

Hawaii MARINE SPORTS

Hawaii Marine C Section

April 18, 2003

Pedaling the day away



Cpl. Jason E. Miller

Participants in the Lanikai triathlon rode the 12-mile bicycling portion mostly aboard MCB Hawaii, Kaneohe Bay, Sunday, in the early morning. Competitors came in through the back gate and up Mokapu Road, turned toward Ft. Hase Beach, then climbed the hill to the rifle range. The turnaround point for the 12-mile ride was at the top of the rifle range hill.

Marine Corps chess team recruits

Marines interested in being selected for the All-Marine Chess team must submit resumes by June 13.

Resumes must include the applicant's U. S. Chess Federation membership identification number and state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years, along with the date, place, event and standing.

All packages must contain command endorsement stating that the Marine will be available to attend all events if selected, and should be sent through the local command Marine Corps Community Services Semper Fit Office for coordination.

Resume forms are available at www.usmcmccs.org under Semper Fit, Recreation, Chess, or may be picked up from the Semper Fit Center.

Resumes should be forwarded to Headquarters USMC (MRS), ATTN: Robin Keaton, 3280 Russell Road, Quantico, VA 22134.

Resumes can also be faxed to (703) 784-9822.

Send e-mail to allmarine_chess@usmcmccs.org.

Service members shoot it out during the PacDiv matches

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The Pacific Division Matches, hosted by the commanding general, MCB Hawaii, Kaneohe Bay, were held at Pu'uoloa Range, March 13 through April 11.

For the first time, other branches of the Armed Forces and civilians participated.

The primary objective of the Marine Corps Competition-in-Arms program is to further enhance combat marksmanship proficiency in the Marine Corps.

And, improve their marksmanship is exactly what more than 70 shooters did during the four-week-long competition.

During the first week, the competitors practiced dry-firing their

weapons, along with enhancing their trigger control and sight alignment on the targets. They also took a written exam to test their knowledge on marksmanship skills.

During the second week, several live-fire exercises were conducted to further enhance sight alignment and to zero the rifles to fire well-aimed shots.

The third week was when coaches formed their teams in accordance with the capabilities of each shooter. Each team was composed of a tyro, a competitor who was firing for the first time; a sergeant or below; and the fourth individual was of any rank or experience.

"After completing this four-week course, these shooters be-

come firmly rooted in their skills," said Master Gunnery Sgt. Kenneth Roxburgh, staff non-commissioned officer for the Marine Corps Shooting Team in Quantico, Va. "These are the best trained marksman in the Corps. They can communicate their knowledge to Marines, Sailors or soldiers back at their units."

During the competition, the competitors fired at targets from 200, 300 and 500 meters in the sitting, standing and kneeling positions.

"I was proud of myself for winning the Pacific Division Individual Rifle Championship," said Sgt. James Wood, a primary marksmanship instructor for K-

See PACDIV, C-6



Lance Cpl. Monroe F. Seigle

During the 2003 Pacific Division Matches, service members from all branches of the military gathered at Pu'uoloa Range to decide the best marksmen in the Pacific region.

Marine drops gloves to pick up rifle

John Gunn
Special to Hawaii Marine

It's "Semper Fi" for a Chicago fighter called to active duty.

Morgan McGarry fought his way to last week's Chicago Golden Gloves boxing finals, only to be called away by a bigger fight, the *Chicago Tribune* reported.

McGarry, 22, is being summoned by the Marine Corps. He was scheduled to leave home April 2. Then late April 1 his departure was postponed to Tuesday. He is likely bound to Camp Pendleton, then perhaps to active duty in Iraq.

"I got a call and was told, 'Pack your bags!' " said McGarry, a member of the Marine Corps Reserves based in Joliet, Ill.

In January, he and one other member of 1st Bn, 14th Marines, volunteered to be called to active duty.

"I didn't consult with my parents or anyone. I just thought I've got to do what I've got to do," McGarry said.

