

# Hawaii MARINE SPORTS

Hawaii Marine C Section

April 25, 2003

## 'Fruits of labor' prevail for soccer on K-Bay

**Sgt. Alexis R. Mulero**  
Combat Correspondent

In 1999, 15 service members aboard MCB Hawaii, Kaneohe Bay, felt a need to unite their efforts to promote soccer on base.

Three years later, the fruits of their labor are evident with more than 80 military and civilian athletes now participating in the K-Bay Soccer Club.

The club offers both military and civilians a year-round opportunity to enjoy a positive and competitive sport at a low cost.

"When I arrived at MCB Hawaii, there were many soccer players on base that were interested in playing the sport year-round," said Ian Brooks, the club's general manager, and a member of the MCB Hawaii Varsity Soccer Team, and two-time member of the All-Marine Soccer Team. "All of them including myself, only had the 3-month base intramural league to play in, and we surely wanted more."

The club is split up into three teams. Members may participate in the Men's Island Soccer Organization Team that is comprised of members of the MCB

Hawaii Men's Varsity Soccer Team and plays at Waipahu Soccer Complex. The Ranger Team is comprised of men and women who play in the Ranger League at Wailoa State Park, and the Over 30 Team which also plays at Wailoa.

The club hosts and participates in other events locally and off island, including youth soccer clinics, tournaments and referee clinics.

"Gerardo Penatta of the Over 30 Team and Brooks have done an outstanding job in developing players through their independent soccer club," said Steve Kalnasy, varsity sports coordinator, MCCS. "Many of the players have contributed in making the MCB Hawaii Varsity team into champions [2001/2002 Marine Forces Pacific Regional Champions], with a number of those players achieving success at the All-Marine and Armed Forces tournaments."

There is a \$50, one-time fee to participate in the club. The board members may request additional fees if the player is inactive for more than 10 months or quits.

Additionally, any members playing in the Ranger League, MISO League or U.S. Soccer Federation Tournament will need a USSF card.



Sgt. Alexis R. Mulero

Nala Voeun, a rigger at 1st Radio Bn., and Keston Lashley, support equipment technician at Marine Aviation Logistics Squadron 24, run after a loose ball during practice at Pop Warner Field, April 16.

The team uniforms cost \$35 each, and individual numbers are given out on a first come, first served basis.

"We want to encourage anyone inter-

ested in soccer to come out and play. It doesn't matter what your experience lev-

See **SOCCKER**, C-8

## Surf's up, pal!



Lance Cpl Monroe F. Seigle

Ian Masterson, a volunteer with Marine Corps Community Services, teaches residents aboard MCB Hawaii, Kaneohe Bay, how to surf at Pyramid Rock Beach April 19. During the class, students learned two basic fundamentals of surfing: How to properly position themselves on the board, and how to maneuver themselves when taking a wave.

## Marines get hit with new battle colors

**Lance Cpl. Monroe F. Seigle**  
Combat Correspondent

There were two fire teams and both had the same goal - to capture the enemy's flag and take it into the rear of the enemy's territory, traversing through the enemy's perimeter with the flag in hand.

With only 5 minutes to accomplish this, it was considered a "do-or-die" mission.

Three Marines aboard MCB Hawaii rallied against the clock to beat three civilians April 5 in the Marine Corps Community Services Paintball Tournament at Kaneohe Bay. Three-member teams competed in the round-robin, double-elimination tournament.

When any member was shot by the other team, he was automatically dropped from that particular game and his teammates continued without him.

"It was an absolute blast," said Evan Puterbaugh, a combat engineer with Headquarters Bn., MCB Hawaii. "It was something my teammates and I would love to do again."

Members of the triumphant trio were rewarded with a new paintball gun; however, in a gesture of good sportsmanship, the winning civilians gave their prizes to their Marine opponents who did not already own



Lance Cpl. Monroe F. Seigle

Evan Puterbaugh, a combat engineer; Janelle Myers, a supply clerk; and Steven Myers, a motor transport operator, all with Headquarters Bn., MCB Hawaii, pose for a group photo.

paintball guns.

"I was surprised they gave us something they won," said Janelle Myers, a supply clerk with Headquarters Bn., MCB Hawaii. "Now that we have our own guns, we can practice more often. This is something we want to play more often in our spare time."

