

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 28, 2003

Marauders slay VP-4's Skinny Dragons, 20-2

Sgt. Jereme Edwards
Combat Correspondent

The Marine Air Group 24 Marauders trounced the Patrol Squadron 4 Skinny Dragons, 20-2, in baseball action at Risely Field Saturday evening.

The game started out as any other — with the bright field lights beaming down on the lush, green grass and fertile, red clay of the diamond, as the umpire yelled "Play ball."

The Marauders pitcher started out a little slow in the top of the first inning, throwing five balls and giving up two walks. But, due to the Marauders' always alert basemen and fielders, the Skinny Dragons were unable to capitalize on the two free bases.

In the bottom of the first, the batting prowess of the Marauders proved to be increasingly overwhelming for the Skinny Dragons, as pitch after pitch by Tony Frigalle was sent into the outfield where most of the hits were dropped by the outfielders.

This type of performance gave the Marauders a 17-2 lead by the top of the 4th inning, and eventually the 20-2 lead at the game's end.

This has been the standard scene for our games throughout the season, said J. R. Williams, the Skinny Dragons player/coach. "We have two or three players who actually come out to play competitive ball; the rest just show up to have something to do.



Sgt. Jereme Edwards

Marauder Casey Brey takes a heavy swing at a pitch from Skinny Dragons pitcher Tony Frigalle during the second inning of the game Feb. 21.

"When you play a competitive team like the Marauders, the score board shows the results.

"I've got a lot of good players on this team, and the only thing holding us back from being a very competitive team is

See
BASEBALL, C-3



Sgt. Jereme Edwards

Frigalle winds back for a pitch during the warm-up at the beginning of the game.

Youth basketball wraps with underdog as victor

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Combat Correspondent

The Pee Wee Basketball Championship game was a true Cinderella story as the Lakers who were winless the entire season won their first game in the first round of the championship games, defeating the number one seated Twisters, and in the final game, defeating the number two seated team the Magic Friday at Saturday at the Semper Fitness Center.

The four team, double elimination, round robin youth basketball season came to an end Saturday with the White Tigers and Twisters competing for third place and the Magic and

the under dog Lakers facing off for the title of season champs.

During the first game, the White Tigers had a hard time making crucial shots and rebounding on defense, and allowed the Twisters to start with the lead and march clear into halftime with a five point lead at 7-2.

At the start of the second 20 minute half, White Tiger players Chad Weiss and Kevin Waterman came out taking control of the game and rallying their team to tie the game at 9-9 with 7:20 left on the clock. For the next five and a half minutes, the teams ran neck and neck until a crucial foul line shot gave the White Tigers a one point ad-

vantage which lead to their 13-12 victory to take third place overall in the season.

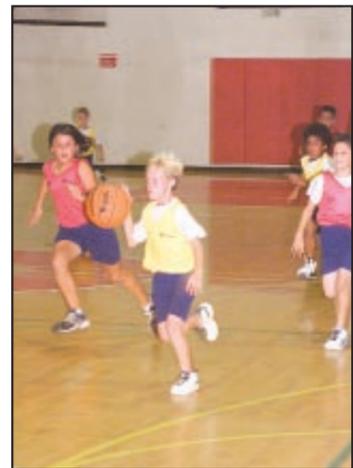
"I told them to go out there and get every rebound and try to make each shot count, but most of all have fun. All of the coaches really wanted to teach them the fundamentals of the game, and to promote good sportsmanship overall," said Chris Gonzales, White Tigers coach.

"The team did great in the first half of the game, but the momentum changed sides in the second half," said Greg Daniels, coach of the Twisters. "I told my team that they played well and I meant it. Without a doubt, if I had the same team

next year we would definitely win."

"To go from losing every game in the regular season to becoming the champs is very sweet." James Granlund said gleefully. "I told my team throughout the season that the first six games don't mean much because it is a round robin, but we do have to learn a lesson from each game and work on our weakness during practice so when we face them at the end of the season we'll be ready for them."

"Most importantly I told them it's all about having fun. Win or loose, keep your head high and always use good sportsmanship."

