

# Hawaii MARINE SPORTS

Hawaii Marine C Section

July 26, 2002

## Marines roll over RIMPAC competition

**Sgt. Alexis R. Mulero**  
Combat Correspondent

NAVAL STATION PEARL HARBOR, Hawaii — A team of Marines representing MCB Hawaii, Kaneohe Bay, rolled over a team of Sailors from the USS Duluth with a score of 7-5 during the Rim of The Pacific In-Line Hockey Tournament at Paquet Rink on Sunday.

The K-Bay Marines completed the tournament with a record of 5-0.

Before reaching the finals on Sunday, they had victories over the USS Lassen and USS Russell on Friday, USS Rushmore on Saturday, and edged out a 10-9 win against their close friends from Patrol Squadron 9 during a semi-final game on Sunday.

In the semi-final and throughout the tournament, Marines were led by center Michael Stroud, logistics officer with Marine Heavy Helicopter Squadron 363, who scored five times and had one assist during K-Bay's 10-9 semi-final game win over VP-9.

"I'm very pleased that my contributions made a difference in this game but



Sgt. Alexis R. Mulero

Marines winger Mark Buezek (right), Marine Aviation Logistic Support 24, tries to get control of the puck during a semi-final game on Sunday.

overall the wins were a total team effort," said Stroud.

In the first period, it didn't take long for K-Bay's Stroud to heat up when he scored 20 seconds into the start of the

game. Less than a minute later he scored again on an assist by defensemen Les Kelly, assistant officer in charge, Naval Air Technical Data and Engineering Service Command Detachment Kaneohe

Bay. But the Sailors weren't going down without a fight and countered the Marine attack with a score by forward Scott Cromie, which made the Marines on top, 2 - 1.

At the 20-minute mark, Marine winger Bryan Sprague, a diesel mechanic with 1st Bn., 12th Marines, scored and three minutes later winger Mark Buezek, power plant OIC, Marine Aviation Logistic Support 24, added another point. The score stood at 4 - 1.

By out hustling his defenders, Marine forward Stroud added another two points before the period was over and the Marines needed those because VP-9's forward Dan Haller lead the counterattack scoring 2 out of the 5 goals during the last 13 minutes of the period. The game was tied at the half, 6 - 6.

The first ten minutes of the second half was uneventful until Navy defensemen Dan Sheerin scored and stopped the drought for both teams making VP-9 ahead by one.

However, minutes later, sharpshooter Stroud slapped the puck right passed VP-9 goaltender Ryan Barefoot, a radar

See RIMPAC, C-6

## Hashing: A run or a way of life



Staff Sgt. Jesus A. Lora

A rainbow of colors dressed up the mountain side as the hashers made their way up a true trail, following clues left behind the hares.

**Staff Sgt. Jesus A. Lora**  
Press Chief

Get ready for a challenge that deals with adventure, trails and orienteering, where people gather and call themselves harriers and harriettes, all for the excitement of catching the hares in the old game of Hashing.

In the streets and hills of Kailua, the Aloha Hash House Harriers had a Christmas in July Hash on July 13. Luckily for the Hashers, history paved the road.

In 1938, a group of British colonists in Kuala Lumpur, Malaysia started a running club called the Hash House Harriers. The name was adopted from the original meeting place, the Selangor Club, which is nicknamed "Hash House."

The original idea came from an English schoolboy that named it "Hounds and Hares," in which runners would take off a few minutes before the other runners. They would then blaze a trail

where only they knew where the trail was. All the time the rest of the class mates would pursue them (the hashers), following the clues that were left by the Hares.

The clues left behind were marked by bits of paper and flour. Today the Hashers use chalk and flour, which are their favorite weapon of choice. Both items are used to mark the trail.

