarters Command, as he grabbed for a complimentary t-shirt that was pitched into the bleachers from the field and caught by a nearby fan. "But I guess I didn't sit in the right spot for a free shirt."

"It's a great gesture, and a really good deal," said Spc. Christopher Semler, another A Co., 603rd Soldier. "There's a nice turnout, so other people must have thought so too."

Wood said he was pleased with the number of Soldiers and their families who attended the event.

"We're honored to have them out here; we want to show our appreciation wherever we can," he said.

To Soldiers, he added, "Keep fighting the good fight."



Spc. Emily J. Danial

Savannah Sand Gnats players give honors to the flag, carried by the A Co., 603rd ASB color guard, during the national anthem at the game Grayson Stadium Saturday.

Cats scratch by Gnats

Pfc. Emily J. Danial

Staff writer

The Savannah Sand Gnats made a valiant attempt to defend their home ground against the Charleston, W.Va. Alley Cats but ultimately lost 5-4 at Grayson Stadium Saturday.

Neither team scored until the second inning, when Cats leftfielder Christian Snavely smacked a home run into left field.

The Gnats answered back at the bottom of the second when designated hitter Franklyn Jimenez batted a single, bringing in first baseman Josh Whitesell and centerfielder Rogearvin Bernadina and overtaking Charleston 2-1.

Savannah managed to hold its rival back until the fourth inning, when Snavely again prevailed for his team, swatting the Gnats aside with a single, bringing in teammate Joey Reiman, first baseman, from third base to tie up the game.

The tie held until the seventh inning, as Gnats third baseman Kory Casto slammed a homer past pitcher Danny Core, putting Savannah in front for the last time 3-2.

In the seventh inning, Charleston brought the tally up by one, and continued to hold off the Gnats, scoring two more times in the eighth.

Although the Sand Gnats battled back fiercely, their efforts were fruitless, and the Alley Cats took the game, bringing the Gnats' record to 18-23.



Pfc. Emily J. Danial

Charleston Alley Cats infielder Jeremy Acey makes contact with the ball during the game against the Savannah Sand Gnats.

Soldiers aim for gold in Athens

Tim Hipps

Army News Service

ALEXANDRIA, Va. — Eighteen Soldiers and four competitors from other U.S. military branches will represent Team USA in the Summer Olympic Games at Athens, Greece, Aug. 13 through 29.

The U.S. Army is providing eight shooters, two modern pentathletes, a race walker, a rower, a wrestler, a marathoner who may double in the 10,000 meters, a head coach for boxing, a Greco-Roman wrestling coach, a rifle coach and a gunsmith for the world's largest sporting event. The Air Force will be represented by a hammer thrower, race walker and fencer. The Navy will provide a rower.

First Lt. Chad Senior, a member of the U.S. Army World Class Athlete Program, will compete Aug. 26 in modern pentathlon, a five-sport event that includes pistol shooting, fencing, swimming, equestrian riding and cross-country running.

Senior, 29, of North Fort Myers, Fla., finished sixth in the event in the 2000 Olympics at Sydney, Australia. He was leading after three events before a skittish horse refused two jumps in the equestrian event, ruining his golden moment.

"I don't think the same thing can happen now; I'm a much stronger rider than I was in 2000," said Senior, who returned to the sport after 18 months of soul searching following his heartbreaker in Australia. "I just hope I can

have the same day I had in Sydney, aside from the ride."

One day after Senior's grueling event, Army Capt. Anita Allen, 26, of Star City, Ind., will compete in the women's modern pentathlon.

Sgt. Oscar Wood, 29, an Army WCAP wrestler from Gresham, Ore., defeated five-time national champion and 2000 Olympian Kevin Bracken of New York Athletic Club in the finals of the 66-kilogram/145.5-pound Greco-Roman division of the U.S. Olympic Wrestling Team Trials to earn an Olympic berth.

Wood, who will wrestle Aug. 24 and 25, will have another Soldier in his corner. Staff Sgt. Shon Lewis, 37, of Oakland, Calif., is one of three Greco-Roman coaches for Team USA. He has led All-Army wrestlers to three of the past four Greco national team titles and twice been named Greco-Roman Coach of the Year by USA Wrestling.

Army Staff Sgt. Basheer Abdullah, 41, of St. Louis, is the head coach for Team USA's boxers. He served as technical coach in the 2000 Sydney Games and will be assisted in Athens by Newport News, Va.'s, Anthony Bradley, a retired Army master sergeant and former WCAP coach who handled Abdullah during his career in the ring.

