Hawaii MARINE
SPORTS

Hawaii Marine C Section October 25, 2002

MCCS to host Turkey Trot run

Edward Hanlon V
MCCS Marketing

If you think that a delicious dinner and sound sleep are what define the Thanksgiving season, you must have forgotten about 1st Radio Bn.'s 5th Annual Turkey Trot.

The event is a combined 10k race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay. It gives you a chance to burn off some of the calories that will accompany your Thanksgiving feast.

The "trot" will be held on Nov. 23, beginning at 8 a.m. The entry fee is only $15 and includes a free T-shirt.

The Family Fun Run is free for both adults and children.

Awards will be presented to the 1st, 2nd and 3rd overall competitors, along with 1st place awards for individual division winners.

Along with all this fun, 50 lucky entrants will walk away with a complimentary Thanksgiving turkey, courtesy of Safeway.

Refreshments will also be available at the event.

Information packets will be available for pick-up at the Semper Fit Center, Bldg. 3037, on Nov. 15 and 16, from 9 a.m. to 4 p.m.

Entries received after these dates are not guaranteed a T-shirt on run day.

For additional information, call Marine Corps Community Services Athletics at 254-7590.

Bonecrushers shut out Warriors, 23-0

Cpl. Luis R. Agostini
Marine Forces Pacific Public Affairs Office

CAMP H. M. SMITH — Quarterback David Heyman of the Headquarters, 3rd Marines Bonecrushers, rushed for two touchdowns and passed for one, leading his team to victory, 23-0, against the Camp Smith Warriors Saturday at Bordelon Field here.

The Bonecrushers improved to 4-1 on the season, while the Warriors remained winless in four games.

Offense was nonexistent during the first three quarters as both teams displayed impenetrable defense for 45 minutes.

In the second play of the game, the Warriors defense gained possession of the ball when linebacker Tyrone Baugh recovered a fumble. The Warriors couldn't capitalize on the turnover, though, and had to bring in the special teams for a punt.

Cpl. Luis R. Agostini

The Camp Smith defense attempts to bring down Bonecrushers quarterback David Heyman.

With three minutes and 51 seconds left in the first quarter, Warriors running back and special teams player Eric Villareal blasted the Bonecrushers punt returner Jameel Butler and knocked the ball loose, which Villareal also recovered for the Warriors.

During the second quarter, Butler, who pulled double duty as a punt returner and halfback, put the ball in the red zone twice. However, the Warriors defensive line wouldn't have any of it, causing loss-of-downs on both occasions.

After three quarters of scoreless play, the Bonecrushers finally put some points on the

See FOOTBALL, C-3

Tumbling with gymnasts

Mia Allen, Kaila Allen, Emily Dominguez, and other 5 to 8 year-olds attempt to perform a headstand during K-Bay Gymnastics.

Olympic dreams start young

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

Many children across the globe have dreams of one day winning a gold medal in the Olympics. The first concept many people directly associate this historic and prestigious event with is the high-flying acrobatics performed by world-class gymnasts.

More than 120 athletes from MCB Hawaii, Kaneohe Bay, participate in K-Bay gymnastics at the Family Gymnasium, located by the 7-Day Store in base housing.

The program is offered to children from the tender age of six-months all

See GYMNASTS, C-3

Di Rodin, director of K-Bay Gymnastics, guides Hannah Powers, a family member, to her dismount off the balance beam.

Devil dogs dash in 21st Dental's scenic, hillside runs

MCB Hawaii unit, MCCS team up for annual six-mile competition

Pfc. Monroe F. Seigle

Navy Cmdr. Cliff Weingardt, a dentist at the 21st Dental Co., pushes his daughter Carly across the finish line. The 21st Dental Devil Dog Dash is an annual six-mile excursion that travels up and down several hills.

Pfc. Monroe F. Seigle
Combat Correspondent

Marines, Sailors and civilians aboard MCB Hawaii, Kaneohe Bay, and from other bases on the island of Oahu, participated in the six-mile, hill-filled Dental Devil Dog Dash Oct. 18.

