

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 24, 2002

Marines take 2nd at 2001 Kalinka Cup



Sgt. Alexis R. Mulero

Richard J. McDougall, staff secretary, MCB Hawaii, celebrates a 20-foot putt to win the hole for the Marines.

Sgt. Alexis R. Mulero
Community Relations

After a delay of more than six months, the 2001 Armed Forces Kalinka Cup was celebrated at four different military golf courses during the weekend of May 3 - 5.

The cup, which is normally planned for the fall, unites the best military golfers in Hawaii and was named for John F. "Big John" Kalinka, a professional golfer and retired U.S. Navy chief petty officer. Kalinka won the 1977 and 1989 U.S. National Seniors Opens, giving Hawaii national recognition.

Service members played two-man best ball at Mamala Bay Golf Course on the morning of May 3, two-man scramble at the Navy-Marine Corps Golf Course on the afternoon of May 3, two-man alternate shot at Leilehua Golf Course on May 4, and singles matches at the Kaneohe Klippers Golf Course on May 5.

Each service was represented by an eight-man team, and during each match teams earned one point for a win, and a half point for a tie.

On the first day of competition, the soldiers took the early lead scoring 3 points. That was double the score of the Marines and the airmen. The Sailors ended the day in fourth place.

The second day was all



Sgt. Alexis R. Mulero

Former Deputy Commander, MCB Hawaii, Col. John A. Lemoine, awards the Kalinka Cup to soldiers on the AFC team.

Army again, and the soldiers racked up another 3 points on their home turf.

Coming home to Kaneohe Bay was a blessing for the Marines who won four of their six matches. But the distance between them and the cup's defending champion, Army, was too wide to overcome, and the Marines placed second overall. The Marines will get another chance in the fall to try and overtake their fellow brothers in arms for Hawaii military golfing supremacy.

"Next tournament we should have two strong teams each game and, hopefully, win two out of three matches each day," said Johnny E. McCray, quality assurance chief, Marine Aviation Logistic Support 24. "For next year

we're going to have to send six strong golfers and that will evolve from lots of practice."

At the end of the day, trophies were awarded to the soldiers on the Armed Forces Championship team and to Col. John A. Lemoine, former deputy commander at MCB Hawaii, who won the Commander Professional Golf Association Pro Division Championship.

In addition to the trophies, a plaque for Don Kendal, President and publisher of Oahu Publications, for sponsoring the green fees for the entire competition, was accepted by Don Welch, Vice president.

"We appreciate all you do and hope we can be involved with the military on a more regular basis," said Welch.



Robert Manahan, co-manager of Oceanside Paintball and company senior chief for 21st Dental Co., uses the environment on the tire and pallet field to shield himself from enemy fire.

Paintball gives a rush of adrenaline to K-Bay

Story and Photos by
Lance Cpl. Jessica Mills
Sports Editor

A group of 16 Marines from Marine Aircraft Group 24 competed against each other May 17 as a way to say goodbye to their fellow Marine before he transfers



Josh Monster, a personnel clerk with MAG-24, lays close to the ground to conceal himself while taking aim.

to his new duty station.

"I chose to play paintball for my going away party. It's fun and it beats going to the bowling alley or another bar," said Christopher Williams, noncommissioned officer in charge for customer service at the Group Personnel Administration Center, MAG-24. "I figured it was a good way for us to spend some time together and have a good time."

The group was separated into four teams of four players each, and each team took turns competing against one another.

The paintball field spans across more than three acres of land and is separated into four different types of playing fields, the pallet field, the tire and pallet field, the wooded field and the maze field that is under construction.

The cost is \$10 per person including mask and paintball marker, and players can bring their own paint or buy it at the field.

Paintball is basically an advanced version of tag; groups of people alternatively hunt and evade each other, until one person or a team emerges triumphant.

The field runs between 13 to 14 games a day, with each game running between five and 10 minutes.

"Units come here to do a lot of infantry combat training, as well as other unit functions," said Roland Manahan, co-manager of Oceanside Paintball and company senior chief for 21st Dental Co. "We also have families come out and play. Paintball is for all walks of life. We even have a kids day for children over 8 years old."

