

Hawaii MARINE SPORTS

Hawaii Marine C Section

January 23, 2004



Runners take off at the sound of the horn to begin the 3rd Marines 10K Run Saturday, aboard MCB Hawaii, Kaneohe Bay. More than 1,100 runners took part in the run.

Local tops 3rd Marines 10K

Story and Photos by
Lance Cpl. Rich Mattingly
Combat Correspondent

Saturday marked the 11th Annual 3rd Marines 10 Kilometer Run at MCB Hawaii, Kaneohe Bay. The 3rd Marines 10K is the first of the Commanding General's Semper Fit Series' nine runs scheduled for this year.

Steven Kalnasy, Varsity Sports coordinator, Marine Corps Community Services Hawaii, said this year's race boasted the largest turnout he's ever seen. More than 1,100 participants signed up for the race, 200

more than last year.

Service members of 3rd Marine Regiment; 1st Battalion, 12th Marine Regiment; and 24 corpsmen and various friends, families and supporters were on hand for some friendly race rivalry.

"About 80 percent of the profits from the race go back to units, and the rest supports MCCS, so this race is for a really good cause," said Kalnasy, "The commander can use the money however he sees fit for his Marines. It's a symbiotic relationship between ourselves and the units through all the races in the Semper Fit series."

David Eagar was the overall winner with a time of

41:27.

"The key to winning a road race like this one is to condition yourself with sprinting and distance running, and to always prepare yourself for longer distances than you'll have to run on race day," said Eagar, a private contractor who previously worked aboard base.

The top Marine finisher was Adin Pfeuffer with a time of 42:52. The fastest female Saturday was Patricia Hart with a time of 51:43. The fastest unit time was posted by Team One of Personnel Support

See 10K, C-3



Thomas Callahan, of the 76ers, checks out the Sharks' defense during their matchup Saturday at the Semper Fit Center.

76ers catch Sharks

Story and Photos by
Cpl. Jessica M. Mills
News Editor

During the second game of the MCB Hawaii Youth Basketball season on Saturday, the 76ers of the 6-8-year-old Mighty Mites Division showed the Sharks who rules the bay, when they baited and sunk them, 36-14.

The first half of the game was basically a one-sided endeavor for the 76ers. Although the Sharks were physically present, they were not making much of an effort on their behalf. Aaron Botts, 7, scored two points early on for the Sharks, but after that the Sharks could not find a hole in the 76er

defense.

Within the first 10 minutes of the game, 76ers Justin Aisoff, 8, scored 14 points for his team, while the Sharks just stood by and watched. Finally, the Sharks came to life and started to defend themselves, helping Botts score another four points. But the damage was already done. The 76ers were leading, 14-6, with six minutes left in the half.

For the last few moments in the half, the Sharks put up a good fight against the 76ers and scored another layup for themselves before halftime. But they could only block so much, and Thomas

See 76ERS, C-6

Golf clinic starts today

Edward Hanlon V
MCCS Public Relations

The Kaneohe Klipper Golf Course will be hosting three different golf clinics for golfers interested in sharpening their swings.

The first clinic will run today, from 5 to 6 p.m. The next clinic is designed for female golfers on March 4 from 5 to 6 p.m.,

and the third clinic is scheduled for April 14 from 5 to 6:30 p.m.

The cost for the first two clinics is \$80 per student. Classes will be held five consecutive Fridays. Class size is limited to 15 students.

The April 14 clinic is a one-time, 90-minute free golf clinic for any active duty personnel on base. Golfers will receive the

same instruction as at the other clinics, and there's no registration limit for the April 14 clinic; just show up!

Golf instruction will cover the subjects of basic swing fundamentals, long and short game skills, game strategy, etiquette, safety and golf rules.

Call the Klipper Pro Shop at 254-1745 or 254-3220 to register.

Surf & Turf 5K Run set for Saturday, Feb. 7 at K-Bay

Edward Hanlon V
MCCS Public Relations

The 3rd Annual Headquarters Battalion Klipper Surf & Turf 5K Run, part of the Commanding General's Semper Fit Series, will begin and end at the Officers' Club, wind throughout the Klipper Golf Course — including stretches down one of MCB Hawaii's panoramic beaches — Saturday, Feb. 7 at 6:45 a.m.