Marine Corps Community Services and the 21st Dental Co. coordinated the race that challenged the stamina and endurance of all racers.

The run started on 5th Street by the 21st Dental Clinic, with its slight incline. It then leveled off, going down Mokapu Road, before continuing back up hills, which took racers on Daly Road through the housing area, up the gruelling hills to Kansas Tower, commonly known as KT hill.

Pfc. Monroe F. Seigle

Runners approach the Dental Devil Dog Dash finish line after completing the course.

When the sweating was over, competitors finished exactly where they started, on 5th Street.

Sergeant Brian P. Geraghty, a radio reconnaissance assistant team leader with 1st Radio Bn., claimed the overall title, with a time of 40:32.

Geraghty entered the race to compete with his commanding officer.

"I beat him by about a minute and ended up winning the whole race," he exclaimed. "I guess all the training I went through paid off."

"That was a really tough course," said Lance Cpl. Susanna Hans, a signal analyst for 1st Radio Bn.

Hans captured 1st place in the women's overall category.

"I didn't think I was going to win anything, but it felt like quite an accomplishment to get the trophy," she said with pride.

Navy Cmdr. Clifford Weingardt, a dentist with the 21st Dental Co., pushed his daughter Carly, age 4, all the way through the course.

"I wanted to push her before she got too big," said Weingardt. "I enjoyed it; it was a great run."

"The participants thought this was a great race," said Steve Kalnasy, the race and Varsity Sports coordinator for MCCS. "A lot of them said they can't wait until the next run."

Marine Corps Community Services has scheduled its next competition for Nov. 23. The 5th Annual Turkey Trot will feature fun for the entire family and 50 turkey giveaways. Forms will be available at the Semper Fit Center on Nov. 15.

BASE SPORTS

Debbie Robbins
MCCS Public Relations

Turkey Shoot Scheduled

Get on target Nov. 2 during the annual archery tournament held at the Base Archery Range.

Contestants may compete in the Juniors (15 and under), the Compound Bow or the Traditional Bow categories.

On-site registration begins at 7:30 a.m., and the event kicks off at 8:30 a.m. The K-Bay Rod and Gun Club will provide a free barbecue lunch for everyone, and spectators will enjoy free introductory archery instructions.

Many contestants will walk away with prizes, to include turkeys and more. Mahalo to the Turkey Shoot sponsors: Safeway; Archery Headquarters, Inc.; and the K-Bay Rod and Gun Club.

Call 254-7666 for more info.

Fast Pitch Seeks Players

Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003. This will be a fast-pitch baseball league.

Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Rocker Room Brings Pigskins

Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. Every King and Queen becomes eligible to win the regal recliner during Super Bowl Sunday.

E'Club Hosts Sports Night

Don't forget that you can ease back at the E'Club every Monday night during its weekly "Sports Night."

For more information, call the Enlisted Club at 254-5592.

Athletic Shoes Make a Difference

Is getting in shape reeking havoc on your back and knees? Maybe you're wearing the wrong athletic shoe.

Don't take chances; get in shape the right way.

Now you can get professional athletic advice, all while sporting the latest in fashion trends during the Athletic Shoe Clinic from 11 a.m. – 3 p.m. at the Marine Corps Exchange's Shoe Department.

Representatives from New Balance, Reebok, Asics and Adidas will be on-site to assist customers with selections and answer questions.

Additionally, customers will receive a 20 percent discount on all represented athletic shoes (discount does not apply to shoes already on sale).

For more information, call MCCS Retail at 254-7522.

Flag Football Makes Its Camp H.M. Smith Debut

All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently reserving spots.

For more, call 477-0498.

Paintball Takes Aim

Let your "inner-predator" come out. Spend a day practicing your combat skills with Oceanside Paintball.

The field is open Saturdays, 9 a.m. - 4 p.m., and Sundays noon - 5 p.m. Select Fridays are available for training exercises and unit events, upon request.

