

Hawaii MARINE SPORTS

Hawaii Marine C Section

October 11, 2002

MAG-24 Bandits gain first win, shut out 1/3 Raiders

Cpl. Jason E. Miller
Combat Correspondent

The Bandits of Marine Aircraft Group 24 brought home their first victory of the season Monday night when they faced off against the Raiders of 1st Bn., 3rd Marines, winning by a score of 14-0 in intramural tackle football action at Pop Warner Field.

The MAG-24 offense utilized a powerful running game to weaken the Raider defense, while making them susceptible to big plays that put points on the board. The Bandits' defense also held its ground, smothering the Raider offense to a scoreless game.

Early on in the game, the teams looked evenly matched and were hitting hard to establish a presence, though it was MAG-24 who took control of the game early by running the ball.

Running backs Eddy Sanchez and Corey Pinson led the ground attack that moved the Bandits down the field on

their first scoring drive of the game. With 9:30 left in the first quarter, Jarold Hager broke into the end zone for a two-yard touchdown run that put the MAG ahead 6-0.

On the two-point conversion attempt, Pinson made a break for the goal line, but was quickly cut off by the speedy 1/3 defensive line. Upon second effort, the Bandit runner made a phenomenal cut and broke the plane of the end zone to add two points to the MAG-24 total.

Both defenses kept the game interesting throughout much of the first half, as neither offense mounted a substantial drive. The Raiders remained pinned near their own end zone for the majority of the second quarter, but upon turning the ball over, kept the Bandits out of the end zone on numerous attempts in the red zone.

The final points of the game came with 1:00 left in the second quarter, when quarterback Ron Bradbury chucked a 59-yard bomb that connected with wide re-



Pfc. Monroe F. Seigle

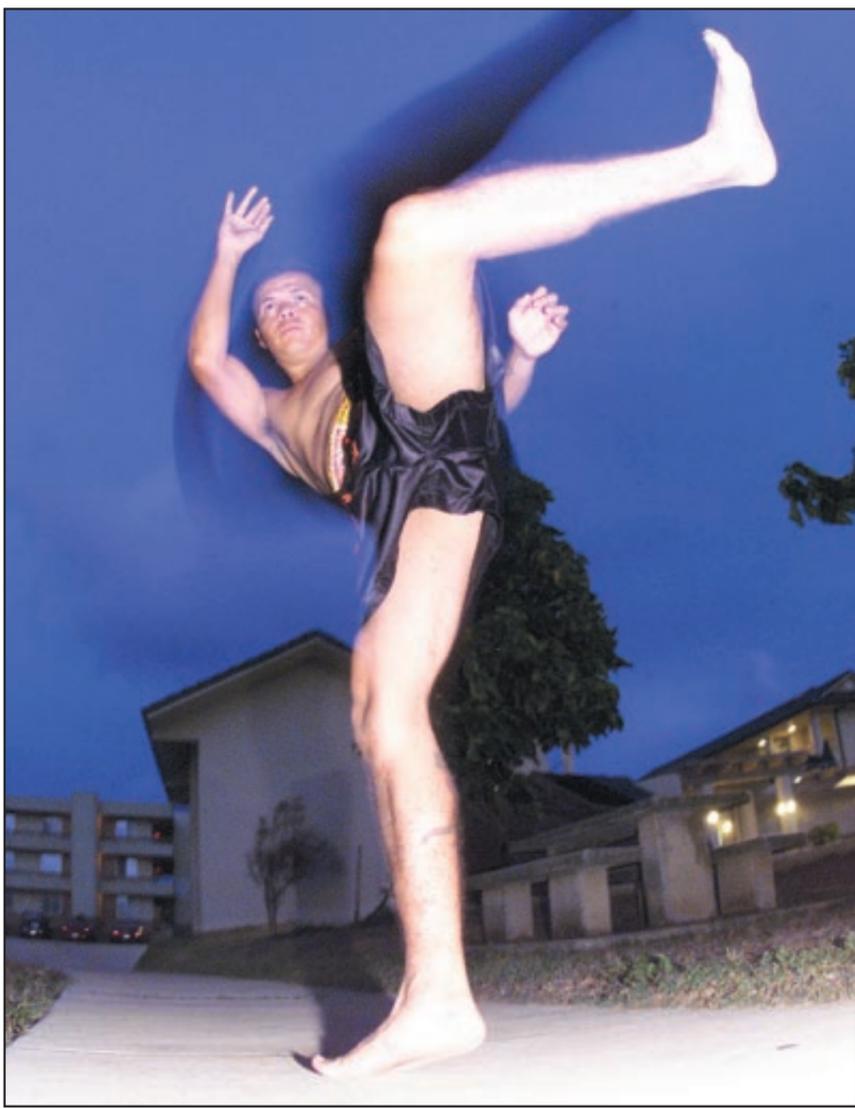
Corey "Sweet Pea" Pinson, #28, dodges a tackle from Raiders defenders as he rushes downfield during Monday night's game.