"There are a limited amount of recreational activities on base," said Wayne Twaddell, non-commissioned officer in charge of the SNCO Academy at MCB Hawaii, and president of the Single Marine and Sailor Program. "Paintball is a healthy and enjoyable activity to participate in, and it's similar to some of our training."

## "Day on the Docks" offers fun for all

**Edward Hanlon V**  
MCCS Public Relations

Nothing beats a relaxing Sunday spent fishing except, perhaps a fun-filled Sunday spent at the Marine Corps Community Services' 5th Annual Day on the Docks fishing tournament.

This May 4 event will begin at 9:30 a.m. at the base marina aboard MCB Hawaii, Kaneohe Bay, and will include all of the excitement that

you and the family can handle. This year's theme is "Protecting our Fragile Marine Environment."

Come on down and register for the fishing tournament. Prizes will be awarded for first, second and third place; to the youngest boy and youngest girl; and for the smallest and biggest fish. Registration will begin promptly at 9:30 a.m., so get your favorite fishing cap on and come out early.

Bring everyone for free family fun activities, including Single Marine & Sailor Program face painting, fish displays, the bouncy house, and prize giveaways. The grand prize will be a child's bicycle, compliments of United Benefit Financial Service. You will also see demonstrations from numerous organizations such as Water Safety, the U.S.

See **DOCKS**, C-8



Courtesy of MCCS Marketing

Participating children line the Kaneohe Bay pier in hopes of catching the biggest fish.

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### Focus on Fitness Day, Today

Join the Semper Fit Center for fun fitness activities for all ages in celebration of the "Month of the Military Child." Also, there will be Semper Fit Center orientations for children over the age of 12.

If you want to get fit, call 254-7597.

### Over 30 Basketball Season Gears Up to Hit the Court

On Tuesday there will be an organizational meeting for men's 30 and over basketball.

The meeting will be held at 2 p.m. at the Semper Fit Center. Stop by and make your opinion count.

For more information, call 254-7591.

### Spring Surf Showdown Rolls In Tomorrow

Show off your surfing skills at the MCB Hawaii Surf Showdown at Pyramid Rock

Beach, Saturday 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 the day of the event. Registration includes a free T-shirt.

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

### 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 winners.

Entry fees include an event T-shirt.

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

### MAG-24 Sprint Triathlon Comes to K-Bay May 17

Hardcore athletes take notice: the 7th Annual Sprint Triathlon is right around the corner.

The event will be held aboard MCB Hawaii, Kaneohe Bay, at 7:30 a.m.; check-in goes at 5:30 a.m.

The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

All participants will be entered into a drawing to win a FELT F65 racing bike, with Shimano 105 components valued at more than \$1,000.

This event is made possible by Island Triathlon and Bike, Gatorade, FELT and Marine Corps Community Services.

Registration forms can be printed from the [www.mcshawaii.com](http://www.mcshawaii.com) Web site, or picked up at the MCCS Semper Fit Center.

For more information, call

254-7597.

### 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 call 254-7667.

### Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment, call the Kaneohe Bay Semper Fit Center at 254-7597, or Camp H.M. Smith at 477-5197.

### 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.



### 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 254-2107.

### Adventure Training Makes PT Fun

"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 254-7667 for more information.

### Sharkey's Quick Bite Open

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 information, call 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, call 265-4283.

## Base All Stars

NAME: Ian Masterson

BILLET: Senior ocean lifeguard for Marine Corps Community Services

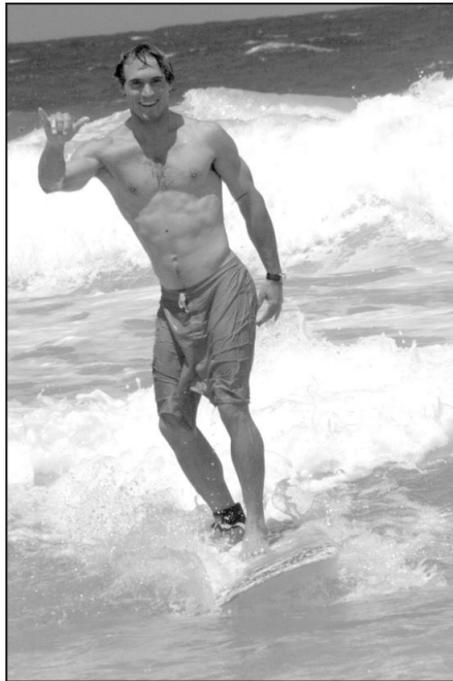
SPORT: Surfing

•Masterson has been surfing for more than 22 years.

