

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 9, 2002



Sgt. Alexis R. Mulero

Gabriel Jaramillo, sweeper and traffic management clerk, Traffic Management Office, Marine Forces Pacific, used fancy footwork to baffle Red Lion defenders during Headquarters Battalion Warriors championship shutout over Marine Heavy Helicopter Squadron 363, July 31.

HQBN Warriors tame 'Red Lions'

Sgt. Alexis R. Mulero
Combat Correspondent

The Headquarters Battalion Warriors shutout the Marine Heavy Helicopter Squadron 363 Red Lions 1-0 for the 2002 Intramural Soccer League Championship played at Pop Warner Field, MCB Hawaii, Kaneohe Bay, on July 31.

Midfielder John Axtell, a military policeman with the Provost Marshall's

Office, K-Bay, scored the games single goal.

However, Axtell's header was all the Warriors needed to capture the 1st place trophy.

"After scoring I felt a big relief," said Axtell. "During last year's championship game I missed a penalty kick. That was a real heartbreaker. It feels good to finally pull it out for the team."

The game-winning goal occurred three minutes into overtime when Ian

Brooks, Marine Corps officer in charge at the Honolulu Military Entrance Processing Command, threw the ball in from 40-yards out to Axtell, who was able to brake from the Red Lions defense at the 10-yard line and flick the ball into upper left corner of the goal for the win.

Prior to the game-winning goal, both teams struggled for more than 60 minutes to keep possession of the ball. The fancy-footwork demonstrated by both teams was continuously countered by

each other's smothering defenses.

"Both teams battled back and forth working hard to win possession of the ball," said Axtell. "Every player left everything they had out on the field."

The Warriors completed their championship season with a record of 8-1-3.

"It was very rewarding to see all of the hard work pay off at the end of the season," said Coach Andy Gasper, information system's coordinator with the Provost Marshalls Office.

'Rhinos' charge into championship

Cpl. Jessica M. Mills
Sports Editor

The first home run, launched by 1st Radio Bn. batter Mike Weathers, soared high into the air over MCB Hawaii, Kaneohe Bay, Risley Field, July 30. Fans cheered from the bleachers as they witnessed the three hour double elimination championship tournament, where the Headquarters Bn. "Rhinos" made an unbelievable comeback and defeated 1st Radio Bn., becoming the K-Bay intramural softball champions.

First Radio Bn. ripped a home run in the first inning of game one, which set the pace for the first half of the tournament.

The Rhinos retaliated in the bottom of the first and stole third and home, scoring their only run until the third inning.

In the top of the third, 1st Radio Bn. started off with a home run, immediately followed by another home run hit by Weathers, his second of the game. The top of the third ended with 1st Radio Bn. leading 13-1.

The Rhinos continued to struggle, but managed to bring in three more runs ending the third trailing 13-4.

In the top of the fifth, Jerry Knight with 1st Radio Bn., slammed another home run into right field bringing in two more runs.

While the Rhinos continued to take a beating and only scored one more run ending the fifth inning 15-5.

The score continued to rise, and 1st Radio Bn. held their ten run lead all the way up



Photos by Cpl. Jessica M. Mills

Above — Headquarters Bn. player, Shaun "The Kid" Rodriguez, an administration clerk, Staff NCO Academy admin. office, prepares to steal second base during the second game of the intramural softball championships.

Below — The Headquarters Bn. "Rhinos" hold up their hard-earned championship trophies.

until the bottom of the seventh, when the Rhinos made a comeback and tried to even the score.

With a final burst of energy, the Rhinos brought in five single runs before the game ended with 1st Radio Bn. ahead 20-15.

"Even though we didn't win, we had a great comeback in the last inning, and that really motivated us for the next game. It's not over yet," said Rhinos coach Patrick Duncan, Travel staff non-commissioned officer in charge, prior to the second game.

After a short break, the teams went straight into the second game. First Radio Bn. was showing signs of fatigue and only scored two runs in the top of the first.

The Rhinos, with refreshed motivation, ended the first inning ahead 4-2.



As the game continued, the Rhinos were obviously not going to allow 1st Radio Bn. to take the lead, and by the bottom of the second, they were already ahead 9-3.

