

# Hawaii MARINE SPORTS

Hawaii Marine C Section

August 22, 2003

## Cheerios honors five military athletes on box

**Headquarters Marine Corps**  
Press Release

ALEXANDRIA, Va. — The Armed Forces Sports Office, with corporate partner General Mills, announced today that the Armed Forces Sports program and five armed forces athletes will be honored on a 2003 commemorative Cheerios box this fall.

While quantities last, the special boxes will be sold exclusively in military commissaries worldwide starting Thursday. They will feature a star athlete from the Army, Marine Corps, Navy, Air Force and Coast Guard, recognizing their accomplishments as both military members and armed forces athletes.

"This box is an exciting partnership for the Armed Forces Sports Program," said Suba Saty, Armed Forces Sports secretariat. "The box recognizes more than the five athletes on the box; it recognizes the accomplishment of all armed forces athletes!"

The concept of an armed forces sports commemorative box started in 1997, when the Armed Forces Sports Program worked with General Mills to feature the Armed Forces Naval Pentathlon Team on a Team Cheerios box, but the project never was completed.

"One of my main goals of it was to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes," said Rob Hans-gen, Armed Forces Sports. "The release of the box was supposed to coincide with a delegation of approximately 150 athletes preparing to compete in the 3rd Military World Games, but due to administrative and planning purposes, the games were cancelled for the September timeframe." Hansgen explained.

### The Five Athletes

Marine 1st Sergeant, Douglas Marocco a senior enlisted advisor at MCB, Quantico, Va. Marocco is a former armed forces and two-time Marine Corps Athlete of the Year.

Navy Lt. j.g. Henry Nuzum, a Tomahawk missile Officer and who recently served aboard the USS John S. McCain, who competed in the 2000 Olympic Games in the sport of rowing. He is now focused on making the 2004 Olympic team.

Air Force 2nd Lt. Kristy Kuhlman is a contracting officer at the Space and Missile Command. Kuhlman currently holds numerous Air Force Academy women's soccer records. She was named most valuable player at the 2002 World Military Women's Soccer Championship, and is the 2002 reigning Female Athlete of the Year for the Air Force.

Coast Guard Aviation Maintenance Technician Steven Mlujeak is one of the armed force's top cyclists, placing first among military competitors in the 2000 Olympic trials. He currently is training for the 2004 Olympic trials.

Army Sgt Dremiel Byers a supply specialist, was crowned the 2002 Greco Roman Wrestling champion. Byers also won the 2003 Hungarian Grand Prix. He is now training to make the 2004 Olympic team.

"The men and women that participate in the Armed Forces Sports Program, while still maintaining a full-time military career, should be an inspiration to us all," said Mike Goetzmann, senior Development manager for General Mills. "Their enthusiasm, perseverance and dedication are qualities that General Mills is proud to be associated with."

**First Sgt. Douglas W. Marocco is one of five armed forces athletes who will be honored on the 2003 commemorative Cheerios box this fall. Marocco is the senior enlisted advisor at the Basic School, in Quantico, Va. He's a former two-time armed forces Athlete of the Year.**



Official USMC Photo



Lance Cpl. Monroe F. Seigle

Children in different age groups participated in the Keiki Triathlon hosted by Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay, Saturday. More than 70 kids pushed themselves through the series of running, biking and swimming events to test their mettle. Joshua Schretenthaler, 11, placed first.

## Keiki compete in triathlon

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

When children participate in any kind of sporting event, they always perform better when their families support them during the competition.

That was what happened Aug. 15 when Marines from Marine Corps Air Facility aboard MCB Hawaii, Kaneohe Bay, and Marine Corps Community Services, assembled a triathlon for all the young people here with competitive spirits.

The MCAF Keiki Triathlon was divided into two age groups and followed the "Iron Kids" format.

The 7 - 10 year olds participated in a 100-meter swim at the base pool. They it continued on in a bike race that began at the base pool looped around Dewey Square and then entered the flightline at Hanger 101. From there the bike race went to Hangar 105 and

turned right onto the Alpha Taxiway, to up to Mokapu Road, and finishing at Dewey Square.

The 11 - 14 year olds had the same format except they swam 200 meters and rode the bike route two times.

"It was great for my child to have a chance to participate in the Keiki Triathlon," said parent Felice Geoghegan. "The best part of this event was the fact that children, regardless of their ability, were able to complete the event and feel they accomplished something."

