

Hawaii MARINE SPORTS

Hawaii Marine C Section

December 20, 2002

MCBH defeated in football regionals

Cpl. Julie A. Paynter
29 Palms Public Affairs

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Part Three of the Best of the West separated the winners from the losers Saturday after the Marine Aircraft Group 39 football team, representing Camp Pendleton, Calif., defeated MCB Hawaii, 7-0, in a hard-fought battle at Felix Field here.

Both teams dominated with their defensive skills during the regulation game. However, MAG-39 made it five times to the red zone and twice to the 30-yard zone, but was held back from scoring each time.

"Our defense is the reason for our victory in this game," said Coach James Shepard, of MAG-39. "Hawaii didn't even cross the 50-yard line with their offense."

Before the first quarter had ended, each side fumbled the ball several times.

Hawaii attempted a 53-yard field goal, but the kick lacked the necessary steam and fell short, bouncing off the crossbar.

During the second quarter a field goal went wide right for MAG-39, and during the third quarter MAG-39 ate a field goal block at the 18-yard line.

"On the half-yard line we had third and goal, and we had a motion penalty for a five-yard penalty that kept us out of the end zone," said Shepard. "We also had two dropped passes for 30-plus yards."

The regulation game ended with a null score and the fight moved into overtime.

An 18-yard sweep to the right by MAG-39's Martin Hagan resulted in a touchdown, field goal and a final score of 7-0.

"Our defense dominated Hawaii and won the ball game with that performance," said Shepard.

"It was a very entertaining game," said Skip Best, sports coordinator, Marine Corps Community Services. "We wanted to call it Fumble Bowl, because in the game both teams compiled a total of 15 fumbles, two interceptions and three hikes over the quarterback's head. But, it was still a very entertaining game."

Coach Tom Grace of Team Hawaii is already planning his attack for next year's Best of the West competition.

"They played their hearts out," said Grace. "Defense played for 60 minutes of football. Next year, we hope to have the Marines cut loose early so all they have to concentrate on is football."

"The more time to practice the better," he explained. "MAG-39's defense stepped up and did what they did the whole game, which stopped us."

"I guarantee the boys will be fired up and ready to play next year," he added.

Camp Pendleton plays host to the Best of the West next year.

Currently, a Best of the East tournament doesn't exist, but plans are in the works to coordinate a Best of the East and a finals competition against the winner of each coastal tournament.



Michael Gregory

Nate Ilaoa, son of Sgt. Maj. Filipino Ilaoa, MCB Hawaii base sergeant major, warms up prior to a University of Hawaii Warriors football game.



Michael Gregory

Ilaoa gets in position to catch a game winner.

The blood of a Marine warrior helps pump life into the University of Hawaii

Steven Kalnasy and Michael Gregory
Special to the Hawaii Marine

HONOLULU — "Warriors win! Warriors win!"

In a dramatic come-from-behind victory over San Diego State University, 41-40, to close out their regular season, the University of Hawaii's Warriors improved their record to 10-3.

Head Coach June Jones issued a warning to their rivals that Hawaii would no longer be taken for granted.

The success of the 2002 Warriors is the result of four years of hard work and determination in recruiting and molding players into larger-than-life characters of the gridiron.

One such keynote member of the 2002 team is wide receiver Nate Ilaoa.

A true red-shirt, freshman with a promising football

See WARRIOR, C-3

Oahu's military unites for kids, basketball

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The Toys for Tots basketball tournament fetched a heaping bundle of toys at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay, Sunday, which are sure to put a smile on children's faces this holiday season.

The tournament, which included 15 teams of three players each, amassed members from all military installations on Oahu.

Every player brought one toy to participate in the tournament, and many in the audience displayed their holiday cheer and the spirit of giving with a toy for a tot.

The event kicked off at 10 a.m. and lasted until 4:30 p.m. when one team remained.

The Rutgers team of Lance Cpl. Kareem Williams, a radio operator for Headquarters Co., 3rd Marine Regiment; Cpl. Jason C. Myers, a gunner for Bravo Battery, 1st Bn., 12th Marine Regiment; and Sgt. Arnell Rivers, a radio operator for

Alpha Battery, 1/12, captured first place honors.