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., anytime on Feb. 5 and 6. The entry fee for the race is \$17, and registration ensures a free T-shirt to remember the event. (Registrations received after Jan. 30 are not guaranteed a shirt on race day).

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

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



BASE SPORTS

Edward Hanlon V
MCCS Public Relations

JANUARY

23 / Today

Youth Sports Registration — Youth Activities is now accepting registrations for numerous youth sports programs. If your child is interested in baseball, volleyball, roller hockey or ice hockey, call 254-7611. Three leagues are available.

Youth Activities is located behind Mokapu Elementary School in Bldg. 5082.

Swim Lessons — Join the MCCS Aquatics team for some exercise and a little fun in the sun. Build your water confidence and awareness with Saturday swim lessons available at the base pool.

Call 254-7655 for registration information.

Massage Special — Throughout the month of January, receive 10 percent off a massage from Semper Fit Center massage therapist

Caitlin Nichols. Look for the flyer with Caitlin's coupon at the Semper Fit Center, and schedule an appointment with her on Monday, Wednesday Thursday or Sunday by calling 254-7567.

Pool Plunge — Wet your feet and beat the heat at any one of the Marine Corps Community Services pools. With four locations to serve your swimming demands, there's sure to be one nearby.

Pool locations are at the K-Bay main pool, Bldg. 981; Hilltop Pool, Bldg. 502; the Officers' Club, for members only; at Camp Smith Pool, Bldg. 125; and at Manana Housing Pool, Bldg. 840.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay

Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Pro Bowl Tickets — Pro Bowl tickets are now available at Information Tickets and Tours located at Mokapu Mall, Kaneohe Bay. Sideline seats are \$87.50.

Make a pass by ITT for more information, or call 254-7563. Tickets are available while supplies last.

24 / Saturday

Color Pin Special — Roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

Inexpensive and Fun Entertainment — Look no further for economical entertainment! Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at only \$1.50 a game. The discount is good for open play, and does not qualify for tournaments,

leagues or unit functions.

Call K-Bay Lanes now to get the spin at 254-7693.

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective.

Spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish. Dive charters are available in the crystal clear waters surrounding Kaneohe Bay.

Call 254-7667 for more information.

Klipper Golf Course — Make the Kaneohe Klipper Golf Course your 19th hole. The Staff NCO restaurant is open to all hands for lunch Monday through Friday from 11 a.m. to 1 p.m. After that challenging game, head to the Staff NCO Club for a refreshing beverage and a delicious meal.

26 / Monday

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-7591.

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

Beginner Fitness — Eight-week session meets twice a week with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way at the Semper Fit Center.

Call 254-7597 for more details.

Adventure Training — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do PT at the same time. Classes are offered in scuba, kayaking, power boating and water skiing.

Adventure Training is offered at no charge to all MCB Hawaii units. Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

FEBRUARY

1 / Sunday

Super Bowl Sunday — Root for your team on the big-screen and enjoy breakfast in a comfortable and fun atmosphere on Super Bowl Sunday, Feb. 1, at any one of your MCB Hawaii clubs.

•The Officers' Club Koa Lounge will open at 11:30 a.m. for the Super Bowl kickoff at 1:30 p.m., with halftime pupus and prize giveaways.

•The Staff NCO Club will host a tailgate party and barbecue with prize giveaways including "king" and "queen" recliners. The inside tailgate is free for members and \$3 for all nonmembers.

•Kahuna's Sports Bar & Grill will host a Super Bowl Survivor Sunday and show the television season premier of "Survivor" after the game. Prize giveaways, 25-cent wings, and no cover charge will rule.

•Lastly, the Kahuna's Recreation Center will show the game on its mini-movie theater screen, complete with surround sound, comfortable leather chairs and sofas. Hot and cold beverages from Starbucks will be served, so don't miss kickoff at 1:30 p.m.