Thinking he would be leaving last week, he stopped his boxing training and began preparing to depart, said the *Tribune*. That included several goodbye parties with friends.

"I'm not focused on boxing anymore. I'm not ready to box."

That means he forfeited April 13's 152-pound open final. Although it was supposed to be his

See BOXER, C-6

Marine Corps Marathon online sign-ups activated

The 28th annual Marine Corps Marathon is accepting online applications for its registration lottery.

Applications will be accepted until May 19, and they will be randomly drawn for five consecutive Tuesdays, beginning Tuesday.

For more information about the lottery, log onto the Web at www.marine-marathon.com.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Presents its 'Got Surf' Clinic, Tomorrow

Marine Corps Base Hawaii youth are invited to the MCCS Youth Activities Surf Clinic, Saturday. The clinic will be held from 1 until 4 p.m. at Pyramid Rock Beach and requires participation in a swim test at the base pool prior to enrollment.

The swim test includes a 200-meter swim and treading water for 1-minute. The swim test will be held today at 4 p.m.

Registration is first come, first served and will be accepted at Youth Activities, Bldg. 5082.

For more information on the 'Got Surf Clinic', call Clark Abbey at 254-7610.

Spring Surf Showdown Rolls In

Show off your surfing skills at the MCB Hawaii Surf Showdown at Pyramid Rock Beach, April 26 from 7 a.m. to 5 p.m. Active duty, family members, and DoD cardholders are

welcome to compete.

There will be both surfing and bodyboarding divisions in age ranges 14 years and under, 15 - 19, men's 18 - 30, men's master's 31 and up, women's open, and both a women's and men's longboarding.

The entry fee is \$20, \$30 for day-of-event. Registration includes a free T-shirt.

To learn more on how to show off at the Surf Showdown, call 254-7655.

Marina Staff Invites All to "Sit on the Dock"

The marina will host its annual Day on the Docks May 4 - 5 as nothing beats a relaxing Sunday spent fishing, except for a fun-filled Sunday the fifth Annual Day on the Docks Fishing Tournament.

The event begins at 9:30 a.m. and includes all of the excitement that you can handle — for a Sunday at least.

Come down to the marina and register for the Fishing Tournament of the year. Bring the entire family to participate in some fun activities.

Watch demonstrations from numerous organizations including Water Safety, the U.S. Coast Guard Auxiliary, Mahalo Kai Fish & Dive Charters and more.

This year's theme is "Protecting our Fragile Marine Environment," and you can learn about the beautiful ocean ecosystem that surrounds MCB Hawaii.

For more information, call 254-7667

Marina Offers Sailing Lessons in Time for Spring

Spring into spring at the Base Marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water-skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat-launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information on what the base marina has to offer, call 254-7667.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information, call the Klipper Golf Course at 254-2107.

Adventure Training to be Unveiled

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and do PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call the base marina at 254-7667 for more information.

April Brings Health Promotions

The MCCS Health Promotion Activity department has set up displays around base this month. Display topics include "Alcohol and Substance Abuse Awareness and Prevention" and "STD/HIV Awareness and Prevention."

Keep an eye out at such locations as Anderson Hall, Mokapu Mall and the Semper Fit Center.

For more information regarding health promotions during the month of April, call 254-7636.

Semper Fit Hosts Bench Press Contest

Headquarters Bn., MCB

Hawaii, will be hosting its annual Bench Press Contest, May 3 at 9 a.m. at the Semper Fit Center aboard Kaneohe Bay.

The event is open to all authorized patrons, active duty, family members, reservists, retirees and DoD civilians.

Weigh-ins will go May 2 from 8 a.m. to 4 p.m. and May 3 from 7:15 to 8:15 a.m. Trophies will be awarded to notable winners.

Entry fees include an event T-shirt.

For more information on the Bench Press Classic and Team Challenge, call 254-7597.

Sharkey's Quick Bite Opens

Whether at the base marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the base marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For more details, call Sharkey's Quick Bite at 254-7641.

