

## SPORTS &amp; FITNESS B SECTION

## On Post

## Labor Day Softball

A tournament will be held Sept. 12-13. Entry fee is \$100 and deadline to register is Sept. 10. Tournament is limited to 20 teams with 15 players per team. For more information, call 352-6749 or 767-8238/8326.

## Soccer League

The Fall six-man soccer league registration deadline is Sept. 22. Games will be played on Mondays and Wednesdays. Each company will be allowed one team and should submit entries to Sports Director's office.

For more information call 352-6749 or 767-8238/8326.

## Army Ten Miler

Tryouts are 6 a.m., Saturday, Aug. 26, at Donovan track, Fort Stewart. Open to active duty soldiers only. For more information call 767-8238 or 352-6749.

## Golf Scramble

1/351 Aviation will present the 5th Annual Nighthawk Classic Tournament at Taylor's Creek Golf Course. It will be a four-man team format open to all golfers on Sept. 19. Sign-in is 7:10 a.m. and shotgun start is 8 a.m.

All golfers/teams must pre-register by Sept. 17. For more information call 767-0787/2370 or 844-0577.

## Sports Commissioners

The sports office at Fort Stewart and Hunter are looking for volunteer commissioners for flag football, softball, basketball and volleyball. For more information call 767-8238 or 352-6749.

## Driving Range

The putting green is being enlarged from 4,800 sq. ft. to 14,000 sq. ft. The teeing area and short game practice facility is also being enlarged and renovated. The projected opening date is late September.

## Operation Star

All ages needed for future stars. If you are a dancer, singer, band member, cheerleader, break dancers, steppers, rappers and other organization are invited and welcome. For more information please call 767-4491/4493.

## Lotts Island Marina

Equipment Rental Center is open Mondays, Thursdays and Fridays 11 a.m. to 5 p.m. and Saturdays, Sundays and holidays 7 a.m. to 3 p.m.

For more information call 352-5974.

## Hunter Skeet Range

Open Saturdays 9 a.m. until noon, Thursdays 4-9 p.m.. Hunter Education course is required for on-post hunting permit. Please call 352-2734.

## Off Post

## Hardeeville Speedway

The Hardeeville Motor Speedway is inviting 3ID soldiers to celebrate Labor Day weekend at the world's finest short track.

The first 1,000 active duty military will be admitted free. Saturday, Aug. 30, gates open at 5 p.m., qualifying at 6:30 p.m. and National Anthem at 7 p.m.

There will be plenty of food, beverages and fun for the whole family. For more information call the Speedway at 843-784-7223 or visit their website at [www.hardevillespeedway.com](http://www.hardevillespeedway.com)

## Liberty County YMCA

Register now for the following sports and programs:

- Youth soccer ages 3-10
- Adult co-ed flag football league
- Adult 6v6 soccer tournament
- Adult co-ed basketball tournament
- Gymnastics and cheernastics.

For more information call 368-

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.



Photos by Tim Hipps

Pfc. Tina George, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., keeps the pressure on Canada's Tonya Verbeek in the women's 121-pound freestyle wrestling finale of the 2003 Pan American Games at Santo Domingo, Dominican Republic. George, 24, of Cleveland, prevailed 4-3 to become one of four U.S. gold medalists as women's wrestling was contested for the first time in Pan Am Games XIV.

Pan Am Games ... steady force

## Soldier wins wrestling gold

Tim Hipps

Army News Service

SANTO DOMINGO, Dominican Republic — Pfc. Tina George defeated one of her arch rivals twice Aug. 5 to make history at Pabellon de Combate.

George, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., was one of four Americans to win gold medals in the inaugural women's wrestling competition at Pan American Games XIV.

George not only twice pummeled Canada's Tonya Verbeek, she also came from the lofty altitude of the Rockies to conquer stifling, Caribbean heat and humidity, plus the loss of a contact lens in the second round of her 4 to 3 victory in the 121-pound finale.