9 / Monday

Intramural Scratch Bowling — All branches of service are invited to sign up for the Hawaii Marine Intramural Scratch Bowling Tournament to be held Feb. 9 - 12 at the K-Bay Lanes.

Pick up an application at the bowling lanes, or call 254-7664 for more information.



Cpl. Jessica M. Mills

Base All Star

NAME: Justin Aisoff

AGE: 8

GRADE: 3rd

SCHOOL: Mokapu Elementary

• This is his third year playing youth basketball.

• He also plays football and baseball for MCB Hawaii.

• During his last game on Saturday, his team, the 76ers, defeated the Sharks, 36-14. During that game Aisoff scored the game high of 14 points.

"Basketball is fun. You get to dribble the ball and practice a lot."

COMMUNITY SPORTS

2004 Sports Car Racing Starts Sunday

The Hawaii Region of the Sports Car Club of America will host five major races in 2004 and Solo II/Autocross races on both Oahu and Maui.

•Solo II or Autocross is held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to racecars. The events purely amateur; anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: this Sunday, Feb. 8, March 7, April 4, May 2, June 6, July 4, Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.

•The wheel-to-wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at a much higher rate of speed (up to 140 mph) and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are permitted race entry.

Future races will be on the following dates: Feb. 29, May 31, July 5, Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.

•For details about Maui Raceway Park action, contact Ed Mentor at (808) 984-5009.

Great Aloha Run Welcomes Military Racers

All Department of Defense employees, military and their family members are invited to participate in the 20th Annual Great Aloha Run, Feb. 16, the Presidents' Day holiday.

The 8.15-mile flat course will start at the Aloha Tower in downtown Honolulu at 7 a.m., wind its way along the historic harbor, down Nimitz and Kamehameha Highways, then on over to Aloha Stadium.

Plenty of entertainment and refreshment aid stations will greet runners along the route, and all who complete the run will receive a finishers' T-shirt.

The late entry donation is \$27 for military and \$15 for keiki 12 and under. To register, simply fill out an entry form (one per person) available at various locations, or call 528-7388 for more details.

The nonrefundable entry donation

includes eligibility for random-draw prizes, the finisher T-shirt, and post-race refreshments and entertainment.

Entrants under 18 must be registered with a release statement signed by their parent or guardian, and children under 7 must be carried, pushed, or pulled in a stroller.

No roller skates, in-line skates, bikes, scooters, skateboards or animals will be allowed on the racecourse.

Military units can participate in the "Sounds of Freedom" race category for formation runners. Call 655-8789 for more information.

The Bank of Hawaii is sponsoring cash awards for the top 3 military (male and female) finishers: \$1,000 for first, \$500 for second and \$250 for third place. As well, cash awards will be provided in the same amounts for the top three finishers in the Open Division. Trophies and medals will also be provided to runners in age group categories.

Mega Mahalo is extended to the many sponsors of this year's Great Aloha Run, which benefits Carole Kai Charities of more than 100 nonprofit organizations in Hawaii.

Hawaii Trail and Mountain Club Barbecues, Hikes this Weekend

The HTMC Clubhouse barbecue potluck and slide show goes tomorrow at 4:30 p.m. at the Waimanalo

Clubhouse. Contact Bev Valentino at 595-6363 to state what dish you will be bringing, or whether you'll simply contribute \$7 towards food (nonmembers pay an additional \$2 to attend).

Also, intermediate-level hikers are invited to walk 10 miles of shady dirt roads to the back of Moanalua Valley, where they will veer into the Western drainage and plunge into woods with numerous stream crossings, Sunday at 8 a.m. The trail will be moderately level until a final very steep climb to the lunch spot, resplendent with fabulous views into Haiku Valley.

The sharp-eyed may even spot some ancient aircraft wreckage.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

Call coordinator Mike Algieri at 422-1048 for more information about this hike and the HTMC.

Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

Fax items to 257-1289, or call the *Hawaii Marine* staff at 257-8836 or 257-8837.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!"

Is Michelle Wie sports' next superstar?