•He organized the Surf Science and Technology course at Windward Community College.

•He was the winner of the Hans Hedermann Retro Surf Contest in Waikiki.

•He conquered a 40-foot wave at the Waimea Bay Surf competition.



Lance Cpl. Monroe F. Seigle

*"The surfing lifesytle keeps me young and positive."*

## COMMUNITY SPORTS

### HTMC Hosts Hikes and Climbs

•Sunday at 8 a.m., the Hawaii Trail Mountain Club will take a 6-mile trip on the Wailupe Loop. A valley stroll will turn into a long, steep climb, then into a tight-rope walk along the Ko'olau Summit, and finally complete with a tree-grabber descent.

For more information, call 528-1206.

•May 3 at 8 a.m., the club will take a 4-mile trip in Ulupaina. A pleasant hike overlooking the Valley of Temples awaits.

The course will starts on a contour trail before ascending the ridge where the soft ground under the ironwood trees at the top provides a nice lunch spot

For more information, call 455-0414

### 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 today, from 5:45 - 10:15 p.m. and Saturday 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.

For more information, contact the Hunter Education Office at 587-0200.

### UH to Sponsor Camps for Youth

Future baseball players from 8 to 18 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 on the University Hawaii's summer baseball camp for youth, call 956-6247.

### Bellows Hosts Outdoor Recreation

This spring you can be awash in Outdoor Activities at Bellows.

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

For more, call ShipShape at 471-9355.

# K-Bay Marine goes to all-military soccer tryouts

**Cpl. Jason E. Miller**  
Press Chief

Marine Corps Base Hawaii is full of exceptional athletes in just about every sport imaginable, including soccer.

One Marine, from Marine Corps Air Facility was recently selected to represent the base and the entire Marine Corps when she auditions in Virginia for the All Armed Forces, All Star National Team, next month.

Sarah Sorenson, a transient aircraft clerk with the visiting aircraft line at MCAF, is a 6-year soccer veteran who has been playing since she came aboard the base with the K-Bay soccer club.

Recently, she submitted a package for consideration for the All-Marine team and was accepted, until it was determined that there were not enough players to complete an entire team.

She was then referred to the tryouts for the All Armed Forces, All Star National Team.

If Sorenson is successful in tryouts, she will travel with the team to Germany, to battle several other countries for the All Military Soccer

World Championships.

"This just seems like such a great opportunity," said Sorenson. "I've been playing mostly against men here, and it has really upped my aggressiveness on the field. I think that will really help me out when I go to the tryouts."

Sorenson is a native of Illinois, but also did a lot of growing up in Tennessee, she says. She began playing soccer in high school because of advice from her now-deceased mother, from whom she draws inspiration and motivation everyday.

"My mom told me that soccer was a good sport to get involved in because it would be a lot of fun and keep me healthy," she said. "I haven't been able to quit since I started."

Sorenson also said that one of the main reasons she joined the Corps, was because her recruiter told her she would still have plenty of opportunity to pursue her soccer goals.

"I'm just really happy that the Marine Corps is giving me this opportunity," Sorenson said. "I'll just do my best out there and see how it comes out."



Cpl. Jason E. Miller

**Sarah Sorenson sets to drive a soccer ball into the net during one of her weekly practices. She is hoping to be kicking soccer balls in Germany within a month.**

## SPORTS AROUND THE CORPS

## 'The tribal council has spoken'

Staff Sgt. Jonathan E. Agee  
1st Marine Corps District

NAVAL STATION NEWPORT, R.I. — It is five past midnight at Naval Station Newport, and the base pool is open for a water survival class. Total darkness engulfs the pool, while explosions are blasting from a hidden speaker at the pool's entrance.

