

Hawaii MARINE SPORTS

Hawaii Marine C Section

October 24, 2003

Camp Smith Wins!

Mountain Warriors claim victory over Bone Crushers, 15-0

Lance Cpl. Jared Plotts
Marine Forces Pacific

CAMP H.M. SMITH — Gearold Provence of the Camp Smith Mountain Warriors, arguably the most versatile player in the league, broke two MCB Hawaii Intramural Football League records on Oct. 15 at Bordelon Field, when Camp Smith blanked the 3rd Marines Bone Crushers, 15-0, for its first win in two years.

Provence pulled in three interceptions, including one for 75 yards — both new league records. The Warriors defense, which has played well all year with the exception of one game, shut down the Bone Crushers offense and forced five turnovers.

For the first time this year, the Mountain Warriors offense came to life scoring two touchdowns and a field goal. The touchdowns resulted from the one thing the Warriors hadn't accomplished all year — throwing the ball downfield.

Provence had over 100 yards receiving, thanks to the play of the Mountain Warriors new quarterback, Chris Whitfield.

In replacing rookie quarterback Daniel Turner, Whitfield proved proficient in his decision making. Whitfield both ran the ball and aired it out to help keep drives alive. His main target was Provence; they hooked up all game ala Montana to Rice.

Provence's play exceeded mere offense and defense. He also kicked a field goal and sent several booming punts that pinned the Bone Crushers deep in their own territory. On two punts, Provence ran down and tackled the returners himself.

The play of the game's Most Valuable

See *SOFTBALL*, C-8



Lance Cpl. Jared Plotts

Camp Smith Mountain Warriors MVP Gearold Provence goes up for the ball on one of his many catches that helped the Warriors win their first game of the year.



Kristin Herrick

Ed Anderson, a Combat Service Support Group 3 Supply player, heads toward first base to help his team cruise to a 15-5 victory over Marine Corps Air Facility.

3rd Radio plays hard, reaches for fifth title

Kristin Herrick
Staff Writer

Third Radio Battalion came out swinging, as the winter intramural softball league kicked off play last week. The team has won the last four intramural softball championships and hopes to score yet another first place trophy this season.

"Third Radio Battalion is one of the most dominant teams we have," said Joe Au, MCB Hawaii intramural coordinator, "but it looks like the VP-9 [Patron Squadron] team is going to be strong this season as well."

The team from Combat Service Support Group 3 Supply also looked good, as they crushed Marine Corps Air Facility, 15-5, in five innings last Wednesday night at Annex Field. The teams looked evenly matched as they went into the fourth inning with CSSG-3 Supply up 5-2, but then it all headed downhill for MCAF.

Supply scored 10 runs in the fourth and with its opponent's inability to drive in any runs in the top of the fifth, the game ended there.

Of all the intramural sports offered, softball draws the most participants and the largest number of spectators, which is why the extra winter league was created several years ago.

"Softball is a sport that almost anyone can get out and play," said Steve Kalnasy, MCB Hawaii varsity sports coordinator. "You can play at the very rudimentary level, where you just pick up a bat and hit the

See *SOFTBALL*, C-8

Marine triumphs in Navy 5K - 17:23



Kristin Herrick

The GSE formation looks strong as it crosses the finish line in the first annual U.S. Navy Birthday Run. The team ended up with a time of 26:10 and a first place trophy. Marine Corps Community Services hopes to make race and annual event.

Kristin Herrick
Staff Writer

Runners celebrated the 228th birthday of the U.S. Navy on Oct. 17 by participating in the first ever Navy Birthday Run aboard MCB Hawaii, Kaneohe Bay. The Chief Petty Officers Association sponsored the 5k event in hopes that it will become a popular annual race.

Though they didn't get quite the turnout they hoped for, MCB Hawaii varsity sports coordinator Steve Kalnasy still declared the event a suc-

cess.

"Everything has to start somewhere and grow," said Kalnasy. "There are a lot of Sailors on this base, so it was important to commemorate the Navy birthday."

