

# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 31, 2002



Above — Nick Shapee (left), 13, of Team Extreme 2, prepares to block a Mililani player's pass. Left — Kyle Dubois (left), 12, makes the first shot at the drop of the puck in the beginning of the second half.

## Team Extreme 2 playing fast, hitting hard

Story and Photos by  
**Lance Cpl. Jessica Mills**  
Sports Editor

Team Extreme 2, the Kaneohe Bay all-star inline hockey team, competed against the Mililani Bantam select team in a "tune-up" tournament Sunday at the Mililani outdoor inline hockey rink.

The tournament was a preparatory competition before the USA Hockey Inline Regional Championships in June.

"The point was to give these kids some practice against each other before the finals," said Pat Hartnett, the director of the Mililani Inline Hockey League. "The teams competing against each other today are the same teams that are going to the finals. They are all in the Bantam, 14 and under division, so this won't be the last time they see each other."

Team Extreme 2 is an all-star team with the Oahu Inline Hockey league, and is composed of players from MCB Hawaii, Kaneohe Bay, Hawaii Kai and Waialae areas.

In the first half of the match against Mililani, K-Bay came in fast and hard, scoring two short-handed power play

goals in the first quarter of play.

Kaneohe Bay's defense stayed strong, keeping on Mililani's tail up and down the rink. While goalie Josh Bailey, 13, blocked his goal like a wall, not allowing one shot to pass.

They continued to pound against Mililani, with both John "J.B." McConnell, 14, and Russell Fisher, 14, scoring two goals each, ending the first half 6-0.

"We burst Mililani's bubble in the first half; we were pounding in on them. We scored so fast and so hard, they hardly knew what hit them," said Howard Shapee, an investigator with the Military Police Company. "This sport is great for teaching the team playing skills these kids are going to need for their future. It also keeps them out of trouble. They can use all their extra energy out in the rink."

In the second half, Mililani began to catch up, piling on the penalty plays and scoring 6 goals. But K-Bay kept the heat on and with 5 minutes left in the match, Nick Shapee, 13, swept and scored two goals in a row to end the game 9-6, K-Bay.

"This was the first game that counted



Team Extreme 2 players, #8 Nick Shapee (center), 13, and #34 John McConnell (left), 14, try to push the puck past the determined Mililani goalie to score.

towards the finals, and our team proved themselves. They played hard and kept their heads about them," said Shapee. "Last year, this team went to the nationals, and I think we have a good chance of making it again this year."

"We have a pretty talented team and they are all dedicated to putting in the time for practices. All we have to do to

is win the regionals," he added.

The USA Hockey Inline Regional Championships will take place Wednesday through June 10 in Kihei, Maui.

For more information on inline hockey leagues aboard K-Bay, contact Clark Abbey, youth sports coordinator, at 254-7611.

## Former UH receiver drafted by Denver Broncos

Steve Kalnasy  
Special to the Hawaii Marine

On Saturday, May 25th, I sat down with Ashley Lelie, NFL 1st round draft pick with the Denver Broncos. We met at Duke's in Waikiki. Lelie was in town for an autograph appearance at the Hawaii Convention Center as the highlight of a Sports card collector's show organized by a sports cards shop in Aiea.

Ashley is the son of Rene Lelie, a retired Marine who was once assigned to the MCB Hawaii Athletic Office.

At 5 years old, Ashley Lelie knew he was an athlete. By 10 he could hold his own with the big boys (15 year olds), and by 15 he said, "I knew I would be a pro." A natural athlete, Ashley thought it would be basketball that would take him to stardom. At 6-2, he had the height and he was still growing. Basketball "just came easier to me," he said.

He played football and dabbled in baseball until a 70-mile per hour pitch hit him. "That was it for me," he said with a laugh. "I thought it was funny that my parents would discourage me from playing organized football because they didn't want me to get hurt." It's ironic that in all the years he played through high

school and college, he never broke a bone or suffered a serious injury.

