

## Rodgers nabs Surf n Turf in 17:20

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

A beautiful Hawaiian sunrise, along with the pleasing sounds of waves crashing gently along the shores, set the scene for the annual Headquarters Bn. Surf and Turf 5K run aboard MCB Hawaii, Kaneohe Bay, Saturday.

A total of 112 runners stood on the starting line ready for the challenge, once all participants had signed up for the contest.

The race, open to all service members, civilians and family members aboard military installations on Oahu, began at the Officers' Club and wound through the rolling green hills of

the Kaneohe Klipper golf course.

The 5-kilometer continued along the beautiful sands of the North Beach, then finished where it had started.

"It was a nice run along the beach," said Mitch Rodgers, a food service specialist for Headquarters Bn., MCB Hawaii. "It was a challenging run, but I enjoyed myself."

Rodgers completed the course in an astounding 17 minutes, 20 seconds, and walked away with the first place overall trophy.

"I loved the scenery during the run," said Andrew Maixner, a Bradford High School senior and the 3rd place winner in the



Lance Cpl. Monroe F. Seigle

Competitors in the Surf and Turf 5K trek along the difficult sands of North Beach on MCB Hawaii, Kaneohe Bay.

Surf and Turf 5K Run, with a time of 18:19. "It was a good workout and a tough chal-

lenge." The competition included 10 categories for both men and

women, from 19 years old and under, up to 60 years and over. Someone in each category received trophy honors.

The S-3 chief at Headquarters Bn., Gunnery Sgt. David Clarke, was one of the men behind this year's smooth-running event. He successfully coordinated the joint effort — a fundraiser for the unit — with Marine Corps Community Services.

"I thought that the support from Headquarters Battalion and the unit coordinators was outstanding," said Varsity Sports Coordinator Steve Kalnasy. "Everyone was alert and on the ball. This was one of the best coordinated races we have had yet."



Sgt. Joe Lindsay

Itula Mili, a Seattle Seahawks tight end and native of Laie, Hawaii, gets behind a helicopter-mounted 50-caliber machinegun during his visit to MCB Hawaii, Kaneohe Bay, Jan. 28, as two Marine Heavy Helicopter Squadron 362 Marines — Capt. Jeremy Deveau, a pilot, and Capt. Kerry Smith, an aviation safety officer — look on.

## NFL star, a local boy, lauds Oahu's military

"It's not every day you get to meet an NFL player."

— Pfc. Nathen Schubert, 1/3 rifleman

Sgt. Joe Lindsay  
Combat Correspondent

At 6-feet, 4-inches and 260-pounds, Itula Mili of the NFL's Seattle Seahawks is used to seeing heads turn his way when he walks into a room.

But Mili's head was doing most of the turning when he visited MCB Hawaii, Kaneohe Bay, Jan. 28 as part of a goodwill tour of NFL players who are showing their support for America's service members during the war on terrorism.

"I really wanted to meet the Marines and Sailors here face to face, look them in the eye, and tell them 'thanks,'" said Mili, a 1991 Kahuku High School graduate and Brigham Young University alumnus from Laie, Hawaii, who was drafted by the Seahawks in 1997. "I wouldn't even be able to play football, if it wasn't for them protecting our country."

During his tour, Mili got an opportunity to meet with Col. Richard Roten, MCB Hawaii's deputy commander, and Sgt.

Maj. Filipo Ilaoa, the base sergeant major, but he said the highlight of his tour was meeting three Marines from a considerably lesser pay grade.

"It was an honor meeting all the Marines and Sailors," said Mili, "but when I met those three young Marines [1st Bn., 3rd Marines riflemen Lance Cpl. Joseph Schneider, Pfc. Nathen Schubert and Pfc. Tim Knight] who had just returned from fighting the war on terrorism in the Philippines, that blew my mind."

