

Hawaii MARINE SPORTS

Hawaii Marine B Section

July 4, 2003

Record holder shares PFT tips

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

CAMP H. M. SMITH — The fastest Marine alive, retired Gunnery Sgt. Farley Simon, shared his winning ways with the Marines of Headquarters and Service Bn., Marine Forces Pacific, at the Sunset Lanai here, June 18.

Aside from winning the Marine Corps Marathon on two separate occasions, nearly two decades apart, Simon holds the record for the fastest recorded time in the third portion of the Marine Corps physical fitness test — the timed, three-mile run.

He set the record at 13:43 in 1989.

During his question & answer session with the battalion, Simon stressed the importance of pacing the run portion of the PFT.

He prescribed interval runs, where a runner trains at an increased rate for a few minutes and recovers for a minute or so, and tempo runs, in which the runner increases the pace of the run until he or she reaches the desired pace.

For athletes who had questions regarding their dietary needs, Simon advised them and the audience to visit with a nutritionist at Tripler Army Medical Center or at the Branch Medical Clinic aboard MCB Hawaii, Kaneohe Bay, to answer any questions regarding their nutritional needs.

"I learned a lot on how to improve my run time, and I was impressed by the goals that he set for himself during his Marine Corps career," said Cpl. Marcus Henry, a combat photographer with the MarForPac Combat Visual Information Center.



Lance Cpl. Monroe F. Seigle

Christian Okoye takes a hard swing while playing golf with service members and other NFL celebrities during his visit to MCB Hawaii, Kaneohe Bay, June 27.

NFL players return to Kaneohe Bay

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Several celebrities from the National Football League visited MCB Hawaii, Kaneohe Bay, June 27 during their return visit after the Pro Bowl in February.

The athletes were supporters of the Christian Okoye Foundation, which has a mission to capture the passion children have for sports and direct that energy to enhance their educational and personal goals.

Over the years, the foundation has targeted at-risk and underprivileged youth by hosting free athlete clinics, with the assistance of well-known professional athletes who coach the kids. On average, the foundation touches the lives of 9,500 kids per year.

Before reaching out to the children in the communities of Hawaii, the star athletes played golf at the Kaneohe Klipper Golf Course aboard K-Bay and talked to Marines and Sailors from various battalions on base.

"The Marines are really outstanding people; I admire their dedication to their country," said Okoye, the founder of the Christian Okoye Foundation and a former running back for the Kansas City Chiefs. "We had a great time the first time we were here during the Pro Bowl. We were honored when we were invited to come back for another visit."

The NFL players also made their way to Kahuna's Sports Bar and Grill, where they found many eager service members anxious to talk and take photos with them, as well as sign autographs.

"Ever since Sept. 11, we have wanted to work with the military and their children," said Eddie Lange, director of the Christian Okoye Foundation. "This was a chance for us to say 'thank you' to the families and service members."



Cpl. Jessica M. Mills

Kenneth Parker, a maintenance chief for the Executive Transport Detachment, CPRFP, knocks down Jeffrey Privott, a forward for CSSG-3's Intramural 30 and Over Team, as he tries to dribble down the court.

CSSG-3 puts CPRFP through the wringer

Cpl. Jessica M. Mills
Combat Correspondent

When the first place and third place teams of the Intramural 30 and Over League go head to head, it is bound to be an exciting game. So, when the Combat Service Support Group 3 team defeated the Commander Patrol and Reconnaissance Force Pacific team, Monday, 59-45, it was indeed a game for the record books.

Jeffrey Privott opened the game by scoring two lay-ups against CPRFP, which the group answered with a three-pointer from the right side. The scoreboard read 4-3.

A small scuffle ensued on the court, and CPRFP was called on a foul, giving CSSG-3 two penalty shots, but CPRFP took control of the rebound and whipped down the court landing another shot — the score 6-5.

Control of the ball bounced back and forth between the two teams, each scoring respectively; however, CPRFP turned the tables on CSSG-3 and took the lead when Joe Eversole, the safety officer for CPRFP, scored a three-pointer and raised the score, 12-8.

Although CPRFP kept the lead for a good while, CSSG-3 kept the Sailors on a short leash, stepping on their toes.

Eversole scored two more shots, though CSSG-3 kept pounding the court, doubling its score, 17-16.

