

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 1, 2003



On the Side

Steve n Kalnasy
Special to the
Hawaii Marine



BayFest champ paddles from Molokai to Oahu

After only three years of competition in paddle boarding, Hawaii's own Anthony Cambra III fulfilled one of his goals by completing the grueling Quicksilver Edition Molokai to Oahu paddleboard race, which was held on July 27.

Cambra finished 2nd in the 30-39 Elite category, and 8th overall with a time of 6:47:40. His time, just under an hour behind 1st place finisher Jaimie Mitchell of Australia, was impressive.

"A lot of the guys around me were dropping out," said Cambra about the competition. "I was resolved to make it all the way to Oahu."

In preparation for Sunday's race, Cambra won his second consecutive BayFest paddleboarding contest (which was held aboard MCB Hawaii the Fourth of July weekend).

"It was a great competition," he said.

Riding a gust of wind toward Coconut Island, he stayed right behind the lead paddler.

"I wanted to keep the pressure on," Cambra explained. "My strategy is to keep on their back until the last minute, and then I spring forward and take the win."

As a lifeguard at Fort DeRussy, Cambra is well suited for competition in the water.

"I began my sporting career in high school, where I was the state champion in the backstroke," he said. "In 1988, I won a trip to the Olympic trials representing Hawaii."

"Although I didn't make the Olympic team, I am very proud that I represented my state."

See **CAMBRA**, C-1

Old School shows off new tricks



Power forward Jeffrey Privott takes his chances with a foul shot during the intramural basketball championships July 25.

Base Facilities falls shy of intramural championship

Story and Photos by
Lance Cpl. Monroe F. Seigle
Combat Correspondent

It was a battle of wits and wisdom July 25 at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, when the "Old School" intramural basketball team clashed with the Base Facilities intramural team in the "30-and-Over" tournament for the intramural championship.

Both teams showed their years of skill and plenty of hard-earned sweat during the two 18-minute-long halves.

Both teams showed what they were really made of during the first half — plenty of skill and guts — as each team traded three-point leads.

Power forward Jeffrey Privott of the Old School went to the hoop seven times and sunk three free throws, making Base Facilities put more coverage on him to cool his red-hot streak of nothing-but-net shots.

With Privott leading Base Facilities in circles trying to defend him, another problem surfaced. Foul shots continued to rack up points on both sides of the scoreboard when both teams had more than six personal fouls.

When the first half came to a close, the Old School boys led 24-21. The game was far from over. With both teams thriving on several doses of adrenaline, the second half proved to be a test of will and determination.

Back on the floor after a short break between halves, the second half came to life with an awesome field goal by Privott, followed by two more points from the free throw after a personal foul.

It appeared the Old School warriors had found the Base Facilities' weakness. Desperate to catch Old School's lead, they made several grave mistakes that proved to be their fate in the final moments of the game.

Leaving Old School's finest weapon unguarded, Privott continued to strut around the Base Facilities' crumbling

See **INTRAMURALS**, C-6

MAG-24 defeats HQBN in soccer finals

Sgt. Joseph A. Lee
Combat Correspondent

The intramural soccer tournament champions, Marine Aircraft Group 24, defeated Headquarters Bn., MCB Hawaii, July 25, with a single goal, scored by Antwan Plunkett in the second half of the championship game.

The defending tournament champions, Headquarters Bn., didn't go down without a fight, as many considered this to be one of the best-matched games of the season.

"It was a tough loss, but you couldn't ask for a better soccer game," said Andy Gasper, coach of Headquarters Bn. "I'm really at a loss for words; our guys gave a hundred percent, but that's just how the ball bounces sometimes."

With a barrage of shots both teams fired throughout the game, it was really a game for the goalkeepers. Though Headquarters Bn. keeper T.J. Byers let one goal trickle by, while MAG-24 keeper Doug McGlothlin was like a brick wall,



Sgt. Joseph A. Lee

Headquarters Bn., MCB Hawaii, keeper T.J. Byers kneels to assist his injured teammate Helder Nunes. Nunes was brought off the field in an ambulance after colliding heads with a member of the opposite team.

defending off several Headquarters Bn., assaults.

"There was steady pressure throughout the game," said McGlothlin. "Both teams want-

ed the win really bad, and the number of shots on goal proved it.

"Our team did a good job, for the most part, in keeping the ball

out of my area," he added.

Headquarters Bn. controlled the first 20 minutes of the game, according to MAG-24 player Don Beck.

"Once we found some holes in their defense, our quick forwards were able to penetrate through on a regular basis, keeping the pressure on their defense," said Beck. "It was only a matter of time before the keeper would let one by."