"When you are a professional athlete, people tend to be in awe of you, but let me tell you, I was the one in awe of those three Marines. When I shook their hands, it was truly a special moment for



Sgt. Joe Lindsay

Mili poses for a photo with 1st Bn., 3rd Marines riflemen — Lance Cpl. Joseph Schneider, Pfc. Tim Knight and Pfc. Nathen Schubert — during his visit.



Courtesy of NFL

Mili snatches one of his 43 receptions during the 2002 NFL season, setting a single season franchise record for tight end receptions.

me." For their part, Schneider, a native of

See MILI, C-6

## 'Nigerian Nightmare' makes dreams come true

Sgt. Joe Lindsay  
Combat Correspondent

During his All-Pro NFL career with the Kansas City Chiefs, Christian Okoye was famous for wreaking havoc on opponents with his punishing running style. So much so, in fact, that he was dubbed the "Nigerian Nightmare."

These days though, Okoye, a native of Enugu, Nigeria, who now resides in Alta Loma, Calif., is more like a dream come true for the countless children he visits every year with his foundation, to reach out to the nation's youth.

"I formed the Christian

Okoye Foundation because I wanted to invest in the most precious asset we have — our kids," said Okoye, a former two-time All-American at Azusa Pacific University who began working with youth in 1990 before officially forming his foundation four years ago.

"In reality, I'm selfish for doing it, because it makes me happy."

A lot of children from MCB Hawaii, Kaneohe Bay's Mokapu Elementary School couldn't be happier with Okoye's "selfish" attitude after he paid them a visit Jan. 31.

"Wow!" was all 8-year-old third grader Cody Ronallo

could muster at first through his broad smile after meeting Okoye. Later, after the initial rush of excitement at meeting a former NFL superstar had subsided (albeit slightly), Cody elaborated.

"I learned that if I want to be a doctor or a lawyer or an NFL player, that I have to do my homework and then go to college," said Cody. "I'm really excited I got to meet him, and I'm going to do what he said, so I can be successful



Courtesy of NFL

Former All-Pro Christian Okoye carries for the Kansas City Chiefs.

when I grow up too."

According to Betty Hemings, a Mokapu Elementary 4th grade teacher from Kailua, Hawaii, Cody's reaction and those of the other students are what make visits like Okoye's so special.

"Children look up to professional athletes," said Hemings, "and really take the message to heart. They think having Christian Okoye come here is better than having

Santa Claus visit."

And though Santa didn't make this particular trip, two of Okoye's friends, Lance Zeno, a former offensive lineman with the Green Bay Packers and Cleveland Browns, and former Philadelphia Eagles defensive back Brad Booth, did.

"I believe in my heart there is a time in your life when you need to give back to the kids," said Zeno, a Huntington Beach, Calif., native and former UCLA football star who went on to receive a Master's Degree in Education from Arizona State University after retiring from

See OKOYE, C-6

# BASE SPORTS

**Edward Hanlon V**  
MCCS Marketing

## MCCS Calls All Softballers

Semper Fit Intramural Sports is starting a co-ed softball league Monday, and the ending date will be determined by the number of teams that sign up to play.

The league will go no longer than March 31.

The league is open to all active duty Marines and Sailors as well as family members and DoD I.D. cardholders.

For registration info, call 254-7590.



## MCB Hawaii Plays Some Ball for Black History Month

The MCB Hawaii Kaneohe Bay Black History Committee and the Drug Prevention Task Force are sponsoring the 1st Annual Black History Month Intramural Basketball Tournament Thursday - Feb. 17 at the Semper Fit Center.

The registration deadline is Tuesday, and the fee is \$85 for a 10-man roster.

A T-shirt and Gatorade will be provided.

All proceeds are benefitting the Black History Month Banquet.

For more information, or to register, call Ken Etheridge at 722-9962 or 254-4177.

## 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 co-operative babysitting venture.

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

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

## Semper Fit Calls All Women

Do you have what it takes to be an All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for an 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](http://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 Medleye @Manpower.usmc.mil.