After the game, the "My Island Girls," who were present to assist with toy collection, presented the trio with trophies.

"Our goal was to raise as many toys as possible for Toys for Tots," said Sgt. Blaze Llanas, vice president of the Noncommissioned Officers Association and a platoon sergeant in Headquarters Co., 3rd Marines. "We wanted as many people as possible to come out and support the teams, and we got a great turnout."

In all, more than 100 toys were collected so Hawaii's children can have a better Christmas.

"We raised a lot of toys for the children in the community, and we had fun doing it," said Sgt. Ricardo Robles, president of the NCOA and a supply clerk for Headquarters Co., 3rd Marines. "It's good to know that children are going to have a better Christmas because of the efforts we have made to get them toys."



Lance Cpl. Monroe F. Seigle

Karlos Johnson, an administrative clerk with Headquarters Co., 3rd Marines, tries to make a pass under heavy Old Timer coverage during the Toys for Tots Basketball tournament. The Panthers went on to win the game 15-14.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Youth Activities Fill Winter Break with Wonder

School is out for your little ones. What will they be up to?

Ensure your child will engage in more than video games and television. Reserve a spot now at both the Kaneohe Bay and Manana Youth Activities Centers for Winter Adventure.

The winter programs are for children in grades K - 6, and activities include arts and crafts, games, sports, field trips, etc.

A light breakfast and afternoon snack will be provided; however, parents will need to supply lunch daily.

The Winter Adventure program will be open from 7 a.m. - 5:30 p.m. A maximum of 30 children will be accepted at each location.

The registration fee will be determined

by total family income.

The K-Bay Winter Adventure runs from Dec. 23 - Jan. 10, while the Manana program runs from Dec. 20 - Jan. 13.

For more information, contact the K-Bay Youth Activities Center at 254-7610. The Manana program can be reached at 456-1662.

Bowlers Strike Savings at K-Bay Lanes

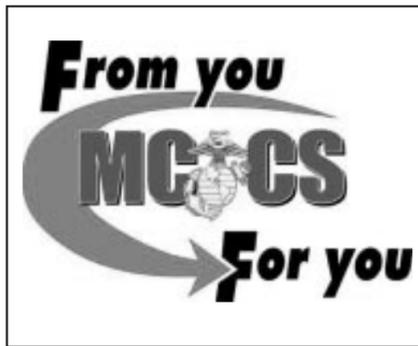
Bowling is back, and back "with attitude!"

Now until Dec. 31, patrons may save on all bags, balls and shoes.

At K-Bay Lanes it's easy to score the perfect holiday gift for the special bowler in your life.

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental.

Bowling leagues for youth, women, intramural and a Wednesday night mixed



foursome are starting.

Also, check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

For more information, call K-Bay Lanes at 254-7693.

Kahuna's Throws NFL Wild Card Weekend

Kahuna's Sports Bar & Grill is now open at 7 a.m., so football fans can catch all their NFL action every weekend in January.

The NFL Wild Card Weekend, the NFL Divisional Playoffs, the AFC/NFC Conference finals and the Super Bowl will all be featured at Kahuna's.

For more information, call 254-7660.

Paintball Takes Aim

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

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

Private games and birthday parties are welcome. Select Fridays are also available for training exercises and unit events.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

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

For more details, contact Paintball Hawaii owner Roland Manahan at 265-4283, or the Single Marine and Sailor Program at 254-7593.

Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural fast-pitch baseball teams for January.

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

Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

Single Marine & Sailor Program Offers Golf Discounts

Take advantage of the benefits the Single Marine and Sailor 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 the Single Marine and Sailor Program 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, SM&SP coordinator, 254-7593.

The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay

E-Club Hosts Sports Night

Don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night."

Base All Stars

NAME: 1st Lt. Brian B. Wilcox

UNIT: Bravo Co., 1st Radio Bn.

BILLET: Executive Officer

SPORT: Running

• He has been fiercely training for cross-country and long-distance running since he was 8 years old.

• Wilcox, a native of Castle Rock, Colo., competed in the state championships in Colorado.

• He also competed in the Division III Cross Country Championships and placed second overall.

• He has competed in the Honolulu Marathon twice and completed them with the times 2:57 and 3:19.



