

Hawaii MARINE SPORTS

Hawaii Marine C Section

July 25, 2003

Regional basketball team takes 1st

Cpl. Jessica M. Mills
Editor

After a week's worth of bone-grinding competition, the MCB Hawaii Men's Regional Basketball Team defeated 3rd Marine Division and won the Commander, Marine Forces Pacific Regional Basketball Tournament July 18 aboard Camp Kinser, Okinawa.

To prepare for the tournament, MCB Hawaii began practice the day after it landed in Okinawa. The team practiced twice a day for four days, not only to hone its skills but also to accelerate its acclimatization to the hot Okinawan cli-

mate.

The tournament was played in round robin format. The first team that MCB Hawaii faced was 3rd Force Service Support Group, who had defeated MCB Hawaii last year during the semifinals. But this year, MCB Hawaii reclaimed its dignity and beat 3rd FSSG 104 to 66. Once Hawaii won that battle, its winning streak kept rolling the tournament.

"We wanted to win this tournament and we stuck to our game plan," said Master Sgt. Gregory Mitchell, coach of the MCB Hawaii Men's Regional Basketball Team. "The game plan was to bring extra point and penetrating guards

instead of shooting guards, and we executed it. The other teams just couldn't handle that. It was devastating."

When MCB Hawaii faced the Navy, the team hardly had to break a sweat, as it crushed the Navy 131 to 41.

"It was the guards who pushed the ball up the court. They set the pace of the game," said Mitchell. "At some points during the games, our team would be running up the courts and the other team was completely behind them."

But MCB Hawaii knew it had met its match when it faced 3rd Marine Division — the two-time defending champions — during the final championship game July

18.

"That was a good game. Our momentum was going so well, we didn't think they could keep up, but they did," said Mitchell. "It was back and forth for a while in the second half, but when the buzzer sounded, we realized we were ahead 85 to 75. We had dethroned 3rd Marine Division."

During the awards ceremony July 19, MCB Hawaii players received Marine Corps Regional Championship medals and a championship jacket. The team also received the ComMarForPac Regional

See BASKETBALL, C-6



Sgt. Joseph A. Lee

Jason Januskiewiczzy, Headquarters Bn., MCB Hawaii, redirects a double-bounce throw into the net by way of a mid-air scissors kick. This goal put the Headquarters Bn. team on top for the first time in the game. Januskiewiczzy finished the evening with three goals and one assist, earning the team's recognition as the most valuable player.

HQBN runs down CSSG-3

Teams prepare for Intramural Soccer League Championship

Sgt. Joseph A. Lee
Combat Correspondent

As the regular season of intramural soccer came to a close, Jason Januskiewiczzy, had three goals and one assist, leading Headquarters Bn., MCB Hawaii, to a second-half, 5-3 win over Combat Service Support Group 3, and a regular season record of 8-0-1.

At the start of the first half, John "Lunchbox" Allen out-sprinted the Headquarters Bn. defense to score one of CSSG-3's first two goals, which caught the Headquarters Bn. team by surprise.

"Apparently their team came out here to play some soccer," said Andy Gasper, Headquarters Bn. head coach. "They got a few by us early, but we were able to keep the pressure on them for the remainder of the half."

At the half, Coach Gasper preached "intensity," which is just what Headquarters Bn. came out with in the second half, as Januskiewiczzy quickly chipped in a Hugo Carrillo assist for the first goal of the second half.

"We kept our cool," said



Sgt. Joseph A. Lee

Helder Nunes, Headquarters Bn., MCB Hawaii, heads the ball as Rolando Calderon awaits the offensive assault that would lead to a goal.

Januskiewiczzy. "Most teams argue when they are down, and this team was able to keep its cool to stay motivated."

When Sam Tvrdy was taken down from behind inside the penalty box, it set up the kick that tied the game at 2-2. Tvrdy, a player with nine years experience at Belmont Abbey, N.C., joined the team this year after seeing

Headquarters Bn. practicing one afternoon.

"This team plays very well together," said Tvrdy. "I saw them playing and immediately asked 'where do I sign up?'"

The next two goals came by way of Thomas Callahan's 30-yard throws in from the sideline to the waiting Januskiewiczzy.

Callahan, who finished the game with three assists, is a father of three and a five-year coach of two base teams (5-6 and 10-12 year-old). Callahan had his younger team on the sidelines to learn some extra skills.

"The kids like watching Sam [Tvrdy], the center, play," said Callahan. "A lot of credit has to go to him, as he always has some part in starting every play that results in a score."

Januskiewiczzy took Callahan's feeds into the net from all angles, including one shot into the right corner of the net by way of a scissors kick, catching the keeper off guard.

