

Hawaii MARINE SPORTS

Hawaii Marine C Section

July 19, 2002

Hammerheads weather the storm

Cpl. Jessica M. Mills
Sports Editor

Silence overtook the crowd as the opposing players charged towards each other.

They leapt high into the air, but it was the MCB Hawaii, Kaneohe Bay, Hammerheads who took control with a strong header guiding the ball down the field.

The K-Bay Hammerheads were defeated by the Schofield Barracks Hurricanes 2-0, Saturday, in their first game of the season at the C-Street soccer field aboard K-Bay.

By the end of the first quarter, the Hammerheads had been successful in fighting off the Hurricanes attempts for a goal, despite their strong offense. The score remained tied 0-0 going into the second quarter.

Five minutes into the second quarter, Tim Rafferty, 13, a forward for the Hurricanes, slammed a header into the Hammerheads net, scoring the game's first goal.

The Hammerheads, recognizing the competition, stepped up their defense.

The Hurricanes offense was unwavering, and a Hammerhead player was kicked in the ankle while blocking a pass, resulting in a penalty.



Cpl. Jessica M. Mills

Hammerheads player Matt Nasi, 15, comes from behind during the last quarter of the game to steal the ball from a Hurricane player.

By half time, the Hammerheads had kept the Hurricanes at bay with the score holding steady at 1-0.

"Our team had the first week of the season off, so this is our first game, and we've been playing really well for missing so much time," said Coach

Francisco Sanchez, a personnel clerk with Marine Aircraft Group 24. "These kids are at an age where they hate to lose, but we are trying to show them that winning is not what's important. We just want them to have fun."

At the beginning of the third

quarter, the Hurricanes were called on a handball and stopper Kenny Green, 12, was awarded a penalty kick.

The shot grazed the outside goal post and missed, and Hammerheads player Danielle

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Coaching future coaches

Cpl. Jason E. Miller
Combat Correspondent

The impending kickoff of the Base Intramural Football League's opening season is drawing ever closer.

In the meantime, coaches have been preparing their teams for the upcoming contests, but over the last two weeks, it was the coaches themselves who were receiving the instruction.

Former head coach of Oahu's St. Louis High School, and one of the top football schools in the western U.S., Cal Lee, came aboard MCB Hawaii, Kaneohe Bay to give a 2-week coaches clinic to the service members who volunteered to coach unit teams this year.

"We decided to get Mr. Lee because he is well known in the coaching world for what he has done in high school here. He has won a lot of state championships, and we needed someone who could really do a great job at teaching the coaches," said Joseph Au, intramural sports coordinator at K-Bay.

"I contacted him, and he has brought together some top individuals who we could not have gotten together on our own, to make this entire clinic very professional and helpful to all the participants," he added.

Lee's guests included a large part of the University of Hawaii football team's coaching staff, and other respected individuals in related fields such as sports medicine.

Among the speakers was former National Football League offensive lineman, Leo Goeas. Relying on his nine years of NFL experience with teams like the Baltimore Ravens, Goeas gave instruction in many of the basic techniques used by today's top football programs.

Also covered in the training were the simple basics of coaching a football team, including how to run a pre-season camp, how to condition before wearing pads and when to start hitting.

"I think this will definitely do more than just educate the coaches on how to run a team," said Au. "With all of the things these guys are learning, it's going to eventually filter down to the players and result in better game play for everybody."

"We're very excited about the upcoming season," he added.

Marine takes a shot at pros, aussie-style

Cpl. Jessica M. Mills
Sports Editor

The Marine Corps promises opportunities to travel around the world, open doors to new horizons, and possibilities for advancement. Little did this Marine know how far the Corps would actually send him.

Stanley Ruth, an NBC chief for 1st Bn., 12th Marine Regiment, aboard MCB Hawaii, Kaneohe Bay, has continuously practiced over the last five months in preparation for his tryout with the West Sydney Razorbacks, a team in the Australian National Basketball League.

Ruth left for Australia July 11, to demonstrate his abilities as a shooting guard during the Razorback's training camp, which lasts from July until August.

