

## College football all-stars soar at MCAS Miramar

**Major David Griesmer**  
Marine Corps  
Recruiting Command

**MARINE CORPS AIR STATION MIRAMAR, Calif.** — Marine Corps Air Station Miramar and Marine Corps Recruiting Command hosted the annual College Football All-Star Challenge that aired nationally on the Fox network on Super Bowl Sunday.

More than 1,500 Marines and their families turned out to watch the event that brought together eight top college football players, including Heisman trophy candidates.

During the one-hour program, "The Climb, The Corps?" recruiting commercial aired several times. In addition, short videos that showed activities from the air station as well as Marine Corps Recruit Depot San Diego were featured.

"The event was a win-win for everyone," said Maj. Dave Griesmer, public affairs officer for the MCRC in Quantico, Va. "Fox television was able to host the event at a world-class facility for little cost, while the Marine Corps was able to use the event to help build awareness about opportunities in the Marine Corps."

The All-Star Challenge consisted of four events, an aerial assault, an obstacle rush, a long throw, and a quick delivery event.

The four, two-man teams included Iowa's Brad Banks, Michigan State's Charles Rogers, Washington State's Jason Gesser, Notre Dame's Arnaz Battle, Florida's Rex Grossman and Taylor Jacobs, Miami's Ken Dorsey, and Illinois's Brandon Lloyd.

While the scoring was very close, the team of Dorsey and Lloyd won the competition.

Most experts believe all eight of the players will be drafted in the first several rounds in the up-

coming NFL draft.

Major General Chris Cortez, commanding general of MCRC, began the event by announcing the team pairings and wishing the players good luck. He noted that, while the players may have been competitors during the regular season, that day they would be teammates.

"Today is a great day for everyone involved and the Marine Corps is proud to be associated with this event," said Cortez. "It's great to see so many talented football players here for a skills competition."

"For players to have reached this level, they've had to demonstrate a high level of discipline, dedication and teamwork — the same things we look for from the men and women in the Marine Corps — so we think this is a good match here today."

For the Marines and families in attendance, the event provided a nice break from deployment preparations.

"Marines thrive on competition," said Capt. Allen Porter, an F/A 18 pilot with WMFA (AW) 121 and a spectator at the event. "We know and respect the level of training and preparation that one must complete to be able to compete and win in their chosen profession."

"It helps Marines to realize that our training and proficiency will make us successful on the field of battle."

Marines and fans gathered autographs and pictures when the event ended.



Florida Quarterback Rex Grossman launches a pass during the "Aerial Assault."

Staff Sgt. Bruce Katz

## NFL VISITS



Photos by Sgt. Joe Lindsay

Above — Itula Mili, a Seattle Seahawks tight end and native of Laie, Hawaii, autographs a football for Gunnery Sgt. Jamie Deets, a battery gunnery sergeant at 1st Bn., 12th Marine Regiment, during his visit to MCB Hawaii, Kaneohe Bay, Tuesday. Right — Mili reviews equipment and greets Marines and Sailors at K-Bay's flightline. Several NFL players will host a kids' semi-sports clinic, today from 3 - 5 p.m. at Pop Warner Field. See the full story in next week's *Hawaii Marine*.



## 1/12 slam dunks MCAF



Jason Myers, a gunner for 1/12, flies through the air as he slams another basket. During Monday's game with MCAF, 1/12 dominated throughout.

## The Regiment blows off MCAF on the courts, shows aviation who's boss

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

As the basketball keeps tempo with the sound of his own heartbeat, his soles pound down on the polished brown surface of the court's hardwood floor.

Sweat bleaches his jersey, dripping into his eyes like a monsoon. Then, in an instant, almost as if by reflex, the player leaps into the air and grabs hold of the rim, ferociously jamming the ball into the net.

Every minute of the intramural basketball game between 1st Bn., 12th Marine Regiment, and Marine Corps Air Facility, was filled with heart-stopping action such as this.