In the pool, a class of fully dressed Navy cadets swims laps. Clear above the explosions is the voice of the head swim instructor, giving directions to the swimmers. Her powerful voice falls in direct contrast to her skinny figure.

This is the first time the class has been to this training; yet, many people seem to recognize her. Maybe, if the setting were on an island in Thailand, the class would have been able to place the face of

this celebrity.

For most of the world, she is known as one of the last four contestants on "Survivor 5 Thailand," but for the cadets her, she is the survival swim instructor.

Helen O. Glover is finally able to discuss her journey as a contestant on Survivor. Until this point, she had been bound by a contractual agreement that would not allow her to discuss any aspects of the show.

Glover's life as the daughter of a Marine Corps colonel, her job aboard Naval Station Newport and her Marine son, all had an important impact to her advancing in "Survivor."

"I remember e-mailing my son, the Marine, and saying, 'hey guess what I did today. I put in an application for Survivor,'" remembered Glover.

Not long after Glover sent the e-mail to her son, she was selected as one of the first 500 applicants, while on vacation in Hawaii.

"My command was supportive, but I don't think they thought in a million years that I was going," said Glover.

"She has more energy than anyone I have ever met, and I thought she would win because of her tenacity," said Christine M. Hague, Naval Station Newport swim supervisor. "She is aggressive, she is forthright and she is very family oriented."

"My occupation and my background prepared me for 'Survivor,'" said Glover. "I moved every year, or just about every year, because my dad was in the Marines. Moving around helped me adapt to new situations."

Her current position as a survival instructor has also played a vital role in her success on "Survivor."

"Just dealing with different people all the time as a swim instructor, and having to deal with different personalities when teaching, you have to be very flexible," explained Glover.



Courtesy of CBS

During the "Survivor" series, castaway Helen Glover competes in the immunity challenge "Try Again."



Staff Sgt. Jonathan E. Agee

Helen Glover, survival swim instructor, teaches a class of Naval cadets important techniques that will help them survive in the event of a catastrophic ship emergency.

As the weeks passed and times got harder, Glover's ability to deal with people and adapt to different situations proved helpful. One of the toughest things she faced, however, was not her competitors or lack of food. Despite losing 30 pounds while on the island, Glover desired something more than food.

"As difficult as it was to be on really low rations, it was even more difficult to be separated from family," said Glover. "I really had a better understanding of what people who are in a war situation go through."

"I know, at one point, if I was offered a meal or a visit from family, I would have taken the visit from family."

"I know within the game of 'Survivor' there are no rules," explained Glover. "You can backstab and you can lie and that's fair. Coming back and living in this

community I wasn't going to do anything to dishonor my family, my name or my job."

Glover's command continues to support her and admits that her celebrity status hasn't changed her.

"All the success she did have hasn't changed her a bit," Navy Captain Dan Brennock, commanding officer of the officer training command. He added, tongue-in-cheek, "We'll keep her a while longer, and also we don't ever want to see her go on the 'Bachelorette' or any of that other stuff."

Glover is enjoying her celebrity experience and due to the experience she has been doing a lot of motivational speaking about "Survivor" and team building. She has also been part of a talk radio show and admits she would not mind choosing either of the two as a career choice in the future.

## 'Strongmen' compete for championship

Sgt. Nathan K. LaForte  
MCB Camp Butler

CAMP HANSEN, OKINAWA, Japan — The two men battling to cast each other off the 2-foot-wide balance beam resembled a chapter from Greek mythology, which spoke of the struggles of gods. Patrick Lynn proved the stronger as he tossed his rival, Greg Lundberg, from the battlefield, claiming the lightweight championship in the "Strongest Man Competition" at the Camp Hansen Recreation Sports Complex.

"This is the first event of its kind, and of this magnitude, that has been held here," the James Madison University student claimed. "I've researched different strongman competitions throughout the world to put together a contest made up of the more popular events. I wanted the kind of competition that would really pump up the crowd."

The contest had two categories; heavyweight, in excess of 200 pounds and lightweight, less than 200 pounds. There were no entries in the women's categories.

The contest consisted of five events: the iron cross, the dumbbell carry, the 'humvee' pull, the

tire-flip and the joust. Competition was fierce throughout the day in both weight classes.

