

Hawaii MARINE SPORTS

Hawaii Marine C Section

March 22, 2002

Marines host 'Rumble in the Tropics'

Story and Photos by
Sgt. Roman Yurek
Sports Editor

The ring was set, the lights were on and nearly 300 people filled the seats anticipating 13 intense, fist flying battles between some of Oahu's top amateur boxers.

Normally, MCB Hawaii, Kaneohe Bay, hosts a boxing match once a year during BayFest, but times are changing.

For the first time at the Enlisted Club, everyone on and off base was invited to "Rumble in the Tropics" March 16.

The first fights were won by decisions, and the audience wanted to see a little more. By the fourth fight, they got what they wanted.



Rance Okano, a 16-year-old boxer from the Kakaako Boxing Club, duked it out with Richard Pelen Jr, another 16-year-old boxer from the Wahiawa gym.

Leonard Herrera, a Fighters Unlimited boxer in the 127-weight class, was up against Jason Broils, from the Palolo Boxing Club. As the two went toe to toe, it was evident that Herrera was feeling stiff.

Herrera couldn't keep up with Broils' onslaught of jabs and hooks, and one final punch knocked Herrera down for the count. Broils won by knockout.

As guests waited for the next fight to begin, a ringside official stated that the safety of the boxers is key. A doctor examined each boxer after each fight.

The next big fight was with the two smallest competitors. Gino Ramos, from the Kakaako Boxing Club, squared off against Nicholas Kahela, from the Pearlside Boxing Club. Aside from the fact that both of these fighters weighed in at only 70 pounds, the real shocker was their age — 11.

For three rounds, these fighters put forth the skill and effort seen by many of their older counterparts in earlier bouts.

In the end, Ramos came out on top by landing more punches.

The last two fights received the most attention. Brandon Barnett, a Fighters Unlimited boxer, was pitted with Frederick Clement, from the Nuuanu Boxing Club.

What made this fight important was the interesting aspect. Barnett, one of four Marine boxers, was up against Clement, from Hickam Air Force Base.



Gino Ramos, a 69-pound, 11-year-old boxer from the Kakaako Boxing Club, lets his fists fly at his opponent, Nicholas Kahela, a 70-pound, 11-year-old boxer from the Pearlside Boxing Club, for the win during Rumble in the Tropics, Saturday night.



The main event pitted Danny Gudger, from Fighters Unlimited, against Michael Tresler, from the Palolo Boxing Club. As these 187-pound titans battled it out, it was Gudger who left with the win.

Whether it was the added motivation of fighting in front of Marines or the fact that losing would mean weeks of ridicule, Barnett came out with fire in his eyes and lead in his gloves.

Clement couldn't endure more than a few minutes with the Marine, and he tapped out in the first round.

Then came the main event; Danny Gudger, a Fighters Unlimited Marine boxer, was against Michael Tresler, from the Palolo Boxing Club.

Earlier that night, a Palolo boxer knocked out a Fighters Unlimited boxer, and Gudger came out of his corner at the sound of the bell to avenge his fellow boxer.

Blow for blow, these 187-pound titans seemed equal. Soon, Gudger unleashed his power and began to overwhelm his opponent. Gudger won and gave the Fighters Unlimited club a record of three wins and one loss for the night.

Boxing in the Enlisted Club may be a new thing now, but Gary "Mad Dog" Derks, owner of Island Wide Business Consulting, said that he is working with the club to make this a monthly event for at least six to seven months.

"What we want to do is make this an interservice event," said Derks.

For this event, the club was opened to everyone, not just the sergeants and below. The next boxing extravaganza is scheduled for April 13.

Hammerheads down Blackhawks twice in one day



Sgt. Richard W. Holtgraver, Jr.

The Bantam game was fast and furious with all of the Hammerheads goals scored in the first half.

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

The MCB Hawaii youth inline skate hockey program's squirt and bantam teams added to their win columns March 9 with two victories against Kailua Blackhawk teams.

Both MCB Hawaii teams were able to secure wins on their home rink aboard MCB Hawaii's inline roller hockey rink next to the Provost Marshal's Office.

