

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 30, 2002

Boxing brawls return tonight

Cpl. Jason E. Miller
Combat Correspondent

What could be better than watching two muscle-bound, well-disciplined trained fighters step into a canvas ring with nothing on their minds besides beating their opponent senseless and trying to score a victory?

Perhaps watching it in your own back yard.

This year one of the many highlights at Bayfest 2002 was the boxing matches that took place last Saturday. Fighters from around the island came together at MCB Hawaii, Kaneohe Bay, to perform at their best in front of a mostly military crowd.

BayFest brought a lot of great attractions — such as music — to Windward Oahu, but boxing may have excited the crowds more than just about any other event.

Hundreds of attendees gathered around the ring on the flightline to watch the head-to-head competitions.

The first fight of the night was spectacular. It went back and forth quite a bit, but ended in the second round when the referee stopped the fight as it had become more of a severe beating to the loser.

The rest of the night's matches went equally well and the crowd remained entertained.

Boxing will make its return aboard MCB Hawaii, Kaneohe Bay, when the Enlisted Club hosts a United States Amateur Boxing event today at 6 p.m. All ranks, family members and guests are invited to attend and can get more information at 574-0177.

Ticket prices will be \$12 in advance or \$15 at the door, and boxing fans are sure to witness an exhibition that only MCB Hawaii can offer.



Cpl. Jason E. Miller

Isaac Tarik of Wahiawa Boxing Club sends Roland Kauwe of Kalakaua Boxing Club to the deck with a smashing overhand right in the second round of the first bout at the Bayfest Boxing Challenge, Saturday. Tarik won the bout later in the round when the referee stopped the fight.

Gymnasts tumble, twirl, dance in contest

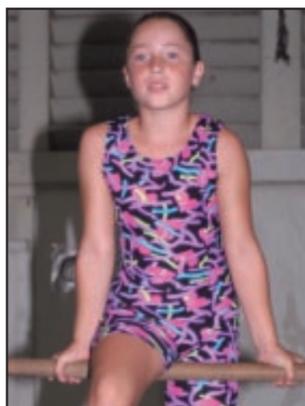
Pfc. Monroe F. Seigle
Combat Correspondent

Laughing, clapping and cheering were some of the common sites and sounds that filled the noisy room as children performed a mélange of challenging obstacles that demanded all their determination and energy.

This was the setting at the MCB Hawaii, Kaneohe Bay, Family Gym Saturday afternoon where more than 40 boys and girls ranging from ages 2 and up participated in the National Gymnastics Day Celebration.

National Gymnastics Day is a holiday in which all gyms across America are to hold a celebration and gymnastic events. The Kaneohe Bay Family Gym did just that.

As in most gymnastic events, children were allowed to perform events such as the parallel bars, floor exercises that in-



Photos by Pfc. Monroe F. Seigle

Sabrina L. Lehrke (left), 4, and Ashley V. Winefeldt, 9, negotiate their front supports on the uneven bars during the National Gymnastics Day Celebration at the K-Bay Family Gym Saturday.

cluded cartwheels, summersaults and back-flips, and what many perceived as the most challenging event, the rope

climb, where the children used their arms and legs to climb up a two-inch hanging rope with the guidance of coaches.

Head coach Di J. Rodin and Assistant coach Andrea M. Duck for the gymnastics program for the Kaneohe Bay Family Gym, coordinated the celebration and the events.

After the completion of all the events, the children were treated with a variety of sweets including cake, candy and juices.

Many parents were present to support their children while they negotiated the obstacles.

"I think gymnastics is a great way for children to build up their coordination for other sports and it's a great way for them to positively interact with other children in a structured environment," said Staff Sgt. Christine L. Allen, staff non commissioned officer in charge for Unit Deployment of Group Personnel Administrative Center and mother of Chance A. Allen, 3, of K-Bay, who was one of the many children present for the event.

The Kaneohe Bay gym provides training for all children and adults interested in gymnastics training.

"Our goal is to provide gymnastic training through the USA gymnastic program for recreational and competitive teams for both boys and girls," said Rodin.

8-Man tackle football begins Sept. 6 at K-Bay

Sgt. Robert Carlson
Media Chief

After an absence of nearly eight years, tackle football will return to MCB Hawaii next week. Teams began tryouts and preconditioning July 29.

Each MCB Hawaii command had the opportunity to field a team and Marine Corps Community Services is footing the bill for equipment and promotion.

