

Sports & Health



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Anthony Patrick, Headquarters Battalion Hecklers right fielder, waits patiently at home plate for his chance to swing during an Intramural Softball League game at Annex Field Tuesday.

Hecklers bring down Jokers, 20-8

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Coming back from a shutout loss Monday, the Headquarters Battalion Hecklers defeated the Jokers 20-8 during an Intramural Softball League game at Annex Field Tuesday.

In an epic loss, 17-0, the night before, the Hecklers took the field with their heads held high for a new day and a new game.

"We're expecting kind of a both way game, because the team we're playing is tough," said Rodolfo Gutierrez, Hecklers coach. "But we're also tough, so it's going to be a good game."

Gutierrez said he planned on using a rover in the outfield because he knows the Jokers like to place hit the ball. He said his players are good base hitters, but they can get tempted to go for the fence resulting in pop flies.

The Hecklers led off in the first inning putting runners on. The big hit, deep into left field, from their third baseman Thomas Soeurt, marked the first home run of the game. The hits kept coming.

The Jokers' offense finally brought the Hecklers to a stop with quick double play on an infield grounder, but not before giving up four runs.

Jokers went to bat, put a runner on first, but a light hit back to Heckler's pitcher Michael Howell resulted in an out at first base.

As the hits kept coming, John R. Barajas Jr., Jokers first baseman, was the first to cross home plate.

Howell pitched a strike out for the second out, but a second runner was able to come home on the next hit. And a short pop fly to Hecklers rover, J.P. Sanchez ended the inning.

The Hecklers' superb reign of batting continued straight through the top of the second inning.

A triple from Anthony Patrick, Hecklers right fielder, brought two runners home, and continued giving the Hecklers a hefty lead, 7-2, before their three outs.

Attempting to fight back, the Jokers put runners on, but weren't able to bring any runs in before the close of the inning.

Back in the box, Howell led off in the third inning with a base hit. Short after, his teammates followed in suit. With the bases loaded, the Hecklers batters kept the short hits over the infield coming, slowly advancing runners around the bases.

As the Jokers' defense fought to snag their three outs, the Hecklers were relentless at the plate. By the bottom of the inning, the Hecklers still led, 14-2.

The Jokers went to bat, and needed to put runs on the board if they were going to get back into the game.

As the hits slowly came around, runners moved around the bases, until a deep hit to the outfield from third baseman Jonathan Brettmann brought in three runners.

More runners came across home plate for a total of six runs, but it wasn't enough to even the score before the fourth inning.

The Hecklers continued cracking balls through the gaps and over the infield to continue their lead.

As the top of the inning continued, the Jokers pulled the three outs and were up for one last chance to bat.

Despite getting runners on base they weren't able to score and were brought down by a pop fly.

"It feels good to get the win," Gutierrez said. "We know we have the wins, but sometimes you come into the game hitting good and sometimes you don't. But tonight we played together as a team and we had good base hits."

Dragons, Black Widows fight to the finish



Lance Cpl. Tyler L. Main | Hawaii Marine

Black Widows forward Miguel Sandoval steals the ball then evades an opponent while trying to get into his opponents' territory last Friday during a regular season Intramural Soccer game. Only five minutes into the game, Sandoval put up the Black Widows' first point.

Lance Cpl. Tyler L. Main
Combat Correspondent

Of three regular season Intramural Soccer games played on Pop Warner Field last Friday, perhaps the most intense was the battle between the Marine Aviation Logistics Squadron-24 Black Widows and Navy Patrol Squadron Four Skinny Dragons, due to an aggressive tempo set by both teams, calling in a 2-2 tie.

The ball rarely stayed in midfield for long as both teams consistently stayed in scoring range, sending shots from all directions.

Black Widows forward Miguel Sandoval scored the first goal within the first five minutes, setting their sideline on fire. The hecklers stayed loud until the Skinny Dragons evened the score soon after.

Skinny Dragons forward John Wilson tied the game with a low shot to the corner of the goal, out of the reach of the Black Widows' goalie.

After the redeeming goal, the Dragons unsuccessfully tried a series of shots from deep inside the Black Widows' territory.

Throughout much of the first half, the ball went back and forth between both goals without getting in the net.

At the end of the first half, Black Widows forward David J. Mata delivered a smoking shot right past the Dragons' goalie into the bottom right corner of the net, putting the Widows up 2-1.

At the opening of the second half, Wilson came through to tie the score, 2-2, with a successful shot into the Black Widows' goal.