Capt. Matt Smith, 26, an Army WCAP rower from Woodbridge, Va., will team with civilians Steve Warner of Livonia, Mich., two-



Tim Hipps

Spc. Hattie Johnson, a member of the U.S. Army Marksmanship Unit from Athol, Idaho, will compete Aug. 14 in 10-meter air rifle shooting in the Summer Olympic Games at Athens, Greece.



Chess king knows his game



After winning the 2004 Army Chess Championship, Soldier reflects on the sport's strategy and philosophy

Pfc. Jacqueline Watson

Staff Writer

With deep thought and intense precision, he plans the most strategic route.

One false move, and he's dead. He knows it. He stays alert. He does not move until he's absolutely sure.

Not a sound can be heard but his slow, rhythmic breathing. He sees his goal, just a few steps away ...

Checkmate.

Spc. Mustapha B. Kahlouch, a supply specialist in 1st Battalion, 39th Field Artillery Regiment, has made a name for himself on the battlefield that is the chessboard. He is the 2004 Army Chess Champion.

The championship, which was held in Washington May 21 through 27, had chess experts in attendance from all over the Army striving for the number one seat. Kahlouch was the only one undefeated.

Kahlouch's secret, the power behind his victory? It's all about form, he said, and keeping the right state of mind.

"I like chess because it keeps

my mind sharp," Kahlouch said. "It's a challenge; there's always something new to learn."

Kahlouch, an Algeria, Africa native, has been playing chess all his life, but started seriously getting into the game about fifteen years ago, when he was sixteen years old. It was his friend, Sammy, who encouraged and taught him to really play, he said.

In addition to winning the Army Chess Championship this year, Kahlouch also came in third in the Armed Forces Speed Chess Competition, in which he went head to head against the best speed chess players in each of the other military services.

The difference, he said, between regular chess and speed chess is that a game of regular chess lasts up to six hours, while speed games are only five minutes long.

"Speed chess involves more tactics, more combinations," he said. "You make short-term plans. On the other hand, a long game gives you more time to plan. You use different techniques."

The competitions this year were certainly not his first seri-

ous chess matches. Kahlouch has been to more over the years than he can count. The most memorable one, though, was the 1994 Chess Olympiad in Moscow, Russia, he said.

"It was a team tournament with about 2000 players. It's the biggest chess event in the world, with the best players in the world, and so far it's been the best time of my life," Kahlouch recalled with a grin.

He also went to several chess opens, high-level chess tournaments, when he was still in school. He specifically remembers big ones like the open of L.A. and the Las Vegas World Open, he said.

Even though Kahlouch can't hide the fact that he's a king on the chessboard, he doesn't regard the rest of the world as pawns when he plays. Overconfidence, he said, is the key to a loss.

"I get nervous before each game I play," Kahlouch said. "And I think it's better to get scared. Chess is not a forgiving game; you make one mistake, and you're done."

To young players who want to

learn to play with the big boys, Kahlouch said he had some advice.

"Start with end games," he said, "and then work your way to learning good openings. Start with the basics of how to end the game, because if you know how to close the game well and win that winning position, you won't get stuck."

"This is better than starting a game strong but not being able to close it," he said.

There are some great things about being a chess player, Kahlouch said, especially for a Soldier.

"It's a low-cost sport, you can train on your own, and it's like a war. It's a game that has a strategy," he said.

And chess goes deeper than just being a game, he continued. Chess can be a reflection of who you are as a person.

"The way you play chess reflects your personality and character," Kahlouch said. "For instance, a person who is cheap in life would take cheap moves in chess. Or if you don't like to take risks in life, you also won't take risks in chess."



Spc. Mustapha B. Kahlouch

"People who use combinations and tactics in chess are the ones that go out and take risks in life. Your style usually tells a lot about yourself," he said.

Kahlouch's battles on the frontline of chess will rage on, as he endeavors to make it to the highest armed forces chess competition next year, the North Atlantic Treaty Organization Chess Championship.

OLYMPICS

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two-time Olympian Paul Teti of Upper Darby, Pa., and Cincinnati's Pat Todd on Team USA's lightweight four that begins rowing Aug. 15 with a chance to compete again Aug. 17, 19 and 21 in the B final or Aug. 22 in the A final.

"I hope to succeed on the water but also to represent the Army, MWR and WCAP in a positive light and show the world that the U.S. is one of the better countries out there in rowing and in general — to show what freedom will do for you," Smith said. "It allows you to succeed."

Team USA also will feature Navy Ensign Henry Nuzum, 27, a two-time Olympian from Chapel Hill, N.C., who will team with Aquil Abdullah of Washington, D.C., in men's double sculls. They begin rowing Aug. 16 with the A

final Aug. 22.

