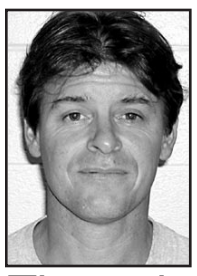
Hawaii Marine
SPORTS

Hawaii Marine C Section May 16, 2003

On the Side



Steven Kalnasy

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Special to the Hawaii Marine

Tigers build momentum towards the glory days

On Dec 1, 1950, during the heroic retreat from Yudam Ni, General O.P. Smith told his men "Gentlemen, we are not retreating. We are merely attacking in a different direction."

Those famous words are no doubt ingrained in the philosophy of another former Marine and doyen of baseball — Michael Ilich, owner of the Detroit Tigers and Detroit Red Wings.

Ilich has experienced the thrills of winning with the Wings, and the chagrin of losing with the Tigers. With Detroit on its way to the worst start in baseball history, Ilich finds his team in the wake of a massive retreat from the battlefields of Major League Baseball.

Detroit has to review its battle plan and stop being its own worst enemy. What can the Tigers do to pull off a season of glory? Most leaders look to their past to understand the trials of the day.

First and foremost is to improve its lineup. Detroit's highest batting average is 260' and it's achieved 23 homers and an RBI total of 101. This would be a good season for the typical ball player, but for a team that has completed 6 weeks of the season, well, that is something else altogether.

Clearly, the team must look to the past for its success in the future. In the past seven years, Detroit has retooled the dugout with no less than five different managers. After the success of baseball icon Sparky Anderson who took the cats to the pinnacle of baseball in 1984, no one was expected to follow in his footsteps, but who would have guessed that the team would become this terrible?

Since Anderson's departure to take on the shuffleboard tables of South Florida, the wayward Tigers have self-destructed to find themselves the denizens of the losers' bracket.

On the other hand, baseball is famous for rebounds, so no one should count the boys from the Motor City out. After last year's pitiful season of 66 wins and 96 losses, some big changes were needed.

Late last year, such a change was revealed when team owner Ilich

See TIGERS, C-5

Hammerheads pound Sharks in OT

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Lance Cpl. Monroe F. Seigle

Two Hammerheads fight for possession of the puck during Saturdays game with two Shark defenders.

HAWAII KAI — It was an all-out brawl Saturday when the K-Bay Hammerheads played the Wailaie Sharks in the Oahu Inline Hockey League Playoffs Saturday at the Kamilo Iki hockey rink in Hawaii Kai.

The Hammerheads dominated the court throughout the game, but the Sharks bit back in the final minutes to send it into overtime.

In the first half, the Hammerheads' jumped on the board, first, when left wing Andy Ruiz outwitted the Sharks' goalie after an assist from center Kyle Dubois, which set the tone for the entire first half.

The Sharks were barely able to break the Hammerheads' tough defense and get past the middle of the rink. After three more close, but unsuccessful attempts by the Hammerheads, the inning came to a close with the K-Bay warriors on top 1-0.

The second half turned into a battle of fierce offense and an onslaught for both defenses, as the Sharks tied the game immediately after the sound of the second-half buzzer. Moments later, they struck again and took the lead to make the score 2-1.

With only 1:34 left on the clock, the Hammerheads tore through the Sharks' defense and tied the game 2-2 after center Joshua Gutierrez plowed the puck right past the Sharks' goalie.

This battle of the brawn was not over yet. With less than a minute to go, the Sharks retaliated from the vicious Hammerhead offense and once again broke their defense to score a quick goal to put them on top 3-2.

With both teams' adrenaline

See HOCKEY, C-5

Getting better the SMART way

Lance Cpl. Monroe F. Seigle

Petty Officer 2nd Class Paul Langer, a physical therapy technician for the SMART clinic, assists Lance Cpl. David Young, a machine gunner with India Co. 3rd Bn., 3rd Marine Regiment, who has a leg injury. The SMART clinic is open Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 4 p.m., and Thursdays from 7:30 to 11 a.m.