The pre-season begins

at the end of August, and if the Razorbacks like what they see, Ruth could be leaving the Marine Corps early to start the 2002-2003 season as their shooting guard.

"I have not yet signed a contract. Things are still up in the air. There's always a chance that they could trade me or I could become injured, but I'm keeping my fingers crossed," said Ruth.

The Razorbacks assistant coach, Mark Watkins, first approached Ruth when he was playing a friendly game in a local gym, while he was visiting friends in Sydney.

Since the initial contact, Ruth continued to speak with Watkins over the phone, discussing terms and expectations for the team.

Plans were made for Ruth to attend the Razorbacks training camp, where the final de-

cision would be made.

"This was a lucky break for me, especially for a guy my age," said the 30-year-old Ruth. "Although, some of the veteran players on the team are between 35 and 37 years old. This was a chance I didn't think I would see again."

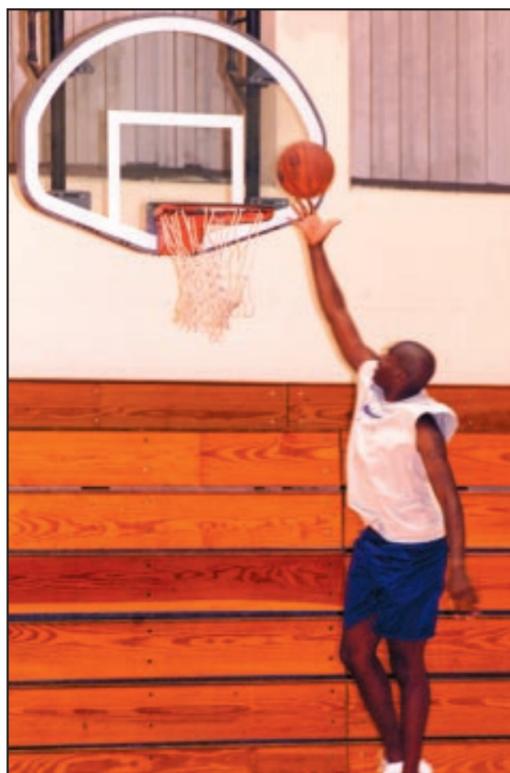
Ruth has been playing basketball for almost 15 years, since high school.

"I started in ninth grade and never stopped," said Ruth. "I was actually a football player, but my natural ability was in basketball. Being tall and skinny isn't really compatible with football."

During all four years of college at the University of Buffalo, Ruth played as a shooting guard. After graduation, he enlisted into the Corps.

"I had two offers after

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Cpl. Jessica M. Mills

Stanley Ruth, an NBC chief for 1st Bn., 12th Marine Regiment, goes for a layup. Ruth has been preparing for the West Sydney Razorback tryouts.

Marine paddles 'down under' in Hamilton Cup



Courtesy of Denis P. Muller

Denis P. Muller competed in the Hamilton Cup, an International Outrigger Canoe competition, June 14 - 17 in Australia.

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

On their time off, Hawaii Marines use their time to catch up on some home improvement, visit family in the mainland, or perhaps spend quality time with the family.

Denis P. Muller, a military professor in the Department of Regional Studies, Asia Pacific Center for Security Studies, used his time off a little differently in mid-June.

He left Marine Forces Pacific, took several days of leave prior to his assignment at the APCSS, and competed in the Hamilton Cup, an

International Outrigger Canoe competition June 14-17 around Hamilton Island, Australia.

According to the web site www.kanuculture.com, an outrigger canoe is defined as having a rig that acts as a counterpoise or balance, rigged out from the side of the canoe.

Contemporary outrigger canoe paddling originated in the Hawaiian Islands, though there is evidence that proves it existed in other parts of Polynesia.

Outrigger canoe racing has now spread from its contemporary origins in Hawaii to all parts of the

See *CANOE*, C-5



Cpl. Jason E. Miller

Former coach of Oahu's St. Louis High School, Cal Lee, leads the Intramural Football League's coaches clinic.

SPORTS BRIEFS

Debbie Robbins

MCCS Public Relations

BayFest Arrives Soon

BayFest, the largest concert, carnival extravaganza on the Windward side, is on the horizon and scheduled for Aug. 16-18.