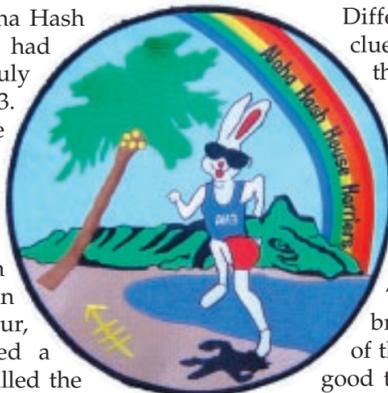
Different kinds of clues are drawn on the trail telling the Hashers if it is a good trail or bad trail.

Finding some of the clues, the Hashers immediately yelled "On, On," which brought up the rest of the Hashers to the good trail. Some of the clues may lead the Hashers on a bad trail that leads no where.

This is vital information if you don't want to get lost or trying to catch the Hares. The ultimate goal of Hashing is not to get lost and to catch the Hare, although this rarely happens.

All in all, it's the thrill of the

See HASH, C-8



## Marine vet may return to Twin Cities

**John Gunn**  
Special to the Hawaii Marine

It's no secret that Hall of Famer Rod Carew didn't leave Minneapolis on the friendliest terms. After hitting .333 in 1978, former Twins owner Calvin Griffith and Carew both realized there was no chance of agreeing on contract terms for 1979. As a result, Carew was dealt to the Angels for four players, writes Todd Lorenz of MLB.com.

Since then, Marine vet Carew hasn't spent much time in the Twin Cities, and there is no debating that he's the least seen Twins great to have his picture hanging on the centerfield curtain in the Metrodome.

However, his scarceness isn't because he's still harboring a grudge against the organization, but because he still lives in Southern California.

Needless to say, the Metrodome press box was abuzz this month when the 18-time All-Star made a rare return to fill in for former teammate Bert Blyleven as a color analyst for Fox Sports Net.

"It's been a lot of fun," Carew said of his time in the broadcast booth. "I've got a good guy, Dick Brenner, helping me out and working with me. So it's been good in that respect. We've been friends for years, and he's been trying to get me back here — and he finally did. It's a learning experience for me, and if they need help in the future and I'm available, I'd love to do it again."

Carew, along with boxer Carmen Basilio and decathlon champion Bob Mathias, will be inducted into the Marine Sports Hall of Fame at an Aug. 23 Quantico luncheon.

While the seven-time batting champion isn't considering making broadcasting a full-time gig, he hasn't ruled out returning to the Twins.

"I've talked to some people in the Twins organization about coming back in some capacity," he said. "Whether or not it's on the field, I don't really care. I'd just like to find some way to help the organization."

Of course, that wouldn't be anything

See CAREW, C-8

## Muscle mania coming to BayFest 2002

**Edward Hanlon V**  
MCCS Marketing Coordinator

It's survival of the fittest at this year's Ultimate BodySearch Competition, held at McKenna Motors BayFest 2002. Watch contestants with the finest physical forms compete for \$4,500 worth of prizes on August 17, starting at 4 p.m. on the BayFest Center Stage.

Registration is free on or before Friday, August 16, a \$10 fee applies thereafter.

All contestants must be at least 18 years of age to compete. The Ultimate BodySearch Competition includes modeling fitness swimwear (No thongs allowed).

Judges will measure contestants

based upon personality, physique and interviewing skills.

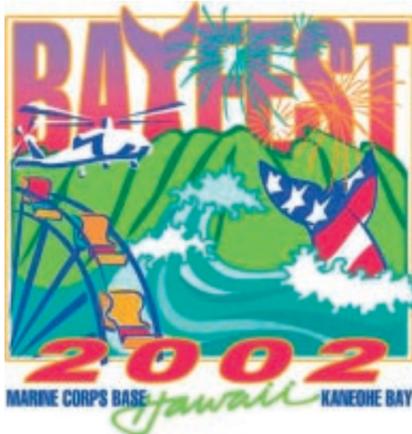
For more information, call the

Ultimate BodySearch Headquarters at 808-254-7597 or register online at [www.bayfesthawaii.com](http://www.bayfesthawaii.com).