The second half was more of the same, according to Beck, but because the Headquarters Bn. team still had not adjusted to the speed of the MAG-24 forwards, the assault on its defense continued into the second half until one assault paid off.

In the early minutes of the second half, Ronald Ford, who had several shots on goal, and Plunkett, sprinted downfield to accept a deep pass into Headquarters Bn. territory.

As the MAG-24 sidelines waited for the offside call, it never came. Plunkett finalized the assault as he tapped in a slow-

See **SOCCER**, C-6

BASE SPORTS

Edward Hanlon V MCCS Marketing

Football Season Returns with the '101 Days of Summer'

Prepare yourself for football season today and Saturday with MCCS Health Promotions and the Substance Abuse Counseling Center.

This 101 Days of Summer football tournament is an eight-man per team competition. Games begin at 6, 7 and 8 p.m. today, and at 9 a.m. on Saturday.

The tournament format includes two 16-minute halves, with the last two minutes of each half at regulation clock.

For registration information, contact Quentin Redmon at SACC, at 257-8377.

MCAF and MCCS Lead Nu'upia Ponds Footrace

Runners, walkers and keiki athletes take notice; a fun-filled day of events lies ahead.

On Aug. 16, join MCAF and MCCS Athletics for the Nu'upia Ponds 5-mile footrace, the Volksmarch directly following or enroll the kids in the Keiki Triathlon.

All races are open to the public, so bring the entire family and have a healthy day of fun.

Runners can strut their stuff at the 5-mile footrace that leads around the Nu'upia ponds, located on the Aikahi or back-gate district of the base.

The race begins at 7 a.m. and will kick off at Dewey Square, by the base theater, registration time is set for 6 a.m.

The cost of the race is \$15 for individuals and \$40 for all formations of 10 runners or more. All registered runners will receive an event finisher T-shirt.

Want to race, but with a little more relaxed pace? Check out the Volksmarch, a 5-mile family paced course held immediately following the 5-mile race.

The fee is \$15 for participants, and all patrons receive a commemorative coin as well as a finisher T-shirt. Walking strollers are welcome.

At 9 a.m., starting at the base pool, your favorite little adolescent athletes can participate in the Keiki Triathlon, and event for kids ages 7 through 14 years.

The event includes a 100-meter swim, a 3.1-mile bike

ride, and a .6-mile run for youth ages 7-10.

For athletes ages 11 -14 years the event includes a 200-meter swim, a 6.2-mile bike ride, and a 1.2-mile run to finish.

The cost is \$15, and all participants will receive a finisher T-shirt.

Registration forms for all three events can be picked up at the Semper Fit Center located aboard MCB Hawaii. Kaneohe Bay, or can be found online at www.mccshawaii.com.

Late registrants are not guaranteed a T-shirt on race day. All competitors under the age of 18 years must have a waiver signed by a parent or guardian.

For more information, contact MCCS Athletics at 254-7590 or check us out online.

Camp Smith Gym Open for Business

Marine Corps Base Hawaii has experienced a progression of renovations in the past few years, and they keep on coming.

Yet another MCCS renovation project is in development currently at Camp Smith.

The Camp Smith Fitness

Center is under restoration, and an interim gym will be open for business beginning Monday.

The temporary gym is located in Bldg. 2C on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

Kahunas Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m. Saturdays at Kahunas.

Catch a big one on the surf simulator and win a brand new surfboard from Local Motion. Call 254-7660.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii.

Registration is now in progress at the Youth Activities Bldg. 5082. The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace.

Children will be provided free ice hockey gear, skating lessons, and practice/game time at the rink.

For more information, call 254-7610.

August Brings Seasonal Sports from YA

Cheerleading, in-line hockey, and flag football will kick off this August.

Registration has already begun at Youth Activities.

Birth certificates must be provided, and volunteer coaches are needed for all three activities.

For more information, call 254-7610.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Then, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty stations upon completion of the Rugby Championships. If selected for the armed forces team, a message will be sent to the Marine's command requesting additional

duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year's playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors.

For more information contact Steve Kalnasy, varsity sports director, at 254-7590.

MCCS Seeks Male/Female Boxers

Marine Corps Community Services is now recruiting male and female boxers. Resumes are being accepted for the All-Marine Boxing Trials, held at MCB Camp Lejune Nov. 17-22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, held Dec. 6-12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to MCCS Athletics no later than Sept. 28. If you are interested, contact MCCS Athletics at 254-7590.

Bowling is Back, Big Time!

K-Bay lanes is in a league of its own — well numerous leagues are available.

The Women's League for women ages 18 and over begins Sept. 11 and plays on Thursdays at 6 p.m.