K-Bay bowlers roll strikes at state tournament

Cpl. Jason E. Miller
Press Chief

SCHOFIELD BARRACKS — During the annual Pepsi Cola Hawaii Youth Bowling Tournament, held at Schofield Bowling Center, recently, several members of MCB Hawaii, Kaneohe Bay's Youth Bowling league managed to fill several of the top spots in the competition.

Michael Bible of Mokapu Elementary, who competed in the Boys 8 and Under Division, beat out 25 of his peers when he scored a second place finish in his age group.

"I was glad to do good," Bible said. "I'm not satisfied with getting second place. I wanted to do better, but I'm still happy."

Reyn Nishizuka, of Kaneohe High School, bowled his way to a third place finish in the Boys 12 and Over Handicap Division, a field which was comprised of nearly 170 bowlers. Ryan Kawamoto, of Castle High School, also managed to break the top 15 in the 12 and Over Handicap Division.

"I was really surprised that I placed as well as I did," said Nishizuka of his third place achievement. "We practiced every weekend here, so it felt great to go and compete and do good."

The three boys were just a few of many members of the Kaneohe Bay Youth Bowling League who participated in the tournament.

"We were pleased and surprised with how well they all did," said Deborah Bruns, manager of K-Bay Lanes, aboard the base." They all play right here on base, so it's good to see them accomplish something."

The K-Bay Lanes will be starting a new league June 21, and the bowling center is always looking for new members.

For more info, call 254-7664.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Youth Activities Hosts Fun & Fitness Day, Saturday

Skate over to the MCB Hawaii, Kaneohe Bay, Skate Park on Saturday, from noon till 3 p.m. for the 4th Annual 808Skate, Skateboard Competition. The street competition has two divisions: 15 years of age and over, and 14 years of age and under.

Spectators will also have the chance to watch an exhibition by the 808 Skate Team Riders.

For more information on Youth Activity's Fun and Fitness Day, call 254-7610.

MAG-24 Sprint Triathlon Comes to K-Bay, Saturday

Hardcore athletes take notice: The 7th Annual Marine Aircraft Group 24 Sprint Triathlon is right around the corner.

The event will be held aboard MCB Hawaii, Kaneohe Bay, Saturday at 7:30 a.m.; check-in will go at 5:30 a.m.

The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

All participants will be entered into a drawing to win a FELT F65 racing bike, with Shimano 105 components valued at more than $1,000.

This event is made possible by Island Triathlon and Bike, Gatorade, FELT and Marine Corps Community Services.

Registration forms can be printed from the www.mccshawaii.com Web site, or picked up at the Semper Fit Center.

For more information on the 7th Annual MAG-24 Sprint Triathlon, call 254-7597.

Spring Splash Softball Tournament Makes Waves at Camp H.M. Smith

Make a run for Bordelon Field Today - Sunday to compete for first and second place trophies in Camp H.M. Smith's Spring Splash Softball Tournament.

For more information on the tournament, call 477-0498.

Interservice Tourney Comes to Kaneohe Bay

Marine Corps Community Service will be hosting an Interservice Intramural Basketball Tournament Saturday and Sunday.

The base intramural champions from the Air Force, Navy, Army and the Marines will be competeing to find out who is the best.

All residents are welcome to come down to the Semper Fit Center and show support for the Corps.

For game times, call 254-7591.

Fun in the Sand Taken to the Court

There will be two Intramural Volleyball games Saturday and Sunday in the Semper Fit Center: one at 6 p.m. and the other at 7 p.m.

For more information, call 254-7591.

Speaking of volleyball, the Men's Varsity Volleyball Tryouts go next Monday, Tuesday and Wednesday from 7 to 9 p.m.

For more information, call 254-7590.

Intramural Soccer Holds Coaches Meeting Thursday,

Shoot over to the Semper Fit Center is Athletic Office at 2 p.m., and show your support for Intramural Soccer. Call 254-7591 for more information.