"I connected on a beautiful throw from the sideline," said Januskiewiczzy. "It couldn't have come in any sweeter off a double bounce away from the defender."

The second assist by Callahan came to the center of the box, off the head of Mario Najarro and through the hands of the CSSG-3 keeper.

"I just pressed the shot at the right

See SOCCER, C-6

MCBH Varsity Volleyball Team takes 3rd at HASAC

Cpl. Jessica M. Mills
Editor

SCHOFIELD BARRACKS — The Marines defeated the Navy and took third place July 18 during the Hawaii Armed Services Athletic Council Volleyball Tournament July 16 - 18 aboard Schofield Barracks.

Marines and Sailors from MCB Hawaii competed for the best out of five sets against Pearl Harbor to finish in third place.

The Army and the Air Force competed for the championship later that night.

"The Army is probably the best team in the tournament," said Frank Benavente, coach of the MCB Hawaii Varsity Volleyball Team. "...the Marines are the only team at the tournament that scored more than 20 points against them."

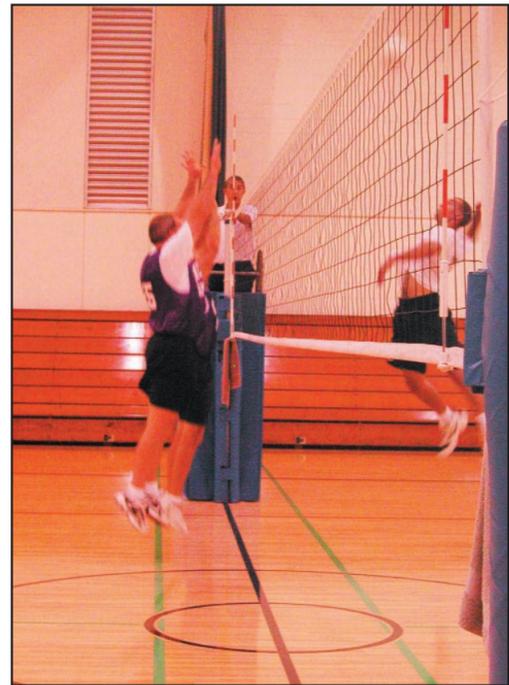
During the first set of the game, MCB Hawaii was undeterrable. It had strong blocking and powerful hits and spikes. About 15 minutes into the set, MCB Hawaii was ahead of Pearl Harbor 22-15.

Many of the MCB Hawaii players repetitively leapt to the ground trying to save the ball from landing. The Navy kept on their tails, as the ball was continuously vollied from side to side.

The first set ended with the Marines winning 25 - 20.

The second set began with John Weis, first sergeant for Headquarters Bn., attempting to clear the net and missing. Pearl Harbor tried to take advantage of this fault and took the lead for the first half of the set. But, MCB Hawaii

See VOLLEYBALL, C-6



Cpl. Jessica M. Mills

Members of the MCB Hawaii Varsity Volleyball Team block a spike from Pearl Harbor during the HASAC Tournament July 18.

BASE SPORTS

Edward Hanlon V
MCCS Marketing



CSSG-3's 9th Annual Swamp Romp Returns Saturday

It's going to be survival of the fittest and the dirtiest at the 9th annual CSSG-3 Swamp Romp.

This footrace is open to the public and the Marine Corps Community Services' Semper Fit Center is looking for a few good men, women and kids to get dirty! Make it a family day, a competition among friends, or a unit function.

Scheduled for Saturday at 7 a.m. at the Boondocker aboard MCB Hawaii, Kaneohe Bay, the Swamp Romp is a grueling

competition among teams of six individuals. The foot race consists of a five-mile course with various obstacles including rope climbing, low crawls, mud pits, and the ocean's surf.

It is a true test of physical skill and endurance, and the ability to work within a team, as all six members must cross the finish line together in order to qualify.

Cost is \$90 for all teams, and include an event T-shirt. Come show support, or stop by to watch the dirtiest action on the windward side.

For more information, call the Semper Fit Center at 254-7590.

Don't get stuck in the mud; play in it at the 9th Annual CSSG-3 Swamp Romp!

Camp Smith Gym Open for Business

Marine Corps Base Hawaii has seen a rejuvenating progression of renovations in the past few years, and they keep on coming.

Yet another MCCS renovation project is in development currently at Camp Smith.

The Camp Smith Fitness Center is under restoration, and

an interim gym will be open for business beginning Monday.

The temporary gym is located in Bldg. 2C in the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii.

Registration is now in progress at the Youth Activities Bldg. 5082. The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace.