Those who prefer to get physical during BayFest may enter the MCAF 5K race, Duke's Paddle Board race, the Bathtub Regatta or really confident fest-goers can enter the Ultimate Body Search.

The 13th annual McKenna Motors BayFest has something for the entire family.

For a complete list of events, times and fees check out our web site at www.mccshawaii.com.

BayFest Needs Volunteers

The ever-popular BayFest is coming and Marine Corps Community Services is looking for volunteers.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works, as well volunteer positions during the 5K and Paddleboard races and the Bathtub Regatta.

For more information, contact Leslie Graham at 254-7593.

MCCS Accepts Resumes For AF Marathon

The Armed Forces Marathon Championship will be held in conjunction with the Marine Corps Marathon, Oct. 27, in Washington D.C.

The All-Marine Team will be comprised of 5 men and 3 women.

Marines interested should submit a resume with approved command authorization to Varsity Sports Coordinator Steve Kalnasy no later than Saturday.

Resumes must list dates, places and finish times of all marathons and half marathons run in the past two years.

For more information, contact Steve Kalnasy at 254-7590.

USO Hawaii sponsors 10K/5K race

The USO Hawaii 10K/5K Base Race series, co-sponsored by Mid-Pacific Roadrunners, will be run this year through Barbers Point-Kalaeloa Point, Aug. 11, beginning at 7 a.m.

Individual and team competition is accepted.

The entry fee for each individual entry is \$18, but \$15 for applications mailed by July 31. All applications for teams must be submitted together with a team roster.

The mailed entry deadline is Aug. 5. Late entries accepted Aug. 10 at The Running Room or on Aug. 11 at the race.

Team competition (5 to 10 runners) will be limited to the 10K in one of two divisions, military or civilian, and in one of three categories: male, female or mixed.

Entry forms are available at the Semper Fit Center.

Kapiolani Park Holds 5K "Race for the Cure"

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sunday, Sept. 29, at Kapiolani Park, to raise funds for the fight against breast cancer.

The "event with a mission" features a 5K race at 7:30 a.m., followed by a one-mile walk at 7:45 a.m.

There will be entertainment by Dita Holifield and her band, beginning at 8:45 a.m.

In addition, Safeway will serve breakfast in the park

to all participants following the event.

Registration is \$18 (\$25 after Sept. 20), with groups of five or more mailed together at \$15.

Entry forms with complete details are available in *Hawaii Race Magazine* or by calling the local information line at 973-5967.

Registration also may be done on-line at www.race-for-the-cure-hawaii.org.

Hickam AFB Holds Softball Tournament

Hickam AFB will be hosting the Hurricane Classic Softball Tournament for Mens and Womens Division Aug. 30 - Sept. 2.

The tournament consists of a round-robin, followed by double elimination playoffs.

The tournament is open to all DoD authorized patrons and the cost is \$200 per team.

Pre-tournament festivities include a home run contest, base running contest and relay throw contest.

For more information, please contact Mike Stewart at 655-3840.

The Klipper Offers Free Golf Clinic

A free beginner's golf course clinic is being offered at the Klipper Golf Course from 5 - 6:30 p.m. for all active duty military stationed aboard MCB Hawaii.

Leland Lindsay, the Klipper's teaching golf professional, will instruct patrons on swing fundamentals, rules, etiquette and more.

This free golf clinic is open to the first 25 service members who sign up at the Pro Shop or call 254-1745.

K-Bay Lanes Makes Summer Sports Superstars

MCB Hawaii's K-Bay Lanes invites kids ages 5 - 18 years to participate in Summer Sports Superstars.

In two-week increments, kids will learn the basics in swimming, bowling and tennis for \$120.

Summer Sports Superstars runs Tuesdays through Fridays, July 23 - Aug. 6.

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

O'Club Pool Closed For Renovations

Due to renovation, the Officers Club pool is closed until mid-August.

Once open, members and guests will enjoy a tropical atmosphere complete with exotic flora, fauna and fountains.

