

Marines have bronc-busting good time

Cpl. Jessica M. Mills
Combat Correspondent

Although mechanical bulls are not as unpredictable as the real thing, holding 2000 pounds of thrashing and twisting steel between your legs can still be difficult, as a group of five Marines exhibited at the Mechanical Bull Riding Competition, Saturday, during McKenna Motors BayFest aboard MCB Hawaii, Kaneohe Bay.

"The riders have to hang on for a full eight seconds," said Jessie Coffman, the mechanical bull operator for the Enlisted Club and the competition. "If they fall off before the eight second mark, they are awarded no points. The speed of the bull varies from one to ten, but the actual speed during the ride depends on the talent of the rider."

The competition, sponsored by the Single Marine and Sailor Program, consisted of three rounds. During each round, the riders tried to hang on for the full eight seconds while keeping their riding form intact, but during each round the difficulty and speed of the bull increased, causing almost all of the riders to drop before the

eight-second mark.

"This is a dangerous sport, its no joke," said Pfc. Luke Alsup, a motor transport operator with Headquarters Battery, 1st Bn., 12th Marine Regiment. "Last November I competed in the Enlisted Club's bull riding competition, during my ride my arm broke while I was still holding on."

The first round was based on simple techniques of bull riding, the handler kept the speed low and four out of the five riders completed their ride. But the difficulty obviously increased during the second round, when only two out of the five riders could stay on the bull for the full eight seconds.

The difficulty was the highest during the third round of competition when the bull riders were tired. The bull was fast and the operator kept the bull thrashing violently. Every rider that tried to ride that bull, was thrown into the air, not one of the riders lasted through the



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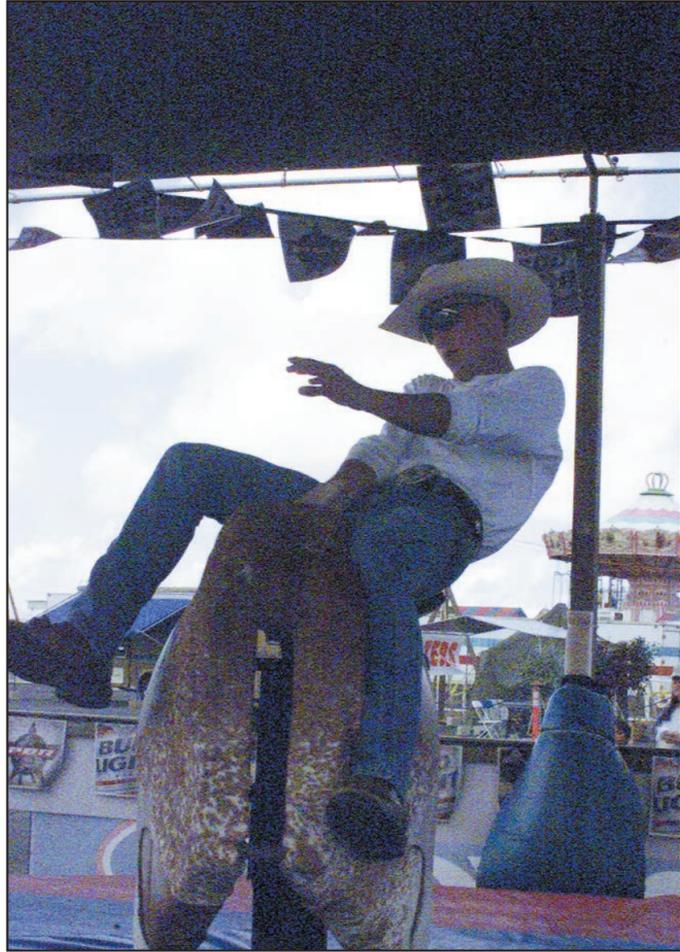
Joe Compton, a food service specialist with Headquarters Bn., MCB Hawaii, flew off the back end of the bull during one of his rides.

round.

The final winner of the competition, Cpl. Trent Hoffmeister, a heavy equipment mechanic with Headquarters Battery, 1/12, also won the mechanical bull competition last November at the Enlisted Club. This year he completed two out of the three rounds of the competition, and finished with a total score of 185.

Hoffmeister won two dream cruise passes from the Single Marine and Sailor Program.

Following the competition, active duty military members could purchase open rides on the bull, but they did not pretend to be cowboys.



Cpl. Jessica M. Mills

Trent Hoffmeister, a heavy equipment mechanic with Headquarters Battery, 1/12, loses his grip on the bull during one of his rides. Hoffmeister won with the score of 185.