Daniel Liszewski led the pack to the finish line with a time of 17 minutes, 23 seconds, just 49 seconds before second place finisher Daniel Bailey. Third place finisher Andy Copeland came in with a time of 19:00.

Finishing first for the women was Angel Badman at 23:07;

Thandine Chiwaya and Angela Maness were not far behind with times of 25:49 and 26:41 respectively. In all, 32 runners finished the individual competition.

"It was a really good course and really well marked," said Liszewski. "There was a lot of good competition, better than other races I've run in."

Five formations also joined the run, racing as teams. Team GSE came in first place at 26:10. Finishing in second place

See *NAVY*, C-8

Kirby smokes Camp Smith Grueler in 20:32

Cpl. Danielle M. Bacon
Marine Forces Pacific

CAMP H. M. SMITH — One hundred and forty-nine service members and civilians met for the 7th annual Camp H. M. Smith 5k Grueler at the Sunset Lanai here Oct. 15.

Overall winner Jeff Kirby, 38, chief of programs and requirements at the Pacific Command finished in 20:32.

"I enjoy training and competing in running and triathlon events. It was both challenging and convenient,

and I used the race as a motivational tool — something to validate the routine, day-to-day training," he said.

Although the race is just a point longer than the Marine Corps physical fitness test, combating the hills was the athletes' true challenge.

"The hills definitely kick your [butt]. But, it takes a strong mind and body to not quit," said Gunnery Sgt. Joseph A. Kennedy, battalion maintenance chief for 1st Bn., 12th

See *GRUELER*, C-8



Cpl. Danielle M. Bacon

A group of Grueler participants keeps pushing as it makes its way along the strenuous 5K course.

BASE SPORTS

Edward Hanlon V MCCS Marketing

The Best Ball Will Win

A long week at the office deserves a relaxing day at the Klipper, so drive those office blues away at the Single Marine & Sailor Program's Shank & Slice Golf Tournament. Golfers will swing away at 12:30 p.m. on today.

The Shank & Slice Tournament is open to all single active duty military personnel, ranked E5 or below, and their active duty guests. Players are invited to bring their bosses; however, all guests must play with their sponsor.

The fee for the tournament is \$25 for E-5 and below and \$33 for guests ranked E-6 and above. The price includes golf fees, cart, club rental, pupus, sodas and prizes. Prizes will be awarded by blind draw.

For more information, call Leslie Graham at 254-7593.

Winter League Softball Preps to Begin

Take a swing at intramural softball with Marine Corps

Community Services' Athletics. Form your team now!

The season begins Tuesday with three games at Reiseley Field and three games at the Annex Field.

Games will be played every Tuesday and Thursday.

Step up to the plate and call MCCS Athletics at 254-7591.

Klipper to Host Staff NCO Golf Tournament

Staff noncommissioned officers and sponsored guests are invited to the Kaneohe Klipper Golf Course for fun on the links, Wednesday.

Starting at 6:30 a.m., players can enjoy an early bird breakfast, then catch the tournament sure to start off with a bang at 7:30 a.m. in shotgun style.

First, second and third place golfers will take home prizes, as well as power hitters with "the longest drive" and shooters with "closest to the pin" shots.

For more information on the Staff NCO golf tournament, call 254-2107.

Youth Basketball Now Registering Players

Youth ages 6 through 17 are invited to join MCCS Youth Activities for youth basketball.

October is registration month, and the season will last through January or February.

Different divisions are available for youth, including for active duty, DoD and MCCS family members.

The league cost is \$40 for Youth Activity members, and \$50 for nonmembers.

For more information or to register for the youth basketball season, call 254-7610.

E-Club Provides

Time for Football Season

Kahuna's Sports Bar & Grill is open for Sunday football, so get the gang together and watch the game.

Breakfast will be served from 7 to 11:30 a.m., and lunch and dinner menus will be available from 11:30 a.m. until 11 p.m.

Also, catch the "Monday Night Football" telecast at your particular club.