In the first game, the squirt team quickly found itself down 1-0 to the Blackhawks, but was able to bounce back and even the score at 1-1 just minutes later.

By halftime, the Hammerheads were leading 3-2.

The Hammerheads dominated in nearly every aspect during the second half on both offense

and defense.

The Blackhawks constantly found themselves in trouble, as the Hammerheads peppered their goalie with shot after shot.

Four more pucks passed the Blackhawks' goalie, spelling the end to an exciting game as the Hammerheads claimed victory with a final score of 7-3.

After the game, Chelsea Friel, captain for the Hammerheads, was excited about the team's win and spoke about why she likes playing hockey for the Hammerheads.

"I like all of the skating and action. I also like to score goals," said the squirt captain.

The second game of the day featured the bantam teams of the Hammerheads and Blackhawks.

It looked as if this game was going to be a Hammerhead route, as their competitors

See **HOCKEY, C-6**

SPORTS BRIEFS

8th Annual CSSG-3 Swamp Romp

Entry forms are now available at the Semper Fit Center for the 8th Annual Swamp Romp, hosted by Combat Service Support Group 3.

Hawaii's dirtiest foot race and team challenge is scheduled for April 20.

Teams can consist of up to six members and must start and finish with all six members to qualify for awards.

There are six divisions that teams can enter based on gender and total age. Choose your team wisely.

The entry fee is \$90 for all teams. This includes a T-shirt. All registration must be complete by April 12, no exceptions.

Race packets can be picked up at the Semper Fit Center. For more information call the center at 254-7590.

All Marine Teams Warming Up

Resumes are still due for some of the men's and women's All-Marine Teams this year.

Teams not past deadline yet are women's softball and women's volleyball.

The deadline for women's softball is May 14, and women's volleyball June 15.

Don't miss the deadline if you're interested in trying out for an All Marine Team.

Also, the triathlon team training camp will begin May 22-28 at MCB Camp Pendleton.

The All Marine Team will consist of 12 men and six women, who will be chosen by resume. Resumes for the triathlon team must include competition results for the past two years, time, place finish and the name of the event.

All resumes must contain command endorsement stating the Marine will be made available to attend all events if selected.

Marines stationed at a command with a local Marine Corps Community Services Semper Fit Office must also send their resumes through the Semper Fit athletic director.

To find out more information, contact the MCB Hawaii Semper Fit athletic director, Steve Kalnasy at 254-7590 or 254-7591.

Marine Corps Marathon Registration

The Marine Corps Marathon launched its online lottery registration for the 27th Marine Corps Marathon.

This year there is no need to rush on-line as entrants will be picked randomly through a lottery registration. Runners can apply on-line at www.marine-marathon.com now through May 3.

Each week, until the deadline, the marathon staff will randomly select a certain number of entrants until the field reaches 16,000 runners.

Runners need only apply once, for the application will roll over with each weekly drawing.

Once selected, the runners will each receive a confirmation e-mail with a bib number. Plus, the confirmed runners will be posted on the website.

Runners should note that the lottery entry is free, but runners will be charged a \$75 registration fee. All entry fees are non-refundable.

Members of the Marine Corps Marathon Running Club, those who have completed five or more marathons, were mailed a guaranteed entry.

Runners who wish to run with loved ones or friends, the staff has added a selection in which runners can enter the lottery together, so if that number is chosen the whole group will be entered.

Oahu Tennis League

The Oahu Tennis League is now registering players for its spring season. The deadline to sign up is April 5.

Both singles players and doubles teams are needed for six skill levels. This island-wide league is open to teen and adult players, men and women.

The league provides a flexible format allowing players to schedule six matches anytime during the six week period, which begins April 15. Every player has three

designated "home" matches and can play at courts of their own choosing.

After the six week deadline, May 27, players who have won three or more matches advance to a single elimination tournament until each division is narrowed to two finalists.

The league schedules final matches and awards prizes to the top two finishers in each skill level.

The registration fee is \$25 for singles and \$40 for doubles team.

For a registration form, call the Oahu Tennis League at 254-3556 or email siokg001@hawaii.rr.com.