First Radio Bn. was determined not to give up the championship easily. They kept the lead small as they tried to catch up, but by the

top of the third the score was 13-6.

During the fourth inning, both teams began to slow down and neither one made a hit during the entire inning, the score standing at 13-6.

In the top of the fifth, 1st Radio Bn. made a come back

See RHINOS, C-6

Runners take the 5K test at BayFest

Edward Hanlon V
MCCS Marketing Coordinator

Runners take note, ready...set...race at McKenna Motors BayFest Marine Corps Airfield 5K Run.

The competition starts at 4:30 p.m., Aug. 16, aboard MCB Hawaii, Kaneohe Bay, at the 13th annual BayFest Hawaii, beginning at Hangar 102 and ending at the BayFest Tent.

The registration fee per participant is \$15 (including tee shirt), and \$25 for formations of 10 runners or more (not including tee shirt).

Awards will be presented to the top finisher in various age groups, as well as to the top three overall mens and womens finishers, top three formations and high school cross-country teams.

Information packets may be picked up August 15, from 8 a.m. - 4 p.m. and August 16, between 8 a.m. - noon at the Semper Fit Center Bldg. #3037.

Contestants may also register at the site on race day from 2 p.m.-3:30 p.m. Save some time and register online at www.bayfesthawaii.com, or call 808-254-7597 for more information.

This lively event is among the many others that will take place at this year's BayFest, August 16-18.

Matches of might and muscle will also be showcased at McKenna Motors BayFest 2002. Headlining the shows of strength will be the NAPA Auto Parts

See BAYFEST, C-6

SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

USO Hawaii sponsors 10K/5K race

The USO Hawaii 10K/5K Base Race series, co-sponsored by Mid-Pacific Roadrunners, will be run this year through Barbers Point-Kalaeloa Point, Aug. 11, beginning at 7 a.m.

Individual and team competition is accepted.

The entry fee for each individual entry is \$18. Late entries accepted Saturday at The Running Room or on Sunday at the race.

Team competition (5 to 10 runners) will be limited to the 10K in one of two divisions, military or civilian, and in one of three categories: male, female or mixed.

Entry forms are available at the Semper Fit Center.

Tryouts scheduled for MCB Hawaii Soccer and Basketball teams

Marines and Sailors assigned to MCB Hawaii interested in playing on the MCB Hawaii soccer team should attend the official tryouts or call the Marine Corps Community Services Athletic Office at 254-7590.

• Soccer Tryouts will be conducted at Risley Field on Mokapu Road and C Street Field across from CVIC. Tonight and Wednesday at 6 p.m. at Risely Field. Saturday at 3 p.m. and Sunday at 2p.m. at C Street Field.

If selected for the team, command authorization will be required to travel to Okinawa for the Commander, Marine Forces Pacific Regional Championships, Sept. 24 - Oct. 7.

BayFest Arrives Soon

BayFest, the largest concert, carnival extravaganza on the Windward side, is on the horizon and scheduled for Aug. 16-18.

Those who prefer to get physical during BayFest may enter the Marine Corps Air Facility 5K race, Duke's Paddle Board race, the Bathtub Regatta or really confident festival-goers can enter the Ultimate Body Search competition.

The 13th annual McKenna Motors BayFest has something for the entire family.

For a complete list of events, times and fees check out our web site at www.mccshawaii.com.

BayFest Needs Volunteers

The ever-popular BayFest is coming and Marine Corps Community Services is looking for volunteers.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works, as well volunteer positions during the 5K and Paddleboard races and the Bathtub Regatta.

For more information, contact the SM&SP coordinator Leslie Graham at 254-7593.

O'Club Pool Closed For Renovations

Due to renovation, the Officers Club pool is closed until mid-August.

Once open, members and guests will enjoy a tropical atmosphere complete with exotic flora, fauna and fountains.

For all events, club members and guests should en-

ter the club through the Mongolian Barbecue Pit area. For more information, call 254-7649.

Hickam AFB Holds Softball Tournament

Hickam Air Force Base will be hosting the Hurricane Classic Softball Tournament for Mens and Womens Divisions Aug. 30 - Sept. 2.

The tournament is a round-robin format, followed by double elimination playoffs.

The tournament is open to all DoD authorized patrons and the cost is \$200 per team.