All major command sports representatives may contact Joe Au at 254-7591.

## 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.

## Xtreme Wrestling Hits Kahuna's

They're arriving at Kahuna's. The Island Xtreme Wrestling Federation will perform live from 7 - 9 p.m. at Kahuna's, Bldg. 1629.

This event is open to the public, and tickets are \$8 for active duty military, \$10 for the general public, and free for children ages 5 and under.

Catch some Xtreme wrestling from renowned wrestlers Bruiser, Tiki (the IXWF's heavy-

weight champion), The Jett, Johnny AllBlock, Kaimana and Best-Cost Connection (the IXWF's tag team champions).

For more details, call Kahuna's at 254-7661, or log onto [www.ixwf.com](http://www.ixwf.com).

## 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 mid-day with a quick meal at the new Sharkey's station near the Base Marina.

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

For 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.

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 welcome.

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

## Paintball Takes Aim

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

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

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.

For more details, call owner Roland Manahan at 265-4283 or the Single Marine & Sailor Program at 254-7593.

## E-Club Hosts Sports Night

Don't forget that you can ease back and cheer on your favorite athletes at the Enlisted Club every Monday night during its weekly "Sports Night."

For more details, call 254-5592.

## Base All Stars

**NAME: Kenneth Leonard**

**UNIT: Marine Corps Community Services**

**TITLE: Tai Chi instructor**

**SPORT: Tai Chi**

•Leonard has been involved in Tai Chi for nearly 30 years, and studied under masters in Japan and Taiwan for 15 years.

•He became a 2nd degree black belt in 1981, and is the former winner of the International Push Hands Competition.

•A native of Painesville, Ohio, Leonard is currently sanctioned as head instructor of the state of Hawaii, and also teaches Tai Chi at MCB Hawaii, Kaneohe Bay.



Sgt. Joe Lindsay

*"Life is always going to be noisy and chaotic, but through Tai Chi, peace and a quiet center is there if you look for it."*

# COMMUNITY SPORTS

## Coast Guard Offers Boating Course, Monday

United States Coast Guard Auxiliary Flotilla 1-14 Kaneohe will present a new boating course starting Monday at Kalaheo High School.

Classes will be held Monday and Thursday, 6:30 - 8:30 p.m. until March 31.

The course is certified and meets all U.S. Coast Guard, State and National boating law requirements.

The course covers many subjects in detail, including federal equipment requirements, boat handling, navigation aids, federal navigation rules, coastal navigation, radio communications, engines, knots and lines, weather and much more.

Upon certification you will be eligible for insurance discounts, a free one-year membership in Boat/US, and a one-time discount on marine safety products.

Anyone may attend the course. The cost includes the manual, a student study guide and the exams. It is \$45 if you pre-register and \$55 at the door.

Registration is limited. To register or for more information, contact Bob at 247-3793.

## 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 pick-up 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 information regarding the program, or to register for the next orientation, contact Health Promotion at the Naval Medical Clinic, Pearl Harbor, 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 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.

## 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 in Hawaii.

Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include 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).

## 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 today at 5:45 - 10:15 p.m. and Saturday at 7:45 a.m. - 4 p.m. at the Waianae Public Library.

Contact the Hunter Education Office at 587-0200.

# SPORTS AROUND THE CORPS

## Former Marine coaches Oakland Raiders

**Cpl. Ethan E. Rocke**  
MCRD San Diego

**MARINE CORPS RECRUIT DEPOT, SAN DIEGO, Calif.** — In 1972, the Oakland Raiders went 10-3-1 in the regular season and later lost to the Pittsburgh Steelers 13-7 in the first round of the playoffs.

The same year, a 17-year-old from Hornell, N.Y., left home for the Marine Corps.

Little did he know his decision to serve his country would steer him down the path that would eventually lead him to a position with the 2002 American Football Conference champion Oakland Raiders.

