

# Hawaii MARINE SPORTS

Hawaii Marine C Section

November 21, 2003



Kristin Herrick

First Battalion, 12th Marine Regiment Bulldog running back Jordan Hubbert flies past a defender in his team's 14-13 victory over the Marine Aircraft Group 24 Bandits. The Bulldogs will face the Combat Services Support Group 3 Outlaws Tuesday night at Pop Warner Field.

## Gridiron titans face off, Tuesday

### Bulldogs upset Bandits in heartbreaker

**Kristin Herrick**  
Staff Writer

After dominating all season, the Marine Aircraft Group 24 Bandits fell to the Bulldogs of 1st Battalion, 12th Marine Regiment, 14-13, Wednesday night at Pop Warner Field.

A botched point after attempt spoiled the Bandits' hope of winning the 2003 Intramural Tackle Football championship while the Bulldogs were given a

See FOOTBALL C-3



Kristin Herrick

Members of the Combat Services Support Group 3 Outlaws break from the huddle before their game against the Headquarters Battalion Warriors. The Outlaws came out ahead in the semifinal match-up, 7-6.

### Warriors turn over victory to Outlaws

**Kristin Herrick**  
Staff Writer

After a slow start to the season, the grass is looking greener for the Combat Services Support Group 3 Outlaws as they advanced to the Intramural Tackle Football League finals. The Outlaws beat the Headquarters Battalion Warriors 7-6 Tuesday night at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

"Our defense played good, but our offense was sleeping tonight," said Outlaw head coach Moses Singletary. "We have to keep our heads in the game and continue to pound the ball."

See OUTLAWS, C-3

## Birthday run goes the distance

**Pfc. Michelle M. Dickson**  
Combat Correspondent

Marines and Sailors from Combat Service Support Group 3 celebrated the Marine Corps' birthday a little differently: by running 228 miles to complete their annual Marine Corps Birthday Run aboard MCB Hawaii, Kaneohe Bay, Nov. 7.

Major William Arick, Tactical Logistics Operations Center officer for CSSG-3 said that it's a tradition for the Group to carry colors for every year of the Marine Corps' birth.

The Marines began their lengthy run on Nov. 5. Two Marines at a time carried the colors for approximately three miles. Runners left every half an hour; then the next two Marines were relieved at the Group building. Each successive pair of Marines — whether during daylight or midnight hours — continued the run.

The entire group took the last three-mile leg together in formation.

"It's always been a Group tradition to do this," said Arick. "This is my first, birthday run, and it really pumps me up when other Marines are motivated to do it too. It's such a great event to have right before the Marine Corps ball."

"The whole experience was so motivating," agreed Lance Cpl. Vincent R. Schuld, the data network special-



Pfc Michelle M. Dickson

Marines with Combat Service Support Group 3 aboard MCB Hawaii, Kaneohe Bay, run together and push the final miles of their 228 mile birthday run behind them.

ist for CSSG-3, who was one half of the last pair of Marines to carry the flag before the group formation leg then started preparing for the Group Marine Corps ball that evening.

## K-Bay hosts 6th annual Turkey Trot

**Edward Hanlon V**  
MCCS Public Relations

Earn your Thanksgiving meal at 3rd Radio Battalion's 6th Annual Turkey Trot. The event is a combined 10K race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay, that will give you a chance to burn off some calories before your Thanksgiving feast.

The race will be held tomorrow at 8 a.m., and the entry fee is only \$15 for the Turkey Trot. The Family Fun Run is free for both adults and children.

Awards will be presented to first, second and third place overall competitors, along with first place awards for individual division winners. In addition, random drawings will be held for complimentary Thanksgiving turkeys, compliments of the Kaneohe Safeway store. Plus, refreshments will be available from Gatorade.

Register tomorrow on race day, if you haven't already.

For more information, contact Marine Corps Community Services Athletics at 254-7590.

Mahalo to Salt Lake Self-Storage for also helping to sponsor this event!

# BASE SPORTS

**Edward Hanlon V**  
MCCS Marketing

## NOVEMBER

21 / Today

**Gone Fishin'** — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective, and to spend your day with family and friends off the coast of windward Oahu.