Five minutes into the first half, 1/12 jumped out to an early lead off three quick buckets for a 6-2 advantage. Moments later, Nathan McQuirter, an artilleryman and 1/12 forward, seemed to tower over the rest of the players as he sprinted down the court and landed another two points for 1/12, making the score 8-2.

It was more of the same from there, as 1/12 continued to dominate throughout the first half, quickly extending its lead over MCAF.

See **BASKETBALL**, C-3

## Marines hone warrior skills in Hawaii regional boxing



Sgt. Jereme L. Edwards

Mata throws a viscous right at his opponent Chris Hyatt.

**Sgt. Jereme L. Edwards**  
Combat Correspondent

"Every Marine is a basic rifleman and therefore a warrior." These are words that recruits hear many times over during recruit training, from drill instructors placed in charge of their respective platoons.

All throughout a Marine's enlistment or commission,

there are many training tools in place to help hone their warrior skills. Whether it is annual rifle qualification, any of the various leadership courses, or the recently implemented Marine Corps Martial Arts Program, also known as MCMAP.

For three Marines stationed here aboard MCB Hawaii, they partake in all the required training and go a step further. Jermaine Hayes, a Marine

with 3rd Bn., 3rd Marine Regiment's S-6 section; Gumaro Mata of Marine Forces Pacific's Cryptological Support Co.; and Amaury Torres of India Co., 3/3, compete in the sport of boxing in their off-duty time.

During the recent Hawaii Regional Championship held in Pearl City, these Marines competed against seasoned opponents. Both Mata and Torres

competed to advance to the national championship in Colorado.

Hayes, who is part of the Nalo Boxing Club, fought in the first non-advance bout and was defeated on a judges' decision by Troy Hartman, a boxer for the Kailua-Kona Boxing Club. Hayes said this was his first bout in five years and that

See **BOXING**, C-6

# BASE SPORTS

**Edward Hanlon V**  
MCCS Marketing

## Semper Fit Holds Surf & Turf 5K Run

Race day, Saturday at 7 a.m., the Commanding General's Semper Fit Series run will begin and end at the Officers' Club, and wind throughout the Kaneohe Klipper Golf Course, including portions down the panoramic beach.

To get in on the fun, pick up a Surf & Turf packet at the Semper Fit Center between 9 a.m. and 4 p.m. today.

The entry fee for the race is \$15 and registration — underway now — ensures a free T-shirt to remember the event.

Awards will be presented to the top three finishers overall as well as to the top finishers in each age group in both men's and women's categories.

For further information, contact MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

## MCB Hawaii Plays Some Ball For Black History Month

The MCB Hawaii Kaneohe Bay Black History Committee and the Drug Prevention Task Force are sponsoring the 1st Annual Black History Month Intramural Basketball Tournament Feb.

13 - 17 at the Semper Fit Center.

The registration deadline is Feb. 11, and the fee is \$85 for a 10-man roster.

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

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

## 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 program at Kaneohe Bay.

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

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

## MCCS Calls All Softballers

Semper Fit Intramural Sports is starting a co-ed softball league next month.

The league will begin Feb. 10, and the ending date will be determined by the number of teams that sign up to play.

The league will go no longer than March 31.

The league is open to all active duty Marines and Sailors as well as family members and DoD I.D. cardholders.

For registration info, call 254-7590.

## Kahuna's Kicks Off Pro Bowl

Catch all the Pro Bowl highlights at Kahuna's Sports Bar and Grill on its monster-size TV. Get your favorite snacks, pupus and beverages from the grill.

Call Kahuna's for more details at 254-7661.

## 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 someplace 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 details, call 254-7641.



pete 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.

## Young Chippers Can Take Up Golf at the 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 to 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.

## Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!" Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and arcade.

For more details, call K-Bay Lanes at 254-7693.

## Paintball Takes Aim

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

The paintball field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

Call owner Roland Manahan at 265-4283, for more details.