Kung Fu fighting



Lance Cpl. Monroe F. Seigle

Chris Sconyers practices an offensive maneuver during a training session of Gojukan Karate with the assistance of Catie Roberts. See the full story of Aikido on page C-6.

Hawaii's biggest amateur boxing event makes history

Steven Kalnasy
Special to the Hawaii Marine

Another BayFest Boxing Challenge is down for the count.

On Saturday, BayFest set the standard for amateur boxing in Hawaii offering eight highly competitive bouts featuring some of the best amateurs in the state.

MCB Hawaii's fighting arena left a standing room only crowd (estimated at twenty-five hundred) screaming and cheering, and giving them a taste of victory, and a share in the agony of defeat.

The evening's action began with the heavyweight. Carrying over 200 pounds of fighting mass, James Lopez Jr. of the Palolo Boxing Club faced Arvell Spencer of East Oahu's Waimanalo Boxing Club. Both warriors proved their toughness in this three round duel.

In the first round, Lopez came out inferring that he would dominate the fight. With a series of calculated blows to Spencer's face, he unknowingly awoke a sleeping giant.

Lopez's violent tirade proved unsuccessful as Spencer returned the gesture with calculated defiance by giving his

opponent a series of punches that overwhelmed his senses. Spencer stalked Lopez like a predator for the remainder of the fight. In the end, Arvell Spencer earned the night's first win by decision, and set the tone for the remainder of the evening's action.

Over the next three fights, the excitement of the Junior Olympic fighters (16 years and under) entertained the mass of spectators, and proved the value of events like BayFest to the world of amateur boxing, by exposing organized boxing to kids and parents in a professional venue.

The 6th fight of the night was billed as the title event. The paring of two top 132 pounders, the competition proved that size doesn't always matter when it comes to boxing. Former National amateur competitor Richard Pelan Jr. of the Waianai Boxing Club fought Gumaro Mata of The Kaneohe Boxing Club. Mata, a Marine assigned to India Co., Marine Cryptologic Support Battalion at Kunia is the former Texas Golden Gloves Champion in '95, and Quad State

See BOXING, C-6



Cpl. Jason E. Miller

Gumaro Mata, with India Co., Marine Cryptologic Support Battalion, lands a powerful well-timed left jab to the chin of his competitor Richard Pelan Jr., a former national amateur competitor with the Waianae Boxing Club.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Sponsors the '101 Days of Summer' Campaign

Marine Corps Community Services and MCB Hawaii are sponsoring the "101 Days of Summer," a drug and alcohol prevention campaign, from now until Sept. 21.

This campaign is designed to create a summer-long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Contact Mr. Quentin Redmon, Substance Abuse Counseling Center drug demand coordinator, Bldg. 579, or call 254-7636, for more information.

Semper-Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp is Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Champi-

onships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Next, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty station upon completion of the Armed Forces Rugby Championships. If selected for the armed forces team, a message will be sent to the Marine's command requesting additional duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. However, resumes must include the past two year's playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org and they must be sent through local Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.

Youth Activities Presents New Hockey Program

Registration starts Saturday for hockey at Youth Activities, Bldg. 5082. Sponsored by the Hockey Equipment Program in conjunction with the Ice Palace, children will be provided free ice hockey gear and skating lessons. Practices and games will go at the Ice Palace.

Cheerleading, in-line hockey, and flag football will kick off in August. Registration also begins Saturday for these activities at the Youth Activities. Birth certificates must be provided.

Volunteer coaches are needed for all three activities. For more information, call 254-7610.

Swamp Romp Returns July 26

Hawaii's dirtiest race — the Swamp Romp — is right around the corner, so register early or get your position determined on a first-in, first-out basis.

Registration forms are available now at the Semper Fit Center.

The cost is \$90 per six-person

team.

Call 254-7590 or 254-7592, and get ready to get dirty.

All-Marine Volleyball Selection Goes in August

The All-Marine Men's Volleyball Trials Camp will be held Aug. 3 - 24 at Marine Air Ground Combat Center, 29 Palms, Calif. Then, the Armed Forces Men's Volleyball Championships will be held Aug. 25 - 31 at Schriever Air Force Base, Colo. Next, the Armed Forces Championships will be used to select the armed forces team that will compete at the World Games in Catania, Italy, Sept. 13 - 23.

Interested Marines must submit resumes no later than July 19. Resumes must contain command endorsement stating that you will be made available to attend all events if selected.

Resumes can be found at www.usmc-mccs.org and must be sent through local MCCS Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.