More than 70 children were present along with their families and loved ones for the competition.

During the race, Marines from MCAF were staged along the bicycle and run routes to provide water and encouragement for the children as they gave their best to reach the finish line.

The \$15 registration fee included a T-shirt for all the children who participated. Children also

received a certificate of participation with their names and the time they finished the race, presented to them by MCCS volunteers. All proceeds from the race will support future events supported by MCAF.

"The bottom line is that this was not just for the kids, it was for them and their families," said Steve Kalnasy, sports coordinator for MCCS. "All the parents were here to cheer the kids and that was what made this a real family-orientated event. All these children were able to walk away with a sense of accomplishment. They were all winners."

"I was glad that my parents were able to bring me to this and let me participate," said Joshua Schretenthaler, 11, and 1st overall champion in the 11 - 14 year-old age group. "All the kids were able to finish the race, and I know that made them all feel good about themselves."

## Teenagers learn PT tips to stay fit

**Sgt. Joseph A. Lee**  
Combat Correspondent

Twelve students graduated Aug. 15 at the base marina from a Semper Fit program designed to introduce teens to healthy nutrition and exercise programs they can do in their free time.

Teen Fit, a program developed and coordinated by Terry Snider, a personal trainer for Semper Fit, is a five-week program that includes an introduction to proper nutrition and all types of weight and aerobic workouts, including basketball, volleyball, yoga and even kayaking.

"The program is doing real well," said Snider. "This is the second group of teens we've had run through the program, and every single person that participated improved their scores in every single event."

At the start of the five-week program, the students take an initial evaluation of their overall fitness and flexibility, according to Snider.

"The students are tested on the first and last



Sgt. Joseph A. Lee

**Alex Smith (left) received his trophy as "most improved" from Terry Snider during graduation from the five-week Teen Fit program Aug. 15.**

day of the program on pushups, sit-ups, bicep strength, flexibility and a one-mile run," said Snider. "All of the students' scores were so close; I think they all deserved a trophy for their accomplishments."

Though all the students received a certificate of graduation from the program, only two were recognized as the "most improved."

Students Alex Smith and Mark Samonte received trophies for their improvements during the five weeks of training.

"It's like having your own personal trainer," said Eryn Daugherty, a 10th grader at Kalago High School. "The program helped me out a lot, because it taught us how to use a lot of the equipment that I didn't know how to use before."

Eighth grader Kaela Ashton from Kailua Intermediate agreed with her friend.

"It was totally worth the time and effort because we learned discipline, good eating habits and how to take care of our bodies overall,"

added Ashton. "I'm definitely going to keep up with the workouts because it's the most healthy thing you can do!"

The program, which was previously split into two classes meeting on separate days of the week, will be combined into one class for the next session according to Snider.

"Our next program will start on September eighth, and will last for eight weeks," said Snider. "We are coordinating the Teen Fit program to match with the times for our Beginner Fit program which will meet during the same time period on Mondays and Fridays from 3 p.m. to 4:30 p.m. That way parents can attend classes at the same time with their children and both get accustomed to working out together."

The programs will be accepting sign-ups until Sept. 8, when the programs begin.

For more information on the Teen Fit or Beginner Fit programs, contact Semper Fit at 254-7597.

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### 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 Marine Corps Community Services renovation project is in development at Camp H. M. Smith.

The Camp Smith fitness center is under restoration and an interim gym is now open for business in Bldg. 2C, on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

### Golf Tourney Coming

Headquarters Bn, MCB Hawaii will host a 4-man scramble with blind draw format. Teams will consist of A,B,C D, players: A player is 0-9 handicap, B is 10-15 C is 16-23 and D is 24. All names will be

put in a can and drawn prior to tee off. Those who don't have a handicap will be placed in a separate can and drawn at the end, or once names from the A - D category have been exhausted.

Prizes will be awarded for the longest drive and closest to the pin. A \$10,000 prize awaits a whole in one by the first command. Prizes will also be awarded for 1st, 2nd and 3rd place, and a set of clubs will be raffled off.

There is a fee for admission; E-5 and below \$25; E-6 - O-3 \$32; and O-4 and above, \$34. The fee for civilians is \$48; MCB Hawaii DoD employees, \$38; and non MCB Hawaii DoD and house guests, \$40.

All players must check-in prior to 11:45 a.m. on the lanai, so teams can be arranged.

Tee off is at 12:30 p.m.