This event is among many others that will take place at this year's BayFest. The McKenna Motors BayFest is an annual event organized by Marine Corps Community Services that is open to the public.

Proceeds from this event help enhance the quality of life for the Marines, Sailors and their family members stationed aboard Marine Corps Base Hawaii.

The purpose for BayFest is to convey an appreciation to the local community and to pay homage to the military members who sacrifice so much for America's freedom



# SPORTS BRIEFS

**Debbie Robbins**  
MCCS Public Relations

## 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.

## Tryouts scheduled for MCB Hawaii Soccer and Basketball teams

Marines and Sailors assigned to MCB Hawaii interested in playing on the MCB Hawaii soccer or basketball team should attend the official tryouts or call the Marine Corps Community Services Athletic Office at 254-7590.

• All Basketball Tryouts will be conducted at the Semper Fit Center:

*Tuesday, 7 - 9 p.m., Wednesday, 7 - 9 p.m., Aug. 3, 10 a.m. - 12 p.m., Aug. 6, 7 - 9 p.m., Aug. 7, 7 - 9 p.m.*

• All Soccer Tryouts will be conducted at Risley Field off of Mokapu Road.

*Aug. 2 at 6 p.m., Aug. 4 at 2 p.m., Aug. 10 at 6 p.m., Aug. 12 at 6 p.m., Aug. 14 at 2 p.m.*

If selected to a team, command authorization will be required to travel to Okinawa for the COMMARFOR-PAC Regional Championships, Sept. 24 - Oct. 7.

## 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 Bath tub 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](http://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 Bath tub Regatta.

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

## Hickam AFB Holds Softball Tournament

Hickam AFB will be hosting the Hurricane Classic Softball Tournament for Mens and Womens Divisions 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.

## Resumes accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11-19 in San Antonio, TX.

Marines interested in being considered for competition must be a National Skeet Shooting Association member and should submit a resume to the MCCS Athletic Office.

Resumes should include an average based on a minimum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore).

As well as a current classification in each gauge of at least "A" class or higher and a copy of an NSSA classification card.

For more information, contact the athletics office at 254-7590.

## 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 compromised 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.

## 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.

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.raceforthecurehawaii.org](http://www.raceforthecurehawaii.org).

## 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.

## 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, contact 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.



Staff Sgt. Jesus A. Lora

## Base All Stars

**NAME:** Sgt. Adam Rowley

**BILLET:** Infantryman squad leader

**UNIT:** Bravo Co., 1st Bn., 3rd Marine Regiment

**SPORT:** Surfing

**TYPE:** Short boards and long boards

• Rowley has been surfing the waves of Hawaii for six months, he is also an MCCS life guard.

• He prefers the long board rather than the short board, although he is quick on the short board and a natural on waves.

• His hope is to catch a wave bigger than a 14-foot face.

## Sports Ticker

### 2002 MARFORPAC Regional Softball Tournament

1st Place - MCB Camp Butler  
2nd Place - MCAS Iwakuni  
3rd Place - MCB Hawaii

### 2002 Intramural Softball Standings

	Won	Lost
Headquarters Bn. "Rhinos"	17	2
1/12 "Spartan"	15	2
Radio Bn.	14	3
CSSG-3	16	5
Mess Hall "Aces"	11	6
VP-9	11	6
LSC "Red Death"	12	7
Band	12	8
G-6	8	8
HMH-363 "Red Lions"	8	8
MALS-24 "Maulers"	9	8
HMT-301	10	11
MALS-24 "Mag Rats"	8	10
MALS-24 "Warriors"	6	12
Dental	6	13
Shakedown Cruise	2	13
EM Platoon "The Nobodys"	2	13
PMO "50"	2	16

## 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 E-6 and above in all services, and family members. The entry fee for Staff NCO club members is \$38. For non-members it is \$45. Fees include play, golf cart, heavy pupus and prizes. Entry forms available at the SNCO club. For more information, contact Gunnery Sgt. Salter at 257-4170.