The Youth League is open to bowlers ages 6 - 21 beginning Aug. 23, happening Saturdays at 9 a.m.

There's even a Pee Wee League for the baby bowlers ages 3 - 5, also Saturdays at 9 a.m. starting Aug. 23.

For more information regrading leagues or other services available call 254-7693.

Massage Therapy Offered

Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith.

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

Appointments are available at the Kaneohe Bay Semper Fit Center at 254-7597. Or, contact the staff at Camp Smith at 477-5197.

Base All Stars

NAME: Mitchell Harquail

UNIT: Heavy Marine Helicopter Training Squadron 301

BILLET: Crew Chief

SPORT: Basketball

POSITION: Guard

• Harquail has played basketball for 15 years.

• He was on the Province All Star team in New Brunswick, Canada, where he also won the Province Championship.

• He played point guard with the St. Thomas University basketball team.

• He was on the Maritime All Star team during his college days in Canada.



Cpl. Jessica M. Mills

"Basketball is always a challenge. You can always find someone with more skill to compete with."

COMMUNITY SPORTS

Hale Koa Hotel Sponsors Athletic Events

• Are you between 9 and 15 years of age? Can you swim 200 yards? If the answer is "yes," you could become a junior lifeguard!

The Hale Koa's Junior Lifeguard Program focuses on CPR, preventative lifeguarding, pool and beach lifeguarding, rescues, sea life, snorkeling, surfing and more.

A junior lifeguard T-shirt is included with registration.

The advanced sessions go from Monday until Aug. 8, from 9 a.m. to 2 p.m. The cost is \$70.

All participants need to bring their own goggles, mask, fins, snorkel, swimsuit, sunscreen, towel and lunch.

• The Hale Koa is also offering a tennis camp Monday until Aug. 8, from 10 a.m. to 3 p.m. for ages 12 - 16; its cost is \$225 (which includes lunch).

Solid fundamentals and extensive match play are required. The camp will emphasize point strategy, mental toughness, footwork, fitness and match readiness, advanced drills, and match play.

Enrollment is limited at these events, so sign up today by calling 955-0555, ext. 155.

Hawaii Dragon Boat Festival Calls for Paddlers

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up now to paddle in the boat races to be held at Ala Moana Beach Park Aug. 9 and 10.

Companies, clubs and team-spirited clans who can round up at least 18 paddlers qualify to compete in the races.

All teams entered in the race will be supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

The races will feature two divisions. The Cup Race Division, held on Aug. 9 at 8 a.m., is designated for teams competing within a specific industry.

The Open Race Division on Aug. 10 at 8 a.m. will consist of a single-elimination competition with teams organized into heats at random.

For more information, call 951-0350.

Military & Civilian Runners/Walkers Invited to USO Hawaii Race

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the United States Armed Services, and there will be another opportunity to show that support on Aug. 24 when USO Hawaii holds its

annual 5K/10K race fundraiser at Hickam Air Force Base.

Funds raised by the race-walk will help the nonprofit, nongovernmental USO organization continue its mission.

The race this year returns for the first time since 1999 to Hickam, where the organization's "Base Race" series began.

Outrigger Hotels & Resorts and Ohana Hotels of Hawaii are continuing their sponsorship of the race, as they have for all five races in the series.

Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall and in age groups in 5-year intervals from 14-and-under to 80-and-over. Participants will be eligible to win dozens of door prizes.

Both timed races will begin at 7 a.m. The registration fee is \$18, but for applications received by Aug. 18, the fee is only \$15.

Late entries will be accepted Aug. 23 at The Running Room, 819 Kapahulu Avenue, or on Aug. 24 at the race site.

Teams of 5 to 10 runners may enter the 10K in one of two divisions -- military or civilian -- and in one of three categories: male, female or mixed. The five best runners times will determine the team's rank.

Mixed teams must have at least one

male and one female finisher among the top five runners.

Hike Oahu with Hawaiian Trail and Mountain Club

Join the Hawaiian Trail and Mountain Club on a 6-mile hike through Kahana Valley Sunday at 8 a.m.

The intermediate hike is a foray into a beautiful lush green valley, crisscrossed with side trails and stream crossings.

Staying dry is not an option. In fact, plan on a refreshing dip.

Hikers must be particularly careful to listen to the coordinator's instructions and markers, or it could be a long day.

A \$2 donation is requested for each non-member, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountain side, at 8 a.m. unless otherwise noted. They do not provide transportation.