Mike Waufle, defensive line coach, Oakland Raiders, said he has worked hard to get where he is today, and his experience in the Marine Corps helped start him with the tools necessary to succeed.

"The Marine Corps gave me the discipline I needed to accomplish my goals," he said.

As a high school football player, Waufle was heavily recruited by a number of colleges but lacked the grades necessary to meet academic requirements.

Faced with an uncertain future and not willing to give up on his desire to play college ball, Waufle followed the advice of his high school coach straight into the ranks of the few and the proud.

"He told me it would be a good way to straighten up academically and gain some self-discipline at the same time," Waufle said.

Waufle's coach also turned the lights on to another Marine Corps opportunity that appealed to his athletic character.

"He told me about the opportunity to play competitive football for the Marine Corps Football Team at Quantico, Virginia," said Waufle.

Unfortunately for Waufle, his coach's plan met adversity when the commandant of the Marine Corps disbanded the reputable Quantico team shortly after



Cpl. Ethan E. Rocke

**Mike Waufle (right), Oakland Raiders defensive line coach, goes over the Tampa Bay Buccaneers' offense with defensive lineman John Pirella in preparation for Super Bowl XXXVII.**

**"I felt wanted and needed in the Marine Corps, and I was very successful. That made my time enjoyable."**

Mike Waufle  
Defensive Line Coach, Oakland Raiders



**WAUFLE**

Waufle enlisted.

With the Quantico team out, Waufle would not lose focus on the other advancement opportunities the Corps provided.

He graduated recruit training at Parris Island, S.C., in 1972, and went on to become a military police officer at Marine Corps Air Station, Beaufort, S.C.

His wife of 30 years, Kathryn Waufle, recalled some of her husband's more memorable achievements.

"He was a very good Marine," she said. "At Beaufort, he solved a murder and was responsible for stopping a bank robbery on base."

"After we went head-to-head with the bank robbers, I went from PFC to corporal in a blink of an eye," recalled the energetic 47-year-old.

Waufle said the confidence his chain of command had in him helped make his time in the Marine Corps memorable and pleasant.

"I felt wanted and needed in the Marine Corps, and I was very successful. That made my time enjoyable," he said.

After four years of honorable service, Waufle left the Corps focused on his college education and thankful for the intangible qualities he then possessed.

He enrolled in school at Bakersfield College in Calif., using his GI Bill to help pay his tuition through school. There, he excelled both on the football field and in the classroom.

With his grades up and a junior college national championship under his belt, Waufle was recruited by Utah State University.

At Utah State, Waufle was the captain of a football team that produced 15 professional football players, and he was a recipient of the Scholastic Athletic Excellence Award. The award recognizes one athlete out of the entire athletic department for academic achievements.

"I had it in me, but the Marine Corps gave me the structure and discipline necessary to raise my academic potential," Waufle said about the turnaround in his study habits.

After college, Waufle's future lay open. So, he considered the possibility of going back in the Marine Corps as an officer, but instead chose to follow his love for the game of football.

After trying out and being cut from the Dallas Cowboys, he began his coaching career with Alfred University in New York. From there, he went back to Utah State to coach at his alma mater for five years.

When the Raiders hired Waufle in 1998, it was a dream come true.

As a member of a Raiders team that boasts three consecutive division championships and their first Super Bowl berth in 18 years, Waufle said the pride and esprit de corps he is a part of within the Raider organization is similar to that of the Marine Corps.

There are many parallels within his coaching career and his time as a Marine, according to Waufle. He still applies the values and principles of leadership, often referring to the *Marine Corps Noncommissioned Officer Manual* posted on his desk.

According to one of Waufle's defensive linemen, his coach's style is very effective and makes for a tight team.

"You'll never meet a more intense coach," said John Pirella, defensive lineman, Oakland Raiders. "I've had a lot of good coaches, and his passion is amazing [in comparison]."

Looking back on what the Marine Corps has done for him, Waufle encourages young Americans to take advantage of the opportunities the Corps can provide them.