Pre-tournament festivities include a home run contest, base running contest and relay throw contest.

For more information about the tournament, please contact Mike Stewart at 655-3840.

Resumes accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11-19 in San Antonio, Texas.

Marines interested in being considered for competition must be a National Skeet Shooting Association member and should submit a resume to the MCCS Athletics Office.

Resumes should include an average based on a minimum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore). As well as a current classification in each gauge of at least "A" class or higher and a copy of an NSSA classification card.

For more information, contact the athletics office at 254-7590.

Kapiolani Park Holds 5K "Race for the Cure"

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sunday, Sept. 29, at Kapiolani Park.

The race is being held to raise funds for the fight against breast cancer.

The "event with a mission" features a 5K race at 7:30 a.m., followed by a one-mile walk at 7:45 a.m.

In addition, Safeway will serve breakfast in the park to all participants following the event.

Registration is \$18 (\$25 after Sept. 20), with groups of five or more mailed together at \$15 per participant.

Entry forms with complete details are available in Hawaii Race Magazine or by calling the local information line at 973-5967.

Registration may also be done on-line at www.race-for-the-cure-hawaii.org.

The Klipper Offers Free Golf Clinic

A free beginner's golf course clinic is being offered at the Klipper Golf Course from 5 - 6:30 p.m. for all active duty military stationed aboard MCB Hawaii.

Leland Lindsay, the Klipper's teaching golf professional, will instruct patrons on swing fundamentals, rules, etiquette and more.

This free golf clinic is open to the first 25 service members who sign up at the Pro Shop or call 254-1745.

SM&SP offers discounts at the Klipper

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5s and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for SM&SP only. Call the SM&SP coordinator to reserve these times.

The deadline for the Saturday tee-off is Thursday at 5 p.m. and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham at 254-7593.

Sailing Classes Offer Keiki New Horizons

For adventurous keiki, 8 years and older, the Base Marina is hosting Junior Beginning and Junior Intermediate Sailing lessons now and throughout the summer for \$99.

Classes run for two weeks, Monday - Friday, and students may choose from 9 a.m. - noon or from 1 - 4 p.m.

For more, contact the Base Marina at 254-7667.

Take Aim with Oceanside Paintball

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Oceanside Paintball.

The field is open Saturdays, 9 a.m. - 4 p.m. and Sundays noon-5 p.m. Select Fridays are available for training exercises and unit events upon request.

The cost is \$10 per person, including mask and paintball marker. Players have the option of bringing their own paint or buying it at the field.

For more information times and locations contact owner Robert Brumley at 254-7593.

Set Sail this Summer

Busy adults are invited to command their own sail boat at the Base Marina during the Adult Evening classes this summer.

Adult Evening classes run for one week, Monday through Friday from 5 - 7:30 p.m., and the fee ranges from \$69 - \$99. Additional adult and junior classes will run throughout the summer.

For more, contact the Base Marina at 254-7667.

Splash to Fitness

Make a splash today with Water Safety's water aerobics classes offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions), available at the pool.

Water Aerobics classes are free for active duty military. Water Safety is also accepting applications for ongoing children's swimming lessons.

For details, contact Water Safety at 254-7655.

Enlisted Club Hosts Sports Night

Ease back into your work week at the Enlisted Club every Monday night during its weekly "Sports Night."

The E'Club is open seven days a week and welcomes all E-5s and under and their sponsored guests.

Mondays are Sports Night from 6 - 11 p.m.

Tuesdays feature the Fight Club, with live sanctioned wrestling and live United States Amateur Association Boxing.

Wednesday rings in a little Country & Western atmosphere as well as League Night where hot shots in pool and darts may enter the weekly tournaments from 6 p.m. - 1 a.m. Make a connection at Club E tonight. Call 254-7660 for additional details.

Throw A Strike At K-Bay Lanes

Bowling is back, and back "with attitude!"

Monday-Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

Check out the Semper Extreme Bowling held Fridays 6 p.m. - 1 a.m., Saturdays 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m. and Sundays 6 - 9 p.m.

Black lights and lasers create a glowing, optical translucent environment and a synchronized light and music show make for the hottest "glow show" around.