Slam Dunk Contest

Do you have what it takes to soar through the air and slam dunk a ball?

Well if you think you can meet the challenge then try your skill at the Slam Dunk Contest March 29.

At 6 p.m., before the start of the Intramural Basketball Championship game, a Slam Dunk Contest is scheduled for the first twenty people to sign up.

Anyone interested in trying their jamming abilities or for more information on the contest call 254-7591.

Basketball Playoffs

The Intramural Basketball league has finished their regular season. Playoffs will begin Monday.

Playoffs will go through out the week and semi-finals will be held on Thursday, with the championship game played March 29.

All games will begin at 6 p.m.

Upcoming Organizational Meetings

The men's organizational softball meeting has been scheduled for April 4 at 2 p.m.. The meeting will take place at the Semper Fit Center.

There will also be a men's volleyball organizational meeting on April 4 at 2 p.m.

Both meetings are open to teams and coaches.

For more information call Joe Au at 254-7591.

Top 10 Going to Marine Corps Matches

The Marine Corps Matches are being held at MCB Camp Lejeune, April 5 through 26.

Only those Marines who placed in the medal bracket of the Pacific Division Matches, or top 10 percent of the competitors will be invited.

The following Marines from the Pacific Division are invited to shoot the Marine Corps Championship.

Here are the Hawaii Marines going: Capt. E.B. Kish from 1/3, 1st Lt. D.E. Westin from 1st Radio Bn., Gunnery Sgt. T.L. Fode from Headquarters Bn., Gunnery Sgt. W.E. Heyob from 2/3, Gunnery Sgt. J. Sanders from 1st Radio Bn., Staff Sgt. D.A. Balla from 1st Radio Bn., Staff Sgt. E.J. Elizondo from 1/3, Staff Sgt. G.T. Schardein from CSSG-3, Staff Sgt. J.K. Walz from 2/3, Sgt. J.M. Abrams from CSSG-3, Sgt. B.V. Bradford III from 1st Radio Bn., Cpl. T.D. Davis from 1st Radio Bn., Cpl. J.J. Godwin from Headquarters Bn., Cpl. D. Sanderford from 1st Radio Bn., Cpl. J.W. Wood from MALS-24, and Lance Cpl. J.R. Neuner from 1/3.

Sprint Triathlon Training Available

Marine Aircraft Group 24 has scheduled its Sprint Triathlon May 4.

To gain more interest for those that have never done a triathlon, Boca Hawaii presents the MAG-24 Sprint Triathlon Training.

Starting March 29 through May 4, novice athletes can learn the basics of a triathlon, equipment needed, nutrition tips and the race itself.

The cost is \$140, which includes the six-week training program and entry into the MAG-24 Sprint Triathlon.

For more information on the training or the triathlon, call Steve Kalnasy at 254-7591.

Base All Stars

NAME: Lance Cpl. Brandon Barnett

BILLET: Radio Repair Technician

UNIT: Communications Platoon, 2/3

POSITION: 156-pound weight class

TEAM: Fighters Unlimited

SPORT: Boxing

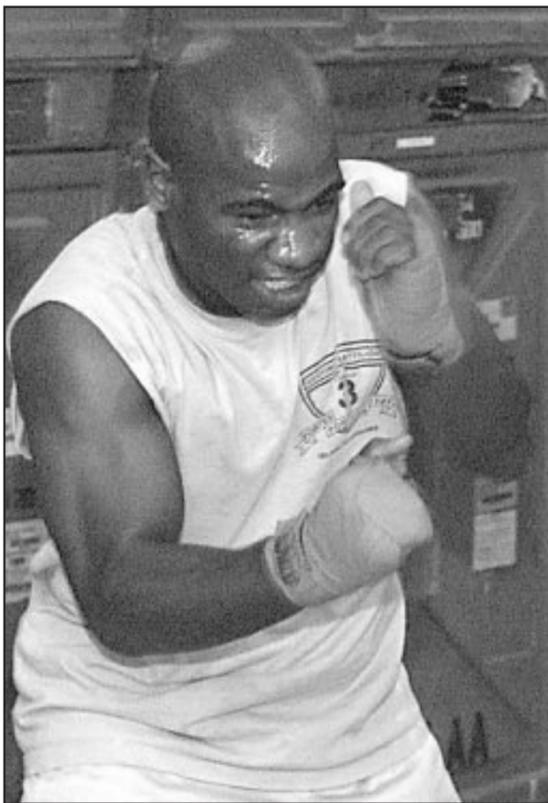
HEIGHT: 5'2"

WEIGHT: 154 pounds

• March 16 was his first fight and first victory over a boxer from the Air Force. Barnett was training consistently for one month prior to the bout.

