

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 14, 2003

Saluting the Windwalkers



Lance Cpl. Monroe F. Seigle

Marines from Marine Helicopter Training Squadron 301 aboard MCB Hawaii, Kaneohe Bay, run past their mascot "Woody" during Marine Aircraft Group 24's unit physical training Feb. 7. This is the first time, in more than 18 months, that the entire group has been able to conduct PT together.

NFL legend visits

Kaneohe Bay hosts Hall of Fame running back Franco Harris

Sgt. Joe Lindsay
Combat Correspondent

From those playing in the game to NFL stars long since retired, the Pro Bowl brings football players together like no other sporting event this side of the Super Bowl.

And during their annual pilgrimage to Oahu for the game, many take the time out to say thanks to the men and women serving in the Armed Forces here.

But perhaps no visiting NFL player had as much stature as Hall of Fame running back Franco Harris, the former Pittsburgh Steelers and Super Bowl IX Most Valuable Player who sat down for lunch with service members from MCB Hawaii, Kaneohe Bay, Feb. 4 at the Windward Enlisted Club.

"It's good to see role models who have achieved greatness through hard work taking the time to acknowledge the Marines and Sailors here," said Staff Sgt. Mary Daniels, a Headquarters Bn., MCB Hawaii, orders management chief who attended the Harris luncheon along with her husband Staff Sgt. Rodney Daniels. "The message Mr. Harris gave, about putting your best foot forward no matter what, is an important one for service members, especially the younger Marines. It was a real honor for all of us to have

him visit K-Bay."

For his part, Harris said he was the one who felt honored.

"Being able to come here and be around Marines feels really good," said Harris, an integral part of four Steelers Super Bowl championship teams. "I am grateful for all that our service members do for our country. Each and every one of them is a hero in my book."

While most in attendance probably would admit they harbored fantasies of being a professional athlete during their youth, Harris had a confession of his own during the luncheon.

"I always wanted to serve in the military, but football took me down another path in life," said Harris, a Penn State University alumnus who was the 13th pick of the 1972 NFL draft. "My father served 22 years in the Army, and I've always felt a special tie to the military."

When Harris (now a successful businessman who runs his own company, Super Bakery, producing fortified bakery items) mingled with the Marines after the luncheon, he was, for the most part, greeted by die-hard Steelers fans, many of whom were from Pennsylvania. But, there were some notable exceptions.

"You made me cry when I was 11 years old," Chief Warrant Officer 3 Vincent Pope, Headquarters Bn., MCB Hawaii, range training facility officer-in-charge, and a native of

See FRANCO, C-7



Sgt. Joe Lindsay

Franco Harris shares lunch with Sgt. Maj. Filippo Ilaoa, sergeant major of MCB Hawaii, and other Marines at the Windward Enlisted Club Feb 4.

NFL brings more than Pro Bowl to Hawaii's military

Steven Kalnasy

Special to the Hawaii Marine

The NFL Pro Bowl brings more to Hawaii than football's All-Stars. It provides an opportunity for fans to get involved in the fun and hoopla that leads up to the big game.

For the third consecutive year, the "NFL Military Challenge" competition was a way for the NFL to show its appreciation to those in uniform. Teams from each service (Marines, Navy, Air Force, Army and Coast Guard) were invited to compete in the events, which requires not only brawn, but brains too.

Fort DeRussy in Waikiki was transformed into the "Topps NFL Experience," and on Jan. 31, the competition was set to see who would take home the gold football and the title of "Military Challenge Champions."

Having had a winning streak the past two years, the Army was the odds on favorite to take it again.

The Hawaii Marines team was made up of Marines and Sailors from across MCB Hawaii: team captain Lt. j.g. Joel Rolley of Patrol Squadron 47; Pfc. Chris Watkins of Marine Heavy Helicopter



Steve Kalnasy

Part of the NFL Challenge at Ft. DeRussy included the field goal competition, where MCB Hawaii Marines and Sailors competed, then tied for first place.