For all events, club members and guests should enter the club through the Mongolian Barbecue Pit area.

For more information, call 254-7649.

Sailing Classes Offer Keiki New Horizons

For adventurous keiki, 8 years and older, the Base Marina is hosting Junior Beginning and Junior Intermediate Sailing lessons now and throughout the summer for \$99.

Classes run for two weeks, Monday - Friday, and students may choose from 9 a.m. - noon or from 1 - 4 p.m.

For more, contact the Base Marina at 254-7667.

SM&SP offers discounts at the Klipper

Take advantage of the benefits the Single Marine and Sailor Program has to offer. The Kaneohe Klipper has discounted prices for E-5s and below.

The green 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 SM&SP only.

Call the SM&SP coordinator to reserve these times.

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 information, contact SM&SP coordinator Leslie Graham at 254-7593.

Take Aim with Oceanside Paintball

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

The field is open Saturdays, 9 a.m. - 4 p.m. and Sundays noon-5 p.m. Select Fridays are available for training exercises and unit events upon request.

The cost is \$10 per person, including mask and paintball marker. Players have the option of bringing their own paint or buying it at the field.

For more information times and locations contact owner Robert Brumley at 254-7593.

Set Sail this Summer

Busy adults are invited to command their own sail boat at the Base Marina during the Adult Evening classes this summer.

Classes are convenient and inexpensive. You'll be a captain after your first lesson.

The Adult Evening classes run for one week, Monday through Friday from 5 - 7:30 p.m., and the fee ranges from \$69 - \$99.

Additional adult and junior classes will run throughout the summer.

For more, contact the Base Marina at 254-7667.

Splash to Fitness

Make a splash today and get ready for summer with Water Safety's water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions), available at the pool.

Water Aerobics classes are free for active duty military. Water Safety is also accepting applications for on-going children's swimming lessons.

For details, contact Water Safety at 254-7655.

Enlisted Club Hosts Sports Night

Ease back into your work week at the Enlisted Club every Monday night during its weekly "Sports Night."

The E'Club is open seven days a week and welcomes all E-5s and under and their sponsored guests.

Mondays are Sports Night from 6 - 11 p.m.

Tuesdays feature the Fight Club, with live IXWF Wrestling and live USAA Boxing. Wednesday rings in a little Country & Western atmosphere as well as League Night where hot shots in pool and darts may enter the weekly tournaments from 6 p.m. - 1 a.m.

Make a connection at Club E tonight. Call 254-7660 for additional details.

Throw A Strike At K-Bay Lanes

Bowling is back, and back "with attitude!"

Monday-Thursday, E-5 and below can bowl for \$1.50 per game and shoe rental is free at K-Bay Lanes.

Check out the Semper Extreme Bowling held Fridays 6 p.m. - 1 a.m., Saturdays 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m. and Sundays 6 - 9 p.m.

Black lights and lasers create a glowing, optical translucent environment and a synchronized light and music show make for the hottest "glow show" around.

For more information, contact the K-Bay Lanes bowling center at 254-7693.



Cpl. Jessica M. Mills

Base All Stars

NAME: Kenny Green

AGE: 12 years old

SCHOOL: Kailua Intermediate Elem.

GRADE: 8th grader

SPORT: Soccer

TEAM: K-Bay Hammerheads

POSITION: Stopper

• Green has played soccer for five years, since he was 7 years old.

• Green played two years for a youth soccer team in Germany, their team was undefeated.

• This season, he was chosen to be pushed up from the 10-12 league to the 13-15 league.

Sports Ticker

2002 HASAC Interservice Volleyball Championship Results

1st Place - Air Force
2nd Place - Army
3rd Place - Marines
4th Place - Navy

2002 Intramural Soccer Standings

	Won	Lost
1st Radio Bn.	9	2
Headquarters Bn.	7	3
HMH-363	6	2
Camp Smith	5	5
CPRFP	4	6
3rd Marines	2	7
CSSG-3	1	7

30 and Over Basketball Standings

	Won	Lost
3rd Marines	8	1
Ole School	6	1
Facilities	5	3
2/3	3	1
Camp Smith	3	5
MALS-24	1	7
1st Radio Bn.	0	8

"You have to stay really athletic for this game, and you need to have a strong kick."