Intramural Leagues Battle

Intramural sports teams are still battling every week to decide who's best.

Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Riseley field.

Intramural volleyball goes every Thursday and Friday

starting at 6 and 7 p.m.

Intramural 30 and Over basketball goes every Monday and Wednesday at 6 and 7 p.m.

For more information on either softball, basketball or volleyball, call 254-7591, or 447-0498 at Camp H.M. Smith.

Adventure Training Makes PT Fun

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing — at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information.

Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics at the base pool.

At only \$2 per class, it's a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

For more information, call the MCB Hawaii, Kaneohe Bay base pool at 254-7655.

Base All Stars

NAME: Jeffrey Privott

BILLET: Food Service Technician

UNIT: Anderson Hall Dining Facility

SPORT: Basketball

•Privott has been pounding the courts for more than 28 years.

•He began in elementary school and continued up through high school.

• He plays forward for the MCB Hawaii Varsity Basketball team that left for the Far Eastern Regional Tournament this week.

•He has played on Marine Corps intramural teams for 13 years, including at Camp Lejeune, N.C.; Okinawa, Japan; Ft. Lee, Va.; and 29 Palms, Calif.



Cpl. Jessica M. Mills

"Basketball keeps you fit, and if you play a lot and keep practicing, the skills will come to you."

Intramural Standings

Intramural Soccer Standings

	WINS	LOSSES	TIES	PTS
MAG-24	3	0	0	6
HQBN	2	0	0	4
1st Radio Bn.	1	0	1	3
Camp Smith	0	2	2	2
VP-47	0	1	2	2
Pegasus	0	2	1	1
CSSG-3	0	3	0	0

*Standings current as of June 23.

30 and Over Basketball Standings

	WINS	LOSSES
Ole School	9	1
CPRFP	7	2
Facilities	4	5
Alaka Seltzers	3	7
1st Radio Bn.	2	5
2/3	1	4

*Standings current as of July 2.

COMMUNITY SPORTS

Pearl Harbor Clinic Presents 'Sports Physical-A-Thon'

Parents and children should catch the 2nd Annual School and Sports Physical-A-Thon, July 26 from 7 a.m. - 1 p.m. at Makalapa Branch Medical Clinic, Pearl Harbor.

The event will be a fun-filled time for Tricare Prime Beneficiaries in grades K - 12, and will include a Keiki Health Fair and entertainment.

Parents will need to bring their child's school or sports physical forms and their child's medical record and yellow shot card in order to be seen. Plus, be sure to have your child attend wearing gym attire.

Parents can have their child's PPD shot administered on July 23 and then read on July 26. Or, parents can have the child's PPD administered on July 26, with a follow-up reading on July 28 at the Branch Medical Clinic at MCB Hawaii, Kaneohe Bay.

A last option is to take advantage of a "drive-thru" reading at the Navy Exchange Mall from 10 a.m. - 2 p.m. or 4 - 6 p.m.

For more information or to set your child up for the school or sports physical, call Makalapa Central Appointments at 473-0247.

State Offers Free Recreation Classes

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 or older who enjoys the outdoors — not just hunters.

The next two-day session is July 18, from 5:45 - 10:15 p.m. and July 19, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm... A-212A. (The classroom is the first room on the right.)

All participants are required to provide picture identification at the door.

For more information, call 587-0200.

Hale Koa Hotel Sponsors Athletic Events

•Are you between 9 and 15 years of age? Can you swim 200 yards? If the answer is "yes," you could become a junior lifeguard!

The Hale Koa's Junior Lifeguard Program focuses on CPR, preventative lifeguarding, pool and beach lifeguard-

ing, rescues, sea life, snorkeling, surfing and more. A junior lifeguard T-shirt is included with registration.

The advanced sessions go July 21 - 25 and Aug. 4 - 8; all classes are Monday through Friday from 9 a.m. to 2 p.m. and cost \$70.

All participants need to bring their own goggles, mask, fins, snorkel, swimsuit, sunscreen, towel and lunch.

•The Hale Koa is also offering a tennis camp Aug. 4 - 8 from 10 a.m. to 3 p.m. for ages 12 - 16. its cost is \$225 (which includes lunch).

Solid fundamentals and extensive match play are required. The camp will emphasize point strategy, mental toughness, footwork, fitness and match readiness, advanced drills, and match play.

Enrollment is limited, so sign up today by calling The POiNT Health Club at 955-0555, ext. 155.