# 3rd Marines reach new heights on court

**Cpl. Jessica M. Mills**  
Sports Editor

Third Marine Regiment jumped to an early lead against Camp Smith, during their intramural basketball game July 18, at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

Within the first five minutes of the game, 3rd Marine forwards Ed Amadis, operations chief for Combat Support Co., and William Davis, maintenance chief for 4th Marine Reconnaissance Force combined efforts to score the first eight points of a 14-0 run.

Seven minutes in, Camp Smith finally put points on the board when they sunk a jump shot and raised the score 14-2.

Minutes later, Camp Smith took a rebound and charged down the court, found a gap in the 3rd Marines' defense, drove for a layup and brought the score to 16-4.

Stepping up their offense, 3rd Marines scored seven more points and managed to keep Camp

Smith at bay until 1 minute before half time, when Camp Smith had a short but successful run, raising their points into the double digits.

Third Marines Center, Brian Fair, section chief for 1st Bn., 12th Marine Regiment, stole the ball from Camp Smith and made a layup.

Fair was knocked to the ground and made the free throw completing a three-point play, thirty seconds before half time.

Determined to further 3rd Marines dominance of the game, Fair blocked the throw-in and made a jump shot, ending the first half with 3rd Marines ahead 28-10.

"We've done an outstanding job of keeping the pressure on and keeping a strong lead," said Amadis. "So far, our team has stayed in the first place position in the league, but we still have to work hard to keep the other teams at bay."

Revitalized by the break during half time, Camp Smith scored five unanswered points before 3rd

Marines had a chance to defend themselves.

The game became more heated with both teams scoring back to back in an offensive flurry.

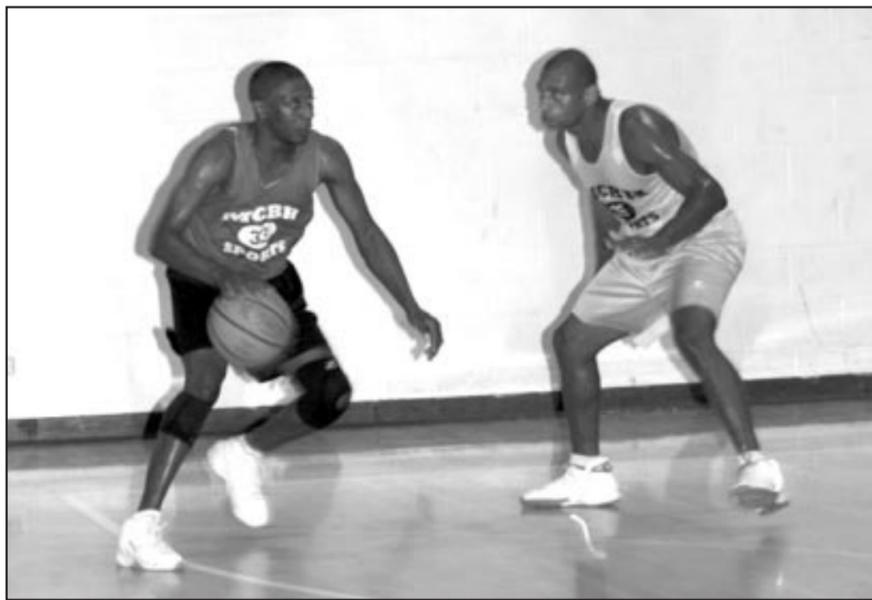
The scoreboard read 35-20, seven minutes into the second half.

The game came to an unexpected halt when 3rd Marines guard, Guy Woodard, battalion artillery chief for 1/12, went for an unsuccessful three-pointer. When his defender came down on his ankle, he had to be carried off the court by fellow teammates.

The game continued and 3rd Marines took control of the court, allowing Camp Smith only two more shots until the last five minutes of the game. The score held at 48-24.