Capt. K. D. Robbins
The Professor

On Dec. 30, 1975, in Cypress, Calif., retired Army Lt. Col. Earl Woods and his wife Kultida welcomed their little "Tiger" into the world. And 28 years, \$41.2 million in career earnings, 39 PGA Tour victories, two "Sports Illustrated" Sportsman of the Year Awards and countless other accolades later, Tiger is the coronation of the golf world, right? Wrong.

Fast forward to Oct. 11, 1989; the birth of a young woman, 14 years later she would do the unthinkable — upstage Tiger. Well, golf enthusiasts. No wait, sports fans. No wait, Americans. No wait, humans. Michelle Wie is here!

The 14-year-old phenom missed the cut last weekend at The Sony Open at Waialae Course One on Oahu. Why is this big news? She missed the cut in a PGA Tour event by one stroke. Yes, "she" was the only female in an all-male field at the opening event of the 2004 PGA Tour season, and she was one stroke from playing all weekend.

Never before has a female athlete made the credibility of a crossover to a male sport a more sincere reality: Wie's driver overpowers many of her male counterparts. Her ability to play the bunker shot is magical, and her confidence with the putter leaves

all golfers, male or female, in awe.

Perhaps PGA Tour veteran Tom Lehman put it best when he labeled her "The Big Wiesy," based upon an obvious parallel between Wie's textbook swing and the swing of PGA Tour legend and 2003/2004 Sony Open champion Ernie "The Big Easy" Els.

She plays like a 14-year-old, smiling after every make and grimacing after every miss. The way Wie plays, she is sure to steal our hearts with more smiles than grimaces.

Wie has some difficult choices ahead. Should she play in yet another PGA Tour event on a Booz, Allen, Hamilton sponsor exemption, or should she defend her women's National Amateur Publinox championship? (Wie won this event last year at the age of 13.)

Bottom Line: Whatever "it" is, the high school freshman has "it." Wie has already and will continue to redefine the conventional wisdom on a woman's ability to compete against a man in athletics.

At 14, she can play with men twice her age and exponentially more experienced. At 14, she's hardly ready for the 28-year-old "Tiger" of the sport, but, give Wie another 14 years to catch up to Tiger, and we may have to ask, "Is Tiger ready for her?"

Sgt. Joe Lindsay
The Goat

Move over Michael. That goes for you too LeBron, Serena and Venus. What are you still doing standing here Tiger? All of you step aside.

The biggest name in sports is a 14-year-old, ninth grade-going golfing prodigy from Punahou School in Honolulu named Michelle Wie. Just calling her by her full names feels like a disservice to her talents, given the 21st century, Madonnaean-pendant for calling superstars by one name only.

Wie pulled off one of the greatest accomplishments in sports history that didn't end in a win last weekend at the Sony Open, when she shot an even-par 140 to miss the cut by a stroke. By doing so, Wie became only the fourth female (and first no longer a girl, not quite a woman) to compete in a PGA event. Never mind that she was the youngest ever at 14.

You've got to go back to the 1957 Canadian Open when Bob Panasuk teed off at 15 years, eight months, to find a documented case of somebody younger than 16. Even Tiger was 16 when he competed in his first PGA event.

The Goat is a scoreboard kind of guy. The scoreboard doesn't lie. It plainly shows New England whipped Indianapolis, 24-14, and

that Carolina dominated Philly, 14-3, for the right to meet in Super Bowl XXXVIII. But in the case of Wie's performance at the Sony Open, it seems that the aforementioned, truth-telling scoreboard needs to take a lie-detector test.

Wie won the tournament just by competing. Ask any eyewitness.

Nobody is going to remember the 2004 Sony Open as the tournament where Ernie Els held off Harrison Frazar in a playoff to successfully defend his crown. They are going to remember it as Michelle's debutante.

Bottom Line: As long as she does not start dating Rasheed Wallace and sitting courtside at Portland Trailblazer games, or start hanging out in Whitney Houston's air-sealed parlor room, Wie is going to be the first billionaire athlete in sports history.