"In my semifinals match I didn't feel the same as I did this morning (in her first two matches) and it kind of had me nervous," George said, who twice vomited during her final practice the day before because of dehydration and an overload of South American fruit.

"You always want to go out and give your best, but I felt like I was dragging a little. I was kind of scared because the girl I wrestled from Venezuela (Marcia Andrades) was the one who hurt my shoulder (earlier this year) and I had been watching her the whole tournament trying to rip girls' shoulders out of their sockets the whole day. So I was kind of wrestling with that fear."

George defeated Andrades 4 to 1 in the semifinals. Then she braced for a rematch with Verbeek, whom she defeated earlier in the day in pool com-

petition.

"I know I'm number one, my coaches know I'm number one, and my people back at home know I'm number one, but the people here don't know that," George said, who won a silver medal in the 2002 Women's World Wrestling Championships at Halikada, Greece. "I had to prove it. I had to fight for everything I wanted, and I wanted a gold medal."

Verbeek opened the scoring in the finale with a takedown and a one-point ankle lace for an early 2-0 lead. George tied the score in the second period with her second takedown, and a two-point gut wrench gave her a 4-2 advantage.

Verbeek later forced a fleeing-the-mat call against George to make the score 4-3, but she was unable to muster any more offense.

"I realized at the halfway point that I didn't want to give that match away," said George, 24, a carpentry/masonry specialist from Cleveland. "I didn't come out with the intensity that I usually like to show. I'd go home with a broken arm if need be, but I just wanted to win. I got off to a slow start, but I just had to reach down and pick it up."

The match was halted momentarily in the final minute for George and officials to look for her missing disposable contact lens, but they didn't find it until after she had secured the gold medal.

"When your eye is hurting and you can't see, it's kind of hard to get the job done," George said with a grin. "I don't think the referee believed me because we couldn't find my contact."

SEE WRESTLING, PAGE 2B



George kisses her gold medal after winning the women's wrestling 121-pound freestyle division in the 2003 Pan American Games at Santo Domingo, Dominican Republic. George, 24, of Cleveland, defeated Canada's Tonya Verbeek 4-3 in the championship match.

## Joseph brothers extend father's dream

Tim Hipps

USACFSC Public Affairs

LAS VEGAS — At age 20, Rudolph Joseph's boxing career ended abruptly when doctors inserted a metal plate in his head to help him survive an injury suffered in the ring.

Now he lives vicariously through sons Edward and Clarence Joseph, both members of the Army World Class Athlete Program since last October.

"The self-determination comes from our father and the way we grew up," said Spc. Edward Joseph, 24, an infantryman from St. Croix, Virgin Islands.

"That's like our drive to make it to the top. Since he couldn't make it, we'll do it for him."

Younger brother Pfc. Clarence Joseph, 20, secured a berth in the 2004 U.S. Olympic Boxing Trials by winning the 165-pound division of the Golden Gloves of America National Tournament of Champions at Orleans Arena in late May. And Rudolph was in his corner much of the week, coaching his son to victo-

ry. So, too, was younger brother Livingstone Joseph, who carried the water bucket from ring to ring, extending the boxing family affair.

"I love working the corner for them," Rudolph said. "My grandfather, Christian Joseph, was a boxer, too. I have six sons. And at one time, all of them were fighting."

Their uncle, Austin "Dookie" Joseph, also was a boxer and soldier who served in Vietnam.

Edward was on a peace-keeping mission in Kosovo when someone suggested that he join the Army boxing team. When the Joseph brothers were growing up as sparring youngsters in the Virgin Islands, where they began boxing shortly after walking, there always was a conscious effort not to hurt one another.

"They brought that mentality and style to our camp," Army boxing coach Staff Sgt. Basheer Abdullah said. "So we struggled for awhile to get these guys to really touch each other a little bit and let it loose. There were times when we kicked them out of the ring or put some heavyweights on them to motivate

them.