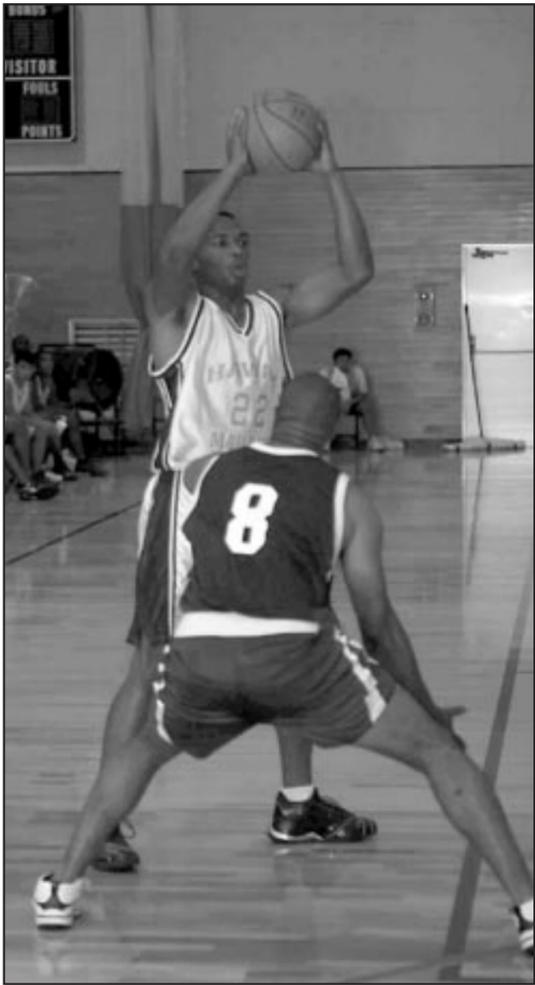
Bring lunch and water on all hikes. Wear sturdy shoes and clothing. You are responsible for yourself at all times.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information contact Coordinator Mike Mottl at 254-6360 or the Hawaiian Trail and Mountain Club at 674-1459 or 377-5442.

SPORTS AROUND THE CORPS

MCB Hawaii wins MarForPac tourney



Cpl. Michael D. Darbouze

Arnell T. Rivers, forward, Division, plays tough man-to-man defense in an attempt to slow down Monroe Holcomb and the Hawaii fast-paced transition game.

Reigning champions, 3rd Marine Division, finally defeated

Cpl. Michael D. Darbouze
MCB Camp Butler

CAMP KINSER, OKINAWA, Japan — Marine Corps Base Hawaii has done what no other team has been able to do in the past two Marine Forces Pacific Regional Basketball Tournament championship games — defeat 3rd Marine Division/Expeditionary Force, also known as "Division."

The young MCB Hawaii team, with an average age of 21, played like veterans en route to dethroning the two-time champs, 85-75, July 18 here.

Marine Corps Base Hawaii stepped onto the court with complete confidence after beating Division twice during round-robin play.

"I felt real good about this game," said Russ Johnson, point guard, MCB Hawaii, and tournament most valuable player. "We all wanted this, so we came out and did what we knew we had to do."

The game was opened up with MCB Hawaii's fast-paced transition style of play, which helped the team get off to an early 13-2 lead. The team also applied a suffocating full court press that caused Division to

open the game — shooting only 20 percent from the field.

Head Coach Timothy Toney, of Division said MCB Hawaii's press and fast start did not really worry him. He knew his team had the composure to fight that off, but there are some things that cannot be overcome.

"I have the most experienced backcourt in the regional tournament," Toney said. "Layups caused us to lose. They just didn't fall for us. You can't miss as many layups as we did and expect to win."

Division couldn't find its rhythm for the first 15 minutes of play. However, the veterans kept the game close and waited for the chance to make the move.

With 5:55 left in the first period, Norman R. Capers, forward, Division, reigning tournament MVP, ignited his team on a 10-0 run with a ferocious block, and finished off the scoring frenzy with two free throws.

Division was down by one, 32-31, after putting on a 2:05 minute offensive display.

Marine Corps Base Hawaii still managed to go into the half with a five-point cushion (39-34), even after the threatening run by the Division basketball team.

Both teams came out in the second half ready to battle for the title after the halftime rest and the coaches' pep talks.

The MCB Hawaii team came out running and hustling to create a

seven-point lead (59-52).

Again, Division waited patiently, and brought the game within one after Jimmie Lucas Jr. converted a three-point play. Division had a chance to take the lead, but a forced pass led to a turnover and an MCB Hawaii score.

Division would pull within one point for the last time when 1992 All-Marine Paul Davis made a clutch steal and converted it into two points in an attempt to keep his team close.

Nathan McQuirter, forward, MCB Hawaii, and all tournament team selection, answered Division's hustle with a long-range three pointer and a high floating base line layup that sent his team on an 11-5 spurt. This time Division could not find an answer for MCB Hawaii's eight point lead (73-65) with less than four minutes to play.

