

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 28, 2002

Marines beat Air Force in showdown

Lance Cpl.
Jessica M. Mills
Sports Editor

During the week-long Hawaii Armed Services Athletic Council Softball Tournament, the MCB Hawaii Men's Varsity Team took the lead over the Air Force by defeating them 19-18, June 20, at the Earhart Softball Complex aboard Hickam Air Force Base.

The HASAC tournament began last week with "double round robin" playoffs between the three teams, followed by a double elimination final round. Each team competed against one another twice for a total of six games each. The playoffs established the seeding for the official tournament.

The MCB Hawaii team ended the playoffs evenly, with three wins and three losses.

Their first tournament game began with three Marine runs in the top of the first, and a double play in the bottom.

In the bottom of the second, the Air Force scored one run.

MCB Hawaii scored two more runs in the top of the third, but the Air Force came back and scored four, ending the third inning 5-5.

In the top of the fifth, Jerry Knight, coach and maintenance officer for 1st Radio Bn., hit his second home run of the game and raised the score 10-6, MCB Hawaii.

MCB Hawaii kept defense strong and although the Air Force had power hitters up to bat, not one runner made it to first base.

Shortstop Jeremy Rose, an



Lance Cpl. Jessica M. Mills

Above — Jay Williams, Marine Forces Pacific personnel chief, throws the ball to first base for a double play in the bottom of the first. Below — First baseman Todd Tapper, an imagery analyst with the Joint Intelligence Center Pacific, scores another run for MCB Hawaii against the Air Force, bringing them closer to victory.

electric maintenance technician with 1st Radio Bn., snagged the ball and threw it to first two times in a row to make the final two outs.

In the bottom of the sixth, the Air Force hit a home run and brought in three runs at the end of the inning.

The top of the seventh was MCB Hawaii's last chance to win the game. The batters were confident and scored two single runs. Rose then hit a home run, scoring three more. The top half of the inning ended 19-18 in favor of MCB Hawaii.

The Air Force put up an exciting and strong offensive against MCB Hawaii, but they were unable to score again, and the game ended 19-18.

"It's not the spectacular plays that make the game. It's the routine ones," said right fielder Scott Justus, a regimental ordinance officer for 3rd Marine Regiment.

According to varsity sports coordinator, Steve Kalnasy, the MCB Hawaii team is the defending regional tournament champion, and will be going to participate in the Marine Forces Pacific, Men's Regional Softball Tournament at Camp Foster, Okinawa, July 6-14.

"The purpose of the tournament is for individual Marines to be chosen to go to the All-Marine Trial Camp at Cherry Point, N.C., where they try out for the All-Marine team," said Kalnasy.



Some Marines party while other Marines play



Sgt. Alexis R. Mulero
Community Relations

Goal! Goal! Goal!

That is a familiar sound in many parts of the world from screaming, soccer-crazed fans watching the 2002 World Cup.

Here at MCB Hawaii, Kaneohe Bay, the trend is no different. Some fans would rather play the fast-paced sport than just watch it.

That's why a team composed of Marines and Sailors from K-Bay decided to play a friendly soccer match with the visiting 11th Marine Expeditionary Unit Special Operations Capable(SOC), Sunday at Pop Warner Field.

"It's a great opportunity for the MEU SOC to enjoy Hawaii and some good "Futbol" prior to deploying," said Ian Stevens, a CH-53 pilot and

11th MEU SOC midfielder.

For the first 45 minutes of the game, 11th MEU SOC commanded the field, mostly a cause of astonishing ball handling by forwards Jose A. Flores, an aviation support equipment technician and Jeremy Brown, an administrative clerk.

At the 15-minute mark,

See Soccer, C-3



Sgt. Alexis R. Mulero

Above — A soccer team representing the 11th MEU SOC assaults the net protected by Gabriel Jaramillo, a traffic management clerk for K-Bay team. Left — Gabriel Jaramillo exhibits some fancy footwork, forcing the 11th MEU SOC to chase all over the field trying to catch him.

SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

K-Bay Throws Semper Xtreme Bowling Bash

K-Bay Lanes will host its 3rd Anniversary Semper Xtreme Bowling bonanza, starting today until June 30.

During this three-day bowling birthday party the first 100 guests will receive free cake.

