

Intramural fast-pitch league scores berth

Cpl. Jason E. Miller
Combat Correspondent

With only 12 days left before the Intramural Baseball League's inaugural season, the six units aboard MCB Hawaii, Kaneohe Bay, who are contributing teams, have already begun preparation.

When the season begins Jan. 29, teams from Headquarters Bn.; Marine Aircraft Group 24; Patrol Squadron 4; Headquar-

ters Co., 1st Bn., 12th Marine Regiment; 1st Bn., 3rd Marine Regiment; and Headquarters, 3rd Marine Regiment, will all vie for the best record on base.

"People are definitely excited," said Steve Kalnasy, varsity sports coordinator at the Semper Fit Center of Marine Corps Community Services. "We had a huge success with the first football season, and we're expecting baseball to do well also.

"The interest from the units and the players is certainly here," said Kalnasy.

Each team will play one another twice, which will result in a 10-game regular season for all teams.

Games will be held two per night at Risley Field aboard Kaneohe Bay on Monday, Wednesday and Friday nights.

A single elimination tournament is slated to take place April 14 - 18, to decide the champions

of the first baseball season.

The rules of the base league will emulate those used in high schools throughout the country.

This will allow top-rate officiating umpires and crews to come to the base and correctly referee the games.

Marine Corps Community Services has made improvements to Risley Field in preparation for the upcoming season, which include installation of a regulation pitching mound and

landscaping improvements, both of which will benefit the play of the game.

Also, the outfield fence lies approximately 315 feet from home plate, a distance expected to be more than adequate for the league.

"We encourage anyone and everyone to come out and support their units," said Kalnasy. "The fast-pitch baseball leagues are sure to provide a good time for all."

Cardio-Kick class achieves instant success at K-Bay

Variety, challenge and a terrific instructor are responsible for the craze that's putting 'oomph' in what some used to think about aerobics

Story and Photos by
Sgt. Joe Lindsay
Combat Correspondent

Marine Corps Base Hawaii, Kaneohe Bay, residents are getting a kick out of the latest aerobics class offered here — literally.

Cardio-Kick boxing, offered three times a week on base, has been an instant hit among service and family members alike.

"No Cardio-Kick boxing class is exactly the same," said Tonya Cordero, a family member from Hilo, Hawaii, and class participant. "The instructor changes up the routine every session, so it never feels like you are in a work-out rut."

According to Cardio-Kick instructor Jeneffer Pruett, variety is the key to keeping the class not only fun, but also challenging.

"I try to make the class not so hard that you never want to come back — but not so easy that you don't feel challenged," said the Spartanburg, S. C., native. "We build on a foundation, and from that foundation, we can branch off into a lot of different exercises."

Those exercises include shadow punching, knee raises, abdominal thrusts, slides and, of course, a lot of kicking.

"We are basically moving the whole time," said Jolynn Farakish, a K-Bay family member and class participant. "I always feel good after a class. Tired, but good."

And feeling good seems to be the whole point of Cardio-Kick boxing.

"We're all out here for the same goal — just to feel good about ourselves," said Pruett. "I like to think of myself as the 'every-man's' aerobics instructor. I'm for the average person who is just trying to live a healthy lifestyle, as opposed to living up to some unobtainable super-model ideal."

"We don't get caught up in vanity here. We just sweat a lot."

There is definitely plenty of sweating going on at Cardio-Kick boxing, and Pruett hopes the class will dismiss some of the common stereotypes about aerobics.



Jolynn Farakish, Cardio-Kick boxing participant, throws a one-two-punch combination during a class at the Semper Fit Gym Monday.

"There is a misconception that all aerobics participants are Jane Fonda-types who wear leg warmers and giggle a lot," said Pruett. "Trust me; it's not like that here on the base."

Both men and women are welcome at the Cardio-Kick classes, though male participants have generally been far and few between, according to Pruett.

"I really encourage the male Marines to come out here and give it a shot," said Pruett. "Aerobics is not just for women. It is great cross training, and I guarantee it will help improve physical fitness test scores."