The teams will compete with other Kaneohe Bay squads, since there are no other military tackle football programs in Hawaii.

The program will be 8-man tackle football with 15-minute quarters. Teams will be allowed 25-person rosters and have eight players on the field at a time. The final championship will be decided by single elimination.

"We're going to have two games each night and play twice a week," explained Jo Au, MCCA intramural sports coordinator. "The regular season will end on or around Oct. 19, and then we'll have a

couple of weeks for makeup games before the championship tournament."

The 2002 Football Schedule

- Friday, Sept. 6 at Pop Warner field HQBN vs. HQ 3rd Marines At 6 p.m.

- Tuesday, Sept. 10 at Pop Warner 1/3 vs. 1st Radio At 6 p.m.

CSSG-3 vs. Camp Smith At 8 p.m.

- Tuesday Sept. 17 at Pop Warner 1/3 vs. HQ 3rd Marines At 6 p.m.

1st Radio vs. MAG-24 At 8 p.m.

- Wednesday, Sept. 18 at Pop Warner CSSG-3 vs. HQBN At 6 p.m.

See FOOTBALL, C-3

Practice, practice opening day looms



Cpl. Jason E. Miller

Marine Aircraft Group's intramural football team, the MAG-24 Bandits, practices hard on the field behind the post office. Teams around the base are working in preparation for opening day.

SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

E-Club Presents a Night at the Fights

The MCB Hawaii, Kaneohe Bay, Enlisted Club is hosting live United States Amateur Boxing matches tonight.

Doors open at 6 p.m. and the fights begin at 7 p.m.

The event is open to all ranks, families and guests. It is also open to the public.

Tickets are \$12 in advance and \$15 at the door.

For more information or for advanced reservations, call 574-0177.

Bellows Holds a Labor Day Beach Fest

Bellows is celebrating the new Turtle Cove Recreation Center and Golf Shack operations with a Labor day weekend Beach Fest.

Bring the family to enjoy a day at the beautiful beaches of Bellows and stop by Turtle Cove and the Golf Shack for food, fun, games and prizes.

Bellows will be offering discounts on equipment rentals and mini-golf all weekend.

In addition, they will have prize drawings, golf driving range and putting contests, \$1 hot dogs and free popcorn.

Hickam AFB Holds Softball Tournament

Hickam Air Force Base will be hosting the Hurricane Classic Softball Tournament for Men's and Women's Divisions, today through Monday.

The tournament is a round-robin format, followed by double elimination playoffs.

The tournament is open to all DoD authorized patrons and the cost is \$200 per team.

For more information about the tournament, please contact Mike Stewart at 655-3840.

Single Marines & Sailors Host Shank & Slice II

Will you shank or will you slice? The Single Marines and Sailors Program will host the second Shank & Slice golf tournament at the Kaneohe Klipper Course, Sept. 13.

The Shank & Slice will shotgun start at 12:30 p.m. and is a "best-ball" tournament. All single, active duty military personnel are challenged to put their driving and putting skills to the test.

Prizes will be awarded on blind-draw.

Spaces are limited.

Fees, which include green fees, cart, prizes pupus and sodas are \$22 per person for all E5 and below, and \$30 per person for all E6 and above.

Golfers need to register by Sept. 11 in the SM&SP Office, Bldg. 219, or call Leslie Graham at 254-7593.

Cheerleading Coaches Wanted

Youth Activities is seeking volunteer cheerleading coaches for the upcoming flag football season.

Those interested can call Youth Activities at 254-7611.

Fast Pitch Baseball Seeks Interest

Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003. This will be fast-pitched baseball.

Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Flag Football Graces Camp Smith

All persons attached to Camp H. M. Smith may now look forward to the upcoming Flag Football Season. Sports Coordinator Angela Pittman is currently reserving spots. For more details, call 477-0498.

Good Eatin'!



Pfc. Monroe F. Seigel

Franco Harris (left), former Pittsburgh Steelers running back in 1972-83, and president of the Super Bakery out of Pittsburgh, Penn., tempts Marines to sample his products. Lorie Chang, division manager of the perishable division at Advantage Webco Dodge, Hawaii, helps Harris display and promote the bakery products during a presentation at the Anderson Hall dining facility, Kaneohe Bay, Hawaii.

Resumes Accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11 - 19 in San Antonio, Texas.