Boat Festival Calls for Paddles

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up to paddle in the boat races to be held at Ala Moana Beach Park Aug. 9 and 10.

Companies, clubs and team-spirited clans who can round up at least 18 pad-

dlers qualify to compete in the races. All teams entered in the race will be supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

The entry fee is \$425, per 18-man team. Registration forms are now available online at www.idealhawaii.com or by calling Gifford Chang at 951-0350.

Horse Association Schedules Classes

Horse fans, the Aloha State Games have scheduled English Classes on July 19, and Western classes and Play Day on July 20.

There will be a class with music and an event with two or more teams performing certain maneuvers in a freestyle musical class. There will also be an agility course with five obstacles to make the event more challenging.

For more information log onto www.alohastategames@aol.org.

"Community Sports" Receives Faxes

Fax "Community Sports" announcements that are of general interest to the DoD community to 257-2511, or call 257-8836 for more information.



Lance Cpl. Ben Slack

Iwakuni forward Terence Smith passes the ball past Hideaki Kato, Bees forward, during an exhibition soccer game June 26.

Americans squash Japanese, 4-0, in soccer

Lance Cpl. Ben Slack
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — Forward Terence Smith scored two goals for the Iwakuni Soccer Team in its 4-0 shut-out victory over the Otsu Bees at the North Side Field June 26.

The Iwakuni team invited the Bees to a friendly exhibition game while the Bees were on a three-day tour of the station.

"We were really happy that we got the opportunity to play against the Americans," said Hideaki Kato, Bees forward. "They have a really good team and are very competitive."

The game started off at a fast-paced tempo with both teams streaking up and down the field. Smith started the scoring when he found a crease in the Bees defense, slipped through and booted a shot into the upper right hand corner of the goal.

On the next kick off, the Iwakuni team retained control of the ball, and Randall Villavicencio, Iwakuni midfielder, took full advantage of his opportunity to increase his teams lead as he dribbled past two Bee defenders to score another goal.

With 10 minutes left in the first, Iwakuni maintained a 2-0 lead over its Japanese adversary and began to play some hard-nosed defense that kept the Bees from scoring.

"We did a good job preventing them from scoring because they had some pretty good opportunities," said Smith. "Our defense played outstanding for us, but at halftime we knew that we needed to put a few more points on the board just to close the deal."

As the second half unraveled, Iwakuni continued to play tough defense, but took advantage of two break-away opportunities, with Smith scoring his second goal and midfielder Mijael Valencia adding another with a bouncing shot over the head of the Bees goalie.

When the game ended, both teams lined up facing each other, bowed and then shook hands, symbolizing their mutual re-

spect and to congratulate each other on a game well played.

"This game wasn't about winning or losing. I wish we could have won,

but it was more about two teams from different countries that love to play soccer," said Kato. "We were just out here to have a good time and we did."

Fishing, boating remain America's #1 choice for fun

NAPS
Featurettes

The results are in: Fishing and boating are America's favorite ways to spend quality family time together.

In a recent national survey by the Recreational Boating and Fishing Foundation, 87 percent of Americans said that fishing and boating have a positive effect on family relationships — more than any other activity.

"Fishing and boating are favorite American traditions that promote family values and cohesiveness as well as wholesome recreational, outdoor activities," said Bruce Matthews, Recreational Boating and Fishing Foundation president and CEO.

WaterWorksWonders.org is a great resource that provides all the information families need to learn where and how to boat and fish. This public ser-

vice web site makes it easy for beginners to get started spending time on the water.

Visitors can learn many basics at the Web site such as where to obtain a fishing license and how to select the appropriate baits and lures, tie a fishing knot, cast their lines, identify their catch, and register and buy a boat.

There is also a section titled "Family Fun" featuring puzzles and games, vacation planning facts, and information, and tips for spending time on the water with youngsters.

The site includes details of tens of thousands of boat ramps, marinas and other places to access the water, such as fishing piers. Visitors can search by state, county or even body of water. It also provides tips for protecting the nation's aquatic resources.

For complete details, log onto www.WaterWorksWonders.org.



Courtesy of MCCA

Last weekend's BayFest Bathtub Regatta enticed boaters to compete in homemade vessels, which were crafted from various items and good old-fashioned ingenuity, to test their craft's seafaring ability on a marked course in Kaneohe Bay.



spotlight on health

Improving your health is as easy as "Ask Me 3"

NAPS
Featurettes

Imagine you are at the doctor's office. After your exam, your doctor says you have "diabetic neuropathy," "hypertension" or "coronary disease." How do you react? Do you know what this means?