In his three years at the University of Hawaii, Lelie racked up impressive stats: 194 receptions for 3,341 yards and 32 touchdowns. These are respectable numbers for any receiver, but more impressive is that nearly half of those numbers came in his final year at UH. This was the reason he went so high in the draft. "Everyone was saying he would go in the 1st round," Lelie's dad told me. "Some even had him going in the top 10."

On draft day at his family's home in Beaufort, S.C., he watched intently waiting to hear his name called. After the 10th, 11th, and 12th picks were announced, he began to wonder if he would go at all in the 1st round. "I just couldn't sit around and wait anymore," he told me.

Then it happened. Denver had the 19th pick and they selected him to be their number 1 pick of the 2002 draft. "My mom started screaming, and everyone was so excited" he said.

Ashley Lelie is a humble, soft spoken, respectful young man who grew up in a military family. His dad Rene nurtured him and provided a good balance of dis-

cipline and encouragement. Speaking of his dad, he said, "We are very close."

His relationship with his father has helped him to see his future more clearly. Twice, this All-American pondered quitting football. Once in high school, and again during his first year at UH. It was his dad who convinced him to stick with it.

I asked Lelie what he would have done had he not made it in sports, "I always wanted to be a pilot in the Air Force," he told me. Everyone expects this high-flying wide receiver will make an impact on the NFL. "I'm really happy that I was picked by Denver," he said. "They have a great program and I'm learning a lot." Lelie is also happy that his friend and UH teammate, quarterback Nick Rolovich, is in camp in Denver trying out for the team, "I'm really glad that Rolo is being considered, he's a great football player who will fit in well in the NFL."

During the interview, there were occasional interruptions by well-wishers, and admirers, friends, and former co-workers (during college Lelie worked at Duke's tending bar). Lelie's friendly smile and easy personality made everyone feel like his personal was theirs.

I left the interview with a good feeling



Steve Kalnasy

Former UH receiver and former Marine dependant Ashley Lelie was an NFL 1st round draft pick for the Broncos.

about this young man. His skill as a football player, and his good upbringing, will suit him well in his new career.

Although I will always be loyal to my home team Detroit Lions, now I will have another team to root for.

# 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 May 25. 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.

## 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 Submarines 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 of 13 - 17 years old? What are your plans for the summer?

Instead of basking 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.

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 ongoing 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.

## Players Needed for Intramural Soccer

Anyone interested in playing intramural soccer should attend the organizational meeting Tuesday at 2 p.m. in the Semper Fit Center Gymnasium

For more information, or if you are unable to attend, call Joe Au, intramural sports coordinator, at 254-7591.

## Free Hiking, Camping, Hunting Class

Hunter education classes are now being offered by the Hawaii Department of Land and Natural Resources. Attendance for all sessions is required for certification.

The class is open to anyone age 10 and older. To sign up, contact the Hunter Education Office at 587-0200.

## Sports Ticker

### 2002 Intramural Softball Standings

	Won	Lost
Radio Bn.	4	0
HMT 301	2	0
HQBN "Rhinos"	6	1
Mess Hall "Aces"	5	1
CSSG-3	5	1
1/12 "Spartans"	5	2
Band	5	3
VP-9	4	2
LSC "Red Death"	4	3
G-6	4	3
MALS 24 "Maulers"	3	2
MALS 24 "Mag Rats"	2	4
PMO "50"	1	4
EM Plt. "The Nobodys"	1	6
Shakedown Cruise	0	3
HMH 363 "Red Lions"	0	4
Dental	0	4
MALS 24 "Warriors"	0	6