For more info., contact K-Bay Lanes at 254-7693.



Cpl. Jessica M. Mills

Base All Stars

NAME: Nicholas Randolph

BILLET: Shipping and Receiving Chief for EM platoon.

UNIT: 1st Radio Bn.

SPORT: Intramural Softball

TEAM: 1st Radio Bn.

POSITION: Right center

• Randolph began playing in 1999, when he was stationed with Marine Forces Atlantic.

• His team, 1st Radio Bn., were runners up in this years MCB Hawaii Intramural Softball Championship.

• Randolph made a key double play during the championship, by catching a pop foul then throwing out a baserunner on return to the bag.

Sports Ticker

2002 MCB Hawaii Intramural Soccer Championships

Champions - Headquarters Bn. "Warriors"
Runners-up - HMMH-363 "Red Lions"
Score: 1-0 (with sudden death over-time.)

30 and Over Basketball Standings

	Won	Lost
3rd Marines	11	2
Ole School	10	1
Facilities	8	5
2/3	5	5
Camp Smith	4	6
MALS-24	2	9
1st Radio Bn.	Out of League	

"Softball is a game that everyone can enjoy...all it takes is confidence."

A final goodbye

Memorial golf tournament brings SNCOs together



Above — Arthur Taylor, sergeant major, Marine Corps Air Facility, prepares to take a shot at the 13th hole overlooking the Pacific. Below — Tulua Aivao, motor transport chief, Base Motor Transport, putts his ball away from the sand trap.



Story and Photos by
Cpl. Jessica M. Mills
Sports Editor

In honor of the late Marine Gunnery Sgt. Noel "RamDog" Ramirez, who was stationed aboard MCB Hawaii, Kaneohe Bay, the Staff NCO Advisory board and Marine Corps Community Services held a memorial golf tournament, Aug. 1, at the MCB Hawaii, Kaneohe Klipper golf course.

The 4-man scramble, best ball tournament was open to all Staff NCOs from every service on the island, as well as their family members. More than 90 players, 22 and a half groups, turned out for the tournament, including seven Sailors and two Soldiers.

"The Staff NCOs have been trying to bring back this tournament for a while now. Up until about eight or nine years ago, the Staff NCO golf tournament was a three-day tournament and ran for 21 years straight. It was considered one of the biggest non-pro golf tournaments on the island," said tournament co-coordinator William Salter, deputy director of unaccompanied personnel with Housing.

Once the advisory board finally approved the tournament, we agreed that it would be a good opportunity for a final goodbye to Gunny Ramirez and help out his family.

According to Salter, each player was allowed to purchase as many mulligans, opportunities to redo a bad shot without penalty, as they chose. All the proceeds collected from the mulli-



From left to right — Neal Perdue, Staff NCOIC, and Richard Hargrave, leading petty officer in production control, both part of the MALS-24 team, accept their prizes for second place from Diana Ramirez and William Salter, who presented all the awards that evening.

gans were given to the Ramirez family.

Throughout the day, spirits were up and all the players seemed to agree that the tournament was a complete success.

"First of all, any day of golfing is better than the best day at work," said golfer Rick Bradley, a quality assurance supervisor with Marine Aircraft Logistics Squadron 24.

"In all seriousness, this was a great idea. It should go back to a quarterly tournament, the way it used to be, and honoring Gunny Ramirez was more than appropriate. He is one of our own and we should always take care of our own."

The tournament lasted over five hours, and was followed by an awards ceremony where Diana Ramirez, wife of Noel Ramirez, handed out prizes and thanked everyone at the tournament for their support.

"I was very honored that they did this for us. It made me feel closer to my husband to be here with all his friends, they are my second family," said Ramirez.

First place winners, Troy Frazier with Combat Support Company, Third Marine Regiment, Reuben Villarreal with 4th Force Reconnaissance, Rhys Evans with the Public Affairs Office and Mike Withrow with the 25th Infantry Division, Schofield Barracks won with a combined score of 59.

The team members were each awarded a plaque, one dozen golf balls and two free rounds of golf at the Klipper.

The second and third place winners tied with a score of 63. The judges broke the tie by comparing each teams scores on the first hole, MALS-24 team taking second.

They were awarded one dozen golf balls, one golf glove, a tee shirt and a hat.