For more information, contact Patrick Clark at 257-5738.

### MCB Hawaii Hosts CFC 5K Fun Run/Walk

Marine Corps Base Hawaii,

Kaneohe Bay, will be hosting the Combined Federal Campaign's 5K Fun Run/Walk on Sept. 13 at 8 a.m.

The race will start and finish at Risley Field aboard Kaneohe Bay, across the street from the Semper Fit Center. The 5K course distance is approximate.

Runners must be in place at Risley Field for run instructions at 7:30 a.m. The race will start at 8 a.m. sharp, and the finish line will close at 9:30 a.m. Plan to stay a while and enjoy the festivities after the race.

No headsets or pets will be allowed during the race.

Registration entry forms are available now at [www.cfc.hawaii.org](http://www.cfc.hawaii.org), or call 257-1026, and leave a message with an e-mail address, and an entry form will be sent to you.

The entry fee is \$15 and includes a T-shirt, free barbecue and entertainment, which will be offered to participants following the race.

Commemorative T-shirts are not guaranteed for those signing up after Aug. 27.

Parking will be available at the base theater, bowling alley,

Enlisted Club, and the grass field adjacent to the Provost Marshal's Office. Parking is limited, so carpool when possible.

For more on the race, call 257-1026.

### Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be 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](http://www.usmcmccs.org), and they must be sent through local Semper Fit athletic directors.

For more information, call 254-7590.

### MCCS Seeks

#### Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

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

### Kahuna's Brings

#### Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m. Saturdays at Kahuna's Sports Bar & Grill.

Catch a big one on the surf simulator, and win a brand new surfboard from Local Motion.

Call 254-7660 for more details.

### 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 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 times at the rink.

For more information, call 254-7610.

### Spend a Day on the Bay

Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats — or — for larger parties — pontoon boats located at the base marina, Bldg. 1698.

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 on the bay at the base marina.

### August Brings

#### Seasonal Sports from YA

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

### K-Bay Lanes Offers

#### Big Time Bowling Fun

K-Bay Lanes is in a league of its own, but offers numerous leagues for bowlers of all ages.

The Women's League 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 and begins tomorrow at 9 a.m., with play continuing on Saturdays.

There's even a Pee Wee League for baby bowlers ages 3 - 5. It will also run on Saturdays at 9 a.m. starting tomorrow.

## Base All Stars

NAME: Joshua Schretenthaler

AGE: 11 years old

GRADE: Third

SCHOOL: Mokapu Elementary

SPORT: Triathlon Competitor

•Schretenthaler was the overall champion in the 11 - 14 year old bracket in the Keiki Triathlon hosted by Marine Corps Air Facility.

•He participated in the North Shore swim series.

• He has competed in the "Turkey Swim" at Ala Moana for the last four years.



Lance Cpl. Monroe F. Seigle

*"Triathlons make you feel good about yourself and also make you feel like you can do anything. I always like how I feel after a triathlon."*

## COMMUNITY SPORTS

### USO Hawaii Race Goes Sunday

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the U.S. armed services, and there will be another opportunity to show that support during the USO Hawaii Race Sunday at 7 a.m. aboard Hickam Air Force Base at Hangar 7.

The registration fee is \$18 for individuals; however, teams of 5 to 10 runners are also welcome.

Late entries will be accepted Saturday at "The Running Room," 819 Kapahulu Ave., or on Sunday at the race site.

Registration forms can also be picked up at the Semper Fitness Center aboard Kaneohe Bay.

Funds raised by the race/walk, which is sponsored by Outrigger Hotels Resorts and Ohana hotels of Hawaii will help the nonprofit, nongovernmental USO organization continue its mission.

Participants may enter either the 10K or 5K event. Awards will be presented to the top finishers in a wide variety of categories, for both individual and team competition.

Participants will be eligible to win dozens of door prizes.

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, and mixed teams must have at least one male and one female finisher among the top five runners.

Call Doug at 735-9120 or Steve at 656-0096, for more details.

### HTMC Hikes La'ie Pools

Join the Hawaiian Trail and Mountain Club on a five-mile hike tomorrow at 8 a.m. Trek on dusty roads and thread through tight tunnels of guava trees to reach a gem of a waterfall, with a splash pool, which is truly the heart of La'ie Pools.

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

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. It does 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 John Hall at 377-5442.