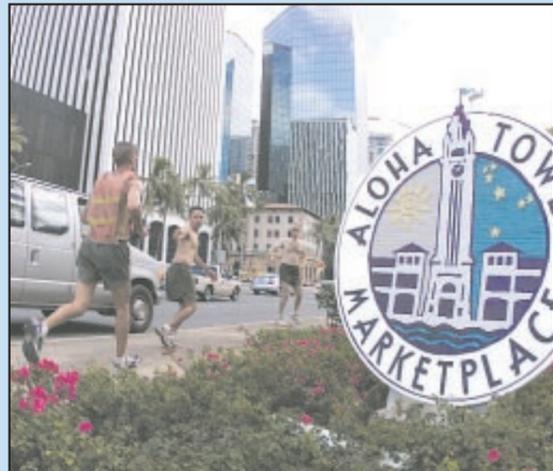


Sgt. Jereme Edwards

Zachery Thaler blows by his defenders on a fast break during the final half of the game.



Perimeter Run



Above — As they pass the front of the Aloha Tower Marketplace during the 32nd Annual Oahu Perimeter Run, Caleb Eames passes on running duties to Thomas Rios.

Left — Lance Cpl Rich Rogers, a food service specialist at Anderson Hall dining facility, ran the last leg of the race for the unofficial race winner "Team 20," which was composed of Marines and Sailors from aboard MCB Hawaii.

Marine athletes take on Oahu's around the island run of 130+ miles

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

When most Marines aboard base want to take a scenic tour of Oahu's coastal landscape, they usually hop aboard their vehicles and explore the island via windshield tour.

A team of seven Marines from Engineer Company, Combat Service Support Group 3, decided to challenge themselves by performing a perimeter tour in their "go-fasters," finishing with an unofficial time of 17 hours, 4 minutes at the 32nd Annual Oahu Perimeter Run, Saturday and Sunday.

"We like to keep our personal standards higher than the average Marine, and we wanted to represent the Engineer Company and the Marine Corps in this challenging race," said Caleb Eames, the team's co-captain.

Lyle D. Robinson of CSSG-3 runs through the streets of Waikiki during the Oahu Perimeter Run.

During their first two weeks of practice, they averaged 4.3 miles each, and during the last week, 5.5 miles.

"During the three weeks prior to this event, we ran in groups of two, to push each other to the max," said Robinson. "This training prepared us for this race, but if we could do it again, we'd like to start training sooner."

The perimeter run, sponsored by the Mid-Pacific Road Runners Club, covered more than 130 miles. The team split the race distance between its



Lyle D. Robinson of CSSG-3 runs through the streets of Waikiki during the Oahu Perimeter Run.

seven runners, some running up to 24 miles, others approximately 15, depending upon their individual abilities.

"I think we performed way above our expectation," said Robinson. "We pulled together as a group, and we even overcame a 20-minute detour on Friday."

Although the distance of the race is challenging enough, the teams still had to overcome other factors to complete the race in a respectable time.

"A combination of sleep deprivation, fatigue and Mother Nature made the course even more demanding than it already is," said Moffitt. "The heat of the sun and the hills really took it to us on the second day."

The challenging race managed to bring an already close team, closer still, said Moffitt.

"This type of event really builds unit camaraderie," he added.

The group plans on taxing itself with the race again next year, and it vows to improve on this year's time and placement.

Engineer Company deserves some of the credit for the team's success, having sponsored the group. Five other Marines and a Sailor from the company supported the team during the event with food, water, transportation and road guard sup-

See PERIMETER RUN, C-3

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Seeks Surfers

Show your worth in the surf at the Pyramid Beach All-Military Surf Showdown. The meet hits the beach tomorrow, from 7 a.m. - 5 p.m., and is open to military and family members only.

The competitions include youth surfing and bodyboarding for family members ages 14 years and under, as well as contestants 15-19 years old.

Amateur military surfers can battle it out in the Men's division (18-30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages), and the Women's Longboard Division (all ages).

The entry fee is \$20; however, day-of-event entries will be charged an additional \$10. Each participating surfer will receive a T-shirt.

Entry forms can be found at the base pool as well as the beaches. Forms may be dropped off at the pool, as well as at the Aquatics Office, Bldg. 274.

SM&SP Wants the Best Ball to Win

It will be a fair game on the fairway, March 21, at the Single Marine & Sailor Program's Shank & Slice Best Ball Tournament.

This day on the links is open to all single active duty military; however, junior enlisted may bring their superiors as guests.

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes.

There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, call 254-7593.

Register by March 20 at the SM&SP Office, Bldg. 219, or at the Semper Fit Center, Bldg. 5037.

Space is limited, so register now.