The cost is $10 per person, including mask and paintball marker. Players have the option of bringing their own paint or buying it at the field.

For more details, contact Robert Brumley at 254-7593.

Sgt. Alexis R. Mulero

Base All Stars —

NAME: Sgt. Brian P. Geraghty

BILLET: Radio Reconnaissance assistant team leader

UNIT: 1st Radio Bn.

SPORT: Running

- **The native of Cedar Rapids, Iowa, began running during his first year of high school.**
- **He won the Dental Devil Dog Dash, completing the 6-mile course in 40:32.**
- **He finished 2nd place in the State Championships, completing the mile run in 4:18.**
- **He won the 5k Melenia Run.**

"Running has kept me in shape and has always been a great way to relieve stress."

Golf scramble for E-6 & above, set for Oct. 30

Edward Hanlon V
MCCS Marketing

All staff noncommissioned officers, their family members and equivalents are welcome to show off their swings at the Staff NCO Top 4 Golf Tournament at the famous Klipper Golf Course, Oct. 30.

The format for the fun is a 4-Man best-ball scramble. All teams are to be composed of A, B, C and D players, with handicaps from 0-8, 9-17, 18-26 & 27+ respectively.

The fee for the tournament is $38 for Staff NCO Club members and $45, for all others. The price includes golf fees, carts and heavy pupus.

Prizes for first, second and third place teams will be awarded, as well as prizes for the "longest drive" and "closest-to-the-pin" on certain holes.

There is even a "hole-in-one" prize from Sport's Fantasy Tours, if luck is on your side.

The tournament begins at 12:30 p.m. Entrants may contact Chief Petty Officer William Thompson at 282-9914 for more information.

All entry forms must be delivered to Thompson at the Marine Corps Air Facility Air Traffic Control Tower.

Participants who do not have an established handicap may give an estimate (no sandbagging!), and if they're not already members of the Staff NCO Club, they may join by calling 254-5592.

COMMUNITY SPORTS

Trekkers Invited to Hike, Sunday

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Sunday beginning at 8 a.m. when it takes a historic road walk that leads to a streamside stroll and a steep climb to the Ko'olau summit.

From the top of this excursion, you will see the "Stairway to Heaven" and the off-ramp to Kaneohe.

If you're interested in participating, contact coordinator Dave Sanford at 488-4419, for more information.

All Girl Hike Goes Nov. 2

The Hawaii Trail and Mountain Club is calling on all wahine to participate in its third annual women's only hike, Nov. 2 beginning at 8 a.m.

A standard favorite, but still a bit of a challenge, this outing allows women to relate to their gender to their heart's content.

The hike stretches the Na Ala Hele trail and guarantees to exercise away troubling stress.

For more details, contact coordinator Joyce Oka at 674-1459.

Hunter Classes Offered

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes Nov. 8 (from 5:45 -10:15 p.m.) and Nov. 9 (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors, and attendance is required both days for certification.

Pre-register by calling 587-0200.

Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as mixed doubles.

The cost is $30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to the following address:

D. Conroy, Hale Koa Hotel Tennis
2055 Kalia Road
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

Charity Fishing Tournament Scheduled, Nov. 15 - 17

All ages, whether boating or shoreline, are invited to participate in Haleiwa Joe's Charity Fishing Tournament, Nov. 15 through 17, beginning at sunset (about 6 p.m.)

Plenty of prizes will be awarded in categories such as largest ulua, largest papio, largest reef and largest game for manini (7 and under), keiki (8 to 12), teens (13 to 17) and adults (18 and over).

T-shirts ($13) and banquet tickets ($10) will be available for entries received by the Nov. 13 deadline. (Late entrants will not be guaranteed a T-shirt on the day of the event.)

Final weigh-in time will go Nov. 17 from 12 - 2 p.m. for boaters, and from 2:30 - 4:30 p.m. for shoreline fishers.

Cost is $15 for 12 and under, $25 for teens and $40 for adults.