ceiver Christian Gonzales for another MAG touchdown. The Bandits failed to capitalize on the two-point conversion attempt, but remained ahead 14-0 going into the half.

The second half brought on more of the same for both teams, with MAG-24 running the ball and coughing up sever-

al fumbles and the Raiders having trouble running any offense. In the closing minutes, 1/3 tried desperately to mount a drive, but was unsuccessful in moving the ball down the field, as time ran out, MAG-24 remained ahead 14-0.

The Bandits improved to 1-1, while the Raiders fell to 2-2 for the season.



Sgt. Alexis R. Mulero

Sergeant Monserrat Mendez, warehouse NCOIC at Organic Property Supply, CSSG-3, has been competing in kickboxing competition for three years. His next competes in an international competition at the Neil Blaisdell Center, slated for Dec. 12.

Marine trains for kickboxing International

Sgt. Alexis R. Mulero
Combat Correspondent

One Marine warehouseman from Combat Service Support Group 3 doesn't just kick boxes all day. At night he trades in his utility gear for some Muay Thai satin shorts and two 10-ounce kickboxing gloves.

Sergeant Monserrat Mendez, a warehouse noncommissioned officer with Organic Property Supply, has been training and fighting as an amateur kickboxer for three years.

His interest in the sport began in April 1999, six months after checking into his first duty station, Marine Air Control Squadron 1, at Camp Pendleton, Calif.

The native of Long Beach, Calif., was going through personal problems when he came across an advertisement in the base newspaper for Marines interested in training and competing with the Camp Pendleton kickboxing team.

"I saw kickboxing as a way to relieve stress and frustration from family problems I had at the time," said Mendez. "It was my way to let it all out."

He then decided to attend his first practice. When he arrived, team captain

Ricardo Sanders greeted him and asked about his prior martial arts experience.

Mendez had no prior experience but still replied, "I have plenty of martial arts experience."

Sanders sent Mendez into the ring for his first fight — unprepared. A very tense, but determined Mendez stepped into the ring but lost the fight.

"I went into the ring with a lot of frustration," Mendez said. "But I left stress-free and with two black eyes. After finding the stress-relief I needed, I ended the fight craving the challenge of proving to myself that I could be a successful kickboxer."

He began training twice a day, three times a week — the morning consumed with physical training, the evening with the rest of the team.

One month after beginning his training routine, Mendez competed in his first amateur tournament in Tijuana, Mexico. Out of 15 kickboxers participating in the featherweight division, Mendez placed second. He then decided to accept two exhibition fights, tying in one, losing the other.

See KICKBOX, C-4

K-Bay surfers hit the beach for contest

Hawaii Marine Staff
Press Release

Military surfers gathered at North Beach aboard MCB Hawaii, Kaneohe Bay, Sept. 28, to participate in a beach clean-up effort and some intramural surf competition.

The third intramural surf contest to be held this year, the North Beach Surf Challenge enjoyed excellent 4- to 6-foot conditions.

Surfers, representing all branches of the Armed Services, participated in the open short board, long board, and body board divisions.

"The surf, wind, tide and clear skies made for near perfect contest conditions, and the turnout was great," said Chief Warrant Officer 2 John Kauffman, a retail manager for Marine Corps Community Services.



Photo Courtesy of Chief Warrant Officer 2 John Kauffman

John Kauffman rips on a seven-foot face and glides into first place.

"Our beaches are an invaluable resource, and surfers want to give back to the community and help keep the beaches pristine and accessible.

"The contestants were impressed with the outstanding job performed by Harry Sprague, contest coordinator, his staff and volunteers from the MCCS Recreation and Water Safety Division," he added.