When the final buzzer sounded Head Coach Greg Mitchell of MCB Hawaii, said he felt relieved to win the game and finally get the monkey off his back.

"We would have won this last year if we didn't make a mistake and let Group [3rd Force Service Support Group] take us out in the semi-finals," said Mitchell. "I let Group slow us down. Division tried to do the same thing this year."

"I made a decision that we weren't slowing down; we were going full throttle. We came back and got what was rightfully ours."

Marine drives on a short path to success

Lance Cpl. Elsa Portillo
MCB Camp Butler

CAMP FOSTER, OKINAWA, Japan — Every Marine has a rifle and is expected to master it. He or she is to know personal settings and adjust for various situations.

Marines learn more with every round they fire.

The Marine Corps gave Nathan Jones this tool for survival, but his father gave him a different tool for his future — a dirt bike.

Jones, a motocross enthusiast, found his love at the age of 14. According to Jones, he had always been an active kid, but that took on a whole new meaning when his father gave him a dirt bike.

His father rode dirt bikes when he was younger and wanted to start riding again, so he decided to make it a father-son event.

"We were both straight beginners when we started," Jones said. "Neither of us had any idea what we were doing."

This lack of knowledge did not stop them from going a step further. At his father's urging, Jones started competing just two weeks after receiving his bike.

"I started as a beginner," Jones recalls. "I barely knew how to shift when I first started competing."

Jones kept racing and learning, which kept him climbing up the competitive ranks. His dedication to the sport paid off in two years. At the age of 17, he was competing in the pro class.

After graduating high school at 18, with his father's guidance, Jones scouted his options for the future and decided to join the Marine Corps.

"I wanted to grow up," Jones said. "I saw people that I knew who were older



Lance Cpl. Elsa Portillo

Nathan Jones, a Marine stationed aboard Camp Foster, Okinawa, Japan, turns a corner and prepares for the next jump on the track. Jones competed in the pro class in the U.S. and is honing his skills in Japan to become even more competitive.

than me, and they weren't where I wanted to be in three years."

Jones went to boot camp and graduated his military occupational specialty school before coming to Okinawa, his first duty station. He said he had to look deep before finding any racing information on island.

"I was here for about two months and didn't even know riding existed," Jones said. "I tried constantly to find people."

It wasn't until Jones was introduced to a man who works at Grit Moto, a bike shop here, who in turn introduced him

to other riders, that Jones was able to find and compete in races on island.

According to Jones, the military has not only introduced him to new people and different cultures, but it has also given him physical and mental direction.

With his newfound direction, Jones has participated in races on island, which he said he has enjoyed.

He took first place in the first of a two-race event and followed with a second-place finish, which made him the overall second place winner. Afterward, he said he realized he needed to train and ride

harder because he wants to compete seriously.

Jones hopes to one day go to mainland Japan and race in a new and bigger arena. It may give him the chance to get a company sponsorship, since mainland Japan boasts larger competitions.

Jones acquired talent for motocross racing before he joined the Marine Corps; however, he has gained discipline and found new terrain to hone his skills.

He is now driven to achieve his dream of becoming a sponsored and successful rider.



spotlight on health

Legal shoots down the marijuana myths

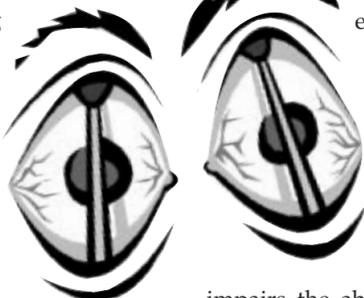
Base Legal Services Center

Press Release

Substance abuse and drug-related crimes are present in every community. Only by knowing the facts about illegal drugs can you make the choice to remain drug free for yourself and your children.

Often there is a movement to legalize certain drugs, especially marijuana. Proponents of this movement support many myths about the use and impact of the drug.

The White House Office of National Drug Control Policy has identified several myths that are commonly held about marijuana and the facts behind them. The following separates the facts from myths.



Myth 1: Marijuana is harmless.

The Facts:

Health Consequences

Smoked marijuana contains 3-5 times more tar and carbon monoxide than comparable amounts of tobacco.

Marijuana use as a cause for emergency room visits has risen 176 percent since 1994, and now surpasses heroin.

Smoking marijuana leads to changes in the brain similar to those caused by the use of cocaine and heroin.

Marijuana affects alertness, concentration, perception, coordination, and reac-

tion time — many of the skills required for safe driving. A roadside check of reckless drivers (not impaired by alcohol) showed that 45 percent tested positive for marijuana.