• Barnett started boxing to see what the sport was all about.

• He claims his biggest accomplishment so far was his first win.



Sgt. Roman Yurek

"It's an experience. I can't describe it. You just got to feel it for yourself. Boxing is all about heart and giving 100 percent."

Sports Ticker

Softball

COED TEAM

SY

7 WINS

1 LOSS

VP-9

6 WINS

3 LOSSES

21ST DENTAL

6 WINS

2 LOSSES

1ST RADIO BN.

4 WINS

4 LOSSES

UNTOUCHABLES

3 WINS

5 LOSSES

G-6

3 WINS

5 LOSSES

FOOD SERVICE

0 WINS

7 LOSSES

CHAMPIONSHIP GAME

SY 20

VP-9 19

Boxing

+201 WEIGHT CLASS

RICHARD RANSON

DEFEATED

NEPHI TANOVASA

144 WEIGHT CLASS

TODD PARK

DEFEATED

TONY MADOLORA

135 WEIGHT CLASS

SATYA CHHE

DEFEATED

HARVEY NAKAMOTO

127 WEIGHT CLASS

JASON BROILS

DEFEATED

LEONARD HERRERA

156 WEIGHT CLASS

ISACC TARIK

DEFEATED

ELIA MUNDON

152 WEIGHT CLASS

DWAYNE LANE

DEFEATED

RAYMOND KIM

70 WEIGHT CLASS

GINO RAMOS

DEFEATED

NICHOLAS KAHELA

120 WEIGHT CLASS

RANCE OKANO

DEFEATED

RICHARD PELEN, JR.

+201 WEIGHT CLASS

WYATT McMILLAN

DEFEATED

EUGENE KOSTRON

147 WEIGHT CLASS

BRENT RODRIGUES

DEFEATED

TOMAS MILLER

+201 WEIGHT CLASS

ALI BURGESS

DEFEATED

DUSTIN GASPAR

156 WEIGHT CLASS

BRANDON BARNETT

DEFEATED

FREDRICK CLEMENT

187 WEIGHT CLASS

DANNY GUDGER

DEFEATED

MICHAEL TRESLER

Basketball

RED DIVISION TEAM

DIRTY THIRD

7 WINS

1 LOSS

OLE SCHOOL

7 WINS

1 LOSS

UGLY ANGLES

6 WINS

2 LOSSES

T-WOLVES

5 WINS

3 LOSSES

WARRIORS "A"

4 WINS

4 LOSSES

VP-9 "E's"

3 WINS

5 LOSSES

ANDERSON HALL

3 WINS

6 LOSSES

1ST RADIO

2 WINS

6 LOSSES

VP-47 TERROR

SQUAD

1 WIN

8 LOSSES

GOLD DIVISION

TEAM

MARFORPAC

9 WINS

1 LOSS

ISLAND WARRIORS

7 WINS

2 LOSS

21ST DENTAL

6 WINS

2 LOSSES

BASE FACILITIES

5 WINS

3 LOSSES

SHOW STOPPERS

5 WINS

4 LOSSES

VP-9 OFFICERS

4 WINS

5 LOSSES

MCAF

4 WINS

6 LOSSES

KILLERZ

2 WINS

8 LOSSES

WARRIORS "B"

0 WINS

8 LOSSES

There can be only one Scottish athletes prepare for state competition

Story and Photos by
Lance Cpl.
Jason E. Miller
Combat Correspondent

"There can be only one," champion of the 21st annual Hawaiian Highland Games, scheduled to take place April 6th and 7th at Kapiolani Park.