This week, watch the Chiefs take on the Raiders on one of the plasma or big screen televisions at Kahuna's, the Staff

NCO Club or the Officers' Club.

For more information or just details about hours of operation, log onto the Marine Corps Community Services Web site at www.mccshawaii.com.

Kahuna's Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m., Saturdays, at Kahuna's. Catch a big one on the surf simulator, and win a brand new surfboard from the Local Motion retail outlet.

For more, call 254-7660.

Spend a Day on the Bay

Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats or — for larger parties — pontoon boats located at the base marina, Bldg. 1698. Rentals are available for sailing, waterskiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level, and for boat owners, two boat-launch ramps are provided, as well as boat storage at the marina pier.

For more information on what the base marina has to offer, call 254-7667.

Klipper Offers Adult Golf Clinic

The Klipper Adult Golf Clinic is designed for beginners or those looking to brush-up on the fundamentals.

The course of instruction in-

cludes basic swing fundamentals; swing evaluation; long and short game; pitching, chipping and putting; game strategy; golf etiquette and safety; and golf rules.

Class size is limited to 15 people, the last class will meet today from 5 - 6 p.m.

Cost is \$80 per person.

For more information on the golf clinic, call 254-3220 or 257-1745.

Semper Fit Offers Cooperative Childcare

This cooperative baby-sitting effort is available at the Semper Fit Center, aboard MCB Hawaii, Kaneohe Bay, for all active-duty service members and their families.

Participants are required to volunteer baby-sit three times per month and is open for children ages 6 weeks and older.

For more information on the cooperative childcare program or to find out how to volunteer your time, contact the Semper Fit staff at 235-6585.

Semper Fit Center Runs Beginner Fitness Program

The Beginner Fitness Program is an eight-week session that meets twice a week at the Semper Fit Center with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way, to fulfill whatever goals they may have set for themselves.

For more, call 254-7597.

Base All Star

NAME: Daniel Liszewski

UNIT: Headquarters Bn., MCB Hawaii

Billet: Mechanic

SPORT: Cross Country

TEAM: Liszewski placed second in the Combined Federal Campaign's 5K run held earlier this fall.

• In his senior year of high school his cross-country team was number one in the nation.

• In last year's Camp Pendleton Mud Run, Liszewski placed 17th out of around 2,000 runners.



Kristin Herrick

"I love the feeling of getting out there and knowing everyone is giving their best and you beat them."

2003 TACKLE FOOTBALL SCHEDULE

AT POP WARNER FIELD, KANEOHE BAY
(Unless otherwise noted.)

Monday 6 p.m.	(at Camp H. M. Smith's Bordelon Field) CSSG-3 vs. Camp Smith
Wednesday 6 p.m.	1/12 vs. MAG-24
Thursday 6 p.m.	3rd Radio Bn. vs. Headquarters Bn.
Nov. 3 6 p.m.	CSSG-3 vs. Headquarters Bn.
Nov. 5 6 p.m.	3d Marines vs. 1/12
Nov. 10 Nov. 12 Nov. 13 Nov. 19 Nov. 20	Playoff Game Playoff Game Playoff Game Playoff Game Playoff Game

COMMUNITY SPORTS

HTMC Hikes Halapepe Nui

Join the Hawaiian Trail and Mountain Club on a five-mile hike Sunday at 8 a.m.

The HTMC invites all to take a stroll on the backside of Waiahole Valley.

This is a loop trail that meanders in the lush greenery, crossing Waianu stream and touching on the Waiahole Irrigation Ditch Trail as it heads toward Kahana Valley; however, hikers won't travel that far today.

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

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. The club does not provide transportation.

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

For more information on this trail or to join in on this hike, contact coordinator Ken Suzuki at 845-4691.

Mokapu Seeks Volunteers For Makahiki Games

Volunteers are needed to help supervise the Makahiki Games, to be held at Mokapu Elementary School to be held on Thursday from 9 a.m. to 1:30 p.m.

