

LIFESTYLES

Hawaii Marine B Section

November 22, 2001

SPLAT!!!

Paintball tourney held on MCBH

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

SPLAT! The Single Marine and Sailor Program hosted an inter-service paintball tournament aboard MCB Hawaii Kaneohe Bay, Saturday at the base Paintball Field.

Five teams, including three from the Marine Corps, one from the Army and one from the Navy entered the competition on base.

The tournament consisted mainly of three-man teams that competed in an event called Speedball. In Speedball, the goal is to capture a flag centered in the middle of marked a course.

The course is littered with a series of strategically placed bunkers that allow players to avoid the paint fire of their competitors. If a player is directly hit by a paintball, he is out of the game. Once all of the players on one team are eliminated, the opposing team claims the flag and the victory by taking it to the opposite end of the field.

A match can last up to 7 minutes long, after which, if the flag is not captured, the team with the most remaining players is proclaimed the winner.

Most players opt to use a semi-automatic paintball gun. Fully automatic markers are not allowed at K-Bay's facilities.

Before a match can begin, the players must shoot their markers over a chronograph that measures the speed of the paint-filled rounds leaving the barrel of the gun. The speed must not exceed 285 feet per second for it to be eligible for use in a match.

Players and spectators must also wear protective masks designed specifically



Some players opt to wear camouflage to avoid being detected by their opponents during matches. Sitting undetected, the player can sight in on his opponents and pick them off, one by one.

for paintball. Gloves, pants and long sleeves are also recommended.

Each match was carefully monitored by several officials who checked players to see if they had been tagged and to make sure they followed all the rules.

Team Ronin, whose players included servicemembers from both the Navy and Marine Corps, took first place in the tournament, a repeat from the last tournament held at K-Bay.

• "It's really an adrenaline rush to win any tournament, just like it is to play the sport," said Cpl. Joshua Whann, a member of Team Ronin who is also a legal as-

sistance clerk at K-Bay. "A lot of the guys we played out there were tough. We didn't win every match."

Teams played 11 matches throughout the day, beginning at 8 a.m. and finishing about 2 p.m.

Eight of the matches were played on the speedball course while the final three were played in the woods course. The woods course uses the same rules as speedball, only there are many more bunkers and places to conceal players to shoot.

"The heat was probably the toughest aspect of the tournament out there for everyone," Whann said. "That and the fact that there weren't that many teams made the games move really fast, so we

always had to be prepared to play whenever it was our turn."

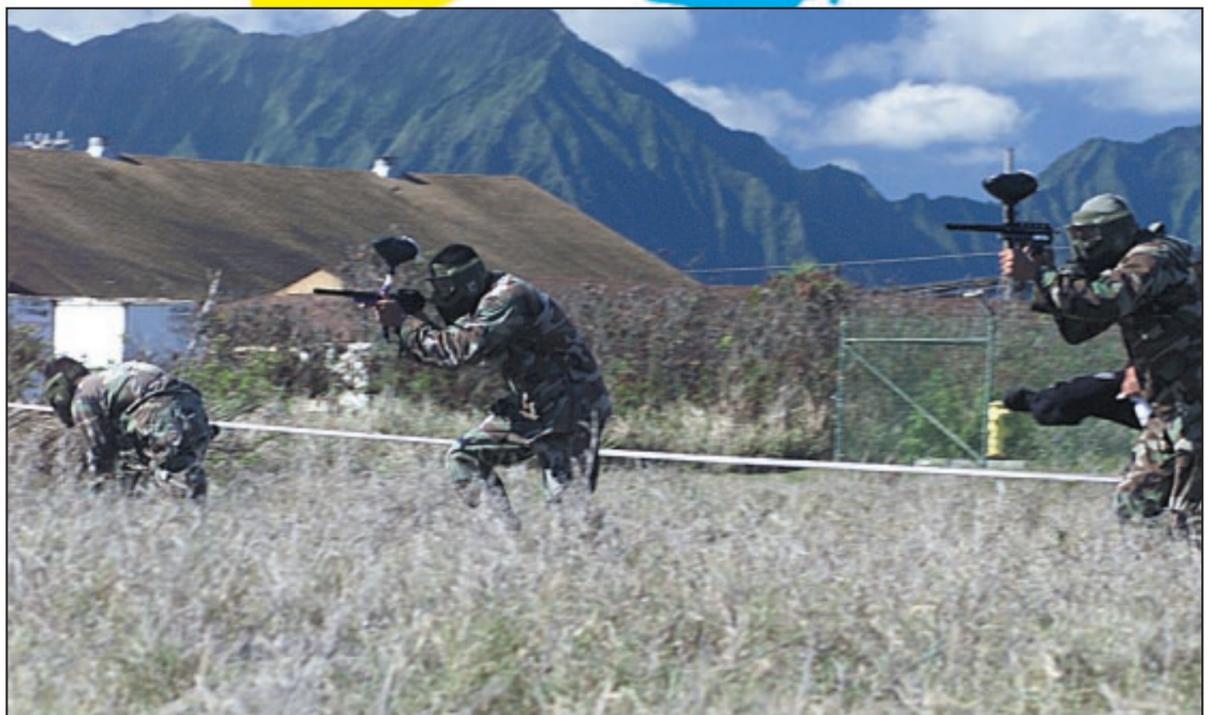
"The tournament turned out really well and everyone seemed to have a good time," Whann said. "There wasn't any bickering about bad calls or anything; it was just a good time."