The first event of the day was the iron cross, which involved each participant holding a sandbag in each hand at arm's length and above their shoulders for as long as possible. Heavyweights held 20-pound sandbags and lightweights held 15-pound bags.

Lynn won the event for the lightweights. There was a tie between Tony Weidenmann and Randolph Powell for first place in the heavyweight division.

Lynn stated that he was supremely confident in his and Lundberg's abilities to take the tournament.

"There is no doubt in my mind about our strength," Lynn declared. "We are going to take first and second in this competition."

As if feeling a need to emphasize his point, Lynn dominated the dumbbell carry. The dumbbell carry event required each person to carry a weight in each hand for as far as they could, and the winner would be judged by distance. The heavyweights carried 150-pound dumbbells and the lightweights carried 125-pound dumbbells.

A scare came when one of the



Sgt. Nathan K. LaForte

Daniel Campos grimaces in pain as he holds up two sand bags during the iron cross event. Campos won second place in the lightweight division of the Okinawa's Strongest Man competition. The competition was the first of its kind to take place on Okinawa.

competitors, Daniel Campos, fell over backward when trying to adjust the weight in his hands and both weights landed squarely on his stomach. Luckily, he was unhurt, but he said that he was disappointed

because he did not win the event.

The next event was the 'humvee' pull. Competitors were strapped to a 'humvee' and had to pull the vehicle 50 feet with the aid of a hand rope. This

was a timed event.

The tire-flip was next and each challenger had to flip a truck tire as many times as they could in the time limit of 60 seconds.

See STRONGMAN, C-5

# Personal trainer rated in top 24 — in world

**Cpl. John F. Silwanus**  
MCB Camp Butler

**CAMP FOSTER, OKINAWA, Japan** — Dana Wright sat at home waiting for her husband. He had spent the last several nights outside of the home.

While she was annoyed he was not with her, she knew he was safe. Her husband, Anthonie, is a "gym rat."

Anthonie's love of pumping iron kept him away from the household. Wright was unhappy about the situation, so she decided to see what all the fuss was about.

"I finally followed Anthonie to the gym, a couple of times," the Lackawanna, N.Y., native, explained. "I saw some muscle after a while, and I was hooked. I went with him every time I could."

As Wright continued her quest for strength, she found another way to increase her physique — aerobics. When she stepped into the aerobics class at the Cherry Point, N.C., gym, the class began like any other for the instructor, but for Wright it was an awakening.

"I saw the woman leading the aerobics class and immediately

thought to myself, 'I can do that,'" the future trainer said. "I started working toward my personal trainer certification after that."

Since achieving her certification, Wright has worked as a personal trainer and fitness coordinator on Camp Foster and Marine Corps Air Station Futenma. One of her more notable achievements thus far has been her recognition by *Muscle and Fitness* magazine. The May 2003 issue will have her listed as one of the top 24 personal trainers in the world.

"It was a great honor to be selected out of all the personal trainers in the world," the two-time bodybuilding competitor exclaimed. "It was a big morale boost for me."

Although accolades and recognition help keep her spirits high, she continues to strive to help people for other reasons.

Through her certification as a clinical exercise specialist, she is

able to help people with disabilities that include high blood pressure, diabetes, and the men-

tally handicapped.

Wright said she loves it when people see results. The results can be insignificant to other people but for those she works with, these results can mean a great deal.

"I was working with a [Department of Defense dependent school] teacher, who was over 60 and couldn't raise her arm over her head," Wright said. "After one month of twice-a-week workouts, she was able to do side-lateral raises. Some of the most important improvements are the small ones others take for granted."

Her clients believe that her attitude and straightforward personality make her a great personal trainer and a good friend.

"Dana doesn't hold any punches. She will tell you exactly what needs to be done," said

Sue Samuels, who has been working with Wright for about a month. "She tells you the truth but she tries to let you know that everyone has flaws. It really helps to know that she wants to improve herself as well."

"Anytime I am having a bad day, I can come work out with Dana, and she puts a smile on my face."

Wright attributes her upbeat attitude to several of her biggest supporters, and her faith.

"God is the one who gives me strength to keep going each day. He has blessed me so much," Wright said. "My husband is my biggest supporter. He is always behind me, helping to keep me going. I have two trainers as well, who always push me to do my best."