Children will be provided free ice hockey gear, skating lessons, and practice/game time at the rink.

For more information, call 254-7610.

August Brings Seasonal Sports from Youth Activities

Cheerleading, in-line hockey, and flag football will kick off this August.

Registration has already begun at Youth Activities.

Birth certificates must be provided, and volunteer coaches are needed for all three activities.

For more information, call 254-7610.

'101 Days of Summer'

Includes Soccer Tournament

As part of the "101 days of Summer" promotion, MCCS Sports will be hosting a soccer tournament from Monday through Thursday.

The games will be held at Pollock Field, at 6, 7 and 8 p.m. on Monday and Tuesday, and at 6 and 7 p.m. on Wednesday and Thursday.

Tournament format will be eight players per side, per team. Each half of the game will last 20 minutes, and there will be a 10-minute rest period between halves.

Football Season Returns with the '101 Days of Summer'

Prepare yourself for football season on Aug. 1 and 2 with MCCS Health Promotions and the Substance Abuse Counseling Center.

This 101 Days of Summer football tournament is an eight-man per team competition. Games begin at 6, 7 and 8 p.m. on Aug. 1, and at 9 a.m. on Aug. 2.

The tournament format includes two 16-minute halves, with the last two minutes of each half at regulation clock.

Entry deadline is Monday, at 3 p.m. For registration information, contact Quentin Redmon at SACC, at 257-8377.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Then, 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 stations upon completion of the 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. 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.

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

Bowling is Back Big Time!

K-Bay lanes is in a league of its own — well actually, numerous leagues for everyone are available.

The Women's League for women ages 18 and over begins Sept. 11 and plays on Thursdays at 6 p.m.

The Youth League is open to bowlers ages 6 - 21 beginning Aug. 23, happening Saturdays at 9 a.m.

There's even a Pee Wee League for the baby bowlers ages 3 - 5, also Saturdays at 9 a.m. starting Aug. 23.

For more information regarding the leagues or other great services offered at the K-Bay Lanes, call 254-7693.

Summer Swim Program Keeps You in Shape

Get a little sun and a great workout by taking Summer Swim Lessons at the K-Bay base pool.

Classes are only \$35 per session, and include eight lessons.

All sessions are held Tuesday through Friday for two-week periods. Group and private surfing lessons, as well as spring board diving lessons, are also available.

Call 254-7655 for details.

Paintball Takes Aim

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

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

The cost is \$25 per person for all-day entry, and includes your first air fill and equipment rental. Cost is only \$10 if you bring your own equipment.

Paintballs are available for \$50 (2,000 rounds.) All day is \$10 after first air fill. Special unit training groups are welcome; their cost is \$20 per person (minimum five people.)

For more information, call 265-4283.

Base All Stars

NAME: Drew Dobbins

UNIT: Special Projects Patrol Squadron 2

BILLET: Aircrew in-flight technician

TEAM: MCB Hawaii Varsity Volleyball Team

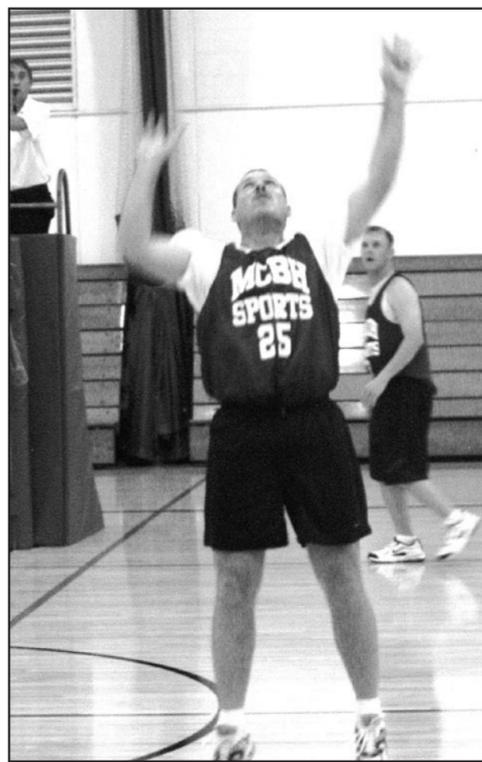
SPORT: Volleyball

•Dobbins began playing volleyball in 1985, over 18 years ago, when he was first stationed here in Hawaii.

•He has played on volleyball teams throughout the country including Memphis, Tenn.; Pensacola, Fla.; Indianapolis, Ind.; and Hawaii.

• Dobbins has played for the MCB Hawaii Varsity Volleyball team for the last two years.