### Bellows Hosts Outdoor Recreation

This summer, 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, 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

#### Get in Shape with ShipShape

You can win the war on body-fat! You may think the way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult; skills and tools provided during this program will enable you to meet your goals. The 8-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

To sign up or for more information on the Ship Shape program, call 471-9355.

### Fax Us Your Recreation Ads

Advertise sports and recreational activities of general interest in the "Base Sports" or "Community Sports" columns. Fax items of interest to the Department of Defense community to 257-2511.

Call the *Hawaii Marine* staff at 257-8836 or 257-8837 with questions or concerns. The *Hawaii Marine* is located in Bldg. 216 aboard MCB Hawaii, K-Bay.

# SPORTS AROUND THE CORPS

## MCAS Iwakuni runners battle Fuji terrain

**Cpl. Jeff Zaccaro**  
MCAS Iwakuni

**MARINE CORPS AIR STATION IWAKUNI, Japan** — A portion of the Marine Corps Physical Fitness Test is a three-mile run, and although it is usually on a flat, closed-course track, it can be enough to buckle over some of the most seasoned warriors.

For service members such as Dave Sasek and Darrin Bellows, the semi-annual PFT is just a walk in the park compared to the run to the top of Mount Fuji, July 25.

Starting at the Fuji Yoshita Government Building, 12 miles from the summit of the majestic mountain, Sasek and Bellows stepped off with six other service members and nearly 3,000 runners from around the world.

"When climbers go up the mountain they usually start at the fifth station, about three miles from the top. We started about eight miles below that," he said. "When the race was about to start, I had no idea what I was getting into."

What Sasek and the others were getting into was a strenuous journey through narrow trails, rocky terrain and

the constant presence of altitude changes.

"I really started getting tired about seven miles up the mountain when the terrain started getting rocky and steep," said Sasek, who runs more than 17 miles every weekend. "The elevation made it really hard to breathe and the trails got so narrow and crowded that at points you had no choice but to walk."

Bellows, who is also an avid runner, said he to endured some of the hardships Sasek faced.

"The first nine miles were basically a gradual 14-percent increase in grade," he said. "After that, the elevation offered a very big challenge, and the terrain turned into loose, slippery lava rock at about a 24-percent grade."

"The last half hour of the run was the most difficult, because I didn't know where I was at or how far I had to go. I could hear the Japanese runners start to



Cpl. Jeff Zaccaro

**Mount Fuji runners come out of a switch back into rocky terrain while on a run up the mountain July 25. More than 3,000 participated in the run.**

talk, and although I didn't know what they were saying, I knew we were getting close," said Sasek. "When I finally reached the top I was very happy to be there."

"I was relieved and excited when I got to the top," Bellows explained. "The experience was well worth it."

## Pentathlon hopefuls train hard for USA Masters



Army Spc. Melissa Walther

**Major Ray McFall, 1st MEF future operations planner, practices throwing a javelin Aug. 8, while training for the Pentathlon National Championships.**

**Army Spc. Melissa Walther**  
*1 Marine Expeditionary Force*

**CAMP BABYLON, Iraq** — In the oppressive heat of Iraq, two men here are training for a grueling test of endurance, speed and power.

Army Sgt. 1st Class James Barr, an information operations officer with the 11th Psychological Operations Battalion (Tactical), based in Washington, D.C., and Maj. Ray McFall, 1 Marine Expeditionary Force, future operations planner, have begun a training program for the USA Masters' pentathlon event.

"I didn't know there was a Masters competition program until we got to talking about running in the office," said McFall, a resident of San Diego. "I looked into it a little, and it sounded like something I wanted to do. I used to run track in college and I still run cross coun-

try."

Barr, a resident of Arlington, Va., also got his start running track in school. Now a two-time National Outdoor Master Pentathlon winner, Barr is planning to try out for the Olympic javelin team when he returns home to Arlington.

Barr won his second national pentathlon title at the 2002 USA Masters Outdoor Track and Field Championships last year in Maine. Events of the pentathlon vary for indoors and outdoors competitions.

Both McFall and Barr have plans to compete in both events.

"Training here actually hasn't been that bad," McFall said. "It took some time to get acclimated, but we try to pick the cooler parts of the day to train."

It's not just the heat the duo has had to deal with while training. Some of the events such as the shot put, javelin and discus require spe-

cial equipment that they just don't have.

"We've got to improvise a lot of the equipment out here," Barr said. "We were throwing an engineer stake as a javelin, for a while. The only problem was it was just too heavy."