The team with the highest score, 88, was awarded free golf lessons, in hopes of improvement.

"The event seemed to be very successful, I've had a number of the players come to me with a lot of good input and compliments," said Todd Murata, general manager of the Klipper golf complex. "We will try to have the tournament more often in the future."

HEALTH & FITNESS

Comfortable running gear is the secret to success

NAPS
Featurettes

As temperatures rise, more and more recreational joggers consider participating in 5K and 10K races. If you are comfortable jogging at least a mile-and completing a running race has always been one of your goals-but you are not sure where to begin, here are a few tips to help you get started and safely cross the finish line.

It is always smart to consult a physician before starting any training program. Then choose and register for a local race. Runs benefiting charities are great places to start, as they tend to be less competitive and include many beginners. Check with a local running club, running magazines or the Internet for a calendar of events in your area, keeping in mind that race day should be at least eight weeks away to allow for adequate preparation.

Next, make sure you have the appropriate clothing, including shoes, socks, shirts and shorts. A properly fitting pair of running shoes is essential for comfort and to reduce your risk of injury. Generally with a higher cost pair of shoes you will notice the difference they offer in shock absorption and durability.

The clothing you wear will depend on the weather conditions. As with socks, avoid cotton-based clothing and use fabrics that pull moisture away from your skin. If it is cold, wearing three layers is a good idea. The first layer should be lightweight and fit right against the skin. The middle layer serves as an insulator (fleece is a good choice), while the third layer is designed to shield you from the elements. Do not forget to protect



NAPS

The right shoes can help protect your feet and prevent injury during tennis matches.

your hands, head, face and eyes, as well.

In warm weather, wear clothing that will breathe and evaporate water quickly. Although your favorite cotton

T-shirt is great for daily activities, it will undoubtedly get drenched with sweat, feel heavy and be a hindrance during the run.

Armed with the appropriate gear, you are now ready to set up a training program. It is important to get advice from fitness professionals so you do not over- or undertrain and injure yourself.

Fitness professionals at your health club, leaders of local running clubs or running books are good sources to help you get started.

Weather conditions can dictate when and where you run. On hot, humid days, consider running before the sun rises or just as the sun is setting. Steer clear of the middle of the day when the sun's rays are the strongest. Many runners purchase home treadmills so they can run inside on extremely hot, rainy or snowy days.

For training to be most effective and to minimize risk of injury, be sure to incorporate a proper warm up and cool down. Drink plenty of fluids before, during and after runs to help you safely finish and prevent dehydration.

Remember that taking days off from running and incorporating different workouts are just as important as accumulating miles. Ideal cross-training options for runners include swimming, cycling or working out on total-body elliptical cross-trainers. Runners typically appreciate these machines because they are low-impact on the lower-body and offer a challenging cardiovascular workout.

Following these simple suggestions will help you cross the finish line of your first race with a great sense of accomplishment and should inspire you to lace up those shoes for many more.

Tennis shoes treat your feet on and off the courts

NAPS
Featurettes

Tennis provides a total aerobic body workout, and regular play is a relatively safe and enjoyable way to stay fit. It doesn't take a superior athlete to have fun playing tennis, but care must always be taken to avoid injuries to muscles not vigorously exercised off the tennis court.

This is especially true of the foot and ankle, which are put under considerable stress by the continuous side-to-side motions and quick stopping and starting the sport requires.

Different court surfaces also stress the foot and ankle in different ways.

Selecting the right shoes

Shoes should be specifically designed

for tennis. Unlike running shoes, proper tennis shoes "give" enough to allow for side-to-side sliding. Running shoes have too much traction and may cause injury. In addition, running shoes don't have padded toe boxes, which leads to toe injuries for tennis players.

Heels should be snug-fitting to prevent slipping from side to side, and both heel and toe areas should have adequate cushioning.

The arch should provide soft support and the toe box should have adequate depth to prevent toenail injuries.

Shop for tennis shoes in the afternoon, when the feet swell slightly. Try on several pairs, with tennis socks.

Put on and lace both shoes and walk around for a minute or two. Make sure

your ankles don't roll in the shoes.

An ounce of prevention

It's a good idea to have your feet and ankles evaluated by a professional foot care specialist before taking to the court.