North Beach Surf Challenge Overall Results

Long Board

1st John Kauffman
2nd Joey Hall
3rd Brad Bickers
4th James Ventura

Short Board

1st Ken Starr
2nd John Kauffman
3rd Joey Hall
4th Kris Burmeister

Body Board

1st Joey Hall
2nd Mark Pelchat
3rd John Romero
4th Robert Rouse

Toys for Tots invites golfers to 'tee it up'

Staff Sergeant Ruben Villarreal
4th Force Reconnaissance Co.

October 25, catch this two-person scramble with a blind draw. The tournament boasts the best prizes for a scramble — all in the name of charity. Total proceeds will go toward purchasing new toys for children here in Hawaii, for the 2002 Marine Corps Reserve Toys for Tots program.

There will be a 12:30 p.m. shotgun start at the Klipper Golf Course, Kaneohe Bay. Award categories include closest to the pin and the longest drive competition for men and women, with an award dinner at the end of the tournament.

Cost is \$30 for E-5 and below, \$40 for E-6 to O-3, \$70 for civilians, and retiring rank for retirees.

Generous sponsors include Hawaiian Isles Coffee, Longs Drugs, Bank of Hawaii, Martin Warehousing and Distribution, PCF Virtual, Subway and KHNL News 8.

Call 257-2531, ext. 233, for more.



BASE SPORTS

Debbie Robbins

MCCS Public Relations

Devil Dog Dash Goes Oct. 18
The 21st Dental Co. invites you to a 10-kilometer dash, Friday, Oct. 18.

The 10th Annual Dental Devil Dog Dash is set to race all over the base. The event, part of the Commanding General's Semper Fitness Series, will be held aboard MCB Hawaii, Kaneohe Bay, and is set to start at 6:30 a.m.

The course includes sections of asphalt and dirt. It entails the ascent and descent of Kansas Tower — the steepest hill aboard Kaneohe Bay.

Awards will be given to the top three finishers overall, the top three 10-man formations, and to the top finishers of the numerous age groups.

Registration is underway now. The cost is \$15 with an Armed Forces I.D. card, and \$25 for all formations. Send your check, payable to the Dental

Devil Dog Dash at:

Dental Devil Dog Dash
MCB Hawaii
Box 63073
Kaneohe Bay, HI 96863-3073

Racers may also register in person at the Semper Fit Center in Bldg. 3037.

For more information on the race, call 254-7590 or 254-7591.

Gear Up with the Right Gear

Whether it's in preparation for a marathon or to lead a healthier life, getting in shape requires you to get the right gear.

But, where do you start? A good choice is with your feet.

All base patrons are invited to attend the Nike Shoe Clinic in the Marine Corps Exchange's Shoe Department Oct. 20 from 11 a.m. - 3 p.m. Customers may meet and receive athletic shoe advice from Nike representatives.

Guests may also save 20 per-



cent off any pair of Nike shoes (does not include clearance items). For more information, call 254-7522.

Turkey Shoot Runs Nov. 2

The Base Marina and the K-Bay Rod & Gun Club will present the 5th Annual Turkey Shoot, Nov. 2.

Registration begins at 7:30 a.m., and the archery tourney kicks off at 8:30 a.m.

The Turkey Shoot is comprised of three categories to include juniors (15 and under), compound bow and traditional bow.

The K-Bay Rod & Gun Club will provide participants and guests with a free barbecue

lunch. Participants will also have a chance to win many great prizes, and there will be free introductory archery instructions for spectators.

For more information, call the Base Marina at 254-7666.

SM&SP Offers 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 SM&SP 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 details, contact Leslie Graham at 254-7593.

Rocker Room Brings Pigskins

Cheer on your favorite 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. Plenty of free prizes and pupus will keep you and your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. Every King and Queen becomes eligible to win the regal recliner during Super Bowl Sunday.

Also, don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night."

For more details, call the Enlisted Club at 254-5592.

Flag Football Debuts at Camp Smith

All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently reserving spots.

For more, call 477-0498.