SPORTS COMMENTARY

All-star pitchers throw historic 11-inning game

Steven Kalnasy*Special to the Hawaii Marine*

What began as one of the greatest games starring baseball's best, became mired in controversy at the 2002 Major League Baseball All-Star game in Milwaukee.

Baseball Commissioner Bud Selig hosted the game at his home town field where he previously owned the Milwaukee Brewers baseball team with his daughter, the current owner.

Selig cast his hopes that it would be a memorable game for all. He got his wish.

The game was a gem. It had all the earmarks of a history-making event. The capacity crowd of 41,871 packed into Miller Park ready, willing, and able to support and cheer their favorite players on.

All the top names in the game were there — Barry Bonds, Ichiro Suzuki, Alex Rodriguez, Jason Giambi, Derek Jeter, Sammy Sosa, Mike Piazza, Curt Schilling, and a host of other "who's-who's" of baseball.

Like the Pro Bowl, the All-Star game is

a showcase of the top players in the sport.

Unlike football however, the games top players take the win or loss very seriously.

The stats show that the National League, currently on a five-game winning streak, holds a 40-31 game lead over the American League since the game's inception in 1933.

The American League is working toward closing that gap.

To say this was an important game is an understatement for baseball fans and players alike.

This year's game featured some tantalizing moments. The game opened with current Hall of Famer Henry "Hammerin' Hank" Aaron, and "Say Hey" Willie Mays along with future Hall of Famer Cal "the Ironman" Ripken.

These stars of baseball's past took part in activities honoring baseball's history, and the old-timers game was highlighted by a moment of silence to honor recently passed baseball icons Ted "the Splendid Splinter" Williams (a former Marine fighter pilot in WWII, and

Korea), Cardinals broadcaster Jack Buck, and St. Louis pitcher Darryl Kile.

As an added tribute, Kile's jersey hung in the National League dugout with the team, and Buck's widow was in attendance for the game.

Barry Bonds gave the crowd what they had hoped for, an "All-Star" performance. He slugged a two-run homer into the second deck.

In left field, Bonds clearly felt Ted Williams' presence. He maintained his stance in the replica jersey of Williams painted on the field in honor of the Boston great.

Bonds spectacular homer was only outstaged by the amazing catch of Torii Hunter. The outfielder from Minnesota verified his presence in this game by robbing Bonds of a long drive to deep right-center.

Hunter's perfect timing, and great leaping ability allowed him to pull the ball back into play. This amazing catch brought the players out of both dugouts to their feet and the fans went wild. Bonds showed his gratitude by hoisting Hunter over his shoulder and playfully

congratulating him for his athletic prowess.

Unfortunately, the game wasn't all fun. With a 7-7 tie in the 11th inning and both teams out of pitchers, Commissioner Selig called the game.

His decision proved to be an unpopular one with the fans. Not since 1961 was a tie declared at an All-Star game.

The '61 game was called due to rain. This one was due to pain. Pain, because the pitchers were all resting their guns for the remainder of the regular season.

Selig apologized to the fans saying, "Given the health of the players, I had no choice...there were no players left and no pitchers left. I was in a no-win situation."

With the screams from the crowd saying "let them play" and "refund" It was a no-win for players and fans alike that will be written in the history books.

Now I can concentrate on the second half of the season. Maybe the Tigers will get some ties instead of losses.

Or maybe they should invite Mr. Selig to Comerica Park in Detroit for the remainder of the season to cheer them on.

Gunnery Sgt. "Ram Dog" Ramirez Memorial Golf Tournament



Aug. 1, 12:30 p.m.
Kaneohe Klipper
4-Man Scramble Best-Ball



Tournament open to all Staff NCOs of all services and family members.

The entry fee for Staff NCO club members is \$38. For non-members it is \$45.

Fees include golf, cart, heavy pupus and prizes.

Entry forms available at the SNCO club.

For more information, contact Gunnery Sgt. Salter at 257-4170.