K-Bay's Paintball Field, which is located behind the Lemon Lot, is open every weekend to anyone who wants to come out and play. Equipment is available for rent to players who do not have their own.

"We want anyone to come out and play," said Cpl. Whann. "It doesn't matter if you're just beginning or not. People are out there to help out and it's a really good time."



Players rush from one plastic bunker to another on the speedball course to avoid being hit by the opposition's fire.



Teams begin with their backs turned to their competitors and begin by turning, running and shooting as the official gives the signal for the game to begin.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

Santa's Village

Are you good at wrapping gifts? How about decorating Christmas trees? If so, and you'd like to be part of MCCS' annual holiday tradition, please call Linda Read at 257-7777.

Volunteers are needed to help create Santa's Village to be held inside the E-Club Ballroom on Dec. 1.

LINK into the 21st Century

Don't miss the last LINKS session of 2001,

SM&SP



(Events are open to single, active duty military.)

Mahalo

Mahalo to the Windward Community Credit Union for making SM&SP activities and sporting events possible.

Upcoming Events

Dec. 4: The Lava Java Coffeehouse, inside the Enlisted Club, is hosting "Take a Break to Educate," from 6:30 - 8:30 p.m. Educational professionals will provide on-base college information about resources and benefits available to earn a higher education. Plus enjoy free coffee and pastries.

Dec. 14: Register for the Shank and Slice IV Golf Tournament no later than Dec. 11. Cost is \$20 for E-5 and below, \$30 for E-6 and above.

There will be a shotgun start at 12:30 p.m. and prizes on blind draw.

Dec. 30-Jan. 1: Take the outer-island trip to Maui.

Oceanside Paintball

Let your "inner-predator" come out to play, Saturdays 9 a.m. - 4 p.m. and Sundays noon - 5 p.m. Call for equipment rental fees.

Results

First place in the 3-on-3 Basketball Tournament went to Sanatonio Gilbert, Stanley Ruth and Ricky Tukufu. Second was awarded to Willie Thomas, Reginald Bledsoe and Tyren Hairston.

Benefits

Check out the many SM&SP benefits available like 30 minutes of free internet access at the base Library and free movies. Call 254-7593 for details.

scheduled for Monday through Thursday inside the LINKS House, Bldg. 3074 from 6 - 8:30 p.m.

Free on-site childcare will be available, if requested when making reservations.

Whether you're new to the island, to military life or both, all spouses prosper with the benefits of LINKS, so call 257-2368.

Christmas Caroler Coordinator Sought

A Christmas caroler coordinator is sought to lead five to six Christmas carols during the MCB Hawaii, Kaneohe Bay, Christmas Tree Lighting Ceremony to be held Dec. 8 at Dewey Square.

Any interested persons should contact Master Sgt. Rivera at 257-8819.

Holiday Craft Fair

What creations will you sell during the Holiday Craft Fair?

As part of MCCS' day-long holiday celebration,

"Shaka Santa Saturday," scheduled for Dec. 1, Mokapu Mall will transform into Santa's Workshop to feature some of the most unique and sought-after holiday crafts and gifts on the island.

You can get in on the action too. A craft table and chair fee is \$40, and reservations must be made no later than Nov. 26.

For more information, call Jennifer Sherman at 254-7417.

Winter Adventure

What will your keiki do over the holiday break? Are visions of endless, non-supervised hours playing video games and eating junk food giving you nightmares?

Youth Activities has a solution for both you and your child: Winter Adventure.

The Youth Activities Winter Adventure Program will run from Dec. 20 - Jan. 2, from 7 a.m. - 5:30 p.m. (The

Center will close Dec. 24 - 25 and Jan. 1.)

