

# Hawaii MARINE SPORTS

Hawaii Marine C Section

October 31, 2003

## Bandits steal another victory



### Top-ranked MAG-24 continues its winning streak

**Kristin Herrick**  
Staff Writer

Combat Service Support Group 3 Outlaws came out hitting hard in their first game of the season, but it wasn't enough as they lost to the Bandits of Marine Aircraft Group 24 by a score of 22-6, Oct. 20 at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

Turnovers and offensive mistakes plagued the Outlaws, but their defense looked strong against one of the best teams in the league.

"Our defense is solid," said CSSG-3 head coach Michael Knapp. "We just need to come together on offense."

With this win, the MAG-24 Bandits improved their record to 4-1 while the Outlaws fell to 0-1, after spending the first portion of the season in Australia as part of Exercise Crocodile 2003.

The Outlaws offense started off on a sour note, going three and out on its first possession, but its defense held up and kept the Bandits from getting into the end zone. It could not, however, stop Bandit kicker Tim Legros from hitting a 43-yard field goal early in the first quarter.

A fumble by the Outlaws on the next drive set up Legros again, but this time he shanked it left. With the ball on their own 22-yard line, the Outlaws tried to get some offense going. That did not happen. A first down run lost seven yards, and the quarterback fumbled the snap on the next play.

The Bandits recovered with first down and goal on the outlaw 9-yard line. With the agile running ability of quarterback Keino "Smoke" Thomas, the Bandits needed only one play to drive the ball in

for the score. The successful point after attempt brought the score to 10-0, in favor of the Bandits.

The second quarter began much like the first for the Outlaws, turning the ball over giving leaving the Bandits with first and goal to go on the 8-yard line. The Outlaws nearly picked up a Bandit fumble, but the play was blown dead and the down replayed.

On third down, Juan Reyna knocked down Thomas' pass on a big defensive stop for the Outlaws. Legros tacked on three more for the Bandits with an easy field goal.

A special teams mistake nearly caused the Outlaws to give up another touchdown on a blocked punt, but it was called back on a "roughing the kicker" call on the Bandits. A slew of other defensive penalties gave the Outlaws field position at the 6-yard line. Ezekiel Winchester hit James

See FOOTBALL, C-8



Kristin Herrick

Outlaw receiver James Richardson gets brought down after making a catch against the MAG-24 Bandits. This was the Outlaws' first game since returning from Exercise Crocodile 2003.

## Instructor receives national accolades

One of K-Bay's own is recognized for her recreation excellence

**Marine Corps  
Community Services**  
Press Release

Last November, when Semper Fitness recreation assistant Beth Hornsby began her career with Marine Corps Community Services, she had no idea that within one year, she would be awarded the Armed Forces Recreation Society's (AFRS) Front Line Award.

The AFRS Front Line Award recognizes service and performance excellence of individuals in the field of recreation. Hornsby's exemplary service earned this national award, which is given to no more than 10 individuals service-wide per year.

On Oct. 22, Hornsby accepted this honor at the AFRS Awards Banquet in St. Louis, Mo., during the National Recreation and Park

Association Congress and Exposition.

"Inspiring others in fitness and giving them the keys to do the things in life they never realize they have the potential to do," is what Beth stated as the most gratifying part of her position. "I enjoy working one-on-one with my clients, and I'm extremely thankful for being noticed doing a job I enjoy," she added.

Hornsby teaches a boot-camp style aerobics class and assists in unit physical training for the U. S. Marine Corps, at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay. She also designs and initiates fitness programs for beginners, advanced and elderly patrons, along with numerous other duties.

Hornsby also wanted to recognize Regina Reiche, a personal trainer at the Semper Fit Center.

"She has been my mentor throughout my work here, and the rest of the staff is a great team."

Hornsby is also a certified personal trainer with the American Council on Exercise and a certified group exercise instructor with the Aerobic and Fitness Association of America.

This is the first time that an MCCS, MCB Hawaii employee has received this award.

## Shank & Slice tests skill levels

**Kristin Herrick**  
Staff Writer

Marines and Sailors, along with many of their bosses, played hooky from work last Friday afternoon to take part

in the Shank & Slice golf tournament, put on by the Single Marine and Sailor Program.

