

Hawaii MARINE SPORTS

Hawaii Marine C Section

November 22, 2002

The sheer thrill of victory

— “We were averaging about 45 points each game during the season, but we only got 13 today. The weather really made a difference.” — *Bandit Quarterback Ray Bradbury*

MAG-24 Bandits champs after 13-0 shut out

Story and Photos by
Sgt. Robert Carlson
Combat Correspondent

The Bandits of Marine Aircraft Group 24 kept the 1st Bn., 3rd Marine Regiment Raiders scoreless and beat them 13-0 Nov. 15 in the first championship game of the new MCB Hawaii tackle football league.

The Bandit defense held off the 1/3 offense while quarterback Ray Bradbury and his crew worked out a few kinks early in the game.

The Raiders were unable to capitalize on a few early Bandit turnovers, and missed out on what proved to be their only chances to score easy points.

The rain came down hard at times, but that didn't discourage a record crowd from witnessing the two best teams in the league as they slugged it out for the title on the slick Pop Warner Field.

The lack of traction made it difficult for either team to mount a ground offensive, and the slippery pigskin made the passing game a challenge too. Almost every MAG-24 first down in the 1st quarter was answered by a 1/3 sack for a loss of almost equal yardage.

The first Bandit points came when Jason Legros kicked the ball 49 yards into the wind and through the uprights.

Defense worked well for both teams, but defensive end Corey



Holding up their championship trophies, the Marine Aircraft Group 24 Bandits celebrate their closeout win against the 1st Bn., 3rd Marine Regiment Raiders, 13-0, in the first championship game of the new MCB Hawaii tackle football league.

Tyson and the rest of the Bandits prevented 1/3 from getting even close to field goal range. Near the end of the first half, the Bandits threatened to score, and Back to back 1/3 penalties were well within Legros territory at the two-minute mark.

line, but the Bandits touchdown proved elusive and they settled for another three points from Legros.

The championship game half-time show included the Punt, Pass and Kick competition, and 11-year-old Carter Gregory came away with the prize.

The mud on the field was slick, and none of the competitors could get any traction. Gregory won with a little help from Legros.

After getting the Bandits ahead 6-0 in the first half, and helping an 11-year-old win the Punt, Pass and Kick contest during the intermission, Legros got a break.

Both teams struggled to move the ball, and the slick field played havoc on the linemen of both teams. Big plays were cancelled out by penalties or answered with opposing big gains, but the Bandits got the majority of the traction.

More than once, the 1/3 offense opted to go for the 1st down on 4th and short, and was denied each time by the MAG-24 defense. With 4:06 left in the game, Kirk Ronolo recovered a 1/3 fumble and the Bandits became more determined than ever to get a touchdown.

With a little more than a minute to play, Corey Moore took the ball into the end zone, and Bandits on the sideline doused Head Coach Rick Hargrave with ice water. The celebration was a bit premature though, as offsetting penalties cancelled the touchdown.

Seconds later, running back Cory Pinson ran the ball down the sideline past 1/3's defenders and into the end zone. There were no penalties, and Legros added one more point to make it 13-0, Bandits.

“That was unusual for us,” said Bradbury after the game. “We were averaging about 45 points each game during the

See *CHAMPIONSHIP, C-3*

MCB Hawaii All Star team selected, practicing

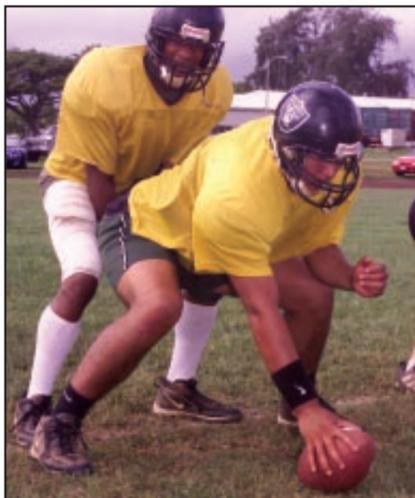
Sgt. Robert Carlson
Combat Correspondent

Coaches and officials announced the 40 Marines and Sailors who will play the winner of the 2002 Best in the West football tournament at Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Dec. 7.

Selected from each of the eight teams in the league, the All Star team represents the finest MCB Hawaii has to offer, and the team will play an exhibition game against the Best in the West winners to determine who really is the best in the West.

Rick Hargrave, MAG-24 head coach, will lead the All-Star coaching staff made up of defensive coordinators Tom Grace from 1/3 and Teetai Nuusolia from 3rd Marine Regiment; and offensive coordinators Joe Williams from MAG-24 and Elijah J. Dent from MCB Hawaii Headquarters Bn.