Lance Cpl. Monroe F. Seigle

"The sport of running is a positive sum game. All who compete, from the winner to those who cross the finish line in sheer agony, can rejoice in some kind of personal victory."

COMMUNITY SPORTS

Hike Oahu With HTMC

Join the Hawaiian Trail and Mountain Club Dec. 29 at 8 a.m. as it hikes up Waimanalu Ditch in Valley-Ridge/Pacific Palisades.

This pleasant 6-mile hike contours into Waimalu Valley, following a plantation ditch built in 1916. Good swimming holes abound on the stream section, but the best one is at the eighth crossing.

For more information, contact coordinator Stuart Ball at 247-5380.

Marines and Sailors Invited to Shape Up

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 other 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 new 2003 ShipShape program can help 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 eight-week action-oriented program focuses on

combining balanced nutrition, exercise and behavior modification techniques to ensure winning results and meet military standards.

All active duty personnel will receive motivational strategies and educational materials for continued success. The ShipShape program is a simple and enjoyable way to achieve and maintain a fit mind and body.

The 2003 ShipShape classes start on Jan. 7 from 11:30 a.m. - 12:30 p.m. at the Kaneohe Bay Medical Clinic. The program runs for eight consecutive weeks. All potential attendees must attend the first session.

For information regarding the program, or to register for the next orientation, contact the Naval Medical Clinic Pearl Harbor, Health Promotion at 471-9355.

Bellows Hosts Outdoor Recreation

Just because summer is over does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities.

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.

Learn ocean kayak skills, including deep water re-

covery, 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 Bellows Recreation Center at 259-8080.

Go Camping Year-Round at Bellows

Don't miss out! Bellows offers a great climate for year-round camping. Pitch your tent at one of 60 wooded and oceanfront campsites all within a close walk to the best beach in Hawaii.

In addition to the rustic campsites and great weather, enjoy water activities such as bodyboarding, kayaking and snorkeling. There is also plenty of time to go hiking, pitch horseshoes, play miniature golf, or to just sit back and relax.

No need to worry about bringing all of your camping gear. We offer a full line of camping gear rentals to meet all of your camping needs. Our camping kit includes one 6-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).

Did You Know?

If you dig gardening, you may be glad to know it's a great way to exercise. Doctors say vigorous gardening consumes 140 calories every 20 minutes.



High kicks take command at Family Gym for all levels



Lance Cpl. Monroe F. Seigle

Larry Chun, 15, a green belt level Goju-Kan student, practices a series of kicks during a Goju-Kan Karate class.

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The chance to train like Bruce Lee and Jackie Chan and learn to defend yourself in any situation is now possible on MCB Hawaii, Kaneohe Bay, during the Goju-Kan Karate classes offered at the Family Gym, located by the 7 Day Store, Wednesdays and Fridays at 5:30 p.m. until 7 p.m.

The classes are offered for all levels of experience and all service members and their family members. The cost to participate is \$45 a month.

Goju-Kan is designed to teach self-defense along with the discipline and the self-control to know when to use it.

"This is a great opportunity for individuals to develop their minds and bodies," said Jonathan Aki, a black-belt Goju-Kan instructor. "This class is especially beneficial for children because it instills discipline at a young age and it gives them an excellent hobby to engage in during their spare time."

Goju-Kan Karate begins on the white belt level where basic techniques are taught. Once the student masters the skills required at each level, he or she advances up to the next belt level where the techniques become more advanced and the training becomes more strenuous. At each level, a series of kicks, blocks and punches, along with defensive maneuvers, are learned and mastered through repetition.

"Goju-Kan Karate is a lifelong hobby and an awesome way to get in shape," said Aki. "All the children that participate have a great time and always look forward to the training. I like seeing children master the skills we teach them and seeing them build confidence in themselves"

For more information on Goju-Kan, call Marine Corps Community Services at 254-7610.



Michael Gregory

Sergeant Maj. Filipino Ilaoa, MCB Hawaii's base sergeant major, takes his usual seat at UH games to cheer on his son Nate who plays for the Warriors.

WARRIORS, From C-1

career at Hawaii, Ilaoa follows in the footsteps of last year's college phenomenon Ashley Lelie, who now plays for the Denver Broncos and made history by being picked 19th overall in the NFL draft — a first for any Hawaii player.