This day camp features organized sports, games, field trips, arts & crafts and more for children in grades K-6, and a light breakfast and snack will be provided.

Spaces are limited to the first 30 children, and price is determined by total family income.

Parents should bring a current LES when registering. For more information, call Youth Activities at 254-7610.

Winter Junior Sailing

It's never too early to learn to set sail.

The Base Marina is offering a seven-day special just for juniors.

Parents can enroll their children now for the Holiday Junior Sailing classes scheduled for Dec. 20 - 31.

The classes will not be held on weekends or on Christmas Day.

For only \$69, your child

will learn the skills to set sail over the sea.

Simply call or stop by the Base Marina, in Bldg. 1698 for registration, or call 254-7666.

Semper Fit Shorts

The Armed Forces Cross-Country Championship will be held Feb. 7 - 11 in Vancouver, Wash.

The All-Marine Team will consist of 10 men and five women, and you could be part of them.

Interested and qualified patrons must submit their resume to the MCCS Athletic Department, located inside the Semper Fit Center, Bldg. 3037 no later than Dec. 12.

Resumes must disclose dates, places and finish times of 10k and 5k races ran in the last two years. All resumes must be command endorsed. Marines should also be registered with USA Track and Field.

For more, call Steve Kalnasy at 254-7590.

Track & Field

All major MCB Hawaii commands are invited to participate in the 2001 Commander's Cup Field Meet, Nov. 30 at Pop Warner Field from 7 a.m. - noon.

This meet will be the last chance for commands to earn cumulative points to claim ownership of the Commander's Cup Trophy and the Commanding General's Fitness Series Trophy.

Eager, athletic competitors may engage in track relay races, sand volleyball (six-person teams), horseshoes (four-person teams), jungle shot-put (four-person teams), wheelbarrel races (six-person teams), fireman's carry races (six-person teams), kip pull-ups (10-person teams) and tug-of-war (10-person teams or 11-person with a female).

Commands are challenged to enter one team in each of the events. For more, call 254-7590.

Local elves to decorate mall

Debbie Baker

MCCS Public Relations

Marine Corps Base Hawaii's Child Development Center has commissioned its two-, three- and four-year-old "little elves" to create Christmas murals that will don the Mokapu Mall halls as of Wednesday.

Along with this holiday spirit, the CDC children

will decorate a fresh, 12' Christmas tree on Dec. 4, which will be displayed inside Mokapu Mall until the New Year.

Mokapu Mall Manager Jennifer Sherman and CDC's Program Activity Coordinator

Kristen Darling orchestrate CDC art exhibitions three times a year, to high-

light base children's creativity as well as to promote a sense of Mokapu Mall community ownership and pride.

"Mokapu Mall belongs to everyone. Our little art galas reflect that and really create

and foster a friendly, family atmosphere," said Sherman.



Debbie Baker



Children from the 3-year-old group at the Child Development Center on base paint a Christmas mural that will appear at Mokapu Mall

'Oh little town of K-Bay', Shaka Santa's coming

Debbie Baker

MCCS Public Relations

It's one "tree-mendous" holiday extravaganza featuring two Yuletide galas.

Shaka Santa Saturday is guaranteed to get you into the holiday spirit as this annual Marine Corps Community Services holly-day affair will present both Santa's Village and a Holiday Craft Fair, Dec. 1.

Admission is free and all authorized military ID cardholders are invited.

Santa's Village will transform the Enlisted Club Ballroom into a Winter Wonderland from 9 a.m. - 2 p.m.

Inside its satellite North Pole, guests and their little elves will enjoy free photos with Santa, 'Twelve Days of Christmas' make-and-take activities and the Reindeer Game

Challenge — where one lucky patron will walk away with a GameBoy Advanced and a game

cartridge, both courtesy of United Benefit Financial Services.

The Holiday Craft Fair, aka "Santa's Workshop," will assemble at the Mokapu Mall Courtyard from 9 a.m. - 3 p.m. Islandwide crafters will be on-site showcasing pottery, jewelry, Christmas ornaments and much, much more.

Any crafters interested in selling items during the event may reserve a table and two chairs for



MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded info.

Corky Romano (PG-13)

Joy Ride (R)

Training Day (R)

Zoolander (PG-13)

Atlantis: Lost Empire (PG)

Hearts in Atlantis (PG-13)

Serendipity (PG-13)

Friday 7:15 p.m.

Friday 9:45 p.m.