Semper Fit Calls All Women

Do you have what it takes to be All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for the All-Marine Women's Basketball team and the All-Marine Women's Soccer Team.

•The All-Marine Basketball Trial Camp will be held from March 23 - April 10 at MCB Camp Pendleton, Calif.

•The Armed Forces Women's Basketball Championship will be held

from April 11 - 18 at Naval Station Everett, Wash., and will determine the Armed Forces team to compete at the Women's National Championship held April 23 - 27 in Las Vegas, Nev.

•The All-Marine Soccer Trial Camp will be held from April 20 - May 10 at MCB Camp Lejeune, N.C.

•The Armed Forces Women's Soccer Championship will be held from May 10 - 18 at Fort Eustis, Va., and will determine the Armed Forces team to compete in the Regional Soccer Championship from May 26 - June 5 in Warendorf, Germany.

Marines interested in competing can print a resume application at www.usmc-mccs.org. Registration forms are also located in the Semper Fit Center's Athletic Office.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil. All major command sports representatives may contact Joe Au at 254-7591.

Aquatics Crews May Splash into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

Events will be held on March 22 aboard Kaneohe Bay, and March 29 aboard Manana Housing, both from noon - 4 p.m. They are free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house. For more information call the base pool at 254-7655.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents of the Fitness Program a cooperative babysitting venture.

Participants must volunteer to babysit three times a month at the fitness center. Children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

ITT Offers Whale Watching Weekend

Get up close and personal with the ocean's gentlest creatures. For a limited time, the Information, Ticket & Tours Office is offering a special military discount for the deluxe whale watch cruise aboard the Star of Honolulu.

The ITT office is located inside Mokapu Mall. For additional details, call 254-7563.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For more details,

call 254-7641.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 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, a snack and Pro Shop and arcade. Organized parties are also welcome.

For additional details, call the K-Bay Lanes at 254-7693.



Sgt. Jerome Edwards

Base All Stars

NAME: Henry Navarez

BILLET: Personal Change of Station Chief

UNIT: Headquarters CO. 3rd Marine Regiment

SPORT: Baseball

POSITION: Right fielder

•He is a native of San Bernardino County, Southern California. He has been playing baseball since he was 6 years old (about 16 years experience)

Accomplishments: "Our team is unique, in comparison to other teams, because we are all from different units here. We don't work together so when we come out and play together we learn more about each other which has helped us bond and become a great team."

"Baseball takes a lot of hard work and dedication. If your mind isn't always on the game, you're not going to play well."

COMMUNITY SPORTS

Hike Makapu'u Lighthouse on Mondays

Mondays at 8:30 a.m., you can hike Makapu'u Lighthouse. This two-mile round-trip hike on a steep, paved road takes you way above the lighthouse.

Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. On clear days, the islands of Lanai, Moloka'i and Maui can be seen.

The Makapu'u Lighthouse is also a popular spot for whale watching, so take the opportunity to observe whales during the winter months.

Make sure to bring water, sunscreen, a hat and closed-toe shoes if you participate in this hike.

If you can do Diamond Head, you will be able to make the Lighthouse!

Cost is \$8 for adults and \$5 for youth (children 12 and under).

Sign-up for the Makapu'u Lighthouse hike at Turtle Cove, or call 259-4121 for more information.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities for the entire family.

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 regarding Bellows recreation, call 259-8080.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up. Friday night is pickup night with a \$3 fee; goalies play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Marines and Sailors Invited to Shape Up

Yes, 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, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal. This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military standards.

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

Free Hunting Class Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors — not just hunters.

The next two-day class is March 7 at 5:45 - 10:15 p.m. and March 8 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A.

To sign up, contact the State's Hunter Education Office at 587-0200 to preregister or for more information.

All students are required to provide a picture I.D. at the door for admission.

Bellows Sponsors Camping Year-Round

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).

SPORTS COMMENTARY

'Will Roy Jones Jr. triumph over John Ruiz?'

Sgt. Alexis R. Mulero
Combat Correspondent

Not since the 19th century has a middleweight fighter won the heavyweight title. But, on Saturday, former middleweight Roy Jones Jr. will try to do just that, when he challenges John Ruiz for the World Boxing Association's heavyweight title from Las Vegas, Saturday.



MULERO

The fight, dubbed "Hard Road to Glory," symbolizes the impact it probably will have on both these warriors' careers.