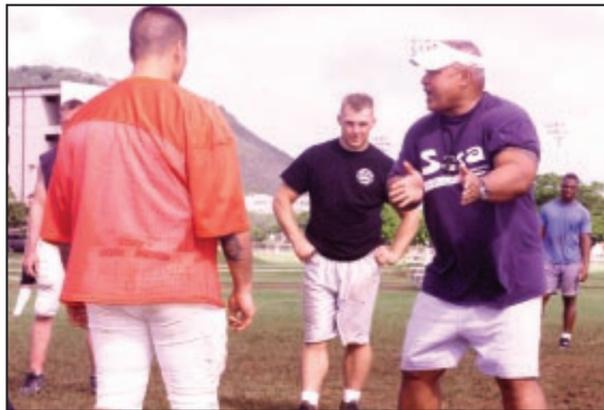
More than 50 players were selected to try out for the team, but since only 40 can travel to California.



Sgt. Robert Carlson

Center Joseph Molina has been snapping the ball to quarterback Dwayne Adams all season on the 1/3 team, now they will play on the All Star team.

The coaches held a tryout practice Saturday to get the players together and see what they have.



Sgt. Robert Carlson

Defensive coordinator Teetai Nuusolia, from the Headquarters, 3rd Marines Bone Crushers, leads the All Star defensive squad through their tryouts and practice.

“The biggest challenge will be getting the team ready to play 11-man football instead of 8-man,” said Hargrave during the initial practice. “We’re working with the best in the league, so there should be no problems.”

Hargrave added that there seemed to

be more command support for the teams toward the end of the season, and that there should be a lot more interest in the program next season.

“This brings out a lot of camaraderie and good sportsmanship,” he said. “No one has fun losing, but there was a lot of motivation out here all season and everyone seemed to give it 110 percent.”

To get the players ready for the which ever team ends up winning in California,

Hargrave said he plans to practice daily, and focus on speed since the West Coast teams are likely to have big players.

“We’ll do well because we have the best athletes from all of the teams,” he said. “Every one of these players will be an asset.”

BASE SPORTS

Debbie Robbins

MCCS Public Relations

MCBH Hosts 5th Annual Turkey Trot

If you think that a delicious dinner and sound sleep are what define the Thanksgiving season, you must have forgotten about the 1st Radio Bn.'s 5th Annual Turkey Trot, Saturday at 8 a.m.

The event is a combined 10K race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay, which will give you a chance to burn off the calories that will accompany your Thanksgiving feast.

The entry fee is only \$15 for the Turkey Trot, which includes a free T-shirt, and the Family Fun Run is free for both adults and children.

Awards will be presented to the 1st, 2nd and 3rd overall competitors, along with 1st place awards going to the individual division winners.

In addition to all of the fun, 50 lucky entrants will walk away with a complimentary Thanksgiving turkey, compliments of Safeway.

Refreshments will also be available.

Information packets are available for pick-up at the Semper Fit Center, Bldg. 3037, between the hours of 9 a.m. to 4 p.m.

For additional information, contact Varsity Sports Coordinator Steve Kalnasy at 254-7590.

Semper Fit Seeks Resumes

Semper Fit is accepting resumes for the following programs:

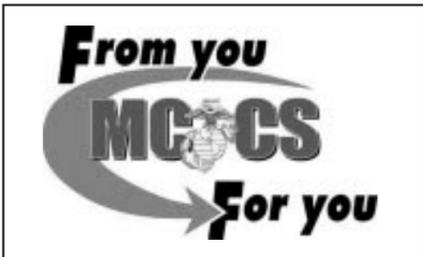
- Feb.10 - April 9: All-Marine Wrestling Trials will be held at MCB Quantico, Va. Resumes must include past wrestling experience, weight class, number of matches, and results in the past two years; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 10.

- Feb. 13 - 17: All-Marine cross country team. Selectees will compete in the Armed Forces Cross Country Championship in Houston, Texas. These resumes must include dates, places, and finish times of 5K and 10K races ran in the past two years; registration with USA track and field; and command authorization to compete at the highest level of competition.

The resumes are due to MCCS Athletics no later than Dec. 6.

- May 9 - 12: Army Invitational/CISM Taekwondo Trials at Fort Indiantown



Gap, Pa. Resumes must include previous taekwondo competition and results from the past two years, Kukkiwan dan certification (black belt), current 2003 U.S. taekwondo union membership card number, and command authorization to compete at the highest level of competition.

These resumes are due to Marine Corps Community Services no later than Dec. 6.

For more information or questions about any of the programs, contact Steve Kalnasy, Varsity Sports coordinator, at 254-7590.