Marina Offers Sailing Lessons

The base marina will be offering introductory lessons to sailing, beginning Monday. Upon completion of the five-class course, you will be able to put your skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from $69 to $99, depending on pay-grade.

Call 254-7667 for more information.

Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information on the marina's equipment rentals, call 254-7667.

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 do 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 on adventure training.

Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the base pool. At only $2 per class, it's a cost-effective exercise program. Or, buy a book of 10 class coupons for only $15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get information on aqua aerobics, call the base pool at 254-7655.

Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

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, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is $40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is $20 per person.

To find out more or to take aim during paintball, call 265-4283.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about the child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Base All Stars

NAME: Kyle Dubois

SPORT: Hockey

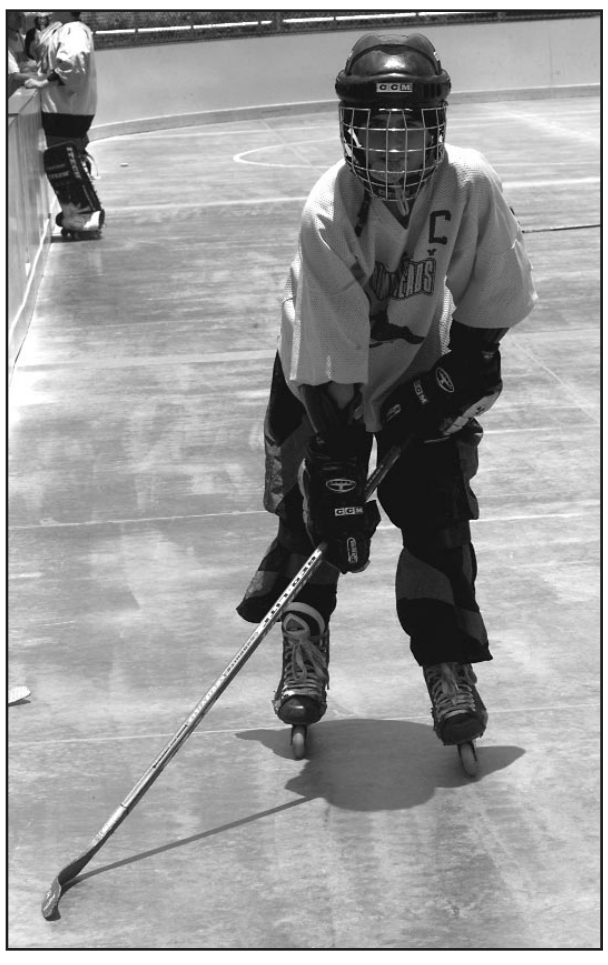
TEAM: Kaneohe Bay Hammerheads

POSITION: Defense

•He has been playing hockey for 4 years.

•The Barstow, Calif., native represented the Hawaii State Hockey Team in 2001 during a national championship tournament in Chicago, Ill.

•He is the leading scorer on the Hammerhead team for the 2003 season. He has scored 19 goals and 25 assists this year alone.



Lance Cpl. Monroe F. Seigle

"I think hockey is the best sport out there. I have played it since I was a little kid and will probably play it the rest of my life."

COMMUNITY SPORTS

Athletes invited to vie in fitness challenge, Saturday

STREND
Fitness Challenge
Press Release

HONOLULU — You may think you are in shape, but how would you perform in a test that evaluates your body's strength and endurance? Athletes will have a chance to find out at the Tropic Lightning STREND Fitness Challenge on Saturday at Schofield Barracks.

The competition is open to the public and this year there is a new division for children 6 to 12 years old.

The acronym STREND is defined as a balance of upper body strength and cardiovascular endurance, and comes from the first three letters of the words STRength and ENDurance.

Allen Leth, with the Army's 25th Infantry Division achieved the highest score ever and is back this year to see what he can do. He has set his goal high.

"I scored 9.821 last time, and this year I want to get over 10. I am sure I can do it", he said. "The hardest part is the transition from the upper body strength activities to the cardiovascular endurance run,"

The STREND Fitness Challenge is a spectator-friendly, family-oriented, multi-fitness event consisting of six separate activities.