Paintball Takes Aim

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

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

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.

For more details, call owner Roland Manahan at 265-4283 or the Single Marine & Sailor Program at 254-7593.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Base All Stars

NAME: James W. Woods

BILLET: Block NCO at the Rifle Range Training Facility, aboard Kaneohe Bay

UNIT: MALS-24

SPORT: Competitive Shooting

• He has fired expert rifleman five times since enlisting in the Marine Corps more than four years ago.

• A Walton, Ga., native, Woods left this year's Pacific Division Rifle Championship as the victor.

• Wood also won the Bronze Medal in the Pacific Division Rifle Championships in 2001 and 2002.



Lance Cpl. Monroe F. Seigle

"The most important aspect of marksmanship is being able to teach other Marines. It is the hallmark of being a Marine."

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

• Saturday at 8 a.m., the Hawaiian Trail and Mountain Club will take a 2-mile trip in Lua'Alaea. This slender sister to Manoa Falls offers a very beautiful lush tropical foliage, along with mud and mosquitos.

For more information on the Lua'Alaea hike, call route coordinator Roy Kikuta at 623-2427.

• Sunday, April 27 at 8 a.m., the club will take a 6-mile trip on the Wailupe Loop.

A valley stroll turns into a long steep climb, then into a tight rope walk along the Ko'olau Summit, and finally completes with a tree-grabber descent.

For more information on this 6-mile hike call, 528-1206.

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is April 25, from 5:45 - 10:15 p.m. and April 26 from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To preregister or for more information, contact the Hunter Education Office at 587-0200.

University of Hawaii to Sponsor Summer Baseball Camp for Youth

Future baseball players from 8 - 18 years old can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our Rainbow Baseball Camp," said Mike Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the

camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn), a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their own lunch.

For more information about the summer baseball camp for youth, call the Office of Intercollegiate Athletics at 956-6247.

Bellows Hosts Outdoor Recreation

Just because spring is upon us does not mean you have to be a couch potato.

You can 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.

Also 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 on outdoor recreation offered by Bellows, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat. Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This 8-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military health and weight standards.

For more information, call ShipShape at 471-9355.

SPORTS AROUND THE CORPS

Adventurers hike to the summit of Three Peaks

Cpl. Jan Bender
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — With the sometimes monotonous humdrum of day-to-day life, service members and their families can easily get caught up in all the details, and be in desperate need for a get away.

April 5, Marine Corps Community Services' Outdoor Recreation, here, took a trip to Mikuradake National Park, more commonly known as Three Peaks, to get away from it all and to spend a day hiking in the Japanese countryside.

A van left IronWorks Gym at 8 a.m., loaded with hiking enthusiasts from around the station who attended the trip. Following a one-hour drive, the group arrived at the bottom of the mountains and readied itself for a day of hiking.

After a quick brief and a little stretching, the group double-checked its gear, established partners, ensured all had whistles in case of an emergency and hit the trails.

The trails started off fairly simple, but grew more difficult as the hikers neared the summit. Armed with rugged hiking boots, along with an appetite for adventure, the hikers seemed to have no problem with the untamed terrain.

"I've already climbed [Mt.] Fuji, so this wasn't a bad climb," said Dilva Erhart, hiking enthusiast. "We took our time. I really



Cpl. Jan Bender

(Right to left) Connie Case; her husband, Sgt. Rick Case, the Ordnance Shop supervisor with Marine Fighter Attack Squadron 212; and Bobby Dillard, Outdoor Recreation director with Marine Corps Community Services, hike their way up to the summit of Three Peaks.

enjoyed it, especially the part of the trails that had the ferns growing along either side. That was just beautiful."

Erhart's climbing partner, Navy Lt. Seon Jones, a Marine

Electronic Warfare Squadron 3 flight surgeon, was just as enthusiastic about the scenery.

"A lot of the rock faces on our way up the mountain were pretty impressive; they looked like

great places to climb."