Marines interested in being considered for competition must be a National Skeet Shooting Association member and should submit a resume to the Marine Corps Community Services' Athletics Office.

Resumes should include an average based on a minimum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore), as well as a current classification in each gauge of at least "A" class or higher, and a copy of an NSSA classification card.

For more information, contact the Athletics Office at 254-7590.

Kapiolani Park Holds 5K "Race for the Cure"

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sept. 29, at Kapiolani Park.

The race is being held to raise funds for the fight against breast cancer. The "event with a mission" features a 5K race at 7:30 a.m., followed by a one-mile walk at 7:45 a.m.

Registration is \$18, if postmarked by Sept. 20 — \$25 for applications thereafter. Groups of five or more mailed together are \$15 per participant. There will be no official registration on race day.

Entry forms with complete details are available in Hawaii Race Magazine, Chevron stations, Safeway locations, or by calling the local information line at 973-5967. Online registration can be done at www.raceforthecurehawaii.org.

SM&SP Offers Discounts at the Klipper

Take advantage of the benefits the Single Marines and Sailors Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for SM&SP only.

The deadline for the Saturday tee-off is Thursday at 5 p.m. and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham at 254-7593.

Take Aim with Oceanside Paintball

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

The field is open Saturdays, 9 a.m. - 4 p.m. and Sundays noon - 5 p.m. Select Fridays are available for training exercises and unit events, upon request.

The cost is \$10 per person, including mask and paintball marker.

Players have the option of bringing their own paint or buying it at the field.

For more information, times and locations, contact owner Robert Brumley at 254-7593.

Base All Stars

NAME: RICHARD W. MYERS

BILLET: 7th Degree Black Belt Master Instructor

SPORT: Okinawa Kempo Karate Kobudo

POSITION: Master Instructor

• Myers began practicing Okinawa Kempo Karate Kobudo in 1969.

• Teaches classes to both civilian and military.

• Has studied in both the United States and overseas.



Pfc. Monroe F. Seigel

"The whole aspect of martial arts can benefit you in almost all areas of life."

Sports Ticker

Strongman Competition Winners

Men's First Place:

Red Lions HMH 363 — 59.85 seconds

Lt. Col. Ed Yarnell

Sgt. Maj. Scott Chambers

Staff Sgt. James Alpha

Staff Sgt. Ron Malbon

Lance Cpl. Joel McCoy

Men's Second Place:

The Optimistics — 1 min. 27 seconds

Wes Chun

Al Fritz

Mike Labanon

Women's Division First Place:

Go Wahines — 1 min. 13 seconds

Wendy Bieber

Lizard Fawkes

Laura Hoover

Kathy Novack

Jackie Scott

Exercise myths abound, get the real skinny

NAPS

Featurettes

Will doing 100 leg lifts a day give you thinner thighs? Does muscle turn to fat when you stop exercising?

With all the information available about fitness and exercise, it can be hard to separate fact from fiction.

While some exercise myths are falling by the wayside, others still exist. Without proper knowledge, you may hinder your exercise progress.

Let's dispel some of the myths.

Myth: Spot reducing

One of the most common exercise myths is that you can reduce fat from specific parts of your body, such as your thighs or abdomen. The truth is, fat cannot be burned from specific body parts.

Fat is stored throughout the body, and exercise will use fat from different areas and not necessarily the part you are working.

The best way to reduce body fat is with a consistent routine of cardiovascular exercise, strength training and stretching.

Myth: "No pain, no gain."

A second exercise fallacy is that you must exercise at a very high intensity or for long hours to get results. Research shows, however, that even low to moderate intensity routines have valuable health benefits.

A good general recommendation is to do cardiovascular exercise three to five days a week, for 20 to 45 minutes per session, at 65 to 80 percent of your maximum heart rate (220 minus your age) — which is a level where you are working but aren't gasping for air.

To help you stay in the right range, many fitness equipment manufacturers offer cardiovascular ma-



Pfc. Monroe F. Seigle

Corporal Matthew C. Gresham, base inspector noncommissioned officer, Headquarters Bn., MCB Hawaii, executes a cable row exercise at the Semper Fit Center aboard Kaneohe Bay.

chines with digital heart rate sensors. For example, Life Fitness treadmills, total-body elliptical Cross-Trainers, Lifecycle exercise bikes and stairclimbers have Lifepulse hand sensors and interactive heart rate Zone Training plus workouts that automatically adjust the resistance level based on your target heart rate.