Of course, when Jennifer Capriati was 14, she was a millionaire tennis sensation who had the world at center court. By 16, she was a drugged-out, shoplifting binge-eater who spent more time in criminal court than on the tennis court. Capriati is back on top now, but it was a long road.

If Wie continues to play, and more importantly to conduct herself like, well, like Wie, then the world is in for a treat. She is simply amazing.

READERS STRIKE BACK

'...Keeping up with sports is what keeps me going'

"The Bottom Line" and the Professor and Goat keep us alive out here in the desert. Thank God for the Internet, so we can read you every week out here. There is nothing to do at 29 Palms, [Calif.], so keeping up with sports is what keeps me going.

Why did it take so long for somebody in the mili-

tary to come up with this? It is the first weekly sports commentary I've seen in a military paper since I came in the Marine Corps, and is much overdue. Beats anything in the "Los Angeles Times," hands down.

I would bet you guys are going to make it, some day, to the big time. Everything else is so much cliché, but you guys are original.

Oh yeah, what was up with your extended break during the holidays? Sports never takes a break, and neither should "The Bottom Line." Also, I don't know if this will make your paper, but I have to say that guy

from Miami, [Fla.], who wrote in last week, was a freak.

I don't want to say anything too bad because it ["The Bottom Line"] said he was a disabled veteran and a former Marine. But it crossed my mind that he and his wife [were] mentally disturbed.

Just so you know, there are normal people out there who read "The Bottom Line" too, and love it.

*Victor D. Mendoza
Sacramento, Calif.*

10K: 1/12 takes top honor



After running 10 kilometers in the Hawaiian heat, a Marine drenches himself with water in an attempt to cool down.



Individual runners cross the finish line of the 11th Annual 3rd Marines 10K run. The race was the first in the Commanding General's Semper Fit Series.

From C-1

Center, 3rd Marine Regiment, with a time of 49:54.

"The runs are a great way to build unit cohesion," said Col. Jeffrey Patterson, commanding officer, 3rd Marine Regiment. "It's great to see everyone out, especially on St. Barbara's Day."

The next race in the Commanding General's Semper Fit Series is the Surf and Turf 5K run on Feb. 7.



Unit runners from 1/12 see the end of the 10K run in sight. The 1/12 Marines won the participation award for the largest group entering the race.



spotlight on health

Children need nutritious midday meals

Parents should pack a lunch with a nourishing punch

NAPS

Featurettes

As America's youth hit the books, their parents may be thinking about how they feed both their minds and bodies once they head to class. With the increased number of unhealthy foods and beverages available to kids today, parents should be concerned. Yet, while so much attention is focused on childhood obesity, for most moms, there is another problem they feel is even more important.

More than 65 percent of moms said that nutrient shortages in their children's diet is their primary concern, according to a recent survey by Impulse Research Corporation; obesity followed with 35 percent.

According to Jodie Shield, M.Ed., R.D., author of the "American Dietetic Association's Guide to Healthy Eating For Kids," children today are not just overweight, they also are undernourished.

"What's most troubling today is that children are definitely eating enough food," said Shield, "but they're not consuming enough of the right foods to get the nutrients they need to be well nourished rather than just overfed."

Nearly nine out of 10 teenage girls and almost seven out of 10 teenage boys in this country do not get enough calcium. Not only could skimping on calcium keep teens from reaching their full height potential, but it may also lead to more serious health problems later in life, such as stress fractures and osteoporosis. Kids and teens need 1,300 milligrams of calcium daily to help build strong bones, the equivalent of about four servings of milk.

Nutritious Beverages

Shield says there are many easy ways for parents to pump up the nutrition in their kids' diets. Many kids slurp high-calorie, sugary beverages, which offer little to no nutrition while providing empty calories. By substituting nutrient-rich beverages, like flavored milk, for nutrient-void ones, parents can create a win-win situation.

Brown Bag Boredom

In addition to paying close attention to what kids are drinking, Shield suggests parents also stock up on healthy food options.