What if, instead, your doctor says you have "nerve problems," "high blood pressure," or "heart disease?" You may recognize these terms, but do you know how they will affect your health? Do you know how to treat them? Do you understand what changes you have to make in your life?

If your health care visits leave you with more questions than answers, you are not alone. Most people want health information that is written in plain language and easy to understand and use.

Yet, Medical words are hard for many people to understand — no matter how much education they have. Therefore patients must tell their doctors, nurses

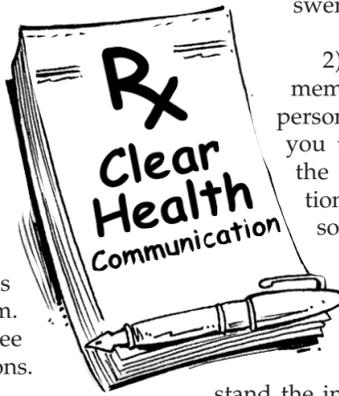
and pharmacists when they do not understand the information they receive.

You may not be able to change the way your health care providers talk. But you can take steps to help you get the answers you need:

1) Don't be shy; ask questions. Make a list of questions to bring with you to your doctor so you do not forget to ask them. The Partnership for Clear Health Communication, a team of national health care groups, has set up the "Ask Me 3" program. "Ask Me 3" suggests three simple, but important, questions.

What to ask health care providers:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?



If you think of more questions after your visit, write them down. Call the doctor's office when you return to your home or job to get answers to your questions.

2) Bring a family member or friend. This person may be able to help you take notes and hear the provider's instructions, in case you miss something.

3) Speak up. Tell your health care provider if you do not understand the information he or she has provided you. Ask him or her to repeat the instructions until you know what you need to do.

4) Paraphrase instructions. After the health care provider gives you instruc-

tions, repeat them back to him or her. Make sure you've got them right.

5) Ask for more information. If your provider says you have a health problem, ask for extra information, such as a hotline number or brochure. It may help you figure out what is happening to you and how to treat it.

Work closely with your health care providers. They can advise you on ways to lead a healthy, active life. Try to understand all your medical information. This way you can be a more active partner in decisions about your and your family's health.

For more on how to talk with your health care providers go to the Partnership for Clear Health Communication Web site at www.AskMe3.org. It has information on the "Ask Me 3" program and how it can help you. It also has a checklist to help you get ready for your next health care visit.

The '80-second minute' creates time for healthier lifestyles

NAPS
Featurettes

How many times have you caught yourself saying, "I just don't have time to eat healthy and exercise?" For those of us who live life on the run, it's sometimes hard to fit everything into a 24-hour time period. We all know that it's important to make time for health and physical activity, but finding the time is not always easy.

You can learn to make every second count more by living the 80-second minute. By following these simple tips, you can fit more activity into your daily routine, which will enable you to lead a happier, healthier lifestyle.

Move More

Experts recommend at least 30 minutes of physical activity everyday for optimal health. But did you know that three 10-minute activity sessions could be as beneficial as a 30-minute session?

Here's an idea: Walk wherever possible. Try leaving for work a few minutes early, park the car a distance from the door and walk for 10 minutes before you enter the building. Also take a 10-minute walk during lunch and walk another 10 minutes before going home. You've just achieved 30 minutes of activity in a day!

Grab and Go

People in a rush tend to go for junk food because it's quick and easy. If you're pressed for time, try something light that

you can eat on the go. A great choice is a smoothie; 100 calories and zero percent fat. If you're prepared in advance with a delicious, healthy snack, you can still look and feel good even when you're on the go.

Cease Work Woes

Sitting too much on the job? Try standing in meetings. You'll probably have shorter and more efficient meetings!

Take a break every hour or so to take a few deep breaths and stretch your arms and shoulders. Also stand up and walk in place or do toe lifts while you're on the phone or waiting for your computer to boot up or a document to finish printing.