Two Marines, both stationed here at MCB Hawaii, Kaneohe Bay, will participate in the upcoming Highland Games, both of them, along with civilians and military members from other services, have spent recent Sundays practicing their sport here on base.

The two days of Highland Games, first day being the women's competitions and the men's on the second, are comprised of several unique events, all Scottish in descent, that are designed to test a person's skill and strength at hurling a variety of heavy objects.

The events have names like 'Hammer Toss,' 'Throw Stones' and 'Height for Weight.'

They are played exactly the way that they sound, by simply chucking the iron or stone object in a specified direction for distance.

"There's no out of bounds in Highland Sports like there is in track and field events," said Chris Lowery, athletic director for the Hawaiian Scottish Association. It's all about getting the object as far as it will go. We really don't worry about accuracy."

Several objects are

thrown including hammers, large stones, weights and even large pieces of lumber called cabers. Weight is measured in a unit called stones. One stone weighs approximately 14 pounds.

"These are just heavy objects that were used in the daily life of the Scottish people when these games were started hundreds of years ago," Lowery said.

This will be the first year in Hawaii's Highland Games' history that women will be allowed to compete in the competition.

Brandy Mulligan, one of the Marines, is expected to win the overall competition in the women's division, according to her enthusiastic coach. She is well trained in each of the events and produces consistent throws on nearly every attempt.

"I think she'll definitely win out over the other competitors that are expected to be there," said Lowery. "She's throwing really well and seems to be improving at every practice."

The other Marine competitor, Joel McCoy, is also expected to place well in this year's Highland Games.

The Scottish gamers practice every Sunday at the Pop Warner field on G. Street, and welcome anyone walking by a chance to participate in this historical sport.

For more information on The Highland Games or the Hawaiian Scottish Association, contact Chris Lowery at 254 - 8095.



Joel McCoy, a K-Bay Marine, chucks an iron weight in preparation for the upcoming Highland Games.



Mulligan attempts to hurl a 16-pound iron weight over a goalpost on the Pop Warner Field.



Brandy Mulligan, a K-Bay Marine, is favored to win the women's division of this year's Highland Games.

Getting back into shape quickly, comfortably

North American Precis Syndicate
Featurette

When it comes to getting back into shape, many people don't know how to get started.

The following tips can help you get back in shape and stay motivated throughout the year.

• **Dress Comfortably**

Russell Athletic's For the Long Run™ survey found that 31 percent of and 33 percent of women said "comfort" was the most important function of their fitness apparel.

Wearing comfortable workout gear can help you stay focused on getting back into shape.

New fabrics wick sweat away from the body, keeping you dry and comfortable. Dri Power™ includes t-shirts, shorts, mock-turtlenecks, and breakaway pants.

• **Get a Partner**

The survey also found that 54 percent of men and 49 percent of women feel more motivated and dedicated when they workout with partners.

A partner gives you extra encouragement and can help you stay focused while exercising.

If you're looking for a new training partner, go to www.forthelongrun.com and find a virtual workout partner

(VWP).

The VWP program allows you to share workout tips and give others any needed encouragement through the site's e-mail system.

• **Enjoy Exercising**

Exercise doesn't have to be painful and boring. Find an exercise routine that you enjoy.

Walk around the neighborhood or a park or try something new like pilates or yoga.

Whatever exercises you choose, start slowly and work your way up to longer, more vigorous exercises.

Set attainable goals every three months and then evaluate your progress along the way.

If you enjoy the exercises, you're more likely to reach your goals.

Wear comfortable gear, workout with a partner, and do enjoyable exercises—three easy ways to get back into shape and stay there in 2002.

Russell Athletic products are available at department and sporting goods stores across the nation.

Russell Athletic sponsors the For the Long Run™ survey and is a division of Russell Corporation, an international consumer products company specializing in active wear, casual wear and team uniforms.



Graphic courtesy of NAPS

If your exercise clothes are comfortable and you enjoy your exercises, you are more likely to reach your goal.

Little becomes third Marine managing in 2002 major leagues

John Gunn

Special to the Hawaii Marine

His name may be Little, but the story of his being named Red Sox manager is a big one.