"[They should] do it," he said. "It's only four years out of a lifetime, and you gain so many experiences that will influence the rest of your life."

The Marine Corps helped start Waufle down a path toward success, and today he is thankful and appreciative of that.

Marines have never been willing to accept defeat, and despite a loss in his first Super Bowl appearance, Waufle's Marine instincts will lead him back to the football field next season.



## spotlight on health

# 21st Dental talks teeth to kids, using puppets



Petty Officer 2nd Class Isabell Cortinez

Navy Lt. Jennifer Statler, a dentist at 21st Dental Company, examines Benjamin Cortinez at the dental clinic aboard MCB Hawaii, Kaneohe Bay, recently.

Petty Officer 2nd Class  
**Isabell Cortinez**  
21st Dental Company

The 21st Dental Company aboard MCB Hawaii, Kaneohe Bay, has scheduled a variety of events in recognition of National Children's Dental Health Month, which has been recognized in February since 1941 by the Bureau of Medicine and Surgery.

Over the years, children have become more active in numerous sports. Likewise, there's been increased awareness and importance placed on dental care and cosmetics, as they relate to developing dentition (teeth) and facial profile.

When children go to the dentist, they are not only being screened for cavities, but also occlusal growth (top teeth in relation to bottom teeth), and development. Children are being treated for orthodontics and esthetics concerns, as well.

Today, children have the opportunity to receive athletic guards, retainers and sealants as a rule, instead of as an exception.

During National Children's Dental Health Month, some of the other areas that the dental clinic wants to touch on are a child's first dental visit, preventing tooth decay, the prevention of baby bottle tooth decay, and sealants.

The 21st Dental Company will be visiting Mokapu Elementary School and the Child Development Center, both aboard MCB Hawaii, Kaneohe Bay, and some schools in the Kailua area, to talk about teeth to children. The clinic is equipped with a puppet show and videos that aid in its presentations to these young audiences.

For more information on Children's Dental Health Month, contact Navy Lt. Rajaei or Petty Officer 2nd Class Cortinez at 257-3100, ext. 257.

## Simple strategies allow adults to enjoy an ageless smile

### **NAPS**

#### *Featurettes*

American women alone spend close to \$7.2 billion a year on skin-care products in an attempt to look young and beautiful. However, caring for one's smile, a natural youth-boosting accessory, can take less than five minutes a day and keep the smiles of both men and women ageless.

As we age, our smiles are susceptible to damage caused by the stage in our life, oral care habits, lifestyle factors and overall health. The results can leave a smile infiltrated with the visible signs of aging, which may include tooth decay, gum disease and stains on the tooth surface.

Manhattan dentist Jennifer Salzer, D.D.S., suggests men and women give attention to the following six strategies to maintain an ageless smile.

#### *Floss away food particles.*

Floss before brushing to remove plaque and loosen debris from in between teeth. If these particles remain on the tooth surface, it can lead to age-related oral care problems such as gingivitis, gum diseases and cavities.

#### *Brush for two.*

Brush for two minutes, twice a day, using a low-abrasion toothpaste. The product's properties should remineralize tooth enamel, refresh breath and restore whiteness to teeth.

#### *Make an appointment to smile.*

Visit the dentist twice a year for professional cleanings and dental screenings. Due to hormone fluctuation, women who are pregnant, take birth controls pills or who are menopausal should remember they have an increased susceptibility to oral care problems such as

gum disease and tooth decay.

#### *Drink right.*

Beverages containing a high level of phosphorous can deplete the body's level of calcium, causing oral care problems such as tooth decay and gum disease. Additives commonly found in drinks such as corn syrup and food dye can leave pearly white teeth appearing dull and discolored.

Choose beverages such as water and milk, which help strengthen teeth and build stronger enamel to create a healthy, bright smile.