Make a date to catch some of the ocean's most exotic and tasty fish. Dive charters are also available in the crystal clear waters surrounding K-Bay.

Call 254-7667 for more information.

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, "Adventure Training" is a fun alternative to regular unit workouts. Learn different water sports such as scuba, kayaking, power boating and water skiing, and accomplish PT at the same time.

Adventure Training is offered at no charge to all MCB Hawaii units. Training NCOs and staff NCOs should call the base marina at 254-7667 for more details about this exciting alternative.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center aboard MCB Hawaii for all active-duty service members and their families. Parents for Fitness is open for children ages 6 weeks and older, and program participants are required to volunteer baby-sit three times per month.

For more info, call 235-6585.

22 / Saturday

**Pyramid Rock Beach Surf Showdown** — Come down to participate or simply spend the day at the beach, tomorrow at the Pyramid Rock Beach Surf Showdown. Check out all the action from 7 a.m. - 5 p.m.

The meet is open to military members of all services, family members and DoD ID cardholders. For more info, call 254-7655.

**Taking the Plunge** — Wet your feet and beat the heat at any one of the MCCS pools: the K-Bay main pool (Bldg. 981), the Hilltop pool (Bldg. 502 for O-Club members only), the Camp Smith pool (Bldg. 125) and the Manana Housing pool (Bldg. 840).

**Hawaii Championship Wrestling** — It's fight night at the Kahuna's ballroom. Catch live wrestling matches at 7 p.m. For more information, call 254-7660.

23 / Sunday

**Sunday Football** — Catch your team live on Direct TV's "NFL Ticket" at all three of the Kaneohe Bay clubs: Kahuna's Sports Bar & Grill, the (Staff NCO) Rucker Room and the Officers' Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

24 / Monday

**Monday Football** — Watch the New York Giants take on the

Tampa Bay Buccaneers at 6:30 p.m., Monday night at one of your K-Bay clubs.

**Inexpensive and Fun Entertainment** — Look no further for your entertainment bargain.

Mondays through Thursdays, all E-5 and below will receive free rental shoes and discounted games at only \$1.50 per game at K-Bay Lanes. The discount is good for open play and does not qualify for tournaments, leagues or unit functions.

Call K-Bay Lanes now to strike with this deal at 254-7693.

25 / Tuesday

**Intramural Winter Softball League** — Swing by either the Reiseley or Annex Fields and cheer on your unit's softball team, any Tuesday, Wednesday or Friday. Step up to the plate and call MCCS Athletics at 254-7591.

**Water Aerobics** — For a change of pace, exercise with Water Aerobics offered at the base pool for only \$2 per class. 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.

26 / Wednesday

**Color Pin Special** — Every Wednesday, from 5 - 9 p.m., head over to K-Bay Lanes bowling alley for a super, duper bargain.

Roll a strike when a colored pin is in "head-pin" position, and win up to three free games of bowling. All patrons are welcome to this deal. The pin will be noticeably different in color,

and if you make the play, you win!

28 / Friday

**Turkey Aerobithon** — You can work off those Thanksgiving day calories anytime between 9 a.m. and noon when MCCS hosts a "Turkey Burn Off Aerobithon" at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

Further, MCCS will donate a new, unopened toy towards the 4th Force Reconnaissance Company's Toys for Tots program upon your registration.

For more details, call Semper Fit at 254-7597.

## DECEMBER

3 / Wednesday

**Dart Tournament** — The Staff NCO Club is hosting a dart tournament for all Staff NCOs and their sponsored guests at 6 p.m. Prizes will include a dinner for two at the Staff NCO Club. For more, call 254-5481.

6 / Saturday

**Pro Bowl Tickets** — Beginning Dec. 6, Pro Bowl tickets will be available at the Information Tickets and Tours office at Mokapu Mall aboard MCB Hawaii, Kaneohe Bay.

Sideline seats will go for \$87.50 and end zone tickets for only \$32.50.

For more information on the Pro Bowl tickets, call 254-7563.

**Army-Navy Game** — Tailgate the military's favorite football game at the Officers' Club on Dec. 6. Enjoy a light continental breakfast at 10 a.m. and a barbecue at 11:30 a.m., which includes fajita bar cuisine, chicken wings, burgers and more.