But improved PFT scores are secondary to the other benefits of Cardio-Kick boxing, explained Pruett.

"It's all a part of living a healthy lifestyle, raising self-esteem and meeting people you might not have ever had a chance to meet otherwise," she said.



Farakish delivers a high-kick during class. Kicking and punching are mainstays of the program.



Left — A Monday evening Cardio-Kick boxing class works through an aerobics routine. Though mostly women attend, the class is open to men as well.

stop by the front desk at the Main Gym.

Classes are offered Mondays and Wednesdays from 5:45 - 6:45 p.m. in the Main Gym and cost \$2 per session, or \$15 for ten classes.

"The Cardio-Kick boxing class is like my sanctuary," said Cordero. "It's a healthy break from the pressures of everyday life, and more importantly, I feel good about myself every time I come."

"We're just a big happy family who happens to be in great shape."

For more information on Cardio-Kick boxing, call Semper Fit at 254-7597, or

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Clubs Roll with Pigskins

It's football Sunday and all three clubs have a party planned.

- Catch all the NFL highlights at the E-Club's Kahuna's Sports Bar & Grill beginning at 9 a.m. Call 254-7660 for details.

- Staff noncommissioned officers can head down to the Staff NCO Rocker Room for pupus, beverage specials and the final contest of the King & Queen of the Quarter. The regal winners will walk away with a new recliner.

- The Officers' Club embraces the football frenzy with a Super Bowl tailgate buffet beginning at noon. Members and their guests will enjoy all the NFL action, free tailgate pupus and a cash bar. For more information, call 254-7650.

Kahuna's Throws NFL Wildcard 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 Wildcard Weekend, the NFL Divisional Playoffs, the AFC/NFC Conference Finals and the Super Bowl will all be featured at Kahuna's. Call 254-7660 for details.

MCCS Calls All Softballers

The Semper Fit Intramural Sports ac-

tivity will be hosting a co-ed softball organizational meeting at 2 p.m., Thursday. The meeting will take place at the Semper Fit Center and is for interested coaches.

The Co-ed Softball League will begin Feb. 10, 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.

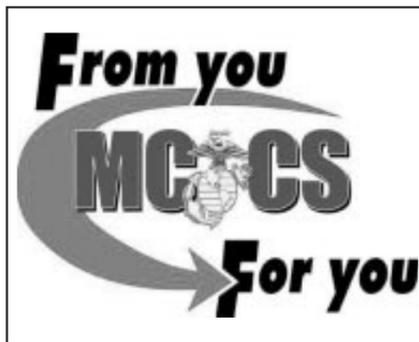
The league is open to all active duty Marines and Sailors as well as family members and Department of Defense I.D. cardholders.

For registration information, call 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.

Semper Fit Holds Surf & Turf 5K Run

Race day, Feb. 1 at 7 a.m., the Commanding General's Semper Fit Series run will begin and end at the Officers' Club, and wind throughout the Klipper Golf Course, including portions down the panoramic beach.

To get in on the fun, pick up a Surf & Turf packet at the Semper Fit Center between 9 a.m. and 4 p.m., Jan. 30 - 31.

The entry fee for the race is \$15 and registration — underway now — ensures a free T-shirt to remember the event. (Registrations received after Jan. 24 are not guaranteed a shirt on race day.)

Awards will be awarded to the top three finishers overall as well as to the top finishers in each age group in both men's and women's categories.

For further information, contact MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

Semper Fit Calls All Women

Do you have what it takes to be an All-Marine?

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.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil.

Registration forms are also located in the Semper Fit Center's Athletic Office. All major command sports representatives may contact Joe Au at 254-7591.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for someplace different to eat, recharge your midday 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.

SM&SP 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 at 254-7593.

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

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.

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, a snack and Pro Shop, and arcade.

Call K-Bay Lanes at 254-7693 for more.

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, by appointment only, 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. Players have the option of bringing their own paint or purchasing it. Call 265-4283 for info.