The four-man scramble event was held at the Kaneohe Klipper and is the

last of four tournaments the SM&SP has planned for this year. Play was open to single, active duty personnel E-5 and below, but they were encouraged to bring their bosses, E-6 and above, as guests.

"We really just wanted to build camaraderie within the units and give everyone a fun day to relax," said Leslie Graham, SM&SP coordinator. "We also want to bring together new faces and improve the quality of life for our junior Marines and Sailors."

The tournament drew 52 golfers of all skill levels, and the scores didn't matter as

See GOLF, C-3



Kristin Herrick

Rick Fode of Facilities management checks out his drive on hole 13 of the Kaneohe Klipper Golf Course as Bryan Duprey and Ted Campell look on. The team participated in the Shank & Slice golf tournament sponsored by SM&SP.

## Olympians strike up friendships

**Sgt. R. A. Barnett**  
Marine Forces Pacific

KAILUA — Marines and Sailors from Camp H.M. Smith and Kaneohe Bay spent their day with Windward Oahu Special Olympic athletes on Oct. 20 at Pali Bowling Lanes here.

"Let me win, but if I cannot win, let me be brave in the attempt" is the oath the Special Olympic athletes recite and hold dear to their hearts.

As Hawaii Marines bonded with the Special Olympians, all prepared themselves

for a day of friendly competition with fellow teammates and competitors.

Volunteers were eager to receive their assignments as they arrived at 8 a.m. Some were lane monitors, scorekeepers, award presenters, food managers and escorts. Every one of the 60 volunteers also served in a cheering section, as they found themselves motivating and encouraging the athletes, regardless of teams.

The 35 athletes showed up at 9 a.m., anxious to begin a day of competitive bowling,

See FRIENDSHIP, C-8

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### Klipper Hosts Women's Golf Clinic

Women's golf instruction begins Saturday, at 9 a.m. and will include basic swing fundamentals, long and short game, game strategy, etiquette, safety and golf rules. Sessions will be held once a week over five weeks.

Class is limited to the first 15 students and costs \$80 per person.

Call the Klipper Pro Shop at 254-1745 or 254-3220 to sign up.



### 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.

### MCX Hosts Running Shoes Sale

Run into the Main Exchange on MCB Hawaii, Kaneohe Bay, in your old shoes on Nov. 1 and depart with brand new bargains at the athletic shoes sale from 11 a.m. - 3 p.m.

### Clubs Hosts

#### 'Monday Night Football'

Kahuna's, the Rocker Room and the Officers' Club all have Direct TV featuring "NFL Sunday Ticket." Get the gang together and watch your favorite team live.

Watch the New England Patriots take on the Denver Broncos at any one of the Clubs during "Monday Night

Football." Catch the game at 6:30 p.m. on one of the Plasma or big screen televisions at Kahuna's, the Staff NCO Club or the Officers' Club.



### Staff Club Hosts

#### Horseshoe Tournament

Time is running out to sign up for the Singles Horseshoe Tournament, Nov. 4 at 6 p.m.

Prizes will be awarded for first, second and third places, and dinner for two at the Staff NCO Club will go to the first place winner.

For more information, call Master Sgt. Griffin at 257-5508 or e-mail at griffinsm@mcbh.usmc.mil.

#### Youth Basketball Now Registering Players

Youth ages 6 through 17 are invited to join Marine Corps Community Services 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 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.

### MCCS is Looking for a Few Good Marines

The MCCS Athletics office seeks Marines interested in competing in the Hawaii Armed Services Athletic Counsel Interservice Cross-Country Championship.

The event will be held Feb. 5 through 9 in Indianapolis, Ind. The All-Marine team will be comprised of 12 men and five women. Marines who qualify for the Armed Forces Team will advance to the CISM World Military Cross-Country.

Those interested must submit resumes to MCCS Athletics by Dec. 5.

Fifteen Marines will be selected, seven for the Men's Open Division (under 35 years of age), five for the Men's Masters Division (35 and above), and three for the Women's Open.

Family members of Marines are eligible for the Women's Open.

The team will compete against the Army, Navy, Air Force and Coast Guard in Hawaii on Nov. 22 at 7:30 a.m.

For more information, call Steve Kalnasy at MCCS Athletics at 254-7590.

### Color Pin Special Underway



#### at K-Bay Lanes

Every Wednesday, from 5-9 p.m., bowlers can head over to the K-Bay Lanes for a bowling 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!