#### *Get beauty sleep for a beautiful smile.*

Eight hours of sleep allow the body to

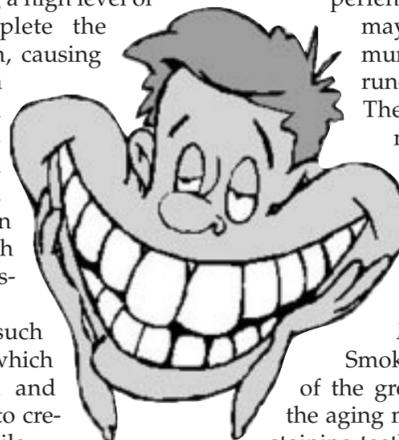
be replenished and renewed. According to the National Sleep Foundation, women are more likely than men to experience insomnia, which

may cause a woman's immune system to become run-down and depleted.

The result leaves the mouth prone to infection from oral bacteria which can hinder the appearance of a youthful smile.

#### *Put Smoking Out.*

Smoking cigarettes is one of the greatest contributors to the aging mouth. In addition to staining teeth, smoking interrupts calcium adsorption in the body and can also cause diseases such as oral cancer, which may be life-threatening.



# CPR QUIZ

**NAPS**  
Featurettes

Would you know what to do if someone near you suffered a sudden cardiac arrest? Test your knowledge of cardiopulmonary resuscitation. Take this short quiz to see how prepared you really are.



1) **True or False:** CPR is only used by lifeguards when they try to save near-drowning victims.

2) **True or False:** CPR is the same for adults, children, and infants.

3) **True or False:** Sudden cardiac arrest is always preceded by heart attack symptoms.

4) **True or False:** Sudden cardiac arrest victims often collapse and stop breathing normally.

5) **True or False:** The best way to find out whether someone needs chest compressions is to check for a pulse.

6) **True or False:** To help an adult who is suffering sudden cardiac arrest, you or someone nearby should call 9-1-1.

After someone calls 9-1-1, what should be your next action?

- Throw water on them.
- Prop their feet up.
- Roll them onto their side.
- Begin the steps of CPR.

7) **True or False:** Automated external defibrillators are devices that can help most sudden cardiac arrest victims, but they're too complicated for the average nonmedical person to use.

8) **True or False:** AEDs give an electric "shock" to the heart, stopping an abnormal heart rhythm to allow a normal rhythm to resume. Because of this action, AEDs make CPR unnecessary.

*(Editor's Note: See how well you completed this quiz. Check your answers on page C-6.)*

## AMA-cited link provides latest in nutrition news

**NAPS**  
Featurettes

The first online rating system and review guide for nutrition information has a new look and features. The site, Tufts Nutrition Navigator, now has sections dedicated to weight management and provides enhanced user-friendly design.

Further, visitors are just one click away from reliable Web sites to guide their weight loss or to answer any number of questions about nutrition or specific dietary needs.

Designed by faculty and staff at the Friedman School of Nutrition and Science Policy at Tufts with guidance from an advisory board of American and Canadian nutrition experts, the site has been cited by *The Journal of the American Medical Association* as a recommended source for healthcare professionals and patients when seeking nutrition information.

It's the only online rating guide to evaluate Web sites with significant nutrition content. A team of registered dietitians independently rate each Web site and its editors update every three months.



Lance Cpl. Monroe F. Seigle

Marine Corps Base Hawaii received its first automatic external defibrillators in October 2002. The new technology is designed to help minimally trained laypeople save lives. Here, Regina Reiche, a personal fitness trainer at the Semper Fit Center, demonstrates the equipment on a simulated patient.

## AED technology helps reduce cardiac arrests

**NAPS**  
Featurettes

Every day, more than 600 Americans suffer sudden cardiac arrest, which claims 250,000 lives a year in the U.S. alone.

But now, easy to use technology can put the power to save lives in the hands of ordinary people.

Sudden cardiac arrest, or SCA, is not the same thing as a heart attack, although a person suffering a heart attack has an increased risk of SCA.