Paintball Takes Aim

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

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

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

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. Players have the option of bringing their own paint or buying it at the field.

For more details, contact Paintball Hawaii owner Roland Manahan at 265-4283, or Single Marine and Sailor Program at 254-7593.

Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

This will be a fast-pitch baseball league.

Interested military members should contact their

sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

Bowlers Strike at K-Bay Lanes

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

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting.

Also, check out Semper Extreme Bowling Fridays 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 for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome.

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

Single Marine & Sailor Program Offers Golf Discounts

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

The Kaneohe Klipper has discounted prices for E-5 and below.

The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for the Single Marine and Sailor Program only.

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

For more information, contact Leslie Graham, the SM&SP coordinator, at 254-7593. The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay. Its events are open to single, active duty military.

Base All Stars

NAME: Ron Bradbury

AGE: 29

UNIT: Marine Corps Air Facility

BILLET: Watch Supervisor at the Air Traffic Control Facility

SPORT: 8-man tackle football

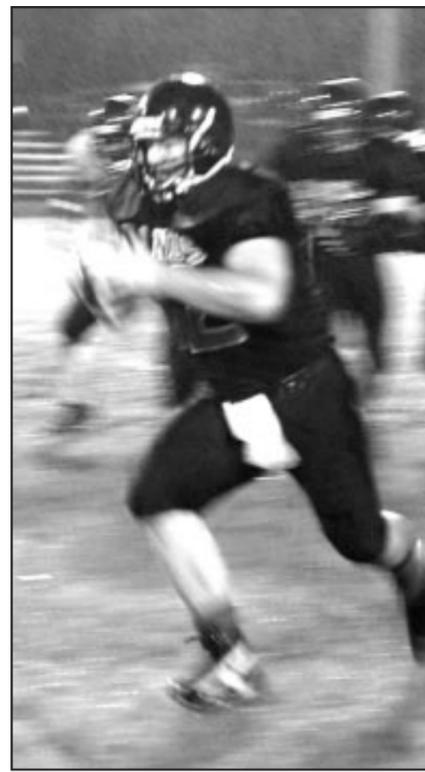
TEAM: MAG-24 Bandits

POSITION: Quarterback

- He was selected for the first MCB Hawaii All-Star tackle football team.

- MAG-24 offense averaged 45 points per game during the regular season.

- Bradbury also plays on the Oahu Football League off base.



Sgt. Robert A. Carlson

"I've been playing since I was 10. It's something I like to do."

Getting on the ball



Sgt. Alexis R. Mulero

Judy M. Carter, a graphics Marine with the Combat Visual Information Center, MCB Hawaii, Kaneohe Bay, enjoys attending Fitness Ball classes at the Semper Fit Center, Mondays and Wednesdays from 5 to 5:30 pm.

COMMUNITY SPORTS

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

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.

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, call Bellows Recreation at 259-8080.

2002 Special Olympics Needs Volunteers

Special Olympics Hawaii is delighted to announce that Hickam Air Force Base and MCB Hawaii, Kaneohe Bay, will co-host the 2002 Holiday Classic on Dec. 6, 7 and 8.

MCB Hawaii will partly provide housing and sports venues for more than 800 Special Olympics athletes from more than 65 delegations throughout

Hawaii who have been training and competing locally for the privilege to compete in the 2002 Special Olympics Hawaii's Holiday Classic.

There is an urgent need for adult volunteers to assist as bowling lane escorts and monitors, basketball scorekeepers and timekeepers, in volunteer hospitality and merchandising, in awards presentation, set-up and breakdown, and on the warehouse crew.

Supervised children are welcome to accompany volunteers to most events and to help cheer on athletes.

Volunteer briefings will be held Dec. 3 at the Ice Palace and Dec. 6 - 8 at MCB Hawaii, Kaneohe Bay, and at Hickam AFB.

Special Olympics Hawaii has outgrown most facilities on Oahu, and without the support of the military, organizers say they would not be able to open their competitions to every Special Olympics athlete.

The organization extends appreciation for the "enthusiastic support" provided by Hawaii's service members and their families.

The 2002 Holiday Classic serves people with mental retardation or closely related developmental disability.

Event Schedule

- **Tuesday, Dec. 3**
Speed skating competitions: Ice Palace, 9 a.m. - 1 p.m.

- **Friday, Dec. 6**
Basketball competitions: Semper Fit Center, K-Bay, from 12 - 6:30 p.m.
Hickam Gym and Youth Center from 12 - 6 p.m.

- **Bowling competitions:** K-Bay Lanes, 12 - 3 p.m.
Hickam Lanes from 11:30 a.m. - 5:30 p.m.