Proceeds benefit Haleiwa Joe's Windward Scholarship Fund. For more details, contact Tim York at 247-6671.

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Air Force Station offers plenty of outdoor recreation.

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.

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 of the class is $14 for adults, and the price includes kayak rental for time of instruction.

Pay for classes and pick up your life jacket at Equipment Check Out. For more information, call 259-8080.

Tackle Football Schedule and Standings *(Records as of Oct. 25)*

Monday
Camp Smith (0-5)
vs MAG-24 (3-1)
at Bordelon Field
6 p.m.

Monday
CSSG-3 (2-3)
vs 1st Radio Bn. (1-4)
at Pop Warner Field
6 p.m.

Nov. 1
HQBN (3-2)
vs MAG-24
at Pop Warner Field
6 p.m.

Other Standings
HQ, 3rd Marines (5-1)
1/3 (3-2)

Post Season Play begins Nov. 4

GYMNASTS: Certified instructors provide safe, affordable fun for kids and adults

From C-1

the way up to young-hearted adults who still want to enjoy the sport.

"Gymnastics provides children with a strong foundation for activities in athletics," said Di Rodin, director of K-Bay gymnastics. "It also promotes excellence to one's body and mind, according to his or her capabilities."

Within a frame of conditions that always put safety first, individuals who are veterans in the sport of gymnastics — and nationally safety certified by USA Gymnastics — teach the classes.

"The instructors and I strive to promote quality instruction to the best of each student's ability," said Rodin.

The level of training taught is divided into a myriad of classes specializing on the students' ages and skills.

Children ages six-months to three-years-old may participate in the various "Mom and Me" classes, in which one of the parents assists the instructor with their child throughout the session. All other age groups do not need parental assistance.

Another plus about the program is the opportunity to quickly develop breathtaking acrobatic skills.

"I believe the students can develop the skills at a fast pace because of the personal attention given to them in small group classes and the noncompetitive spirit that gives all of them room to grow."

Additionally, the monthly cost of the program comes at an affordable price that may vary depending on the age and the amount of days attended by enrolling students.

"The prices for the classes are very inexpensive," said Rodin. "What your kids can get out of this program here would cost at least twice as much out in town."

All in all, K-Bay Gymnastics provides base athletes, regardless of age, an opportunity to improve their fitness and blow off steam at a low and affordable price.

"After completing my homework, this is like a vacation," said Bea Rodin, a 13-year-old family member. "It's a fun place where you can let out energy and forget about all your problems."

Anyone interested in participating in the program may assist with the Halloween Party and Gym Team Exhibition, to be held at the Family Gymnasium Oct. 26 from 2 - 4 p.m., or attend any of the regular classes throughout the week.

For more information, contact Di Rodin at 479-3273, or call the Youth Activities Center at 254-7610.

Nichole Jacobs and Taylor Brown, both family members, and other keiki from ages 5 - 8, stretch out their backs.

FOOTBALL, From C-1

board when kicker Jeremy Boyer booted a 47-yard field goal.

At the nine-and-a-half-minute mark, Heyman scored his first touchdown, after rushing for 30 yards.

Boyer put up the extra point, placing the Bonecrushers ahead, 10-0.

After a 40-yard punt return, the Bonecrushers struck again, when Heyman broke the plane at the goal line for another touchdown, extending the 'Crushers' lead to 17-0, with the extra point.

In the final minutes of the game, the Bonecrushers gained possession of the ball after Warriors punter William Owen booted a well-placed punt, that landed at the 1-yard line.

The advantageous defensive field positioning proved to be futile when Heyman hit wide receiver Defonso Daniels for a 99-yard pass and the Bonecrushers' third TD of the game, putting the nail in the Warriors' coffin.

After a failed two-point conversion, the Bonecrushers held the lead at 23-0 and kept it that way for the remainder of the game.

Chickenpox shots recommended after first birthday

NAPS
Featurettes

According to a recent survey, parents of children aged 4 through 12 were more reluctant to vaccinate their children against chickenpox compared to several other childhood diseases.