Grady Little, an Indians bench coach, last week was named to head Boston's American League team with new owners joining Marine vets Dusty Baker of the Giants and Tony Muser of the Royals as managers in the big leagues this year and at least the 15th in Corps history.

Other Marine vets who managed in the big leagues included Hank Bauer, Jerry Coleman, Alvin Dark, Cal Ermer, Gil Hodges, Tim Johnson, Bob Kennedy, Ted Lyons, Sam Mele, Pete Runnels, Bob Skinner and Ted Williams.

Replacing interim manager Mike Cuddage, who took over when Joe Kerrigan was fired March 5. Little became the Boston team's 43rd manager in history.

"I do consider myself a lucky man to be able to manage in the

major leagues," said Little, once a brief Texas cotton farmer, said at a news conference.

Little, 52, managed 16 years in the minor leagues for Baltimore, Toronto and Atlanta and was selected Manager of the Year four times. Baseball America, the trade publication, has named Little the best minor-league manager of the past 20 years.

His record was 1,054-903. He reached the majors as a bench coach in 1996 with San Diego and was in his third year with Cleveland. He coached the Red Sox from 1997-99.

Team president Larry Lucchino said, "The reaction in the clubhouse was jubilant. It was in small part relief, but in large part attributable to Grady Little."

Lucchino said Little signed a two-year contract with options, but wouldn't give financial details, The Associated Press reported.

Little knows many of the players from his days as Red Sox bench coach. At the news conference, Little cited differ-

ences with former General Manager Dan Duquette when he left after the 1999 season to join the Indians.

He had requested a two-year contract, but Duquette offered him just one year. Boston's new owners fired Duquette on Feb. 28, a day after taking over.

Little also managed the Indians for 26 games the past two seasons while Manager Charlie Manuel was out with health problems. Manuel said he and Indians players have the highest respect for Little.

Yet, he had been passed over several times by other clubs. He interviewed for managing jobs in Milwaukee, Tampa Bay, and Baltimore (twice) without being hired. A matter of timing, Little has said.

"I'm excited for Grady," Indians general manager Mark Shapiro said. "This is recognition for an outstanding baseball man who has worked very hard to get the opportunity. He deserves it."

Ironically, Lawrence Dolan, Cleveland's owner, president

and CEO, is a Marine vet.

Little knows the new Red Sox owners from his San Diego days in 1996. Lucchino was team president and Tom Werner, a member of Boston's new ownership group, was the Padres controlling owner.

In 1992, Little's Double-A squad in the Braves system was 100-43, the first time in 30 years that a minor-league team won 100 games.

That team included future stars Chipper Jones and Javy Lopez.

He also managed Bluefield in 1980, Hagerstown in 1981, '82 and '84; Charlotte in 1983-84, Kinston in 1985, Pulaski in 1986-87, Burlington in 1988, Durham from 1988-91, Grand Canyon (winter) in 1992 and Richmond (International League) from 1993-95. Pulaski, Hagerstown in '81 and Richmond in '94 were league champions. Richmond also qualified for the playoffs his other two seasons.

The Durham (N.C.) Bulls were the team that inspired the 1988 hit movie "Bull Durham,"

and he was enlisted by director Ron Shelton to show actors how to play the game, the Boston Globe reported.

"They called me a baseball trainer in the credits," Little said. "I tried to teach Tim Robbins how to wind up and simulate throwing hard, and gave pointers to Kevin Costner. I was in one scene, but they cut it out of the movie."

Little, drafted by Atlanta in 1968, played six seasons as a minor-league catcher (career batting average .207) with the Braves' and Yanks' organizations after being drafted out of Garinger High in Charlotte, N.C., in 1968.

He and his wife make their off-season home in Pinehurst, N.C., where he lives on the No. 6 course at Pinehurst Country Club, which has hosted the US Open.

He plays golf five or six times a week when he is home, the Globe wrote.

His handicap? "It varies," he said. "It could be 10, or it could be 20, that's just the way I play."

HEALTH & FITNESS

Keys to coping during stressful times

North American Precis Syndicate
Featurette

Between corporate "downsizing" and the unsettled world situation, there are plenty of reasons to feel stressed.