Marijuana abusers are four times more likely to report symptoms of depression, and have more suicidal thoughts than those who never used the drug.

Social Consequences

Poor performance in school has been associated with marijuana use.

Youths with an average grade of D or below were more than four times as likely to have used marijuana in the past year as youths with an average grade of A.

Heavy marijuana use impairs the ability of young people to concentrate and retain information during their peak learning years.

The drug THC changes the way sensory information gets into and is processed by the part of the brain that is crucial for learning and memory.

Marijuana users in their later teen years are more likely to have an increased risk of delinquency, more friends who exhibit deviant behavior, more sexual partners, and to engage in unsafe sex.

Economic costs

Multiple research reports show mari-



juana levies significant costs to society in the form of lost employee productivity, public health care costs, and accidents.

American drug users spent \$10.6 billion on marijuana purchases in 1999.

Myth 2: Marijuana is not addictive

The Facts:

Marijuana is much stronger and more addictive than it was 30 years ago. Average THC levels rose from less than 1 percent in the late 70s to more than 7 percent in 2001. Sinsemilla potency increased from 6 percent to 13 percent. Levels of THC 20 percent and up to 33 percent have been found in samples of sinsemilla.

Of those who try marijuana at least once, nearly one in ten become dependent.

Myth 3: Marijuana is not associated with violence, like cocaine and heroin. It is the criminalization of marijuana that leads to crime, not the drug itself.

The Facts:

It's not simply the trafficking of drugs that causes crime and terror at home and abroad. It's also the behavior of people

who have drug dependencies that cause crime.

Research shows a link between frequent marijuana use and increased violent behavior.

Youth who use marijuana weekly are nearly four times more likely than non-users to engage in violence

In the Marine Corps, we choose to live in a society that does not tolerate drug use. When considering the facts, it is clear why marijuana should not be used and why everyone must be educated about the myths of drug use.

But, education should not stop with a single article, in support of or against drug use.

Everyone should continue to educate themselves about new drug use and their effects.

Parents must continue their education in order to talk to their children about illegal drugs and their impact on our lives.

Marines must continue their education to combat myths supporting illegal drugs and to identify the negative impact illegal drug use has on Marine society.

More detailed information and additional facts about illegal drugs can be found at www.whitehousedrugpolicy.com.

Only when the facts are known about illegal drugs and their impacts on society can the myths be defeated and communities become drug free.

Everyone's medicine cabinet needs a checkup

NAPS

Featurettes

You aren't the only one who needs a periodic check-up, so does your medicine cabinet. It's good to clean it out at least once a year, pitch out what you don't need and restock supplies that are low or missing.

Out with the Old

If your medicine cabinet includes tubes and bottles that are outdated, the first step is to discard them. Rite Aid Pharmacist Sarah Matunis, R.Ph., points out that all prescription drugs have expiration dates on their labels.

Over-the-counter medications have this information stamped on the package. Throw away any medicines that have expired, changed color, formed residue in the bottle or were not stored according to the manufacturer's recommendations.

The only prescriptions you should have in your medicine cabinet are those you are currently taking.

"Resist the temptation to share leftover prescriptions with anyone, no matter how similar their symptoms. Prescriptions should only be used by the person for whom they were prescribed," said Matunis.

People who self-medicate can build resistance and



mask symptoms. Furthermore, any old medications given to others can cause serious allergic reactions or drug interactions," added Matunis.

If you can't remember what a prescription was for, a "brown bag" session may be in order. Collect the items, put them in a brown bag and take them to a Rite Aid pharmacist who is specially trained to review the medications and answer any questions.

In with the New

According to Matunis, a well-stocked medicine cabinet should have certain staples, like pain relievers, anti-septics, antibiotic ointments, bandages, analgesics and medications for diarrhea, nausea, and constipation. In the event of an accidental poisoning, every home should also have a supply of ipecac syrup available.

Keeping Medications Safe

Your bathroom and kitchen are the worst places in the house to store medications. The heat and humidity in these rooms can quickly degrade medications. All medications should be kept in a cool, dark place, away from sunlight, heat sources and children.

Checkup Reminder

It's important to establish a routine home assessment of your medical supplies to ensure everything is available and hasn't expired.

"Develop some sort of reminder so it becomes a routine annual event," suggests Matunis. "Try writing down the date on a piece of tape and sticking it on an inside shelf. A year later, repeat the 'house cleaning' of your medicine cabinet."

No one delay. Everyone should clean their medicine cabinet today.