•Before that, he played on the regional, varsity and intramural volleyball teams at Barbers Point.



Cpl. Jessica M. Mills

"I like the teamwork of volleyball — the bump, set and spike. When it all comes together, it's a beautiful thing."

COMMUNITY SPORTS

Military & Civilian Runners/Walkers Invited to USO Hawaii Race

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the United States Armed Services, and there will be another opportunity to show that support on Aug. 24 when USO Hawaii holds its annual 5K/10K race fundraiser at Hickam Air Force Base.

Funds raised by the race-walk will help the nonprofit, nongovernmental USO organization continue its mission.

The race this year returns for the first time since 1999 to Hickam, where the organization's "Base Race" series began.

Outrigger Hotels & Resorts and Ohana Hotels of Hawaii are continuing their sponsorship of the race, as they have for all five races in the series.

Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall and in age groups in 5-year intervals from 14-and-under to 80-and-over. Participants will be eligible to win dozens of door prizes.

Both timed races will begin at 7 a.m. The registration fee is \$18, but for applications received by Aug. 18, the fee is only \$15.

Late entries will be accepted Aug. 23 at The Running Room, 819 Kapahulu

Avenue, or on Aug. 24 at the race site. Entry forms are in "Athletes HI" magazine, numerous running stores and military base fitness centers.

Teams of 5 to 10 runners may enter the 10K in one of two divisions -- military or civilian -- and in one of three categories: male, female or mixed. The five best runners times will determine the team's rank.

Mixed teams must have at least one male and one female finisher among the top five runners.

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 today from 5:45 - 10:15 p.m. and Saturday 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 lifeguarding, rescues, sea life, snorkeling, surfing and more.

A junior lifeguard T-shirt is included with registration.

The advanced sessions go from Aug. 4 - 8, from 9 a.m. to 2 p.m. The cost is \$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 955-0555, ext. 155.

Hawaii Dragon Boat Festival Calls for Paddlers

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up now 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 paddlers 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 races will feature two divisions. The Cup Race Division, held on Aug. 9 at 8 a.m., is designated for teams competing within a specific industry.

The Open Race Division on Aug. 10 at 8 a.m. will consist of a single-elimination competition with teams organized into heats at random.

For more information, call 951-0350.

"Community Sports" Accepts Faxes

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

SPORTS AROUND THE CORPS

Marines cycle for hemophilia research, cure

Cpl. Ethan E. Rocke
MCRD San Diego

MARINE CORPS RECRUIT DEPOT, SAN DIEGO, Calif. — Seven depot Marines and several civilians joined forces recently to complete a 400-mile bicycle ride from San Francisco to San Diego, marking the 3rd Annual California Coastal Ride for Hemophilia.

The riders left San Francisco, making the arduous seven-day journey to San Diego in the name of hemophilia research and treatment. They rode six to eight hours a day to end their journey at the depot boathouse.

By the end of their long ride, the riders had raised almost \$20,000 for the Hemophilia Association of San Diego County and the Northern California Hemophilia Association, making this the most successful year in the event's three-year existence.

Capt. Michael R. Hudson, former commanding officer, Co. L, whose 5-year-old son Ryan has hemophilia, founded the annual fundraising event, in 2000.

"We're trying to promote and advance awareness of hemophilia and raise money to support children's camps and things of that nature," Hudson said. "The overall goal, of course, is to eventually find a cure."

Support and participation for the ride has grown considerably. In 2003, everyone who rode raised a minimum of \$2,000 in donations.

Hemophilia is a genetic blood-clotting disorder. For more on how to help advance research and treatment, call (619) 325-3570 or log onto www.hasdc.org.



Cpl. Ethan E. Rocke

Captain Michael R. Hudson, former commanding officer, Lima Co., at MCRD San Diego, and Capt. Brian E. Hutcherson, series commander, Lima Co., are greeted by friends and family upon completion of the 3rd Annual California Coastal Ride for Hemophilia.

LF CARAT crew takes a cool dip into the South China Sea

1st Lt. L. L. Gilbert
MCB Camp Butler

USS HARPERS FERRY, South China Sea — Three days into his new job as the commanding officer of the USS Harpers Ferry (LSD-49), Cmdr. Homberto L. Quintanilla gave the Sailors and Marines embarked aboard this dock landing ship an opportunity not often seen in today's Navy — a "swim call," kind of like a tailgate party, except without the pickup or the terra firma.

"It is the most fun, time-honored tradition, that Marines and Sailors can enjoy," said Quintanilla, "and we had our piece of that tradition."