The five upper body strength tests start with the bench press, and is followed by pull ups, shoulder presses, chin ups, and is finished with bar dips. The sixth event is a cardiovascular 3-mile run, completed as quickly as possible.

Scores will be calculated by adding the number of repetitions in the first five events and dividing by the running time.

The higher the number of reps and the faster the run time means the higher score and the better finish.

The 6 to 12-year-old children's fitness test is a modified version of the adult test, allowing for full participation and satisfaction in competing. It will help to create awareness in children of the need to keep physically fit.

Strict rules and format will minimize any advantage related to a competitor's size and weight.

"This keeps everyone on an even playing field," said Carol Jaxon, president of STREND Fitness Challenge and wife of founder Ed Bugarin. "That is important, because size doesn't matter; fitness does."

After Bugarin retired from the military in February 1992, he began developing an event that would test both of these areas — strength and endurance — and the idea of STREND was born. It is a simple but very challenging event, designed to create functional muscles, something that all can use whether in a work or athletic environment. It is you at your best.

Event Details

•For adults, teens and kids.

•At Stoneman Track, Schofield Barracks in Wahiawa.

•Check-in at 6:45 a.m.. Event starts at 8 a.m.

•Kids' events start immediately following the adults' and teens' with a check in time of 9 a.m.

•Entry fee is $20 for adults and teens, $12 for kids.

•To register, contact Vera Ross at 655-8789 or e-mail her at vera.ross@schofield.army.mil.

Courtesy of STREND Fitness Challenge

SPORTS AROUND THE CORPS

Soccer brings U.S. troops, Iraqis together

Army Spc..
Kirk Stefanski
I Marine Expeditionary Force

AD DIWANIYA, Iraq — The Al Sokur youth group doesn't care about politics. It never witnesses discussions about the future of its nation. It doesn't care what comes next, as long as it's better than what was. The youth do care, and now know, that things are looking up.

In the sand of the Abu Ubaida soccer field, Army and Marine Corps forces are proving people can improve their lives, if they are given the chance, and that sports has the power to bring people together.

To foster goodwill and help return the people's lives to pre-war activities, a soccer match was set up between Marines of the First Service Support Group and local players in Diwaniya. In a joint operation with the First Marine Expeditionary Force, the Army's 358th Civil Affairs Brigade acquired 500 new soccer balls for children throughout Iraq, 200 of which went to Diwaniya.

Coordination for this event fell into the hands of 1st Lt. Alicia Galvany, of the 358th's government team.

"It ended up being one of the most meaningful missions I've undertaken during this deployment", she said.

Galvany's project recieved help from 1st FSSG's Lt. Col. Valerie Thomas, who helped to get the balls to the children.

When the balls arrived at the soccer field, there was only a small group of children. Amena Taye, the translator working with the 358th, said the group was called "Al Sokur," which she said was the name of a "big bird that eats chickens."

As game time approached, children gathered, local merchants arrived to sell their wares, and the Marines and soldiers staked out their seats.

A voice on a loudspeaker announced the day's events as spectators waited and players readied themselves. Brigadier Gen. James T. Usher, 1st FSSG commanding general, then distributed the balls to the children.