All authorized military I.D. cardholders will enjoy free shoe rental and bowl for only \$2 per game. Guests of military patrons may bowl for \$2.25 per game.

Food specials and door prizes are in store at K-Bay Lanes all weekend.

Celebrate today from 4 p.m. - 1 a.m., Saturday from 11:30 a.m. - 5 p.m. and 8:30 p.m. - 1 a.m., Sunday from 1:30 - 11 p.m.

For more details, call 254-7693.

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.

MCCS Accepts Resumes For AF Marathon

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

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

Marines interested in being considered should submit a resume with approved command authorization to the

MCCS sports officer no later than July 20.

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

O'Club Pool Closed For Renovations

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

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

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

For more information, call 254-7649.

Enlisted Club Hosts Sports Night

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

Catch the game, order a round of pupus for the gang and unwind.

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

For additional details, call 254-7660.



Sgt. Alexis R. Mulero

Base All Stars

NAME: Cpl. Gabriel Jaramillo

BILLET: Traffic Management Clerk

UNIT: Traffic Management Office

POSITION: Sweeper

TEAM: Headquarters Bn.

SPORT: Soccer

- Jaramillo has been playing soccer for 18 years.

- During 2001, Jaramillo was selected for the All-Marine Soccer Team and the All-Armed Services Soccer Team.

- The Sinaloa, Mexico, native also coaches the Headquarters Bn. soccer team, which so far has posted a record of 1-1 in the base intramural soccer league.

"Soccer is a sport that requires players to have heart and tons of dedication."

Sports Ticker

2002 Intramural Soccer Standings

	Won	Lost
1st Radio Bn.	2	0
Headquarters Bn.	2	1
CPRFP	1	1
3rd Marines	1	1
HMH-363.	1	1
CSSG-3	0	1
Camp Smith	0	0

30 and Over Basketball Standings

	Won	Lost
3rd Marines	3	0
2/3	3	1
Facilities	2	1
Ole School	2	1
Camp Smith	2	2
1st Radio Bn.	0	3
MALS-24	0	4

MCCS Summer Sunations take over K-Bay

Debbie Robbins

MCCS Public Relations

Lather on the sun-screen and sign up your keiki for summer sunations.

Ensure they enjoy an active, stimulating summer and avoid the TV and video game "brain-drain."

From swimming and sports to camping and kayaking, Marine Corps Community Services offers plenty to get your kids out of the house and into the summer experience.

Sailing

For adventurous keiki eight years and older, the Base Marina is hosting Junior Beginning and Junior Intermediate Sailing lessons now 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.

Interested persons should make reservations now for the best selection at 254-7667.



Camping

If camping under the stars or inside a tent is more appealing to your tribe, the Outdoor Recreation Center rents camping equipment from fishing rods and reels, to tents, lanterns, horseshoes, picnic canopies, surf and boogie boards.

The ORC is located inside the Base Marina.

K-Bay Lanes

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

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

Sessions run Tuesdays through Fridays, July 9 - 19, July 23 - Aug. 2, and Aug. 6 — Space is limited to the first 30 children.

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

Restful Reading

Bring the world to your keiki through books.

The Base Library and McDonald's Hawaii is hosting a radical Summer Reading Program for children of all ages.

Kids may turn in completed reading logs in exchange for McDonald's food certificates and entries into the book drawing to be held at the Summer Wrap Up Party, Aug. 15.

In addition to the Summer Reading Program, the Base Library will also hold, "Pet's and Kids @ the Base Library," Thursday, Aug. 1 at 10 a.m.

The Humane Society will showcase pets and proper care techniques, Auntie Lori will read stories and kids can enjoy games and pet-related activities.

For more, call 254-7624.

Soccer, From C-1

Flores kicked a 30-foot screamer past goal tender Gabriel Jaramillo to put the MEU SOC team ahead.

Fifteen minutes later, Brown dribbled his way close enough to the net and slipped in a goal to make it 2-0.

After the second goal, Jaramillo, who is also a coach, decided that he should switch positions with the normal goaltender, who was playing forward.

That switch came to no avail as Flores caught the new goal-

keeper by surprise and made the score 3-0.

Second half minutes were almost completely controlled by the K-Bay team, which dominated possession of the ball, but got shut down by the MEU SOC's goalkeeper on all attempts to score.