Your podiatrist can check for excessive pronation or supination (turning inward or outward of the ankles), and if necessary prescribe a custom orthotic device for insertion in the shoe to correct the imbalance.

Injuries on the tennis court range from simple (ankle sprains, corns, calluses, blisters) to serious (plantar fasciitis, tennis toe, stress fractures, shin splints). All of these injuries can be treated by a podiatric physician.



NAPS

SPORTS COMMENTARY

Anderson shows he can handle fullback chores

John Gunn*Special to the Hawaii Marine*

John Mobley of the Denver Broncos probably thought he had a clean shot as he brought the strong-side blitz.

He hit the hole and eyed the quarterback, only to have his power and momentum neutralized by some immovable object — in this case, Marine vet Mike Anderson.

"I remember seeing it on the field, then I watched tape of the collision afterward," Denver Broncos general manager Ted Sundquist told the Rocky Mountain News. "It was impressive. (Anderson) had to adjust his body in the hole and find the (linebacker) coming. He picked up the blitz and squared him right up. You could hear it."

It was only one play, early in training camp, but it gave Sundquist hope that the experiment would work.

The experiment involves moving Anderson — who two years ago set a Broncos rookie record with 1,487 yards rushing — from tailback to fullback.

The switch, Broncos coach Mike Shanahan's idea, is to get the best 11 players on the field at the same time. And with Terrell Davis, Olandis Gary and Clinton Portis available to carry the ball, Anderson seemed the best choice to block for them and give punch to a posi-

"...As a football player, it's tough to develop toughness. He (Anderson) has that type of toughness.."

Tom Rathman

Running backs coach, San Francisco 49ers

tion that has lacked it since Howard Griffith retired.

In Anderson, who played intramural ball at Pendleton before starring at Mt. San Jacinto and Utah, 49ers running backs coach Tom Rathman already sees one necessary trait — toughness.

"If you're an athlete, you should be able to develop your receiving skills," said Rathman. "But as a football player, it's tough to develop toughness. He has that type of toughness."

Anderson accepted the compliment, just as he has accepted his new role after some initial trepidation.

"I'm not just going to play this position," said Anderson, who is paid \$350,000 this season, "but be the very best at that position. That's my goal."

Of course, saying that is one thing; doing it is another.

Broncos running backs coach Bobby Turner said he has no doubts the switch will work. But he knows incorporating Anderson into the offense won't be the hard part.

"The key is him lining up and making those blocks, sustaining those blocks. He's where I thought he would be (in the learning curve)," said Turner. "Now it's a matter of holding up through those collisions, through the pounding."

If training camp is any indication, the potential is unlimited. Anderson has lined up wide, in the slot, on the wing, by the tight end, at fullback and tailback.

He has lined up in front of Davis and alongside him, has been quarterback Brian Griese's last read and his first. He even has carried the football.

Though he let one pass sail right through his hands, another play showed just how much a Davis-Anderson backfield can confuse. They lined up as split backs, then took off upfield in crossing patterns. Anderson ended up wide open in the opposite flat and caught the pass in stride.

"Those (linebackers) make a mistake in their assignments and one forgets to go with me, I've got the field to run, and that's a huge play for our team," said Anderson.

Marine vet, Chargers manager John Butler keeps fighting

John Gunn*Special to the Hawaii Marine*

San Diego Chargers general manager John Butler is making few concessions to his lung cancer. But one was not attending Saturday's Pro Football Hall of Fame ceremonies in Canton, Ohio.

Two of Butler's favorites, the late coach George Allen, and Jim Kelly, the former Bills quarterback, were enshrined.

"With both those people going in the Hall of Fame, it is what it should be,"

Marine vet Butler said. "Because those two are Hall of Famers, no doubt about it. I wish I could have been with them on their great day."

How Navy vet Allen and Marine vet Butler came together is a great story, wrote Jay Paris of the *North County (Cal.) Times*. It was the early '80s and Butler was working nights at a convenience store and coaching football at the University of Evansville.

"He was always looking for people," said Butler. "And there was an article in the Evansville Courier about me.

Somehow or another, George found out about it and got a hold of me. We met one night in the Drake Hotel in Chicago."