- **Saturday, Dec. 7**
Basketball competitions: Semper Fit Center, K-Bay, from 9 a.m. - 5 p.m.
Hickam Gym and Youth Center from 9 a.m. - 5 p.m.

- **Bowling competitions:** K-Bay Lanes, 8:30 - 11:30 a.m.
Hickam Lanes, 8:30 - 11:30 a.m.

- **Sunday, Dec. 8**
Basketball competitions: Semper Fit Center, K-Bay, from 8 a.m. - noon
Hickam Gym and Youth Center from 8 - 11 a.m.

- **Bowling competitions:** K-Bay Lanes, 8:30-11:30 a.m.
Hickam Lanes, 8:30-11:30 a.m.



With no defenders open, 1/3 quarterback Dwayne Adams scrambles down the sideline with a gang of bandits on his tail.

CHAMPIONSHIP, From C-1

season, but we only got 13 today. The weather really made a difference."

The weather had adverse effects on

both teams, but the MAG-24 squad was able to make the most of it.

They maintained enough focus to keep the 1/3 offense at bay while hammering out more than enough offense to get



The MAG-24 offensive line provided plenty of protection for quarterback Ray Bradbury during the entire game.

points on the board.

Marine Corps Community Services Varsity Sports Coordinator Steve Kalnasy awarded a trophy to Headquarters, 3rd Marines after the game for having the best regular season record, and the coaches joined the commanding officers in awarding trophies to each of the players.

Colonel Gregory C. Reuss, commanding officer of MAG-24, received the 2002

MCB Hawaii tackle football league championship trophy during the ceremony.

His unit has the bragging rights and will be the team to beat next season.

The Bandit coaching staff will coach the MCB Hawaii All Star team for its game against the winner of the Best in the West tournament at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Dec. 7.

SPORTS AROUND THE CORPS

Paintball offers two options - both net splatter

Cpl. Ethan E. Rocke
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — With the sound of a whistle, the adrenaline starts pumping as the battle begins.

Plastic balls filled with paint start flying all around, cutting through the air at 250 feet per second.

The competitors begin firing and maneuvering. Their muscles are taut and their minds are sharpened by the intense, chaotic environment that has just erupted around them.

Thankfully, for this young group of friends, on the paintball field, it's not kill or be killed; it's more like splatter or be splattered.

The third largest growing extreme sport in the country last year, paintball competition attracts everyone from amateurs looking for simple recreation to serious adrenaline junkies who compete professionally.

"Paintball is a great sport," said Cpl. Ben Cather, programmer, communications information systems department. "It's very competitive and it gets you thinking strategically. Whichever team has the best strategy usually comes out on top. But, no matter what, it's a great time."

Paintball is a recreational



Courtesy of Brazos Survival Games

Tournament paintball competition usually consists of three to five-man teams competing on a staged field.

sport that resembles a highly evolved version of a young child's playful interpretation of war.

Paintball competitors come together on mock-up, themed battlefields, grab their compressed air powered rifles and



Courtesy of Brazos Survival Games

One of the keys to success in paintball competition is keeping a low profile and using cover.

protective gear, then attempt to virtually decommission their opponents with nothing more than a brightly-colored splat mark.

Because of its growing popularity, paintball fields and merchandise stores can be found all over the country.

"On top of being fun, I think paintball can give Marines an extra edge in military training," said Frank S. Yarrish, paintball enthusiast and former Marine. "In paintball, you really devel-

op an instinct to get low and not get hit.

"You learn how to communicate on the field. It builds trust between fire teams, and you learn how to fire and maneuver."

A lot of people who try paintball once for recreation eventually expand their interest into serious competition, according to Yarrish. He said there are a lot of benefits to tournament play for anyone who would like to get deeper into paintball competition.

"What I like about tournament play is you can run around shooting [paintballs] at each other, and you're focused on intense competition.

"But when it's all done, it builds camaraderie between friends," Yarrish explained.

(Editor's Note: Hawaii Marines and Sailors can participate in paintball activities

on Oahu, courtesy of Paintball Hawaii. Individual play and unit training are available at \$40 and \$20 per person, respectively, which includes rental equipment and rounds. For more information, call owner Roland Manahan at 265-4283, or SM&SP at 254-7593.)



Cpl. Ethan E. Rocke

Frank S. Yarrish, former Marine, and paintball enthusiast, says paintball is not only fun, but can also be a good training tool for Marines.

Swimmer hones art of teaching antsy recruits to swim

Cpl. Ryan Smith
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — “When you come to the edge of my platform, cross your arms, look down, look up [and] take a full 30-inch step,” said the tanned and chiseled swim instructor wading below.