Once the hikers made it to the summit, they could stand atop the first peak and see for miles in every direction.

"It was definitely worth the

climb. I'm glad I brought the camera, but I wish I would have thought to bring the binoculars," said Jones, laughing. "What a view."

Some stopped at the summit to eat lunch, while others hungry for more adventure headed down the other side of the mountain and met up with a slightly different challenge than they had seen on the way up.

Using a series of chains and steel steps was the only way the hikers could hope to conquer the steep rock faces and deep gorges on the other side.

"It was very empowering," said Chief Warrant Officer 3 Jill Smith, Traffic Management Office officer-in-charge. "I felt like 'super woman' climbing down with those chains."

Safely navigating its way down the backside of the mountain, the whole group met up in a log cabin style lodge at the foot of the mountain.

There they could soothe any aches and pains with a cup of green tea and homemade cookies, while trading stories about their hike before piling into the van for the trip home.

Bobby Dillard MCCS Outdoor Recreation director and guide for the hike, explained its significance.

"This is the first hike of the season and Three Peaks is always a great place to start," said Dillard. "We hike these smaller mountains to get built up for tougher climbs like Mt. Fuji, coming up this summer."



spotlight on health

Old ankle sprains increase injury risk

NAPS
Featurettes

Ankle injuries may end the careers of pro basketball star Grant Hill and tennis champion Martina Hingis, but their plight could be a valuable lesson for anyone now getting back into fitness and sports.

You need to get your ankles checked for chronic instability caused by sprains and other injuries that might not have healed properly years ago.

According to experts from the American College of Foot and Ankle Surgeons, many who have suffered ankle sprains in the past could be at risk for more

serious damage as they age and try to stay in good physical condition.

It is estimated that one in four sports injuries involves the foot or ankle, and a majority of them occur from incomplete rehabilitation of earlier injuries.

"Many adult athletes who have had a previous injury that wasn't fully rehabilitated may experience swelling and pain as they increase their physical activity," said Robert Duggan, DPM, FACFAS. "But, pain isn't normal in the ankle area, even if you're starting to get back in shape."

Duggan adds that both serious athletes and weekend



Lance Cpl. Monroe F. Seigle

For baby boomers looking to get in shape, it's important to address old ankle injuries and get checked out by a doctor.

sports participants often misunderstand how serious a sprain can be, and they rush back into action without taking time to rehabilitate the injury properly.

"A sprain that happened years ago can leave residual weakness. Subjecting the ankle to rigorous physical activity can further damage improperly healed ligaments and cause persistent pain and swelling," Duggan explained.

"For anyone hoping to regain past athletic fitness, it's recommended that you have that old ankle injury checked out by a podiatric foot and ankle surgeon before becoming active again."

Some sprains are severe enough to strain or tear the tendons on the outside of the ankle, called the peroneal tendons. However, new research shows

that more than 85 percent of athletes who had surgery to repair a torn peroneal tendon were able to return to full sporting activity within three months after the procedure.

"Peroneal tendon tears are an overlooked cause of lateral ankle pain," explained Amol Saxena, DPM, FACFAS. "Although surgery for athletically active patients shouldn't be taken lightly, surgical repair of the peroneal tendons is proving to be very successful in helping athletes with serious ankle problems return to full activity."

For more information on ankle sprain and other related injuries, visit www.acfas.org.

In-Line skating offers fun and fitness benefits

NAPS
Featurettes

As the weather warms up, people start to plan their outside exercise regimens — workouts that take advantage of the great outdoors while providing the best aerobic workout.

For many people, in-line skating is a fun way to get that workout while exploring the neighborhood's beauty.

Research conducted by the Exercise Science Department at the University of Massachusetts has revealed that in-line skating offers a muscular workout comparable to running and superior to stair-stepping or cycling.

Studies conducted during the past five years have shown in-line skating to have a number of health benefits, including the following:

- In-line skating can provide the same fitness benefits as running. A person weighing 150 pounds can burn nearly 360 calories in a 30-minute in-line skating workout.

