

LIFESTYLES



After completing more than a 500-meter swim in Kaneohe Bay, the competitors in the Na Wahine Sprint Triathlon mounted bikes for a 12-mile ride around base.



To prevent dehydration and injury, runners were offered water and other drinks throughout the triathlon.



Competitors head out into the open water as they start the Na Wahine Sprint Triathlon with a 500-meter swim.



Success at K-Bay

Story and Photos by
Lance Cpl. Luis R. Agostini
Combat Correspondent

While many Marines, Sailors and MCB Hawaii, Kaneohe Bay, residents were sound asleep Sunday morning, Honolulu resident Katherine Nichols swam, cycled and ran her way to victory in the Na Wahine Sprint Triathlon here with a time of 56 minutes, 56 seconds, beating 208 other competitors.

The triathlon included a 500-meter swim in the ocean, a 12-mile bike ride and a 3-mile run. There were a total of 12 categories, beginning at 14 years old to 65 and over, plus a military category.

"Not at one time before or during the race did I think I was going to win," said Nichols. "I just kept going and going."

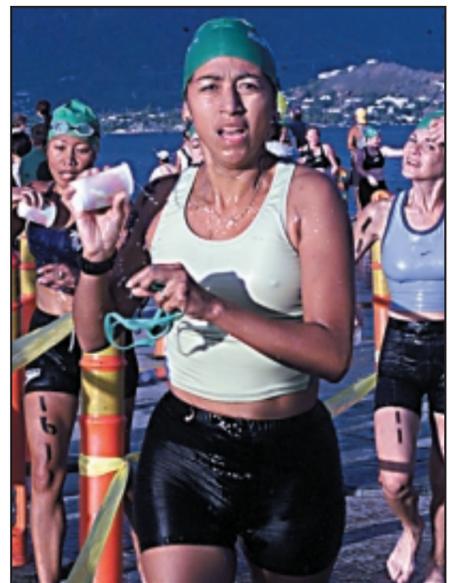
After being the first woman to cross the finish line, the taste of victory came sweet to Nichols.

"I feel great," said Nichols, who had been competitively running since the age of nine. "Everyone here is accomplishing more than I have. Some of them have just completed their first triathlon."

As the horn blasted, 209 women entered the open waters by Hanger 101, swimming a total 500 meters. They then made their way to the transition area, mounted their bikes and rode off for 12 miles. When they returned, the competitors stowed their bikes and took off for a three-mile run by the flightline.

This was the first time the Na Wahine Sprint Triathlon was held aboard K-Bay.

"The Marine Corps was very generous in opening their gates in order for us to have this event here," said K.C. Carlberg, coordinator of the Na Wahine Sprint Triathlon. "We received a lot of support from Marine Corps Community Services, as well as the commanding general."



Swimmers become cyclists, as competitors transition from the 500-meter swim to the 12-mile bicycle race.



Vien Ngonethong concentrates on staying limber before the triathlon.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

Right Hand Man Night

The Officers' Club invites all servicemembers to bring their Right Hand "Person" to Right Hand Man Night, this Friday from 4:30 - 6:30 p.m. inside the Koa Bar and the Pacific Dining room. Club members and their guests may pounce on free pupus and beverage specials, enjoy free entertainment and have plenty of opportunities to win prizes. For additional Right Hand Man Night in-

SM&SP



(All events are open to single, active duty military.)

Mahalo

Many thanks are extended to the Windward Community Federal Credit Union for making the SM&SP activities, trips and sporting events possible.

Upcoming Events

Saturday: Star of Honolulu Dinner Cruise, \$30.

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

Sept. 29-30: Fall Softball Classic Tournament.

Oct. 13: Deep Sea Fishing Trip.

Oct. 31: 3K Cadence Creeper Formation Run & Kids Halloween Fun Run.

Nov. 17: 3 on 3 Food Drive Tournament

Nov. 21: Holiday Bash.

Dec. 14: Shank & Slice Golf Tournament.

Dec. 30-Jan. 1: Outer Island Trip.

Get Involved

Are you a Single Marine and Sailor Program member? If not, why not? Get with the program! The SM&SP is all about quality of life, recreation, health & wellness, community involvement, life skills and career progression.