Squadron 363; Lance Cpl. Jeremy Boyer of Alpha Battery, 1st Bn., 12th Marines; Pfc. Roger Tatman also of Alpha 1/12; and Lance Cpl. Tim Legros of HMH-363.

The talent on the Marine team was an excellent match for this competition against the other service teams.

It was a beautiful day in paradise, perfect weather for tossing the pigskin. Held in advance, a random drawing set

the place of order for competition.

This feature event on the Pro Bowl week schedule was highly anticipated, evident by the throngs of spectators who showed up.

The first event in the competition was the "Field Goal Kick" that pitted intra-military football All-Star Tim Legros of HMH-363 against the best the other services had to offer.

Coming in with a record setting 56-yard field goal during the regular season of MCB Hawaii tackle football, Legros made each kick look easy. Kicking in 5-yard increments and starting at 15 yards, Legros put every kick through the uprights until he missed a 45-yard attempt.

This miss put the Marine team in a tie for 1st place with the Air Force, and the Army.

The second event was "Air it out." This skills match required concentration and control under pressure.

Competitors threw the ball into a small target, from varied distances in 10-yard increments. Kaneohe Bay's own Chris Watkins showed brilliance with his bullet-like passes through a hole no larger than a basketball rim.

Putting up a good fight against the Navy's quarterback, it was neck and neck until they reached 35-yards and Watkins missed, putting the Marines in 1st place for the event.

In first place overall, the Marines felt good, but it was anyone's game.

"The Training Camp," the next event in the competition, proved to be a lot

See CHALLENGE, C-7

BASE SPORTS

Edward Hanlon V
MCCS Marketing

MCBH Plays Ball for Black History

The MCB Hawaii Kaneohe Bay Black History Committee and the Drug Prevention Task Force are sponsoring the Annual Black History Month Intramural Basketball Tournament Thursday - Feb. 17 at the Semper Fit Center.

A T-shirt and Gatorade will be provided. All proceeds are benefitting the Black History Month Banquet.

For more information, call Ken Etheridge at 722-9962 or 254-4177.

MCCS Seeks Surfers

Show your worth in the surf at the Pyramid Beach All-Military Surf Showdown.

The meet hits the beach March 1, from 7 a.m. - 5 p.m., and is open to military and family members only.

The competitions include youth surfing and body boarding for family members ages 14 years and under as well as contestants 15-19 years old.

Amateur military surfers can battle it out in the Men's division (18-30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is \$20; however, day-of-event entries will be charged an additional \$10. Each participating surfer will receive a T-shirt.

Entry forms can be found at the base pool as well as the beaches. Forms may be dropped off at the pool as well as the Aquatics Office in Bldg. 274.

SM&SP Wants the Best Ball to Win

It will be a fair game on the fairway, March 21, at the Single Marine & Sailor Program's Shank & Slice Best-Ball Tournament.

This day on the links is open to all single, active duty military; however, junior enlisted may bring their superiors as guests.

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes. There will also be prizes awarded by blind draw giveaways.

Cost is \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, cart, prizes, pupus and sodas.

Space is limited, so register now.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper golf course, call 254-7593.

Register by March 20 at the SM&SP Office, Bldg. 219, or at the Semper Fit

Center in Bldg. 5037.

Semper Fit Calls All Women

Do you have what it takes to be All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for the All-Marine Women's Basketball team and the All-Marine Women's Soccer Team.

•The All-Marine Basketball Trial Camp will be held from March 23 - April 10 at MCB Camp Pendleton, Calif.

•The Armed Forces Women's Basketball Championship will be held from April 11 - 18 at Naval Station Everett, Wash., and will determine the Armed Forces team to compete at the Women's National Championship held April 23 - 27 in Las Vegas, Nev.

•The All-Marine Soccer Trial Camp will be held from April 20 - May 10 at MCB Camp Lejeune, N.C.

•The Armed Forces Women's Soccer Championship will be held from May 10 - 18 at Fort Eustis, Va., and will determine the Armed Forces team to compete in the Regional Soccer Championship from May 26 - June 5 in Warendorf, Germany.