## Base All Star

**NAME:** Fredrick Smith

**UNIT:** Combat Service Support Group 3

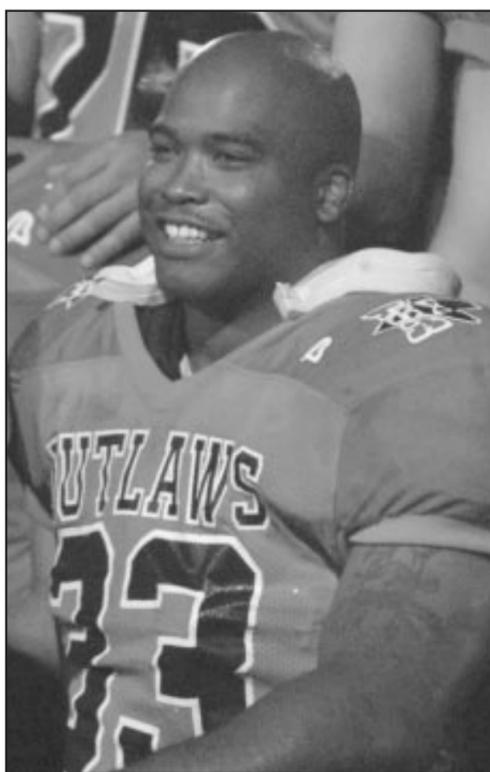
**BILLET:** Radio Chief

**SPORT:** Football

**POSITION:** Cornerback

**TEAM:** Bulldogs

- He was named to the All-American football team while attending high school in New York.
- At the University of South Dakota, he was again named to the All-American squad.



Kristin Herrick

*"Football is a team sport, there are no individuals. I love the game and I love my teammates."*

## 2003 Tackle Football Standings

(As of Nov. 20 .)

TEAM	WINS	LOSSES
MAG-24	6	2
Headquarters Bn.	5	3
3rd Marine Regiment	3	4
3rd Radio Bn.	2	4
1/12	2	2
CSSG-3	2	2
Camp H. M. Smith	1	6

## COMMUNITY SPORTS

### HTMC Hikes La'ie, Sunday

Conditioned hikers are invited to join the Hawaiian Trail and Mountain Club on an advanced 10-mile hike Sunday at 8 a.m. The HTMC trailblazers will transition from dirt roads to pine forests, to guava tunnels and native vegetation, on a long, arduous ascent in La'ie. However, the less ambitious can take this hike up to the gem of a waterfall halfway up the trail, then loop back.

A \$2 donation is requested for each nonmember, ages 18 or over. Children under 18 must be accompanied by a responsible adult.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information on the HTMC or to join in on this hike, contact coordinators Kris Corliss or Larry Oswald at 638-7268.

### Army v. Navy to Heat the Ice Palace

There's still time left for Sailors, Marines and Coast Guard service members to participate in the annual Army vs. Navy ice hockey game to be played on Thursday, Dec. 4 at the Ice Palace at 4510 Salt Lake Blvd.

Doors will open at 6 p.m. with a game start time of 6:45 p.m. Tickets cost \$5 until Dec. 3, \$6 at the door. Children 5 years and under are free, and all proceeds from ticket sales will benefit the

### Hawaiian Youth Hockey Program.

For more information about the Army v. Navy ice hockey competition, call Stacie at 254-3409.

If you're interested in playing on the Navy team, plus have hockey experience and are an active duty member of the Marine Corps, Navy or Coast Guard, contact Mike Stroud at 254-3409 or via e-mail at stroudma@MAG24.1MAW.usmc.mil to see about getting on the team.

### State Offers Free Recreation

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

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

The next two-day session is Dec. 12 from 5:45 - 10:15 p.m. and Dec. 13 from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

For more information about outdoor education or to sign up for the next available course, call 587-0200.

### Kailua's New Yoga Center Emphasizes Holistic Fitness

Many service members are learning to deal with the stress that comes with their jobs by taking up yoga in the tranquil environment provided by the new Three Paths, a holistic fitness gym, in Kailua. After one class, some have become hooked and now regularly attend classes at least two or three times a week.