The survey of more than 1,000 parents found that although 97 percent knew a chickenpox vaccine is available, only 64 percent had taken action to protect their child. The same parents reported vaccination rates of 90 percent or greater for other childhood diseases.

The findings suggest that parents' misperceptions about the potential seriousness of chickenpox may be to blame.

"What we've learned is that in many cases parents are making the decision not to vaccinate based on misperceptions or misinformation," said Tammy Tempfer, MSN, National Association for Pediatric Nurse Practitioners. "Many of these unvaccinated children between the ages of 4 and 12 may contract the disease later in life.

"Pediatric health experts, including the Centers for Disease Control and Prevention and NAPNAP, agree that vaccination is the best way to protect against serious complications that may result from chickenpox."

The survey findings showed that many parents don't realize chickenpox can be a serious disease. For example, chickenpox can lead to pneumonia, encephalitis, skin infections, scarring or even death. Many parents were unaware of these consequences.

About a third of the non-vaccinating parents even think it's better for a child to catch the disease naturally than to get the vaccine. In fact, complications associated with the vaccine are extremely rare.

NAPS

The CDC recommends vaccination against chickenpox as the best way to protect against the severe complications associated with the disease.

Another concern expressed by parents is that a child may still develop chickenpox after being vaccinated. Although this is possible, such cases are generally much milder.

Some parents also thought that the vaccine would wear off over time. There is no clear evidence of waning immunity among people who have been vaccinated for chickenpox.

In addition, the survey findings revealed the importance of health care providers in parents' decision to vaccinate their children against chickenpox. Almost all parents (90 percent) chose to vaccinate their child if their health care provider recommended the vaccine. A majority of parents said their health care provider's recommendation was the primary reason they chose to vaccinate.

The CDC recommends that children be vaccinated against chickenpox after their first birthday. The chickenpox vaccine is not for everyone, however. For example, the vaccine is discouraged for persons with a history of hypersensitivity to any component of the vaccine, including gelatin.

Parents should talk to their health care provider about whether vaccination is right for their child. As with any vaccine, the chickenpox vaccine does not result in a protective effect in all vaccines. Adverse reactions that have been reported with the use of the chickenpox vaccine include fever, injection site complaints and rash (injection site and generalized).

For more information about the side effects associated with the vaccine, talk to your health care provider.

(Editor's Note: The survey was conducted by Harris Interactive on behalf of NAPNAP and Merck & Co. Inc.)

Recommended Children's Vaccination Schedule

•Hepatitis B, Influenza:
At 2 months, 4 months and 15 months

•Diphtheria, Tetanus, Acellular Pertussis:
At 2 months, 4 months, 6 months, 15 months, and 4-6 years.

•Tetanus, Diphtheria Booster:
At 11-16 years

•Poliovirus:
At 2 months, 4 months, 15 months, and 4-6 years

•Measles, Mumps, Rubella:
At 12-15 months and 4-6 years

•Varicella Virus:
At 12 months to 16 years.
(Children older than 13 years should get a second shot 4 weeks after the first.)

•PPD (Purified Protein Derivative of Tuberculin):
At 12 months, 4-6 years, and 14-16 years

(Editor's Note: Information provided courtesy of the Branch Medical Clinic at MCB Hawaii, Kaneohe Bay.)

Marine veteran runs in Ironman to honor heroes

John Gunn
Special to the Hawaii Marine

KAILUA-KONA, Hawaii — Larry Parker's race number at Kailua-Kona in Hawaii said it all — 343.

The New York firefighter, a Marine veteran, wore it to remember the 343 firefighters who died in the Sept. 11, 2001, terrorist attacks on the World Trade Center, the Associated Press reported.

Parker, of Ladder 129 in Queens, also wore a T-shirt with the names of all 343 printed on the back for the bicycle ride and run of the Ironman Triathlon World Championship.

"There were some rough spots, and they carried me," said the 39-year-old Parker, from Amityville, N.Y., after he finished the 2.4-mile ocean swim, 112-mile bicycle ride and 26.2-mile marathon in 10 hours and 17 minutes.