According to Manahan, paintball not only teaches team building and camaraderie, it is also a good stress reliever.

The owner and manager of Oceanside Paintball, Robert Brumley, an S-3 training chief for Combat Service Support Group 3, coached many of the players in handling of the marker.

"Holding and firing a paintball marker is a little different than firing a regular combat weapon, but the basics are the same: aim in and control the shots, we don't want these guys to just spray shots wildly," said Brumley. "We teach new players the fundamentals of the sport, showing them the basics first and then slowly introducing techniques from the competitive side."

According to Brumley, the first two skills a good paintball player must learn is safety first, and then communication.

See **PAINTBALL, C-6**



Carshena Marshall, a personnel clerk with Group Personnel Administration Center, MAG-24, fires at the opposing team and tries to clear a path.

SPORTS BRIEFS

Grand Splash at the O'Club

Are you ready to ring in summer? Do it with a splash at the O'Club pool.

The Officer's Club pool is open to all club members and their guests beginning Saturday. The pool will be closed all day Monday and from 9 a.m. - noon for swim lessons during the week.

Patrons can soak in the sun poolside Tuesday - Sunday and holidays from noon - 5 p.m.

For more information, call 254-7649.

Share the Aloha of Health

The military community is invited to the 2002 Aloha Muscle and Fitness Extravaganza Saturday through Monday at the Hawaiian Convention Center. Scheduled for the main stage is the "Slay the Dragan" event.

Dragan Radovich is a man who is world-renown for his physical and mental endurance. He is 53 years old, stands at 6'3" and weighs 175 pounds.

Dragan will challenge "teams" of up to eight people in a unique test of strength and endurance. The total combined number of repetitions with a 35-pound dumbbell in each hand at the finishing time will be the final count.

If any team completes a combined number of reps greater than Dragan's, that team will be awarded \$10,000 in cash.

Each service can supply two teams each day to compete against the other service. The winning team will be awarded \$1,000 in cash, to be donated to the winning branches' athletic facility.

For more information or any further questions, call Keith Jones, promoter of the extravaganza, at 306-6321.

Dance Academy to Hold Recital

The Dance Movement Academy's ballet, tap, jazz and street dancers invite all base patrons to their dance recitals Tuesday and Thursday at the Base Theater at 5 p.m.

Admission is free and everyone is welcome.

For more information, call Youth Activities at 254-7612.

ITT Celebrates "Military Appreciation Month"

Information Ticket & Tours at K-Bay and Camp H.M. Smith salutes the military and has a recreation sensation planned for you.

Drop by either location to discover great discounts to attractions like the Polynesian Cultural Center, Sea Life Park, luaus, Atlantis Submarine and more.

If you're experiencing a bit of wanderlust, the professionals at the ITT Leisure Travel can put together a fabulous getaway, at affordable prices.

Make the most of your tropical tour and enjoy paradise. For more information, call ITT K-Bay at 254-7563 or ITT Camp H.M. Smith at 477-5143.

Sail Away

The Base Marina is starting its popular Summer Evening Sailing Class. Basic sailing instruction will be offered five days a week, now through August. The course consists of five classes, Monday through Friday from 5 to 7:30 p.m.

For more information, call the Marina at 254-7667.

Teen's Volunteer for Adventure

Are you between the ages 13 - 17 years old? What are your plans for the summer?

Instead of baking in the sun for hours and aimlessly pacing the malls, volunteer as a Junior Staff member for the Youth Summer Adventure Program from June 8

- Aug. 21 aboard MCB Hawaii, Kaneohe Bay.

During this volunteer venture, teens will gain valuable job training, mentor young children and get to take part in many of the island field trips.

For more information and or applications, call Sophia at 254-7648, or drop by the Teen Center in Bldg. 477.

Go Bananas at Ala Moana Beach Park

Nowhere else but in Hawaii can you find a day that combines fun in the sun, exercise, entertainment and giant bananas running around in spandex.