- In-line skating produces less than half the impact shock to joints that running does.

- Routine in-line skating produces nearly the same increase in aerobic fitness that running does.

- In-line skating offers a comparable muscular workout to running and cycling, because the muscles work for a longer time during an in-line skating stride than in a running stride or a cycling crank cycle.

- In-line skating and running provide a stronger cardiovascular workout than exercising on stair-stepping machines.

- In-line skating has higher muscular activity levels for some muscles of the hips, thighs and shins than running or cycling.

For more information on benefits of in-line skating, and tips for beginning skaters, visit www.rollerblade.com.

Most popular exercise leads to healthier life

NAPS
Featurettes

Walking is America's most popular form of exercise. Doctors say walking also strengthens mental and emotional

well-being.

To make walking a part of your routine, follow these steps from the American Podiatric Medical Association:

- Before you get going, visit your podiatrist. He

or she can give you tips on shoes and exercises to make sure your feet are healthy and ready to walk.

- Choose a quality, lightweight walking shoe with breathable up-

per materials. Fit is vital.

- Wear padded socks.

- Move at a steady pace, brisk enough to make your heart beat faster. Breathe deeply.

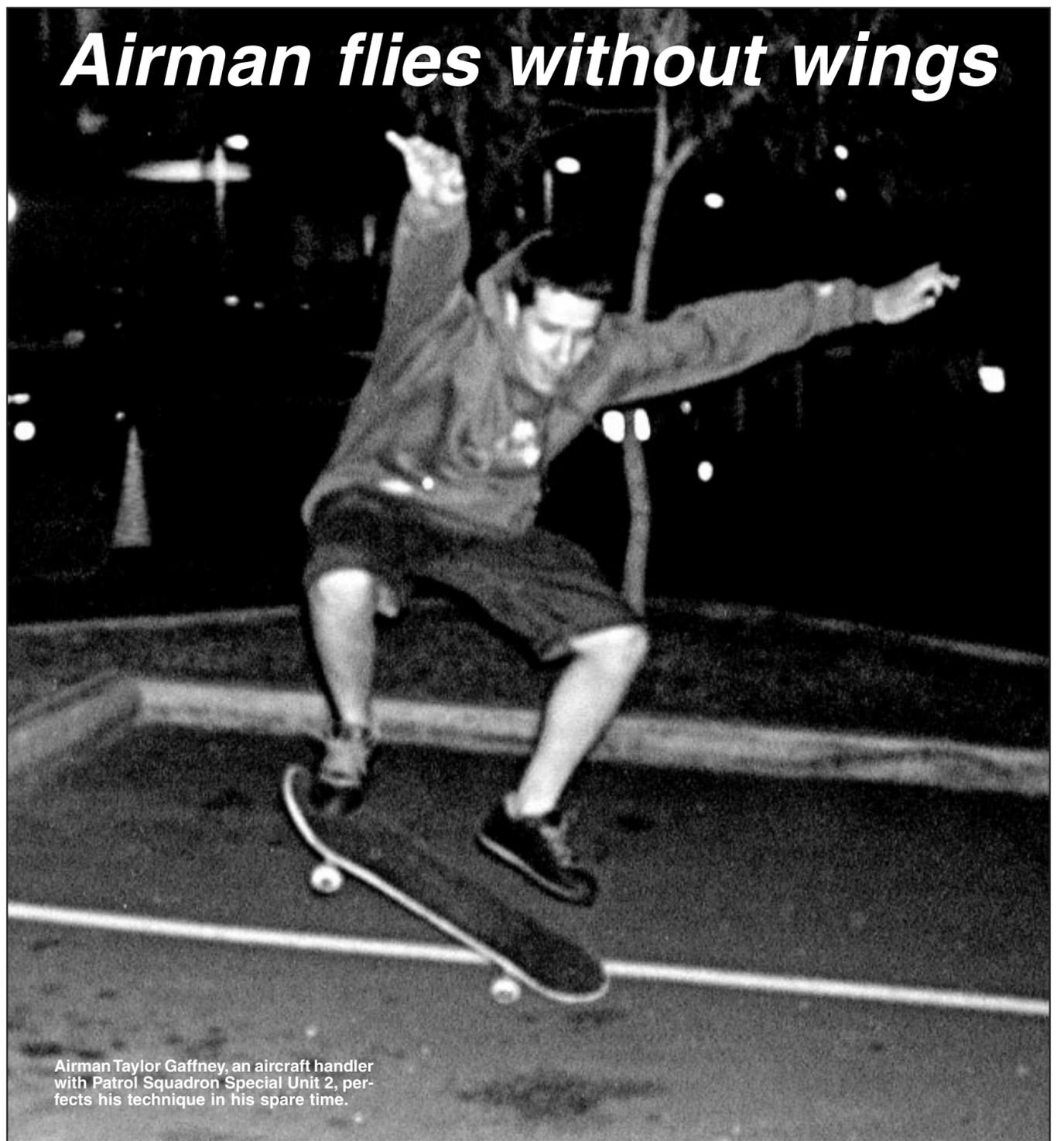
- Land on the heel of your foot and roll for-