Like Lelie, Ilaoa is also the son of a Marine.

Sergeant Maj. Filipino Ilaoa, base sergeant major of MCB Hawaii, is the proud father who attends every game that his son plays.

For most freshman, sitting on the bench is the ex-

pectation. Only getting a few downs to play each game, most are satisfied just to be on the team.

This is not the case with Ilaoa.

Making big plays, and scoring four touchdowns for the season, Ilaoa has shown that he is a force to be reckoned with. He has proven he has the desire and will to be a first string All-American.

So, the next time you go to a Hawaii game and root for the Warriors, you will probably see our very own sergeant major in the stands rooting for his son, #4 Nate Ilaoa.



spotlight on health

Three diet moves aid good nutrition, health

NAPS Featurettes

Americans are living longer than ever, and studies show good nutrition can be key to enjoying good health through the years.

Three big physiologic changes occur as one ages: a decrease in total body protein, a decrease in bone density and total body water, and an increase in the proportion of body fat. Fortunately, we can modify our diets to keep healthy and improve our quality of life.

Decrease Quantity, Not Quality

As you age, your calorie needs may decrease by as much as 25 percent. While you don't need as much food, the food you do eat must be high in vitamins and minerals. Good choices include whole grains and whole-grain breads, legumes, low-fat dairy foods or fortified nondairy

foods, and fruits and vegetables.

Get More Calcium and Vitamin D

Forty percent of Americans over the age of 50 are vitamin D deficient, and the statistics for calcium are even worse.

Calcium is vital for healthy bones, muscles, blood clotting and cell division. It may even help lower high blood pressure, decrease heart disease and help prevent some types of cancer.

Vitamin D helps increase calcium absorption and is important for muscle and nerve function. Very few foods naturally contain vitamin D — mostly eggs and liver. Most of us get it from fortified milk and dairy products, which also happen to be the best sources of calcium.

If drinking milk is not an option for you, consider choosing a calcium and vitamin D-fortified nondairy product. It can provide all the calcium and vitamin D of regular milk, with absolutely no lac-

tose to upset your stomach.

Get More Fluids

Sense of thirst decreases with age, making us more vulnerable to dehydration, a frequent cause of hospitalization

among those over 65. Water and beverages such as milk, fortified nondairy beverages and fruit or vegetable juices that deliver nutrients along with liquid are good fluid choices.

Vital Nutrients for Older Americans

Older people tend not to drink enough milk, and therefore short themselves on these two crucial nutrients. Vitamite® 100 is a good way to get them, without the lactose that sometimes leads to stomach upset.

Nutrient	Ages 31 to 70		Ages 51 to 70+	
	Females	Males	Females	Males
Calcium (mg)	1,000	1,000	1,200	1,200
Vitamin D (ug)	5	5	10	10

*Some of the values listed in this table are Recommended Dietary Allowances (RDAs) and some are Adequate Intakes (AIs). Both may be used as goals for individual intake.

Sources: Dietary Reference Intakes, 1998, Institute of Medicine.



Dietitians say start your New Year's nutrition today

NAPS Featurettes

What's the best time to start New Year's nutrition resolutions? The answer, say dietitians, is today.

Any day of the year is a good day to improve your diet in ways that will benefit your health.

The best way to improve your diet for the long term is to make small, specific changes, according to registered dietitians.

The American Heart Association recommends eating a wide variety of foods that are low in saturated fat and cholesterol to help reduce the risk of heart disease, the number one killer in this country.

Yet, sometimes finding heart-healthy foods can be confusing. The AHA has developed its heart-check mark to help consumers quickly and reliably find foods that are low in saturated fat and cholesterol for healthy people over age two.

Shoppers can be assured that every product bearing its familiar red heart with the white

check mark meets the AHA's nutritional criteria.

In addition, the AHA offers these tips:

- Fill your shopping cart with plenty of fresh fruits and vegetables, which are naturally low in saturated fat and cholesterol.

Consider fruit that is frozen or canned in its own juice.

Also, low-salt canned and frozen vegetables can help supplement what is available in the produce department. Look for varieties without added butter or other high-fat sauces.