Plan Right to Eat Light

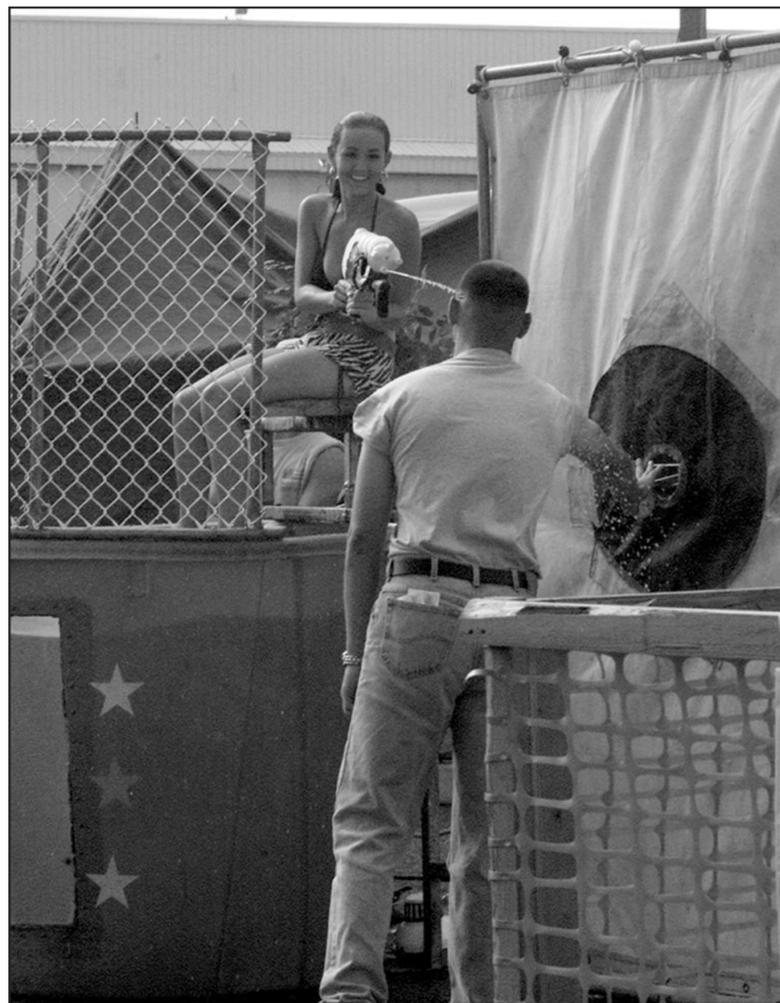
A little advanced planning can go a long way in eating healthy. Make a grocery list and menu plans for the whole week. Just knowing what you're going to have for supper will make you feel more in control when you walk into a house with a hungry family.

Choose quick, but healthful, foods such as smoothies, nuts and dried fruit to make the most out of your time. Make arrangements with a neighbor or two to cook a few healthy meals in advance and trade. You'll have several days of prepared meals and only cook once!

While it might take some extra effort, these tips will allow you to start your day ahead of the game.

A little advance planning can also help create more time to take care of yourself.

'Take your best shot!'



Cpl. Jessica M. Mills

The Hooters Dunk Tank generated plenty of interest during this year's BayFest aboard MCB Hawaii, Kaneohe Bay. Military and civilians alike tried their best to dunk the "Hooters Girls." Some who could not make the shot took the option to push the bull's eye, but there was a price to pay.

Prostate knowledge is key to men's health

NAPS

Featurettes

According to a recent survey in *Men's Fitness*, 89 percent of men aren't sure where their prostate gland is and 69 percent don't have a clue about its purpose or importance.

In fact, the prostate is a little walnut-sized gland that surrounds a man's urethra and lies below the bladder.

According to the National Prostate Cancer Coalition, one in six American men is at risk for poor prostate health during his lifetime. Some experts say

that every man, if he lives long enough, will eventually experience prostate problems.

"This fact underscores the need to educate men about the importance of caring for their health now, rather than later," said Luke Bucci, Ph.D., vice president of research for Schiff Vitamins. "Women are the primary health product shoppers and caretakers for the household, and through numerous public awareness programs about breast health, women are much more informed about the need to maintain breast health. Armed with this education,

women can play an active role in helping the men in their lives proactively manage the corresponding issue of prostate health."

A Man's Prostate Checklist

•**Diet:** According to the Harvard School of Public Health, maintaining a healthy diet without a lot of protein and fat, especially from junk food, has been shown to increase the quality of living for men prone to prostate problems. Doctors emphasize that fruits, vegetables, including lycopene-rich

tomatoes and whole grains, are known to promote prostate health.

•**Exercise:** According to UCLA's Jonsson Cancer Center, scientists found getting regular exercise — moderately intense activity lasting 30 minutes at least four days a week — is measurably helpful to maintaining a healthy prostate.

•**Supplements:** Dietary supplements that contain lycopene, standardized saw palmetto extract, selenium, vitamin D, zinc and copper aid in the maintenance

of the gland. By combining these powerful nutrients into one formulation, men don't have to take a handful of separate pills.