On one side of the ring is Jones, the very confident and always flamboyant, undisputed Light Heavyweight Champion of the World, who is attempting to become only the second middleweight to move up in weight and win the heavyweight crown.

Many experts consider him as the best "pound for pound" fighter of this era, and his remarkable 47-1 record, with 38 knockouts, can back that up. The one blemish on Jones' record was a disqualification against light heavyweight Montell Griffin, a fight that he was clearly winning when the referee stopped it

"Realistically, this is Jones' first meaningful fight in a very long time, and he is giving up more than 30 pounds in weight going up against the so-called "other heavyweight champion of the world."

Sgt. Alexis R. Mulero
Headquarters Bn., MCB Hawaii

because of two late blows Jones connected before Griffin hit the canvas.

Since going professional in 1992, Jones has moved up in weight three times and has terrorized all of his opponents with his lightning-quick hand speed, tenacious defense and fancy footwork.

Even though Jones' career has been remarkable, I don't think he's had a meaningful fight since 1998 when he faced former light heavyweight champions Virgil Hill and Lou del Valle. In fact, the toughest fights of Jones' career were probably against undisputed middleweight champion "The Executioner" Bernard Hopkins, who he beat to win his first title in 1993, and in 1994 against former super middleweight champion James "Lights Out" Toney — at the time considered the best fighter in the world.

Realistically, this is Jones' first meaningful fight in a very long time, and he is giving up more than 30 pounds in weight going up against the so-called "other heavyweight champion of the world."

Yes, that's right. Even though John

"The Quietman" Ruiz is a heavyweight champion, he is buried in the heavyweight division between the likes of well-known, prized heavyweight Lennox Lewis; the always-powerful, but problematic crowd favorite, Mike Tyson; and former WBA heavyweight champion Evander "The Real Deal Over-the-Hill Warrior" Holyfield, who Ruiz beat last summer to claim his title.

Although Ruiz's professional boxing record of 38-4-1, with 27 knockouts, is not as impressive as Jones', it does not take away the fact that Jones has never endured the kind of punishment a 230-pound heavyweight like Ruiz can dish out.

On the other hand, Ruiz, who is a former sparring partner of Lennox Lewis, can definitely stand a punch similar to Jones'.

My only question is how many of them can Ruiz stand?

Jones will be looking to stick lightning-quick jabs and combinations throughout the fight, while maintaining his distance.

Jones probably already knows how difficult it's going to be for him to knock out the mammoth-of-a-man Ruiz. My guess is that Jones will just try to outpoint him in the scorecards.

However, Ruiz has to do the total opposite of Jones to win the fight. Ruiz has to keep Jones close, hug him and wear him down by throwing all his weight on him. Ruiz definitely has to bestow his powerful punch early, and he has to rough up the lighter-in-weight Jones. One thing's for sure, Ruiz will never out-box Jones.

All in all, a win in this fight for either boxer will make a huge exclamation point on his career. For Jones, it will be like putting the icing on the cake for his glorious career. On the other hand, Jones has nothing to lose; his greatness will overshadow any embarrassment from a loss.

For Ruiz, it's the opportunity for him to prove he is a true heavyweight combatant worthy of big money fights. The contest will lift his career from the shadows, and maybe then people will start noticing him as a legitimate, undisputed heavyweight contender. One thing is for sure, a victory against Jones will improve Ruiz's stature in the public eye.

While Ruiz is clearly stronger and bigger than Jones, the odds in Vegas have Jones as a 2-1 favorite of winning the fight.

My pick is this: if it goes the distance, Jones will be the new champion. If it doesn't, Lennox Lewis had better be prepared to give Ruiz a title shot.



Above — Assistant team captain Caleb Eames of Engineer Co., CSSG-3, passes some refreshing water to team captain Lyle Robinson, who ran the last leg of the Oahu Perimeter Run, Sunday.

Right — Robinson crosses the finish line at the Oahu Perimeter Run, Sunday. The team ran more than 130 miles over a period of 17 hours.



PERIMETER RUN, From C-1

port.

"This group of supporters was at every place they needed to be — on time and always prepared to assist and encourage the CSSG-3 runners," said Robinson. "Without them we wouldn't have been as successful."

Another team, also composed of Hawaii Marines and Sailors from various units aboard base, was the unofficial winner of the event with a time of 14:54.

BASEBALL, From C-1

simply a lack of focus," added Williams. "The game went very well," said Marauders coach Chuck Dowdle. "Our batting went really well, we played very aggressive on the base pads, and our defense was the best it has been all season.