His time was 8 minutes faster than his finish in the 2000 race.

"It wasn't for me this time, so it didn't matter how I did," he said. "It was very emotional. I got too emotional three times on the course and hyperventilated.

"The cameras were following me and I lost it."

Parker was on vacation training for last year's race at the time of the attacks. He spent the next two weeks helping in the rescue effort at the World Trade Center.

He cancelled plans for last year's race and then had trouble getting motivated to try again this year, the AP said.

But running in memory of his fallen brothers motivated him again.

"I'll never forget these guys," he said, "I knew a lot of them."

The crowds and volunteers were also supportive, Parker said. "They also lifted me. It was a magical day."

Did You Know?

NAPS

The rainiest spot in the U.S. is Mount Waialeale, Hawaii, with an average annual rainfall of 460 inches.

Stationary bike challenge underway, today

Kelly Kedge
Public Works Division, MCB Hawaii

The First Navy Marine Corps Energy Week Stationary Bike Challenge invites you to put together your best exercise bike riding team and show off your stuff.

Navy and Marine Corps teams across the island will be competing to see which team can raise energy awareness by generating the most energy in this fun and competitive event, today from 10 a.m. to 2 p.m. at the Bloch Arena aboard Pearl Harbor.

Entry Rules:

-Each team must be registered *before* the Bike Challenge.

-Each team must have five adult members (18 years or older), and all members must be Department of the Navy members (active duty, retired, civil service, spouse or other family member).

-Each team must have 10 minutes for their "run."

-Each team member must ride the exercise bike.

-The team with the highest total calorie output is the winner.

The team placing will be displayed on a board at the Bike Challenge, but totals will not be shown — to encourage every team's best effort.

The winning team will have its photo printed in the *Hawaii Navy News*, U.S. Naval Base, Pearl Harbor, publication and have its team name and activity sponsor engraved on a permanently mounted nameplate on the Energy Week Bike Challenge perpetual plaque.

Prizes to be awarded:

All Bike Challenge participants will receive a complimentary gift.

The Energy Week Bike Challenge perpetual plaque will be displayed.

For more information on this event, Navy teams should contact Kevin Saito, the ComNavRegHawaii energy manager, at 471-1170, ext. 215.

Marine Corps teams should contact Kelly Kedge, program analyst at MCB Hawaii's Public Works Division, Bldg. 242, at 257-2171, ext. 247.

No entry fee is required to participate in this event.

Before hikes, give your feet needed protections

NAPS
Featurettes

All seasons are the right ones for a vigorous walk or hike in the woods.

Nature has many wonders to show us throughout the year. So, in order to give her your full attention while out on your next expedition, make sure that your feet stay comfortable and out of trouble.

Foot problems, especially hot spots and blisters, are easy to develop during a hike. Fortunately, there are steps you can take to keep your feet healthy through all your outdoor adventures, say experts at the American Podiatric Medical Association:

NAPS

It can be a hard road without proper fitting shoes and appropriate socks when you set out to enjoy nature on a hike.

1. Trim your toe nails straight across before beginning a hike.
2. Wear well-fitting boots designed for the environment you'll be in.
3. When shopping for boots, wear the socks you'll wear on the trail.
4. Break in your boots before going on long hikes.
5. Never walk around with laces untied.
6. Don't wear cotton socks. Opt for a wool- or acrylic-blend that wicks moisture away and keeps feet dry.
7. Take off your boots and socks and allow them to dry whenever possible.
8. Wear clean socks and change them often.
9. Apply moleskin at hot spots to absorb friction at the first sign of redness.
10. If a blister develops, pop it with a sterile pin or needle but do not remove the skin on top. Apply an antiseptic and cover with a bandage.

Remember to always treat foot ailments immediately. With the help of a podiatrist, foot problems need not lead to serious complications.

To learn more, call 1-800-FOOTCARE or visit www.apma.org.