If you suffer from various pains, to include upper back pain, yoga may help to greatly decrease your aches, and tremendously increase your strength and flexibility, as well as return balance and focus to your life. Or, perhaps, the greatest feeling you will take away is the total relaxation of your mind and body by the end of the class.

"[Many see] yoga and other exercises as a way to pamper [themselves]," said President Sisi Maw Takaki about her customers' enthusiasm with Three Paths. "[They] feel refreshed and content afterwards."

Three Paths also offers massage and aromatherapy as part of the small class experience. For more details about this holistic fitness program, call 263-7284.

### Bellows Hosts Outdoor Recreation

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

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

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

For more information on what Bellows has to offer, call 259-8080.

### Bellows Sponsors Camping

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

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

### Sports Briefs Accepts Faxes

Do you have a sporting event or activity to announce of interest to the DoD community? If so, fax it to 257-1289.



# THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll probably either agree with one of their takes, or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers.

Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil) and Capt. Robbins at [robbinskd@mcbh.usmc.mil](mailto:robbinskd@mcbh.usmc.mil).

Remember, "If you don't speak up, you won't be heard!"

## Who is the greatest Marine athlete?

### Capt. K. D. Robbins

*The Professor*

Maybe it was divine intervention? Perhaps it was the atmosphere, as hundreds of our fellow warriors celebrated the birth of our beloved Corps. But somewhere between Gen. Lejeune's birthday message and the cake-cutting ceremony, The Professor looked at The Goat and the The Goat looked at The Professor and asked, "Who is the greatest Marine athlete of all time?"

Bob Mathias is that Marine.

Mathias won the gold medal at the 1948 Summer Olympic Games in London. His event of choice was the decathlon.

The decathlon, often recognized as the sport of the "world's greatest athlete," consists of 10 events run over two days. On day one, decathletes participate in the 100 meters, long jump, shot-put, high jump and 400 meters. On day two, competitors move on to the 110-meter hurdles, discus, pole vault, javelin and, finally, the 1,500 meters.

Mathias began training for the decathlon four months prior to the Olympics, after his high school track coach suggested he "try" the sport. Mathias not only qualified for the

Olympics, he also won the gold medal after only four months of training.

A testament to his inexperience, he was disqualified in the shot-put event, as he failed to leave the circle from the front. He won with scores in nine of 10 events. His total score was a world record.

By the way, he was 17 years old.

If that wasn't enough, Mathias returned four years later to the 1952 Summer Olympic Games in Helsinki. He won a second gold medal, breaking his own world record, and you guessed it, he scored in all 10 events.

For all of you track haters, Mathias was the starting fullback for the 1952 Rose Bowl's Stanford Cardinal football team, making him the only athlete to ever compete in the Olympics and play in a Rose Bowl in the same year.

**Bottom Line:** To the "Splendid Splinter" (Ted Williams): You are a legend. To Heissman trophy winner Angelo Bertelli: Cheer. Cheer for old Notre Dame. And, for Ken Norton: You are the epitome of the warrior ethos. For the strict athletic connoisseur: Bob Mathias is the greatest Marine athlete. Semper Fidelis and happy 228th birthday.

### Sgt. Joe Lindsay

*The Goat*

The Goat had what some alcoholics refer to as a moment of clarity at the Marine ball.

What better occasion could there be for The Professor and Goat to sit down and reminisce on the plethora of outstanding athletes the Corps has produced.

And as visions of Celtics legend Jo Jo White bringing the ball up the parquet floor of Boston Garden; Rod Carew with his funky batting stance and Leon Spinks shocking the boxing world by beating Muhammad Ali were flowing through The Goat's brain like a comforting sedative, The Professor had to ruin an otherwise blissful moment by blurting, "But who was the greatest Marine athlete of all time?"

Here we go again. For the record, unless you are talking about basketball and Michael Jordan, it is basically futile to get into "the greatest ever" debate. Nevertheless, perhaps

in the spirit of our 228th birthday, The Goat decided to humor The Professor and entered the debate with a passion.