"Our team strategy is to hit them hard, and to at least have three or four points by the start of the second inning.

"I can't wait until the next time we play 1st Bn., 3rd Marines, or 1st Bn., 12th Marines, 'cause we're ready for them."



spotlight on health



Lance Cpl. Monroe F. Seigle

Petty Officer 1st Class Laura Smith, a temporary duty manager at Fleet Logistics Support Squadron 51, checks the nutrition labels on a canned good before deciding whether to make a purchase.

It pays to read those food labels

NAPS

Featurettes

Research shows that shoppers who read food labels cut about twice the amount of fat from their diet as those who don't read labels. The reason is they're simply more aware of what they are eating.

However, among the reasons cited by Americans for not reading food labels are that they are confusing, and that the act of reading them takes too much time. Yet, cutting saturated fat and cholesterol is an important way to fight heart disease, which is the number one killer of men and women in the United States.

The American Heart Association has developed a label-reading shortcut that identifies low-fat, low-cholesterol foods quickly and reliably. The Association's Food Certification Program and its highly visible red and white heart check mark is on the labels of hundreds of food products.

Products bearing the mark are low in saturated fat and cholesterol and can be part of a heart-healthy diet for all healthy people over the age of two.

All products bearing the heart-check mark meet the organization's nutrition criteria (per serving):

- Fat is less than or equal to 3 grams.
- Saturated fat is less than or equal to 1 gram.
- Cholesterol value is less than or equal to 20 milligrams.
- Sodium value is less than or equal to 480 milligrams for individual foods.
- There's 10 percent of one or more of these nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Dietary changes based on selecting foods low in saturated fat and cholesterol can lower blood cholesterol by 10 to 15 percent. That, in turn, can reduce the risk for heart disease by 20 to 30 percent.

The AHA recommends eating a nutritionally balanced diet consisting of a variety of foods, including lean meat, fish or poultry, whole grain cereals and breads, three servings of low-fat or fat-free dairy foods, and seven-to-nine servings of fruit and vegetables a day.

To learn more about reducing the risk of heart disease and stroke, visit the AHA's Web site at www.americanheart.org, or call 1-800-AHA-USA1 (800-242-8721) for your free copy of the "Shop Smart" brochure.

(Editor's Note: If you have a special medical condition, contact your physician or registered dietitian about your diet.)

Three 'Cs' help prevent food-borne illnesses

NAPS

Featurettes

The good news is that fewer people are coming down with what's commonly known as "food poisoning." Yet while the numbers are declining, the U.S. Centers for Disease Control and Prevention still estimates that about 76 million Americans contract foodborne illnesses each year.

Also, a new survey by Consumer Reports magazine found high levels of potentially harmful bacteria in chicken purchased from stores across the country. The survey found either Campylobacter or Salmonella in about half of all chickens tested, down from about 75 percent in 1997.

Although the food industry works to ensure product safety, consumers have got to do their part once they leave the grocery store. Infectious germs can spread quickly if food is not handled, prepared and stored safely after purchase.

The Three "Cs" of Food Safety

Cleaning

- Wash fruits and vegetables, including prepackaged salads and melons, under cool running water, and refrigerate cut produce promptly.
- Wash your hands after handling raw meat, poultry or fish, and use one cutting board for raw meats and another for other foods.
- Wash all food contact surfaces thoroughly after each

use.

- Sanitize your cutting board, countertops and cooking surfaces with a solution of 1-3 tablespoons liquid chlorine bleach, (plain, unscented), per gallon of water. Let this solution stand two minutes; then, rinse and air dry.

- Soak sponges, dishcloths and towels in a stronger solution of 3/4 cup chlorine bleach per gallon of water. Soak them for two minutes, rinse and air dry.

Cooking

- Cook roasts and steaks to at least 145 degrees. Cook ground meat, in which bacteria can spread during grinding, to at least 160 degrees. Whole poultry should be cooked to 180 degrees. Cook fish until it is opaque and flakes easily with a fork.

- Make sure there are no cold spots in food when you microwave it. Cover food, stir and rotate it for even cooking.

- Don't consume anything containing uncooked or unpasteurized eggs.

Chilling

- Don't defrost or marinate on the kitchen counter. Use the refrigerator, cold running water or the microwave instead.