Caring for your child's feet

Shoes should measure up to the sport, comfort, safety

NAPS
Featurettes

While youngsters may want to "toe" the fashion line when it comes to footwear, a parent is more likely to put his or her foot down on the side of safety and health.

Unfortunately, some of the most trendy shoe styles do not provide proper support for the feet.

Certain shoes, such as platforms and sandals, can cause serious problems such as ankle sprains, ingrown toenails, bunions, blisters, calluses and painful tendonitis.

To help parents and children walk away happy from a shoe-shopping expedition, the experts at the American Podiatric Medical Association offer these tips:

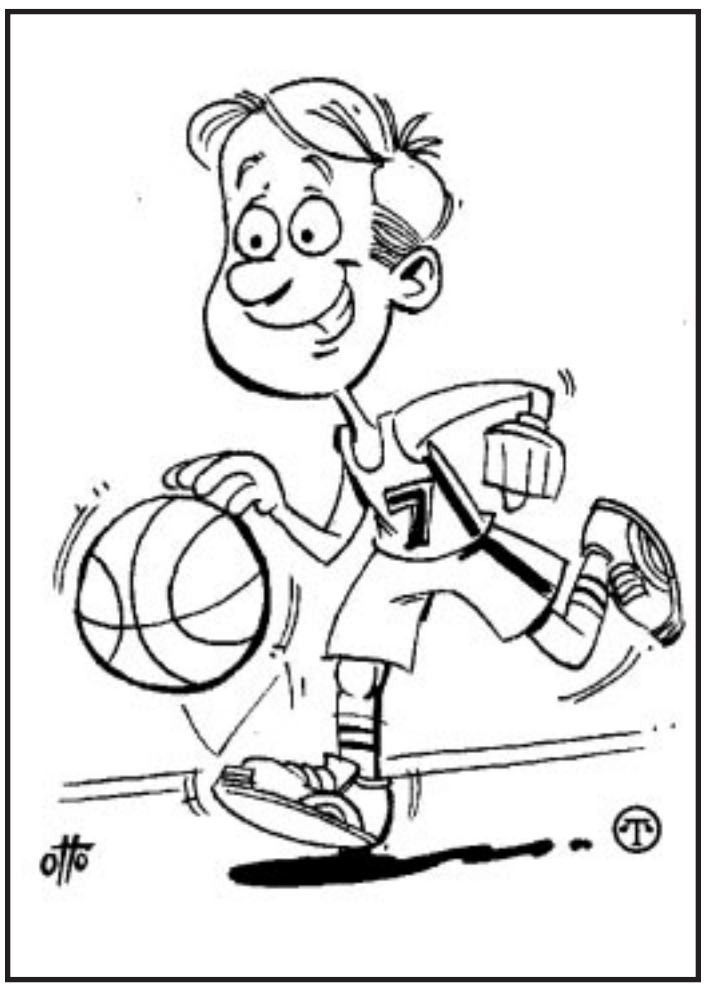
1. Check out the shoe itself. Look for stiff material on either side of the heel, adequate cushioning and a built-in arch.

The shoe should bend at the ball of the foot, not in the middle.

2. Always have your child's feet measured every time you purchase new shoes, as children's feet change sizes rapidly.
3. Shoes should not slip off the heels.
4. High-tops or boots generally help prevent ankle sprains.
5. Limit the time children wear platform or heeled shoes. Alternate them with good quality sneakers or flat shoes.
6. Don't buy shoes that need a "break-in" period. Good shoes should feel comfortable right away.
7. For athletic activities, choose a shoe that is designed for the sport your children will be playing.
8. Be aware that children might not complain about foot discomfort. Proper foot care is important to the overall health of children.

Go to a podiatrist at the first sign of foot problems.

For a list of shoes that have received the American Podiatric Medical Association's Seal of Acceptance and more details on foot care, visit www. apma.org or call 1-800-FOOTCARE.