Yet again, the game took another sharp turn, as James Stanley, the coach of CSSG-3, brought his team ahead, 19-17, with a strong shot from under the basket. Yet, the lead was short lived as CPRFP came from behind and tied the



Cpl. Jessica M. Mills

Privott makes another one of his many shots during the game Monday night against the Commander Patrol and Reconnaissance Force Pacific team. Privott scored 20 points to help clinch the win for CSSG-3.

game back up, 21-21.

With its dignity back, CPRFP took control of the game and dragged its score with them. With four minutes left in the first half, Ivan Wilkins, a maintenance chief for VR-51, scored four points back to back, pulling CPRFP ahead, 25-21.

By halftime, CPRFP had managed to score eight more points and has greatly extended its lead over CSSG-3. The first half ended 33-23.

In the second half, CSSG-3 came back fully rejuvenated and scored four shots before CPRFP got a chance to defend; the lead was almost extinguished at 33-31.

In a last attempt to hold onto its lead CPRFP scored a three-pointer,

bringing the score up 36-31 with 13 minutes left on the clock — to no avail.

Stanley took control of the ball and scored two shots back to back, closing in the lead against CPRFP, 36-35.

The game became very aggressive; CSSG's guards were up and active, knocking down every shot that CPRFP tried to make.

Both teams mustered all-out efforts, and with nine minutes left on the clock, it could have been anybody's game.

The group, however, finally took the lead. With two penalty shots by Privott, CSSG inched ahead, 41-38.

Following Privott's shots, Stanley scored two in a row and raising the score for CSSG-3, 45-38.

As the clock slowly winded down, CSSG continued to put CPRFP through the wringer, much to the Sailors' disappointment.

With a minute and a half left, CSSG-3 continued to score one shot after another.

The group's defense held CPRFP at bay, 55-40.

As the last few seconds slowly passed, CPRFP broke through CSSG's defenses and managed to score five more points. But it was not enough.

When the buzzer signaled the end of the game, CSSG-3 finished victoriously, 59-45.

"Our defense was tight and we came together as a team," said Stanley. "It's about knowing where to play and check. You could tell we were unorganized in the first half."

"If we would have continued that way, we would have lost. But once we got together, we ruled the court," he explained.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Sponsors the '101 Days of Summer' Campaign

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

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

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

Staff Club Tees Off for Grand Opening

The Staff NCO Club Grand Opening Golf Tournament is a 4-man scramble open to Staff noncommissioned officers of all services, family members and equivalent. The cost is \$40 for

staff NCO Club members, \$45 for nonmembers, \$50 for DoD/field grade, and \$55 for invited guests. Included in the cost are greens fees, golf cart, heavy pupus and prizes.

For more information, call 254-1745 or 254-3220.

Semper-Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trial Camp is Oct. 12 - 18 at Marine Corps Reserve Supplement Command Kansas City. The Armed Forces Rugby Championship will be held Oct. 20 - 27 at Naval Station Everett, Wash.

An armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla. Marines will return to their assigned duty station upon completion of the Armed Forces Rugby Championship. 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 sub-

mit resumes no later than Sept. 16. Resumes must include the past two years 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/semperfit/sports/at/hletic%20summary.doc, and they must be sent through local Semper Fit athletic directors.

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

Swamp Romp Returns July 26

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

Registration forms are available now at the Semper Fit Center.

The cost is \$90.00 per six-person team.

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

MCCS Holds Softball Tournament

A softball tournament will be held at Riseley Field today, Saturday and Sunday as the second event of the "101 Days of Summer" campaign. The entry fee is \$100 per team.

Bring entries to the Athletic Office at the Semper Fit Center.

For more information on the softball tournament, call 254-7591.

All-Marine Volleyball Selection Goes August

The All-Marine Men's Volleyball Trial Camp will be held Aug. 3 - 24 at Marine Air Ground Combat Center, 29 Palms, Calif.

The Armed Forces Men's Volleyball Championship will be held Aug. 25 - 31 at Schriever Air Force Base, Colo.

The Armed Forces Championship will be used to select the armed forces team that will compete at the World Games in Catania, Italy, Sept. 13 - 23.

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

Resumes can be found at www.usmc-mccs.org/semperfit/sports/athletic%20summary.doc, and must be sent through local MCCS Semper Fit athletic directors.

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

Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a

member of the Professional Golfers' Association, at the Kaneohe Klipper for a four-week golf clinic, today and following Fridays from 5 to 6 p.m.