For additional SM&SP information or to make reservations for events, call 254-7593.

formation, call 254-7650.

Teen Fitness Program

Expose your teen to a proper fitness regime with the Semper Fit Center's Teen Fitness Program. This four-week athletic journey begins Wednesday, and is held from 4 - 5 p.m. on Wednesdays and Fridays at the Semper Fit Center, Bldg. 3037. Participants will benefit from the certified instructor's weight and cardiovascular training guidance. Reservations are required and a maximum of 10 students will be accepted. For more information, call Leslie Graham at 254-7597.

Fall Classic Softball Tournament

Round up your crew for two days of grand slams, ground balls and ground rules during the Single Marine and Sailor's Fall Classic Softball Tourney, Sept. 29 and 30 aboard Risley Field.

Open to all authorized military patrons, this double elimination softball competition will adhere to ASA rules in addition to a six home run limit caveat per game. Entry fee is \$150 per team. A coaches' meeting is scheduled for Sept. 26 at 6:30 p.m. at the Semper Fit Center, Bldg. 3037. Entry deadline is Sept. 25. For more information, call 254-7593.

Fall Community Aloha Fair

The MCCS Marketing Department invites all MCB Hawaii residents to

get acquainted with each other and the community with free pupus and gifts at the Fall Community Aloha Fair, scheduled Wednesday in the Enlisted Club's ballroom, Bldg. 1629 from 5:30 - 7:30 p.m.

The Fall Community Aloha Fair grants an opportunity to sample products and enjoy free food, music and good company. Mahalo to the Fall Community Aloha Fair sponsors: Lahaina Ticket Company, AAA Hawaii, and On the Go Travel. For more Fall Community Aloha Fair information, call 254-7653.

Te Gusta Los Tacos?

You're invited to attend the Marine Corps Exchanges' next Home Kitchen demonstration, "Beto's Dos Mexican Food," featuring chef Melinda Ramirez of Beto's Tacos and Platos Restaurant this Saturday from noon - 2 p.m. inside the Home Interior Department. Great cooking tips and delicious samples available. For more information, call 254-3890.

Get Grueling

Get in shape now for the 6th Annual Camp H.M. Smith / Headquarters and Service Bn. 5K Grueler, Oct. 13. Race begins at 8 a.m. aboard Camp Smith's Bordelon Field. Race fee is \$12, which includes an exclusive Camp Smith Grueler T-shirt. All contestants registering after Sept. 28 are not guaranteed to receive a T-shirt.



Photo courtesy of MCCS

The Fall Community Aloha Fair appeals to all ages.

Participants may pick-up information packets at the K-Bay Semper Fit Center, Bldg. 3037 (254-7597) or at the Camp Smith Fitness Center, Bldg. 9 (477-0498).

Awards will be presented to top and overall finishers in various age categories. This race is part of the Commanding General's Semper Fitness Series, and Gatorade and Island Demo proudly sponsor this event.

Renovation Recon

The Officers' Club will close Oct. 8 - Nov. 25 due to renovation. Daily lunch service, Mongolian BBQ and Sunday Brunch will

be offered Nov. 25 in the bottom portion of the club. The Grunge Bar will be open Thursdays and Fridays. The entire renovation process will take place through March 2002.

The Fairways Sports Grill will be the temporary O'Club location from Oct. 9 - Nov. 25 and welcomes all-hands. For more O'Club renovation questions, call 254-7650.

The Enlisted Club's ballroom will close from Oct. 1 - 10. The ballroom and the Green Room will be open Oct. 14 for Monday Night Football, Wednesday and Friday for Hot Country Nights, Thursday and Saturday

for Live Band Nights and Friday for R&B Vibe Night. Tun Tavern will close Oct. 14 - Feb. 28, 2002. For more information, call 254-7660.

Personal Services

Friday: Not to be confused with Gilligan's "Three-hour tour," the bus-guided Oahu tour begins and ends at Personal Services, Bldg. 216 from 7:30 a.m. - 4 p.m. Everyone welcome. Reservations are required, call 257-7790.