Marines provide pre-race excitement to NASCAR

Cpl. Stacey L. Bullock

Headquarters 6th Marine Corps District

Marines from across the eastern seaboard stormed Daytona Beach the weekend of July 5th performing for a crowd of over 250,000 NASCAR fans at the Busch GNC Live Well 250 race and the Winston Cup Pepsi 400.

The 6th Marine Corps District combined assets from as far North as Marine Barracks, 8th & I, to various Inspector and Instructor Staffs from Florida. Even future military members from Palm Bay High School's Junior ROTC in Melbourne, Fla. took part in the display of ceremonial talents.

The Busch Series Race

The Marine invasion began the evening of July 5 with Marines from Recruiting Station Jacksonville, Fla. setting the stage with an enhanced area canvassing booth across the street from the track at a Daytona Beach Mall.

Along with the pull-up challenge, and the Marine Corps recruiting 'Hummer,' Team Marines racing displayed the No. 25 Busch Series show car. These displays provided a taste of what was in store across the street that weekend.

Although the storm clouds rushed in during the day, making the infield at Daytona International Speedway a soggy mess, Marines and racing fans alike were not deterred from the track.

One of the first Marine events was the presentation of a Certificate of Appreciation and Blue Star decal to Kandi Hollman, mother of Cpl. Jonathan Hollman with the 13th Marine Expeditionary Unit, based at Camp Pendleton, Calif., which recently returned from duty in support of Operation Enduring Freedom.



Cpl. Stacey Bullock

The Silent Drill Platoon marches down pit road as they prepare for pre-race ceremonies at Daytona International Speedway July 6. They were one of many performances for the speedway's Salute to the Military.

On the infield stage, the Commanding Officer, Recruiting Station Jacksonville, Maj. William R. Hittinger, presented the certificate while the presentation was displayed on the track's jumbotron to the many fans in attendance.

The race did not begin until Staff Sgt. Mitchell O. Martin, musician technical assistant for the 6th MCD, performed 'America the Beautiful' on his trumpet as part of the patriotic opener of the Busch race.

After the green flag was waved, the cars were off for the first race of the weekend.

Even though the Team Marines No. 25 car suffered damage during lap 84, ending Bobby Hamilton, Jr.'s race for the evening, the Marine spirit was not to be dampened.

The Winston Cup Series Race

Although the Corps had no race car in the NASCAR Winston Cup series July 6, Marines en masse were traveling to the track to prepare for Daytona International Speedway's Salute to the Military that evening.

Before the engines roared and the rubber squealed, nearly 200 Marines were scurrying behind the infield preparing for the grand finale of the weekend.

At the prescribed time, the Silent Drill Platoon marched onto pit row preceded by a small bagpipe marching band who played the Marine's Hymn on their route to center stage.

After the color guards posted and the Silent Drill Platoon was in place, approximately 200 volunteer Marines from various commands throughout the South lined the infield grass preparing to deploy a 300 by 160 foot American Flag during the salute.

After the Silent Drill Platoon performed a flawless routine, special guest Maj. Rose-Ann Sgrignoli, with the Special Projects Directorate, Headquarters Marine Corps, sang "America the Beautiful." During her performance, the volunteer Marines sprang to action and unfurled the enormous flag for its first appearance that evening.

Four AH-1W Super Cobra helicopters from Marine Light Attack Helicopter Squadron 167, Marine Aircraft Group 26, Marine Corps Air Station, New River, NC, whipped the skies above as Sgrignoli hit the last note of the song.

As the Winston Cup NASCAR drivers were introduced, they left the stage to walk through a gauntlet of the Silent Drill Platoon and their famous snap and pop precision rifle drill.

When all was said and done, the Marines executed the tasks at hand with a roar from more than 200,000 spectators. Even with this thunder coming from the grandstands, the Marines did not miss a beat.

With the help of Jay Howard Events Production Group (JHE), 6th Marine Corps District was able to get the Marines to the speedway to pull off this massive infiltration.