Training for more than two months now, McFall and Barr have seen noticeable improvement, according to McFall. For example, marks on a wall that record their vertical jump has climbed two feet compared to their first markings.

Using an exercise plan, McFall and Barr cycle through the five main areas needed for the strenuous contest: speed, endurance, power, strength and technique.

"There are very few guys who can do it all," Barr said. "You've got to have technique. You've got people with raw speed and power, but without the right technique, it's all lost."



# spotlight on health

## High blood pressure is still the 'silent killer'

**NAPS**  
*Featurettes*

Every day millions of patients and their doctors struggle with treating high blood pressure effectively.

Blood pressure is the force of blood against the artery walls. High blood pressure, also called hypertension, occurs when the force is above normal range, causing the heart to work harder to get vital oxygen to the body's cells.

High blood pressure affects about one in four American adults and raises the risk of heart attack, stroke, congestive heart failure and kidney failure. For people who are overweight, smoke, or who have high blood

cholesterol levels or diabetes, their risk of heart attack or stroke is even greater.

Statistics show that 60 percent of patients require multiple medications to reach their blood pressure treatment goals.

"One of the challenges in treating patients with hypertension is the use of multiple medications. There are a number of treatment options available to help us manage high blood pressure effectively along with diet and exercise," said Dr. Mark Houston, Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine. "The need for multiple medications reminds us that aggressive treatment is key in reducing high blood pressure in many patients."

There are no symptoms of high blood pressure and many people have it for years without knowing it. For this reason, high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked.

If you already take medication to lower your blood pressure, talk to your doctor about what else you can do to lower your risk for heart disease and stroke. Do not stop taking medication without first talking to your doctor.

To learn more about high blood pressure and ways it can be treated, talk to your doctor or log on to [www.americanheart.org](http://www.americanheart.org).



Sgt. Joseph A. Lee

**Petty Officer 3rd Class Sussette Welzant, hospital corpsman with the Branch Medical Clinic here, takes the blood pressure of Staff Sgt. Chris Deering, storage chief at Base Ordnance.**

## Many factors increase the risk of heart attacks

**NAPS**  
*Featurettes*

The weather is hot, and baseball, golf and tennis are in full swing. You may be more active during than you've been all winter, so it's important to remember that overexertion during summertime activities can be dangerous for people who have had a heart attack — putting them at increased risk for another heart attack.

Sudden, strenuous activity may tax the heart muscle. If you have suffered a heart attack, summer months mean that you have to protect yourself.

As you join the millions of Americans outdoors mowing the lawn, splashing in the water or bicycling, you must remember to listen to your body. Moderate physical activity and awareness of your physical limitations are key to good heart health during this season.

While being active is important and has many benefits, overdoing it may increase the risk of another heart attack. These activities combined with extreme temperatures and air pollution may trigger a heart attack in people who have already had one.

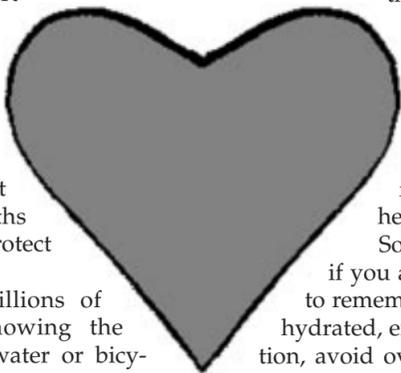
Each year over one million people in the U.S. will experience a heart attack. What's more, within six years of having a first heart attack, a second one occurs in approximately one in five men and one in three women.

Having a heart attack also increases the risk of having a stroke.

Risk factors for heart attack include these enemies: high blood pressure, high cholesterol levels, smoking, lack of physical activity, obesity, diabetes, and a family history of heart disease.

So what can you do if you are at risk? Things to remember include to stay hydrated, exercise in moderation, avoid overexertion, refrain from smoking and eat a heart healthy diet. Also, take medications you have been prescribed exactly as your doctor has directed.

Dr. Jeffrey Moses, chief, Interventional Cardiology, Lenox Hill Hospital, New York City suggests working closely with your doctor to develop a heart-health plan that is best suited to your needs. Treating yourself right and listening to your doctor are two important "summertime lifeguards" for your heart.



## Treating anemia may reduce the risk of heart disease

**NAPS**  
*Featurettes*

Some people face a greater risk of developing certain diseases than others. For example, African Americans are approximately four times more likely (than members of other groups) to develop a number of health conditions including diabetes and chronic kidney disease (CKD). Patients suffering from CKD are, in turn, at a higher risk than the general population for heart disease and death.