There can be no arguing Bob Mathias' athletic credentials. But there was also a guy by the name of Ted Williams who had some pretty good credentials himself. Roberto Clemente is a hard one not to mention too. How about boxing great Ken Norton? What about golfing legend Lee Trevino? (yeah right)

The Goat is all about history and respecting the past, but The Professor seems a bit obsessed with it. For him to rant the stats of Bob Mathias off the top of his head was truly awe-inspiring. You had to be there. Too bad it didn't translate as well to paper.

**Bottom Line:** The greatest sports figure ever to don the Marine Corps uniform was Ted Williams. Hands down. As far as athlete, in the truest sense of the word, the nod goes to Mathias. Class dismissed.

## READERS STRIKE BACK

### 'I tend to agree with The Professor'

The Professor is whacked, and makes no sense half the time. The Goat has pinned the tail on the ... goat, when it comes to last week's article ("Can

LeBron and 'Melo' save the NBA," Nov. 14, page C-3) on LeBron James and Carmelo Anthony.

No one man can save the NBA on his own; it has to be a rivalry like the one between Bird and Magic. 2003, incidentally, marks the 25th anniversary of their famous NCAA championship

showdown between Michigan State and Indiana State.

To be honest, I tend to agree with The Professor on most of The Bottom Lines, but after last week's incoherent rambling by The Professor, I would say a trip to SACO [the substance abuse counseling officer] is in order.

I expect him to rebound this week and put The Goat back in his pen.

Looking forward to the latest Bottom Line, as always.

*Michael Cramer  
Buckingham, Va.*

## Bench press to weigh in Dec. 12 - 13

**Edward Hanlon V**  
*MCCS Public Relations*

It is going to be a Herculean happening at the Semper Fit Center aboard Kaneohe Bay, Dec. 13 at 9 a.m., when Headquarters Battalion, MCB Hawaii, hosts the Holiday Bench Press Classic and Team Challenge.

The event is open to all authorized patrons. Active duty, family members, reservists, retirees and DoD civilians must weigh-in Dec. 12, from 8 a.m. to 4 p.m. or Dec. 13, from 7:15 to 8:15 a.m. The rules brief for the challenge will take place on Dec. 13 at 8:45 a.m.

Shorts, a tank top or T-shirt, and shoes are required equipment, so do not wear wrist straps, sweatshirts, belts, or bench-press shirts (that are not authorized for the contest).

Trophies will be awarded to the top three places in each weight division, as well as in the team division. Further, trophies will be awarded for "Monster Lift" and "Overall Lifter" (highest weight/bench press differential).

The weight divisions will be Men's Open, Men's Masters, Women's Open and Women's Masters. Contact the Marine Corps Community Services Semper Fit Center at 254-7597 for weight breakdown.

The entry fee for this event is \$20 per lifter. The entry deadline is Dec. 5. All registered entrants will receive a tank top event T-shirt.

Mark your calendars and prepare to show participants and crowds what you're really made of at the Headquarters Bn. Holiday Bench Press Classic and Team Challenge.

Mahalo also to Red Bull and the Nutri-Fit Center for sponsoring this event.

Call 254-7597 for more information.

### OUTLAWS, From C-1

Turnovers killed the Warriors, but early in the game it was Outlaws who had trouble hanging onto the ball. After a 20-yard return by Outlaw all-purpose man Nick Chapman, quarterback Irving Green fumbled the snap. Warrior cornerback David Borrego was there to recover the loose ball at the 30-yard line. He took it in to score, less than two minutes into the game. The point after attempt was no good, which would haunt the Warriors for the rest of the game.

The Warriors came up with a huge defensive stop after Corey Dennis picked up a fumble for the Outlaws at the nine-yard line. Outlaw running back Fredrick Smith had three attempts to get into the end zone but was stopped on fourth down, just feet from the goal line by the Warrior defense.

Backed up at their own one-yard line, the Warriors tried to get some breathing room but once again fumbled. The ball was recovered by the Outlaw defense with first down and goal to go at the four. This time Smith couldn't be stopped as he barreled in to capitalize on the turnover with 4:44 left in the half. The point after attempt was successful, putting the Outlaws up 7-6.