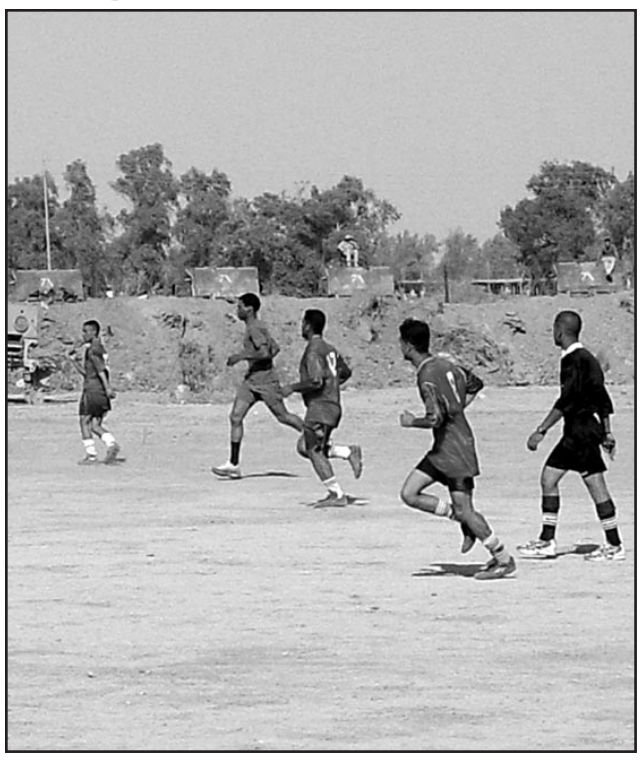
From the stands overlooking the field, in English, then Arabic, the announcer, bellowed the start of the game. Those attending clapped, yelled and whistled.

The kids were excited to see the U.S. forces. Everywhere, there were young faces and calls of "Mister, Mister!" as they sought out attention. Whenever a side scored a goal, unanimous cheers erupted from the crowds sitting watch.

The soldiers left before the end of the game, their mission being complete. They walked back to their vehicles and rolled away.

Colonel Robert Stall, the 358th commander, expressed his satisfaction at seeing the tangible results of his unit's endeavors.

"It's one of those things that keeps me coming back and keeps me in the military."



Army Spc.. Kirk Stefanski

Iraqis begin a soccer match in Ad Diwaniya with soccer balls provided by U.S. troops.

spotlight on health

Playground safety begins with hard facts for soft landings

Cpl. Jessica M. Mills

Tristan Cordero, 4, plays on the toy piano at the Super Playground aboard MCB Hawaii, Kaneohe Bay, with his mother Tonya. It's important that young children are supervised by responsible adults.

NAPS
Featurettes

Protecting children from backyard, playground accidents — a leading cause of injuries to children — can be easier than many parents realize. In 1999, more than 200,000 children suffered playground-equipment injuries, including about 47,000 on home playgrounds.

The U.S. Consumer Product Safety Commis-sion has determined that shredded rubber surfaces outperform all other playground surface materials.

To protect your youngsters, experts suggest six steps:

1) Carefully supervise children on playgrounds to make sure they're safe.

2) Make sure play structures more than 30 inches high are spaced at least nine feet apart.

3) Check for dangerous hardware such as open "S" hooks or protruding bolt ends.

4) Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs, measure less than 3.5 inches or more than nine inches.

5) Check for sharp points or edges in equipment.

6) Make sure surfaces around playground equipment are covered with a clean, shredded, recycled, rubber playground safety surface that's impact-absorbent to protect children from injury.

You can get attractively colored ground cover that:

•Never loses its effectiveness as a safety surface.

•Is non-toxic.

•Is practically maintenance-free, only needing leveling periodically with a rake.

•Is available in a variety of fun colors that won't rub off on shoes, hands or clothes.

•Lasts for decades with no need for annual replacement.

'Allostasis,' or stress overload, can lead to other illnesses

NAPS
Featurettes

Significant advances in science are revealing that stress is actually a complex relationship of internal and external factors, and that some relatively simple lifestyle changes can contribute to a sense of well-being and improve health.

"A healthy lifestyle is the best way to reduce stress," according to Bruce McEwen, a member of the Board of Governors of the New York Academy of Sciences and the co-author of a new book, *The End of Stress As We Know It* (Dana Press).

The notion that stress is the result of external pressures is incomplete, says McEwen. Research now reveals how the body's defense mechanisms are involved in keeping stress at bay, and how the body's defense system breaks down from time to time.

When the body is working properly, people are able to adapt to the real or imagined threats that confront them in the course of everyday life in a process known as "allostasis." Allostasis is maintained by a complex network within the body, including within hormones, the autonomic nervous system, substances in the brain, and chemicals in the immune system.