### Looking for Inexpensive and

## Base All Star

**NAME:** Jordan Hubbert

**UNIT:** 1st Bn. 12th Marine Regiment.

**BILLET:** Administrative Clerk

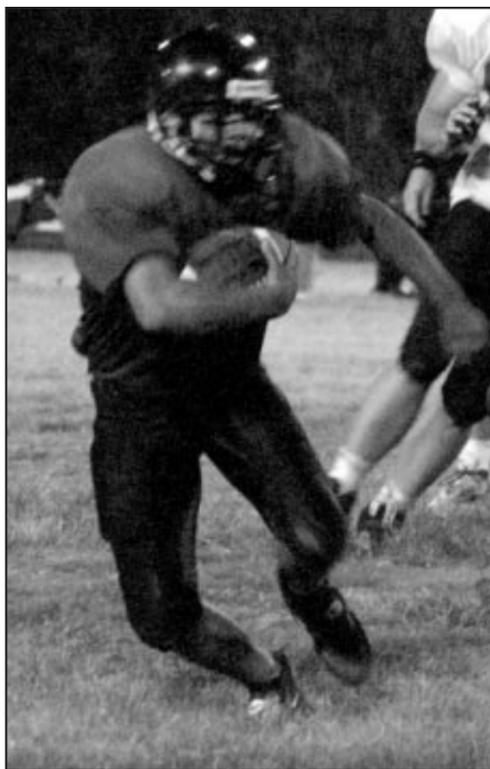
**SPORT:** Football

**POSITION:** Running Back

**TEAM:** Bulldogs

•Hubbert was named to the All-American football team in high school.

•While attending college in New Jersey, he received an All-American Honorable Mention for football.



Kristin Herrick

*"It's a rush to get out on the field and push myself; getting hit just makes me want to play harder."*

### 2003 Winter Softball League Standings

TEAM	WINS	LOSSES	%
Raggamuffins	2	0	100
VP-9 "1"	2	0	100
3rd Radio Bn.	2	0	100
1/12	1	0	100
CPRFP	1	0	100
CSSG Supply	2	1	66.6
MCAF	1	1	50
MALS-24 Warriors	1	1	50
ETD	0	2	0
CSSG EMP	0	2	0
Band	0	2	0
Dental	0	1	0
Headquarters Bn.	0	0	0

### 2003 TACKLE FOOTBALL SCHEDULE

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

Tuesday 6 p.m.	CSSG-3 vs. Headquarters Bn.
Thursday 6 p.m.	3rd Marines vs. 1/12
Nov. 10	Playoff Game
Nov. 12	Playoff Game
Nov. 13	Playoff Game
Nov. 19	Playoff Game
Nov. 20	Playoff Game

## COMMUNITY SPORTS

### HTMC Hikes Halapepe Nui

Join the Hawaiian Trail and Mountain Club on a 12-mile hike Sunday at 8 a.m.

The HTMC invites all to take a long arduous climb to Ko'olau Summit.

This advanced hike is not for the faint of heart. It's a long journey with one sharp faux peak. It's well worth the effort though.

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 the trail or to join in on this hike, contact coordinator Partick Rorie at 676-2748.

### 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 Monday, at the school gym, which is located at 451 Ulumanu Drive.

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.

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

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 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.

### 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 parking is available at nearby downtown parking garages such as Harbor Court, Harbor Square, the TOPA Building and the

Pacific Guardian Center for a \$2 flat rate.

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

### Marines and Sailors

#### Get in Shape with ShipShape

You can win the war on body-fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information on the ShipShape, call 471-9355.

### 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 in 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](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 catcher of all-time?

**Capt. K. D. Robbins**  
*The Professor*

In light of the Marlins drubbing of the New York Steinbrenners, how can we deny Ivan Rodriguez recognition as the best catcher ever to play the game?

After the 2002 season, the Texas Rangers released Rodriguez, or "Pudge" as he is affectionately known. They lost the greatest all-around baseball player to don the mask at the baseball's most unappreciated position. And, now he has a World Series ring.

I rarely compare eras, nor am I remotely ignorant enough to compare today's so-called stars like spoiled baby bodybuilder Barry Bonds to immortals like Willie Mays or Roberto Clemente. But, the catcher position is different. Rodriguez is different.