Sgt. Joe Lindsay

Base All Stars

NAME: Jeneffer Pruett

UNIT: Marine Corps
Community Services

TITLE: Aerobics Instructor

SPORT: Aerobics/Cardio-Kick Boxing

- Pruett has been doing aerobics since age 16, and has been a licensed aerobics instructor for three years.

- The Spartanburg, S. C., native strives to bring a healthy lifestyle into the lives of everyday people by incorporating aerobics into their daily lives.

- She is currently the Cardio-Kick Boxing instructor at MCB Hawaii, Kaneohe Bay, and also teaches a variety of other aerobics classes on base.

"There is a misconception that all aerobics participants are Jane Fonda-types who wear leg warmers and giggle a lot. Trust me, it's not like that here."

COMMUNITY SPORTS

Pool Hawks Hold Fundraiser

Come out and support MCB Hawaii, Kaneohe Bay's youth swim team, the Pool Hawks, at the K-Bay McDonalds today.

During the hours of 5 - 7 p.m., a percentage of all revenues will be donated by the McDonalds Corporation to the Pool Hawks.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed to play on Pearl Harbor's sub base, which is trying to start a league. Equipment is available for rent through its Morale, Welfare and Recreation site.

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.

Waialae Country Club hosts Sony Open

More than 140 of the world's leading professional golfers take on the exclusive Waialae Country Club Course in the only full field Professional Golfers' Association Tour tournament in Hawaii through Jan.

19. Coverage on ESPN will be from 2 - 4:30 p.m. today, 2 - 5:30 p.m. Saturday and 2 - 5 p.m. Sunday.

NFL Pro Bowl comes to Oahu

The best players in their positions in the AFC, face their counterparts from the NFC in the league's football all-star game, set in Honolulu's 50,000-seat Aloha Stadium, Feb. 2.

Pound for pound, it all comes down to the Pro Bowl. Coverage on ABC begins at 12:30 p.m.

Also, stay tuned for opportunities to meet Pro Bowlers right here at MCB Hawaii.

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, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

The eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results and that you meet military standards.

For 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.

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 recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call 259-8080.

Go Camping Year-Round at Bellows

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, enjoy water activities, hiking, miniature golf, or just sit back and relax.

No need to worry about bringing all of your camping gear. 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).

Japanese, American youth kick for soccer cup

Cpl. Trevor M. Carlee
MCB Camp Butler

GINOWAN, Okinawa, Japan — The Okinawa Diplomats Youth Football Club recently participated in the 12th Annual Hageromo Cup Ginowan Friendship Youth Soccer Tournament.

The American youth teams were included in the competition. The Junior and Senior Diplomats played exclusively against their Japanese opponents.

The Diplomats play two seasons in the spring and fall, and both the junior and senior teams play against the Japanese teams in the same age group.

This year, both of the American teams were consolidated to compete in the 12 and under tournament.

"Despite only three practices together, the players came together as a team very quickly," said Pat Campbell, coach.

There were 25 teams total in the tournament, including the American team.

Local Okinawan teams

as well as teams from mainland Japan also participated in the tournament.

With more experience under their belts than last year, the Diplomats did considerably well this year, according to Campbell.

"In the 2001 Hageromo Cup, our club had fun, but we were not really competitive as the 2001 team," he explained.

The team was young and had only been together for four months, Campbell added. "This year, we were more competitive."

The two most valuable players of the American team for the entire tournament were Ben Zendejas, 12, and Aaron Hubor, 12.

"I knew before the tournament that Ben was a very talented player, but he really surprised me with his constant hustle and unselfish play," Campbell said.

"Aaron Huber is an incredibly effective defender. When Aaron is playing defense, I don't get gray hairs."

The Diplomats played five games over the two-



Cpl. Trevor M. Carlee

Teammates from the Okinawa Diplomat Youth Football Club surround an opponent in order to retrieve the ball during the 12th Annual Hageromo Cup Ginowa Friendship Youth Soccer Tournament Dec. 27.

day period, winning three and placing first in the third division.