ward to push off on the ball of your foot.

- Cool down after a long, brisk walk.

To get more information about proper foot care, log onto www.apma.org.

Airman flies without wings



Airman Taylor Gaffney, an aircraft handler with Patrol Squadron Special Unit 2, perfects his technique in his spare time.

Lance Cpl. Monroe F. Seigle

Tired Americans do little about how they feel

NAPS
Featurettes

A nationwide survey found 49 percent of all Americans are aware of tiredness, but they don't know that tiredness can be a symptom of a serious med-

ical condition.

"We all know what it feels like to be tired," said Elizabeth A. Battaglino, RN, director of Marketing and Consumer Affairs at the National Women's Health Resource Center that conducted the survey. "Because

the feeling is so common, it is only too easy to dismiss ongoing tiredness as normal and not get help."

Many people may be suffering from excessive sleepiness, a key symptom. This condition often results in decreased work

productivity and social interaction. One-third or 33 percent of those surveyed said fatigue stopped them from being productive.

Unfortunately, excessive

See *FATIGUE*, C-5



Staff Sgt. Robert Carlson

A recent Gallup poll found that two-thirds, 66 percent, of pet owners believe their pets smile. Yet, only one in five, 22 percent, ever brush their pets' teeth.

Pets need dental care, just like humans

NAPS Featurettes

Have you ever gone a day or two without brushing your teeth? If that thought makes you wrinkle your nose, think about going a lifetime without a toothbrush and toothpaste.

Many of our beloved pets may never benefit from a good brushing. Yet, daily brushing is a key component of the 3-Ds of pet dental health: Dentistry, diet and daily brushing.

"Without proper dental care, food particles and bacteria in your pet's mouth result in the formation of plaque and tartar, which can lead to more serious dental or systemic problems," explained Dr. Dan Carey, a veterinarian with the Iams Company. "While oral health issues are a very real concern for

the country's pets, the 3-Ds help keep our four-legged friends' teeth clean and healthy."

So, how do you get started on a pet dental care regimen?

Pet dental experts offer the following tips to help keep your pets grinning from ear to ear.

Dentistry: Just like you, all dogs and cats need to have their teeth professionally cleaned to help remove tartar buildup. In fact, among the 147 million household pets in the United States, tartar buildup and gingivitis are the No. 1 and No. 2 disorders reported by veterinarians, as referenced by the University of Minnesota in the Journal of the American Veterinary Medical Association.

Consult with your local veterinarian about your pet's dental health.

Diet: Which foods you choose to purchase can make a difference in reducing tartar buildup by up to 53 percent in dogs and 43 percent in cats.