You actually can help yourself quit smoking

Cpl. Denyelle D. Spillane

MCLB Albany

MARINE CORPS LOGISTICS BASE, ALBANY, Ga. — Every person is born with one set of lungs for his or her lifetime. The lungs start working before birth and don't stop until the end of that person's life. Most people don't think too much about their lungs and how much they actually work.

Did you know that the average person breathes 18 times every 60 seconds? Most people don't realize the rigorous work their lungs do day in and day out. However, a cold or lung disease might make them think about it a little more.

Two of the major effects of smoking are emphysema and cancer.

Emphysema destroys the lungs' abilities to expand and contract. Once it develops, it can't be fixed. Every breath becomes difficult, and lack of oxygen damages other organs, making even the smallest task difficult.

The second most common disease caused by smoking is cancer.



Cpl. Jason E. Miller

Tripler Army Medical Center and Branch Medical Facility Kaneohe Bay both offer Smoking Cessation classes.

One reason cancer is so deadly is that it can hide for years. In most cases, by the time cancer is detected, it has already spread to the brain, bones or other organs, and it's too late for treatment.

Lung cancer is not the only cancer caused by smoking.

Researchers are finding that smoking is linked with cancers of the mouth, throat, pancreas, cervix, kidney and bladder. Still not convinced that it's time to quit?

What if all of the damage that smoking does on the inside showed on the outside? What if the charcoal look that your lungs get from smoking showed on your skin and face? Then would you be convinced? Or maybe a story of a mother or father losing their child because of their second-hand smoke would help you realize how it affects other people's lives and not just your own.

What is it going to take for you to decide to quit? Will it be when you suffer from one of the diseases listed? Is that when you will decide to quit?

A smoker doesn't have to have a disease to quit.

Now, you may be thinking that it will be hard to quit and that you won't be able to do it. And it will be hard. However, isn't your life and your families' lives worth it?

Services are available at Tripler Army Medical Center and the Branch Medical Facility, Kaneohe Bay, that can help a smoker kick the habit. Classes are offered by medical professionals who can help. The program starts with decid-

ing to quit and registering for the classes.

"A person has to want to quit," said Navy Lt. Vicki Jernigan, Occupational Health Department head. "They need to be serious about quitting."

The first day of the course is mainly an evaluation process. A medical professional will take and record your blood pressure, weight and pulse. This is done so that you can be monitored for health changes.

Information sheets are done to evaluate how much tobacco products you use and how often. They also cover other factors that may affect a smoker trying to quit, such as other smokers in the household or work place, or if you have tried to quit before, and what methods you have already tried.

Then the process begins. You will be educated on why you shouldn't smoke, how to quit and stay a nonsmoker.

The program offers many ways to find support, including the other smokers trying to quit.

Many other smokers who have taken these classes were successful.

Tetanus and diphtheria risk increases when outdoors

Everyone requires booster shots every 10 years for some infectious diseases

NAPS

Featurettes

More Americans are lacing up, digging in and teeing off with outdoor recreational activity than ever before.

However, whether it's softball, gardening or home improvement, each of these activities presents a risk for tetanus infection, according to the National Foundation for Infectious Diseases.

Most people know that stepping on a rusty nail means a trip to the doctor or emergency room for a tetanus shot, but other, simpler injuries can also put people at risk for getting this serious and possibly deadly disease.

Fortunately, a single booster shot once every 10 years can protect against tetanus, and another highly contagious disease found in many common travel spots such as diphtheria.

"Warm weather and softball are core to the natural athlete in me, and I was surprised to learn that tetanus can be caused by something as simple as a splinter from a bench or a scrape sliding

into home plate," says two-time Olympic gold medallist in softball (1996, 2000) Dr. Dot Richardson.

Causes of Tetanus

"Tetanus is caused by a common bacteria in our environment that enters the body through any wound, be it serious or minor," says NFID President Susan Rehm, M.D. "If someone gets a small wound but has forgotten to get a booster shot in the previous 10 years, they could be at risk for an infection."

During a three-year period ending in 1997, 120 cases of tetanus were reported in the U.S., with 93 linked to a specific wound injury. Although half were due to puncture wounds, including things like stepping on nails (rusty or clean), other common injuries were also to blame. Cuts, scrapes, splinters, animal bites, surgery, self-performed tattooing and body piercing also caused tetanus infections.

Both minor and major injuries may put you at risk for tetanus, which is why it is important to be up-to-date on your routine tetanus booster shot.

Activities that increase tetanus risk

For adolescents and adults, some of the most common outdoor activities that pose a potential risk for tetanus infection are bicycling, walking, basketball, roller

sports, soccer, backpacking and baseball or softball. Other activities strongly associated with tetanus risk include gardening or landscaping and yard work around the house.