Marines interested in competing can print a resume application at www.usmc-mccs.org. Registration forms are also located in the Semper Fit Center's Athletic Office.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil.

All major command sports representatives may contact Joe Au at 254-7591.

Aquatics Crew Splashes into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

The events will be held on March 22 aboard K-Bay, and March 29 aboard Manana Housing, both from noon - 4 p.m.

This event's free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events — such as the free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, the Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house.

To get in on the water action, call the base pool at 254-7655 for more information.

Young Chippers Golf at the Kaneohe Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now.

Children are welcome to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents of the Fitness Program a cooperative babysitting venture.

Participants must volunteer to babysit three times a month at the fitness center. Children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

ITT Offers Whale Watching Weekend

Get up close and personal with the ocean's gentlest creatures.

For a limited time, the Information, Ticket & Tours Office is offering a special military discount for the deluxe whale watch cruise aboard the Star of Honolulu.

The ITT office is located inside Mokapu Mall. For additional details, call 254-7563.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30

a.m. - 1:30 p.m.

For more information about Sharkey's, call 254-7641.



Cpl. Jessica M. Mills

Base All Stars

NAME: David Fults

UNIT: Marine Aircraft Group 24

BILLET: Supply clerk

SPORT: Fast-pitch baseball

POSITION: Pitcher

•He has been playing baseball since he was 3 years old — almost 18 years.

•He played on his high school varsity team, for Arizona State from 2000-2001.

•He has been a pitcher his whole life; he does not bat.

•He had a 1.75 Earned Run Average during his last game against 1st Bn., 12th Marines.

"Baseball is an American idol. No matter who you are, you should try it. It was what America was founded on."

COMMUNITY SPORTS

Coast Guard Offers Boating Course, Monday

United States Coast Guard Auxiliary Flotilla 1-14 Kaneohe will present a new boating course starting Monday at Kalaheo High School.

Classes will be held Monday and Thursday, 6:30 - 8:30 p.m. until March 31.

The course is certified and meets all U.S. Coast Guard, State and National boating law requirements.

The course covers many subjects in detail, including federal equipment requirements, boat handling, navigation aids, federal navigation rules, coastal navigation, radio communications, engines, knots and lines, weather and much more.

Upon certification you will be eligible for insurance discounts, a free one-year membership in Boat/US, and a one-time discount on marine safety products.

Anyone may attend the course. The cost includes the manual, a student study guide and the exams. It is \$45 if you pre-register and \$55 at the door.

Registration is limited. To register or for more information, contact Bob at 247-3793.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up.

Friday night is pick-up night with a \$3 fee; goalies

play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat.

You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military standards.

For information regarding the program, or to register for the next orientation, contact Health Promotion at the Naval Medical Clinic, Pearl Harbor, at 471-9355.

Bellows Hosts Outdoor Recreation

Just because summer is over does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities for the entire family.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and

Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information regarding Bellows recreation, call 259-8080.

Bellows Sponsors Camping Year-Round

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach in Hawaii.

Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Free Hunting Class Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors, not just hunters.

The next two-day class is today at 5:45 - 10:15 p.m. and Saturday at 7:45 a.m. - 4 p.m. at the Waianae Public Library.

Contact the Hunter Education Office at 587-0200.

SPORTS AROUND THE CORPS

Wrestlers display their strength, determination

Sgt. Chris Eriksen
III MEF Public Affairs

CAMP FOSTER, OKINAWA, Japan — They met in the center of a circle and shook hands.

At the blow of the whistle, the two athletes lunged at each other, and their bodies locked in a display of strength and determination.

Each competitor was vying for leverage over the other, searching for a way to pin his opponent.

The Camp Foster Open Wrestling Tournament recently held at the Foster Fieldhouse was intense with wrestlers of different skill levels competing in several weight classes, according to Jay Morrow, safety inspector, Marine Corps Base, and tournament director.