- Refrigerate leftover meat and other perishables within two hours of cooking and serving.

Consumers should remember the three Cs of food safety, because proper storage and handling of food are key steps in preventing foodborne illness.

'Have you met your 2003 dieting resolution?'

NAPS Featurettes

Now that the celebrations of New Year's Eve are a distant memory, you may have also found that those optimistic 2003 resolutions you made in January are melting away just like snow.

Staying committed to goals such as eating right, managing weight and exercising can be difficult, but there are things you can do to stay motivated throughout the year.

As spring approaches, you can rejuvenate your health goals with these simple and easy tips.

Eat Smart

Recent statistics show that 80 percent

of Americans are not getting the recommended five fruits and vegetables per day, which provide essential daily nutrients. Establishing a well-balanced diet is vital in maintaining overall good health and in preventing chronic disease.

Tip: Pack your lunch. Pack your brown bag with nutritious items such as cut fruit, granola, nuts or yogurt.

Having healthy food choices close at hand during the workday makes it easier to avoid the fast-food lunch frenzy.

Tip: Take a multivitamin. Round out your diet with a complete multivitamin, such as one specifically formulated with EGCG, a natural extract of green tea, for men and women when trying to control their weight.

Then, listen to your body. When you're in your 30s, your metabolism can start to slow down, making it easier to gain weight.

It's important to recognize what your body needs based on your age, family health history and lifestyle.

Tip: Keep a health journal. Write down your daily food intake, when and how you exercise and any health issues you may have. Clearly understanding how your body works and how your choices affect your overall health is essential to creating a healthy lifestyle.

Tip: Learn about green tea. EGCG is a natural extract of green tea that has been shown in studies to enhance metabolism.

Tip: Exercise with a friend. To stick to your workout schedule, exercise with a friend. Each of you can inspire the other to reach your exercise goals and not accept any excuses.

Further, let yourself enjoy exercising. According to the American Council on Exercise, people who partake in regular cardiovascular activity, such as walking 30 minutes a day, live longer and healthier lives than those who rarely exercise.

Exercise strengthens the heart and aids in establishing lean muscle mass.

You can recommit to your New Year's resolution with a newfound enthusiasm to make 2003 a smart and healthy year. Exercising, eating right and taking a multivitamin will be key to keeping healthy throughout this year and beyond.

Dieters should verify that online sites offer safest advice for weight control

NAPS Featurettes

Is going online for nutrition and fitness advice a healthy idea?

A new Internet Project report, "Vital Decisions," revealed that every day approximately six million Americans, or five percent of all Internet users, go online to search for health advice, while only five million Americans visit a health-care professional.

Nearly two-thirds of these online health information seekers look for information about nutrition, weight control or exercise.

While there are benefits to surfing for information, nearly 75 percent of online health information seekers do not check the source or timeliness of information or verify what they read.

To help dieters make

safer and more informed decisions, the experts at Weight Watchers.com offer the following tips:

- Beware of an Internet diet site that promises unrealistic results. Any realistic Web site will set an initial weight-loss goal of five to 10 percent of your current body weight, and a rate of weight loss that is not more than an average of two pounds per week.

- Choose a Web site that promotes a healthy weight-loss plan that you can stick with over the long term. It should encourage you to eat a variety of healthy foods and partake in regular physical activity.

- Steer clear of sites that focus on or promote diet pills or weight-loss stimulants.

- Determine if the Web site is professionally managed and whether a panel of experts reviews

the diet plan.

- Read the diet Web site's privacy statements to be sure the personal information you supply will be kept confidential and not sold to third-party vendors, and to ensure that ongoing communications from the site will only be sent to you at your request.

- Before paying for anything, make sure that the site provides you with enough free information about the diet plan, an online tour or access to the message boards to ask questions to determine if the plan is right for you.

- Know the time-tested truism: if something sounds too good to be true, it probably is.

A good rule of thumb is to find a Web site that is part of, or associated with, a company or organization that you already have confidence in.

Doing what it takes to stay fit and trim

Corporal Christopher Lowe, a maintenance administration clerk for Marine Helicopter Training Squadron 301, keeps his heart rate up and stays in shape by regularly exercising on equipment such as the cross country skier at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay. The Semper Fit Center is open seven days a week. Numerous fitness classes, sporting events, personal trainers, massage therapists and state-of-the-art exercise equipment, and much more, are available for use by patrons, including service members, retirees, reservists, family members and Department of Defense civilians.