•**Doctors' Visits:** According to the American Cancer Society, men should have annual prostate screenings that include prostate specific antigen tests starting at the age of 50. Annual check-ups should begin at age 40 for African-American men and those with a family history of poor prostate health.

For more on men's prostate care visit your physician.

Depression sufferers receive good news

NAPS

Featurettes

There could be good news for many of the 19 million Americans who suffer from depression each year. With proper treatment, patients can return to living a full and productive life.

"Depression is not a personality flaw; it is a serious medical illness that must be recognized and treated," said Dr. Andrew Farah, medical director and chief of Psychiatry at High Point Regional Health System in North Carolina.

Since depression is often misunderstood, being able to recognize symptoms is an essential first step to treating it.

Symptoms Of Depression

- Depressed or irritable mood most of the day, nearly every day.
- Loss of interest or pleasure in ac-

tivities (such as hobbies, work, sex or being with friends) most of the day—nearly every day.

- A sudden change in weight or appetite.
- Inability to sleep or sleeping too

much.

- Agitation or restlessness.
- Constant fatigue or loss of energy.
- Frequent feelings of worthlessness or guilt.
- Difficulty concentrating or making decisions.
- Frequent thoughts of death or suicide.

Depression is caused by an imbalance of chemicals in the brain. There are a number of highly effective treatment options available to restore the balance of the chemical serotonin in the brain, which is primarily responsible for mood. The most common are a class of treatments called selective serotonin reuptake inhibitors.

If you or a loved one experience symptoms of depression, talk to someone and advise them to schedule an appointment with their health care provider.



Adults actions impact kids development

NAPS

Featurettes

Knowing what to expect at different ages and stages in a child's growth helps adults understand a child's behavior. But that doesn't mean that it's easy to respond appropriately.

Let's say your 2 year old throws a fit at the grocery store because he grabs a candy bar that you told him he couldn't have right now.

Why is this happening?

The child in this example is doing a very basic type of problem solving. He sees what he wants and goes for it. When the caregiver gets in his way, he is angry and his intense feelings take over.

How can adults respond to the situation described here?

According to a booklet developed by the American Psychological Association that focuses on child development from birth to age 8 years, re-

gardless of their feelings, parents need to do several things. When a child has a tantrum, adults should:

- Stay calm and don't use physical punishment.
- Remember that such behavior is common for children this age.
- Without giving in to your child's demands, help the child settle down.

act
against violence

• Shift the toddler's attention to something else — a game or an object.

• Stand firm and show the child that a tantrum won't get what he or she wants.

• Show the child a better way to get what he or she wants.

Sometimes, just using a few gentle words and taking the child to a quiet place, to wait for the storm to pass, works

wonders. Then, when the child is calmer, you can explain what he or she did and how you expect him or her to behave.

The booklet, "Teach Carefully; How Understanding Child Development Can Help Prevent Violence," suggests that when adults know what a child is capable of understanding and doing at different ages, parents will better understand the child's behavior and have more realistic expectations.

It will also help parents to avoid harmful physical and emotional actions that might occur when they, as adults, become angry or frustrated with a child's difficult behavior.

The booklet, which gives different behaviors children may go through at different stages in their lives, and how adults may respond to them, is available free by visiting the ACT Against Violence Web site at www.actagainstviolence.org.

WHAT HAVE YOU DONE FOR YOUR MIND LATELY ?



YOUR MENTAL HEALTH ASSOCIATION

Aikido karate students learn lifelong lessons

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

"AY-YAH!" barks the Gojukan Karate students in plain white robes as they throw a vicious kick at their opponents.

The students are learning self-defense techniques and many other valuable lessons such as respect, discipline and loyalty which will guide them through life successfully.

Students at the Gojukan Karate class, available at the Family Gym aboard MCB Hawaii, Kaneohe Bay, are learning to use their own self-esteem to bring out their fullest potential. As they kick, punch and throw each other on a mat, they are also learning to respect one another while cultivating fellowship and understanding.

"This is the mission of Gojukan Karate," said Sensei Dean Nakamoto, an instructor for the United Gojukan Karate Do. "It teaches the students lessons that

will guide them through life to make better people and citizens of the community out of them."

In the word Gojukan, "Go" means hard, and "Ju" means soft, hence Gojukan is translated into "hard and soft style." During the classes at MCB Hawaii's Family Gym offered Monday, Wednesday and Friday from 5:30 p.m. until 7:15 p.m., students ranging in ages from 5 to 47 are put face-to-face to practice offensive and defensive tactics designed to strengthen their bodies and their minds.