Friday: Resume Workshop, Bldg. 267, Room 2 from 7:30 a.m. - 4 p.m. Call 257-7790.

Monday: Federal Employment Workshop, Bldg. 267, Room 2 from 8 - 11 a.m. 257-7790.

Monday-Thursday: New to the island? Let L.I.N.K.S. acquaint you with military life. Next evening session from 6 - 8:30 p.m., Bldg. 3074. Call 257-2368.

Tuesday: Joint Employment Management Systems Job Fair, at the Pearl Harbor Banyan Club from 11 a.m. - 4 p.m. Many companies will be onsite to accept and review resumes. Research which companies will attend, log on www.jemshawaii.com.

Wednesday-Thursday: Marriage Skills Workshop, Bldg. 267, Room 1 from 8 a.m. - 4 p.m. All authorized, married or engaged military I.D. cardholders can attend. Call 257-7787.

Wednesday: Learn the tips that will land you the job at the Interview Workshop, Bldg. 267, Room 2 from 9 - 11 a.m. Call 257-7795.

MCCS tunes in on women's health issues

Debbie Aisoff
MCCS Public Relations

During September, Marine Corps Community Services' Health Promotions focuses on women's health at the Semper Fitness Center, Bldg. 3037.

Inside the Semper Fitness Center's corridor, patrons will discover an information booth that will rotate women's health literature to include breast cancer, mammograms, obesity, nutrition, smoking cessation, fitness and more. All pamphlets and educational material are free.

As part of the Health Promotions strategic vision, this month-long women's health display endorses opportunities for Marine Corps Base Hawaii patrons to adhere to a healthier lifestyle.

"Health Promotions is all about presenting health-related information to our patrons so that they can make educated choices regarding their health," said Dan Dufrene, coordinator for MCCS Health Promotions.



Photo courtesy of MCCS

An array of women's health literature is available at the Semper Fit Center throughout September.

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.

America's Sweethearts (PG-13)
Legally Blonde (PG-13)
The Score (R)
Final Fantasy: The Spirits Within (PG-13)
Jurassic Park III (PG-13)
Legally Blonde (PG-13)
America's Sweethearts (PG-13)

Friday 7:15 p.m.
Friday 9:45 p.m.
Saturday 7:15 p.m.
Saturday 10 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.

Hawaii MARINE SPORTS

B-3, Hawaii Marine Sports Page

September 13, 2001

Commitment gives Marine upper fist, bright future

Story and Photos by
Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

"One, two, three," commands the boxing coach as he braces himself for a reply.

His order is followed by the sounds of three quick slaps from the boxer's gloves as he hits the coach's hand pads.

The coach knows this boxer is special. He trains hard, and it should pay off with an easy win when he enters the squared circle to face his first opponent.

This Saturday will be the first regulation boxing match for Lance Cpl. David L. Hinton III, an assistant gunner, Charlie Battery, 1st Battalion, 12th Marines, and he is confident in his ability to win it.

Standing six feet one inch tall, and weighing 157 pounds, Hinton's height provides him with leverage on his punches, which give him an advantage against other fighters in his weight class, according to Sgt. Jack Johnson, police sergeant for Headquarters and Service Co., 2nd Battalion, 3rd Marine Regiment.

It's these characteristics that have Johnson, the director of the MCB Hawaii base boxing team, believing Hinton possesses all the tools needed to become a great fighter, even though he has only been training for a year.

"For a light fighter he's powerful, his technique is good and his height makes him a natural, hard puncher," said Johnson.

Although Johnson believes Hinton has the natural characteristics of a good boxer, it is Hinton's commitment to training that has set him aside from his peers.

"He goes out of his way



Felix Cazares, with the Kailua Boxing Club, takes time to practice with Hinton using the hand pads.

to make it to training, he trains on his own, and he never quits," said Johnson.

Johnson has been involved with boxing as a fighter or promoter since 1988 and is a certified member of the United States Boxing Association.

Hinton will be able to test his abilities in front of a crowd for the first fight of his boxing career. He will also find out if his hard training ethic will pay off at the upcoming Kailua Boxing Club's "Night at the Fights 2" at the MCB Hawaii, K-Bay Enlisted Club Saturday night.