The Dragons kept their rivals working by keeping the ball near the Black Widows' goal while taking multiple shots. The Black Widows' defense held together and eventually took the ball downfield after enduring more than five minutes of the Dragons aggression.

Once in Dragons territory, four Black Widows players strategically set up a shot against one defender, but missed. The Black Widows returned the favor and kept the ball in their zone. The Widows shot five times but missed all.

With the score still tied 2-2, nearing the end of play, the Dragons went for the win. The teams battled back and forth at midfield until the Dragons' offense took the ball into scoring range. The team attempted two shots, missed and time expired leaving both teams with a tie on their records.

"One thing we have going for us is our forwards," said the Dragons' team captain. "We can trust them to get the job done if we get the ball in scoring range."

The Black Widows' Tyler McCreight suggested that "spreading the field" be more of a priority.

"Spreading the field is simple but very effective and something we need to take advantage of," he said. "The thinner you keep the defense will [help] open up more places the ball can go and eventually create more scoring opportunities."

Both teams continue to try to find their stride as they look forward to their sixth game with records of 2-3-1.

Surf's up, single service members!

Kristen Wong
Photojournalist

KALAELOA — The sun shone on the scores of White Plains Beach visitors. Small waves crashed across the shore, while children and adults alike grabbed their boards and headed for the cool water. Traversing across the hot sand in bare feet walked visitors from Marine Corps Base Hawaii, ready to dip in to their surfing lessons on Sunday.

The Single Marine and Sailor Program offers trips to White Plains Beach for surfing lessons in Kalaeloa. For the past few months, single service members E-5 and below have been learning how to surf from instructors at Morale, Welfare and Recreation. Surfing lessons have been offered by the program as far back as 2008, according to Marcella T. Cisneros, coordinator, SMSP. Due

to popular demand, the number of surfing lessons has been doubled this year just in time for summer.

"I think it's a really fun experience," said Cisneros, of Casper, Wyo. "[It's] a really good beginner class ... it's enough to get you excited and want to continue it."

Chaperones take up to 15 people at a time to ride the waves for up to two and a half hours. The fee includes transportation, equipment rental and a meal. Cisneros recommends that patrons bring a towel, sunscreen and a change of clothes.

Beginners are encouraged to learn how to surf on longboards, which are bigger and better for flotation, according to Kyle Candilasa, outdoor recreation specialist, MWR.

See *SURE*, B-6



Kristen Wong | Hawaii Marine

Cpl. Andrew Lahey, bandsman, MarForPac Band, of Sycamore, Ill., and Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, of Houston, practice surfing at White Plains Beach June 6.

CPRW-2 puts their bodies in motion



Photos by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Fitness expert and TV icon Gilad Janklowicz leads members of Commander Patrol and Reconnaissance Wing Two in a stretching exercise during a physical training session at the Semper Fit Center gymnasium, Tuesday.



Petty Officer 1st Class Katherine Warner, Navy counselor, rests and stretches in child's pose during a physical training session with fitness expert Gilad Janklowicz at the Semper Fit Center gymnasium, Tuesday.

Sailors from MCB Hawaii get their day started with a motivated PT session with TV fitness celebrity, Gilad Janklowicz

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Commander Patrol and Reconnaissance Wing Two members got a morning of full body circuit training hosted courtesy of TV fitness expert Gilad Janklowicz, at the Semper Fit Center gymnasium Tuesday.

Rocking out to a techno beat and with beads of sweat shining like a disco ball, sailors reached, bent and stretched to a new form of physical fitness.

"It's redefined plyometrics," Janklowicz said. "I think it gives them something different, and it's a pleasure to work with the military."

According to Janklowicz, the routine was an improvised workout, which included cardiovascular exercises, stretching and strength training. He said he's a stickler for form and keeping his workouts safe.

"If you really stay strict to it, it's a total body workout," said Navy Capt. Rodney M. Urbano, CPRW-2 Commodore. "It was enjoyable to do something different, and I think everyone enjoyed it. And having a celebrity added extra motivation."

Urbano said he's been watching Janklowicz on TV since the mid 80s, when his shows were one of the few broadcast on ESPN. He pointed out extreme exercises aren't needed to get a challenging workout, as demonstrated by Janklowicz.

Lt. Chris Denton, Broad Area Maritime Demonstrations-Operations officer, said the workout is something you don't see very often, and it felt like he used every major muscle group. He also enjoyed the tempo and the high level of the training.

"It's something I'm not used to, but it was a lot of fun and I'd do it again," Denton said. "It's the perfect low impact aspect of training."