- Choose whole grain products, including oatmeal, rice and whole grain breads.

- Include low-fat or no-fat dairy products on a daily basis.

- Choose lower-fat protein sources such as skinless poultry, fish, legumes and lean meat. Limit the amount to four ounces of meat or poultry in a meal about the size of a deck of cards (no more than 6 ounces a day total).

To learn more about reducing the risk of heart disease and stroke through nutrition, visit the AHA Web site at americanheart.org or call 1-800-AHA-USA-1 for your free copy of the "Shop Smart with Heart."

American Heart Association Tips for Healthy Eating

- Fill your shopping cart with fresh fruits and vegetables
- Choose whole grain products
- Include low-fat or no-fat dairy products
- Choose lower-fat protein sources
- Look for the AHA heart-check mark to ensure the food products you choose are low in saturated fat and cholesterol
- Visit americanheart.org/food certification for more information.



Products displaying the heart check-mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.



Vets question veggies

NAPS Featurettes

A controversy may be brewing in the pet food market. Contrary to the advice of most veterinarians, a growing number of companies are pushing cat and dog foods that emphasize vegetables, like peas and carrots, and vegetable-colored kibbles. Some dog biscuits even offer apples and blueberries.

In contrast, veterinarians argue that what is good for humans may not be good or natural for our four-legged friends. In a July 2002 survey conducted by Burke Marketing Research, four out of five veterinarians said diets rich in animal protein are the best way to feed healthy, adult dogs and cats.

Animal proteins come from sources like chicken, lamb, fish and egg.

Among the veterinarians recommending animal proteins is Dr. Stanley L. Marks, an associate professor of small animal medicine at the University of California, Davis, Veterinary Medical Teaching Hospital, and one of the nation's leading experts

on canine and feline nutrition. Marks said there are many good foods on the market, and suggests two simple steps to help consumers select foods that are rich in animal protein.

Step 1: Check the ingredient list.

Is the first or second ingredient an animal protein like chicken, lamb, fish or beef?

"In general, a diet that has an animal protein as its first or second ingredient would usually be superior to the same diet containing plant-based protein sources," Marks said.

Step 2: Check the color and shape of the kibbles.

Some dog and cat food diets may also feature vegetable-colored kibbles, in greens, oranges and yellows. This effort is wasted on cats and dogs since neither has useful color vision.

"Certain manufacturers will make color-based diets and/or diets that mimic vegetables to entice the owner to buy that product. When that happens, we're looking at marketing more than actual benefit for the dog or cat," Marks explained.

Are You Depressed?

Self-Assessment Quiz

Like many other people with depression, you may be wondering if medication may help relieve the symptoms of your depression so you can enjoy your favorite activities the way you used to. Use this quiz to check how you're doing.

The self-assessment can help you take a quick look at how you are feeling right now. Simply answer these 3 quick questions.

1. Have you stopped doing your favorite activities? (They can be anything—examples include walking your dog, going skating with friends, cooking the family dinner on Sundays, going to the gym.)

- () Yes, I have stopped most of my activities
 () I have stopped some of my activities
 () No, I have not stopped any of my activities

2. Do any of the following problems affect your life? (Check all that apply.)
 Yes, Sometimes, No

- Unhappy most of the time () (X) ()
- Low energy () (X) ()
- Difficulty connecting with others () (X) ()
- Sleep problems () (X) ()
- Poor concentration () (X) ()
- Change in appetite () (X) ()
- Crying episodes () (X) ()
- Lack of motivation () (X) ()
- Frequent headaches () (X) ()
- Constant worry () (X) ()

3. On a scale of 1 to 10, circle the number that best represents the way you've felt over the past week, including today.

- | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Worst | | | | | | | | | Best |
| I've | | | | | | | | | I've |
| Felt | | | | | | | | | Felt |

If you find that you are not feeling the way you would like, you should discuss your answers to this quiz with your doctor. He or she may have some helpful advice on how you can begin to feel like yourself again.



Pain-free holidays begin with setting alcohol intake limits

NAPS

Featurettes

Office and other holiday parties don't have to be a painful obligation, nor should they become so much fun that your reputation is jeopardized.