After asking around to determine the crew's interest, and getting an overwhelmingly favorable response, Quintanilla talked it over with the commander of the embarked crew, and together the two decided the morale-boosting event was a go for Landing Force exercise Cooperation Afloat Readiness and Training.

"It's an opportunity that not many Marines and Sailors get, and it was a good morale booster before leaving ... for more training [in Brunei Darussalam]," said Lt. Col. Timothy T. Armstrong of the collaboration with Quintanilla.

But, there are a lot of variables and "what ifs" to an event such as this. So, as one might expect, safety was a paramount concern.

"There is always a risk when entering the water in the open ocean, but if you plan it, brief it and execute it properly, it is a safe evolution," Quintanilla said.

A safety boat, flotation devices, armed marksmen and divers were available and patrolled the entire swim area. Swimmers were also required to submit their I.D. cards before entering the water, and then recover them upon exiting, to ensure full accountability.

With safety precautions in place, operators lowered the ship's huge stern gate, and with the Bee Gees'



1st Lt. L. L. Gilbert

Once used to the idea of swimming in waters 400 feet deep, no land in site, Marines and Sailors of the USS Harpers Ferry settled in for an afternoon of fun in the sun. Temperate South China Sea waters, and plenty of disco-era mood music helped set the stage. The trickiest part to the swim, said many, was trying to keep up with drifting ship.

"Staying Alive" blaring over the ship's loudspeakers, the Marines and Sailors made their way through the passageways and hatches and across the decks to the "steel beach," of sorts, awaiting them.

One by one, and with the ship's commanding officer and the Landing Force commanding officer leading the way, they took the plunge.

Some chose to dive, others to flip, and still others to simply jump or fall into the 400-foot-deep waters of the South China Sea.

"I think the best part of it was diving straight down and not worrying about hitting bottom," said Lt. j.g. Amalon Aneson, the ship's electrical officer, who wore a dive mask. "Seeing the bottom of the ship was really kind of scary."

But scarier than that was the prospect of drifting away.

"Everyone jumped in and swam away from the ship, but what we didn't really think about was that the ship was drifting at the same time," she said. "So it seemed like some people spent the whole time trying to swim back toward the

ship."

"It's not every day you get to swim in the middle of the ocean," said Sgt. Adrian Vela, administration chief, Command Element, LF CARAT.

As for the water, one and all seemed to feel the temperature was just right.

"The water wasn't cold. It was perfect," said Lance Cpl. Nela A. Gomez, supply clerk, Combat Service Support Element, LF CARAT. "The waves were throwing me in all directions, but it was really fun," she said. "For me, it was kind of scary, because you don't know what's underneath you, but it was definitely a great time. It seemed to me like everybody was having fun and goofing off."

Swim calls are a rarity, in spite of their place in Naval tradition — probably because of the liability such an event carries with it.

As for assuming the risk again, Quintanilla said he has every intention of holding more such morale boosters, and Armstrong — speaking as if the plans have already been laid — echoed that sentiment.

Okinawa exhibition gives inside look into gymnastics

Lance Cpl. Jeff Zaccaro
MCAS Iwakuni

MARINE CORPS AIR STATION, IWAKUNI, Japan — Youngsters from various gymnastics classes offered at the Iron Works Gym, got the chance to swing, spin and tumble for their parents during a gymnastics exhibition held in the aerobics room here.

The exhibition gave parents of students and future prospects an inside look at what goes on inside each of the four classes, since parents are not always available to watch during class time.

Starting with the 3-to-5-year-old group,

spectators saw the children practice on the balance beam, the bars and an obstacle course, designed to improve their skills for entrance into the 6-to-8-year-old group, which moves the kids into different floor exercises and the high beam.

"The class builds discipline and teaches them to set and achieve goals," said Lisa Killeen, whose 5-year-old daughter Megan participates in the 3-to-5-year-old class.

"I like gymnastics because it is fun, and I get to be with my friends and play on the bars," said Megan.

As the children get older, they advance to classes to correspond with their age.

The 9-year-olds-and-up class teaches children advanced techniques and builds their skill to move on to the advanced class.

"There are certain requirements that the children must meet before advancing," Shelly Brown, gymnastics instructor, told onlookers. "This class focuses on improving those skills."

During the performance by the advanced class, the students showed how the class lets them improvise and invent their own techniques, moves and performances on the floor and the bars.

After each class presentation, the children were awarded with trophies.



Lance Cpl. Jeff Zaccaro

Logan Olson leads the 3-to-5-year-old class off the end of the low beam.



spotlight on health

Physical activity is still the best bet for healthy kids

NAPS

Featurettes

Today, one out of every six children is overweight — nearly double the number of 20 years ago.