Jamba Juice and the Muscular Dystrophy Association of Hawaii have teamed together again to sponsor the annual MDA-Jamba Juice Banana Man Chase, one of the wackiest 5K races in Hawaii, July 7 at Ala Moana Beach Park.

The entry deadline is July 1, and there will be no same-day registration. Qualifying participants have a chance to win a year's supply of Jamba Juice.

Once participants have registered, they can pick up their race packets at Jamba Juice at Ward Village July 4 through 6.

Registration forms are available at all Jamba Juice locations, Runners Route and participating merchants.

For more information, contact Vicki Bain at the MDA-Hawaii office at 548-0588.

Splash to Fitness

Make a splash today and get ready for summer with Water Safety's water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions), available at the pool.

Water Aerobics classes are free for active duty military. Water Safety is also accepting applications for on-going children's swimming lessons.

For details, contact Water Safety at 254-7655.

Bayfest Arrives Soon

The ever-popular BayFest is coming around the corner soon, and Marine Corps Community Services is looking for volunteers to help operate events.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works.

For more information, please contact SM&SP Coordinator Leslie Graham at 254-7593.

Enlisted Club Gets Connected

What's going on at Club E? All Sergeants and below can get in on Enlisted Club action.

Mondays are Sports Night from 6 - 11 p.m.

Tuesdays feature the Fight Club, with live IXWF Wrestling and live USAA Boxing.

Wednesday rings in a little Country & Western atmosphere as well as League Night where hot shots in pool and darts may enter the weekly tournaments from 6 p.m. - 1 a.m.

Make a connection at Club E tonight. Call 254-7660 for more information.

Summer Adventure for Keiki

What will the keiki do this summer while you're at work?

Ensure your child participates in an active summer filled with sports, field trips, water activities, arts & crafts and more. Youth Activities at K-Bay and at Manana are accepting applications for Summer Adventure for keiki who have completed kindergarten through sixth grade.

Spaces are limited. Full and part day sessions are available. The cost of Summer Adventure is determined by total family income. For more information, call Youth Activities at 254-7610 or Manana at 456-1662.



Lance Cpl. Jessica Mills

Base All Stars

NAME: Rachel "Bug" Petersen

AGE: 11 years old

SCHOOL: Mokapu Elementary School

TEAM: Kaneohe Bay Diamondbacks

POSITION: Pitcher, first base, catcher

SPORT: Baseball

- She has been playing baseball for six years.

- During this season she has been the middle relief pitcher, first baseman and catcher.

- She is an all-around athlete, excelling in basketball, swimming and baseball.

"To be a good player, you have to work hard and play smart."



Sgt. Robert Carlson

Riders round the last corner of the MAG-24 Sprint Triathlon aboard MCB Hawaii last month.

Marines improve overall personal fitness with cycling

NAPS Featurettes

Like any form of regular aerobic exercise, bicycling can improve personal fitness, enhance your energy level, reduce stress and stimulate the immune system. It's also one of the more enjoyable forms of exercise, according to Tina Mayolo-Pic, a former U.S. Pro Tour cycling champion and a member of the Diet Rite

Women's Cycling Team—one of the top-ranked women's cycling teams in the United States.

"Bicycling is an easy and fun recreational form of exercise that has real health benefits," says Mayolo-Pic. "Not only does cycling help improve cardiovascular health and strengthen muscles, it also gives you a sense of well-being."

"It's also easy to incorporate into your day. On a bike, you can run errands, commute to work or simply enjoy a leisurely ride through the park."

To help women and men take to the road to better health, Mayolo-Pic and the Diet Rite Women's Cycling Team offer the following tips for getting started with a simple bicycling exercise routine:

- Check with your doctor. Before taking to the road on a bike or embarking on any type of exercise or fitness program, it's a good idea to check with your doctor. If you haven't exercised in a long time, or if you have certain medical conditions, your doctor can help you develop a program that is safe and the most beneficial for you.