## E-Club Hosts Sports Night

Cheer on your favorite athletes at the Enlisted Club every Monday night."

## Base All Stars

**NAME:** Lance Cpl. Nathan McQuirter

**UNIT:** Bravo Battery, 1st Bn., 12th Marine Regiment

**BILLET:** Artilleryman

**SPORT:** Basketball

**TEAM:** 1/12 Intramural Basketball Team

•McQuirter has played basketball for more than 13 years.

•The Mobile, Ala., native led his team in winning four state championships while attending B.C. Raine High School.

•He played on the All-Marine Team from October through December of 2002, and won several games.



Lance Cpl. Monroe F. Seigle

*"Basketball calms you down, but practice makes a good player."*

# COMMUNITY SPORTS

## NFL Pro Bowl Comes to Oahu

Pound for pound, it all comes down to the Pro Bowl. The best players in their positions in the AFC, face their counterparts from the NFC in the league's football all-star game, set in Honolulu's 50,000-seat Aloha Stadium, Sunday.

Coverage on the ABC network begins at 12:30 p.m. Also, service members and their families can stay tuned for opportunities to meet NFL players right here at MCB Hawaii.

## Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed to play 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 depriva-

tion 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.

## Go Camping Year-Round at Bellows

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 6-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 (a \$56 savings).

## 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 Feb. 7 at 5:45 - 10:15 p.m. and Feb. 8 at 7:45 a.m. - 4 p.m. at the Waianae Public Library.

Contact the Hunter Education Office at 587-0200.



A player from MCAF's intramural team knocks the ball out of 1/12's possession in the first quarter.

### BASKETBALL, From C-1

Possession continued to shift from team to team, as players logged laps the length of the court, and the score steadily rose for both sides.

Finally, Jason Myers, a gunner for 1/12, tipped the scales and made a shot from the 3-point line. Minutes later, he followed that with a thunderous slam dunk, giving 1/12 a 19-6 lead.

Although MCAF tried to keep up the defensive pressure by blocking shots, 1/12 remained unforgiving. McQuirter and Arnell Rivers, a radio operator for 1/12, scored two more shots, extending 1/12's lead to 24-8.

Just when many felt that MCAF would not ever break loose, the team harnessed the extra energy needed to cut 1/12's lead to 26-12, with a pair of slam-dunks before halftime.

When the game resumed, 1/12 continued to assault MCAF's defense and land shot after shot. But MCAF stayed composed under the pressure and managed to not only stay in the game but also slowly close the tremendous lead.

With eight minutes left, the score showed 32-21, 1/12 leading.

Both teams raced up and down

the court, but 1/12 blocked each shot made by MCAF, trying to hold onto its upper hand. While MCAF continued to attack with renewed bursts of energy, 1/12 began to look desperate as if it was quickly losing its grasp, unprepared for MCAF's advancement.

"In the beginning we played with a strong defense, holding them back, but then we got lax and let their team make some really good shots — basically giving them hope," said player Russ Johnson, a scout observer for 1/12.

With that hope held in the palm of their hand, MCAF team members refused to give up and continued to bank shot after shot.

With five minutes left, the score had climbed to 43-35, 1/12 ahead. As time wound down, 1/12 put on its game face and matched MCAF shot for shot, ending a rash of baskets with another slam dunk by McQuirter.

The gym erupted in a bellowing cheer, as McQuirter hung from the rim. The score stood at 48-43, 1/12 ahead.

With 25 seconds left, MCAF was called on holding and 1/12 was awarded two free throws. Both sunk, and the score rose 50-43.

Each team went for blood but neither scored until MCAF was

again called on a foul. The penalty allowed Rivers to finish the game victoriously for 1/12 with two free throws.

The final score: 52-43.

"We could have done a whole lot better," said 1/12 Coach Gui Woodard, a 1/12 field artillery chief. "We let our guard down and had too much highlight. We'll see them again."