What's more, it turns out that women are more susceptible to stress than we may realize.

According to a recent article in the American Journal of Psychiatry, women are up to four times as likely as men to experience symptoms of post-traumatic stress disorder.

Many of these stresses play out in behavior (uncontrollable crying) while others have physical symptoms (skin breakouts, oversleeping, loss of appetite or

overeating).

"These are all normal reactions," says Dr. Suzanne Little, Ph.D., a psychologist at the Continuum Center for Health and Healing in New York and an expert in women's issues. "The key to coping is to let these feelings play out, but not to let them dominate your life."

Below, Little shares her tips for how to cope with stress:

- Keep things in perspective. While life right now may not be rosy, focus on the good things in your life.

- Be informed. Realize that what you are experiencing is temporary and try to find the best ways to combat it. The Internet is a great place to start. There are some great Web sites that can provide more information on stress. Some good sites include redcross.org, mayoclinic.com and www.olay.com, which features in-depth information on stress and tips for how to deal with it.

- Don't wait to get help if stress persists. If you are having trouble going about your daily routine (trouble focusing at work, trouble sleeping, etc.) you may be suffering from an anxiety or depressive disorder and need some professional help.

- Take time for yourself. Don't be afraid to take "me" time and don't feel guilty about it! Something as simple as pampering yourself can really make a difference. Get a haircut, take an extra long shower and give yourself a cleansing body massage with a fragrant body wash, buy a new lipstick or give yourself a mini home facial.

- Do something for others. Bake

cookies for friends, visit an elderly relative or help at a soup kitchen. Your problems may seem less important in the face of others who need help.

For more information visit www.olay.com.

Breast Cancer survivors: New Help Online

North American Precis Syndicate
Featurette

There's new help for the more than 190,000 women who are diagnosed with breast cancer in the United States each year.

TheBreastCareSite.com offers answers to questions many of these women will have.

- How will my life be different?
- Can I still feel attractive?
- What do I tell my children?

This reliable online resource features information on breast care products, surgery and treatment options, and facts on everything from insurance to intimacy issues; information that many health professionals aren't aware of or don't discuss with their patients.

The site also acknowledges that the psychological changes breast cancer survivors face during and after treatment can be just as traumatizing and difficult as the physical challenges they face. Breast cancer survivors will find the information and encouragement they need to help regain normal lives and feel positive about body image.

TheBreastCareSite.com was built from the ground up using input from breast cancer survivors all across the U.S. Content on the site is approved by an Editorial Board made up of breast cancer survivors and experts in breast cancer and support issues. To learn more, visit www.TheBreastCareSite.com or call toll-free 1-866-BREASTCARE.



Photo courtesy of NAPS

In general, women have a greater reaction to stress.



Sgt. Richard W. Holtgraver, Jr.

A Blackhawks player quickly learns how difficult it is to score a goal against the Hammerheads defense as he's quickly converged upon by two defenders.

HOCKEY, From C-1

looked uncomfortable early on, and seemed to be playing nervous and tense.

The Hammerheads were leading 4-0 at the end of the first half.

Despite being down by four goals, Blackhawks coach Joe Scanlon felt that his team would do much better in the second half once they scored their first goal. He was right.

In the second half, it seemed to be an even skating match.

As the half wore on, however, momentum be-

gan to shift to the Blackhawks favor as they finally scored a goal.

Then the floodgates opened, and the Blackhawks took advantage of the Hammerheads while they were on their heels.

The Blackhawks would rally with two more goals, but were unable to tie it with more than 12 minutes left in the half and a power play opportunity.

Unable to score the game tying goal, the Blackhawks ended up losing to the Hammerheads, 4-3.

With more than half of

the regular season over and the playoffs quickly approaching, Hammerheads bantam team coach Howard Shapee spoke of his motivation for heading the hockey team.

"I like teaching the kids," said Shapee. "There's nothing better than seeing their faces light up when you teach something new and it works out."

With two solid victories, it looks like the MCB Hawaii youth inline skate hockey teams are looking strong for a run at the playoffs.