"I explained to them that it was only for them to help each other because of their styles. Edward, with his style of boxing being a heavy puncher, was preparing Clarence for any 165-pounder out there. And Clarence, with his pace, was helping Edward to hold any 152-pounder's pace because he doesn't let up."

When other boxers step into the ring, there's no holding the Joseph brothers back.

"Oh, no, when their other teammates get in there, they really let it go," Abdullah said. "We went through the same thing with the Mason boys (Rondale and younger brother Keith) as well. Their love for each other prevented them from really hitting each other. Are they really trying to load up like they load up for their other teammates? No. But I do get a little bit more intensity out of both of them. Some of the most beautiful sparring we have in the gym now comes from these two guys."

Both sets of Army boxing brothers insist they've never had to settle family differences in the ring, nor

with violence outside the ropes. And they realize they are soldiers first, boxers second.

"It's amazing," Abdullah said. "Both the Josephs and the Masons are like that. They're never separated and I've never even seen them argue. They're very respectful young men; well-raised."

The Joseph brothers have been separated for only about a year. Even then, they weren't far apart. Clarence was living in Manhattan, N.Y., while Edward was stationed at Fort Drum, N.Y.

"It's great," Edward said of having his brother for a teammate. "We always get to stay in the same room and train together. It's not like we're ever alone. And we get to push each other, too."

Edward, the slacker of the two, is a greater beneficiary of the brotherly love of Clarence, who epitomizes self-motivation.

"Clarence is the guy you have to run out of the gym," Abdullah confirms. "Edward would do the minimum if you allow him to. But

SEE DREAM, PAGE 3B

# Marne Scoreboard

## Aerobics

### Newman Fitness Center Aerobics schedule

<b>Mondays</b>	
Latino Rhythm	7:30 to 8:30 a.m.
Busy Feet Workout	9 to 10 a.m.
	4:30 to 5:30 p.m.
<b>Tuesdays</b>	
Butts and Gutts	7:30 to 8:30 a.m.
Basic Training Workout	9 to 10 a.m.
Cardio-Stepping	4:30 to 5:30 p.m.
<b>Wednesdays</b>	
Caliente	7:30 to 8:30 a.m.
Cardio Kick-boxing	9 to 10 a.m.
Step-kicking	4:30 to 5:30 p.m.
<b>Thursday</b>	
Basic Training Workout	9 to 10 a.m.
	4:30 to 5:30
<b>Fridays</b>	
"Master C" Workout	7:30 to 8:30 a.m.
"Killer Friday"	9 to 10 a.m.
	4:30 to 5:30 p.m.
<b>Saturdays</b>	
"Pick Your Poison"	9 to 10 a.m.

### Hunter Fitness Center Aerobics schedule

<b>Mondays — 6 to 7 p.m.</b>	
Cardio-Stepping	Cardio-Kicking
Buns/Thighs Weights	AB Work Stretch
<b>Wednesday — 6 to 7 p.m.</b>	
Cardio-Stepping	Low Impact
Jump Rope	Weights
AB Work Stretch	
<b>Fridays — 6 to 7 p.m.</b>	
Fun Fridays	Party Dance
Yoga Stretches	

## Tournaments

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In accordance with the Hunter Army Airfield P.T. Safety Policy, runners in formation move along the right side of the road, against traffic. Single runners must run along the left side of the road, with the flow of traffic

## WRESTLING

FROM PAGE 1B

George said she felt an obligation to both Team USA and the U.S. Army to bring home the gold.

"When I was warming up and getting nervous, I was just thinking about what you told me about how much rapport we have back at the unit and how everybody thought that I was a good candidate for a gold medal, and I just didn't want to let them down," she said, with tears of joy pouring into a pool of sweat. "I wanted to give them everything that I had. I didn't want to let them down, not even a little bit."

U.S. women's Pan American Games coach Tricia Saunders, a gold medal winner for Team USA's 1999

Women's World Championship Team, beamed about George joining teammates Patricia Miranda (105.5 pounds), Sara McMann (138.75) and Toccara Montgomery (158.5) as inaugural gold medalists in the Pan Am Games.