"We had an outstanding caliber of wrestlers," Morrow said. "We had wrestlers whose skill level ranged from no experience to those who had wrestled in college."

One wrestler, Dennis Tillman of Headquarters and Headquarters Support Bn., Marine Corps Air Station Futenma, stood out from the rest. He was selected by the referees and other wrestlers as the tournament's outstanding wrestler, for his sportsmanship and overall skill and performance.

"I was shocked when they announced it," Tillman said. "It was more than I had expected. I had just hoped for a second-place or maybe first-place finish."

The open, freestyle-wrestling tournament presented challenges to collegiate wrestlers and made it harder for them to finish where they would have liked, ac-



Sgt. Chris Eriksen

Chris Climer, a Kubasaki High School wrestler (top), uses his body for leverage against Rashawn Dawson, a cable technician with G-6 of Marine Corps Base, during one of the 128-pound weight class matches at the Camp Foster Open Wrestling Tournament.

ording to Morrow.

"Collegiate wrestlers have a hard time adjusting to freestyle tournaments," the Langster, Pa., native said. "In freestyle, throws and rolls count for points and can add up quickly. Those points make a difference in the end."

Some collegiate wrestlers agreed it was difficult to adjust their style of wrestling during the tournament, according to Ricky Gregory of 2nd Bn., 7th Marines.

"This was the first time I have wrestled since 1996," the Oklahoma City native said. "I had no idea what to expect; it was different than what I was used to in high school."

Some of the collegiate wrestlers noted that the rules for freestyle made it harder to keep their opponents from scoring

points. It also allowed wrestlers to use different styles, according to Charles McCulley of Combat Assault Bn.

"This was my first time wrestling freestyle, and I saw a lot of throws, take-downs and rolls for points," the Owaga, Kansas, native said. "It took a while to get used to the scoring, moves, styles and techniques used. You can do a lot more in freestyle competitions with holds, and using your hands."

The tournament consisted of seven weight classes: the 128, 139, 152, 168, 187, 214 and 267-pound weight classes.

The 152, 168, 187 and 214-pound weight classes had the most intense competition, according to Morrow.

"Not all of the weight classes filled out," Morrow said. "Some of the weight classes are stacked, while others have on-

ly a few. Usually, it is the middleweight class that has the most [competition]."

This tournament also helped service members who are thinking about trying out for their service's All-Wrestling team, to evaluate their level of conditioning and experience, according to Morrow.

"This gives wrestlers a chance to see where they stand against their competition before going out for their all sports team."

The tournament was successful even though it did not draw as many competitors as organizers had hoped it would.

"This brought out a lot of talented wrestlers," Morrow said. "We could probably draw more wrestlers for these events if it was also marketed with the Army and Air Force."



spotlight on health

Workdays don't have to add up to a headache

Dr. Rodney Tahan
NAPS Featurettes

Is work stressing you out? If so, you're not alone.

According to a Princeton Survey Research Associates report, three-fourths of employees believe workers have more on-the-job stress now than a generation ago.

Of the many causes of stress in the workplace, some — such as tight deadlines or a demanding boss — may be out of your control. But there is something you can do about the way certain features of the modern workplace — from your computer to overhead lighting — contribute to overall stress.

When it comes to eyestrain and headaches, taking simple eye care precautions can make a big difference at the end of the workday.

Glaring Errors

According to a recent poll, nearly seven out of ten Americans use a computer at work, and computer use in the workplace will inevitably rise.

What many people may not realize is that at the end of a long day in front of a computer screen or beneath overhead lighting, the glare caused by these commonplace office set-ups can result in eyestrain, headaches and contribute to

stress.

When outside light from a window or light from your desk lamp bounces off of your computer screen, the resulting glare can lead to tired eyes. Positioning your computer screen perpendicular to the window and away from any desk lamps, or adjusting your screen's brightness and contrast can help reduce eye fatigue.

Glare-reducing monitor screens may also help reduce eye fatigue.

For eyeglass wearers, the overhead lighting common in offices becomes a problem when light bounces off the surface of your eyeglass lenses instead of passing through, compromising your vision and contributing to eyestrain and headaches.