## Base All Stars

**NAME:** John "J.B." McConnell

**AGE:** 14 years old

**SCHOOL:** Kailua Intermediate

**TEAM:** Team Extreme 2, K-Bay all-star team

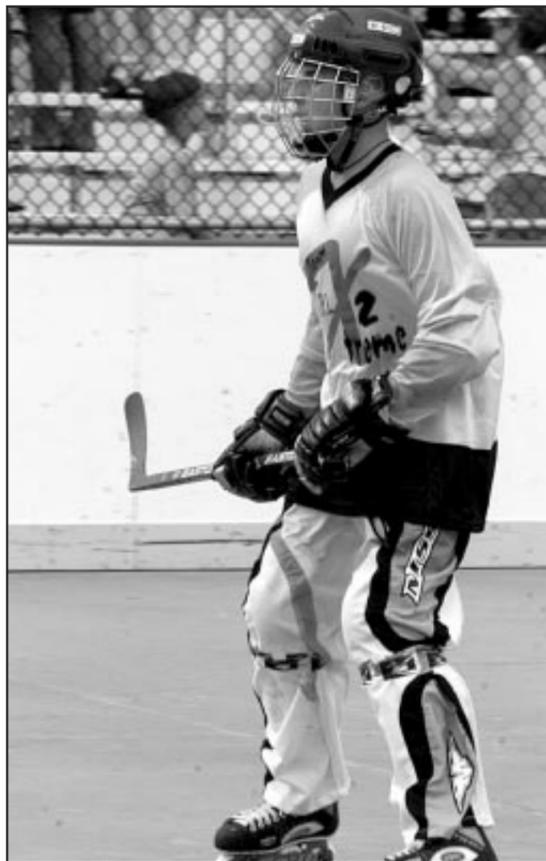
**POSITION:** Offense

**SPORT:** Inline Hockey

- He has been playing Inline Hockey for three years.

- During this past game, McConnell scored two goals to help win the game.

- This is his first season playing on K-Bay's all-star team, although he has played on other all-star teams.



Lance Cpl. Jessica Mills

*"I play inline hockey because it's fast and hard hitting, and I love the history behind the game."*

# K-Bay's Diamondbacks strike in season final

Story and Photos by  
**Sgt. Alexis R. Mulero**  
Community Relations

The Diamondbacks from MCB Hawaii, Kaneohe Bay, closed out the 2002 Termite League season on Saturday with a stunning come-from-behind victory over the home team Schofield Barracks Indians 13-12.

The K-Bay kids were led by pitcher Dale "Bubba" Murray who scored

three runs and pitched four innings against the hard-hitting Indians.

For the first four innings, the visiting D-Backs were trailing by two to three runs, but in the top of the fourth, the disciplined K-Bay sluggers walked four times and scored that many runs to take a one run lead.

In the bottom half of the fourth inning, Murray pitched stronger and smarter, not allowing any runs.

The D-Backs lead didn't last for

long, as they surrendered four runs to Schofield in the bottom of the fifth.

The inning ended with a momentum-shifting, bases-loaded 1, 3, 2 double play lead by relief pitcher David Rodriguez, 1st baseman Murray and catcher Rachel "Bug" Petersen.

The D-Backs, who were trailing by three runs at the top of the 6th inning, erupted for 5 runs with smart base running, a triple hit by third baseman Nicolas Perdue, a double by "Bug" Petersen and a hit by right fielder Daniel Bender.

Rodriguez, the relief pitcher, sealed the game by holding the Indians to a one-run win for the K-Bay kids.

"The D-Backs displayed good unit cohesion and team effort to pull out the win," said Master Sgt. Lincoln Petersen, Bug's father.

The season is now over, and the kids will have to wait till next year for more of "America's Pastime."

A team party is set for Saturday at the base swimming pool where plaques will be passed out to the team members and a thanks given to the parents and coaches.

"Initially looking at the players, the theme of 'The Bad News Bears' came to mind," added Petersen. "As the coaches mentored and guided the players though, I saw a 100 percent improvement by mid-season in both the skills and teamwork."



Dale "Bubba" Murray, starting pitcher, K-Bay Diamondbacks, pitched four strong innings.



Diamondback team members stand at the ready position, waiting for the opportunity to make a heart-stopping defensive play for the team.