Camp Smith, in a bid for a comeback, took every possible shot raising their score six more points, allowing 3rd Marines only 3 points before the final buzzer.

The game ended with 3rd Marines ahead, 51-32, holding their first place stance in the league.



Cpl. Jessica M. Mills

Camp Smith forward Rodney Hodges (left), training chief for Marine Forces Pacific, tries to get past the 3rd Marine Regiment defender.



Cpl. Jessica M. Mills

Camp Smith guard Roosevelt Walker, supply warehouse chief for Headquarters Bn., Marine Forces Pacific, jumps high into the air for a layup.

# Okinawa Marines take it to the ring

**Cpl. James S. McGregor**  
*MCB Camp Butler  
 Public Affairs Office*

**CHATAN TOWN, Okinawa, Japan** — A derivative of boxing and martial arts, kickboxing is a sport of combat, athleticism, discipline and strategy.

The age-old sport of kickboxing has been many things for different people of different cultures. For some, it is a competitive sport, while others consider it an excellent self-defense tool. A few even believe it to be a way of life.

The International Sport Karate Association brought together a number of kickboxing's competitors for its tournament at the Kamikaze Fighting Arena June 23. This battlefield was the setting for six Okinawa regional title bouts.

According to Hanshi Leon D. Wright, founder, Souseiki-Ryu Sekkinsen Karate School, Okinawa Martial Arts Association, the fighting was regulated by Oriental kickboxing rules. Oriental style is one of the most dangerous forms of the sport. Only Muay Thai fighting is more severe. The other two forms of kickboxing are full contact and freestyle.

"Muay Thai has less regulations and rules, and you can get away with a lot more nasty stuff," Wright said. "We're using Oriental tonight because we're in the Asian-Pacific Region, and because a lot of the fighting done here uses the full body."

Wright added that no matter what form is used, the general sport is unique in the martial arts for many reasons. Some reasons are apparent in the training area, commonly referred to as a 'dojo', and many are seen in the ring.

"It gives you skills you can't exert in the dojo, but can when fighting," said Wright, a 10th degree black belt. "What



Photos by Cpl. James S. McGregor

**Above** — Jamie Tennison, a welterweight fighter, throws a heavy blow during his bout in the International Sport Karate Association's kickboxing tournament June 23 at Kamikaze Fighting Arena. **Below** — Nabieu I. Turay, a middleweight fighter, gets a pep talk during his bout. Turay, a Camp Hansen Marine, remains undefeated in eight fights on Okinawa.

makes it unique is that you're not just kickboxing, you're doing your own technique. It's all about basic fundamentals of punching and kicking. It's really more of a chess game because no matter how much you train, you can still be lost mentally in the ring."

This is an excellent form of training, because it prepares its students for the real fight, according to Wright.

"It's the same situation as combat or a real fight, and after doing it awhile you get better," the 32-year veteran martial artist said. "Then you can start to pick and choose your fights and techniques. It's a mixed martial art."

Nabieu I. Turay, a middleweight fighter and student under Wright, was victorious in his bout. He has practiced martial arts for the past 14 years, but just got



into kickboxing four years ago.

"Before, I was into Shotokan karate because it's more about striking, but I couldn't find a school for it in the States," the Freetown, West Africa native said. "So, I started kickboxing because I'm all

about throwing blows and the physical aspect of it."

Turay added that he enjoys the sport for everything it offers that he has not seen in any other martial arts.

"The training is more intense," Turay said. "Getting physical is just part of it, even when you're just sparring. To me, it is the ultimate martial art. It keeps you in shape."

Jamie Tennison, a welterweight fighter who also won his bout, said he has been practicing kickboxing over the past two years. Also under Wright's tutelage, Tennison continues to practice other martial arts. He said he especially enjoys kickboxing for its competitiveness.