"Each of these activities is an at-risk situation for tetanus infection, especially to those who are not up to date on their Td booster," adds Dr. Susan Rehm. "With more of us participating in outdoor sports than ever before, it is especially important to stay on guard."

Even a leisurely afternoon in the garden can create the perfect environment for tetanus exposure - imagine nicking yourself with a spade while planting seeds or even puncturing your skin with a rose thorn. The CDC found that 39 percent of the tetanus cases in 2001 were related to farming or gardening.

Diphtheria

Diphtheria is a disease caused by bacteria passed from one person to another that infects the throat and nasal passages. Like tetanus, it can be fatal if left

untreated. Diphtheria is still common in 87 countries, many of them popular travel destinations in the Caribbean, South America, Africa, and even some parts of Europe. Maintaining an up-to-date Td booster is the best way to ensure protection against diphtheria during foreign travel and to keep the disease from recurring in the U.S.

An ounce of "protection"...

Tetanus and diphtheria vaccinations are given to virtually all children in this country. Because protective levels of tetanus and diphtheria antibodies both decline over time, the tetanus and diphtheria boosters are combined into a single "Td" vaccine to be given every 10 years, starting in adolescence and continuing throughout life.

The NFID advises everyone to take advantage of 10 year Td vaccine protection, especially those engaging in outdoor activities or planning international travel. More information is available at www.nfid.org.



Power forward Jeffrey Privott defies gravity while levitating to the goal during the intramural basketball tournament July 25 at the Semper Fit Center.



Facilities guard Brett Hitsman goes over an Old School defender's head at to the net during the 30 and over Intramural Basketball Tournament July 25.

INTRAMURALS: Old School triumphs, 51-47

From C-1

defense with an onslaught of shots from all over the court — with a Kool-Aid grin on his face.

With the final moments of the game approaching, Base Facilities tried its best to mount a comeback, with no avail.

The game came to a close with the final score of 51-47. The Old School boys added

another victory to their wall of glory.

“We had a strong defense, and the boys showed a lot of heart on the court tonight,” said shooting guard and coach James Stanley. “They made every point count. The offense wins the game, and the defense wins championships.

“We pulled together in the second half as a team, and that was what won the game.”

CAMBRA: He attains his goal

From C-1

Cambra gets his drive and determination toward greatness from his grandfather.

Anthony Cambra Sr. is a retired Army colonel, and a former Marine who served with the 1st Marine Division during World War II.

Because of his family heritage with the U.S. armed services, Cambra has been collecting military memorabilia since he was a teenager. His collection includes a Japanese bayonet that his grandfather recovered during a battle at Guadalcanal, as well as a number of other relics.

Anthony Cambra takes great pride in carrying on the family legacy of patriotism. Already one of the top paddleboarders in the state, Cambra looks to be the best.

“I train with the memory of my mother who died earlier this year,” said the driven athlete. “I always keep my family in the forefront of my goals.”

Cambra’s next goal is to travel to Australia to compete. After watching Cambra paddle, fans have said they wonder who could doubt that he is destined for greatness.

SOCCER: Defending champs put up good fight in intramural tourney

From C-1

roller across the net, which the crawling keeper could not catch up to.

With minutes left in the game, Headquarters Bn. was making every effort to tie the championship when one of its players, Helder Nunes, suffered an injury to his head, and another player was walked off the field shortly after.

Insult was added to injury as time expired.

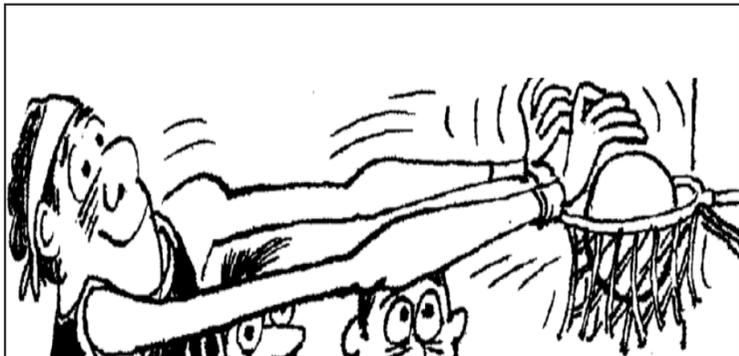
The championship game was over. The MAG 24 soccer team had beaten Headquarters Bn., 1-0.



Sgt. Joseph A. Lee

Antwan Plunkett, MAG-24 striker, leads one of many assaults on Headquarters Bn., MCB Hawaii, and scored the only goal in the game.

Did You Know?



NAPS

The most points scored by a single player in an NBA basketball game is 100, by Wilt Chamberlain of the Philadelphia Warriors, on March 2, 1962.