"We coordinated with them (JHE) after Mike Manning (event coordinator for the track) directed us to them," said Master Sgt. William Hanrahan, Enhanced Marketing Vehicle team chief. "They approached us about unfurling the flag and asked if we had the manpower to do so. They helped us to create this salute to the Armed Forces."

"The best part about being there was the face time we got on TV and on the web sites," said Cpl. Nick Andrews, 1st squad leader, Silent Drill Platoon. "People that normally don't get to see us got an opportunity to do so."

Following the pre-race ceremonies, the Marines who participated in the event had the opportunity to enjoy a NASCAR race from either the pits or the grandstands.

"It was a good time," said Andrews. "We got an opportunity to see some of the drivers, Jessica Simpson and Darius Rucker."

"Our plan for the future is to exploit the Marine Corps and its assets at every venue possible," said Hanrahan. "We are trying to get support from the Silent Drill Platoon and air support at Charlotte Motor Speedway in October."



Cpl. Stacey Bullock

Dale Earnhardt Jr. walks through the column of Marines represented by the Silent Drill Platoon after he is introduced during the NASCAR Winston Cup race.

SOCCKER From C-1

Hester, 15, took a corner kick.

Trying to block the shot, a Hurricane player threw up her arms and another handball was called.

Green, in an effort to redeem himself, took the penalty shot. This shot went wild and flew high above the goal post.

Seconds before the end of the third quarter, the Hurricanes broke through the Hammerhead's defense and blasted the ball high into the left corner of the goal.

Hammerhead goalie, Melody Schuster, 14, lunged toward the ball but missed by a hair. The third quarter ended with the Hurricanes still ahead 2-0.

At the beginning of the fourth quarter, the Hurricanes attempted to sneak a low shot into the goal, but goalie Ashley Freeland, 15, jumped head

first to the ground, and blocked the ball.

On the next assault, the Hurricanes stole the ball out from under the Hammerheads feet and blasted a high kick from outside the goal box. Again Freeland stopped the shot before it reached the goal.

Hammerheads player Matt

Nasi, 15, took control of the ball and using fancy footwork, managed to take a shot at the Hurricanes goal, but it was blocked.

The Hammerheads were unable to break through the Hurricanes defense and the game came to a close with the Hurricanes victorious, 2-0.



Cpl. Jessica M. Mills

Hammerhead players surround the goalie box to block an impending volley and goal by the Hurricanes during a corner kick.

AUSSIE: Base all star reaches for big time**From C-1**

college to play pro ball. But I decided to turn them both down and join," said Ruth.

While stationed in Camp Pendleton, Ruth played for the West Coast Regional Marine Corps league.

He was chosen for the All-Marine basketball team and played shooting guard with them for three years.

While on the All-Marine team, Ruth was selected for the All-Armed Forces team.

"Basically, the best three players out of each service are chosen to make up the team," said Ruth.

The team became the number one contender at the international level, winning first place in the Shape International Tournament in October 1997 and 1998.

Although Ruth only played with the team for two seasons, he had the opportunity to play against military and national teams from places such as Germany, Belgium, France and Italy.

"The AAF team is probably the closest anybody in the military could ever get to playing for the pros," said Ruth.

In August 1999, Ruth was stationed aboard K-Bay, and began playing on the base Varsity team and intramural teams.

"Basketball is like a stepping stone for me. I'm a realist. I know I can't do this forever," said Ruth. "My goal is to at least play five years, and play some all-star games. I've always wanted to do this and now is my chance."

CANOE, From C-1

Pacific, including Melanesia, Micronesia, and Polynesia. Hamilton Cup participants hail from countries and regions such as the Polynesian Islands, New Zealand and beyond to South Africa, Britain, France and Italy, with teams and individuals now paddling in international races from Hungary, Austria and Sweden.

This year, 47 clubs descended on the tiny island from Australia, New Zealand, Fiji, Hong Kong and U.S. to compete in one of the major outrigger canoe racing events of the year.

"The competition was fierce," Muller confirmed. "Seventy-four crews competed in the 42-kilometer race, and this was the first time any of our crew raced in this event. So we all learned a lot."

Muller's team was coached and steered by Joseph "Nappy" Napoleon, a legend in the sport with more than 50 years of paddling experience.