"It's a sport where most of the time you are fighting yourself," the Palmdale, Calif., native said. "It's like a chess game because you've got to learn the moves and know how to defend yourself in any situation."

Aside from learning the moves, Tennison mentioned that there were a few other challenges to learning the sport.

"A big challenge is adapting to how different cultures fight, because in competition we fight people from many countries," Tennison said. "I don't think it was hard to adapt to the style, because you have your own style. Plus, we can learn other styles as we train."

Whether it is a thinking game, a sport or a way of life, kickboxing has continued throughout the years to be a unique and rewarding pastime for its fighters, Wright said.

"An old martial arts friend of mine once said, 'karate no talk, karate do,'" Wright said. "That's what kickboxing is all about; putting what you got on the table, but humbly."

## SPORTS COMMENTARY

## Dolan: Yankees' Steinbrenner a "large part" of woes

John Gunn

*Special to the Hawaii Marine*

Indians owner Larry Dolan knows owners have been their own worst enemies when it comes to the skyrocketing salaries in baseball, but he said one owner stands alone in driving free-agent prices through the roof — the New York Yankees' George Steinbrenner.

"George is a large part of our problem," Dolan, a Marine vet, told an audience of 200 at an Executive Caterers Corporate Club at Landerhaven luncheon, the *Cleveland Plain Dealer* reported.

"George is not spending George's money. George is spending revenue money the rest of us don't have," Dolan said of the Bay Village native who almost owned the Indians 30 years ago.

Despite Steinbrenner's seemingly endless resources, Dolan said Steinbrenner was part of the ownership block that voted, 30-0, to authorize Commissioner Bud Selig to do whatever is necessary to ensure an appropriate level of long-term competitive balance in major-league baseball.

"The days when you have owners who have money and will spend that money without regard to the organization's revenue are gone," Dolan said.

Dolan said he did not expect any teams to be con-

*"The days when you have owners who have money and will spend that money without regard to the organization's revenue are gone."*

Larry Dolan

*Marine veteran and owner of the Cleveland Indians*

tracted, but he would not rule out losing teams to bankruptcy if the owners and players union fail to agree to some sort of revenue sharing.

"We cannot maintain 30 baseball teams in today's baseball economy," he said.

Steinbrenner responded, The Associated Press reported, saying, "Since the day that Babe Ruth was acquired, the Yankees have been the envy of many in the game and subject to the jealousies that success brings. In reality, it is the Yankees' success and commitment to providing a consistent winner that is at the center of the criticism.

"No one complained when the Yankees did not have success on the field," Steinbrenner said. "Our revenues have not been developed and increased accidentally. They are directly attributable to hard work and continuing investment in the team."

Dolan's brother, Charles, is chairman of Cablevision Systems Corp., which is in a dispute with the Yankees about carrying the team's new cable network on Cablevision's cable systems.

Larry Dolan played halfback on the St. Ignatius High football team. In the 1949 Cleveland Plain Dealer Charity Game for the city championship, Larry set up one touchdown and passed for another in a 13-0 victory.

Dolan played on the freshman team at Notre Dame but decided to concentrate on earning his bachelor's and law degrees.

In the Marines, he worked in the legal department at a naval air station. His most satisfying case was defending a Marine corporal charged with brutality toward Navy prisoners.

Dolan unearthed mounds of character evidence on the enlisted men and discredited their testimony. He won the corporal's acquittal.

"What it taught me was the value of preparation," he once told a Plain Dealer reporter.

## Lessons learned at NASCAR improve families safety

NAPS  
*Featurettes*

The accelerated safety initiative begun by NASCAR in the wake of Dale Earnhardt's death has led to a number of safety advances in extreme sports safety.

"We want to maintain our focus, day in and day out, on safety," said NASCAR Vice President George Pyne.

Earnhardt's death, following the fatal crashes the previous year of drivers Adam Petty, Kenny Irwin Jr. and Tony Roper was the catalyst for a series of safety moves. In fact, NASCAR has introduced more safety regulations this year than any other in its 54-year history.