"They have a solid team and their goaltender had a lot of good saves," said Jaramillo.

Even though the K-Bay team fell short, it looks forward to a rematch against the 11th MEU SOC when it returns to San Diego after it's six-month deployment.



Sgt. Alexis R. Mulero

Forward Jose Flores, an aviation support equipment technician for the 11th MEU, maneuvers the ball closer to the net for one of his two goals scored on Sunday.

K-Bay Sailor spins up dirt on free time

Cpl. Jason E. Miller
Combat Correspondent

The roar of the engines fills the air. The smell of burning fuel adds a touch of palatability to an almost surreal moment.

With knuckles clenched tightly around the steering wheel, the adrenaline rush that comes just before the start makes him forget all about his day job as a U.S. Navy petty officer, stationed at MCB Hawaii, Kaneohe Bay.

Petty Officer 1st Class Richard Hargrave the production control leading petty officer with Marine Aviation Logistics Squadron 24 is more than just your average Sailor. On days when most people are sitting at home and relaxing, Hargrave can be found either fine-tuning his four-cylinder midget sprint car or grinding out laps in his custom-built machine at the track.

Every Saturday night, the Hawaii Raceway at Campbell Industrial Park, near Waianae, explodes with the sounds of thunderous engines as cars tear around the quarter mile dirt track and drag strip.

Among the top few finishers in the midget sprint car, dirt track event, is usually Hargrave. He has built for himself, among the other racers, the mutual respect that is formed between competitors.

"When we're in the pits, it's all about helping each other out and having a good time," one racer said. "But once we hit that track, the friendships disappear and it becomes total competition."

Standing well over 6 feet, one would-



Cpl. Jason E. Miller

Above — Hargrave stands proudly next to his custom-built midget sprint car. Below — In third place, Hargrave (left) races the quarter mile dirt track in under 15 seconds.

n't think a driver like Hargrave would fit into anything called a midget. The name only refers to slight variances, one of which is the absence of a wing atop the carriage, which makes the vehicle a little slower and less powerful than a regular sprint car.

The dirt tracks are one quarter of a mile long, and covered with a clay-like slippery mud, so that cars can tear around the corners without too much friction that could cause the vehicles to

flip over and crash.

Although this occasionally happens, it's the better drivers like Hargrave, or Rick, as he's known at the track, who

keep their cars upright and make it to the finish line.

"I started racing 13 years ago when I first came to Hawaii," said Hargrave. "It has been an on and off thing for that long due to my Navy career. I started out when I was 18 because I had nothing else to do on the weekends, and now it's turned into a real passion."

Hargrave's car is a finely tuned dirt track machine, which is currently painted like "Spiderman."

Keeping race cars tuned is a time consuming and sometimes costly job though.

"It's not as expensive as people would think," Hargrave said. "The initial investment for my current vehicle was about \$5,000, race ready, with a trailer. I've made some improvements to the car since, but I almost break even each week if I finish in one of the paying positions."

For the most part, his favorite part of the sport is winning. Although, he does enjoy raising money for kids. Hargrave participates in a program similar to the Make a Wish Foundation, that sends less fortunate children to enjoy motorsports events.

"I would love to go higher into the divisions, but for now I am satisfied until my Navy career is finished," said Hargrave.

"My goal is to eventually race in the Automobile Race Car Association or full size sprint cars."





NAPS

Most people lose nearly one quart of water to perspiration every day.

Turn down the temperature when heat is on

NAPS
Featurettes

Here's a fact that may make some people hot under the collar: the average person produces enough sweat each day to fill about one quart (or a small milk carton.)

This number spikes during the summer months, especially in humid conditions.

With summer's rising temperatures comes sweat and body odor. This can pose the problem of how to keep sweat to a minimum and stay cooler in summer months.

Although sweat can be embarrassing, it is necessary as it regulates body temperature by keeping the body cool and pre-

venting it from overheating.

Surprisingly, sweat is odorless. The body odor occurs when sweat mixes with bacteria on the skin.

"Although sweating is necessary, most people like to keep sweating to a minimum and prevent the odor associated with perspiration," says Mark Davis, sweat expert and researcher at Procter & Gamble.