Allen's son, Bruce, now an executive with the Oakland Raiders, offered him a scouting job with the Chicago Blitz, where his dad was head coach.

"He was kind enough to give me \$100 a week," said Butler, with a hearty laugh. "He taught me the personnel part, he was brilliant at it."

Allen coached the L.A. Rams from 1966-70 and Washington Redskins from 1971-77, posting a regular-season record

of 116-47-5 and never had a losing season in 12 years. He died at 72 in 1990.

Butler, tough and gruff, called his lung cancer, "just a little setback," and said he'll continue to run the San Diego Chargers while fighting the disease.

In his second season as the Chargers' general manager, he was diagnosed with cancer July 4 and has had his first chemotherapy treatment.

"We all go through different things in life," said Butler. "I hope I'm just as brave as some of the people who fight it, and I guarantee I'm going to fight it."

RHINOS, From C-1

and began to catch up, scoring five runs, almost closing the gap, the score 13-11.

Recognizing the threat, the Rhinos upped the pressure and scored six more runs, all from base hits, ending the fifth inning ahead 19-11.

First Radio Bn. would

not give up and answered their own in the top of the sixth, the score 19-17.

Matt McGee, a watch commander with the Provost Marshalls Office, slammed a home run over the left field fence during the bottom of the sixth, bringing in the last three runs for the Rhinos, the score 22-17.

The top of the seventh ended the game, with the Rhinos still ahead by two, the final score 22-20.

"Tonight was awesome, they torched us the first game and we weren't sure if we would make it. But we came in for the kill during the second game and took the championship. Nothing could be sweeter," said Duncan.

BAYFEST, From C-1

Strongman Competition and the USA Boxing Association sanctioned Budweiser Boxing Challenge.

Other physical attractions include the Ultimate BodySearch, the Gladiator Joust, an Inflatable Boxing ring, and a striker contest.

Water sports enthusiasts can enjoy the Bathtub Regatta, the Duke's Waikiki Paddleboard Competition, and boat rides around Coconut Island.

The McKenna Motors BayFest is an annual event organized by Marine Corps Community Services that is open to the public.

Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard Marine Corps Base Hawaii.

The purpose for BayFest is to convey an appreciation to our local community and to pay homage to the military members who sacrifice themselves for America's freedom

Healthy tips for eating on the go

NAPS
Featurettes

For many people, living life to the fullest often means going full speed ahead at the expense of healthy eating and good nutrition. Fortunately, incorporating some simple changes can make long-term differences for a bet-

ter diet-without sacrificing a fast-paced lifestyle.

When eating on the go, most people make three common mistakes that lead to unhealthy eating. First, they don't plan ahead and end up making poor choices because they are pressed for time. Second, they skip meals and then over-indulge later on. Third, they don't incorporate well-balanced meals into their day to support their active lives.

Here are five tips to help make it easier to eat healthfully while on the go:

1. Plan ahead — You're more likely to eat "fast food" if you don't have "good food" choices at your fingertips. For example, if you know you're going to be busy throughout the day with little time to break for a well-balanced meal, pack a healthy snack to put in your briefcase, gym bag or in your car. Insulated lunch bags are great for storing fruit, cheeses or

even frozen meals.

2. Stock up at work and home — Keep your home and office fully stocked with pre-cut fresh fruits and vegetables, and other snacks such as low-fat yogurt and low-sodium soups.

3. Make smart choices — You don't need to deprive yourself of your favorite foods or even drastically reduce the amount you eat. Simply make smarter choices like opting for baked tortilla chips and salsa instead of potato chips.

4. Don't skip meals — Often, skipping meals will lead to overeating later on.

5. Fill your fridge — Stock your freezer with low-calorie, low-fat frozen foods that you enjoy eating. Having delicious and nutritious, quick-fix food on hand can keep you from binging on something inappropriate.

It's important that you try to do something good for yourself every day. Eating on the go does not mean people need to sacrifice good food and a well-balanced diet.

Even the smallest changes can result in improved health and a more balanced lifestyle.



NAPS

Stock your freezer with healthy, quick-fix meals.

DRINKING WATER.
POUR OVER THE FACTS.



ON THE ROAD



ON THE WATER

A Designated Driver Makes Sense!