Learn more about your swing, from long and short game, to pitching, putting, golf etiquette and even the rules.

The class is limited to 25, and costs \$80.

To take part or for more information on the Adult Golf Clinic, call 254-3220.

Intramural Leagues Battle

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

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

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

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

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

Adventure Training Makes PT Fun

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

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

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

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

Base All Stars

NAME: Charles W. Lawson

BILLET: Aircraft Rescue Firefighter

UNIT: Marine Corps Air Facility

SPORT: Swimming

• Lawson has been swimming since he was 10 years old.

• The "101 Days of Summer" swim meet was the first time Lawson has swam competitively at MCB Hawaii.

• He swam for Sammamish High School in Bellevue, Wash., his freshman through junior years. He also swam for the Bellevue Club (a year-round team) during his junior year.

• Lawson played water polo. During his sophomore year, his team placed 5th in the state, 1st his junior year and 2nd in his senior year.



Sgt. Alexis Mulero

"Swimming competitively or competing in any sports always makes people train harder. And, at the end, the fruits of your effort show."

Intramural Standings

30 and Over Basketball

	WINS	LOSSES
Ole School	7	1
CPRFP	6	1
Alkaseltzers	3	5
2/3	1	2
Facilities	2	5
1st Radio Bn.	1	4

Congratulations to the CSSG-3 and 1st Radio Bn., your MCB Hawaii Intramural Softball Champions!

*Standings current as of June 25

COMMUNITY SPORTS

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

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

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

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

Parents can have their child's PPD shot administered on July 23 and then read on July 26.

Or, parents can have the child's PPD administered on July 26, with a follow-up reading on July 28 at the Branch Medical Clinic at MCB Hawaii, Kaneohe Bay. A last option is to take advantage of a "drive-thru" reading at the Navy Exchange Mall from 10 a.m. - 2 p.m. or 4 - 6 p.m.

For more information or to set your child up for the school or sports physical, call Makalapa Central Appointment's at 473-0247, starting Monday.

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

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

All participants are required to provide picture identification at the door. For more information, call 587-0200.

Boat Festival Calls for Paddles

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

Companies, clubs and team-spirited clans who can round up at least 18 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 entry fee is \$425. Registration forms are now available online at www.idealhawaii.com or by calling Gifford Chang at 951-0350.

Hawaii Horse Show Association Sponsors Aloha State Games

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

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

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

Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Recreation Gets Advertised

Advertise sports and recreational activities of general interest in the "Base Sports" or "Community Sports" columns. Fax details to 257-2511.

'101 Days of Summer' campaign starts with a splash

Sgt. Alexis R. Mulero
Combat Correspondent

More than 75 competitors represented their individual units during the "101 Days of Summer" intramural swim meet at the base pool, June 25.

The swim meet kicked off the festivities of the campaign, which promoted alcohol and drug awareness to the Marines and Sailors aboard base.

"I feel this campaign is a real positive impact on base," said Harry Sprague, water activities specialist and swim meet coordinator, Marine Corps Community Services. "The base has not held an intramural swim meet in five years, so the campaign is already proving to be positive."

The swimmers competed in eight

total events, six of them individual and two relays.

Marine Corps Air Facility took home the most medals, thanks to Charles Lawson who led the way for MCAF to win four gold medals and one silver medal. Additionally, MCAF received two bronze medals for placing third in the Medley Relay, which involved four different swimming strokes and the Freestyle Swim Relay.

"It's always good and a lot of fun to compete and represent my unit well," said Lawson, aircraft rescue firefighter, MCAF, MCB Hawaii, Kaneohe Bay. "Everyone has different skills. If we all do our part to work toward our goals, then our units can be unstoppable during this campaign."



Sgt. Alexis R. Mulero

Nicholas A. Hasenfratz, training NCO, Headquarters Bn., MCB Hawaii, swarms toward the finish line during the 50-meter butterfly stroke event of the "101 Days of Summer" intramural swim meet, June 25. The campaign promotes drug and alcohol awareness.



spotlight on health

Reading nutritional food labels has become easier

NAPS

Featurettes

If you read the nutritional panels on foods when you shop, you have plenty of company. Nearly eight out of 10 Americans have joined you, and nearly three-fourths of consumers say they are choosing reduced fat or no-fat foods, according to a survey by the American Heart Association.