Patrick "Wild Thing" Morales, shortstop and relief pitcher for K-Bay's D-Backs, watches on as his team pulls away from the Indians.

## Building strong bones gives girls a head start in life

**NAPS**  
Feautorettes



Girls can help prevent osteoporosis later in life.

What comes to mind when you hear about osteoporosis? You may think of older adults, because the disease primarily affects women after menopause. But did you know that girls can take steps now to develop healthy bones and reduce their risk of osteoporosis later?

Building strong bones during childhood and adolescence can be the best protection against developing osteoporosis later in life.

But because most women have built 98 percent of their bone mass by about age 20, it's important to learn bone-healthy habits early. Since bone mass generally decreases with age, resulting in weaker bones, the stronger girls' bones are to begin with, the better.

Girls can build strong bones by eating foods with calcium and doing plenty of weight-bearing physical activity. Most people know that dairy foods like milk, cheese, and yogurt, have calcium. But there are also many non-dairy

foods with calcium such as tofu made with calcium, almonds and vegetables like broccoli, kale and collards. Increasingly, foods like orange juice and some breakfast cereals are being fortified with added calcium.

Girls 9 to 18 years old need 1,300 milligrams of calcium each day. This may seem like a high number, but it's easy to reach that goal.

Participating in weight-bearing physical activity is another key way to strengthen bones. This means doing activities that make

muscles and bones work against gravity. So, girls can build their bones by doing fun activities like playing soccer, basketball or tennis. Push-ups, hopscotch, jogging and hiking are other fun weight-bearing activities that girls can do with family or friends. Not only is it fun for kids to participate in these activities, they can help build their self-confidence too.

Want to learn more? Look for additional great ideas for foods with calcium and fun weight-bearing physical activities at [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones).

## HEALTH &amp; FITNESS

## MIGRAINES: More than just a headache

## NAPS

## Featurettes

What are migraine headaches? What are the symptoms? What causes them? And, most importantly, what prevents them?

A common type of chronic headache, migraines affect six out of every 100 people, about 17 million Americans.

More common among women, migraines usually strike people between the ages of 10 and 60. Migraine headaches are usually accompanied by throbbing, pulsating pain on the left, right or both sides of the head, and the pains are either severe or dull. Depending on the severity of the attacks, these headaches usually last six to 48 hours.

Even though symptoms of migraine headaches vary from person to person, there are still some common symptoms that are evident in most migraine cases.

## Potential migraine triggers:

- Stress
- Fatigue
- Oversleeping or lack of sleep
- Hormonal changes
- Caffeine or chocolate
- Alcohol
- Changes in barometric pressure or altitude
- Foods or medications that affect blood vessels

These may include nausea, vomiting, blurred vision, sensitivity to sound and light, and a tingling sensation. Severe migraines may incapacitate a person.

While migraines are most often genetically inherited, many researchers are taking a closer look at the changes in the brain and blood vessels occurring with migraines.

Some believe that changes in brain activity cause the nervous system to respond. This leads to inflamed blood vessels and nerves around the brain, which can result in a migraine.

Environmental factors can also trigger migraines to flare up such as specific noise pitches, lighting situations, weather and high altitudes. In addition, flare-ups can be instigated by physical factors and eating habits. These include too much sleep or too little sleep; stress; certain foods containing monosodium glutamate (MSG) such as seasoning salts and sauces; and foods containing high levels of nitrates such as sausage, hot dogs and smoked fish.

Migraines may also be associated with gender. For instance, many women have migraine attacks linked to their menstrual cycles. In these cases, fluctuating estrogen levels are believed to play a role. Fortunately, this type of migraine tends to decrease in frequency with age.

In an effort to gather as much information as possible about migraines, the American Osteopathic Association, which represents more than 47,000 osteopathic physicians, joined six other national physician organizations to form the U.S. Headache Consortium. The group developed a set of practice guidelines for physicians to use when diagnosing and treating patients who suffer from migraines.