Johnson and Hinton have faced an up-

hill battle for his training with the closure of the base boxing facility earlier this year by Marine Corps Community Services. The closure of that facility has made it hard for Hinton to find a place to spar with other boxers.

For the time being, Hinton and other boxers have been able to conduct some boxing drills in the small, supply area where Johnson works.

Although Hinton's abilities have yet to be proven against a real opponent, the pugilist is very confident that he will do well in his first official fight.

well in his first official fight.

"I feel like I'm further along than fighters with only a year's experience," said Hinton. "I try to put out more than the other boxers at my level, because I believe that gives me an edge."

He may have an edge in conditioning and confidence, but to go into the

ring and face someone who will try to knock him out is another story.

"I'm not worried about getting knocked down or knocked out because I practice, and will try as hard as I can not to," said Hinton. "I'm really confident about my upcoming fight. I don't think there are too many people out there who can beat me."

Saturday night at the Enlisted Club, everyone including Hinton will know whether he can be beat.

Tickets for Night at the Fights 2 can be purchased for \$12 at the front door of the Enlisted Club.



Hinton is a natural, hard puncher, according to his manager Sgt. Jack Johnson, police sergeant for Headquarters and Service Co., 2nd Battalion, 3rd Marine Regiment. Above, Hinton practices his hard punch on the heavy bag set up at Johnson's work area.



Lance Cpl. David L. Hinton III toughens up his abdominal region by doing crunches, so that he'll be able to withstand the body blows from his opponent.

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

Child Care

Nanny needed part-time, live out for two children in Kailua. Experience and own transportation necessary. Call 262-0004, if interested.

Miscellaneous

For sale, upright piano, \$600 OBO. Kitchen table with four chairs, \$100 OBO. Call Debbi at 254-0053.
Girls mountain bike, \$50. Call 253-0194.
Beautiful light col-

ored dining room set, table with leaf, six chairs and large hutch, \$850 OBO. Call Cathy at 254-6337.

Kenmore Electric dryer, \$50 OBO. Call Maureen at 282-2048.

Furniture for sale; call for details 254-3934 or 220-6749.

Boats

17-foot kayak, red, two-man, see-through bottom, \$500. Call 253-0194.

16-foot Hobie Catamaran, yellow hulls, rainbow sails.

Ready to sail, asking \$1,400 OBO. Call 253-0194.

Yard Sales

The Moanalua Terrace Community Association will be holding an end-of-summer Community Garage Sale on Sept. 22 from 7 a.m. to noon at their community center. This is a great chance to clean out your house before Christmas. Table/space rentals for this popular event are \$5 per

table/space with a maximum of two tables/spaces per person. Table/space rental is open to all military personnel, so spread the word! To sign up for the Community Garage Sale or for more info, call 423-0714.

Pets

Gray Cockatiel, complete with cage, \$90 new, asking for \$75 OBO. Call 254-1724.

Free cats to good home. Call 254-3934.

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

Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 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.

Tee it up "fore" tots Golf Tournament

Toys for Tots

Press Release

The Kaneohe Klipper Golf Course on Marine Corps Base Hawaii will host a Two-man/woman Scramble with a blind draw on Oct. 11, 2001, to benefit Toys for Tots. All proceeds will be used to purchase new toys for the children of Hawaii.

Prizes will be awarded on all par 3's for closest-to-pin, with a long drive competition on the ninth hole for women and 10th hole for men. Food and prizes will be provided at the award ceremony at the end of

the tournament.

Sign up early and don't miss out on a chance to play one of the premier military golf courses in the world. All paid registrations must be completed by Sept. 26. Check-in begins at 10:30 a.m., Oct. 11, and the tournament begins at 12:30 p.m.

For more information, call Staff Sgt. Ruben Villarreal at 257-1077 ext. 233 or email at villarrealre@mfr.usmc.mil.



Entry fees:

E-5 and Below	\$35
E-6 to O-3	\$45
O-4 and Above	\$50
DoD Employee	\$60
Civilian	\$75

Military retirees will be charged the price of their last rank.

TEE IT UP "FORE" TOTS ENTRY FORM

NAME: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

NAME: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____