The cutting-edge technology in today's non-glare lenses can help restore your crystal-clear vision and prevent this kind of daily fatigue.

As an optometrist, I recommend anti-reflective lenses to help reduce the effects of glare. More and more people are spending several hours in front of their office computers each day, and as a result, are complaining of eyestrain.

Computer Comfort

While the glare from your computer screen can be a major contributor to eyestrain and workplace headaches, extensive com-



Staff Sgt. Jesus A. Lora

Petty Officer 2nd Class Joann Cornell, leading petty officer, Optometry Center, Branch Medical Clinic, Kaneohe Bay, comes down with eyestrain as she works on the computer for hours.

puter use can also produce other forms of tension that can lead to muscle soreness, and ultimately to headaches as well.

The following simple tips can help improve the way you feel after spending

See WORKDAY, C-5

Experts say don't make your eye care an afterthought

NAPS
Featurettes

Regular eye exams should definitely help you see things a little more clearly — literally. That's why doctors recommend that everyone get an eye exam at least once a year. Routine eye care should start at the age of three.

"We need to drive home the point that taking care of your eyes is an important part of your health routine, like getting exercise and drinking enough water," said New York-based Dr. Barry Farkas, partner in one of the largest contact lens specialty practices in the United States. "It should just be one of the

things we all know needs to be done, and then we need to act on it."

A recent eye care survey for Bausch & Lomb revealed the following highlights:

- Of those surveyed, 74 percent require vision correction.
- Of those surveyed, 90 percent have never spoken to their eye care professional about all of the vision correction options available to them.
- Of those surveyed, 77 percent want a vision correction method that can provide healthier eyes and better vision.
- Of those surveyed, 84 percent

have never talked with their eye care professional about gas permeable contact lenses.

Nearly four million Americans wear gas permeable contact lenses, which are made of a breathable firm, durable, plastic that is custom fitted to the shape of the cornea.

The smooth finish and low water content of these lenses can mean few protein deposits, which can contribute to ocular health.

Gas permeable lenses can provide vision correction for a variety of needs including first-time contact lens use, myopia, presbyopia/evolving reading needs, astigmatism, and medically demanding situations.



Staff Sgt. Jesus A. Lora

Cornell checks her eyes annually for any problems that may arise as Sherree Casttelberry, a Pediatrics nurse, points to the letters on the eye chart.

Did You Know?

The human brain is about 80 percent water, which makes it more watery than human blood.



NAPS

WORKDAY, From C-4

hours in front of the computer in the office, or at home:

- Practice good posture. If your chin juts forward when you work at the computer, you need to adjust the way you sit, as pressure on the joints in the back of your neck can lead to soreness.

These days, most office chairs are adjustable, so adjust the position so that it provides ample back support and comfort.

- Give it a rest. Sitting for prolonged periods of time can be hard on your back, so get up, take a walk around the office, stretch, get a glass of water — anything to get you out of your seat.

Besides, taking a mini-break from your computer every half hour or so will give you a chance to refresh and will make a world of difference in reducing stress at work.

- Avoid pain in the neck. Holding the telephone for extended periods using your chin to stay hands-free can strain your neck, so keep the phone in your hand, or if you really need both hands free, use a headset.

- Ask a professional. If you have tingling, numbness or pain in the hands or wrists, an ergonomic keyboard or wrist rest may help. If those conditions persist, you should see your physician.

If you find that you have tired eyes at the end of the day and wear eyeglasses, glare may be the culprit. Ask your eye care professional about reducing the effects of glare with non-glare lenses.

(Editor's Note: Dr. Rodney Tahran is vice president of professional relations and clinical affairs for Essilor of America, Inc., and an adjunct professor at the Southern California College of Optometry and co-chair of the Computer Vision Task Force of the Vision Council of America.)

CSSG-3 Marines aspire to be martial arts champions

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

Martial arts is just one element of the Marine Corps' combat readiness, but for two Marines aboard MCB Hawaii, Kaneohe Bay, it's a way of life.