“Yes sir!” yelled his timid recruits.

Keeping his mind on the mission, Staff Sgt. Ruben Rojas Jr., a Depot swim instructor, works hard to mentor struggling swimmers.

“My responsibilities are to teach recruits how to swim in a combat environment,” said Rojas. “Depending upon their swimming abilities, I train them to the level they can perform.”

Initially in the infantry, Rojas wanted to train the future of the Corps. Identified in DI school as a good swim-



Cpl. Ryan Smith

Instructor Staff Sgt. Ruben Rojas Jr. practices his sidestroke during down time at the Depot swim tank.

mer, he attended the Pacific’s Marine Combat Instructor Water Survival Course in Coronado, Calif.

At first, Rojas was unsure of his abilities to teach recruits how to swim.

“Because he knows what it is like [to

overcome challenges in the water], it makes him an excellent instructor for new recruits,” said Staff Sgt. Jason Berold, chief safety instructor. “He can relate better to them and get them to trust him in the pool.”

“It was hard to transition from someone who is always yelling at recruits to someone who has to be more of a persuasive type leader,” said Rojas. “You can’t yell at them to get their attention here, because once you do, they will just shut you down. You have to lower your notch when you are dealing with recruits.”

When Rojas is dealing with recruits in the pool he gives them one piece of advice to get them through not only the swimming experience but life as well.

We tell them to relax, said Rojas, because they’re not going to achieve their goals if their mind is off somewhere else.

Influenza's a 'vaccine-preventable illness,' says CDC

NAPS
Featurettes

The U.S. Centers for Disease Control and Prevention urges Americans to see their doctors about receiving influenza vaccinations.

"Many patients are not vaccinated due to concerns that the vaccine will cause the flu, that it will make them sick, or because they don't consider themselves to be at high risk," said Janet McElhaney, M.D., associate professor of medicine and director of the Glennan Center for Geriatrics and Gerontology, Eastern Virginia Medical School. "We must let patients and physicians know that a flu vaccine will not cause the influenza."

Henry Schein, Inc., one of the nation's leading distributors of the vaccine, offers five reasons for vaccination:

1. Influenza kills. The flu hospitalizes an estimated 114,000 Americans each year, killing 20,000 of them.

2. The virus is a constantly moving target, mutating every flu season. Therefore, last year's vaccination won't be effective against this year's strain.

3. Seniors are particularly at risk. While up to 90 percent of those who die from influenza are over age 65, only 60 percent of the elderly are vaccinated. Fewer than half of African-Americans over age 65 are vaccinated each year.

4. Influenza poses a major health risk to asthma sufferers, yet only one in ten with the condition is vaccinated. The American Lung Association says flu vaccines are safe for people with asthma.

5. The Annals of Internal Medicine says an annual flu vaccination is economically beneficial for healthy adults, reducing the average 2.8 days lost from work, as well as the costs associated with treatment.



Sgt. Alexis R. Mulero

Petty Officer 2nd Class Walter McRevitt (right), a preventative medicine technician with the Naval Medical Clinic Pearl Harbor, remained busy throughout a Nov. 8 flu immunization standdown, which gave vaccinations to service members like Staff Sgt. Shermont J. Brown, postal operations chief, at MCB Hawaii's Base Post Office. Naval Medical Clinic Pearl Harbor encourages family members, in addition to service members, to help prevent their catching the virus by getting vaccinated. The flu season normally runs October through March.

Other flu-like viruses may cause influenza symptoms

NAPS
Featurettes

Have you ever opted to get a flu shot and then come down with a cough, headache, chills and fever anyway? Don't blame the vaccine.

"In general, every year, 100 percent of people have an influenza-like respiratory illness," said William Atkinson, MD, MPH, of the National Immunization Program at the Centers for Disease Control and Prevention. "Around 15 percent of these illnesses are due to influenza



virus. Therefore, around 85 percent of these illnesses are not due to influenza.

"The flu shot will only prevent infection with the influenza virus, and has no effect on infections from other viruses."

But while medical experts agree that the flu shot is the most effective tool for preventing influenza, sci-

ence has offered no clear solution for the treatment of the range of other flu-like illnesses.

To help Americans stay well, author Dr. Carolyn Dean has partnered with the drug industry to create "Ten Tips to Stay Healthy this Flu Season." The guide says 1) Get your flu shot, 2) Take your vitamins, 3) Reduce stress, 4) Get a good night's sleep, 5) Exercise regularly, 6) Wash your hands frequently, 7) Take action fast, 8) Stay hydrated, 9) Listen to your body, and 10) Seek help if your condition gets worse.