First and foremost, all drivers must wear head and neck restraints. One of them is the new head and neck restrain-

ing system—a semi-hard plastic collar and helmet-latch device that protects the driver's neck and spine during high-speed crashes.

One of NASCAR's brightest young stars, Jeff Gordon, credited the device for his survival from a crash similar to the one that killed Earnhardt.

**Motorist Safety**

Interestingly, many of the plastic material lessons learned on the race track over the years have brought us stronger safety helmets, plastic air bags, and stronger nylon seat-restraint systems.

The new head restraint system is made with durable, lightweight composite

plastics. Today's kids' helmets and safety gear are being made out of similar lightweight plastics that can help save their lives and protect their dreams of competing like their heroes on the NASCAR circuit.

It's now estimated that 95,000 children sustain head injuries every year. But they're not driving race cars. They're playing sports, riding bikes, skate-boarding and rollerblading.

Plastic safety gear, such as safety helmets, help to protect kids from the very real dangers they face each day from unintentional injuries. A helmet can reduce the risk of brain injury while riding a bike by 85 percent.

The best thing to come out of auto racing's worst year last year is having the spotlight focused on safety. Perhaps nothing helps kids better to see the importance of safety gear in saving lives than having a hero like Jeff Gordon use plastic safety gear to help save a life.

Safety learned on the race track is also helping our troops on active duty. Many of the racing driver suits, made from a special fire-resistant plastic fabric are similar to those protecting our special ops personnel in Afghanistan now.

That "take it for granted," common material plastic is helping save lives on the NASCAR circuit and at home with our families every day.

**RIMPAC, From C-1**

repairman with 1/12, to tie up the game.

In the next 10 minutes both teams scored two more times keeping the game tied until Marine defensemen Mike Reddy, tool box noncommissioned officer with 1/12, released himself from his defender to scream the puck into the net for the win.

"This was a very close game," added Stroud "Even when we were down by one point with 5 minutes left the team never showed any signs of quitting."

"Playing together for the last couple of months allowed us to know each others strengths and weaknesses," said Marine coach Bob Dubois, ordnance officer for 1/12. "But, you've got to hand it to the Navy, they gave us a hell of a fight."

"With the popularity of in-line hockey growing constantly aboard K-Bay, Marines and Sailors



Sgt. Alexis R. Mulero

**Center Michael Stroud, HMH-363, slaps in one of his five goals during the semi-final game against VP-9.**

would like to compete on a more regular basis," said Dubois. "We hope that the base thinks about incorporating it as a varsity sport."

# Did You Know?



NAPS

**A rhinoceros beetle can support up to 850 times its own weight on its back.**

## HEALTH & FITNESS

# Summer heat can be cruel to the feet



Cpl. Jason E. Miller

Cpl. Florencio Bermudez, a scheduler with base G-3, checks his feet after a long day on the job.

### NAPS

#### *Featurettes*

When the summer sun heats up, sweaty feet can quickly become a problem for many Americans.

The increase in the temperature causes excessive perspiration from the more than 250,000 sweat glands in the foot, and foot odor is often the result.

Bromhidrosis is the term used to describe smelly feet.

It is caused by an increase in perspiration as a result of increased body temperature. Closed shoes aggravate sweaty feet and set up the perfect environment for bacteria to grow, leading to more sweat and more odor.

"Foot sweating disorders are common in all age groups," said Dr. Arnold Ravick, member of the American Podiatric Medical Association. "Increased tempera-

tures are often the reason, but sometimes there is an abnormality in the way the nerves supply the sweat glands with information.

"Also, some high blood pressure medications may be responsible. Diseases such as athlete's foot and dermatitis usually result from excessive foot sweating," said Dr. Ravick.

If you have tried these recommendations and have not seen any improvement, it is important to see a podiatrist for further consultation.