The catcher is the leader of his team. In any given game, he is a motivator, a tough guy, a master psychologist and a coach.

When you analyze the numbers compared to the legends of the posi-

tion, he wins.

Pudge has played 500 fewer games than Johnny Bench. Yet, he trails Bench by only 173 career hits, has only one less double, seven more triples, a batting average 37 points higher and a slugging percentage 12 points higher.

He has played 900 fewer games than Carlton Fisk. His batting average is 35 points higher, on base percentage is three points higher, slugging percentage is 33 points higher and, oh yes, he has one more ring.

2003 was his validation year. He mentored young pitchers Josh Beckett and Dontrelle Willis, hit clutch hit after clutch hit throughout the playoffs and he made base runners feel and look silly for even thinking of testing his "aged" arm.

**Bottom Line:** The Rangers released the best baseball player to ever play the catcher position. He runs. He hits. He throws. He fields. He leads. He wins.

Smart move Texas. Just ask the Steinbrenners.

**Sgt. Joe Lindsay**  
*The Goat*

Unless you are talking about Michael Jordan, it is basically futile and pointless to discuss who is the greatest player to play a sport or a position.

It's one of those questions that you can spend hours and hours discussing, yet get nowhere. The only thing The Goat would rather discuss less than this topic would be religion.

Asking whether Pudge Rodriguez is the greatest catcher of all time makes about as much sense as sipping martinis at a cocktail party and getting on the subject of which religion is best.

"I say Islam is the best, a virtual paradise with 73 virgins for every man."

"But what about Hinduism, where you get to come back to earth and give it another shot. Surely that must be the best religion."

"No, no, Christianity must be best, for the Bible tells us so."

It is a no-win conversation. The Goat will now list ten pretty

darn good catchers who could lay claim to being the greatest of all time, in alphabetical order no less, so as not to get in a mindless debate.

### *The Top Ten List*

1. Johnny Bench
2. Yogi Berra
3. Roy Campanella
4. Gary Carter
5. Mickey Cochrane
6. Bill Dickey
7. Carlton Fisk
8. Josh Gibson
9. Gabby Hartnett
10. Mike Piazza

But what about Ivan "Pudge" Rodriguez?

His last name starts with an R. He's too far down the alphabetical list to make the Top Ten.

**Bottom Line:** Who is the greatest catcher of all time? The Goat doesn't know. There are a lot of good ones. The Goat's favorite is Gene Tenace. And he's got four rings.

## Readers Strike Back: Comment of the Week

**Florencio Bermudez**  
*El Paso, Texas*

I'll be honest; for a long time I would just scan the Hawaii Marine and not really read it. But now, I have a real reason to

read, and that's because of "The Bottom Line."

I go straight to it every week, and I have noticed a disturbing trend. The Professor whines about something every week. It is good that you have The

Goat offsetting the whining by telling it straight up.

I am from El Paso, a small market town, if ever there was one. We do not have any major league sports teams, but if we did, we would give it our best

shot and not complain about it. We'd be happy just to have a team.

Hating the Yankees (*Hawaii Marine*, Vol. 33, Number 42) because they have money makes about as much sense as

terrorists hating Americans because we come from the land of opportunity. People hate the Yankees because they usually have the best team. People hate America because we have the best country.

## SPORTS AROUND THE CORPS

### Miramar warrant officer retains title of best golfer

**Sgt. Joshua Stueve**  
*MCAS Miramar*

**MARINE CORPS AIR STATION MIRAMAR, Calif.** — Chief Warrant Officer 2 Laurence Gausepohl repeated as the top Marine Corps golfer in the All-Marine Championships held at Mission Hills Country Club in Palm Springs Sept. 29 through Oct. 2.

Gausepohl, a San Diego native and military pay officer with the Headquarters and Headquarters Squadron Finance Office here, won his second consecutive All-Marine Championship with an overall score of 288, even par for the tournament.

Believe it or not, Gausepohl said he only plays golf once or twice a month.

"I really didn't play as much golf as I should have to prepare for this tournament," said Gausepohl, "because of some personal issues that are much more important than golf. I only got to play the tournament course twice before the championship started."