- Choose the right bicycle. For beginning cyclists, you may want to choose a city or "hybrid" bike, which is a cross between a mountain bike and a road bike.

City bikes are designed for use around town and are good for everyday riding. Mountain bikes are better equipped to handle more rugged terrain, such as dirt tracks, while road bikes are good if you're planning to stay on relatively smooth roads.

A reputable bike shop can help you determine the right bike for your needs and can ensure that the bike you purchase is the right size for you.

- Start slow and gradually build. If you attempt too much too soon, it may lead to soreness, fatigue and even injury.

According to Mayolo-Pic, it's important to work out at your own level, start out slow and gradually increase the duration and level of difficulty as your body progresses.

Try to cycle at least three times a week when starting out, but limit the amount of time on your bike to less than an hour each ride. You also should avoid big hills the first few months. As you

become more comfortable on your bike, you can increase your mileage about 10 percent per week.

- Practice your form and technique. According to Mayolo-Pic, fluidity is important when cycling. Concentrate on your pedal stroke, and make sure you apply an even amount of pressure through the entire revolution. Avoid stomping down on the pedals. Instead, push downward and then pull the pedal backwards and upwards. This technique will not only increase your performance, it will also exercise more muscles.

Mayolo-Pic also recommends selecting a gear that allows you to spin the pedals at about 60 to 80 revolutions per minute. This pedal cadence will generally be the most comfortable and efficient for beginner cyclists, and will help prevent stressed joints and strained muscles.

- Stay motivated. Maintaining a regular exercise program can be difficult. If you find yourself becoming bored with your cycling routine, there are several ways to stay motivated.

First, find a fitness partner. Cycling is a sport that can be enjoyed with friends and family. Second, try varying your route. Instead of riding on the same streets day in and day out, take a detour and explore other areas that are more scenic.

Mayolo-Pic also suggests setting goals each week and keeping an exercise journal to track your progress.

Finally, be sure to reward yourself. If you've maintained your exercise program, treat yourself to a massage or a special evening out.

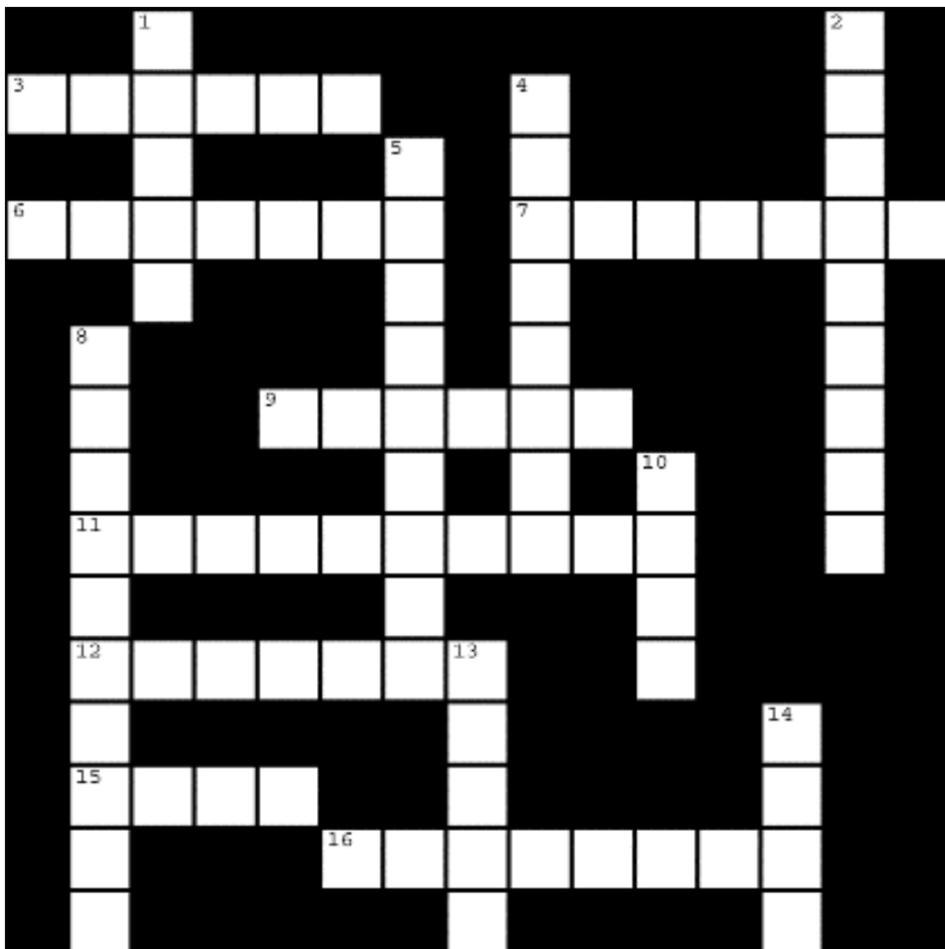
- Follow the rules of the road and cycle safely. Bicyclists must obey the same rules as motorists, so it is important to understand all the traffic laws in your state.