There are seven games of skills that the early Hawaiians participated in during Makahiki season: tug of war, foot races, shot-putting, hand wrestling, slid-

ing darts, spear throwing and stone disc rolling. Mokapu Elementary needs two to four volunteers for each game.

A workshop is planned for Thursday from 8:15 - 9:45 a.m. at Mokapu to teach the fifth and sixth graders, as well as volunteers, the concept of Makahiki.

For more information or to volunteer for the Makahiki games, call Ms. Jan Ryan at 254-8819.

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.

Friends Of Kailua High School Host Sixth Annual 5k Fun Run

The friends of Kailua High School, a Hawaii nonprofit corporation comprised of students, faculty, parents, alumni and other supporters of Kailua High School,

is sponsoring a 5k (a 3.2 mile run) to be held on Nov. 2, at the school gym, which is located at 451 Ulumanu Drive.

The net proceeds from this event will go to Kailua's Computer Academy.

Class finishers and every 25th finisher will receive a prize or ribbon, and there will be a drawing for a round trip vacation to a neighbor island.

Entry fees are \$19 for those who want a T-shirt (for those who don't want a shirt, the cost is \$10).

Applications can be found in the *Athletes Hawaii* magazine, which is distributed to sporting goods establishments, shoe stores, health clubs, gyms, fitness facilities, bike shops, etc. Copies can also be obtained at Kailua High School.

Register online at active.com or register the morning of the race starting at 6 a.m.

For more information, call Ann Higashi at 266-7900, or Ed Kemper at 524-0330.

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 camp-

ing 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.

Honolulu Hosts Harbor Festival

Hawaii will celebrate its rich maritime history Nov. 8, from 9 a.m. to 4 p.m. with harbor tours, tugboat hulas, the Sand Island Challenge Outrigger Canoe Race and a host of other activities that will stretch from the Hawaii Maritime Center to Aloha Tower Marketplace.

This Harbor Festival will also feature live entertainment and a photo gallery of historic waterfront images.

The Honolulu Harbor Festival is free and open to the public.

For more information on the Harbor Festival, call 523-6151.

Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the Department of Defense community in the "Base Sports" or "Community Sports" columns. Fax items to 257-1289 or drop off flyers at the Public Affairs Office located on the first floor of Bldg. 216.



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 and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Are the New York Yankees bad for baseball?

Capt. K. D. Robbins
The Professor

On Jan. 3, 1973, the baseball world changed. Fans lost the true embodiment of America's pastime. It was that day when the New York Yankees pinstriped heroes The Babe, Joltin Joe and Yogi morphed into the Juicing Giambi and Rampaging Rocket Roger you see today. It was that day when the Yankees ceased to be the Yankees. They became the Steinbrenners.

It's not a question of how many World Series the Yankees win. It's a question of loyalty.

George Steinbrenner is the consummate businessman. Who else could broker a \$93M Adidas contract for a team? That's right, a team. Not a single player. Not a coach, a team. The Yankees are now the Steinbrenners, presented by Adidas. Loyalty.

George single-handedly represents what is wrong with baseball. Too many fans want to blame the Barry

Bonds' and Alex Rodriguez's of the world for rising ticket prices and high-priced hot dogs and sodas. Blame George. Ask George what his annual salary is? He is loyal to that.

Forget Dave Winfield, who George needed the help of a convicted gambler to promulgate Winfield's waving of a no-trade clause on his contract, which resulted in his trade to another team. That's loyalty.

Forget the mistreatment of Joe Torre, unquestionably the greatest manager in Yankee history, who will likely retire at season's end. Loyalty.

Forget Don Mattingly, Don Zimmer, Mel Stottlemyer and Billy Martin. The disloyalty list goes on and on.

Bottom Line: Don't forget any of it. Give George a salary cap and see how many series the Yankees win. The New York Steinbrenners are to blame. Root for the Marlins, Red Sox or Cubs. Heck, root for the Brewers. At least they are loyal.