Try following this simple holiday party survival guide for a pain-free holiday season.

Holiday Survival Guide

• Give guests pain-preventing party favors.

One recent survey

shows it takes an average of 3.2 drinks to cause hangover symptoms.

Another reveals that 77 percent of women who drink wine suffer from wine headaches.

To help your guests avoid these common, painful side effects, have available for them all-natural supplements to ab-



sorb hangover and headache-causing elements in beer, wine and liquor.

• Keep safety first. For those guests who drink, be sure to arrange a designated driver system or have the number for a taxi service handy.

• Survive the office holiday party and make a good impression on the boss while still having

fun at the same time. Do so by drinking responsibly.

It's okay to have a few drinks and cut loose. Just monitor your alcohol intake and don't overdo it.

A tarnished reputation doesn't go over well in the office the next morning. Neither does a hangover.

• Relax. Show off your funny side. Tell some jokes. Just know when it's time to sit back and let the spotlight shine on someone else.

Depression can strike anyone, but treatment's readily available here

NAPS

Featurettes

Celebrities like "Designing Women's" Delta Burke have made millions of people laugh, but off-screen their lives are far from funny. Many wage a personal battle with clinical depression, struggling with treatment and medication to reclaim their lives.



BURKE

Burke is now leading a depression awareness campaign called "GOAL! Go On And Live" to help others recognize that they too can

get the right help to go on and live life virtually free of depression symptoms.

Given her public lifestyle, Burke could no longer manage her depression through isolation, her coping method for years.

"I used to hide under the bed to escape. Or I wouldn't leave my apartment for weeks. There were times I felt life wasn't worth living anymore."

With the support of a friend and fellow cast member, Burke finally began seeking the help she needed in the show's second season.

"It's important for those suffering from depression to find the right treatment," said Dr. Norman Sussman, clinical professor of psychiatry at the New York University

School of Medicine.

As national spokeswoman, Burke is spreading the word that depression is not a personal weakness but rather a serious medical condition that can be treated and overcome with the proper medication, enabling people to "go on and live" again.

Visit the GOAL! Web site at www.GoOnAndLive.com to learn more about living beyond depression, or call toll free at 1-888-830-GOAL to obtain a free brochure.

(Editor's Note: At MCB Hawaii, there are several simple things a person can do to help prevent depression. For details and awareness information, contact the Kaneohe Bay Branch Medical Clinic at 257-3365 or visit www.usmc.mccs.org/semperfit/.

GERD symptoms most often mistaken for heartburn

NAPS

Featurettes

It seems to happen every year. You eat just a bit too much of the turkey, enjoy that extra piece of pumpkin pie or indulge in a second portion of yams. Hours later, the heartburn sets in.

As you reach for your usual over-the-counter remedy, however, the International Foundation for Functional Gastrointestinal Disorders wants you to take stock of your symptoms. Chronic heartburn can often be a symptom of something far more serious called GERD.

Gastroesophageal reflux disease, or GERD, affects an estimated 5 to 7 percent or more of the global population: men, women and children. GERD occurs when acidic contents flow back into the esophagus from the stomach causing reflux.

Although common, GERD often is unrecognized. Its symptoms are misunderstood, which is unfortunate because GERD is generally a treatable disease. Serious complications can result if it is not treated properly.

All too often, GERD is either self-treated or mistreated.

"GERD is a chronic disease.

The Foundation continues to work hard to get the message out that it is treatable and can be controlled," said IFFGD President Nancy Norton. "But, that can only happen if we spread the word on what this disease is and how to recognize the symptoms."

Simple heartburn is common, but heartburn that occurs more frequently than once a week, that becomes more severe at night or that wakes a person from sleep may be a sign of a more serious condition, like GERD. Consultation with a physician is advised.

Even occasional heartburn, if it has occurred for a period of five years or more or is associated with difficulty in swallowing, may signal a more serious condition.

According to the IFFGD, only a physician can make a diagnosis and provide treatment for GERD.

Over-the-counter preparations provide only temporary symptom relief. They do not prevent recurrence of symptoms or allow an injured esophagus to heal.

"This disease is often manageable once a patient realizes

the need to get medical treatment and understands the difference between heartburn and GERD symptoms," Norton added. "Effective treatment will bring the symptoms under control so that you can feel better and carry on a normal life."