Myers slams in another basket for 1/12, extending the lead during the second quarter.

# Marine struts his stuff from the free throw

Lance Cpl.  
**Monroe F. Seigle**  
Combat Correspondent

A crowd goes wild as a 6-foot-5-inch, 190-pound Marine charges down a basketball court, quickly dodging his opponents.

He elevates in the air as the crowd goes silent. The look of intensity on his face grows stronger as he slams the ball fiercely into the hoop while his opponents stare in awe.

This is Nathan McQuirter, a 24-year-old artilleryman for Bravo Battery, 1st Bn., 12th Marine Regiment at MCB Hawaii, Kaneohe Bay, in action during a basketball game.

He began playing at age 9, since then it has been a passion and a dream for him.

"I started playing basketball in the 3rd grade," said the Mobile, Ala., native as he brushes dirt and residue accumulated on his face from firing a 155-mm Howitzer. "I had dreams of playing in the [National Basketball Association] since that age."

McQuirter's first organized team was in the 8th grade.

"Basketball kept me out of trouble when I was a kid," he recalled with a smile, as artillery rounds fiercely exploded in the background. "It was all I did in my spare time."

After completing middle school, McQuirter became the youngest student on the varsity bas-



Cpl. Jessica M. Mills

McQuirter makes another slam dunk during the intramural game against MCAF Monday.

ketball team for Ben C. Raines High School in Mobile. The majority of the players were juniors or seniors, 17-18 years old. McQuirter was a young freshman and only 15 when he was selected.

"I felt even more motivated to play, because no other freshman was good enough to make the team," he remembered.

By the time McQuirter completed 9th grade, he and his teammates had secured a state championship under their belts.

"I grew a lot between my 9th and 10th grade years. My skills were improving, and in the 10th grade, I was put on the court even more," McQuirter explained. "I was learning not only to play, but to be a leader."

See MCQUIRTER, C-6



## spotlight on health

# Calcium works harder for your body's 2,000 parts

### NAPS

#### Featurettes

Calcium has been typecast as a bone-builder — a significant role for the mineral, but one that ignores other wide-ranging benefits of this hard working nutrient.

Research shows there is much more to calcium than bones alone. The multidimensional mineral benefits the whole body.

### Weight

Recent studies show that you may lose more weight by adding more calcium to your weight loss plan. Getting enough calcium in your diet seems to trigger the body to burn more fat.

One study of women ages 18 to 31 found that given comparable calorie intakes, those participants who got at least 780 milligrams of calcium a day in their diets maintained their weight during a two-year time frame, whereas women who averaged less than 780 milligrams of calcium a day gained fat mass. Women who averaged 1,000 milligrams a day had an overall decrease in body

weight.

Other studies have shown similar results. Participants who ate diets higher in calcium and low-fat dairy foods tended to have lower body weights.

### Premenstrual Syndrome

Emerging research suggests that calcium may ease several PMS-related symptoms including depression, food cravings, water retention and pain.

One study, which followed nearly 500 women, found that by the third month of consuming 1,200 milligrams of calcium each day, participants had a 48 percent reduction in PMS symptoms compared to a 30 percent reduction in the placebo group.

### Blood Pressure

Several years ago, the National Heart Lung and Blood Institute found that eating a diet filled with fruits and vegetables significantly reduces blood pressure.

The news got even better when low-fat dairy foods were added to the mix. Three or more servings a day of low-fat milk, yogurt or cheese — along with

### Great Sources of Calcium

#### FOOD

#### Amount of Calcium (milligrams)

Milk (1 cup)	—300
Yogurt (1 cup)	—300-350
Orange juice (fortified with calcium — 1 cup)	—300-350
Ready-to-eat cereal (fortified with calcium — 1 cup)	Total cereal with 100% DV of calcium—0-1000 (check nutrition label)
Cheese (1 ounce)	—200
Bread (calcium-fortified—2 slices)	—150-300+ (check nutrition label)
Almonds (1/2 cup)	—180



plenty of produce — doubled the reduction in blood pressure. Calcium was considered at least part of the reason.