Myth: Strength training will make you very muscular

A common misconception among women is that lifting weights will make them bulk up.

Bodybuilders usually have spent hours at the gym, may use steroids and follow strict diets to achieve their physiques.

In addition, compared to men, women have less of the hormone testosterone, which is key to developing large muscles.

Some older people tend to think that it is too late to start an exercise routine if they didn't work out when they were younger. Studies have shown that it is never too late to start working out.

You can reap benefits at any age.

As we age, exercise can help reduce the risk of bone and muscle diseases and help enhance daily functionality.

Regardless of age and medical history, consult a doctor before starting any exercise program.

A terrific resource for guidance on proper exercise is Life Fitness' Smart Exercise Guide, available at the Web site www.life-fitness.com/hom_edu_main.asp.

Once you dispel some common exercise myths, you can start to exercise smart, and develop a fitter, healthier you. This will greatly benefit your health in the future.

Strength training approximately two to four times a week, doing a variety of exercises for the major muscle groups, will help lead to a lean and toned appearance.

Myth: If you stop working out, muscle will turn into fat

Many people believe that if they stop working out, their muscle will turn into fat. Muscle and fat are two distinct tissues, however, and never can be converted from one to the other.

If you stop exercising, muscle tissue will shrink, so you may feel flabbier. Also, when muscles get smaller, they do not need as many calories, so your metabolism slows.

With a slower metabolism, if you eat the same amount of calories, you may gain body fat.

Myth: If you didn't exercise when you were younger, it's too late

In just five easy steps, all ages can be more fit

NAPS

Featurettes

Practicing prevention every day is the key to staying healthy.

With heart disease, cancer, stroke, diabetes, influenza and pneumonia being some of the leading causes of death in the United States, men and women need to know what they can do to stay healthy and reduce their risk for these diseases.

Here are five simple steps men and women of all ages can take every day to improve their health and their lives, from experts at the U.S. Department of Health and Human Services:

Number One: Eat Better. Eat more fresh fruits and vegetables. Reduce the amount of fat in your diet.

Also, choose the leanest cuts of meat to eat and cut down on fried foods.

Number Two: Get Moving. Men



NAPS

Healthy living includes eating nutritious foods rich in vitamins. Such foods include fruits and leafy, green vegetables, which are essential to a healthy diet.

and women, of all ages, benefit from a moderate amount of exercise, about 20-30 minutes a day.

Your exercise regimen does not need

to be strenuous.

Regular exercise can help reduce the risk of heart disease, diabetes, colon cancer, high blood pressure, muscle and joint disorders, symptoms of anxiety and depression, and more.

Number Three: Be Smoke Free. Lung cancer is one of the rising causes of cancer death.

When you quit smoking, your heart-beat slows to normal, and your lungs begin to clear and repair themselves.

And remember, second-hand smoke that you inhale when others smoke — also affects your health.

Number Four: Get Regular Exams and Screenings.

Talk to your health care provider and find out when you need exams for your

gender such as a colon screening, bone density check, Pap smear or mammogram, and more.

When problems are found early through screening, your chances for a cure are better.

Number Five: Be Safe And Protect Yourself. Take simple steps to keep yourself safe.

Be smart and wear seatbelts and helmets to prevent injury, whenever appropriate to motor vehicles, motorcycles, scooters and bicycles.

When outside — especially in Hawaii's climate — use sun protection to prevent skin cancer.

And don't forget about protections at home. For example, install a smoke alarm in your home.

Following these simple steps can lead you in the direction of a healthier tomorrow. By leading a lifestyle that keeps you fit, you'll live longer.

FOOTBALL: MCCS posts schedule through October

From C-1

• Tuesday, Sept. 24 at Pop Warner 1st Radio vs. HQ 3rd Marines At 6 p.m.

CSSG-3 vs. 1/3 At 8 p.m.

• Wed., Sept. 25 at Bordelon Field, Camp Smith MAG-24 vs. Camp Smith At 6 p.m.

• Tuesday, Oct. 1 at Pop Warner HQ 3rd Marines vs. MAG-24 At 6 p.m.

1st Radio vs. CSSG-3 At 8 p.m.

• Wednesday, Oct. 2 at Pop Warner Camp Smith vs. HQBN At 6 p.m.

• Tuesday, Oct. 8 at Pop Warner HQ 3rd Marines vs. CSSG-3 At 6 p.m.