Lance Cpl. Monroe F. Seigle

SPORTS AROUND THE CORPS

Marines qualify for cross country runs in France

Capt. Chad Walton
Marine Corps
Systems Command

HOUSTON, Texas — Three Marine runners from around the country qualified Feb. 15 - 16 in Houston, Texas, for the Armed Forces World Cross Country Championship. Two men and one woman from three different installations ran well enough to earn a trip to France for the Conseil International Du Sport Militaire Armed Forces World Cross Country Championship.

The first run up for the men was the short-course 4K race, Feb. 15. At the start, large pools of water greeted the runners at the end the opening straight, because they became covered with mud inside a few minutes.

William Lake of Camp Butler, Okinawa, Japan, surged to the front of the field, followed closely by Eric Graham, a Marine reservist from Des Moines, Iowa. Several short, steep hills had tested them, each lap, as the rain continued to come down.

"At the start line, before the gun, I looked at the other Marines with a smile



Official U.S.M.C. Photo

Aaron Nichols of MCAS Yuma, Ariz., runs through a muddy course far different from his normal training runs in dusty Yuma.

and said 'Whatever,'" explained Graham. "On a day like this, with the crazy conditions, I knew anything could happen. When I passed the start-finish area, someone told me I was in third

place. After that, I told myself I just have to hang on."

Graham would finish strong to take the bronze medal in the Armed Forces Championship and earn a spot on the team that will compete in France.

Lake held on to ninth place, after his quick start, to be the other Marine whose time counted in the final scoring.

The women's 8K run was held next, and though the rain had stopped, the race now resembled a swamp more than a course to run on.

Sarah Fullwood of MCB Quantico, Va., stepped in a hole on the second loop of the four-lap course and still continued on, slogging through inches-thick mud that made footing unsure on the uphills and treacherous on the downhills.

Despite the ankle, Fullwood would hold her place in the race and qualify for the Armed Forces World Championship team.

Jennifer Ledford of The Basic School, Quantico, Va., was the next Marine across the line, in ninth for the military women, an excellent finish made all the more amazing by the fact that she spent the early part of the week in the field doing Military Operations in Urban Terrain training.

"I'll bet none of the other runners can say they spent their week climbing through windows and dodging paint pellets," said Ledford, who still had several visible welts from the MOUT train-

ing.

Ginger Beals of the Officer Candidates School was the final scorer for the Marines in the women's race, when the sun finally peeked out over the final laps of the course.

At the end of the day's competitions, the warm sun would serve to dry out the mud covering the athletes, from head to toe, leaving them looking more like mud wrestlers than runners.

Once Sunday morning dawned, so did cold and wind for the Men's Long Course. The 12K race covered six loops of the same course as the previous day's races, but the grassy surfaces had been mashed into muddy paste by seven other events.

Matthew Limbert of MCB Camp Pendleton, and Lake, who was the only Marine to run both days, were the early leaders for the Marines.

Limbert, on his third cross-country team, would run a consistent race to finish as the sixth military athlete and qualify for the world's team. Lake would hold onto second place, earning himself the "Tough Guy Award" for finishing well in both of the weekend races.

Aaron Nichols of Marine Corps Air Station Yuma, Ariz., would place third for the Marines and Delbert Marriot of Camp Lejeune, N.C., would round out the scoring.

The Army took the top place, followed by the Air Force, Marines and Navy.



Sgt. David A. Bryant

Sergeant Justin D. Bakewell (left), of the Color Detachment, leads a group of Cibola H. S. students in a series of "squats."

Battle Color Marines teach PE

Sgt. David A. Bryant
MCAS Yuma, Ariz.

MARINE CORPS AIR STATION YUMA, Ariz. — Members of the Marine Corps Battle Color Detachment joined forces with local Yuma recruiters Feb. 13 to give Cibola High School students a change of pace with their physical education.

The Marines donned their green-on-green physical training gear to coach every PE period throughout the school day, giving students a sample of the Corps' PT program, and stressing the importance of maintaining health by staying in shape.

The detachment consists of the Marine Corps Color Guard, the Drum and Bugle Corps and the Silent Drill Platoon.

"[The students] started off intimidated by us at first," said Lance Cpl. Joseph Garcia, an administrative clerk assigned as permanent personnel with the BCD. "By doing something like this, it gives them a chance to see we're human beings and not just the combat machines they see on TV."