"The Hageromo Cup is a great youth sports event attracting some wonderful young soccer teams and players," Campbell

explained.

"We feel very fortunate that the Ginowan Soccer Association invited us to this tournament, and we look forward to this great friendship tournament next year."



Aaron Fitzpatrick, 12, Okinawa Diplomat Youth Football Club, leaps into the air to smack the ball with his head during the 12th Annual Hageromo Cup Ginowa Friendship Youth Soccer Tournament. The Diplomats placed first in the third division of the tournament.

Cpl. Trevor M. Carlee



spotlight on health

Prostatitis affects all men

Factual information dispels the often misaligned condition

NAPS

Featurettes

Men often hear messages about the importance of regular prostate cancer screening as they get older; however, men of all ages should also speak to their doctors about a more common prostate condition: prostatitis.

What 's Prostatitis?

A disorder that affects about half of the male population at some point in their lives, prostatitis continues to go under-recognized.

The disease has become the most-neglected male urological condition in the United States.

Prostatitis is an inflammation of the prostate gland, the walnut-sized gland responsible for producing fluid for semen.

Many Americans have little knowledge of this sometimes serious and often painful condition, and myths abound.

The Straight Scoop About Prostatitis

MYTH: Because the prostate gland is so small, there are no symptoms when someone gets prostatitis.

FACT: The symptoms of prostatitis can include fever,

chills and pain in the lower back and genital area that can become severe.

Symptoms also can include the frequent urge to urinate or difficulty in doing so and nighttime trips to the bathroom.

MYTH: Prostatitis only affects men over the age of 50; I don't need to worry about it.

FACT: While the incidence among the male population increases with age, prostatitis can affect men of all ages. In fact, prostatitis accounts for one-quarter of physician visits for genital and urinary complaints among young and middle-aged men.

So, don't think this is just your grandfather's ailment!

MYTH: Prostatitis is always an indicator of prostate cancer, and I just don't want to check it out.

FACT: Although prostatitis and prostate cancer can co-exist, prostatitis is non-cancerous. No evidence exists to suggest that it leads to cancer; however, it is important to check out all symptoms with a healthcare professional.

MYTH: It is extremely difficult to diagnose prostatitis because the symptoms are similar to other conditions.

FACT: Prostatitis can be easily diagnosed by a variety of tests that a

doctor may perform to determine if bacteria are the cause, including a series of tests that analyze urine.

A digital rectal exam, a common test, may be conducted by a physician to check the size, shape and state of the prostate gland.

MYTH: There is no treatment for prostatitis.

FACT: If you are diagnosed with chronic bacterial prostatitis, your doctor may prescribe an antibiotic.

Remember, your doctor or healthcare provider is the single best source of information regarding you and your health.

Consult your doctor if you have any questions about your health, medication or any symptoms you may be having.

You need not live in fear of the medical facts, as the truth about prostatitis will equip you to take responsible action.

Some activities increase pain of prostatitis; ailment doesn't disappear, so treatment needed

NAPS

Featurettes

Males, regardless of age, have a 50 percent chance of being affected by prostatitis. Yet, many young men believe they are not in danger of developing any serious conditions, as they believe they are invincible.

One example of a condition for which young men do not see themselves at risk is prostatitis, which is an inflammation of the prostate gland. It affects approximately half the current United States male population at some time in their lives and is common in younger men 20 to 50 years of age.

While those who have heard of prostatitis usually think it is an older man's problem, in reality, prostatitis is a very real concern for all men: young, middle-aged and old-

er men alike. Even healthy, active men are at risk of developing prostatitis.

Chronic bacterial prostatitis can be cured with antibiotics, but on the other hand, the condition can worsen if left untreated. Hence, education amongst men of all ages is extremely important.

Men with prostatitis should try to minimize activities that aggravate the condition. These activities include the following:

- Alcohol consumption
- Caffeine intake
- Eating spicy foods

Prostatitis affects more men than either prostate cancer or prostate enlargement, and it accounts for one-fourth of all office visits by young and middle-aged men for genital and urinary complaints. However, men — especially young men — who do have prostatitis, often do nothing to remedy the problem, choosing to live with the symptoms.