Monserrat Mendez and Solomon Navarro of Combat Service Support Group 3 will compete at the Global Martial Arts Championship "G-series" at Kamehameha High School, Sunday at 10 a.m.

These warriors have been vigorously training for this amateur martial arts competition for several months under the close supervision of Hanshi Leon D. Wright, a 10th Degree Black Belt with 33 years of training, who is the founder of the Third Master Martial Arts Academy.

"Hanshi Wright is a well-respected martial arts professional," said Mendez, who is currently ranked seventh in the world according to the International Kickboxing Federation. "We have been training with him three-to-four times a

week in preparation for this competition, and I've never felt stronger."

This event will mark the first time either competitor has fought at a Global Martial Arts Championship.

"I'm really looking forward to this competition," said Mendez. "The 'G-series' allows students of various martial arts styles to test their striking skills."

There are currently three levels of competition under the event, and the Marine fighters will be combating in level G-3, which means that full body safety gear is worn and the rules are the most strict. Some of the safety gear includes headgear, gloves, body protectors and shin guards.

"The primary focus of the G-series is on safety and fun," said Wright. "The participants feel comfortable and nonintimidated in this recreational and highly regulated setting."

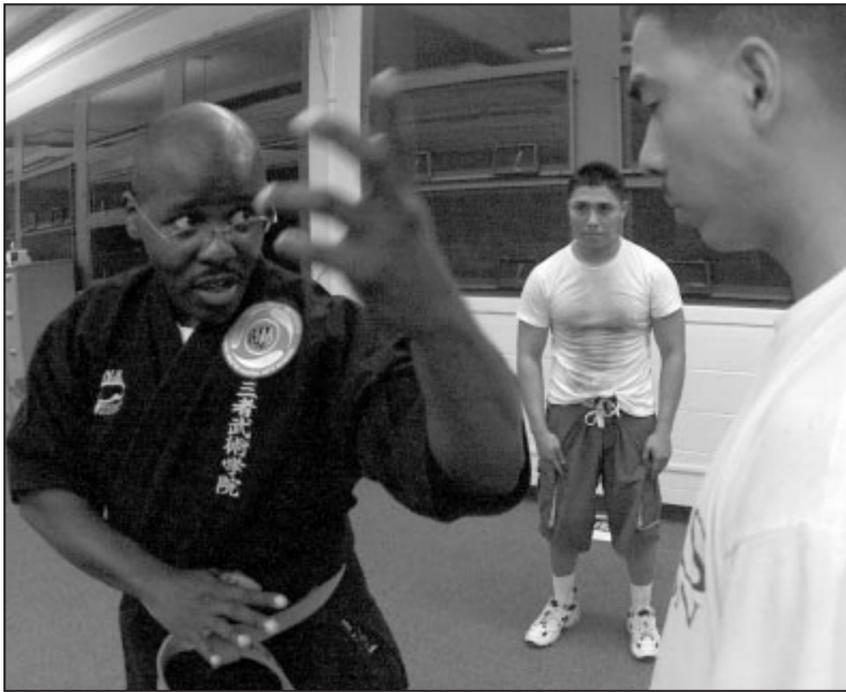
Look in the Feb. 21 issue of the *Hawaii Marine* for complete coverage of the Global Martial Arts Championship.

For more information about martial arts competitions, contact Wright at (804) 370-0688.



Above — Mendez (right) and Navarro practice kicks while preparing for the martial arts competition at Kamehameha High School.

Below — Hanshi Leon D. Wright (left), who has been teaching martial arts for 33 years and has attained a 10th degree black belt, spars with Marines in training for the championship matches.



Monserrat Mendez (left) and Solomon Navarro spar during a recent workout in preparation for Sunday's Global Martial Arts Championship.

FRANCO, From C-1

Garland, Texas, told Harris, referring to the Steelers 35-31 victory over the Dallas Cowboys in Super Bowl XIII.