NAPS

To help parents guide kids toward choosing healthy fitting shoes, the American Podiatric Medical Association has designated a Seal of Acceptance to manufacturers' products that aid in foot health. Many recommendations and tips can be found at the association's Web site: www.apma.org.

SPORTS AROUND THE CORPS

Sgt. Zachary A. Bathon

Lance Cpl. Kevin R. James shoots a lay up for two points during the basketball game.

Sgt. Zachary A. Bathon

Above — The Marine team moves the ball past a German defender during the soccer match.
Below Right — The Marines apply defensive pressure on the Germans during the basketball game.

Connecting

24th MEU Marines unite with Germans for sports competitions in Kosovo

Sgt. Zachary A. Bathon
24th MEU Public Affairs

PRIZREN, Kosovo — Marines from the 24th Marine Expeditionary Unit (Special Operations Capable) and soldiers from the German Army recently gathered for an afternoon of friendly competition in soccer and basketball.

The Marines finished on top in both sports, winning the soccer match, 3-0, and the basketball game, 88-51.

Nonetheless, good times were had by all, as the afternoon ended with both groups smiling and joking and posing for group photos.

The 24th MEU(SOC) is in Kosovo on a regularly scheduled training mission during its six-month deployment to the Mediterranean.

Lance Cpl. Alexander Whitney

FOOD FOR THOUGHT, FOOD FOR HEALTH

Most-asked nutrition questions get answers

NAPS
Featurettes

Registered dietitian and nationally recognized author Roberta Larson Duyff offers these insights on some of the most pressing food and nutrition questions:

Canned, fresh or frozen, which is the best?

Getting a variety of fruits, vegetables and lean meats into your meals and snacks is possible with either canned, fresh or frozen foods.

Oftentimes, people think "fresh is best." Actually, consumers have other great food choices too.

A nutrition study conducted by the University of Massachusetts found recipes with canned ingredients are just as nutritious and tasteful as fresh or frozen. This is great news for those who are looking to prepare healthful meals, and don't have a lot of time.

The benefit of canned foods is that they are picked at their peak of ripeness and packed within hours to maintain freshness and quality. Canned foods are available during times where fresh food may be less available.

In addition, consumers can even stock up on canned products, and typically that can't be done with most fresh foods.

There is a lot of talk about "functional foods." What are they and how can I get them into my diet?

Functional foods are foods and beverages that may enhance your health or potentially protect you from certain diseases, in addition to providing basic nutrition. With functional nutrition, what you do eat — not what you don't eat — makes the difference.

The good news? Chances are, you are already using functional foods in your everyday food choices. Some examples include:

•Many canned fruits and vegetables are high in beta-carotene (which forms vitamin A), related carotenes and antioxidants that help protect cells.

•Canned tomatoes contain a carotenoid called lycopene, which studies have found to help prevent prostate cancer.

•Fatty fish have fatty acids known as omega-3s, which may lower your risk for heart disease and improve your mental performance.

•Calcium-rich foods such as dairy foods may protect you from high blood pressure and colon cancer, along with promoting healthy bones.

Functional food is a nutrition topic that's "hot" today.

Interest in personal responsibility for health is on the rise. Now you can take steps to help maintain your health and well-being.

What are some good resources that provide insight and nutrition and can help with mealtime preparation?

The newest edition of the *American Dietetic Association Complete Food & Nutrition Guide* is a great reference that will help you eat healthier and enjoy food at the same time.

Book topics cover everything from supermarket shopping and eating out, to feeding kids, discussing today's "hot" food issues, sports nutrition and culinary essentials.

Another great resource for mealtime preparation is www.mealtime.org. This site includes an extensive recipe database complete with preparation time and nutritional information for quick, easy and delicious meals the whole family will enjoy.

(Editor's Note: A food and nutrition expert, Roberta Larson Duyff is a registered dietitian and nationally recognized author that has consulted to government, non-profit and industry organizations for more than 20 years.

Her new book, the American Dietetic Association's Complete Food & Nutrition Guide offers many tips, information and guidance on how to eat healthy.)