AG-2 vs. HQBN At 8 p.m.

• Wed., Oct. 9 at Bordelon Field, Camp Smith Camp Smith vs. 1/3 At 6 p.m.

• Tuesday, Oct. 15 at Pop Warner field Camp Smith vs. 1st Radio At 6 p.m.

CSSG-3 vs. MAG-24 At 8 p.m.

• Wednesday, Oct. 16 at Pop Warner HQBN vs. 1/3 At 6 p.m.

• Tuesday, Oct. 22 at Pop Warner HQBN vs. 1st Radio At 6 p.m.

MAG-24 vs. 1/3 At 8 p.m.

• Wed., Oct. 23 at Bordelon field, Camp Smith HQ 3rd Marines vs. Camp Smith At 6 p.m.



Hawaii Marine Archive Photo

Twentynine Palms played K-Bay in 1978 tackle football action.

SPORTS AROUND THE CORPS



Photo courtesy of Randy Ellison

Randy Ellison performs a "lean to tail" trick move at Action Sports Park Okayama on the largest vert ramp in Japan.

ASPO - Imperial Palace of Shred

Cpl. Joe Lindsay

MCAS Iwakuni Public Affairs Office

MARINE CORPS AIR STATION IWAKUNI, Japan — Though Southern Californian's may receive arguments from their Floridian cohorts on which location is the king of skateboarding in the United States, there is little doubt when it comes to deciding who is the emperor of shred in Japan — or Asia for that matter.

That's because Action Sports Park Okayama, located about 200 kilometers from the Station in Okayama City, Okayama Prefecture, is the largest and most renowned skateboard park in all of Asia.

"Most people stationed in Iwakuni have no idea that the best skateboarding in Asia is just a couple hours up the road," said Randy Ellison, an Iwakuni Marine and former Pro-Am skateboarder from Jacksonville, Fla.

"The Japanese brought in Americans to build it, and it was completed in August of 2001. You can tell they definitely didn't spare any expenses," said

Ellison. "ASPO is state of the art all the way." It's also, apparently, not just for skateboarders.

"It's great for both children and adults," said Charles Daily, an Iwakuni Marine who recently took his 12-year-old son Jake to ASPO, along with six of Jake's friends for his son's birthday.

"They've got rollerblading, a snowboard ramp, rock climbing, rappelling, basketball, in-line hockey and biking. It's just a great place to take the family and interact with the locals."

Those locals, however, might not be so local after all.

"I've met people from all over Japan at ASPO," said Ellison, who regularly takes Iwakuni Marines to the park. "They've got skateboard parks

in Tokyo, Osaka and Kobe, but people from those cities still make the trek to ASPO because it's simply the best of its kind over here."

Colin Cooper, an Iwakuni Marine and skateboard enthusiast, said he couldn't agree more.

"There's no doubt in my mind that ASPO has the best skateboarding facility in

"It's a great feeling catching air on the half pipes ... even though I'm not competing any more, I still get that same thrill when I hit a jump just right."

Randy Ellison
Iwakuni Marine and former Pro-Am skateboarder



Photo courtesy of Randy Ellison

Randy Ellison, an Iwakuni Marine and former Pro-Am skateboarder from Jacksonville, Fla., performs an invert, or hand plant, maneuver at the Action Sports Park in Okayama, Japan.

Japan," said Cooper. "It's a huge facility, and it's impossible to get bored there because there is so much to do. Tired maybe, but bored never."

Patrons can either bring their own boards and bikes to ASPO, or they can rent them at the facility.

Admission is 800 yen for an all-day ticket for those 14 years of age and un-

der, and 1,400 yen for an adult ticket.

"It's a great feeling catching air on the half-pipes at ASPO," said Ellison. "Even though I'm not competing any more, I still get that same thrill when I hit a jump just right."

"Skate or die," added Cooper, repeating the legendary skateboarders creed. "Skate or die."

SPORTS COMMENTARY

MLB strike deadline comes to a head

Steven Kalnasy*Special to the Hawaii Marine*

By the time you read this, the strike deadline for Major League Baseball will be upon us. Will there be baseball beyond today? When I looked into my crystal ball last week, I saw the Yankees and the Diamondbacks playing the World Series again. Maybe what I actually saw were the reruns from last year.

Regardless of my prognostication, the result of the player's threats will be realized. Either their demands will be met or the owners will assist them in shutting down the game.