Sgt. Joe Lindsay
The Goat

Let me tell you a little bit about The Goat.

The Goat was born in Oakland. The Goat grew up 25 minutes from the Oakland—Alameda Coliseum (it's got some fancy new name now that will be perpetually ignored).

The Goat will be a Raiders and A's fan until the day he dies.

And, though its like a marriage that doesn't work, but you stay in it for the kids, a die-hard Golden State Warriors fan.

Which brings me, of course, to the New York Yankees.

The Goat respects the Yankees, even though they stole a good number of his childhood heroes from the A's with their bright lights and green dollars.

But the thing is, they stole them fair and square by paying for them.

The Goat is sick and tired of Kansas City Royals fans and every other fan

from a small market crying that the Yankees have an unfair advantage because of their payroll. Guess what, every single business — every single working stiff, is either at an advantage or disadvantage because of their payroll or paycheck. Welcome to the free world. Welcome to reality. Welcome to America — love it or leave it!

It is generally the caveat of all sports — the team with the best players wins. Of course, this is only usually true, and not sacrosanct. That's why we have upsets and underdogs, and why people love it when the little guy wins.

But why blame the big guy for wanting to win too?

Bottom Line: The Yankees have won 26 World Series. They've also lost 12. They are not infallible, but they are good, very good. And year in and year out they've proven their commitment to winning by spending sick amounts of money to get the best players.

READERS STRIKE BACK: THE COMMENT OF THE WEEK

Anthony J. Troche
Waimanalo, Hawaii

"I feel compelled to respond to last week's "The Bottom Line" concerning the Los Angeles Lakers. I too was at the Lakers preseason game, but I saw a

much different Laker team than The Professor. Maybe it was the nose bleed seats he was in, but what I witnessed was the beginnings of history, and the beginnings of a championship season. Though he was articulate, as any professor should be, The Professor (and The Goat for that matter) fail to take

into account that ego is not the issue here. The issue is professionalism. The Lakers are the consummate professionals. The Goat also misses the boat by portraying the Lakers ego as their number one asset. Their asset is that they are professionals. But score one for The Goat, the Lakers' will win it all in 2004."

SPORTS AROUND THE CORPS

Miramar boxers show big punch, bigger heart *Team members train hard for highest competition, recognition*

Cpl. James S. McGregor
MCAS Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — If you step into the fitness room at the old gym between 5 and 8 p.m. on a weeknight, you might witness an intimidating sight — the Marine Corps Air Station Miramar Boxing Team going through its daily routine.

It was like walking into Mickey's gym in the "Rocky" movies. The men were of different sizes, but they were chiseled and they trained hard, with the look of eagles and eye of the tiger. They moved about the room with a toughness that whispered, "don't step too close," and when they threw a variety of punches, they were with the same aggression that might be seen in a title fight. However, they won't win a trophy or medal after a training session. So why were they training so hard?

Carlito Vasquez, the team's head coach and San Diego native, explained that his boxing team includes only the most elite boxers aboard Miramar, and they train so hard because they have set frighteningly serious goals for themselves.

The team is small, only eight members and three coaches, because only the most determined boxers have been able to stay, Vasquez added.

"We started putting out flyers in June and have been taking people in for the team, but my main [focus] is to staff a team that can take the interservice championships, national level and even Olympic competition," Vasquez said. "A lot of people come and go, but the members of the active team are loyal."

The coach added that being on his team is so demanding that each active duty boxer must take a release form to his command so he can be released for training and tournaments.

The normal training regimen for the team includes daily sessions from 5 to 8 p.m., Monday through Friday. Members



Cpl. James S. McGregor

Edward T. Hesson, a member of the Miramar boxing team, eyes his opponent during a sparring bout as the team conducts a daily training routine.

are also required to run individually during weekends. Occasionally the team will also train together on Saturdays. Training sessions may include a variety of calisthenics and "threes" — three minutes hitting bags, three minutes of shadow boxing and three minutes on ropes.