A physician's care for GERD will also heal the esophagus of inflammation or injury and will manage or prevent serious medical complications. Treatment options include lifestyle modifications, medications, surgery or a combination of methods.

Visit www.IFFGD.org or call IFFGD at 1-888-964-2001.

Infection controls, sleep help keep kids healthy

Lorraine M.
Harkavy, RN, MS, CIC
NAPS

School absences seriously disrupt the learning process, according to a supplement, based on the LYSOL(r) Healthy School Summit, published in the October 2002 Journal of School Nursing.

Eighty-three percent of teachers believe that absence due to illnesses is their biggest obstacle in teaching, and with more than 100 million days lost for children in grades K-12, the educational impact is severe. On average, each student is absent 4.5 days per year and each teacher misses 5.3 days per year due to communicable diseases.

Now, there is good news for parents and teachers about boosting school attendance and decreasing the negative effects of missed school days, which include lost work time for parents. Participants in the summit, who are experts in the fields of infectious disease, primary care, school nursing and the household/institutional cleaning industry, concluded that an infection control program in school and supported at home will help keep your kids healthy in both places.

A successful infection control program depends on the following:

•Proper hand washing. Hand washing is highly effective



Sgt. Alexis R. Mulero

Eight-year-old Cory Temple washes his hands every time he gets home from playing with his friends. He does this because he's aware of the amount of germs and bacteria he comes in contact with while using the community playground.

tive in decreasing the spread of germs though hand-to-hand contact and surface-to-hand contact. School-age children should be taught to wash their hands several times a day, especially before and after eating and after using the bathroom. It is also a good idea to have them wash their hands as soon as they come home from school or play to help keep germs out of the home.

•Disinfect surfaces. Teachers and parents should use an EPA-registered disinfectant to kill germs on commonly touched surfaces in the classroom and at home, including desks, computers, door han-

dles, countertops, keyboards and telephones.

•Immunization. It is important that children receive vaccines according to the recommended schedule to protect against serious diseases such as measles, mumps and polio. In addition, consult with your family doctor to see if you or your child should get a flu shot.

Parents, along with the school nurse, are key to controlling the spread of germs at home and at school.

By teaming up with an infection control program, you can have a big impact on improving your child's health and increasing school attendance.

Nine hours of sleep is vital

NAPS
Featurttes

There's more to school than pencils, binders and backpacks. The National Heart, Lung, and Blood Institute encourages parents to put adequate nighttime sleep on the list too.

Getting at least nine hours of sleep each night on a regular basis is critical for children's health, safety and performance in school and other activities, according to the National Center on Sleep Disorders Research, part of the Institute. Inadequate sleep in children can lead to attention difficulties, easy frustration and difficulty controlling emotions.

The institute and center are launching a "How I Get a Heap

of Sleep" contest.

The campaign's goal is to educate children ages 7 to 11, as well as their parents, teachers and health care providers, about the importance of adequate nighttime sleep.

The contest invites children to tell Garfield, the campaign's "spokescat," three things they do each night to help them get a good night's sleep and why, such as reading a story or taking a warm bath.

Other founding partners include the National Association of Elementary Schools Principals and the American Academy of Pediatrics.

Contest information and entry forms are available on the campaign's Web site at <http://starsleep.nhlbi.nih.gov>.

Sleep Tips For Kids

- Establish a regular bedtime and stick to it. Reinforcing a child's biological clock makes it easier to fall asleep quickly and awake feeling fully rested and alert.
- Eliminate distractions, such as a television or computer, in your child's room.
- Avoid feeding your child a big meal too close to bedtime.
- Avoid sodas and other beverages with caffeine less than six hours before bedtime. They can interfere with a good night's sleep.
- Build in quiet time before bedtime. Children may want to go outside to play after dinner, but make sure they relax before bedtime.
- Establish a relaxing bedtime routine. Is it a bath in the evening, followed by a book? Or the reverse? Find out what works best, and stick to it.
- Make sure the room is dark and quiet and the bed is comfortable. Use a nightlight if your child finds the dark scary.
- Be sure the bedroom isn't too hot or too cold, and that pajamas are comfortable and seasonal.