In addition to using an antiperspirant or deodorant daily, follow these recommended tips to enjoy a sweat-free season:

- Water, Water, and More Water — Drink plenty of fluids. Experts recommend at least eight to 10 glasses of water per day.

- Choose Cotton — Wear clothing that breathes easier, such as cotton.

Material that breathes can keep sweating

to a minimum and actually make you feel cooler.

Avoid materials that encourage perspiration, such as polyester and nylon, as well as dark colors.

- Refresh your body often with a cool towel or go for a swim.

- Replace Salt and Minerals — Sweating removes salt and minerals from the body.

If participating in a strenuous activity where you anticipate heavy perspiration, drink fruit juices and sports beverages to replace the lost minerals.

With these simple tips, you can keep your body cool and enjoy the warm days and nights.

To learn more about keeping cool this summer, visit www.scent.com.

Junior golfers learn online

NAPS
Featurettes

The golf community has teed off with a new Web site in an effort to increase young people's interest in the game.

The site will receive promotional and content support from the entire industry.

JuniorLinks.com was developed under the World Golf Foundation's Golf 20/20 initiatives and led by the United States Golf Association (USGA) Foundation.

The site's primary objective is to build a master database of junior golf programs in the United States.

Junior programs can register on the site, and youngsters and their parents will be able to search the database for the most appropriate program in their area.

"There is a tremendous amount of good work being done in the area of junior golf, and as an industry we should get our arms around that and enable people to more easily find the most suitable program for them," said Ruffin Beckwith, World Golf Foundation senior vice president. "The research we've undertaken this year confirms how vital structured junior programs are to the future of the game, and we hope that this Web site represents a renewed commitment by the industry to improve communication and to focus on the potential for introducing golf to every kid in America."

JuniorLinks.com has recently released feature information on a wide range of subjects, from rules and the environment to swing tips and college scholarship information. The content will be provided by many of the organizations participating in Golf 20/20, including the USGA, Professional Golf Association and the PGA of America.

"The USGA is dedicated to the game's future and to complete inclusion," said USGA President Reed Mackenzie. "Through our Foundation's efforts, we recognize that passing on opportunity and tradition does not happen in one fell swoop. Continued innovation and collaboration on a national and local level is a must."

Future phases of the Web site will include content for kids, parents and program directors, including "best practices" from junior programs around the country and a forum for junior golf administrators to communicate so their programs can improve and grow.

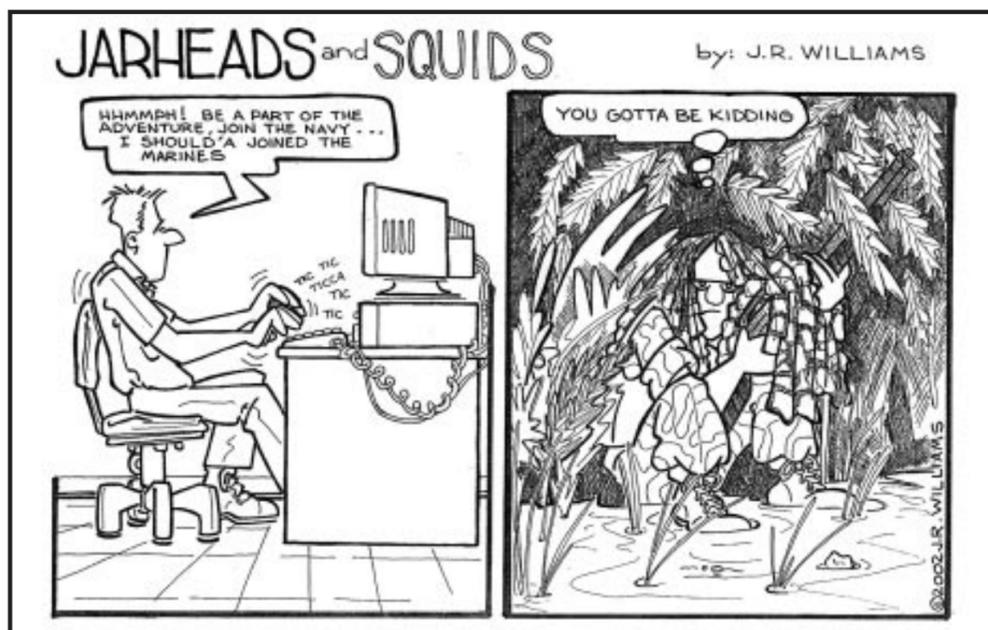
Golf 20/20's mission is



NAPS

Kids who have an interest in golf can improve their swing online.

to align the golf industry behind programs that will significantly enhance the game's growth over the next 20 years.