Daily brushing: Daily brushing is an oft-overlooked aspect of pet care.

You may be surprised to know that by the age of three, dental issues — including plaque and tartar buildup — are present in approximately 80 percent of dogs and 70 percent of cats, according to the American Veterinary Dental Society.

To get started, check your local pet supply store for special toothbrushes and pet toothpaste.

Toothbrushes: Never use human toothpaste on your pet.

You can do something about your pet's dental health. Just remember the 3-Ds: Dentistry, diet and daily brushing.

Parents must help kids brush up on oral care

NAPS Featurettes

According to a Surgeon General's report, American kids are facing a silent oral health epidemic. A recent survey conducted by Crest, revealed that 61 percent of kids brush for one minute or less and 41 percent only once a day or less.

Actress Holly Robinson Peete, mother of three, found ways to encourage her children to follow an optimal oral health routine.

"As a child, I was terrified of the dentist, and I never wanted my own children to have that same phobia," says Peete. "So, I developed my own personal strategy for encouraging my kids to feel good about caring for their smiles in every way.

"Many parents don't realize that poor dental habits can have a serious effect on a child's overall health and well-being," says L.A. dentist Dr. Jennifer Holtzman. "The

good news is that prevention goes a long way.

"It is imperative that parents encourage their kids to brush for two minutes, twice a day and to floss daily."

Peete is vigilant about her kids' oral care and shares some tips for getting kids to care for their smiles:

Brush With a Song

•"It's easy to find a song that is two minutes or longer, which is about the amount of time that is recommended for kids to brush. I turn on an upbeat song that the kids love, and we brush for its duration to ensure we're putting in the right amount of time," said Peete.

Make Brushing Fun

•"Kids will brush for longer when they have fun doing it," Peete added.

Brush Together

•"Kids take cues from their parents, so I set a good example and brush

and floss with them daily. Parents reap the benefits, later, when their children begin brushing and flossing on their own," she continued.

Get Kids Ready for the Dentist

•"I'm vigilant about taking my kids for a check-up every six months, and it is something they look forward to. I prepare them by giving them an idea of what they can expect through books or role-playing exercises," said the actress.

Give Kids a Gold Star

•"I help my kids keep track of their brushing and flossing on a calendar by the sink with gold stars. At the end of each week, if they have the right amount of stars, we sometimes award a special prize.

"Setting my kids on the course to a healthy, beautiful smile for life is a big priority for me," Peete explained. "I make caring for their smiles as important as anything else."

FATIGUE, From C-4

sleepiness and fatigue often go unrecognized by physicians. One reason may be the manner in which patients describe their symptoms. A diagnosis may be missed by physicians who do not realize that excessive sleepiness and fatigue can be described by patients as difficulty concentrating and an overwhelming sense of tiredness and exhaustion.

"Those with ongoing tiredness or fatigue believe there is a certain stigma associated with their condition," explained Joyce Walsleben, Ph.D., director of the Sleep Disorders Center at NYU's School of Medicine. "They live with their symptoms out of fear that others will label them as lazy or complainers."

Despite widespread public discussions about the dangers associated with the over-reliance on coffee and sodas to make it through the day, 45 percent of people surveyed admitted to using caffeine or a similar stimulant — solely for maintaining alertness. Surprisingly, nearly half of all respondents were frequently tired, even after getting seven to eight hours of sleep.

As part of an awareness initiative, NWHRC developed information cards to encourage physicians and consumers to discuss these conditions. These cards contain assessment tools to help consumers determine whether their tiredness should be brought to the attention of a physician and to help physicians gauge whether their patients' tiredness is at a level requiring further evaluation.

SPORTS AROUND THE CORPS

Chargers tackle recruit training

Lance Cpl. Jess N. Levens
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — Professional football training is tough, according to Eric Parker, wide receiver, San Diego Chargers.

The players sprint, sweat, lift weights and crash into each other. These highly skilled athletes pour their hearts and souls into the game of football on a daily basis, similar to the way Marine Corps recruits strive to be Marines.