"I'm most proud of Tina George because she has lost to both of those last two wrestlers that she faced," said Saunders, the most decorated women's wrestler in U.S. history. "She busted through and did what she had to do, and that takes a lot to come back and readjust your mindset."

"Tina hasn't done well before in the heat," Saunders added. "She doesn't

like it at all. These adverse conditions were a little bit tougher on her than they were on other people and she pulled it out. She was on an emotional roller-coaster, so I'm hugely proud of her."

Saunders believes George will be a strong contender in the 2003 World Championships of Freestyle Wrestling Sept. 12-14 at Madison Square Garden in New York.

"If Tina wrestles with the ability that she has and keeps her focus, there is nobody who will touch her, not only in this tournament, but in the world," Saunders said. "She's one of the best athletes the U.S. has ever had."

# Easy way to get your five fruits a day

**2nd Lt. Liana M. Zacharias**

Brooke Army Medical Center, Texas

We have all heard the advice to eat at least five fruits and vegetables daily. I'm not sure about you, but for me that can be a huge challenge.

Really, five?

It seems like so many. I'm lucky if I have five minutes to relax, let alone time to work in five servings a day.

But I have found a trick to the madness, a simple way to achieve the goal of getting your fruit and all the wonderful nutrients that come along with it.

And the trick is fruit smoothies.

How simple! What could be easier and taste better than a cold, smooth fruit shake? Take my word for it-nothing!

Let me explain why this one-time fruit neglecter is now totally hooked on smoothies.

First of all, I'm an aspiring dietitian. Therefore, engrained in my head is the long list of benefits of including more fruit in my diet. Fruit is packed with vitamins, including antioxidants, which are very important in

maintaining health and preventing disease. It also is an excellent source of fiber, which may help prevent certain diseases and aids with staying regular.

What is great about fruit smoothies is that not only do you get the benefits of lots of fruit sources, but you get calcium as well. Calcium is crucial for strong bones and may help regulate blood pressure. So, women especially, pay attention!

Second, if you want to find someone completely impaired when it comes to the kitchen, you don't have to look any further than yours truly. It's an understatement to say I have no knack for cooking, but thankfully even I can work a blender. Making fruit smoothies is no harder than flipping a switch. Anyone can do it, and it's good for me because there are no ingredients to burn.

Third, you can be creative! You can make fruit smoothies as exotic or as simple as you want. Try different fruit combinations, or try them with soy milk or frozen yogurt.

The great thing about fruit smoothies is, you can't go wrong. Indulge your taste buds with whatever fruits they desire. You are still

providing a healthy way to increase the fruit sources in your diet.

This aspect of fruit smoothies also makes them a great way to get kids to eat more fruit. Have your kids help pick the fruit and make the shakes, and watch them enjoy the dessert-like appearance, taste and texture.

Last but not least, the ingredients in fruit smoothies are frozen, so they last a long time. I have a problem with buying fresh fruit because my roommate and I can't seem to eat it fast enough. It goes bad before we get to enjoy it. But fruit smoothies use frozen fruit, so you don't have to worry about buying too much at once. And once made, your smoothies can be frozen and saved for later.

So, there it is: my love for fruit smoothies and the reason why. I hope I have made believers out of all of you.

With a little ingenuity, eating at least five fruits a day is not only possible, but you won't want to stop there! Whether you eat them as a quick meal or a snack, fruit smoothies are a vitamin-packed way to a healthier you. I will leave you with my basic fruit smoothie recipe. Don't be afraid to come up with your own.

Remember, fruit may be good for you, but it also tastes good. Enjoy it!