Although a cure for migraines has yet to be found, those suffering from this condition do not have to live with the pain. One way to overcome these chronic headaches is to learn how to manage them. This generally consists of drug therapy and lifestyle management. There are many migraine drugs available, but it is important that you find one that is best for your migraine condition.



NAPS

Osteopathic physicians can help people manage their migraine headaches.

Adjusting your lifestyle to avoid environmental elements that can trigger migraine headaches such as dusty rooms, bad lighting, humid areas and noise levels, may also help to decrease the likelihood of attacks.

With proper knowledge about migraines and a physician's care, the frequency and severity of migraine attacks may decrease dramatically, allowing you to live your life more comfortably.

Osteopathic physicians (D.O.s) are fully licensed physicians able to prescribe medication and perform surgery. They treat people, not just symptoms.

To learn more about D.O.s and osteopathic medicine, visit the American Osteopathic Association's Web site at [www.aoa-net.org](http://www.aoa-net.org) or call toll-free 1-800-621-1773.

## JARHEADS and SQUIDS by: J.R. WILLIAMS



# Make stress work for you

## NAPS

### Featurettes

People tend to talk about stress as if it's all bad. It's not.

"Some stress is good for you," says Dr. Esther Sternberg at the National Institute of Mental Health (NIMH). "I have to get my stress response to a certain optimal level so I can perform in front of an audience when I give a talk."

While some stress is good, however, too much is not.

"If you're too stressed, your performance falls off," Dr. Sternberg says. "The objective should be not to get rid of stress completely because you can't get rid of stress. Life is stress. Rather, you need to be able to use your stress response optimally."

How much we're able to do that is the challenge, Dr. Sternberg admits. It may not be possible in all situations, or for all people.

"Your goal should be to try to learn to control your stress to make it work for you," she says.

Dr. Sternberg has

been studying the links between the mind and the body for years. She and other scientists have found that too much stress can harm the immune system. A growing number of studies show that lowering your stress can actually help your immune system.

To control stress, first try to identify the things in your life that cause it: marital problems, conflict at work, a death or illness in the family. If there's a problem that can be solved, set about taking control and solving it. For example, you might decide to change jobs if problems at work are making you too stressed.

Some stressors can't be changed. In that case, support groups, relaxation and exercise are all tools you can use.

If none of these seem to work for you, don't hesitate to ask a health professional for help.

One other thing you need to remember: If you do these things and you're not successful in lowering your stress, it's



NAPS

**Chief Warrant Officer Richard McDougall, MCB Hawaii Staff Secretary, knows that stress is good, if you control it.**

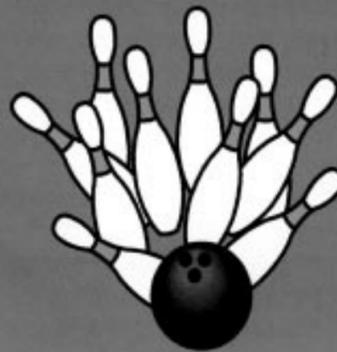
not your fault because biology plays a major role.

"You need to know the benefits of the system," Dr. Sternberg says, "and its limitations as well."

In other words, try not to get too stressed about being stressed.

For more, visit the NIMH website at <http://www.nimh.nih.gov/publicat/index.cfm>, or write to NIMH Public Inquiries, 6001 Executive Boulevard, Rm. 8184, MSC 9663, Bethesda, MD 20892-9663.

## 2002 JWC Bowling Tournament



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- **For More Information Call Nico Duncan by Friday May 31**

Sponsored by the 2002 Joint Women's Conference

**257-7718**



# GREAT AMERITHON: Former Marine runs across U.S.

Story and Photos by  
**Gunnery Sgt. John Cordero**  
*MCLB Barstow*

**MARINE CORPS LOGISTICS BASE BARSTOW, Calif.** — The former Marine corporal looked like a well-aged Forrest Gump as he continued his coast-to-coast mega-marathon May 10 through MCLB Barstow.