Sgt. Alexis R. Mulero

Base All Stars —

NAME: Lance Cpl. Adam Lowry

BILLET: Food Service Specialist

UNIT: Anderson Hall Dining Facility

SPORT: Bowling

• **The native of Riverside, Calif., has been bowling for more than 17 years.**

• **He finished the 2001 K-Bay Lanes Intramural League with an average point total of 200 a game, which was the men's highest point average for the season.**

• **Lowry competed in the Hawaii TV Bowling Tournament and placed 10th among competitive bowlers in Hawaii.**

• **He is currently playing in the K-Bay Lanes Intramural League and preparing for the All-Marine Men's Bowling Team tryouts in January.**

"The pressure of knocking down 10 steel-coated pins motivates me to bowl."

Golf scramble set for E-6 and above, Oct. 30

Edward Hanlon V
MCCS Marketing

All staff noncommissioned officers, their family members and equivalents are welcome to show off their swings at the Staff NCO Top 4 Golf Tournament at the famous Klipper Golf Course, Oct. 30.

The format for the fun is a 4-Man best-ball scramble. All teams are to be composed of A, B, C and D players, with handicaps from 0-8, 9-17, 18-26 & 27+ respectively.

The fee for the tournament is \$38 for Staff NCO Club members and \$45, for all others. The price includes golf fees, carts and heavy pupus.

Prizes for first, second and third place teams will be awarded, as well as prizes for the "longest drive" and "closest-to-the-pin" on certain holes.

There is even a "hole-in-one" prize from Sport's Fantasy Tours, if luck is on your side.

The tournament begins at 12:30 p.m. Entrants may contact Chief Petty Officer William Thompson at 282-9914 for more information.

All entry forms must be delivered to Thompson at the Marine Corps Air Facility Air Traffic Control Tower.

Participants who do not have an established handicap may give an estimate (no sandbagging!), and if they're not already members of the Staff NCO Club, they may join by calling 254-5592.

COMMUNITY SPORTS

Hunter Education Classes Offered

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes Oct. 18 (from 5:45 -10:15 p.m.) and Oct. 19 (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors, and attendance is required both days for certification.

Pre-register by calling 587-0200.

Trekkers Invited to Hike Oahu

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Sunday beginning at 8 a.m. when it tackles the adventurous jaunt "Makiki Tantalizer."

Like a leisurely luncheon buffet, this six-mile excursion sampler of half a dozen Makiki trails will delight with a variety of views and varied terrain.

If you're interested in participating, contact coordinator Sandy Klein at 235-8330, for more information.

Box Car Open House Planned

American Box Car Racing International, a nonprofit organization located on Acacia Road (behind Sam's Club) in Pearl City, will host two free box car open houses, Wednesday from 3 - 9 p.m. and Thursday from 1 - 8 p.m.

Everyone from 1 to 100 years old is invited to attend and learn drive skills on the open tracks. Staff will instruct parents who can both drive themselves and teach their kids to drive.

Participants should bring their own food and soft drinks. No cooking or alcohol will be allowed. Also, safety guidelines require adults to supervise their children, and all to wear tennis shoes and long pants that cover the ankles.

The mission of the ABCRI is to help keep kids out of trouble by offering healthy, affordable and fun family activities, such as weekend youth programs, evening leagues, field trips and much more.

Visit the ABCRI Web site at www.BoxCarRacing.org, or call 947-3393 for more information.

Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as a combination mix.

The cost is \$30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to the following address:

D. Conroy, Hale Koa Hotel Tennis
2055 Kalia Road
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Air Force Station offers plenty of outdoor recreation.

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 of the class is \$14 for adults, and the price includes kayak rental for time of instruction.

Pay for classes and pick up your life jacket at Equipment Check Out. For more information, call 259-8080.

Bishop Museum Explores Golf Science

How about miniature golf with genetics trailblazer Gregor Mendel?

Using 24 fun, inventive and interactive exhibits, Bishop Museum invites you to experience exciting new discoveries in genetics research.

At "Mendel's Mini-Golf," play a fun game of miniature golf while learning more about Mendel's genetics experiments.

Bishop Museum is located at 1525 Bernice Street, and it's open daily from 9 a.m. to 5 p.m.

Admission is \$14.95 for adults and \$11.95 for youth 4 - 12 years old. Special rates apply for military, and children under 6 get in free. Call 847-3511 for more.