In addition, be sure to wear a bicycle helmet and bright clothing when riding your bike. Research shows that bicycle helmets can reduce head injuries by up to 85 percent.

To learn more, visit the Diet Rite Women's Cycling Team Web site at www.TeamDietRite.com.

(Editors Note: Bicycle helmets are required at all times and reflective gear during darkness when aboard MCB Hawaii.)

Test Your Knowledge: Sports



Across

- Who won NFL offensive rookie of the year in 1996?
- Which current manager caught three no-hitters, tying a MLB record?
- The first U.S.-based team to win the Stanley Cup.
- Holds the record for most points scored in a playoff game.
- Which former Dodgers catcher was paralyzed in a car accident?
- Who holds the single-season record for home runs

by a catcher?

- Record for most consecutive playoff games in which he scored 40 or more points.
- What NHL team holds the record for consecutive playoff victories?

Down

- Holds the record for most 3-point shots made without a miss in a playoff game.
- Who was the last catcher to win the MLB MVP Award?

- Who holds the record for most consecutive NFL games played?

5. A catcher's gear also is known as "Tools of...?"

- Only Stanley Cup winner to have a losing regular season.

10. In 1998, this team scored the fewest points in a playoff game.

- Who won the NFL MVP in 1994?

14. Who holds the record for most home runs by a catcher?

HEALTH & FITNESS

ADHD: A real, treatable medical condition says AMA

NAPS
Featurettes

Parents should set aside any doubts they have about whether attention deficit hyperactivity disorder (ADHD) is a genuine medical condition requiring medical treatment.

It most definitely is. That's the message of more than 75 leading doctors and researchers, who recently issued a "consensus statement" on current scientific knowledge of the disorder, whose symptoms include inattention and/or impulsivity.

Despite the impression of some that ADHD is a controversial diagnosis, there is no more disagreement among scientists that ADHD is a real and treatable medical condition, say the experts, "than there is over whether smoking causes cancer."

The U.S. Surgeon General, the American Medical Association, the American Psychiatric Association, the American Academy of Child and Adolescent Psychiatry, the American Psychological Association and the American Academy of Pediatrics all officially recognize ADHD as a genuine disorder.

Led by Dr. Russell Barkley, University of Massachusetts professor of neurology and psychiatry, the ADHD experts were prompted to issue their statement out of

concern that public confusion over whether ADHD is a real disorder is leading many parents not to seek treatment for their afflicted children. The experts

point out that studies indicate "less than half of those with the disorder are receiving treatment."

Such low treatment rates alarm the ex-

perts because the consequences of untreated ADHD can be devastating. According to the experts, research shows that children with ADHD are more likely than other kids to drop out of school (32 to 40 percent), drop out of college (five to 10 percent), have few or no friends (50 to 70 percent), engage in antisocial activities (40 to 50 percent), and use tobacco or illicit drugs.

Children growing up with ADHD are also more likely to experience teen pregnancy (40 percent) and sexually transmitted diseases (16 percent), to speed excessively and have multiple car accidents, and to experience depression (20 to 30 percent) and personality disorders (18 to 25 percent) as adults.