He or she might prescribe a prescription medication to lessen sweating, or a topical antibiotic gel that can lower the bacteria count on the foot and combat the odor problem.

For more information on foot health, visit the APMA's Web site at [www.apma.org](http://www.apma.org) or call 1-800-FOOTCARE for a free brochure.

The American Podiatric Medical Association has issued these recommendations for controlling smelly, sweaty feet:

• **Daily hygiene is essential. Wash your feet often and dry them meticulously.**

• **Change your shoes daily to let each pair air out. In the summer months wear sandals to let your feet breathe.**

• **Change your socks, perhaps even twice a day, and wear light colored or white all-natural fiber socks or stockings.**

• **Stay away from rubber-soled shoes, which don't allow your feet to breathe easily.**

• **Foot powders and antiperspirants can help lessen sweating and odor.**

# HASH : Marines join race for the hares

*From C-1*

chase and the rush of the trail.

Some of the different clues used by the Hashers are arrows or dollops of flour indicating a good trail. Another is an arrow with three lines through it indicating a true trail.

Before the run each clue is carefully gone over to answer any questions.

In general, there are two trails one can take, the Turkey and Eagle trail. The turkey is a shorter trail, usually for walkers and strollers, and the eagle is for the serious trail blazers of the group.

Over 50 people showed up for the event, including 17 new comers who had to get the talk time for the first time, which included a short brief about themselves. This will later be used to give a name after six Hashes.

The Hares took off prior to the rest of the pack, 15 minutes later over 50 Hashers followed the trail of clues.

The trail took the hashers through the streets of Kailua and on to a mountain ridge that seemed to touch the sky.

"It's a perfect way to spend a weekend afternoon, pushing your body (the Hash way) to the ultimate edge and spending time with people that share the same interest," said John P. Gallagher "Chewbacca", personnel chief, 3rd Marine Regiment.

Along the trail, "On, on," echoed throughout the canyons, letting the

other hashers know it was a good trail. Signs of clues pointed this way and that way, good trail, bad trail it was up to the hashers to know which one to take or how well they read the signs.

Some spectacular sights of the base were in full view at the top of some of the ridges.

The trail snaked through some canyons and gulleys and finally ended up in a school picnic area, where food and beverages waited.

Sounds of laughter and smiles clued the tired Hashers that the trail they took was a right one.

"This trail was tougher than I thought it would be," said (no name) Tammy Leavitt, an Army Drill Sgt. from Monta Ray, Calif." It wore me out just a little bit. My body is feeling the pain."

One of the unique qualities of Hashing is the name one gets after completing six Hashes. For the first six runs, you have no name except for "no name Bob."

Some examples of names that are given were Scooby Doo, Skin-

diver, and Chewbacca. Each name is personally given with a special connection to the Hasher, so the name is a big part of Hashing.

"I really had a great time here on this Hash," said Kristen Sweet, a Photographer, Joint Agency PAC Fleet. "I'm really glad I finished and didn't hurt myself."

Hashing is for everybody. On the first of the month, there is a family day where kids can come and join the fun.

Always, after each run, there is a picnic of snacks and beverages of your choice.

Either way, it can be a wonderful time to stay fit and meet people that share the same goal, to Hash and have fun. For further information call 948-HASH.



Staff Sgt. Jesus A. Lora

**The very first minutes of the Hash, the hashers set out for clues. Some walk and some speed, either way the trail is set and the chase is on to catch the Hare.**

## CAREW: 18-time All-Star returns

*From C-1*

new for Carew. He gained plenty of experience early in his career by helping the Twins win division titles in 1969 and 1970. He proved his worth immediately by winning AL Rookie of the Year honors in 1967 and continued to spark the Twins offense for 11 more seasons before finishing his career with the Angels.

In post-playing days, Carew has stayed close to the game, serving as a hitting coach for the Angels and spending last season as a hitting coach for the offensively challenged Brewers. However, Carew was let go after Milwaukee led the league in strikeouts.