Tackle Football Schedule and Standings (Wins and Losses as of Oct. 8)

Saturday
HQ, 3rd Marines (3-1)
vs CSSG-3 (2-1)
at Pop Warner Field
6 p.m.

Monday
HQBN (3-1)
vs 1/3 (2-20)
at Pop Warner Field
6 p.m.

Wednesday
CSSG-3
vs MAG-24 (1-1)
at Pop Warner Field
6 p.m.

Oct. 19
Camp Smith (0-2)
vs HQ, 3rd Marines
at Bordelon Field
6 p.m.

Oct. 23
1st Radio Bn. (0-3)
vs MAG-24
at Pop Warner Field
6 p.m.

Oct. 24
1/3
vs Camp Smith
at Pop Warner Field
6 p.m.



Did You Know?

You've got to hand it to handball players. They've got the skinny on a great exercise program. Not only does the high energy sport compliment a healthy lifestyle — one in which you can literally strike away stress — but also the two- to four-man matches burn an average of 600 calories per hour, per player.

NAPS

Blood pressure numbers reveal vital stats

NAPS
Featurettes

You look good and even feel good. But wait a minute — not so fast. The best measure of true health may be the numbers inside your body, and of those numbers, doctors say blood pressure ranks among the top.

According to the American Heart Association, 50 million Americans over age 6 (one out of five) suffer from high blood pressure. Almost a third of them don't know it.

High blood pressure, or hypertension, can cause heart and kidney disease, stroke, even death. Within the past ten years, deaths from high blood pressure have risen almost 50 percent.

Doctors agree that getting an accurate reading of your blood pressure is very important for managing your health.

There are three different types of instruments used to measure blood pressure: aneroid (circular), digital (electronic) and mercury-gravity (column) manometers. Recently, however, doctors have questioned the accuracy of some of these devices.

"The gold standard for accurate blood pressure mea-



surement is mercury," says Dr. Paul Thompson, director of Preventive Cardiology and Cardiovascular Research at Hartford Hospital, and professor of medicine at the University of Connecticut.

"Over time," he continues, "digital and aneroid devices can become decalibrated, or fall out of balance due to metal fatigue and other sources of variability.

"Because the weight of mercury and the effect of gravity never change, we know a mercury-gravity reading is always accurate," he explained.

Doctors rely on mercury-gravity manometers for scientifically accurate readings.

"When you go to your doctor's office, the first thing you should do is look to see how your blood pressure is being measured," advises Dr. Thompson. "If it's with a mercury-gravity manometer, you can relax. If it's being measured with an aneroid or digital instrument, simply ask: 'When was the last time this machine was calibrated for accuracy?' A lot of doctors' offices never calibrate their devices."

High blood pressure can't be cured, but in most cases it can be controlled.

Having your pressure accurately measured is one way to keep on track to good health.



Cpl. Jason E. Miller

Petty Officer 3rd Class Brandon Zickafoose, an air traffic controller with Fleet Area Control Sea Surveillance Facility, Pearl Harbor, gets his vital signs checked at the Branch Medical Clinic aboard Kaneohe Bay.

Adult cholesterol levels should stay below 200

NAPS
Featurettes

The results of a national survey conducted by the American Heart Association about cholesterol are being taken to heart by a growing number of Americans.

The survey showed that a majority of respondents recognize

the importance of having healthy cholesterol levels, but more than half do not know their own cholesterol levels, or that a desirable total cholesterol level for healthy adults is below 200 mg/dL.

It's heartening news, then, that "Cholesterol Low Down," AHA's national cholesterol education and screening initiative

that's sponsored by Pfizer, is helping to combat high cholesterol.

Since 1998, it has traveled to 36 cities and screened over 20,000 people for high cholesterol.

Cholesterol is a waxy substance that cannot be dissolved in the blood and is carried through the body by special

proteins called lipoproteins.

Low-density lipoprotein is the major cholesterol carrier in the blood, and it is often called the "bad" cholesterol.

If there is too much low-density lipoprotein cholesterol circulating in the blood, it can slowly build up in the inner walls of the arteries. It can then form plaque in the arteries and

lead to atherosclerosis, the hardening and narrowing of the arteries.

More than 100 million Americans have total cholesterol levels at or above the desirable

level. To help educate consumers about high cholesterol, the American Heart Association has introduced a new theme entitled "Taking It Personally," as part of Cholesterol Low Down, the program that encourages people to realize their personal risk factors for heart disease and take the necessary steps to reduce them.