Despite coming home empty-handed, Muller and the rest of the team felt that they had achieved their goal, which was

set prior to the race.

"We did not win any medals this time out, but managed a few fifth and sixth places during the four-day competition," said Muller. "Our goal was to finish the 42-kilometer Cup race in less than four hours, and we did it in 3-hours and 49-minutes, just seven minutes shy of the Senior Master record of 3:42, set two years earlier."

On Independence Day, however, Muller and crew returned to Oahu to re-

deem themselves in the MacFarlane Regatta in Waikiki with a first-place finish in the "Open Fours" division half-mile sprint race in 3-minutes, 44-seconds.

The Oahu Regatta Championships take place July 21 at Keehi Lagoon Beach Park, and the state championships will commence Aug. 3, on the big island of Hawaii.

For more information on outrigger canoe paddling, log on to www.kanuculture.com or www.y2kanu.com.



HEALTH & FITNESS

Asthma emergencies can be prevented first

NAPS
Featurettes

Now that the spring asthma and allergy season is in full bloom, the American College of Emergency Physicians wants to help the more than 17 million Americans with asthma recognize the warning signs that can help them avoid an asthma emergency.

The often-missed warning signs of poorly controlled asthma are:

- Waking at night wheezing and/or coughing;
- Requiring a quick-relief inhaler more than twice a week;
- Missing school or work;
- Being unable to participate in everyday activities;
- Requiring emergency or urgent care;
- Finding a decreasing number on the asthmatic's Peak Flow Meter daily home test.

"Each year, nearly two million Americans end up in the emergency department because of poorly controlled asthma," says Arlen Stauffer, MD, of the ACEP. "Most people really don't understand that asthma is a chronic condition that requires management on a daily basis."

"Patients need to know the warning signs of poor asthma control, recognize their triggers and understand how to treat the two main causes of asthma symptoms."

Inflammation (swelling and irritation of the airways) and bronchoconstriction (tightening of the muscles surrounding the airways) are the two main causes of asthma symptoms, which can include shortness of breath, wheezing, chest



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Being aware of the warning signs can help avoid an asthma emergency.

tightness and cough.

Asthma "triggers," substances or conditions that cause airways to become in-

flamed and constrict, also play an important role in causing asthma symptoms.

Individual patients may have more than one trigger, but common triggers include allergens (pollen, mold, dust, mites), irritants in the air (e.g., tobacco smoke, perfume, scented soaps), respiratory infections, exercise and extreme weather conditions.

There are effective treatments that can help patients prevent symptoms from occurring in the first place.

Better asthma control may reduce the impact the disease has on people's lives and reduce the risk of attacks or symptoms that require emergency care.

"ACEP encourages people with asthma to talk with their regular provider about proper asthma management, and keep an eye out for asthma warning signs, so they can have a healthier and happier spring," adds Dr. Stauffer.



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First Aid can help

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Featurettes

A healthy dose of information may help you deal with many of the sprains, strains and pains life can throw your way.

For example, knowing some basic first aid can help you get a leg up on a sprained ankle-or at least help you take care of one until a doctor is available.

Athletic trainers say people who sprain their ankles should "think RICE." (Rest, Ice, Compression and immobilization, Elevation.)

•**Rest** — Getting off an injured ankle is an important first step.

If you're hurt, don't try to "walk" or "shake" it off. Ignoring the injury can make it worse, and turn a small sprain into a big problem.

•**Ice** — For the first few hours after an injury occurs, trainers recommend what's called a 20/20 ice cycle (twenty minutes on the injury, twenty minutes off).

The more an injury is iced, the less it will swell.

•**Compression and immobilization** — When you wrap an ankle, start by making two loops around the foot's instep.

Next, stretch the bandage diagonally across the foot and bring the bandage around the ankle to the front of the foot. Continue wrapping in this way, overlapping each previous turn by 3/4 of an inch.

NOTE: Be sure the bandage is not too tight. The foot and toes should not be numb.

•**Elevation** — It is important to keep your injured ankle elevated whenever possible. That can help reduce the swelling and give your injury a chance to heal.