Even though Wright has been nominated among the top trainers in the world, she continues to improve herself. She said she intends to continue her education by completing her Master's degree in exercise physiology, as well as earning a certification as a "Healthy Lifestyles and Weight" consultant.



Cpl. John F. Silwanus

**Dana Wright, personal trainer and fitness coordinator, works with one of her clients at Gunners Gym on Camp Foster. Wright was recently named one of the top 24 personal trainers in the world by *Muscle and Fitness* magazine.**

## **STRONGMAN, From C-4**

onds. Competition stayed tight as each competitor remained within a few flips of each other.

"They are really pushing themselves out there," Jordan said. "They are putting out 110 percent and I have a lot of respect for the smaller contenders. They are not giving up."

After the break, the joust started and marked the final event of the day. Each challenger was placed in the lineup by how many points they had accumulated throughout the day. Those with fewer points, would start the event and have to make it through everyone for any hope of winning the day. Those with more points went last and conserved their strength.

All finesse was thrown out

the window as the matches disintegrated into a cross between pugil stick fighting and sumo wrestling. The competition became a simple shoving match with sticks, as each competitor would simply 'bum-rush' his opponent in hopes of knocking him off the beam first.

The heavyweight match was another story, as the third place challenger came from behind to take the tournament. According to Daniel Bullock, the heavyweight champion, weight was a factor in the competition, but he knew he had the will to win.

"There was never any doubt that Lundberg and I would not win," Lynn said. "It was fun for all of us just to get out here and compare to other people."

"We all wanted see how strong we really are," he added.



Sgt. Nathan K. LaForte

**Patrick Lynn, lightweight champion of Okinawa's Strongest Man Competition puts, on a monstrous effort as he hauls a Marine Humvee down the pavement during the Humvee pull in the competition. Each competitor battled his way through five events to prove who was the strongest.**



# spotlight on health

## Organizations find key to seeing, learning better

### NAPS

#### Featurettes

Here's something you can look at to help your children do better in school: get their eyes examined by an eye care professional.

Vision disorders are the most prevalent handicap among American children.

One in 10 preschoolers and one-fourth of school-age children have vision problems that can keep them from reaching their full learning and development potential.

Unfortunately, parents and teachers often have a blind spot when it comes to children's visual health.

Even though 80 percent of what a child learns comes through vision, 86 percent of preschoolers don't get an eye exam before entering school because parents mistakenly think simple screenings typically offered by schools and pediatricians are enough.

While screenings usually just test distance vision, a comprehensive eye exam tests for many of the basic skills kids

need to reach their full learning and development potential.

### The PEEK!

Preschool Eye Exams are Key program provides a list of basic skills not detected by simple screenings that preschoolers need to do their best in school:

•**Near vision**-the ability to see clearly and comfortably at 10 to 13 inches.

•**Distance vision**-the ability to see clearly and comfortably beyond arm's reach.

•**Binocular**-the ability to use both eyes together.

•**Eye movement skills**-the ability to

aim the eyes accurately, move them smoothly across a page and shift them quickly and accurately from one object to another.

•**Focusing skills**-the ability to keep both eyes accurately focused at the right distance to see clearly and to change focus quickly.

•**Peripheral awareness**-the ability to be aware of things located to the side while looking straight ahead.

•**Hand-eye coordination**-the ability to use the eyes and hands together.

Sears Optical has joined forces with the Vision Council of America, the National Association of Child Care Professionals and Children's World Learning Centers to create PEEK!: Preschool Eye Exams are Key.

Now in its second year, the program was developed to raise awareness among parents and teachers about the critical need for children to get a comprehensive eye exam before starting school.

For more information on the Preschool Eye Exams are Key program, log onto [www.searsoptical.com/peek](http://www.searsoptical.com/peek).



Lance Cpl. Monroe F. Seigle

Children at Mokapu Elementary School enjoy racing during a scheduled recess at the playground.