To better understand the issues, I called upon my source in Detroit who is usually right on track with issues of sports: my brother Kevin Kalnasy. He simplified the core issues, they hold "America's past time" in jeopardy of being damaged for the 2002 season — and possibly forever.

**The Luxury Tax**

In their attempt to slow down the pace of player's salaries, owners suggest moderate increases in the threshold of a luxury tax. Owners proposed a tax on payrolls above \$102 million, with a threshold to \$107 million in the first three years of the contract. That would increase to \$111 million in 2006.

The players don't like this offer and proposed that the thresholds be higher. They demand a threshold of \$125 million in 2003, \$135 million in '04 and a paltry \$145 million in 2005, with no tax in the final year.

For teams that exceed the proposed thresholds, a tax would be imposed upon them at a rate of 35 percent for the first time, 40 percent for the second time, 45 percent for the third time, and a whopping 50 percent for the fourth time. Players would like to see rates of 15 percent to 40 percent respectively.

Revenue Sharing

Owners lowered their percentage of locally shared revenue from 37 percent to 36 percent. The Player's Union is demanding 33.3 percent. Currently, teams share 20 percent of local revenues. The owner's plan would ensure that \$263 million would be shared, while the player's proposal would start at \$172.3 million in 2003, and increase to \$195.6 million for 2004, \$219 million in 2005, and finally \$242.3 million in 2006.

These issues are not easy ones to resolve. Easier though is the desire to pass blame on one side or the other. After listening to my brother's explanation of the issues and how supporting one side or the other would impact the game, it made me realize that this is not a game at all. This is

big business. It is in fact; capitalism at it's best. It is a text book example of a free market society at work looking for a compromise so as to do what is best for the business of baseball.

As a fan, I would like to see government step in and arbitrate the squabble between the two sides. As a fan, my desire is to see the game continue to a successful conclusion of the World Series. But as an American who believes in a principles of a free market economy, I suggest that we need to let the process take its course.

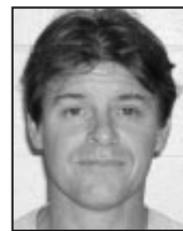
If the game is called today, we will still have witnessed some remarkable achievements. Barry Bonds broke 600 home runs, Ichiro Suzuki proved he is not just a fluke, and the best teams in the sport have entertained and thrilled their fans just as they have for over 100 years.

If the players do strike today, it will be baseball's ninth work stoppage since 1972.

It wasn't that long ago when the last strike wiped out the post season and delayed the beginning of the 1995 season. Back then I remember people saying they would never return to the sport if a strike were realized.

I hear the same rhetoric today, that baseball will survive, and the fans will always be there for the game.

If I can stick with my beloved Detroit Tigers through one of the worst seasons they ever posted, then I suspect America will be able to sit this one out and let the process take its course.

**KALNASY**

HEALTH & FITNESS

GENERIC DRUGS: What everyone should know

NAPS

Featurettes

An estimated 44 percent of all prescriptions in the United States are filled with generic drugs. These products carry all the medicinal qualities (and side effects) of their brand-name counterparts, but generics tend to have one additional benefit: lower cost.

According to the U.S. Food and Drug Administration (FDA), a generic drug is a copy that is identical to a brand-name drug in dosage, safety, strength, how it is taken, quality, performance and intended use.

New drugs, like other new products, are developed under patent protection. The patent protects the investment — including research, development, marketing and promotion — by giving the company the sole right to sell the drug while the patent is in effect.

When patents or other periods of exclusivity on brand-name drugs are near expiration, manufacturers can apply to the FDA to sell generic versions.



Generic drugs provide all the medicinal benefits of their brand name counterparts.

For example, in the 1950s, when the analgesic acetaminophen was developed, it was only available under its brand name — Tylenol. Today, acetaminophen can be found in many other pain-relief products, including generic and store-brand versions.

“FDA-approved generic drugs are bioequivalent and therapeutically equivalent to their brand-name counterparts,” says Gary Buehler, director of FDA’s Office of Generic Drugs. “People can use them with total confidence.”