"We also [prepare] people who have fights coming up, and sometimes we try to squeeze in running," Vasquez said. "I want to see them run to make sure they're running on their own. I always tell them what we do isn't enough and that they have to also take their own initiative."

Vasquez trains his boxers hard because he wants to see one become a champ, but his first intention was not boxing-related.

"I wanted to get kids off the streets and get them constructive, but I don't have money or buildings so this is where I have the chance," Vasquez explained.

"Boxing is about discipline and being the best, and their loyalty makes me proud."

Edward T. Hesson, a 22-year-old native of Philadelphia, has been boxing for 12 years and said he is on the team because he wants to be on the Marine Corps boxing team and turn pro if he gets out of the Corps. He said the coaches and team are special because they do a lot with little to work with.

"[Most] coaches get paid, but these guys don't, so I'm not just fighting for myself but also for them," Hesson explained. "The team is great because we all know each other and those of us who take this seriously are the team. We work very hard together. Our team is like the Corps because this is a program where we make a lot out of very little. Both guys who fought last weekend won and one had a KO."

Hesson added that training together



Cpl. James S. McGregor

Hesson, works on another exercise during a team practice at the Fitness Center here.

and working toward the same goal has brought the team members together and created a bond, making each boxer stronger.

"We just train hard and it pays off," Hesson said. "When you see these guys' excitement before a fight, it's pretty cool. And when they win, it's great. It's all about the feeling — even if you lose you know you can go back and train harder and beat the next guy."

With the kind of drive Hesson described of the team's boxers and with the leadership of Vasquez and the rest of the coaching staff, this Miramar team should be a serious contender.

The coach concluded saying that, while his team strives for the trophies, glory and recognition, there is still the attitude that will make these boxers better people regardless of how many trophies they win.

"I think boxing is an equivalent to Special Forces training," Vasquez said. "It establishes character. It's all positive."



spotlight on health

How do you prevent anxious parent, angry child syndrome?

Dr. Thomas Phelan
NAPS

Recently, I was in a grocery store standing in front of the dairy case. As I was trying to decide what to buy, I noticed a mother and daughter walking toward me. The girl, about 9, was pushing the grocery cart. As they came closer, the mother said anxiously, "Now watch out for that man over there!"

I'm not invisible. There was no way this young lady was not going to see me. Had she been traveling at 40 miles per hour, she would still have had room to stop before crashing into my legs.

Mom's comment was an example of what we sometimes call "overparenting." Overparenting involves needless corrective or disciplinary comments that are uncalled for because (1) the child already has

the skill necessary to manage the situation, or (2) even if the child doesn't have all the necessary skill, it is better for the youngster to learn by direct experience.

Your child can manage.

In our dairy case example above, the 9-year-old girl certainly had the ability to (a) see me in her path, (b) know that it would be bad to hit me, and (c) stop the cart in time or turn away. The average nine-year-old does not need parental direction here.

Learning by experience is better.

When my kids were little and after we had moved into our first house, I used to watch them playing out in the yard. About every five minutes an incident would occur that I felt needed my intervention, so I would rush outside to mediate some dispute. One day my wife pointed

something out to me. She explained that during the 50 hours I was away at work each week, no child had ever been killed or seriously injured. Not only that, our kids were successfully making friends.

The children were learning by experience — without me. I was overparenting.

Though the examples above are not earthshaking, the issue of overparenting itself is important because parents who overparent usually do it repeatedly.

Overparenting has two predictable negative effects on children, and these effects add up over time. You can have a significant negative impact on a child's personality and self-esteem.

Anxious parent/angry child.

The first negative reaction kids

See *OVERPARENTING*, C-8



Cpl. Jessica M. Mills

It will take a lot of work on the part of both the parents of Jaiden, a 13-month-old family member aboard MCB Hawaii, Kaneohe Bay, to prevent from overparenting.

OVERPARENTING,
From C-6

have to overparenting is anger. This is what we call the "anxious parent, angry child syndrome."