## LASIK vision correction surgery may be right for you

### NAPS

#### Featurettes

A growing number of people are electing to have laser vision correction, commonly known as LASIK, in hopes of eliminating the need for glasses or contact lenses. However, before you make an appointment for such a procedure, there are three key factors to consider:

1. Are you a good candidate for the procedure?

To begin the process of determining whether you are a good candidate for LASIK, you should consult with an eye care professional. Certain people are considered poor candidates: Anyone under age 18, women who are preg-

nant or nursing, and people with diabetes, herpes, AIDS, lupus, rheumatoid arthritis, multiple sclerosis and other diseases. It's important to realize that there are risks with LASIK surgery, as with any eye surgery, and that, dependent on the correction needed, the procedure may improve your vision but not completely eliminate your need for glasses or contacts. In addition, some conditions, such as presbyopia (an inability to focus from far to near, usually occurring after age 45), cannot be corrected with LASIK.

2. What kind of experience does your surgeon have?

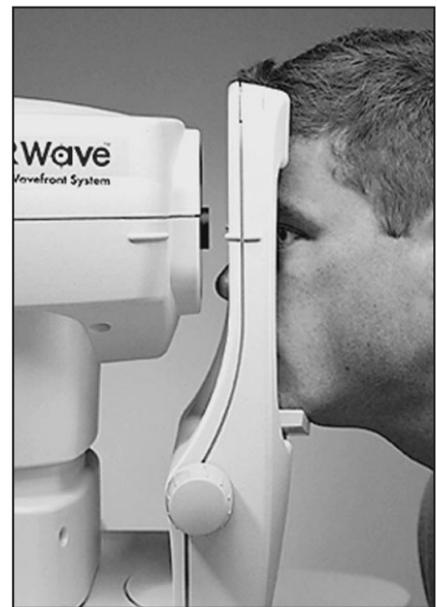
Don't be afraid to ask. Find out how long the physician has been performing laser vi-

sion correction surgeries, or how many procedures he/she has done. Also, look into how successful these procedures have been, and how many of the surgeon's cases have required re-treatment or follow-up surgery. It is always advisable to ask for a surgical referral from your regular eye doctor.

3. Make sure your doctor is using state-of-the-art equipment.

New LASIK technology, based on measuring your eye's power with a technique called wavefront sensing, is changing how eye surgeons can address your visual problems. A new procedure called CustomCornea® employs this new wavefront technolo-

gy as part of the LADARVision® system. This new system customizes the procedure to meet an individual's needs, and it is used to address both lower-order (nearsightedness, farsightedness, astigmatism) and higher-order aberrations. This is the only LASIK system available today that can address both lower- and higher-order aberrations. Experts in ophthalmology believe that higher-order aberrations may be linked to problems like glare and halos that can cause night vision problems, and are commonly associated with conventional LASIK side effects. For more information about selecting a LASIK physician, visit [www.ladarvision.com](http://www.ladarvision.com).



NAPS

# Internal Medicine docs provide care

**NAPS**  
Featurettes

They don't deliver babies, they don't treat children, and they don't do surgery. They do, however, play an important role in adult medicine.

The "they" in this case refers to doctors of internal medicine. Called "internists" or "general internists," these medical professionals have wide-ranging knowledge of complex diseases that affect adults.

The name comes from a German phrase-Innere Medizin-used to describe physicians who combined the science of the laboratory with the care of patients.

With in-depth training in adult medicine, an internist is often an excellent choice to help adult patients navigate the increasingly complex world of medical

care. Internists serve as primary care doctors.

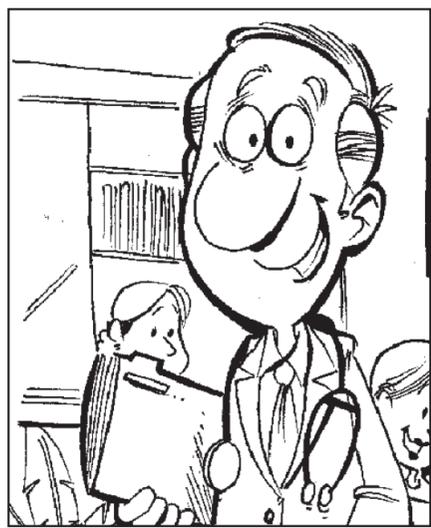
Often, internists care for their patients for life—from the teen years through old age. At least three of their seven or more years of medical school and postgraduate training are dedicated to learning how to prevent, diagnose, and treat diseases that affect adults.