The fact that ADHD is left untreated in so many children is especially tragic given how safe and effective treatments are today. The American Academy of Pediatrics recommends a combination of medication and behavior therapy.

Drugs, including methylphenidate (Ritalin) and amphetamines, are the most commonly prescribed treatments for ADHD. These drugs work well in 75 to 90 percent of ADHD cases, according to the Surgeon General.

Also, there are new, non-stimulant drugs in the last stages of development.

Those concerned about ADHD can learn more online at www.additudemag.com.

Does Your Child Have ADHD?

ADHD symptoms fall into two categories: inattention and impulsivity-hyperactivity. A child who exhibits six or more of the symptoms in either category may be suffering from the disorder and should be evaluated by a doctor.

Symptoms of Inattention

1. Often ignores details; makes careless mistakes.
2. Often has trouble sustaining attention in work or play.
3. Often does not seem to listen when directly addressed.
4. Often does not follow through on instructions; fails to finish.
5. Often has difficulty organizing tasks and activities.
6. Often avoids activities that require a sustained mental effort.
7. Often loses things he needs.
8. Often gets distracted by extraneous noise.
9. Is often forgetful in daily activities.

Symptoms of Hyperactivity-Impulsivity

1. Often fidgets or squirms.
2. Often has to get up from seat.
3. Often runs or climbs when he shouldn't.
4. Often has difficulty with quiet leisure activities.
5. Often "on the go," as if driven by a motor.
6. Often talks excessively.
7. Often blurts out answers before questions have been completed.
8. Often has difficulty waiting his turn.
9. Often interrupts or intrudes on others.

Source: American Psychiatric Association.

HEALTH & FITNESS

Depression may cause more than sadness

NAPS
Feaurettes

If you had headaches, back pain and insomnia, would you think you had depression? Isabelle didn't either, even though she was experiencing several symptoms that often point to underlying depression.

What Isabelle didn't know, according to researchers at the University of Michigan Depression Center, is that depression is much more than sadness — physical symptoms are often powerful signs of the illness, too.

"For years I experienced headaches and nausea, and I was really exhausted all the time. But every doctor I saw told me I had something different," said Isabelle, a 37-year-old teacher who had been told she might have migraines and ulcers, as well as numerous flus and colds.

"When a doctor finally diagnosed me with depression after seven years, I was shocked; I didn't think I was that down or sad. But once I learned that depression is a real illness that is caused by natural chemicals in my brain and body, I was relieved that what I was suffering had a name and effective treatment."

One reason people may not know they have depression is that the focus has always been on emotional symptoms rather than physical ones. Surprisingly, some of the most common signs of depression are headaches, digestive problems and back pain.

Both doctors and patients tend to pay attention to physical ailments like these,

but generally fail to link them to depression.

The chemical messengers serotonin and norepinephrine each play a role in depression. They also act together to send messages about physical pain perception. Full recovery from depression is more likely to occur when both the physical and emotional symptoms are treated.

Open communication in the doctor's office is key to resolving all of depression's symptoms.

"Up to 80 percent of patients with depression visit their primary care physician first, often complaining of unexplained body aches and tiredness," said John Greden, MD, executive director of the Depression Center. "The problem is that most people don't give their health care providers the full story, so depression is often missed."

Although it is the physician who makes the diagnosis, you need to tell the doctor all of your physical and emotional symptoms.

If you feel rushed or forgetful, make a list of your ailments to bring with you to the visit. If you feel hesitant or uncomfortable, some conversation starters may be: "I just don't feel like myself lately"; "My family has commented on a change in my attitude"; or "My stomach is upset constantly, even though I haven't changed my diet."

Ask yourself whether you often experience:

- Headaches
- Digestive problems
- Backaches

- Joint/muscle pains
- Dizziness
- Loss of interest
- Sadness or tearfulness
- Low energy
- Change in sleep patterns

What is Isabelle's advice to people with unexplained aches and pains? "If your painful physical symptoms persist, you should consider asking your doctor

if you might be suffering from depression," she says. "Depression is not your fault, so don't let that stop you from speaking up."