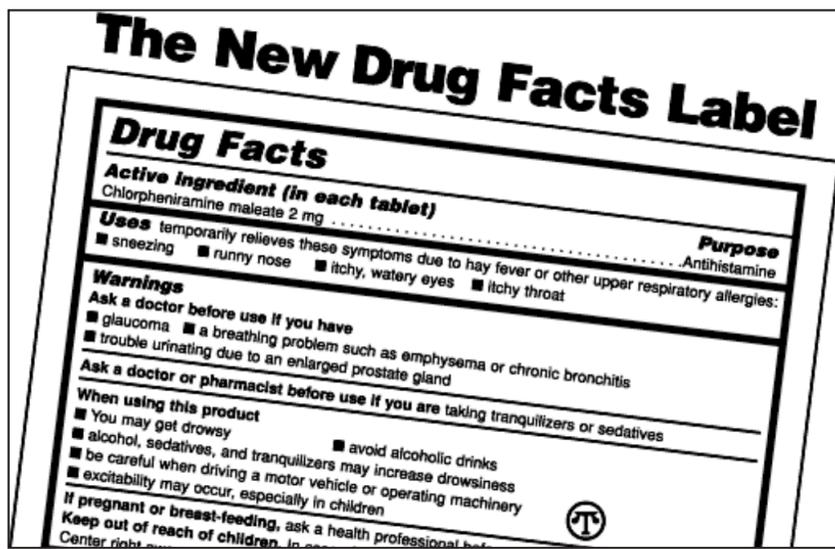
Both brand-name and generic drug facilities must meet standards of good manufacturing processes. The FDA conducts about 3,500 inspections each year to ensure standards are met.

Generic firms have facilities comparable to those of brand-name firms. In fact, brand-name firms account for an estimated 50 percent of generic drug production. They frequently make copies of their own or other brand-name drugs but sell them without the brand name.

To learn more about generic drugs, contact your physician, pharmacist or insurance company.

Visit the Federal Drug Administration’s Web site at www.fda.gov/cder/ogd/index.htm for more information on the U.S. process.

OTC labels help consumers



An improved label is now appearing on over-the-counter medicines.

NAPS Featurettes

It's official. A new law requiring a standardized "Drug Facts" label on over-the-counter medicines is in effect, making it easier for consumers to select the right OTC medicines more simply and wisely.

Developed by the U.S. Food and Drug Administration the new "Drug Facts" label clearly spells out each OTC drug's active ingredients, the purpose of the medication, uses and specific warnings, dosage instructions and the drug's inactive ingredients.

This vital information is conveyed in large type, using plain, easy-to-understand terms.

Since the new label will be most effective if people learn how to use it, the National Council for Patient Information and Education is implementing the next

step with "Be MedWise."

This new campaign will help consumers interpret labeling information when comparing different OTC medicines and before using these medications.

The Council recommends these 10 steps you can take to Be MedWise:

1. Read the label; know your medicine.
2. Match your symptoms to the ingredients.
3. Heed product warnings.
4. Unsure? Ask before you take.
5. Take the exact amount.
6. Compare active ingredients.
7. Use caution if you take other medicines.
8. Keep your medication list updated.
9. Dose children's medicines properly.
10. Discard old medicines safely.

For more information, visit the Be MedWise Web site at www.bemed-wise.org.

Men should get checked

NAPS
Featurettes

Just like taking the car in for an oil change or for the 25,000-mile checkup, men also need to take themselves to the doctor's office to make sure everything is running smoothly. But statistics show that men do not see a physician for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions.

Women live an average of six years longer than men and are less likely to die from the top ten causes of death, including cancer, diabetes and diseases of the heart, kidney and liver.

According to a survey conducted by the Centers for Disease Control and Prevention in 2001, the rate of doctor visits for such reasons as annual examinations and preventive services was 100 percent higher for women than for

men, even excluding pregnancy-related visits.

Now, the Men's Health Network, a Washington D.C.-based non-profit organization, has developed "Get It Checked!" to help men keep track of their body's maintenance schedule.

This simple guide outlines 15 different checkups and screenings for men and indicates at what age they should be conducted.

Men who want to know how often to see the doctor, to check their blood pressure or get a tetanus booster, need only refer to the "Get It Checked!" manual. Even that important man-fuel, testosterone, needs to be checked once men have put on enough miles.

Remember, regular checkups and age-appropriate screening can improve a man's health and extend his life. Regular screening can catch many diseases in an early stage, when treatment is most likely to be successful.



CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Every year (if smoker)		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skid: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	Under physician supervision	✓		Discuss

Source: Men's Health Network

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years		Age 30 ✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.	Every year		*	✓

*African-American men and men with a family history of prostate cancer may wish to begin screening at age 40 or earlier.