Petty Officer 1st Class Katherine Warner, Navy counselor, said she found the music to be inspiring.

"It was awesome, and I love working out with music," Warner said. "It was intense, and I was giving it my all, but the music made a big difference."

Warner said she's a cardio kickboxing enthusiast and prefers group workouts. She believed Tuesday's workout built camaraderie within the wing's members. She also said the workout might have taken some people out of their comfort zone, challenging them and showing them a totally different side of some people.

Janklowicz expressed that he tries to incorporate rhythm and music because people have fun while they're exercising.

"The [sailors] don't want to see the same people up on the stage," said Chief Petty Officer Jason E. Vaught, lead petty officer of weapons and tactics unit and the command fitness leader. "We want variety, and I think everyone did well. There was a good response."

Vaught said he plans on implementing Janklowicz's techniques into their own physical training because he enjoyed the way he conducts circuit training.

"It's versatile, and everyone was upbeat," Vaught said. "Circuit training is for all levels."

Janklowicz has recorded more than 20 fitness shows on the base and hopes to continue working with the military.



Gilad Janklowicz motivates members of Commander Patrol and Reconnaissance Wing Two during a physical training session at the Semper Fit Center gymnasium, Tuesday.

“ I think it gives them something different, and it's a pleasure to work with the military. ”

Ñ Gilad Janklowicz

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AWARDS Top three (3) finishers overall (male and female) and top finishers in each age group.

PACKET PICK-UP Packets may be picked up at the Semper Fit Center on July 2, 2010 (Friday) between 0900-1600.

RESULTS The official results will be posted at www.mccshawaii.com/cgfit.htm

Register & Pay Online
www.mccshawaii.com/cgfit.htm
(online registration deadline June 30)

Commander's FITNESS SERIES

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS website at <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

VP-47 5K Runway Run Sunday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts and finishes at Hangar 104, and takes runners along the MCB Hawaii flightline, catching glimpses of historic Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as the top three overall men and women finishers.

MCAS Tradewind Triathlon Sunday, Aug. 15

The MCAS Tradewind Triathlon is a challenging triathlon offered in Hawaii this year, so get registered early. It includes a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the official Hawaii Senior Olympic Triathlon for 2010.

HSL-37 Splash & Dash Biathlon Saturday, Oct. 16

Enter the HSL-37 "Easyriders" Splash & Dash Biathlon. The race begins with a 500-meter open water swim, then grab your running shoes and head around the flightline for the five-kilometer foot race.

Running by the flightline enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

Jingle Bell Jog Tentatively December

Jog off that Thanksgiving feast! This 8K run will help you stay fit throughout the holiday season.

In the spirit of the season, a one-mile Family Fun Run will take place after the race.

Spotlight On Sports

Sports Briefs

Criterion Bike Race Series

MCCS and others will conduct a series of Criterion bike races as part of the Commanding Officer's Semper Fit Series Sunday. Participants may sign up online for a fee at <http://www.mccshawaii.com/cgfit.htm>. The deadline for registration online for the June 13 race is today. You can register in person the day of the race by 2:30 p.m., 30 minutes prior to kick-off. Race participants may also turn in registration forms aboard MCB Hawaii at the Semper Fitness Center (Building 3037), and the Fit Center (Building 2C) aboard Camp Smith. Points of contact for these events are Staff Sgt. Salgado at 257-1113/8576 or Karlo. Salgado@usmc.mil, and MCCS Varsity Sports Coordinator Tina Lui at 254-7590 or luicm@usmc-mccs.org.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency. Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits. For more information, contact Semper Fit at 254-7597.

Adventure Training Program

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time. Classes are offered in scuba, kayaking, power-boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units. Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

Satellite Fitness Centers

A Satellite Fitness Center is located in Building 1033 and the Flightline Mini-Gym, Building 301. Free weights and weight machines are available for use at these locations. Hours vary due to operational commitments. Call 254-7594 for more information.

The Health Promotion Program

The Health Promotion Program at MCB Hawaii is a branch of the Semper Fitness Division of MCCS and is under the direction of HP Coordinator, Dan Dufrene. The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle.

Education sessions on the material are available to active duty service members, family members, retired military, civilian employees, units and organizations. Informational displays and literature are also available.

To find out more, please call the Health Promotion Program at 254-7636. E-mail dufrened@usmc-mccs.org.

Semper Fit Group classes

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility, while burning calories and increasing muscle tone.

Cycling

Tired of those boring three-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes to help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you pedal off the pounds.