## Basic Fruit Smoothie

### Ingredients

2 cups plain nonfat or lowfat yogurt  
1 half cup skim milk  
1 medium-size banana  
1 cup unsweetened frozen berries (or 1 cup rinsed and hulled fresh berries and a half cup of crushed ice)  
1 teaspoon vanilla  
honey or sugar substitute to taste

### Instructions

In a blender, combine yogurt, milk, banana, berries and vanilla

Whirl until smooth and frothy  
Sweeten to taste with honey, then whirl again

Pour into glasses

Yield and nutrition information

Makes 4 servings (about 1 cup each)

Per serving - 121 calories, 8 grams of protein, 10 grams of carbohydrate, 1 gram total fat (0.6 grams saturated fat), 5 milligrams cholesterol, 102 milligrams sodium

## DREAM

FROM PAGE 1B

Clarence will not allow his brother to do the minimum. He's always pushing him. It's like having another coach in the gym."

Their contrasting boxing styles are the only things that set the Josephs apart.

"Edward is a boxer-puncher," Abdullah says. "And a boxer-puncher is the most dangerous type of boxer in our business because he can outbox you and he can set you down with one punch, with either hand."

In the Golden Gloves Nationals, Abdullah said Edward demonstrated for the first time that he could box a complete bout in an upset of Army teammate Spc. Rondale Mason.

"In the past, he's had a tendency of trying to load up with that big punch and try to get his opponent out of there," Abdullah said. "And that would make him fatigue in the latter rounds. But he was very disciplined here. I don't know what his father was telling him, but I was very impressed. He stayed focused all the way through, stayed with the game plan, and he boxed for three beautiful rounds."

Clarence, on the other glove, wins with stamina.

"Clarence's biggest strength is his conditioning," Abdullah said. "He'll wear you down. He stays busy. He punches with both hands and he'll set a tempo that he holds all the way

through.

"This is the gas tank, right here," Abdullah continued of Clarence. "Once he establishes his jab and brings his combinations off his jab, I feel very good in the corner."

Rudolph has worked his sons' corners in the Caribbean Championships, where they combined to win gold medals from 1995 through '97, and tournaments in the Cayman Islands, but never a venue as nice as brand-new Orleans Arena.

"This is the biggest tournament of my life - right here in Las Vegas," a jubilant Clarence said after defeating Jesus Gonzalez Jr. for the 165-pound Golden Gloves crown. "It feels great. All this hard work paid off finally. I've trained hard for this."

Clarence, who doubles as a reggae artist for three-man group Crucial Crew with Edward and Angelo Smith of Fort Campbell, Ky., credits family support for his Golden Gloves success.

"I want to thank all my brothers, my father, everybody in the Army and the Colorado National Guard," he said. "I'm a soldier, and I'm super happy. There aren't enough words to describe how happy I am."

Edward, who lost to hometown boxer Abdon Lozano Jr. in the quarterfinals, took great consolation in his brother's

victory.

"He worked and he deserved to win," Edward said. "I am so glad; you don't know. At least one of us got through, and the next time I am going to get through."

Both of their sights are set on one destination.

"The Olympics," the Joseph brothers said simultaneously. "That's our goal."

Abdullah doesn't think their dream is too far-fetched.

"We're finally starting to put it all together," he said. "This is the first tournament since I've been working with them that they have been consistent and been boxing up to their ability."

"And I really respect their father because he has faith in me as a coach," Abdullah continued. "He still has input and great influence on his sons, but he doesn't interfere like some of the other father-coaches. He put his trust in me and allowed me to do my job as the Army coach. He consults with me, and if he has any recommendations, he shares them with me. He's a great team player."

Meanwhile, Rudolph's sons keep pursuing his long-lost dream.

"I never thought it would be this good," Clarence says of boxing for the Army. "We have the finest of facilities at Fort Carson. It's a great program."

## 10 Things You Can Do to Help the Environment



1. Use water-based paints.
2. Recycle your household trash.
3. Compost yardwaste.
4. Plant trees.
5. Conserve energy.
6. Buy non-aerosol products.
7. Carpool.
8. Keep your car engine tuned.
9. Recycle used motor oil.
10. Choose less packaging.