The classes offered are available to beginners all the way up through the ranks of the colored-belt system. As the student advances in each level of the belt system, he learns more difficult blocks, punches and attacks.

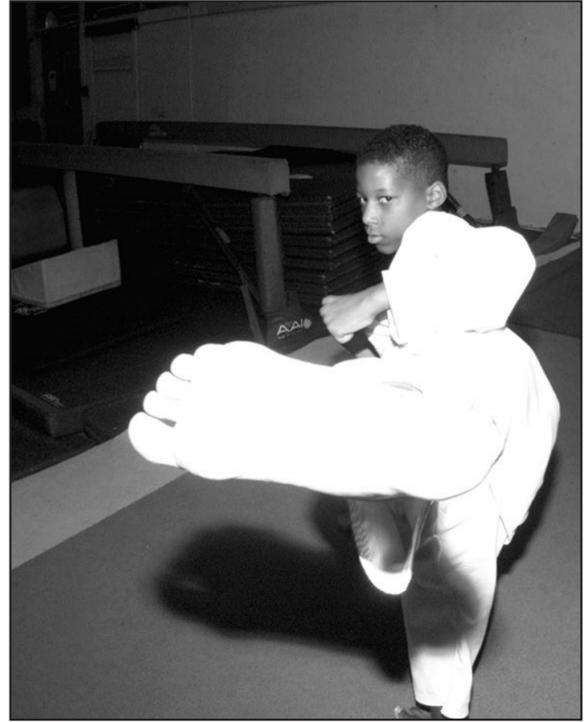
"Since I began practicing Gojukan, I have learned a lot of self control," said green-belt student Chris Sconyers, 13. "I have learned the importance of respect and discipline and it has made a big difference in my life."



Lance Cpl. Monroe F. Seigle

Chris Sconyers and Catie Roberts practice their offensive and defensive Gojukan techniques.

"The students in my class are taught etiquette and morality and a sense of loyalty to themselves and Gojukan," said Nakamoto. "It is a sport that can change your life for the better because we instill certain virtues through training of the body and mind."



Lance Cpl. Monroe F. Seigle

Chris Sconyers demonstrates the proper form of an offensive maneuver during a session of Gojukan Karate.

'Banzai!'



Cpl. Jessica M. Mills

Corporal Daniel Passante, a weather observer with Marine Corps Air Facility, and Sgt. Michael Clark, a motor transport operator with Combat Service Support Group 3, attempt to push each other out of the ring during the Sumo Wrestling Competition, Saturday, at BayFest.

BOXING, From C-1

Champion (Oklahoma, '95), Mata earned his way to the nights title fight by his impressive 1-27-3 record.

"My goal is to get to the Olympics some day," said Mata, who has been unable to attend the All-Marine Trial Camp over the past two years due to mission requirements.

Mata, a return competitor in the BayFest competition, said of his competitor, "he's a good fighter. He went to the Nationals. I look forward to winning tonight!"

From the sound of the first bell Mata proved his spot on the night's card. Aggressively, Mata attacked his challenger with a barrage of blows that caused Pelan to stumble and reassess his strategy. Although Pelan attempted to recover from Mata's harassment, he wasn't able to mount a counter attack that would disarm his foe. Hit after hit from Mata landed on Pelan's face, arms, and mid-section leaving Pelan disoriented, with only the bell as a reprieve from Mata's onslaught. After the first round it was clear that Mata was in control. He won the round 20-15, which normally would be cause to call a TKO and end the fight (but didn't). In the proceeding two rounds Mata faced a more focused competitor in

Pelan who came back to earn enough points to be virtually dead even at the end of the three rounds. When the judging was complete, Mata, and the crowd who cheered him on, were surprised and disappointed when Pelan was declared the victor.

The final bout of the evening between David Hall, an Air Force Senior Airman stationed at Hickam AFB and fighting for the Kakaako Boxing Club, and Ryan Bolen of the Evolution Boxing Club was a virtual blowout in favor of Bolen. The highlight of the bout was in the first 30 seconds of the first round when Hall contributed the only knockdown of the evening. Hall came out strong with a barrage of punches, which overwhelmed his opponent, but it was all he had. Bolen dominated Hall for the remainder of the fight. When the competition was over Hall looked to need a transfusion from the beating he took to the nose.

Although the title fight ended in controversy, the overall winners of the night's fights were the spectators. With professional boxing returning to the Islands, the BayFest event reminds us of the path to greatness in the fighting world is in the amateurs and events like this one showcase those on their way to greatness.