Because research has shown that those who are physically inactive as children tend to remain so as adults. Many of these kids will grow up to become prime candidates for heart disease, hypertension and diabetes.

Recently, the National Association for Sports and Physical Education, a non-profit association representing 40,000 sports and physical educators, issued a set of national activity guidelines for young children. It recommends that even toddlers and preschoolers participate in 60 minutes of unstructured physical activity each day.

What can parents do to help? There are several activities parents can use to get kids moving:

•**Running:** Important for almost every sport, this fundamental motor skill is still a child favorite. Help them learn about pace by asking them to run to a tempo as you clap your hands.

•**Catching:** Playing a simple game of catch can enhance hand-eye coordination skills and build lasting bonds. Children, 2 to 3, will try to catch with their arms wide open, so use oversized balls.

•**Kicking:** Learning to manipulate a ball with the foot develops balance, leg strength and is a critical skill in that most popular of children's sports: soccer. For children 2 to 3, line up a row of different-sized balls. Have them kick each as hard as they can. For children 4 to 6, roll a variety of balls toward your child and have them try to kick each one in succession.

•**Striking:** Many sports involve the ability to hit a moving object. For kids 2 to 3, place a large, softball on a tee and have your child swing away with a plastic bat. For children 4 to 6, toss the soft ball to your child and have him or her try to strike it with the bat.

Parents can learn more through a brochure, Active Kids, created by Fisher-Price. The brochure offers fitness advice and tips to help kids "Grow to Pro" from the publishers of Healthy Kids. For a free copy, call 1-800-432-5437.

Parents can help reduce risks faced by youth sports programs

NAPS

Featurettes

There are practical steps parents can take to score with their children and make youth sports safer.

According to Dr. Alan Greene, the chief medical officer of A.D.A.M, the risk of physical injury is inherent in any sport, but children are at a greater risk because they're still developing their motor and cognitive skills.

Said Greene, "The most serious risks for children playing age-group football are head and internal injuries and heat stroke. However, there are steps that can be taken to reduce the risk of these types of injuries."

Dr. Greene recommends discussing three critical areas with a child's coach before the season begins.

1) Are the children wearing the proper equipment?

2) Is the coach following a training schedule that allows for breaks — especially during extreme heat — and proper hydration?

3) Are the young athletes trained on the proper techniques and are they playing against kids that are similar in size and age?

Addressing issues such as these can help reduce injuries before a season starts, as well as advances in the area of equipment.

For example, learning more about the "hows and whys" of concussions helped



Cpl. Jessica M. Mills

Daniel Dabu, 7, of the Anaheim Angels, tags out Dodgers' player Michael Boner, 8, at first base during the inaugural games of the Major League Baseball Rookie League, July 12 aboard MCB Hawaii, Kaneohe Bay.

guide the design of a new helmet for youth football. Scientists from Biokinetics & Associates analyzed videotapes of football field head collisions to determine the details of motion and contact. One redesigned helmet now incorporates features such as increased side and facial protection, an

increased distance between the helmet shell and the child's head, and a shell shape that extends to the mandible area. Additionally, some new helmets are 15 percent lighter than the adult version and offer improved peripheral vision and ventilation when compared to traditional helmets.

Accidental drowning is preventable

NAPS

Featurettes

Playing in water is one of the great joys of childhood. But according to a new research study conducted by SAFE KIDS and Johnson & Johnson, drowning is the number one killer of children ages 1 to 4 and the second leading cause of unintentional injury-related death among children ages 14 and under.

The majority of drownings and near-drownings occur in residential swimming pools and in open bodies of water. However, children can drown in as little as one inch of water, and are therefore at risk of drowning in bathtubs, buckets, diaper pails and toilets.

Drowning is a quick, silent



NAPS

Drowning is a quick and silent killer that can happen at any moment. Parents should never leave their children unattended while they are in or near the water.

killer that only takes seconds to happen and typically occurs when a child is left unattended or during a brief lapse in adult supervision. The consequences can be devastating to families. To pre-

vent such occurrences, parents can do more to protect their children this summer.

Steps parents can take to help protect children from drownings include the following:

•Never leave a child unsupervised in or around water in the home. Empty all containers immediately after use and store out of reach.

•Never leave a child unsupervised in or around a pool or any open bodies of water.

•Install four-sided isolation fencing, at least five feet high, and equipped with self-closing and self-latching gates. Fencing should completely surround swimming pools or spas and prevent direct access from a house or yard.

For more information or for a Parents Safety Test to help parents determine their own level of knowledge of child injury prevention, visit the National SAFE KIDS Campaign Web site at www.safekids.org.