Anemia, a common complication of CKD, often develops in the early stages of the disease and worsens as the disease progresses. Fortunately, anemia is easy to diagnose and is more responsive to treatment than some other cardiovascular risk factors.

In patients with CKD, anemia is a serious risk factor for heart disease, like high blood pressure, diabetes and high cholesterol, and should be treated just as aggressively.

Characterized by a decrease in the body's total number of red blood cells, anemia occurs when there are not enough red blood cells to carry energy-fueling oxygen to the body's tissues and organs. With anemia, the heart is forced to work harder to deliver oxygen-rich blood, yet does not receive enough oxygen to support the body's normal functions, resulting in extensive tissue damage and death.

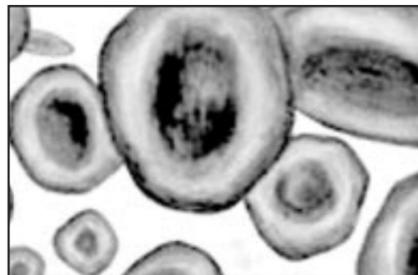
Treating anemia is not only vital to

prevent the development of severe, possibly life-threatening complications, but to improve a patient's quality of life. Patients with serious illnesses such as CKD, diabetes, cancer, heart disease and rheumatoid arthritis are at the greatest risk for developing anemia.

Anemia can be easily corrected with existing prescription medications, and people who are treated for their anemia feel better and may be more likely to continue taking medications for their underlying conditions. The latest therapies or treatments require patients to receive a shot as infrequently as twice a month.

Finding information about anemia is also easier than ever before. The Anemia LifeLine program, developed by Amgen in collaboration with key national organizations, helps improve the lives of millions of Americans with common, chronic diseases.

For more information on anemia, visit [www.anemia.com](http://www.anemia.com) or call toll-free 1-888-722-4407.



NAPS

**Anemia itself is not a disease but a sign or symptom of an underlying disease or condition. It is important to find the cause of the anemia as well as to determine the type of anemia.**

## Asthma sufferers breathe sigh of relief

**NAPS**  
*Featurettes*

More than 17 million people in the U.S. have asthma--more people than live in the state of Florida.

Asthma is also the most common chronic disease among children, affecting five million in the U.S. alone. It is the leading cause of school absences due to a chronic disease among children ages 5 to 17, causing more than 10 million absences each year. Asthma also accounts for more hospitalizations than any other childhood disease. Children with asthma spend an estimated 7.3 million days per year restricted to bed.

Some asthma symptoms include exercise-induced coughing, frequent shortness of breath, wheezing sounds when breathing, or tightness in the chest.

According to the Chronic Disease Directors (CDD), a Washington, D.C.-based public health association, it is important for people to see a doctor if they have any asthma symptoms.

Asthma can be life-threatening if not properly managed, but it can be controlled by avoiding triggers that cause attacks and by using fast-acting inhalers and other medications to treat acute attacks and maintain long-term control. It is important for people with asthma to use their inhalers and other medications exactly as prescribed.

Asthma triggers, such as cigarette smoke, dust mites, molds, some gases and other airborne particles, are everywhere--indoors and outdoors. It is important for those with asthma to learn what specific triggers may cause an attack for them.

Avoiding asthma triggers, learning to recognize the symptoms of an asthma attack, and using appropriate treatments can allow those with asthma to enjoy an active lifestyle, prevent emergency room visits and reduce the number of school absences.

Free asthma screenings are offered; to find a free screening, contact the chronic disease unit of the state health department.

The Chronic Disease Directors is a Washington, D.C.-based public health organization comprised of chronic disease program directors of each state and U.S. Territory. CDD works to reduce the impact of chronic diseases on the American population. Since its founding in 1988, CDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and the associated risk factors.

To learn more visit [www.ChronicDisease.org](http://www.ChronicDisease.org).

## Eye exams are important part of back-to-school routine

**NAPS**  
*Featurettes*

Parents want their children to succeed in school, and most will do whatever they can to help--seeking out the necessary supplies, packing nutritious lunches, carefully checking homework. But have you thought about checking your child's eyes? As kids head back to school, consider taking yours to see an eyecare professional for a comprehensive eye exam.