Gut Cut

You've heard the stories. Come experience it for yourself — or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while reshaping you from head to toe.

Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

Normal hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and holidays, 7 a.m. - 6 p.m.

2010

INTRAMURAL

S

Spring
softball
chedule

TONIGHT

ANNEX FIELD

6 P.M. HQBN vs. COULSON

7 P.M. JOKERS vs. HMMH-463

8 P.M. 1/12 vs. HQBN

RISELEY FIELD

6 P.M. CLB-3 #2 vs. CPRW-2

7 P.M. CLB-3 #2 vs. BREWER

8 P.M. VP-47 vs. DRAGONS

MONDAY

ANNEX FIELD

6 P.M. VP-4 vs. BLACK KNIGHT

7 P.M. 2/3 vs. HSL-37

8 P.M. 2/3 vs. 3D MAR REG

RISELEY FIELD

6 P.M. CLB-3 #2 vs. HMMH-463

7 P.M. COULSON vs. MALS-24

8 P.M. CPRW-2 vs. CLB-3 #1

TUESDAY

ANNEX FIELD

6 P.M. JOKERS vs. HSL-37

7 P.M. BLACK KNIGHT BN vs. BREWER

8 P.M. VP-4 vs. MARFORPAC

RISELEY FIELD

6 P.M. CPRW-2 vs. HQBN

7 P.M. 3rd RADIO BN vs. VP-47

8 P.M. 1/12 BN vs. CLB-3 #1

Real sports don't have to pose

Sgt. Scott Wittington
Combat Correspondent

If bodybuilding is a sport, so should washing dishes or tying shoes. This is the point where everyone with no neck and ILS (Invisible Lat Syndrome) gets all huffy. We're talking about sports, not posing.

Let's break down what happens at the most intense moment of the competitions. A guy walks out to center stage with some energetic music, he shakes his leg, and ... wait for it, wait for it ... he grits his teeth and performs his best Hulk Hogan impression, showing off his shoulder and arm muscles. The crowd of dozens goes crazy. Whoa, that was intense.

Give me a break. He's posing and I might add some of those poses are a little dainty. I will concede that it's a competition but in no way a sport.

To be a sport, an activity has to have participants with a certain skill to perform and usually pits one person or team against another or multiple people or teams. What skill is displayed in bodybuilding?

An average person can work out so much that they get huge and would be considered a bodybuilder. They can eat right so they're lean. That doesn't take

skill — only discipline.

My buddy played basketball all his life and he schools everyone down at the beach courts, but you won't see him making Right Guard commercials. When was the last time a bodybuilding competition sold out a major stadium? Which moment is more historic — Arnold Schwarzenegger winning Mr. Universe in 1968 or Mark McGuire breaking the single-season homerun record? I'm sure you will make a crack about Mark's alleged juicing. Well, at least he was playing a sport with his muscles.

If the huffy people are still reading, they're probably thinking, it's hard work to train to have this body. "I'm a body builder," is a manly way to say you're a model with gross muscles. If body building is a sport then Miss Jay is like Vince Lombardi. Trust me, I just caught a glimpse of that show while I was channel flipping. I didn't watch it ... too much.

Big strong people have sports though like The Strongest Man, but I think that ended in the 80s. I only know about that because I saw a couple of them on ESPN 9 or something like that. I thought it was funny to watch them lift tires or European cars. Oh well, at least you bodybuilders have Arnold to look up to as a role model. I'm not knocking him at all, but there hasn't been any stand outs since. We know Arnold because he made movies and runs California now, but if I dropped the names Jay Cutler or Alexey Netesanov, would you be able to tell me who they are or pick them out in a crowd? You'll probably Google them later. I had to.

It may be semantics or word choice, but there is a strong difference in sports and competitions. You don't have friends over to watch the 65-inch, flat screen to watch men and women flex. If I had a choice between body building and a hot dog-eating contest, I think I'd choose food. Someone might vomit and that's entertaining.



Bodybuilding

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. Suit up ladies ... it's game time.



WHITTINGTON



STAUFFER

Only the strong survive

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

It's 4 a.m., your eyes are still squinting because you're not awake yet and the musky smell of sweat fills your nose. You look around the gym and see everyone else grunting and pushing. Disgust fills your head and when you look in the mirror a fuel of rage and determination consumes your body. It's time to go to work.

The sport of bodybuilding has consumed the world since the 19th century, pitting you against everyone. But in the end only one man will prosper, and he shall be called Mr. Olympia.