The positive connection between calcium and blood pressure was more firmly established when researchers conducted a review of more than 40 studies on the topic. It appears that the benefits were most pronounced in people who had not been getting enough calcium in their diets.

The potential benefits of calcium come from eating 1,000 to 1,500 milligrams a day. Nutrition surveys show most women and children are not getting anywhere close to that.

Calcium-fortified cereals, along with other calcium-rich foods, can help fill the gap.

### Cancer

Calcium has been favorably linked to reducing the risk of breast and colon cancers.

Research conducted in animals has shown that high-fat diets, which contain little calcium and vitamin D, can cause abnormal changes in mammary glands. These changes may lead to breast cancer.

Research suggests getting enough calcium and vitamin D in the diet may decrease changes in breast tissue and reduce the risk of breast cancer in premenopausal women.

Calcium is also thought to be one of several dietary components that may reduce the risk of colon cancer. Researchers think this may be because calcium binds with potentially harmful substances in the colon.



# Links found with heart disease, diabetes, obesity

## NAPS Featurette

Cardiovascular disease is a major complication and the leading cause of death among people with diabetes.

Diabetes, at the same time, affects the body's ability to take glucose (sugar) into the cells. Insulin, a hormone produced by the pancreas, opens the door for glucose to get into the cells. When glucose builds up in the blood instead, it can cause problems.

For instance, cells may become starved for energy, causing fatigue and susceptibility to infections. High blood sugar levels can affect eyes, kidneys, nerves or the heart.

### Risk Factors

An estimated 17 million Americans suffer from diabetes, and about one in three don't

know it.

Risk factors for premature death or disability due to diabetes include heredity, obesity, age and lack of exercise. African Americans, Hispanics, Latino Americans, American Indians, Asian Americans, Pacific Islanders and older people are particularly susceptible.

### The ABCs of Diabetes

Knowing what to ask health-care providers and taking action using the National Diabetes Education Program's "ABCs of Diabetes" can help.

The ABC approach was developed because most people don't know their risk can be reduced with appropriate treatment.

Research shows 65 percent of people with diabetes die from heart disease and stroke, and they die younger than the general population.

### Fast Facts on the link between CVD and Diabetes

- Deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years compared to a 27 percent decrease in women without diabetes.
- Deaths from heart disease in men with diabetes have decreased by only 13 percent compared to a 36 percent decrease in men without diabetes.
- People with diabetes are more likely to die from a heart attack and are more likely than those without diabetes to have a second event.

Source: National Diabetes Education Program

"A" stands for A1C, the hemoglobin A1C test, which measures blood glucose over three months. "B" is for blood pressure, and "C" is for cholesterol.

A doctor does a hemoglobin A1C test. It measures how well your blood sugar has been controlled over the last 2 to 3 months.

A suggested healthy A1C target number is seven or below, equaling a blood glucose of 150.

The ADA recommends blood glucose screening at least twice a year after age 45, younger for those with symptoms, a family history of the disease or other risk factors.

### Cholesterol

People with diabetes should have their blood pressure checked every time they visit their healthcare provider: 130/80 is a healthy target.

There are two types of cholesterol, HDL and LDL. About one-third to one-fourth of blood cholesterol is carried by high-density lipoprotein cholesterol, and it's called "good" because a high level seems to protect against heart attack.

The bad cholesterol, LDL, builds up and clogs the arteries. The ADA recommends that peo-

ple with diabetes have their cholesterol tested annually.

A healthy target is an LDL of 100 mg/dl, and an HDL of over 40 mg/dl.

### Improvements

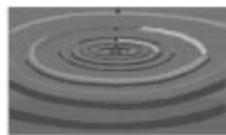
Even relatively small improvements in blood sugar, cholesterol, blood pressure and weight will decrease the risk of CVD.