Since there are some risk factors for heart disease that can't be changed, like age and family history, it is important to control the risk factors that can be changed, like cholesterol levels. High cholesterol can be managed through proper diet, exercise and medication.

SPORTS AROUND THE CORPS

A lifetime of sculpting makes a champion

Cpl. Ryan D. Libbert
MCB Camp Butler

CAMP LESTER, OKINAWA, Japan — Hobbies are common among individuals. Some people collect stamps, while others prefer mountain biking. But to earn special recognition for your hobby isn't something that most strive for.

For Navy Capt. Colin G. Chinn, director of Medical Services at U.S. Naval Hospital in Okinawa and winner of an invitation to the 2002 World Aquathlon, swimming has provided new opportunities others may only dream about.

"A lifestyle of excellent fitness is the true award of keeping active in a sport," said the San Diego native. "I get a great sense of accomplishment knowing that I'm conditioning my body, because it's the only thing that any one takes with them wherever they go."

The World Championship Aquathlon takes place Nov. 3 and gives Chinn another chance to put his skills to the test.

"The aquathlon is a swimming and running competition," said Chinn. "It usually starts off with a two and a half kilometer run, followed by a thousand meter swim and then another two and a half kilometer run."

Training for the event puts Chinn on a painstaking schedule.

"I spend five days out of every week physically training my body. I run four to five miles out of those days and also spend time training in the pool with the Marine Corps Community Services' Okinawa Dolphin swim team," said Chinn.

For many athletes, the way to train



Photos by Cpl. Ryan D. Libbert

Navy Capt. Colin G. Chinn swims four to five meters, five days a week, in preparation for his next challenge, the World Championship Aquathlon Nov. 3. He conditions his body by running nearly four to five miles every weekday.

well is to have a coach advise and assist their training.

"Colin is a very talented swimmer," said Chinn's swim coach, Matthew Luebbers. "I can tell that he's definitely serious about it, but he also knows how to balance it into his life so it doesn't consume all of his time."

Luebbers went on to describe what methods work in Chinn's training.

"There's no secret to his success. He has just accepted the fact that it takes tremendous effort and hard work to be good at swimming and running."

Everything in life, including sports, needs a starting point.

Chinn, who is 44 years old, began swimming competitively at an early age.

"I started swimming at age 11. I eventually grew tired of it and didn't really explore it very much until I went through college. It was there that I joined the water polo team and from there it's been on-going ever since," he explained.

Chinn has competed in several competitions, which include nearly 20 aquathlons.

"I've won some and lost some in the past," said Chinn. "I find that they are pretty rare in the states, but over here in Asia they have aquathlons on somewhat of a regular basis."



Chinn also has his own cheering section everywhere he goes. Support from family and friends get him through every competition.

"I met my wife Eiko through my swimming adventures. Since she shares the same interest as me; the support from her has become a mutual relationship in how we support each other," said Chinn.

"I also get a lot of support from the MCCS Dolphin Swim Team. I think it's one of the best programs around, not just for my needs, but for anyone who enjoys swimming."

KICKBOX, From C-1

It was a little frustrating, Mendez said, but he kept on training.

In June 2000, he participated in the International Kickboxing Federation's South-West Regional Tournament. He won his weight class and decided

he felt ready to compete in the IKF U.S. Nationals in Council Bluffs, Iowa, in Aug. 2000. His extensive training placed him third in the competition.

"I felt real proud of my accomplishment," said Mendez, "especially

knowing that I was one of the best at what I do."

After the Nationals, Mendez decided to take time off from competing.

"I needed to rest and recuperate from injuries that had not properly healed from prior tournaments,"

he said. "During my recovery I transferred to K-Bay."

After an 18-month, lay-off, a conversation with his new trainer, Hanshi (grand master) Leon D. Wright, revived his interest in the sport and art of

kickboxing.

"Meeting Hanshi Wright sparked an old interest, but led me to a new and valuable challenge," said Mendez. "I have been training several times a week getting ready for my next compe-

titution."

Mendez' next tournament will be a local IKF at the Neil Blaisdell Center in downtown Honolulu, slated for Dec. 12.

"I hope to see all my friends from K-Bay there," said Mendez.