With a slow but steady pace, 64-year-old Kenn Kemper, sporting a foot-long silver beard and wearing a white "Great Amerithon" hat, ran with active duty Marines for the first time since 1968, the year the former legal clerk got out of the Marine Corps.

The 1.5-mile morning run from the front gate to the back gate of the base on historic U.S. Route 66 was less than five percent of the great grandfather's total miles for the day, but the beam of excitement in his brown eyes shouted that the short run contained 95 percent of the day's enjoyment.

Unlike Gump, the St. Louis, Mo., native has a reason for running about 26 miles, six days a week, for the next five months from the coast of California to the rocky shores of Maine.

Kemper, a chaplain for the Veterans Affairs Hospital in Phoenix and assistant pastor for New Horizons Church in Avondale, Ariz., started his 3,200-mile journey, called the Great Amerithon, May 2 in conjunction with the National Day of Prayer's 52nd anniversary observance in Santa Monica, Calif.

From Santa Monica his course follows Route 66 to St. Louis. Instead of following Route 66 to Chicago, he plans to go east through Ohio and to Philadelphia and New York City. He plans to be in New York City on Sept. 11 before running to Portland, Maine.

## Getting Involved

His mission is to influence U.S. citizens to get involved in the spiritual, educational, political, business and fitness life of their communities.

The Great Amerithon is a series of runs in which local participation is encouraged. People are invited to join at locations along the route to show their support for their national heritage. Kemper is collecting signatures for the Great Amerithon message during his journey and plans to make a leather-bound book of them and hand deliver them to President George W. Bush as a demonstration of the resolve of the people of the United States to stand for what is right



**Kenn Kemper, a former Marine corporal, continues on his coast-to-coast mega-marathon.**

and just.

When Kemper stops at various locations throughout his course, he speaks to people and distributes New Testament Bibles.

Kemper said he hopes to raise awareness of the importance of the nation's Christian heritage, rally support for Christ-centered community programs with those in need, and commemorate the sacrifices made to preserve the United States' freedom and way of life. Although plans for the Great Amerithon began 18 months before Sept. 11, 2001, Kemper also hopes to honor the heroes who gave their lives to help others during the tragedies.

The run is patterned after the 1928 "Bunion Derby," an 84-day international transcontinental foot race from Los Angeles to Chicago and then to New York City, aimed at promoting the then newly built Route 66. Andy Payne, a 19-year-old Cherokee farm boy from Foyil, Okla., won the race by running a marathon and a half each day for 84 consecutive days covering a total of 3,423 miles.

Unlike the Bunion Derby, the Great Amerithon is a free, public event.

"This run is designed so that when we come to a town or city ... people can run with us," said Kemper. "They can run any part of the race they want to. They can run across their state or they can run just a marathon or 10K."

When Kemper started the Great Amerithon, there was a grand-prize in-



**Kemper runs a portion of his 33-mile run for the day with Headquarters Bn. Marines at MCLB Barstow May 10.**

centive for people to take up the fitness challenge of running the entire course, according to Kemper. The runner who finished the Great Amerithon from start to finish with the fastest accumulative time would have won an authentic 325 B.C. Greek coin, with Hercules on the obverse and Zeus on the reverse, mounted in a specially minted metal medallion; a fresh laurel flow in from Greece; and a trip to Greece for the next Olympics.

Although a few people started the course with Kemper and ran with him for the first few days, no one has continued with him on foot.

"But people can still win the wreath and the coin," said Kemper of the consolation prize. All they have to do is finish

1,500 miles of the course in the fastest accumulated time.

## Making a Challenge

Along with the fitness challenge, Kemper is also challenging people to look beyond their immediate circumstances and to do what they can to help change lives and fortify a hope for the future.

The hardest circumstance Kemper is trying to look beyond during his run across the United States is his knee problem.