While heart attacks occur when blood vessels clog and blood supply is cut off from the heart, sudden cardiac arrest is actually an electrical problem that causes the heart to stop beating properly.

When SCA happens, blood flow to the rest of the body stops. The victim will typically be unconscious, have no signs of circulation (e.g. no pulse), and not be breathing.

Unless the victim's heart is shocked into beating properly again, death is nearly certain.

Recent studies, however, have shown that up to 70 percent of people who suffer

a witnessed incident of sudden cardiac arrest can survive if a device called a defibrillator is used within three minutes.

Defibrillation is the only known treatment for this condition and automatic external defibrillators, or AEDs, are the quickest and most efficient way to reach individuals with this life-saving therapy.

Unlike defibrillators intended for use by health professionals (and the ones most often seen on TV), AEDs are designed to allow nearly anyone with a minimal amount of training to respond to emergencies, particularly sudden cardiac arrest.

An AED is about the size of a lunch box, with adhesive pads that deliver a lifesaving pulse of electrical energy to the chest, interrupting the abnormal rhythm and helping to restore the heart's natural rhythm.

The devices are preprogrammed with the expertise needed to analyze the heart's electrical function. They also use voice prompts and pictograms, or screen displays, to instruct the user on how to operate the device.

A wide variety of people in

the U.S., and around the world, already use AEDs, including police and security officers, firefighters, athletic trainers, flight attendants and lifeguards.

Newly developed AEDs offer greater ease of use and are designed to allow trained laypersons to respond to cardiac emergencies virtually anywhere.

Training programs are very important though. The AED manufacturer will offer registration, maintenance, medical direction, 24-hour hotline assistance and post event counseling for family members.

After completing a short (usually four hours) training course that covers both AED use and CPR, practically anyone can use an AED. And, when used properly and with appropriate precautions, AEDs are simple to operate and pose no risk to either the rescuer or the patient.

For more information on defibrillation programs, visit [www.aedhelp.com](http://www.aedhelp.com), or call the National Center for Early Defibrillation's toll-free consumer resource hotline. Dial 1 (866) AED-INFO or 1 (866) 233-4663.

## OKOYE: Former All-Pro inspires at Mokapu

From C-1

the NFL. "For whatever reason, children listen to pro athletes."

For his part, Booth, a former USC Trojan standout from San Pedro, Calif., and now a fireman in Los Angeles, said coming to K-Bay had special significance for him.

"My father did 25 years in the Air Force, and I grew up as a 'military brat,'" said Booth, "so I know what these kids are going through with the constant moving and separation from parents.

"For me, coming to the base was a sort of homecoming," he added. "Of course I came here for the kids, but I also came here for the parents serving in the military, as a way of thanking them for all they do.

"When I met some of the Marines, it was an overwhelming experience for me, and really choked me up. I mean, here the Marines are thanking me for coming, when I should be the one thanking them for protecting us. I feel a deep sense of gratitude for all they do."

When told of Booth's



Sgt. Joe Lindsay

**Christian Okoye, aka the "Nigerian Nightmare," is mobbed by autograph seekers after speaking to students at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, Jan. 31.**



Sgt. Joe Lindsay

**Lance Zeno, a former offensive lineman with the Green Bay Packers and Cleveland Browns, gives 4-year old Serge Raveau II a boost.**

words, Staff Sgt. Serge Raveau, a Brooklyn, N.Y., native and operations chief for Marine Heavy Helicopter

Squadron 362, took a moment to pause before speaking.

"That just shows the type of class these guys have," said Raveau, who attended the school assembly along with his three children, Sharissa, 11, Kyanna, 6, and Serge II, 4. "It's pure motivation. I wish more pro athletes would do this type of stuff and visit the children of service members."

According to Christian Okoye Foundation director Eddie Lange, that's exactly what the foundation is planning on doing.