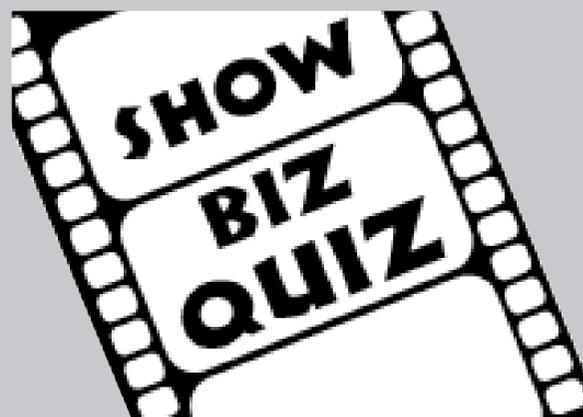
Saturday 7:15 p.m.

Saturday 10:15 p.m.

Sunday 3:30 p.m.

Sunday 7:15 p.m.

Wednesday 7:15 p.m.



Reel Fun...

Your Biz Quiz Question:

From these hints, can you guess the movie titles? First, Scotland, handkerchief and freedom. Second, cornfield, baseball, ghosts. Third, golf and gopher?

Last week's Q&A:

Which actor plays the baseball scout in "A League of Their Own"? **Jon Lovitz**

How it works

Call the K-Bay Fun Phone at 254-KBAY (5229) and leave the correct Show Biz Quiz movie answer, your name and a phone number by Friday at 9 a.m. The Marine Corps Community Services Marketing Department will draw one name from all correct entries each Friday afternoon.

The Show Biz Quiz winner will receive two on-base movie tickets.

Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

November 22, 2001

1st Radio Bn. hosts 4th Annual Turkey Trot

Story and Photos by
Cpl. Roman Yurek
Lifestyles Editor

After a week of hard work and intense physical training, many Marines take time during their weekend to relax and enjoy some well-deserved time off.

For close to 150 racers, Nov. 17 was

anything but an easy day. These runners participated in 1st Radio Battalion's 4th Annual Turkey Trot.

"We had twice as many runners this year and three quarters of them were from 1st Radio Bn.," said Steve Kalnasy, the varsity sports and races coordinator.



All of the runners began the 10-kilometer trail at Pop Warner field. From there they headed past the 7-Day Store until they reached the back of one of the largest hills on base, Daly Road.

Many runners said this

was the hardest part of the race, as they reached the top of the hill, they were only halfway done.

The second half took runners down Daly Road toward the Fort Hase beachfront. The homestretch included a trip to the backgate, a trail through the Nu'upia Ponds, and finally a return to Pop Warner field.

Though Daly was a big obstacle for some of the runners, other problems existed elsewhere along the trail.

"The back trail (through the ponds) was the worst part because I couldn't catch my footing," said Andrew Low-Gallucci. "This is only the second race I've run, the other was the BayFest 5K. I'm trying to work up to the Aloha Run."

As runners came down the last stretch of road, fellow Marines and family members stood on the side to cheer on the runners.

Running more than six miles depleted the runners of energy. A postrace tent set up on the field provided containers of water and fresh fruit so the runners could replenish the lost energy.

Due to the recent weather patterns, many runners were also expecting less sunny conditions. For the Turkey Trot, the runners had to run on a clear day with the sun beating down every step of the way.

"It was hot," Megan Clark said to a fellow runner at the end of the race, "hotter than I expected it to be."

The Turkey Trot also marked the last race for the year, but units can still earn points for the Commanders Cup. Kalnasy said that there will be a final field meet, where units can earn more points and take the cup.

For more information on the Commanders Cup or up coming sporting events on base, call Kalnasy at 254-7590. See page B-7 for the results.



Turkey Trotters run along Harris Road. At the Mokapu intersection they will continue toward the backgate and then cut through the ponds for their final stretch to the finish line.



Rich Rogers pushes his final sprint toward the finish line, with a time of 34 minutes and 29.9 seconds, earning him 1st place overall in the Turkey Trot. The next runner didn't cross the finish line until nearly to five minutes later.



Megan Clark races to the finish line after running for 44 minutes and 40 seconds. She was the first female to cross the Turkey Trot finish line.

New Tae Kwon Do class kicking at K-Bay

Cpl. Roman Yurek
Lifestyles Editor

"Hiiiiii ya," yells a new student as he crashes his foot into a pad his instructor is holding.

Martial arts classes that cover many different disciplines can be found nearly everyday of the week at MCB Hawaii, Kaneohe Bay. As of Nov. 1, a new addi-

tion to the already diverse martial art program was added.

Smith Tae Kwon Do began this month for all base residents 4-years old and up.

"I notice most people who come here with low confidence slowly begin to build their confidence in and outside of the class," said Crisanto Pedrina, one of two kyoosunim, or instructors.