"My knee's giving me trouble because I hurt it playing football for the

*See RUNNING, C-8*

# Sports day improves U.S., Thai affairs

**Pfc. David E. Stobaugh**

*Cobra Gold PAO/Northwest Guardian*

SA KAEO, Thailand — Actions speak louder than words, especially when the words spoken can be of two different languages, as the U.S. and Thai soldiers of Cobra Gold 02 discovered on Sports Day on the afternoon of May 18.

"That's the nice thing about sports," said Spc. Christopher Hagen, Headquarters and Headquarters Co., 64th Engineers Brigade. "You don't have to communicate verbally to communicate on the field."

The sports available at the activity were basketball, golf and soccer, a three-legged race, a sack race and a shuttle run.

A unique Thai sport, which Hagen referred to as the "clay pot smash," ended the day.

The sport involved blindfolding the participants, spinning them around to

*"I think it brought everybody closer together"*

Spc. Christopher Hagen  
*64th Engineers Brigade*

disorient them, and sending them ahead several yards to try to smash a clay pot with a bamboo rod.

It seemed that for at least one day out of the exercise, language was an insignificant barrier.

The sports day also allowed soldiers of both nationalities to get to know each other better.

"I think it's important to get people out of a work environment and into a fun environment where they can actually enjoy each other," Hagen said.

"In the work environment, with the stress, it's much harder to get a feel for their culture," he added.

"It was a good opportunity to enjoy friendship with our Thai counterparts," said Capt. Kevin Schrock, HHC, I Corps G3 operations. "Doing something like Cobra Gold is a great opportunity to experience another nation's culture. This is an opportunity that not very many people get."

The two teams, A and B, were closely matched in most events. Team A consisted of the Fire Support Element, G3, G5, G6 CADE and Public Affairs, while Team B was made up of G1, G2, G4, SES, Staff

Judge Advocate, Surgeons, AIR and Information Ops.

Team B won the golf event and basketball during overtime, while both teams tied in soccer. Team B took the win again in the three-legged and sack races, while Team A claimed the shuttle run. Team B won again in the Thai event, clay pot smash, finishing as the sports day champions.

Food and beverages were available throughout the day, and beverages were served to both sides during the award ceremony.

Team A celebrated by showering their winning opponents in drinks. In the end, soldiers from both nationalities had grown closer.

"I think it brought everybody closer together," said Hagen.

It was a great opportunity to experience the Thai's, outside of training, and make some friends, explained Hagen.



NAPS

Hand injuries can be prevented or eased with the right bandage or glove.

## Injuries can be prevented on and off the field

**NAPS**  
*Featurettes*

Whether you're gardening or golfing, in a tennis game or a typing pool, your health and fitness are important. That's why the better you understand your body, the less likely it is you'll suffer an injury.

Here is some helpful advice from experts that will keep you on the field and off the injury list.

- Warm up and stretch adequately. Ten minutes should do it. Don't forget to place em-

phasis on the muscle groups that will experience the greatest stress. The stretching is important after the activity as well.

• If your muscles and joints tend to be prone to injuries, there are steps you can take beforehand. Innovative athletic bandages such as self-adhering athletic wrap help prevent damage by supporting the weakened area firmly, yet comfortably.

• Build up gradually. Start with fifteen minutes of low-impact aerobic exercise, three to five times the first week, and slowly increase the duration of each workout.

For those who do get injuries there are flexible therapeutic support gloves that reduce pain resulting from strain, stress, cramping and swelling affecting the fingers, hands and wrists.

People who are suffering from the aches and pains associated with repetitive hand motions will experience soothing relief from the support, heat-retaining qualities, and massaging effect.

Following these simple steps can help prevent new injuries from occurring, but if pain associated with a prior injury continues, see a health care provider for more information.

**RUNNING, From C-6**

Marines," Kemper said. "I was in the hospital for a couple of months, and now [the knee injury] is coming back to haunt me."