"By keeping tasty, grab-and-go, healthful snacks like trail mix, fresh fruit and flavored milk readily accessible as kids head to school or get home after a long day," she said, "parents can feel reassured that their kids are making smart food choices at home."

Healthy Tips

The following tips can help parents help their kids get a nutritious jump start on each school day:

- Skip the chips and salty snacks and pack bags of baby carrots or bell pepper strips.

- Make individual servings of trail mix that kids can slip into their backpack. Blend unsalted nuts with dried fruits and whole grain dry cereal; toss in some chocolate and peanut butter chips that will satisfy a kid's sweet tooth while giving him or her a healthful energy boost.

- Stock the kitchen with single servings of healthful foods like squeezable yogurts, individual puddings and bottles of flavored milk that kids can grab and go.

Research supports flavored milk as a healthy beverage. A University of Vermont study published in the "Journal of the American Dietetic Association" found that children and teens who drink flavored milk are more likely to meet their calcium requirements. They

See **LUNCH**, C-6



Lance Cpl. Megan L. Stiner

Janae Henry, 2, sports a milk mustache at the Child Development Center aboard MCB Hawaii, Kaneohe Bay.



Lance Cpl. Rich Mattingly

Just before lunch, Grace Hogan, 3, shows off her Strawberry Shortcake lunchbox full of healthy treats.



Lance Cpl. Megan L. Stiner

Ashley Wood, 2, enjoys eating a nutritious orange during snack time at the CDC.

Think inside the box to pack a healthy, kid-friendly lunch

NAPS

Featurettes

If your children received a report card for the lunches they eat at school, what do you think their grades would be? When kids eat a packed lunch that is healthful and flavorful, from foods they've chosen, everybody goes to the head of the class. But, as in any other subject, getting an A+ in lunch involves a little homework.

Approach the lunchbox as a chance to help kids learn to make smart food choices. Involve them in the planning, says Roberta Duyff, registered dietitian and author of the "American Dietetic Association Complete Food and Nutrition Guide."

"As a parent, it's up to you to decide what foods to offer and when," she explained. "Let your child choose foods from what you offer, and how much. For example, offer two to three choices for their packed lunch. You might ask, 'Which fruit would you like with your lunch, a banana, an apple or a tangerine?'"

It's possible to present youngsters with lunch choices that are not only fun and tasty, but also healthful. For more fiber, make sandwiches with whole-grain bread, suggests Duyff. For an easy-to-eat sandwich, roll up turkey and chopped lettuce, or peanut butter and banana slices, or cheese and salsa in a flour tortilla. Fruit juice is a great take-along beverage choice, and for better nutrition, make sure it's really juice, not a fruit-flavored soda. If your kids choose juice to drink, offer them other milk-group foods as a source of calcium: cheese on a sandwich or a carton of yogurt.

Portion Control

"Be sensible about portions for kids. Adult-size portions aren't right for younger children, whose stomachs are smaller," adds Duyff. "Let your child's appetite guide how much to pack. If a child tosses or brings home part of his or her lunch, talk about why. Maybe you packed too much. The "clean plate" or "empty lunchbox" expectation may lead to overeating. Your child doesn't need to finish everything if he or she feels full and is growing properly."

Finger Foods

Kids of all ages like finger foods. Sandwiches or tortilla roll-ups are a great place to start: just cut them into child-size pieces. Raw vegetables are colorful, crisp and healthful — and fun as finger foods, too. Let kids decide which veggies to take: sticks of crunchy cucumber or green zucchini, "coins" of yellow summer squash or orange carrots, or small grape or cherry tomatoes. Include a small container of ranch dressing, yogurt dip or salsa for veggie dipping. Whole-grain crackers, cheese cubes or string cheese, and small whole fruits are easy to handle, too!

10 Tips for A+ Lunches

Remember to take advantage of every eating event as an opportunity to help kids learn to eat well for a healthy life. These tips can help.

- 1) Set up a lunch center in your kitchen that's low enough for kids to reach. Even young children can put animal or graham crackers in plastic bags and help wash whole fruit for their lunchboxes.