Most players will go to a tournament three or four days before the first round and play the course everyday. Players were invited to Mission Hills Country Club to practice the four days before the tournament, but Gausepohl didn't have the time to stay all weekend. He drove up to the country club and played the first two practice days, but then returned home for the weekend to be with his wife, Deana, and their children: his 10-year-old daughter, Alison, and 14-month-old son, Ryan. The couple is also expecting twins.

"I drove back and forth to the tournament everyday, which made it a lot

tougher on me than it probably should have been," said Gausepohl. "But being in the situation I was in, it was an easy decision to make."

The champ shot 1-over par the first day, but rebounded with a 1-under 71 the second day.

"The course played really tough with water coming into play on 11 of the 18 holes," explained Gausepohl. "The course was extremely punitive in regards to how aggressive you could be. If you shot at a pin and you weren't dead on, you were most likely going to find

yourself in trouble.

"And because of the undulating greens, a lot of players who had birdie putts found themselves three putting for bogey on a lot of holes."

Gausepohl found out the latter personally. He three putted four of the first five holes, and said he missed eight or nine birdies from inside eight feet to start the tournament.

"Once I got used to the speed of the greens, I started to score really well," said Gausepohl.

Going into the third round of the tour-

namment, Gausepohl was leading but another Miramar Marine, Capt. Jay Slough, a native of Vista, Calif., and a pilot with Marine Fighter Attack Training Squadron 101, was not far behind.

"I knew how good of a golfer [Slough] is, so I knew it was going to be tough when I was paired with him for the final two rounds," said Gausepohl.

After a triple bogey on number eight and a few well-played holes by Slough, Gausepohl found himself with only a one stroke lead heading into number 14.

"Fourteen is a par 5 with some water," said Gausepohl. "I hit my tee shot into the water and [Slough] hit a perfect drive down the middle. I had to re-tee which put a lot of pressure on me to make a good swing, and fortunately, I did. We both were in the middle of the fairway, but I was sitting three and [Slough] was sitting one. So, I had to go for the pin."

Gausepohl hit an awesome five wood to about five feet and walked away with an amazing par.

"That was the turning point of the tournament for me," Gausepohl said.

Gausepohl took the confidence he gained on 14 and used it to his advantage. He birdied three of the last four holes to finish with a five-stroke lead heading into the final day.

"I figured if I just went out and made 18 pars to finish the tournament, [Slough] would have to shoot extremely well to win the championship," said Gausepohl. "I stuck to my plan, finished the fourth round even par, and I came out on top."



Gausepohl follows through and eyes the ball as he sends it sailing during the All-Marine Championships held at Mission Hill Country Club in Palm Springs, Calif.

### GOLF, From C-1

most of the prizes were distributed by a raffle. Everyone took something home whether it was a certificate for a golf club from Warrior Custom Made Golf Clubs or a free pizza coupon.

Pupus and much-needed sun

block were provided by the SM&SP, and beverages were carted around to keep the players hydrated.

Prizes were awarded to the winners of the two special contests during play. Erick Kahila of Headquarters Bn., MCB Hawaii, had the longest drive

on hole 10, and David Prusakowski won the closest-to-the-pin contest on hole six.

Prusakowski is a member of 21st Dental Co. and attended the tournament with three of his junior Sailors.



were awarded three custom clubs and a Dream Cruise ticket.

"These tournaments are to encourage beginners to come out and experience our spectacular golf course without an overly

competitive atmosphere," explained Graham. "Everyone had a great time and came back with some good stories."

The Thanksgiving Holiday Bash is the next event the SM&SP has planned. It will be held Nov. 26 and is free to the first 350 people who sign up.



# spotlight on health

## Multivitamins may cut the risk of cancer

**NAPS**  
*Featurettes*

There is a growing belief among health professionals that virtually everyone may benefit from taking a daily multivitamin. Research has indicated that even those who closely follow the Dietary Guidelines for Americans and the Food Guide Pyramid can further reduce their risk for chronic disease by including a multivitamin in their daily routine.

Nutrition is widely thought to play an important role in the prevention of some of the leading causes of death like cancer and cardiovascular disease. In fact, one recent study found that the lowest risk for those diseases was among those with a balanced diet and who took a daily multivitamin for five years or more.

But many of us don't follow that kind of balanced diet. More often than not our diets consist of "on-the-go" meals

and snacks which are high in fat and calories, and don't provide necessary amounts of essential vitamins like vitamin E, folate, vitamins B6 and B12, or other healthful nutrients including the carotenoids lycopene, lutein and zeaxanthin.