Both Pedrina and Brandon Lee teach their new students the basics of the martial art.

Just like when Marines begin their physical training, the class begins with stretching. Most of the stretching concentrates on the muscles in the legs do to the high use of the legs during training.

Pedrina explained that Tae Kwon Do differs from many martial arts due to the amount of kicking involved. Tae Kwon Do is nearly 85 percent kicking.

There is a form used for each kick, it's not as simple as throwing a leg up and hitting a pad with a foot.

The instructors showed their students how they should stand, the route their foot should travel to the pad, and what part of the foot should connect.

Sometimes the top of the foot connects. Other times it is the heel.

To add to the power of the kick, the instructors tell the students to yell as they kick the pad.

"Come on, I know you can be louder than that," said Lee to one of the students to get him to yell louder and kick harder.



Crisanto Pedrina, one of the instructors, instructs one of his young students on the proper technique for a side-kick.

From 5:30 to 6:30 p.m., these two black belt instructors teach children age 4 to 13. Currently they have close to 10 students in this age group. But they are more than willing to take on additional students.

After the children kick their way through the hour-long class, it is the older teenagers' and adults' turn. At 6:30 p.m. the 14 and up class begins.

Classes are held Tuesday and Thursday evenings. The cost for the class is \$35 for an individual, but if more than one person in a family enrolls in the class, all additional family members cost \$17.50.

To register for the class call the Marine Corps Community Services 254-7597.



Instructor Brandon Lee holds out a pad for one of the students during front kick exercises.

Cpl. Roman Yurek

Semper Fit repairs won't slow down athletes

Lance Cpl. Jason E. Miller
Combat Correspondent

The Semper Fitness Center aboard MCB Hawaii, Kaneohe Bay, is currently undergoing renovations to the floor in the weightlifting and cardiovascular training areas of the building.

As a result, many servicemembers have made the transition to Building 1538, where Semper Fit has moved much of its equipment.

The new building lacks televisions, air conditioning and space that some of the patrons are used to having, but that's not stopping people from staying in shape.

Each morning the building overflows with Marines and Sailors looking to get a little PT in before the workday, just as they would any other morning at the gym.

"I really don't mind working out here at all," said Cpl. Richard Anaya, a communications technician at Marine Corps Air Facility, Kaneohe Bay. "It's closer to where I live and it's not a hassle at all."

In the early morning when most people are out getting their daily exercise, Building 1538 can get crowded. Gym employees say a good time to come and work

out is usually from 8 to 10:30 a.m.

After lunch, from 1:30 to 3:30 p.m. is also a time when the building stays relatively empty and has plenty of room for patrons to work out.

"I actually prefer working out here compared to the gym," said Petty Officer 3rd Class Marcel Salmon, a dental assistant from 21st Dental Co. "It usually stays a lot less crowded and there's more room to work."

The temporary facility is open Monday through Friday from 5 a.m. to 11p.m., Saturday from 8 a.m. to 8 p.m. and Sunday from 8 a.m. to 8 p.m.

The renovations at the Semper Fit gym are scheduled



Lance Cpl. Jason E. Miller

Servicemembers continue to work out at Semper Fit's temporary gym at Building 1538.

to be completed in December. The gymnasium, racquetball courts, locker rooms and aerobic rooms will remain open.

For more renovation information, contact the Semper Fit Center at 254-7636.

Marine Makeponos

"HAWAIIAN FOR "MARINE BARGAINS"

Auto

1990 Nissan Pathfinder 4X4 automatic everything, tilt steering, tinted windows, CD player, great tires, many new parts installed including a water pump, timing chain, pistons and rods, clean interior, call 254-4538.

Pets

Free orange tabby cat to a good home, female, lap cat. Call Sharon in the evening at 254-1258.

Purebred labs, all registered for sale, one female and four male puppies, and one female and male adult dogs, call 778-7305.

Household Goods

Queen mattress set and 5HP Tecumseh engine go-cart for sale. Call Lara at 253-0925.

Beige Berber carpet and padding, approximately 33 feet by 13 feet and 16 feet by 10 feet, in excellent condition for \$600, call 253-0452.

Miscellaneous

Tadem Ocean kayak brand new, with equipment worth \$1,200. Will sell for \$750 or best offer. Call 263-2926 after 3 p.m.

The deadline for submitting ads is 10 a.m. Friday the week prior to publication.

Ad forms may be filled out Monday through Friday from 7 a.m. to 3 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers.

Ads are free and will appear in two issues of the Hawaii Marine.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature.

Ads are run on a first-come, first served, space-available basis.