The remainder of the game proved to be a battle of defense and special teams. The Warriors made a huge mistake on a punt return that may have cost them the game. The Outlaws punted out of their end zone with the line of scrimmage inches from the goal line. The Warriors would have gotten good field position but the ball touched the foot of a Warrior return man and the Outlaws recovered.

Neither team could mount an offensive drive in the second half so the 7-6 score held until the end of the game.

"Overall we could have played better, but our special teams came up big," said Chapman. "We need to work on putting it all together and getting our timing down."

The Outlaws will face MAG-24 (I'm assuming they'll win tonight) in the championship game Tuesday night.



*Pfc Michelle M. Dickson*

**Headquarters Bn. Warrior David Borrego checks out his running room in Tuesday night's game against the Combat Service Support Group 3 outlaws. The outlaws went on to win 7-6.**

### FOOTBALL, From C-1

boost of confidence with the victory.

"We came out prepared," said Bulldog head coach Jeffrey Walters. "We still had some mental mistakes late in the game, but we're getting better."

The first quarter went by scoreless as both defenses turned it up for this semifinal match-up.

Early in the second quarter the Bandits came up with their first special teams mistake when they fumbled the snap on a punt. Timothy Gibbs was there to pick up the ball for the Bulldogs at the 11-yard line. Running back Garrick Royster took it in from the eight to score. Thomas Callahan tacked on the extra point to put the Bulldogs up 7-0.

Things went from bad to worse for the Bandits when the Bulldogs got a hand on a Tim Legros field goal attempt. Nate McQuiter recovered the batted down ball and ran it in as time expired in the half. Callahan was again good with the extra point, bringing the

Bulldog lead to 14.

The Bandits got their offense together long enough to put up a scoring drive late in the third. Keino Thomas put the ball over the goal line on a quarterback sneak to cut the Bulldog lead in half.

With just over a minute to play in the game, the Bandits had a nearly identical situation on their hands. With the ball just inches from the end zone, Thomas again punched it in for the score. Both teams were preparing for overtime when disaster struck for the Bandits. They fumbled the snap on the point after attempt and were unable to recover. The MAG-24 sideline was in shock when the game ended 14-13 in favor of the Bulldogs.

The Bulldogs will have less than a week to prepare for the championship game coming up Tuesday against the Combat Services Support Group 3 Outlaws.

"We're going to stick to our game," said Walters. "Everyone knows we run the ball and that isn't going to change."



## spotlight on health

# Will you know what to do if a stroke strikes you?

### NAPS Featurettes

What's true for humor and romance is also true when it comes to dealing with a stroke — timing is everything.

A stroke occurs when a blood vessel that supplies blood to the brain either becomes blocked or bursts. When part of the brain is deprived of blood, it is also deprived of oxygen. When that part of the brain lacks oxygen, it dies.

Until the stroke can be stopped, a stroke victim loses brain tissue minute by minute that, according to experts,

causes severe disability or even death. That's why it's critical to be able to recognize the warning signs of a stroke and to call 9-1-1 if you think you or someone you know is experiencing a stroke.

#### *Five Key Warning Signs of Stroke*

- 1) Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- 2) Sudden confusion, trouble speaking or understanding.
- 3) Sudden trouble seeing in one or both eyes.
- 4) Sudden trouble walking, dizziness,

loss of balance or coordination.

- 5) Sudden, severe headache with no known cause.

Around 70 percent of all strokes occur among people over the age of 65. A person's chance of having a stroke doubles each successive decade after age 55 up to age 84. Yet, more than 50 percent of the general population cannot name the most commonly known warning signs of stroke.

Among major risk factors for stroke are high blood pressure, tobacco use, diabetes, high cholesterol and physical

inactivity. While there is little we can do about heredity, there are steps you can take that will reduce your risk of stroke.

#### *Ways to Reduce Your Risk of Stroke*

- If you still smoke cigarettes, stop.
- Adopt a diet that is lower in saturated fat and cholesterol.
- Exercise. Research indicates that people who burn 2,000 calories each week have nearly a 50 percent lower risk of stroke.

To learn more, visit the Web site at [www.StrokeAssociation.org](http://www.StrokeAssociation.org) or call toll free 1-888-4-STROKE.