Anxious moms and dads who continually verbalize their worries about their kids to their kids inevitably irritate the youngsters. Sometimes, of course, verbalizing a worry is necessary. It's the needless repetition of worries that aggravates kids.

Why do kids find this repetition aggravating? Because it insults them. The parent's message is this: There's not much you can do on your own without my supervision. This is a put-down.

Lost self-esteem.

The second negative reaction of children to unnecessary parental interventions is loss of confidence. If you grow up constantly hearing your parents' thoughts about how you can't handle this and you can't handle that, you're not going to have a very high opinion of your own abilities.

"Now don't get too loud at the party and be sure to take turns and remember to thank Mrs. Johnson and be nice to the other children and..." The real message here: "You're a social imbecile."

Overparenting is the opposite of one of a parent's most fundamental jobs: fostering self-esteem by encouraging independence. Sometimes it's better to keep quiet, cross your fingers, and watch your child learn and mature. Consider the exercise an investment in your child's future.

World Series game 2



Gunnery Sgt. Tim McGough

To thunderous cheers, 40 Marines from units in New York and New Jersey opened the second game of the 2003 World Series in Yankee Stadium, South Bronx, N.Y., on Sunday. The Marines unfurled a giant American flag during the National Anthem before the 26-time World Series champions, the New York Yankees, when they hosted the 1997 World Series champions, the Florida Marlins. "It was an incredible feeling," said Staff Sgt. Donald

Jardine, with Detachment Bravo, Marine Aircraft Group 49, Newburgh, N.Y. "To be in the greatest stadium, in the greatest city, in the greatest country, wearing the greatest uniform, holding our symbol of freedom — you can't beat that." The Yankees tied the series (Sunday) at a game a piece, after beating the Marlins, 6-1. The Bronx bombers then headed to Miami to take on the fish for games three and four.

SOFTBALL, From C-1

ball, or you can play at the All-Marine level. We have people of all levels on this base."

This winter, 15 teams will battle it out round-robin style with playoffs starting the first week in December. All teams will get a chance to play in the single elimination championship tournament. To get a glimpse of teams in action, head down to Annex and Reiseley Field every Tuesday, Wednesday and Friday night.

NAVY, From C-1

was Air Traffic Control coming in at just over 29 minutes. Runners from Branch Medical rounded out the top three formations with a time of 29:41.

Trophies were awarded to top male and female finishers in several age categories including fastest male and female overall. Participants also received a U.S. Navy Birthday Run T-shirt and refreshments.

FOOTBALL, From C-1

Player, Provence, consisted of offense, defense and special teams. He dove into that place that is an enigma in all sports — he was in the zone.

After his third interception, Provence had to be helped off the field by teammates. He then became ill for several minutes, before returning to the game.

It wasn't just Provence who played with heart. The whole team played together as play-

GRUELER,
From C-1

Marine Regiment. Kennedy, 34, came in

first for the 30 to 34 age group.

The age of runners ranged from 18 to 60 years old.

Grueler Results

Overall Men's
1st Jeff Kirby
2nd Matthew Vanlenten
3rd Christopher Willian

Overall Women's
1st Janet Foote
2nd Carissa Rosenbohnm
3rd Susan Walton

Men's Individual
20-24 Aubrey Evans
25-29 Andy Copeland
30-34 Joe Kennedy
35-39 William Vorneder
40-44 Michael Friel
45-49 Sonny Johnson
55-59 Emmett Guette

Women's Individual
19 & Under Kimberly Harris
25-29 Pettal Black
20-24 Latia Brown
30-34 Raynell Theus
50-54 Rita Richardson



Formations
1st 3rd Marine PSC - Team A
2nd MALS-24 Team 1
3rd Rough Riders

ers flew around throwing blocks and hitting players like they stole something.

"The word is the players came out and played week in and week out, regardless of losing," said Warriors head coach Dwayne Evans.

This victory may not be the only one the Mountain Warriors earn this year.

Since their losing streak has finally come to an end, they hope to ride the newborn wave of momentum toward a new streak.