All Harris could do was smile at Pope's words, but his grin seemed to say he relished the exchange.

"I was never a big Cowboy fan, as you can imagine," said Harris later. "In my whole career, we only lost to those guys once. It always felt good beating the so-called 'America's Team.'"

For Pope, meeting Harris was his way of paying respect to a worthy opponent.

"It was always an 'us vs. them' mentality when the Cowboys and Steelers played," said Pope. "But Harris always had our respect."

The respect for Harris goes far beyond the football field, as he has donated countless hours talking to youth and other groups with inspiring messages of hope.

"I'll never forget when Franco Harris came to our school to give a talk," said Kristopher Haloj, a former Marine and disabled veteran from the Bronx, N.Y., now pursuing his college degree on the GI Bill. "I was in seventh grade, a very impressionable age, and was on the verge of falling in with the wrong crowd."

"I don't know if it was a coincidence or what, but he spoke to us about

choosing the right path and not giving in to peer pressure.

"I took his words to heart and look upon that day as a turning point in my life. Most of those guys I would have been friends with dropped out of school and are either dead now or in jail."

"His visit to K-Bay couldn't have been better timed," said Master Gunnery Sgt. James Jackson, an Anderson Hall food technician and native of Philadelphia, Pa. "We are on the brink of war, and to have him come here while units are deploying to show his support is a very moving gesture. It means a lot to all of us here."

Sergeant 1st Class Charles Jackson, a Schofield Barracks signal intelligence analyst said he couldn't agree more.

"With the war on terror in full swing, this visit was very patriotic of Franco Harris," said Jackson. "His coming here was a big morale boost for all service members serving in Hawaii."

When told of Jackson's words, and the appreciation of other service members for his visit, Harris let out a sigh before speaking.

"People talk about athletes having a responsibility to give back to the community, and many do," said Harris. "But day in and day out, nobody gives more of themselves than service members."

CHALLENGE, From C-1

harder than it looked. An obstacle course made up of five different impediments, this event would prove to be the hardest to master.

Hawaii Marines running back Roger Tatman was up to the challenge, but wasn't able to get his footing after a light rain had caused the rubber surface of the course to slip him down. He slipped twice and lost valuable seconds.

They were now in third.

With eight events remaining, each team began to put their strategies into motion. Each team needed to find a way to capitalize on the other's weakness.

"The Drive," "The Hans," "The Long Snap," and "The Quarterback Challenge" were all events that required skill, strength and tenacity. By the time these events ended, the Marines found themselves in 4th place

and asking how they could make up ground to get back on top.

It was still possible, but it would take everything they had, including luck, to end up on top.

Although he missed his mark in the "Long Snap," team captain Rolley of VP-47 excelled in the "Mind Games" trivia competition. His knowledge of current affairs and NFL trivia landed the Marines a win in the event, and put them back into third place.

With questions like "which three teams lost four Super Bowls?" and "Who was the first female Supreme Court Justice?" Rolley proved his superior intellect earning him a perfect score.

The Marines were back in the game with only three events to go. However, the rest of the competition seemed to drag on and on.

Everyone was getting tired and hungry, and with no time to rest, the Marines pressed on.

The "Down and Out"



Steve Kalnasy

The "Quarterback Challenge" of the NFL Challenge required skill, strength and tenacity.

competition would be the crucial event. The ball was in the hands of field general Joel Rolley's skill, along with the speed and agility of running back Roger Tatman.

Rolley held the ball in limbo for what seemed like an eternity. Showing great determination and control of the ball, he then ordered Tatman in motion.

Tatman displayed Barry Sanders-like moves and great prowess on the field.

As he turned to capture

the ball, which had just been released from the ball machine operated by Rolley, it slipped through his hands. The opportunity to advance was lost.

In the last events — the Sony Playstation "NFL Game Day Football" and the "Topps Pack Wars" — Marines took 5th and 3rd respectively, putting them in last place overall.

The Coast Guard took home the gold.

"Being in last place is difficult to accept, but it will make us stronger ... next time," said Rolley.