"When this network is working efficiently, its activity helps to mobilize energy reserves, promote efficient cardiovascular function, enhance memory of important events and improve the immune system's defense towards pathogens like viruses or bacteria," McEwen said. "Normally, the body is able to self-regulate the proper responses to external pressures, but occasionally it reaches a limit known as 'allostatic overload.'"

See STRESS, C-5

TIGER, From C-1

gave the team (and its fans) something to look forward to by hiring former team standout Alan Trammell as the team's new manager and lead cheerleader. Ilich satisfied his critics and bought himself at least three years to rebuild and thereby improve the value of the team. Now it's time to see the rest of his battle plan.

Getting someone like Trammell on the bench will do a lot for the team that has floundered and become a laughing stock in a league that encourages downsizing and reorganization. Beginning the season 7-35 (as of May 11th) is enough to destroy the best of optimists, but not Trammell. Unlike his predecessors, he has the support of fans who remember his glory days with the "Big D," and who are willing to give him a chance to turn the program around.

In a recent interview with *Sports Illustrated,* Trammell spoke of the challenges his team faces.

"We're a little looser. We weren't that bad under the circumstances. Everybody would think that at 3-25 we were ready to jump off a bridge, but we weren't.

"I'm proud of the way our guys have handled this because they were getting beat up by everybody. The National media, ESPN, everybody has been poking fun at us. When you're down, people are going to say things like that. But I've stood here and taken it and tried to be upbeat."

The Tigers seem to be getting on track now. With the addition of former Braves left hander Steve Avery, there appears to be a light at the end of the tunnel. Avery helped the Tigers beat Tampa's Devil Rays 9-2, and made a strong statement that they aren't out of it, yet. Although Avery missed the last two seasons due to an injury, he has been impressive in with Triple-A Toledo pitching 12 games as a reliever, and going 14 innings with only three earned runs. The 33-year-old southpaw sported an ERA of 1.93.

Avery is a welcome addition to Trammell's two other lefties (Wilfredo Ledezma and Jaime Walker) and should be enough to win a few more games.

There's little doubt that the Tigers have a long way to go to get out of the funk they have been in for the better part of a decade. But, with Trammell, Kirt Gibson, Lance Parrish, and some of the other '84 Tigers on the coaching staff, you can expect the purr you have heard coming out of Comerica Park to become a loud roar by the All-Star break.

Lance Cpl. Monroe F. Seigle

Kyle Kelly, center for the K-Bay Hammerheads, attempts a goal in Saturday's game with a hard drive at the Sharks' goalie.

HOCKEY, From C-1

pumping to save the game, the Hammerheads released their true warrior spirit and broke through the Sharks' defensive barrier Dubois rushed the goalie with less than 10 seconds on the clock to tie the game 3-3 and send it into over time.

In overtime, the Hammerheads showed some defense that would not allow penetration. After a five-player shootout, Dubois once again came through for the Hammerheads and scored the winning goal of the game with a final score of 4-3.

"They gave a great performance out there," said Hammerhead Coach Les Kelly. "We had a strong offense and an even stronger defense. They dominated the court and came out on top. It was a hard-earned victory, and they gave their best the whole game."

STRESS, From C-4

Many external pressures can contribute to this overload such as conflicts at work or home, fears about war and terrorism, overworking, lack of sleep, economic difficulties, lack of exercise, excessive drinking and bad eating habits. Genetic risk factors such as a predisposition for heart disease or diabetes can also contribute to allostatic overload, McEwen adds.

If the imbalances in the body's regulatory network persist over long periods of time, the result can lead to illnesses such as hardening of the arteries, arthritis, diabetes, obesity, depression, and certain types of memory loss, the New York Academy of Sciences expert reported.

Changes in lifestyle may be the best remedy for allostatic overload. Maintaining social ties with friends and family is one factor. Restorative sleep and regular, moderate exercise are also important.

Founded in 1817, the New York Academy of Sciences is an independent, not-for-profit organization of more than 22,000 members worldwide.