For more information on the physical symptoms of depression and tips on how to talk to your health care provider, get a free brochure by calling 1-800-475-6424 or log onto www.med.umich.edu/depression.

K-Bay skates to 2nd



Photo Courtesy of Master Gunnery Sgt. Leslie Kelly

The Hammerheads, K-Bay's youth inline hockey team, placed 2nd overall in the Oahu Inline Hockey League Spring 2002 season championships. The pee wee team recorded six wins during the 9-game season. Members, (front row, from left to right) Goalie Kyle Kelly, Chris Howell, John Kauffman, Lorrin Larson, George Castellvi, (back row, from left to right) Coach Ken Larson, Andy Ruiz, Kyle Hester, Brad Saltz, Mike Friel, Josh Gutierrez, Ryan Holmberg, Eric Spidell and Coach Les, pose for their team photo.

Marine leads Red Wings into playoffs

Illitch hopes Detroit overcomes Colorado Avalanche in quest for Stanley Cup

John Gunn

Special to the Hawaii Marine

They've done it before. Now the Detroit Red Wings have to do it again, writes John Niyo of the *Detroit News*.

"The road to the Stanley Cup is never

clear of obstacles, but for the fifth time in seven years, the Detroit Red Wings," whose owner-governor is Marine vet Mike Illitch, "will have to get past the Colorado Avalanche to reach the Stanley Cup Finals," he said.

One problem: It's a hurdle the Wings

haven't cleared since 1997, having lost to the Avalanche in the second round in the 1999 and 2000 playoffs.

Injuries were the primary reason for the Wings' failure in 1999, and a team that struggled to score in five-on-five situations exited quietly to its summer vacation a year later.

"There aren't any excuses readily available this year," Niyo said. "Now all that's left to do is win four games against the defending Stanley Cup champions."

Detroit, which won Stanley Cups in 1997 and 1998, got off to a good start Saturday as Darren McCarty scored three goals, all in the third period, to help beat Colorado, 5-3, in Game 1 of the Western Conference finals. Detroit had a week to rest after eliminating St. Louis in five games.

McCarty began the game with no goals and just three assists in the playoffs after scoring just five goals during the regular season, but such meager numbers are rendered insignificant in Hockeytown, which will always adore the winger for his charisma and his series-winning goal in the 1997 Stanley Cup, The Associated Press reported.

Detroit, which had won nine of its past 10 games, was to play host to the defending Stanley Cup champion Avalanche again in Game 2, Monday. Wednesday and Saturday, the teams play at Colorado.

Illitch, of Little Caesars fame and owner of baseball's Detroit Tigers since buying the team from Marine vet John Monaghan in 1992, played shortstop for Parris Island in 1949, Quantico in 1950 and Hawaii Area in 1951. He signed a minor-league contract with Detroit, where he had grown up, for \$3,000 in 1952.

"He hoped that his .340 batting average would give him a shot at the major leagues, but his goal went unrealized," says a Tigers media guide. "He played in the Tiger system through 1954, when a knee injury ended his career."

Honored by business and community groups, he bought the Red Wings in 1982 and also has owned the Detroit Drive of the Arena Football League, Detroit Rockers of the National Professional Soccer League and several Detroit and New York arenas.

Goalie Patrick Roy stopped 27 shots to make Peter Forsberg's goal in the second period stand as the Colorado Avalanche beat the San Jose Sharks, 1-0, in Game 7 of the NHL Western Conference semifinals.

Colorado reached the conference finals for the sixth time in seven years. San Jose, whose outgoing owner is Marine vet George Gund III, won a division title for the first time this season, but lost two straight games in failing to reach its first conference finals.

See HIGHLIGHTS, C-7

PAINTBALL: A combat sport for all walks of life



Lance Cpl. Jessica Mills

Timothy Charles practices his aim.

From C-1

Whatever team learns to control those things will dominate the game every time.