Source: National Heart, Lung, and Blood Institute



Researchers wage campaign to stop teenage smoking

Rebellion, curiosity, peer pressure are leading causes, according to experts

NAPS
Featurettes

A sophisticated, high-tech twist on the old saying, "Where there's smoke, there's fire," may prove to be a promising new weapon in the battle to stop teen smoking.

Rather than focusing on the health risks or the physical aspects of nicotine addiction, a new approach focuses on helping teens work through the underlying anxieties, depression, peer issues and personal problems that lead to their smoking in the first place.

Based on 120 years of work with kids, the national children's crisis charity KidsPeace developed a Web site, www.TeenCentral.net, which helps older children and teens to deal with the pressures and crises of growing up.

The new Quit Smoking section of the site gives practical, step-by-step guidelines and activities to help teens break the emotional and psychological bonds that tie them to smoking such as depression or the failure to fit in — an aspect that warnings, nicotine patches or gum don't address.

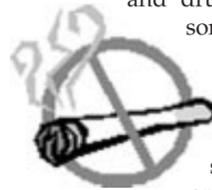
"This new approach holds tremendous promise because it works on the total child," said KidsPeace President and CEO C.T. O'Donnell II.

"Because it offers concrete methods to physically quit smoking, along with clinical advice that addresses the emotional need to smoke, the new Quit Smoking section of TeenCentral.net will work to save the minds and bodies of today's chil-

dren."

The "Quit Smoking" section of the Web site provides practical information and activities to help teens identify what may have led to smoking such as peer pressure, depression or low self-esteem.

Helpful information is provided on topics including parents' divorce, family problems, violence and losing someone close, alcohol and drugs, and personal problems.



The new and more complete approach to stopping smoking includes many interactive and enjoyable activities for teens.

From a special calculator that helps teens compute how much money they waste buying cigarettes, to daily activities and exercises, to personal progress journals and facts about smoking and nicotine addiction, the site offers help and reinforcement to break the habit.

The site even allows teens to take a survey about their smoking habits and compare their results with others from across the globe.

The survey has revealed that rebellion is the number-one motivator for starting smoking, followed by curiosity and peer pressure.

Teens say health is their prime reason for wanting to stop smoking, followed by the high cost of cigarettes and wanting to perform better in physical activities.

The nose knows that nasal symptoms aren't just seasonal

NAPS
Featurettes

The findings of a recent survey are nothing to sneeze at. Despite the fact that millions of Americans suffer from allergy-like symptoms year-round, most only treat their conditions during allergy "season."

That's a mistake, say health care providers, because nasal symptoms may be caused by irritants such as smoke, strong odors, change of weather and indoor allergens such as house dust mites, mold and animal dander. These "triggers" may bother people no matter what time of year it is.

Year-round nasal symptoms may be caused by a condition known as perennial non-allergic rhinitis. According to the Journal of Managed Care Supplement, an estimated 35 million patients suffer from this condition. It may be difficult to distinguish from nasal allergies, making it harder to diagnose and treat. However, health

care providers say the signs and symptoms of PNAR to watch for include:

- Onset and progression of nasal congestion, runny nose and postnasal drip without itching.
- Symptoms after irritant exposure.
- Year-round occurrences of symptoms.

An Allergy IQ survey found that most adults understand what can trigger their nasal symptoms (smoke, perfumes, pollution) but many do not seek treatment year-round for their PNAR.

In fact, according to the survey, only three in 10 knew that a nasal spray may effectively treat symptoms caused by strong odors. In addition, 55 percent did not know that a prescription nasal spray could treat symptoms caused by pollution and only 36 percent knew that it may effectively treat symptoms caused by weather changes.



Lance Cpl. Monroe F. Seigle

Lance Cpl. Erik Moreno, personnel administrator for Headquarters Bn., MCB Hawaii, suffers from allergies.

"The high awareness of triggers, coupled with the low awareness of treatment options by nasal symptom sufferers, is surprising," says Dr. Jennifer Derebery, an otolaryngologist at the House Ear Clinic in Los Angeles, Calif. "People should see their health care providers regularly, especially when they may not be able to avoid triggers. Prescription medicines can help PNAR."