- 2) Have your child help you plan and prepare his or her lunch the night before if mornings are hectic. Keep packed lunchboxes chilled in the refrigerator overnight.

See **BOX**, C-6

Dieters can delight at commissary choices

Defense Commissary Agency

Fast Facts Press Release

When reduced calorie, low-fat, low-carb or diet products start flying off the shelves faster than stockers can replenish them, commissary staffs know that "dieting season" has arrived. As soon as folks have had a chance to survey the damage done by all those delicious holiday indulgences, they start to look for ways to shed any reminders of just what a good time they had!

There are probably as many diets on the market as there are people wanting to lose weight, and unfortunately not all of them are based on sound nutrition

advice. Arm yourself with just a few of the following tips, and then customize a weight loss plan that will work for you.

•**Count Calories:** Counting calories is important, even if it doesn't seem to be a high priority with many of the popular diets these days.

•**Set Reasonable Goals:** Keeping one's weight in check all boils down to a simple equation. Consuming more calories than you can use equals weight gain, while consuming less calories than needed leads to weight loss.

It takes a deficit of 3,500 calories to lose one pound of weight. Reducing your daily intake by 500 calories is very reasonable and will reduce your weight

by one pound each week.

•**Eat a Variety of Foods:** Variety is important to get the energy, nutrients and fiber your body needs for good health, but be careful to avoid adding calories with extras. For example, a plain baked potato seasoned with salt and pepper has about 100 calories, but add one tablespoon of butter or margarine, and suddenly your potato has 200 calories.

•**Make Smart Choices at Every Turn:** Choose wisely. For instance, a tablespoon of plain yellow mustard has only a fraction of the calories of mayonnaise (even reduced calorie mayonnaise); a fresh medium orange has about 60 calo-

ries, while a cup of orange juice has 110 calories.

•**Read Nutrition Labels:** If you use prepared diet products, be sure to read the nutrition label thoroughly, paying close attention to serving size. Be careful not to be fooled by products that on the surface might appear to be a good deal, but on closer inspection aren't quite as good as they seem.

Finally, watch out for high sodium content in packaged foods because too much sodium can sometimes lead to water retention and stall your weight loss efforts.

For more Commissary Fast Facts, visit DeCA at www.commissaries.com.



Lance Cpl. Rich Mattingly

Misako Allen, a base family member, reaches for a healthy alternative in the commissary. Allen said she's been successful with her diet by eating healthier foods.



Lance Cpl. Rich Mattingly

Regina Reiche, left, personal fitness trainer at the Semper Fit Center, measures subcutaneous fat on Beth Hornsby to determine her overall body fat percentage. Hornsby explained that she keeps in top physical condition with a regimen of weight training and cardiovascular exercise. Her healthy, low-fat diet helps too.



The Sharks defense attempts to stop 76er Kamyn Paolina, 8, as he heads for the basket Saturday during the second week of play in the Youth Basketball League aboard MCB Hawaii, Kaneohe Bay. Still, the 76ers defeated the Sharks, 36-14, in the 6-8-year-old Mighty Mites Division.

76ERS, From C-1

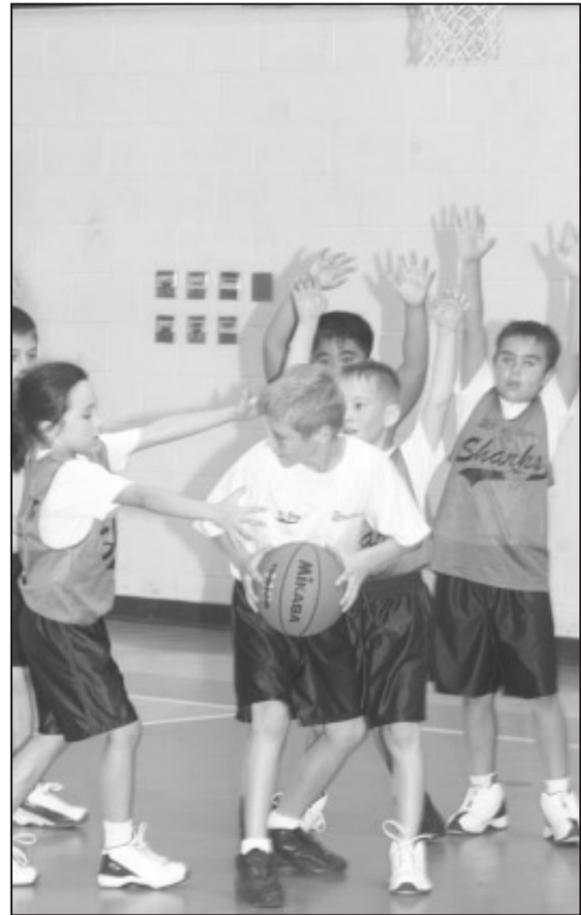
Callahan, 7, of the 76ers, managed to steal control of the ball with one minute left to score. The first half ended with the 76ers making another quick layup just as the buzzer rang, holding the score at 18-8 with the 76ers ahead.