Muscle stiffness or soreness isn't as bad as the knee problem, thanks to Harris.

"I run for about four hours and then Eric Harris gets my legs all limbered up again, and then I run for another four hours. I try to run anywhere from eight to 10 hours a day," said Kemper, who also said he gets about six hours of sleep each night.

But his pleasure apparently far outweighs his pain. Two things he said he enjoys about his 8- to 10-hour runs, six days a week, are meeting with people and traveling.

It was Kemper's love for traveling that indirectly led him to joining the Marine Corps in 1960.

Kemper was hitchhiking shortly after graduating from the University of Houston. The driver who picked Kemper up stopped at a restaurant to eat, and Kemper used the restroom. Kemper discovered after coming out of the restroom that the driver took off with all of Kemper's belongings.

"There I stood in Austin, Texas. I didn't have a thing," said Kemper. "I thought, 'Well, I wanted to go in the service; I might as well go in now.' So I went to the Marine Corps and I said, 'Give me a piece of paper and let me sign it before I change my mind.' The next day I was off to MCRD."

As a private first class, Kemper married Marilyn, whom he grew up with in St. Louis. He was stationed with the 11th Marines at Marine Corps Base Camp Pendleton, Calif., and subsequently transferred to Marine Corps Air Station El Toro, Calif.

After MCAS El Toro, he went to Camp H.M. Smith, Hawaii, where he worked for Lt. Gen. Victor H. Krulak, who had administrative control over all of the Marines in Vietnam and was responsible for their training and readiness.

He said he wanted a career in the Marine Corps but that his-wife of 41 years didn't care for the military family lifestyle.

"I enjoyed the physical part of it, and I liked the travel part of it as well," said Kemper.



**After a 1.5-mile motivation run from the front gate to the back gate of MCLB Barstow, Kenn Kemper speaks to Headquarters Bn. Marines of MCLB Barstow.**

"I tried to stay in the reserves after I got discharged, but I got so busy with civilian life that I just let that slag, and I wished I hadn't had done that," said Kemper. "Then I could have stayed a little closer to [the Marine Corps], because I love the Marine Corps. We need people to have the discipline that it provided."

Before Kemper began challenging people of all walks of life and worldviews to turn away from the decay that is gripping neighborhoods and destroy-

ing many lives throughout the country, he challenged himself to prepare for battle by training for a year and a half.

"When he told me what he wanted to do, I thought it was crazy, said Tim Sparkes, one of Kemper's personal trainers, who worked with Kemper before both his cycling and running adventures. Never in my life has anybody told me they wanted to run across the country. I didn't know what to do; we figured it out as we went along.

"His program was really intense, and

we had to start from scratch," Sparkes added. "We did a lot of high endurance, high-rep work, a lot of leg and muscle training."

During his training, Kemper carried the World Trade Center flag to the steps of the Arizona Capitol on Veterans Day. He also picked up the Olympic torch at the Tucson, Ariz., train station and then carried it and ran with other torchbearers throughout the city on Jan. 13.

"Once he puts his mind to something, he just goes after it," Sparkes said. "He's willing to go to any length to make his goals."

After his 18 months of training, Kemper's trainers and doctors said he was ready.

Realizing that being ready and showing up is not what matters, but that winning after getting there is what matters, Kemper clinched his first "win" with a run in March from Phoenix to Wickenburgh, Ariz., about a 30-mile run.

"That was the first marathon I'd ever done in my life," said Kemper. "Now I'm running one a day. But I'm a slow runner. I don't really run; I jog. If I didn't jog, I couldn't do a marathon every day."

On the day he continued his journey, Kemper received a Marine Corps-fashion hail and farewell — a 1.5-mile run at a "recon" shuffle, with ample singing of cadences.

"It was an honor to be in the company of such fine people as you," said Kemper about the Marines. "It is such a comfort to know that there are men and women like you who are willing to give their lives for our freedom. Our countrymen need to have the same integrity as the Marines."