

Air defender wins 8th Army Boxing Championship



COURTESY PHOTO

Josh "Kid" Kidwell spars with Gerald Henderson during the championship round of the 8th Army Boxing Tournament.

'When I was in middle school I was always getting in to fights. I thought my talent might carry over to the boxing ring. The first time I walked into the [boxing] gym I fell in love with it.'

Josh Kidwell
HHB 1-43 ADA Bn.

1ST LT. DAVID C. MARLOW

Special to The Monitor

CAMP CASEY, Republic of Korea – On Oct. 22 a crowd of Soldiers packed into the Carey Fitness Center to see the Championship bouts of the 8th Army Boxing Tournament.

After a hard battle in which both boxers were knocked down, Josh Kidwell, hailing from Martinsburg, West Virginia of Headquarters and Headquarters Battery, 1-43 Air Defense Artillery Battalion, emerged victorious as the 8th Army Light-Heavyweight Champion. Kidwell, a 14J Air Defense Tactical Operations Center Operator/Maintainer, defeated Gerald Henderson in a three round fight that was won by decision.

In the three-day tournament Kidwell fought the first day and won by decision. On the second day he received a bye. On the third and final day of the tournament, Kidwell was knocked down in the first round of the championship. He came back strong

and in the third round, knocking down Henderson who was the recipient of a standing eight count.

After his victory in the championship, Kidwell credited his win to his intense and dedicated training schedule. "The hardest part about boxing here in Korea is that you have to train yourself. I love the sport and dedicate most of my free-time to it, but I frequently call back to my old trainer to get his advice but its not the same as having someone here to constantly drill you."

Boxing has been more than a past time to Kidwell; it also helped give his life discipline and direction. "When I was in middle school I was always getting in to fights. I thought my talent might carry over to the boxing ring. The first time I walked into the [boxing] gym I fell in love with it."

His record today stands at eight and three with four knockouts. When asked what was next for him, Kidwell said, "My next step is trying out for the All-Army Boxing Team. My paperwork is in and I am set to go to the trials at Fort Huachuca in January."

Safety issues abound for use of sports supplements

RONDA ADDY

Special to The Monitor

A recent Harvard study said that more than 11 million males in the United States have used sports supplements to enhance their athletic performance. Despite many individuals taking these sports supplements or ergogenic aids, the questions remain: Do they really work and are they safe?

Sports supplements come in all kinds of different forms such as vitamins, synthetic drugs and hormones, most of which are available over the counter without a prescription. The majority of sports supplements are unregulated by the FDA, so under the U.S. Dietary Supplement Act, they are not required to prove that they are safe, effective or accurate in the amount of an ingredient printed on the label. Plus, they could contain toxins and other unidentified substances.

While there haven't been any tests conducted on how sports supplements affect kids and teens, there have been tests on adults. The studies show

sports supplements don't make you stronger, and they don't help you run faster. They may, in fact, cause serious health conditions.

Look at some supplements on the market and how they affect the body.

- Anabolic steroids. These are hormones designed to help the body build muscle tissue and increase muscle mass. Taking anabolic steroids can cause heart disease, high blood pressure, cancer, liver damage, sleep problems, stroke, baldness, severe acne and urinary problems. In addition, taking anabolic steroids can cause mood swings, irritability, depression, aggressive behavior and suicidal thoughts.

- Androstenedione. Also known as andro, this drug is believed to cause increased muscle mass, but none of the studies conducted have shown that it does. The long-term effects from taking andro have not been determined, but it has been banned from use by several sports organizations. The side effects of androstenedione are similar to those of anabolic

steroids. In addition to those side effects, other risks include infertility, testicular cancer, hormone imbalances and an increased risk for heart disease.

- Caffeine. Caffeine comes in the form of coffee, tea, chocolate and caffeinated soft drinks. It is shown to improve alertness, mood and endurance by promoting the breakdown of fat. Caffeine can cause headaches, dizziness, tremors, insomnia, nervousness and increased urination.

- Creatine. Creatine is used to increase performance in high-intensity, short-duration sports. There are conflicting studies, some showing some improvement and others showing no benefits. Taking creatine could cause an upset stomach, water retention, muscle cramps and possible kidney problems.

- Protein. Doubling the recommended dietary allowance of protein will meet the needs of athletes who are strength training. For adults, the RDA is 0.8 grams of protein per one kilogram of body weight (weight in

kilograms = weight in pounds divided by 2.2). Taking anything more than twice the RDA will not help, and in fact, it could cause harm. Kidney problems can be caused by excess protein, and some protein foods have large amounts of cholesterol and saturated fat, which can lead to heart disease.

Before you rush out and start taking a sports supplement, consult a doctor who knows something about sports supplements and can advise you on their usage. They can help you determine how the supplements will interact with other medications you are taking and tell you what side effects to look out for. Also take the time to research each one; buy brands made by reputable manufacturers, follow the directions and don't take more than the recommended dosage.

Instead of supplements, try eating better and more often. Train smarter and harder. Don't smoke, drink or take drugs. Seek the help of a professional, such as a coach or sports medicine specialist.

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