Unfortunately, the pain will not go away by itself. It is imperative to see your doctor.

Just a simple task like sitting may be painful and could be a sign that

See PROSTATITIS, C-5

PROSTATITIS,
From C-4

you have prostatitis. Other symptoms may include the following:

- Frequent need to urinate, especially at night.
- Pain and burning while urinating.
- Mild to severe rectal pain.
- Fever, chills and lower back pain.

Types of Prostatitis

There are three types of prostatitis, each of which can become serious and extremely painful: acute bacterial, chronic bacterial and non-bacterial prostatitis.

Acute bacterial prostatitis develops suddenly and can have severe symptoms that may require hospitalization, whereas chronic bacterial prostatitis usually develops more slowly with similar, but less severe symptoms.

Chronic bacterial prostatitis can be treated with effective antibiotics.

Drinking water with fluoride still best for all

NAPS *Featurettes*

If you are one of the millions of Americans who drink bottled water, you may have yet another reason to smile.

Several brands of bottled water now contain fluoride. So, for consumers who practice hydrating with the recommended eight glasses of water all should drink each day, choosing bottled water with fluoride is the perfect answer.

Fluoridated bottled water is clearly labeled, so consumers will know whether or not they are choosing bottled water with or without the mineral. About 30 companies that belong to the International Bottled Water

Association produce fluoridated bottled water.

The U.S. Food and Drug Administration fully regulates all bottled water as a packaged food product, with stringent safety, labeling and other standards so consumers can rely upon safe, high quality and good-tasting bottled water products.

Consumers with questions about their specific fluoride needs should talk to their dental or health care provider first.

For more details about the mineral, visit www.bottled-water.org for a list of IBWA member companies that produce fluoridated bottled water, and for a list of all IBWA member brands and other bottled water information.

Mega thirsty



Sgt. Joe Lindsay

Jolynn Farakish hydrates during a break in the action of Cardio-Kick Boxing at the Semper Fit Center Monday. Farakish tries her best to drink the equivalent of eight glasses of water throughout each day.

SPORTS AROUND THE CORPS

Marine colonel leads Pee Wee team to Nationals

Sgt. Jason Anderson
MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — When the Pop Warner Super Bowl Championships at Disney's Wide World of Sports Complex in Lake Buena Vista, Fla., ended, the Dale City War Eagles, coached by Scott Enlow, returned home victors.

The War Eagles beat Missouri, 28-6, in the semifinals and Hawaii, 28-0, to win its second straight Super Bowl title in as many years in the Pee Wee Division.

Colonel Rich Yoder, head of the Promotion Branch at Headquarters Marine Corps, and the team's defensive coach, celebrated the win with Enlow. Yoder's been with the team since Enlow formed it in the summer of 2000.

"I started helping him because he was coaching alone," said Yoder.



Courtesy of Col. Rich Yoder

The Dale City War Eagles line up in offense during the Pop Warner Pee Wee finals in Florida. The War Eagles went on to win the National Pee Wee title.

"The first year we had a bunch of 9-year-olds with little or no experience.

"I remember the two of us standing in the middle of the practice field in August and say-

ing 'if we win half of our games, we will be lucky.'"

Enlow and Yoder triumphed

first year jitters 7-2-1, but lost during the Northern Virginia divisional playoffs. The second year of play, the 10-year-olds lost only one game to the Dale City Steelers.

"That was the turning point," said Yoder. "The kids started to practice with a determination we had not seen before. They finished 13-1 last season, winning a rematch with the Steelers, 19-0.

Now, after three years of competing, winning the Pee Wee National Championship twice, the team commands a record of 33-3-1.

"Over the past three years, we have done an incredible job," said Yoder. "As a defensive coach, I am especially proud of the eight shutouts this year, including the championship game."

Yoder went on to say that he is proud of the way that the kids came together to become one team.