Browne, a West Point graduate and former member of Army's WCAP, secured a second Olympic berth by finishing third in the 10,000 meters with a time of 28:07.47 in the U.S. Olympic Track and Field Team Trials at Sacramento, Calif. Should he decide to double in Greece, Browne will run the 10K Aug. 20.

Army Sgt. John Nunn, 26, of Evansville, Ind., earned an Olympic berth with a second-place finish in the 20-kilometer race walk with a time of 1:26:23 in the U.S. Track and Field Team Trials. Air Force Capt. Kevin Eastler, 26, a missile combat crew commander stationed at F.E. Warren Air Force Base in Cheyenne, Wyo., also made the team by finishing third in 1:28:49.

They will compete Aug. 20.

Four-time Olympian Sgt. 1st Class James "Todd" Graves, 41, of Laurel, Miss., became the first U.S. men's skeet shooter since 1984 to win an Olympic medal with a bronze in the 2000 Sydney Games. He will compete Aug. 22.

"I'm doing this for my family in green and I've decided that if I get a medal this time that I'm going to dedicate it to the troops," Graves said. "Every time I break a target or stand on a podium to get a medal, I'm dedicating it to all those guys and gals over there. That's the least I can do."

Sgt. 1st Class Shawn Duloher, 39, a world champion from Lee's Summit, Mo., downed 25 consecutive targets in the final round to edge Graves in the men's skeet competition in the U.S. Olympic

Shotgun Team Trials at Fort Benning, home of the U.S. Army Marksmanship Unit.

"Hopefully in Athens, we'll both bring something of color home," Duloher said. "Just going through it together is going to be a big plus."

Two-time Olympian Sgt. 1st Class Bret Erickson, 43, of Bennington, Neb., will compete in men's trap and double trap shotgun shooting Aug. 14 and 17 respectively.

Sgt. 1st Class Jason Parker, 30, a world record-holder from Omaha, Neb., finished fifth in air rifle at the Sydney Games, missing a bronze medal by seven-tenths of a point. He seeks redemption Aug. 16.

Maj. Michael Anti, a USAMU member attached to WCAP who

recently won a national championship, will compete in 50-meter prone and 50-meter three-position rifle shooting Aug. 20 and 22 respectively.

Three-time Olympian Army Reserve Staff Sgt. Elizabeth "Libby" Callahan, 52, of Upper Marlboro, Md., will compete Aug. 15 in 10-meter air pistol and Aug. 18 in 25-meter sport pistol. She is the oldest member of Team USA.

Spc. Hattie Johnson, 22, of Athol, Idaho, will compete Aug. 14 in women's 10-meter air rifle, the first event of the Games. Sgt. 1st Class Daryl Szarenski will compete later that day in men's 10-meter air pistol shooting.

Army Sgt. 1st Class Charles Gartland, 39, of Bardstown, Ky., will serve as Team USA's gunsmith.

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.



Photos by Pvt. Dan Balda

Bravo Bulldog Tredale Langston jumps high to prevent a layup by 3rd SSB Bulldog Vontez Ferguson. The game was held at Newman Fitness Center Aug 4.

Bulldogs trample Bravo 'Dogs, 48-30

Pvt. Dan Balda

Staff Writer

Despite a furious late charge, the 3rd Soldier Support Battalion Bulldogs defeated the Soldiers of B Company, 92nd Engineer Battalion, Bravo Bulldogs, 48-30.

The Bulldogs forward started the game off with two quick three-pointers almost right after the tip, but their style of play became a little sloppy at that point.

The Bravo Bulldogs took control of the first half by changing from a zone defense to a straight up man-to-man pressure defense. They also started pressing their opponents full-court, leading to turnovers. The various turnovers ran the gamut from three and five second violations as well as a double dribble. The turnovers only fed the speed and transition game of the Bulldogs making the Bravo Bulldogs look a step slower.

At the end of the first half, Bulldogs point guard Robert Bledsoe, nailed a deep three pointer from well-outside the arc and followed it up with a lay-up right before the buzzer sounded signaling the end of the first half and gave the Bulldogs a 19-8 lead with half the game still to play.

"We got motivated from the get-go," said Kenlinzo Jackson. "We started taking them one-on-one and now we are up."

The second half played much the same as the first half. The Bravo Bulldogs did their best to make the game as competitive as possible by playing hard defense and taking care of the boards. The Bravo



Demeterius Johnson throws in basket to score for the Bravo Bulldogs.

Bulldogs got as close as eight points but did not have enough left in their tanks after putting forth so much effort earlier on in the game.

Robert Bledsoe continued to be the spark for his team as he drilled another long range trey to seal the game. The final score was 48-30.

"We could have picked up the intensity earlier," said Antwan McArthur. "The thing that won it for us was our speed, heart and us working together."