HEALTH & FITNESS

Three simple changes can improve your health

NAPS *Featurettes*

A person could spend a lifetime reading about how certain foods may be beneficial to health, as every day new research is published on the finer points of eating well to stay healthy.

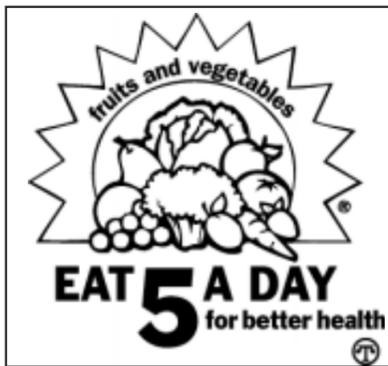
Put down the books and magazines and turn your interest into action. A few simple changes can make a big difference.

1. Eat an extra fruit and an extra vegetable every day. A diet filled with produce is considered helpful to all sorts of health conditions.

A recent study looking at the relationship between fruit and vegetable consumption and heart disease, found that for each extra serving of fruits or vegetables, the risk for heart disease was lowered 4 percent.

The most helpful produce: green leafy vegetables and vitamin C-rich foods such as citrus fruits.

Other studies suggest the risk for heart disease could be reduced 20 to 40 percent



all cancer incidence.

A review of more than 200 studies found that the risk of lung cancer was

through a diet filled with fruits and vegetables.

Eating plenty of produce is also linked to a lower risk of cancer.

In fact, it's been estimated that diets high in fruits and vegetables (five to 10 servings a day) could prevent at least 20 percent of

halved when fruit and vegetable consumption increased from two servings a day to five.

Fruits and vegetables seem to have the greatest protective effect against cancers of the mouth, esophagus, lung, stomach, colon and rectum.

A diet rich in produce may also boost bone health, cut the risk for cataracts and protect against stroke, high blood pressure and diverticulosis.

2. Drink more nutrient-packed beverages. Many people sip coffee, soda or fruit-flavored drinks throughout the day,

See HEALTH, C-7

HEALTH, From C-6

yet, none of these drinks offer much nutritionally.

Picking a better beverage is an easy way to get many more vitamins and minerals into your body.

One cup of orange juice gives you double the vitamin C you need in a day plus one-third of the amount of folic acid you should have.

Apricot nectar contains one-third of your vitamin A requirement and tomato juice is a good source of vitamins A, B6, C and folic acid, plus iron and potassium.

3. Change from plain grains to whole grains.

A review of 12 recent studies showed that regularly eating whole grains as part of a healthful diet could reduce heart disease risk by as much as 26 percent.

Forty studies that looked at 20 different types of cancer deemed whole grains a winner. Regularly eating whole-grain foods as part of a low-fat diet reduced the risk of several types of cancer by 10 to 60 percent. And, whole grains may protect against diabetes.

The Iowa Women's Health Study of nearly 90,000 women found that women who ate more than five grams of fiber a day had a 30 percent lower risk of developing Type 2 diabetes than women who ate less than 2.5 grams a day.

Vitamins B6 and E, along with folic acid, several minerals, antioxidants and phytochemicals give whole grains their "power." Experts believe three servings of whole-grain foods a day can make an impact.

Healthy snacks can lead to good nutrition. A regular afternoon snack of a whole-grain cereal mixed with raisins, plus a glass of fruit juice gives you a jumpstart toward better health.

More tips to improve your diet:

- For a quick breakfast: Toss a handful of grapes or berries into a cup of yogurt. Sprinkle the top with a whole-grain cereal.
- Boost the nutrition in packaged dinners or side dishes: Add shredded carrots, sliced zucchini, bell peppers or mushrooms to the mix.
- Perk up some soups or casseroles: stir in cooked barley or brown rice.
- Refresh your afternoon drink: Instead of soda pop, combine 1/2 cup of carbonated water with 1/2 cup of your favorite 100-percent fruit juice.