In this new modern age, the game has changed due to dietary supplements and body enhancing chemicals, but the weights will always stay the same.

The human body is a piece of clay that can be sculpted and molded into almost anything desired, but unlike ball-wielding delinquents or those who try and hit things, it takes time and discipline to create the perfect physique.

Anyschmuck can pick up a ball and learn how to throw it, catch it or hit it. But the sheer amazement of a person perfecting their

body is a force to be reckoned with. It comes with maturity and the will to be better.

What people fail to realize are the factors that go into accomplishing such a feat. Skeptics may think it's a matter of lifting heavy weights. And although this may play a large role in getting to where one wants to be, it's not enough.

Eating is a huge part of bodybuilding because it's what fuels the body. According to bodybuilding.com, a bodybuilder will consume more than 3,000 calories a day. That's 1,000 more than the daily value of the average person. The difference is this is healthy eating.

And believe it or not, bodybuilders perform cardiovascular exercise. They might not be track stars, but they make good use of cardio equipment. I'm sure no one has really seen a bodybuilder run because in all actuality they waddle at a very fast pace.

Some might say that all bodybuilders are needle-injecting, pill-popping steroid junkies and that's the only way they can do what they do. And to that I say stick another Twinkie in your mouth before you get off the couch.

It's not for everyone, but everyone can attempt it. Just like basketball players are tall, bodybuilders are bred from genetics. They're almost like a super

race of muscular structured beings. It's funny how people like to judge others on appearance, so what can you say about a bodybuilder? Would you call them ugly and vain? How about the coined phrase "meat head," which almost every jock in the world has been called?

I would call them perfect or striving to be. Look at Arnold Schwarzenegger. He was awarded the title of Mr. Universe at age 22 and went on to win the Mr. Olympia contest a total of seven times.

He's gained worldwide fame as a Hollywood action film icon and is now the serving as the 38th governor of California. Somebody, tell me where he went wrong in his strife for perfection.



...unlike ball-wielding delinquents or those who try and hit things, it takes time and discipline to create the perfect physique."

“I'm a body builder," is a manly way to say you're a model with gross muscles. If body building is a sport then Miss Jay is like Vince Lombardi.”

READY FOR RUGBY



Christine Cabalo | Hawaii Marine

Hanno O'Neill, landscaper, The Lodge, begins to kick a rugby ball during a practice drill June 3 near Building 216. O'Neill is one of several regular players who team up to play weekly games. O'Neill said he's looking for more players at Marine Corps Base Hawaii.



Kristen Wong | Hawaii Marine

Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, of Houston, returns from the water at White Plains Beach June 6.

SURE, from B-1

Candilasa, of Pearl City, instructed participants on surfing on June 6. Shortboards are often used for doing tricks.

While White Plains Beach has better conditions for beginning surfers, Candilasa said more advanced surfers usually go for North Shore waves. Although everyone is different, he estimates the average person practicing every weekend could learn basic wave catching in about a month. He recommends a lot of practice.

"It's hard just to get up one day, go out surfing and be able to catch a lot of waves," Candilasa said.

Candilasa, who has been surfing for about 10 years, has been an instructor for four years. He said one of the common mistakes people make is attempting to stand on the board as soon as a wave hits.

"You know you're on the wave when you stop paddling and you're going at a pretty good speed," Candilasa said. "From there that's when you know you want to stand up."

He recommended that people wear rash guards, which are essentially surfing shirts, because surfing without a top can cause skin rashes.

Sgt. Thomas Howard, motor

transport mechanic, Combat Logistics Battalion 3, of Tifton, Ga., is the vice president of SMSP. He remembered his first time surfing as being "cool" but "painful," because he forgot to wear a rash guard.

"That was awesome," said Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, soaking wet from head to toe, board in hand. "It felt good out there standing on the board ... I've been here for three years and I finally decided to try out the island."

Castelan, of Houston, said this was his fifth time coming to White Plains Beach. Until June 6, he'd called previous times surfing as "attempts."

"I can finally say I went surfing," Castelan said.

For others, June 6 was the first time surfing, like Cpl. Andrew Lahey, bandsman, U.S. Marine Corps Forces Pacific, Band. Lahey, a volunteer for SMSP, said the hardest part about surfing was "reading the wave."

"I got up [on the board] twice and spent the rest of the time making a ginormous fool of myself," said Lahey, of Sycamore, Ill.

"It's an all in all good time," Howard said. "We get to meet new people and have a lovely little meal."

For more information on SMSP, call Cisneros at 254-7593.