Five Chargers experienced a day in the life of a recruit when they pulled up to the yellow footprints in a San Diego Chargers van recently. They were immediately greeted by a team of receiving drill instructors with fire in their eyes and grit in their voices.

"Sit up straight!" demanded Staff Sgt. Daniel Santiago, senior drill instructor, Receiving Co. here. "Get

out of the van!"

The players scrambled.

"Get on line, right now!" screamed Santiago. "Arms at your sides. Tight fists!"

The players found themselves standing at the position of attention, staring the Marine Corps in the face.

Commands were screamed at them from every direction and when the dust cleared, these five gridiron giants had been transformed into recruits — cammies and all.

"That was intense," said Parker. "This is a higher level of training. I see some of this intensity in sports, but football doesn't come close to this."

"That was just five minutes of what goes on?" questioned Drew Brees, Chargers quarterback.

During two days of orientation, the San Diego Chargers received briefs on the Uniform Code of

Military Justice and water survival.

"[Swim qualification] looks very hard," said Parker. "Only specific training can prepare someone to pass that."

The finely tuned athletic machines revved themselves and zealously sprinted through the Obstacle Course, leaping, diving and climbing.

After lunch, they loaded up in a van and began their voyage to MCB Camp Pendleton, Calif., where they received briefs on Weapons and Field Training Bn. and the Indoor Simulated Marksmanship Trainer.

The Chargers returned to the depot after sundown and changed back into their civilian clothes.

They weren't quite ready to leave, however. They ran to the O'Course to conquer the obstacle that had beaten them — the rope climb. Despite their day of training, they still couldn't claim victory at the rope climb.

On day two, the football players toured the depot museum and observed a recruit graduation ceremony.

Their visit ended with an autograph session for depot Marines, but not before Sgt. Maj. Bruce A. Mackamul, depot sergeant major, and the Western Recruiting Region presented each with his "challenge" coins.

"The biggest thing isn't actually getting the autographs," said Mackamul. "It's meeting these larger-than-life people and knowing they support us."



Lance Cpl. Jess N. Levens

San Diego Chargers wide receiver Eric Parker passes an ammunition can to Donnie Edwards, linebacker. The Chargers executed "the Weaver," as part of their visit at Weapons and Field Training Bn. During their visit, they saw the different events of the "Crucible" and shot the Unknown Distance Course.

BOXER, From C-1

chance to win the Golden Gloves title that eluded him in a final in 1998, McGarry said the bigger battle and bigger arena that might lie ahead "is a little more important."

It also takes precedence over his construction job and over his plans

to become an electrician. He will be putting those on hold as he takes up the task he trained for three years ago at Ft. Sill, Okla.

"I've had artillery and infantry training, so we'll see what they have me doing, and where."

Whatever his assignment, McGarry should be in shape for it.

He has trained daily at the gym his father, Martin, a trainer and former boxer, built in their South Side Chicago garage.

The elder McGarry was a Chicago Golden Gloves middleweight champion in 1972, is in Ireland until this week for the wake of his brother.



Lance Cpl. Monroe F. Seigle

Army Spc. Joe Thibodeaux, a SAW gunner for 1st Bn., 25th Infantry Division, checks the impacts on his targets with an M49 spotting scope.

PACDIV, From C-1

Bay range. "It felt even better to become a distinguished marksman in the United States Marine Corps."

Wood won the Pacific Division Rifle Championship Matches after defeating more than 80 competitors and scoring 584 points and 40 Vs. A "V" is considered a bull's-eye shot.

Although other branches of the service did not place in the

competition, they were awarded trophies in categories pertaining to them April 11.

"You are all winners regardless of whether or not you got a trophy," said Brig. Gen. Jerry C. McAbee, commanding general for MCB Hawaii, during the awards presentation at the base theater. "Marksmanship skills are the hallmark of any great warrior. You have all improved your skills and come out a better rifleman."