Players are required to wear goggles at all times on the field and there must be a barrel plug in the paintball marker whenever a game is not in session.

"Paintball markers are set to fire at 285 feet per second, which is around 200 miles per hour, and the goggles are rated for safety up to 300 miles per hour, which is why it is so important to wear them at all times," said Brumley.

"Paintball is like an adrenaline junky's golf game," said Manahan. "But safety is always our number one concern."

Oceanside Paintball is open Friday through Sunday for unit and individual play.

For more, call Robert Brumley at 254-7593.

HIGHLIGHTS, From C-6**In Pro-football**

Errick Herrin, a Marine Desert Storm veteran and 6-1, 240-pound linebacker, had made one interception, four tackles, four tackle assists and one sack in three games as the Detroit Fury of the Arena Football League opened with a 1-3 record.

Unexpectedly, he was released last week along with a quarterback and defensive specialist.

After playing at El Toro and Mt. San Jacinto JC, he was a USC co-captain in 1995, was selected for the Senior Bowl and had tryouts with the Cowboys in 1996, Panthers in 1997 and Broncos in 1998.

He performed for the Southern Michigan Timberwolves (Mid-Continental Football League) in 1999 and L.A. Xtreme of the XFL and the Fury last year.

In College Football

Capt. Glenn Flanagan USN, a defensive back who lettered at Annapolis in 1976-77, took command of the USS Monterey, an Aegis-guided missile cruiser based in Norfolk.

He recently completed a tour as the reactor officer of the nuclear-powered aircraft carrier USS Roosevelt.

In Service Football

The Coffin Corner, a publication of the Professional Football Researchers Assn., carries on Page 3 this May, a 3-page feature headlined "The Legend of Lone Star."

It's about Lone Star Dietz, a coach at Washington State 1915-17, Purdue 1921, Louisiana Tech 1922-23, Wyoming 1924-

27, Haskell Institute 1929-32 and Albright 1937-42 plus the NFL Boston Redskins in 1933-34.

He also came aboard as a civilian to coach the Marine Island Marines starring back Dick Hanley to a 10-0 record and scoring 454 points in 1918, before a 17-0 loss to Great Lakes with George Halas, Paddy Driscoll, Jimmy Conzelman and Charles Bachman in the 1919 Rose Bowl.

"The Lone Star swaggered with talent and confidence. He did so many things that his life, especially the first 40 years, can be called astounding. Greatness enveloped him. He died poor, sick and alone" says the article.

He was also an artist, actor, teacher, magazine illustrator and painter.

Discussing this year's Miami-Nebraska Rose Bowl game, the Orlando Sentinel wrote: "The last time a West Coast team wasn't here, 1919, most college programs were suspended because of the war. President Woodrow Wilson allowed an exhibition between teams representing the military. Great Lakes Navy beat the Mare Island Marines led by game MVP George Halas. Yes, that George Halas."

In Baseball

Howard Paster was elected to succeed Peter O'Malley as president of the Little League Foundation, while Hall of Fame pitcher Tom Seaver, a Marine vet, was picked as a foundation trustee.

Paster is chief executive officer of Hill and Knowlton, Inc. He follows O'Malley, who held the position since 1991 after taking over for William A. S h e a .

former president of the Los Angeles Dodgers, will remain as a trustee.

The foundation was established to stabilize and ensure Little League's future, protect its ideals and extend its benefits, The Associated Press reported.

The Chicago Tribune ran a feature seen on parts of three pages in its Tempo section about Mike Veeck, son of late Hall of Famer Bill Veeck, a Marine vet. It was headlined "Thinking outside the batter's box."

Mike Veeck is president of the Charleston (S.C.) River Dogs, a Tampa Bay farm club. He helps run six baseball teams as a member of the Goldklang ownership group (he also serves as a marketing consultant to the Detroit Tigers and minor-league teams in Portland, Ore., and Brockton, Mass.)

"There's nothing intellectual about what I do," he told the Chicago paper. "I know what a privilege it is to make my living doing something I love."

Semper Toons By Staff Sgt. Charles Wolf