Is there a cure for stress eating?

NAPS

Featurettes

You can eat right even when things go wrong. Stressful times often create cravings for comfort foods and many people adopt a "what-the-heck" attitude. Fatty snacks may bring temporary comfort, but there are healthier ways to deal with these cravings.

The real basis behind the cravings is that you may not be eating right — instead, you're eating processed foods, fast foods leading to nutritional deficiencies. The cravings are your body's signal, but humans are not fine-tuned enough to know exactly what vitamins and minerals you need. So you may try to satisfy the craving with convenient foods and foods that you've been programmed to eat.

Jamie McManus, M.D., member of the Herbalife Medical Advisory Board, suggests healthier ways to deal with comfort and stress eating:

1) Even if you overeat at night, don't skip breakfast, even though you may wake up in disbelief that you ate so much the

night before. While you may think that skipping breakfast is a way to avoid more calories, the opposite is true. Start your day off with a healthy breakfast and eat small frequent meals throughout the day. Not eating breakfast tends to lead to overeating and more difficulty in controlling weight.

2) Don't focus on the negative. You may not be having the best day, on any particular day, but always focus on the positive. Look for the silver lining; it is almost always there. Make sure you're not using this as an excuse to overeat.

3) Take vitamins on a regular basis. Much research has been done on feeding the human body at the cellular level. Give yourself nutritional assurance that at least you're getting the minimum amounts of vitamins and minerals you need. Taking a multivitamin can also help in reducing cravings.

4) Make sure you hydrate. The part of our brain that senses hunger is right next to the part that senses thirst. So drink water, and your hunger will often subside within 10 to 20 min-



Lance Cpl. Monroe F. Seigle

Marines and Sailors can enjoy a healthy meal at Anderson Hall, even after a long, stressful day.

utes.

5) Try eating smaller portions- You can always eat just half of the ice cream and finish it the next day.

6) Exercise is a great stress reducer; it provides an outlet for pent-up emotions and stimulates the release of endorphins that can minimize the body's re-

sponse to stress.

Keep these tips in mind and you may find yourself in a healthier body, even in tough times.

Many factors have a major affect upon metabolism

NAPS

Featurettes

Why can your friend eat an entire pint of ice cream and never gain a pound while you have to watch every bite, or else? It could be your metabolism.

Each of us has our own metabolic rate — the rate at which our bodies burn energy, in the form of calories. Genetics, gender, age and environment play large roles in our metabolic rates.

The bone structure and body type you inherited from your parents affects your metabolism, as does your gender; men have higher metabolisms than women — they burn between 10 percent and 15 percent more calories than their female counterparts. According to an October 2002 article in *The New York Times*, this is due to men's higher proportion of muscle.

The *Times* article also stated that around age 30, muscle mass in inactive people declines by about 2 percent to 5 percent each decade, causing their metabolic rates to decline proportionally.

Even your environment can affect your metabolism. People in tropical climates or very cold regions generally have higher metabolic rates than those in more temperate locations.

The good news is no matter your ge-



Lance Cpl. Monroe F. Seigle

All MCB Hawaii residents and employees can combine cardiovascular exercise and strength training at the Semper Fit Center.

netic make-up, gender, age or environment, you can rev up your metabolic rate through exercise, so your body will burn more calories all day long.

"The most effective way to increase your metabolism is to combine cardiovascular exercise and strength training," said Lisa Packheiser, corporate fitness director at Spare Time, Inc. in Gold River, Calif. "The combination of regular car-

diovascular activity and strength training will result in a body with more muscle and less fat, which produces a higher metabolism because even at rest, your muscles actively use more calories than fat tissue."

Muscle burns at least 90 percent more calories than fat does. The more you increase your muscle mass, the more calories you burn - around 30 to 50 more per day for every pound of muscle gained. As a result, your metabolism speeds up to provide your muscles with energy.

According to Packheiser, "The more muscle you have, the higher your metabolism will be. Therefore, the best thing to do to raise your metabolism is to get and stay active."

At the gym, use a combination of cardiovascular and strength-training machines to get a total-body workout. Most cardio machines offer different programs to give you an effective workout and ensure variety to keep exercise fun and interesting.

If the gym isn't for you or you don't have time to go to it regularly, incorpo-

rate a simple program at home. Even if you aren't ready to invest in home fitness equipment, you can still get good cardiovascular and strength-training workouts at home.

"With a little creativity, you can exercise anywhere," said Packheiser. "Buy a large exercise ball, resistance bands and variable weight dumbbells. Finish your workout with a jog, a brisk walk or a bike ride."