Detecting diabetes early lets people take precautions. The same steps needed to control blood glucose, work for controlling blood pressure and cholesterol. Recommendations follow.

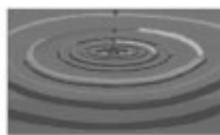
- Exercise 30 minutes daily
- Eat less fat and salt
- Eat more fiber choosing whole grains, fruits, vegetables and beans

- Stay at a healthy weight
  - Stop smoking
- See the ADA Web site [www.diabetes.org](http://www.diabetes.org) for more.

## Water Conservation.



It's everyone's  
responsibility



**BOXING, From C-1**

he did good but could have done better.

Mata, a boxer for the Kaneohe Boxing Club, fought in the fifth round for advancement to the national boxing championship in Colorado, and defeated Chris Hyatt, from the Palolo Boxing Club, with a knock out in the second round of the contest.

"I expected him to win, said Coach Todd of the Kaneohe Boxing Club. "He should've won last year but the official called otherwise."

In the ninth bout, Torres — also a member of the Nalo Boxing Club — competed

against Peter Costa Jr. of the East Oahu Waimanalo Boxing Club (and formerly with Nalo's). Torres was defeated by a knock out in the second round with an upsetting right hand.

"I had greater hopes for Amaury this evening you know, but sometimes you just get caught, and that is what happened here," said Coach Felix Carzeras of the Nalo Boxing Club. "I told him the guy has a right, but you just can't get away from them all."

These competitors had varying reasons for beginning their careers in boxing.

I started boxing when I was 12 years old, said Mata. I like

fighting. I was into karate for a little while, but it was boring and I wanted something more physical.

Hayes says he has been boxing for four years, and the reason he started was a boxer named Mike Tyson. Hayes added that he remembers seeing the Tyson versus Douglas fight, and that is what inspired him.

"I box to stay in shape and for the competition. I'm not trying to make a career out of it," explained Mata. "I want to pursue a job in law enforcement, possibly the Drug Enforcement Agency.

"So, I suppose the ultimate goal for me would be maybe to



Sgt. Jereme L. Edwards

**Mata dodges a wildly thrown right hook from his opponent and attempts to connect a well-focused jab to his opponent's face in the middle of the second round of the of the three round bout.**

go Pan-American or even the Olympics," said Mata.

"My ultimate goal for boxing would be to make it on the All-

Marine team and one day become the world wide champ," said Hayes. "There's no need to limit yourself."



Cpl. Jessica M. Mills

**McQuirter, #44, blocks a MCAF player from scoring.**

**MCQUIRTER, From C-3**

After again winning the state championships in the 10th and 11th grades, McQuirter found himself helping the coaches and a few of the seniors running the team.

"In my senior year, I was managing 20 points a game. I had several colleges calling me to play for them. I didn't know which one I wanted to play for, all I knew was I wanted to get away from Alabama."

After winning a fourth state championship before graduating in June of 1998, McQuirter proceeded to the College of Eastern Utah where he continued to play ball.

"The College of Eastern Utah was only an average team. We didn't do very well as a whole," he recalled, with a light chuckle. "I was just glad to be away from home."

McQuirter finished the two-year school with an associate's degree in sports medicine. It was then that he decided he needed further challenge. He returned to Alabama, went to the Marine recruiter and asked for a challenging career.

McQuirter's father had been in the Navy and his brother had served in the Air Force. Both played a role in his decision to join the Marine Corps.

On Sept. 10, 2000, McQuirter left home for the Marine Corps Recruit Depot in Parris Island, S.C. Upon completing boot camp and his military occupational school, he received orders to his present duty assignment here.

Later, while on a deployment in Okinawa, his chain of command recognized his skills and approved participation on the All-Marine Team.

He has "a lot of potential," said Master Sgt. Guy Woodard, battalion field artillery chief at Bravo, 1/12, and MCB Hawaii's assistant basketball coach. "He is an explosive basketball player and an excellent Marine."