"We'd like to make visiting K-Bay an annual event," said Lange, a native of Covina, Calif., who, along with his wife Jessica, works hand-in-hand with Okoye running the organization. "The recognition of families of our military members often gets left by the wayside with all the issues

going on in the world today. We're determined not to let that happen."

Those are comforting words to parents like Michele Abell, a family member from Apple Valley, Minn., and the mother of two Mokapu Elementary students, Jonathan, 8, and Courtney, 6.

"As a parent, it means a lot to me that famous people of their stature would take the time out to visit our children," said Abell. "The message they gave about setting goals and reaching them through hard work, staying off drugs and doing well in school is one kids hear every day. But coming from professional athletes, I think it sinks in a little deeper.

"This was a wonderful day for my kids, and for all the children of Marine Corps Base Hawaii, Kaneohe Bay."

## MILI: Player tours K-Bay

From C-1

Kansas City, Mo.; Schubert, from Cherokee, Iowa; and Knight, from Cleveland, said they felt a tremendous amount of pride when Mili took the time out to meet with them.

"As Marines, we feel like we are just doing our job," said Schneider, who returned back to base along with Schubert and Knight from the Philippines just three days before meeting Mili. "For an NFL player to take us aside and tell us we're doing something special, and that we are appreciated by him and his family, really gave me a good feeling."

"It's awesome he's donating his time to acknowledge the Marines," added Knight. "It's not every day you get to meet an NFL player, especially one as good as him."

Indeed, Mili has flourished since being picked by the Seahawks in the sixth round of the '97 draft after an All-American career at BYU. In 2002, he became the franchises all-time single season leader in receptions by a tight end with 43, breaking the previous mark of 38 that had stood for 26 years.

"I just try to do the best I can do with what God has given me," said Mili. "But the bottom line is, football is just a game. It is entertainment. What the Marines do is far more important. I might put my body on the line to make a diving catch or block an opponent, but the Marines put their actual lives on the line to protect our freedom.

"It is very humbling to come here and watch Marines practicing for war to save my life, my family's life and the lives of our fellow Americans.

"They have my deepest respect."

### CPR QUIZ

1) **FALSE.** CPR is used in several crisis situations including near-drowning, electrocution and sudden cardiac arrest.

CPR keeps blood and oxygen flowing to vital organs until paramedics or other trained rescuers arrive.

2) **FALSE.** CPR for adults is different from CPR for children and infants. Participating in training to treat people of dif-

ferent ages helps prepare you to effectively perform CPR when needed.

3) **FALSE.** Sudden cardiac arrest can strike without warning and without prior known heart conditions.

Sometimes heart attack symptoms precede sudden cardiac arrest, but not always.

Acting quickly can help save lives.

4) **TRUE.** In sudden cardiac arrest, the heart stops pumping blood. This causes victims to collapse and stop breathing

normally.

5) **FALSE.** Because of the inaccuracy of pulse checks by most lay rescuers, the American Heart Association recommends that you look for "signs of circulation."

These include any response to initial rescue breaths or the presence of normal breathing, coughing or movement.

Persons in cardiac arrest will remain limp and lifeless.

6) **D.** After calling 9-1-1, or sending someone to call 9-1-1, begin the steps of CPR imme-

diately.

7) **FALSE.** AEDs are easy to use by anyone, but training in CPR and AED use is recommended.

8) **FALSE.** AEDs work by "shocking" the heart to allow the heart to resume a normal rhythm, but they don't replace CPR.

CPR and AEDs are used together to help save lives. CPR must be provided immediately while an AED is brought to the victim.

Survival rates increase dra-

matically when CPR and AEDs are used together.

#### How did you score?

8 Correct. Congratulations!

You know a lot about sudden cardiac arrest, CPR and AEDs. Remember to take a CPR class at least once every two years to maintain your skills.

Less than 8 correct.

Visit [americanheart.org](http://americanheart.org) to learn more about CPR and sign up for classes in your area.