The second half was more of the same, as the 76ers literally trampled over the Sharks to get down the court. The 6 to 8-year-olds are still learning the skills of etiquette and strategy, so they run wherever the ball is.

With 17 minutes left in the game, the score was hanging at 20-8.

Control of the ball bounced back and forth as the teams finally began to raise their scores. Finally, the Sharks called a time-out to rethink their "run and get-the-ball strategy." The 76ers were still ahead, 24-14.

The time-out was of no help for the Sharks. They spent the rest of the second half running the court, trying to stop the 76ers. By the end of the game, the 76ers had managed to score another 12 points, giving them the decisive 36-14 victory.



Justin Aisoff, center, leading scorer for the 76ers, searches for help from his teammates as four Sharks' surround him.

LUNCH, From C-4

also were able to boost calcium without increasing total added sugar or fat, and drank more milk overall. Making the simple trade-off from soda or juice drinks to flavored milks can help parents improve the overall quality of their children's diet.

Flavorful Milk

According to an Impulse Research Corporation survey, 96 percent of moms said that they would much rather serve their children milk as opposed to soft drinks. And 80 percent of moms said they would serve their children flavored milk if it meant they would drink more. Yet, almost 30 percent don't know that flavored milk is as nutritious as regular milk. It has the same nine essential nutrients as regular milk, including calcium, vitamin D and protein.

With the explosion of flavored milk choices, there are a variety of flavors from which to choose, from chocolate to strawberry, from banana to vanilla and caramel. Many are available in low-fat options.

For more info on the many flavors of milk, plus recipes and tips, log onto www.whymilk.com.

BOX, From C-4

3) Offer variety. Besides a protein-rich sandwich, yogurt or leftover chicken, include fruit and a raw vegetable. Snack foods such as chips or cookies provide little nutritional value; offer them only once in a while.

4) Include a good-tasting source of calcium — cheese on a sandwich, a container of yogurt, or a packaged pudding.

5) Pack a dip such as peanut butter for celery or carrot sticks, or yogurt or ranch dressing for raw veggies. Put the dip in a small, disposable plastic container with a lid, available at party supply stores.

6) Help your child keep perish-

able lunch foods safe to eat. Keep small chill packs in your freezer to tuck into the lunchbox to keep food cold.

7) Think outside the lunchbox. If your child loved the tomato soup or bean chili you had for dinner, heat it in the microwave oven the next morning and pack it in a thermal container so it stays hot. Skip any heated foods with meat, poultry, fish or eggs; they may not get or stay hot enough for food safety.

8) Encourage after-lunch physical activity with a handwritten note that says something like, "Now that you've enjoyed your

lunch, go play catch!"

9) Follow more food safety. At school, remind your child to store his or her lunchbox in a cool and clean place, out of the sun.

Teach your child to wash his or her hands with soap and water before eating; tuck in a moist hand-sanitizing hand wipe to clean hands after eating. Together make sure lunchboxes and food containers are washed with soap and water after every use.

10) Investigate other creative ways to get your kids to eat healthful foods. Browse kids' cookbooks for more great ideas.