Reading nutrition facts panels and choosing appropriate foods is crucial for people who need to follow a diet low in saturated fat and cholesterol to maintain heart health. But many shoppers may not have the time to fully scrutinize labels at the grocery store.

The average shopper is already spending more than 50 minutes in the grocery



Lance Cpl. Monroe F. Seigle

The American Heart Association reminds shoppers to make heart-smart choices by selecting healthy produce and meats, and by looking out for the red heart with a white check mark on packaged goods and canned foods.

store for his or her major shopping trip of the week. However, many Americans would like to make their shopping more efficient.

The American Heart Association's Food Certification Program, with its familiar heart-check mark, can help shoppers speed through the aisles by helping them identify heart-healthy foods.

The easy-to-recognize red heart with a white check mark is a quick and reliable tool for finding foods that are low in saturated fat and cholesterol. The heart-check mark is one simple tool that consumers can use to make heart-healthy food choices.

Food products with the heart-check mark on the label must meet the following criteria per serving:

- Low fat (less than or equal to 3 grams).
- Low saturated fat (less than or equal to 1 gram).
- Low cholesterol (less than or equal to 20 milligrams).
- Sodium value of less than or equal to 480 milligrams for individual foods. Main dishes and meals have special levels.
- Finally, it must contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.
- For meats to be eligible for the heart-

check mark, they must meet the USDA standard for extra lean.

"Today's food labels can be confusing to the people trying to eat a heart healthy diet," says Rebecca Mullis, R.D. Ph.D., head of the University of Georgia's Food and Nutrition Department and a volunteer member of the American Heart Association Nutrition Committee. "The American Heart Association's heart-check mark is one way to quickly and reliably find foods low in saturated fat and cholesterol in the grocery store."

In eight years, the Food Certification Program has gained the trust of consumers.

"Even when people are in a hurry, they can make smart choices in the grocery store," said Mullis. "I know folks don't always take all the information they need with them when they shop, but the familiar red heart with the white check-mark reminds them that they are making a heart-healthy choice."

For more info, surf www.americanheart.org/Food Certification.

No one should ever take a vacation from water safety

NAPS

Featurettes

Summer is a wonderful time of year, when children and parents look forward to outdoor activities in the pool or at the beach. Yet, accidents can happen if families take a vacation from safety. But the good news is that most water tragedies can be prevented if everyone remembers the basic rules of water safety.

Connie Harvey, American Red Cross national health and safety expert, reminds families to follow these safety tips for staying healthy and safe in or around the water.

•**Learn to swim.** One of the best things anyone can do to stay safe in and around the water is to learn to swim. However, no one, including adults, should ever swim alone. Also, adults should practice "reach supervision," which means to be within arm's length of a child in case an emergency occurs.

•**Outfit everyone with the proper gear.** Kids and adults who are not strong swimmers should use U.S. Coast Guard-approved personal flotation devices whenever they are in or around the water.

"This lightweight, plastic equipment, when used properly, can help save lives," says Harvey.

Everyone, including strong swimmers, should use an approved personal flotation device when boating.

•**Always keep basic lifesaving equipment by the pool and know how to use it.** A first aid kit, cordless phone, phone list with emergency contact information, a reaching pole and a plastic ring buoy with a nylon line attached are recommended.

"Plastic makes the ring buoy so light, even a child can save a life if the need arises," points out Harvey. "These items, coupled with a pool emergency action plan similar to a fire drill, help the whole family breathe a little easier."

•**Pack a "safety bag" for a day at the beach or lake.** Further, waterproof sunscreen with an SPF of 15 or higher, water shoes to keep feet safe, and plenty of water are musts. Use plastic tubes and water bottles to prevent creation of sharp objects that can injure kids' feet.

•**Learn Red Cross first aid and CPR.**

"It is important to know what to do when a dangerous situation arises," says Harvey.

All caregivers, including grandparents, older siblings and babysitters should have these lifesaving skills.

For more information on staying safe in and around the water, visit www.redcross.org, or contact your local American Red Cross chapter.

(Editor's Note: Reach the American Red Cross serving MCB Hawaii at 257-8848.)

'Wanna' race, man?'



Sgt. Alexis R. Mulero

Swimmers from MCB Hawaii, Kaneohe Bay, storm into the base pool to compete in a 50-meter freestyle event during a swim meet held during the "101 Critical Days of Summer" promotional campaign, June 25. Athletes, as well all other base patrons, can develop their technique at the base pool.