Why? Your child's vision is a critical tool when it comes to learning. In fact, 80 percent of learning is achieved visually. However, Prevent Blindness America reports that one in four school-age children has some form of vision problem that can hinder academic performance. And while many schools offer basic vision screenings, they are not a substitute for a thorough eye exam.

"Children can suffer from vision problems without showing any outward symptoms," says Dr. Jeff Smith, vice president of professional services at Pearle Vision. "Even if a child checks out 20/20 on the eye chart, they may still have a vision problem that needs correction. Many conditions such as nearsightedness, farsightedness, amblyopia and astigmatism can be treated successfully if caught early."

Left undetected, vision problems can not only lead to difficulties in learning, but also result in behavioral, physical and emotional problems. Many kids who suffer from vision problems are fre-



Sgt. Joseph A. Lee

**Lieutenant Christine Johannesen, optometrist with the Medical Service Corps, performs a routine eye examination on Cpl. Stan Tavenner, maintenance administration specialist with Marine Helicopter Training Squadron 301.**

quently misdiagnosed with learning disabilities.

The American Optometric Association recommends that children be examined by a doctor of optometry or an ophthalmologist before entering kindergarten, and routinely throughout their school years to detect potential problems. If your child requires glasses or contacts, they should be seen every 12 months, since prescriptions frequently change as vision matures along with your child.

As a parent, be alert for symptoms that indicate poor vision. If your child uses a finger to follow along when reading, holds reading materials too close, squints, rubs their eyes frequently, sits

too close to the TV, complains of headaches--or if they're receiving lower grades than usual--their vision may need correction.

Glasses are cool

The American Optometric Association reports that approximately 58.8 million children in the United States wear corrective lenses. So if your child needs glasses, he or she will be in good company. And these days, there are so many great styles for kids to choose from.

These days, retail outlets carry a variety of frames geared toward kids, including styles from Candies, Converse and StrideRite. The extremely popular Nickelodeon line features SpongeBob SquarePants, Blue's Clues and the Wild Thornberrys--with each frame capturing the personality of a favorite Nick cartoon character.

Outlets also carry frames created especially for teens looking for a fun, modern look.

Technological advances that have been used in adult frames are now available in children's frames, including flex titanium. Also look for frames made from the newest flexible frame material designed to withstand much of the stress children and teens put on their eyewear.

To keep eyes safe, shatter-resistant polycarbonate lenses are the best choice for kids, along with UV protection. Lightweight, scratch-resistant polycarbonate lenses help protect your child's eyes at home, in the classroom and at play.

## A good night's sleep now found easier

**NAPS**  
*Featurettes*

Getting a good night's sleep can be hard, reports the National Multiple Sclerosis Society. An estimated 60 percent of adult Americans suffer from sleep disorders and the percentage is even higher for those who have multiple sclerosis (MS).

Every night people lie awake, gripped by anxiety and plagued by physical symptoms. The following tips from the National Multiple Sclerosis Society's new "Sleep Disorders" brochure can help people get the rest they need, whether or not they have MS:

•Make sound sleeping a habit. Create a bedtime routine to set the stage for falling

and staying asleep. Stick to a set bedtime.

- Exercise daily.
- Try relaxation techniques such as repetitive mental exercise (like counting sheep or repeating a mantra); visualization (imaging yourself in a tranquil environment) or progressive relaxation (mentally "putting to sleep" each part of your body).
- Limit caffeine, alcohol and tobacco use.
- Avoid long naps.
- If slumber is still elusive after about 10 minutes, find something quietly active to do, like reading, writing or

puzzles to tire yourself out.

- The best habits and behavioral remedies won't help if sleep disruptions are caused by physical problems such as P L M S (periodic involuntary limb movements), nocturia (the need to make frequent trips to the bathroom), pain or sleep apnea (temporary pauses in breathing accompanied by gasping, choking and snoring). However, effective medical treatments are avail-

able for each of these conditions, so talk to your doctor about getting to the root about what is keeping you awake.

• If sleeplessness persists, ask your physician for a referral to a sleep specialist. Keep a sleep journal to gather information for your consultation.

The National MS Society funds more multiple sclerosis research, offers more services for people with MS and provides more professional education programs than any other MS organization in the world.

To learn more about living with MS or to receive a copy of "Sleeping Disorders and MS: The Basic Facts" visit [www.nationalmssociety.org](http://www.nationalmssociety.org) or call 1-800-FIGHT-MS.