An internist can treat you for something as routine as the flu or fatigue, or provide in-depth care for diseases such as diabetes, cancer or heart disease. Internists can choose to focus their practice on general internal medicine, or may take additional training to "subspecialize" in one of 13 areas of internal medicine. Cardiologists, for example, are doctors of internal medicine who specialize in diseases of the heart.

Unfortunately, despite internists' valuable contributions to America's health care, many people are still confused about internists and internal medicine.

To help the public better understand the benefits of establishing a relationship with this kind of doctor, the American College of Physicians, the medical society that represents the interests of 115,000 internal medicine physicians, has adopted the identifier "Doctors of Internal Medicine-Doctors for Adults®." The organization hopes the simple phrase will help alleviate the public's confusion about internists and internal medicine.

To learn more about internal medicine and internists and how you may benefit from their services, visit the organization's Web site, [www.doctorsforadults.com](http://www.doctorsforadults.com).



NAPS

## Marriage and family therapy helps service families thrive



Lance Cpl. Monroe F. Seigle

Lance Cpl. Melanie Taylor, a legal clerk with Headquarters Bn., MCB Hawaii, talks with her husband, Cpl. David Taylor, a general account balance file clerk with Combat Service Support Group 3.

**Heather Paynter**  
Tripler Army Medical Center  
Public Affairs Office

**HONOLULU** — No pressure and no stigma are emphasized at the Marriage and Family Therapy Center located at U.S. Army Health Clinic — Schofield Barracks, Hawaii.

The center had its grand opening Feb. 21 and since then "people have just kept coming," said Army Col. Linda Jellen, chief of the Department of Social Work at Tripler Army Medical Center.

The center, primarily for 25th Infantry Division soldiers and their families, focuses on couples counseling along with courses to deal with anger and stress management. "Our focus is to address these problems before people hit bottom," said Jellen.

The scheduling policy is flexible, allowing for walk-ins in the event of an emergency but appointments are strongly recommended, said Clinical

Coordinator Victor Voth, who oversees services at both the Schofield Clinic and at Tripler Army Medical Center for couples and families in the Honolulu area.

"If they are in crisis, we will see them today, otherwise, they can expect to have an appointment scheduled within the week," Voth said. "Don't wait for the crisis before coming in."

According to Jellen, this program is a reflection of the Army's growing focus on families. It is not the first of its kind, but is also not a program commonly seen on every Army post. A unique factor that made this program possible is that U.S. Army Hawaii and 25th Infantry Division (Light) have partnered with Tripler to finance the center. As a result, there are projected to be four full-time therapists hired by June to support the growing numbers of couples seeking counseling and therapy, Master's-level students in clinical social work and in mar-

riage and family therapy, receive graduate training while providing services to families.

They conduct many of the group therapy sessions under close supervision, and are invaluable to the center's success.

"They are very experienced and all have a background in providing mental health services," Voth said.

Couples are routinely seen in six to eight sessions depending on the situation. "Some of the problems are resolved fairly quickly," Jellen said.

"Sometimes groups are a good way (to talk it out)."

Though the program is relatively new, Jellen and Voth foresee the program continuing to grow. They have also seen the tremendous need for the center and feel a great satisfaction in being able to provide such a service.

For more information on services offered by the Marriage and Family Therapy Center, call 433-8550.

**SOCCKER,  
From C-1**

el is or if you want to play or coach," said Brooks.

Open tryouts for the club are on Tuesdays and Fridays at Pop Warner Field from 6 to 8 p.m.

For more information, visit the club's Web site at <http://kbaysoccer.tripos.com>, or call Ian Brooks at 782-1997. E-mail him at [mcbh-soccer@hotmail.com](mailto:mcbh-soccer@hotmail.com).



Sgt. Alexis R. Mulero

**Gerardo Panetta, staff noncommissioned officer in charge at the Rifle Range Training Facility aboard MCB Hawaii, Kaneohe Bay, and Gregory Allen, security manager at 1st Radio Bn., chase after Manuel Curielmillan, an air frames technician at Marine Aviation Logistics Support Squadron 24, as he is about to strike a goal.**

**DOCKS,  
From C-1**

Coast Guard Auxiliary, MCB Hawaii's Environmental Department and many more.

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Call 254-7667 for more details.