One caution, a metabolism killer is the super-low-calorie diet. Eating significantly fewer calories than you burn can ratchet down your metabolism as your body senses starvation and conserves energy.

So to rev up your metabolism and make your body burn more calories throughout the day, even at rest, get active. By incorporating a strength training routine with cardiovascular exercise, you will build lean muscle mass. The more muscle you have, the higher your metabolism will be. Maybe soon you'll be able to indulge in that pint of ice cream without a second thought.

ComMarForPac Regionals

MCB Hawaii's Regional Record

7-1

Championship Game

Hawaii 85 vs
3rd MarDiv 75

SemiFinals

MCB Hawaii 97 vs
3rd FSSG 61

Round Robin Play

3rd FSSG 66 vs
MCB Hawaii 104Hawaii 131 vs
USNH 41
MCB Butler 79 vs

MCB Hawaii 115

3rd MarDiv 61 vs
Hawaii 76MCB Hawaii 2 vs
Iwakuni 0 (Forfeit)MCB Hawaii 67 vs
1st MAW 70**Avg. Points Per Game -**
96.4**Avg. Points Allowed -** 64.7**Avg. Margin of Victory -**
31.7 points

BASKETBALL, From C-1

Basketball Tournament trophy that will be presented to Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii, sometime next week.

Three of the MCB Hawaii players received a Marine Corps All-Tournament Medal, and Russ Johnson, of Bravo Co., 1/12, was chosen as the tournament Most Valuable Player.

Johnson was also chosen for the All-Marine team camp, along with returning hopeful Nathan

McQuirter.

"This year was the last time the team had to play together. Next year the team will break up after three years due to permanent change of station and retirement," said Mitchell.

"But, that is what makes this championship so special. This was the last chance to win together as a team," Mitchell explained.

VOLLEYBALL, From C-1

was not giving up third place without a fight as the two teams exchanged points, tying the score at 13.

After what seemed like an eternity, Pearl Harbor broke away from MCB Hawaii with renewed steam and raised the score 19 - 15.

The Marines and Sailors of MCB Hawaii took a time out and whispered amongst themselves a new plan of attack against Pearl Harbor. Once the game resumed, it seemed that the new plan worked.

Weis began the point streak with a spike Pearl Harbor could not save. Following his point, MCB Hawaii scored four more points before Pearl Harbor could catch up.

Although Pearl Harbor had managed to shorten the gap from MCB Hawaii, it was not quick enough. The final point was awarded to MCB Hawaii from a spike, ending the second set 25-22, MCB Hawaii.

The third set was the only triumph for Pearl Harbor, but it took all the team's efforts to succeed.

During the first half of the set, MCB Hawaii was ahead of Pearl Harbor by no more than three to four points at a time. By halfway through, Pearl Harbor stayed only one point behind MCB Hawaii no matter how high the score rose. The teams continuously knocked the ball out of bounds in their furious attempt to take the lead, or they missed the violent spikes that were sent flying.

Then, in the last moments of the set, Pearl Harbor tied the score 22 - 22. Once the Sailors saw a light, they went for it with all their might and won the third set 25 - 22.

As the fourth and final set began, both teams were showing extreme fatigue and frustration, but it was all in good fun. Yet again, Pearl Harbor managed to take the lead, 10 - 7.

But, MCB Hawaii realized that Pearl Harbor was serving

out of rotation and was awarded a point. That was when MCB Hawaii came back with a vengeance and pulled into the lead. Although Pearl Harbor managed to score a few more points, MCB Hawaii was on a roll, the score reading 20 - 16.

For the second time in the set, Pearl Harbor was called on being out of rotation and MCB Hawaii received another point. The Marines received the winning point because Pearl Harbor knocked the ball out of bounds, but the win was still a win, and MCB Hawaii took the last set 25 - 18.

After winning three out of the four games, the Marines finally took third place in the HASAC tournament and left the courts with a firm handshake and a pat on the back.

"We only took third because of the intensity and heart we put into the game," said William Flatt, a player with Headquarters Co., 3rd Marine Regiment. "We came together, and that is the only way a team ever wins."

SOCCER, From C-1

time and tapped it in," said Januskiewiczzy.

The final shot of the game came in reverse fashion, as Januskiewiczzy set up Mario Najarro for the closing shot, which was pushed under the diving goal keeper.

The regular season champions for the past three years, and this year's defending tournament champs, Headquarters Bn. has been under the leadership of Gasper, with the assistance of Jerry Panetta for the past two years.

"Panetta couldn't be here for the win this year, but we credit his help with the team as a key to our success," said Gasper.

The tournament championship will be played tonight at 6 p.m. at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.