People who are dieting also may not be getting all of the vitamins they need since weight loss plans tend to limit total amounts of food or one or more food groups. Dieters following low-fat weight loss plans can often miss out on fat-soluble vitamins like vitamin E, while high-protein diets can limit many of the B vitamins and carotenoids.



**Multivitamins provide a balanced amount of nutrition in the daily diet.**

Vegetarian diets that eliminate all animal foods — often thought of as the healthiest way to eat — can limit the intake of vitamin B12, which is found primarily in meats and fish.

Age or life stage can also affect whether or not a person is getting optimal vitamin intake.

Lifestyle behaviors that affect your nutritional health include smoking and alcohol consumption. Research has indicated that smokers have lower vitamin C levels than non-smokers. Alcohol can interfere with the body's ability to absorb thiamin, vitamins B6, C and D and folic acid.

Even where you live can make a difference. Because vitamin D is synthesized by the skin when exposed to sunlight, those who live in northern latitudes or who otherwise don't get much sun may not be getting enough of the vitamin, which is crucial to bone health.

To ensure you are meeting recommended levels of essential vitamins and minerals and other key nutrients, look for a multivitamin that provides 100 percent of the daily value (DV) for most vitamins and minerals. If you are taking single supplements along with your multivitamin, check with your doctor or pharmacist to make sure your total intakes are reasonable and safe.

It's also important to remember that "more" is not "better," and that supplements aren't a substitute for a healthy diet. Overall, a prudent strategy for a healthy living should include a balanced diet, maintenance of proper body weight and a daily multivitamin.

## Merely taking small steps goes a long way toward health

**NAPS**  
*Featurettes*

There's good news for adults who are looking for the "fountain of youth." To live longer and be happier, Americans should focus on making minor adjustments to their everyday routines, recommends registered dietitian Jackie Newgent.

With nearly 65 percent of Americans overweight — eating more and exercising less — now, more than ever, it's time to make a change! For example, cutting just 100 calories a day, which can be as simple as drinking diet soda instead of regular, can make a significant impact on one's overall health in the long term.

"Reducing your calorie and fat intake, combined with an active lifestyle, can increase energy and self-esteem, and decrease the chance of obesity and certain diseases," says Newgent. "Just set realistic goals for yourself and try to incorporate them into your life one day at a time."

Newgent offers the following tips:

1) **Take a hike.** Sneak in extra walking whenever you can each day: walk to get lunch at work, bypass the elevator for the stairs or choose the farthest parking spot when going shopping.

One way to track progress is to invest in a pedometer and aim for 10,000 steps per day.

2) **Cut the fat.** Get creative when trying to lower fat in your favorite meals. When cooking in or baking, substitute applesauce for part of the oil. When dining out, look for opportunities to lower fat or remove heavy dressings or toppings. For example, at Taco Bell, customers can now order their favorite menu items "Fresco Style" to replace cheese and certain sauces with

a low-calorie, nonfat Fiesta Salsa, at no extra cost.

3) **What's up, doc?** Schedule an annual preventive care check-up with your doctor. Perhaps plan an annual nutrition checkup with a dietitian. Nipping ailments in the bud will save you from more serious problems — and expenses — down the road.

4) **Supplement your diet.** Focus on food first, but consider taking a daily multivitamin to help assure your body gets all the nutrients needed to stay healthy and strong.

5) **Say cheese!** Smiling is an easy way to make you and others happy. It releases endorphins in your body that stimulate your brain and make you feel good. Try it!

# Sunscreen protection is most important for year-round lip care

**NAPS**  
Featurettes

For a day at the beach, you'll probably pack a swimsuit. If it's a trip to the slopes, snow gear is in order. But when it comes to protecting your lips from the sun's harmful rays, the gear is the same—lip balm with SPF (sun protection factor).

"Lips are very susceptible to sunburn because lips lack melanin, a dark skin pigment that acts as a natural sunscreen," says Dr. Charles Zuger, associate professor of clinical dermatology at Northwestern University Medical School in Chicago.

Lips also are more vulnerable than other skin parts because wetness from licking and consumption of food and drink can intensify the sun's burning effects.

In addition to discomfort and drying and peeling of the lips, sun exposure can trigger cold sores or fever blisters and can lead to potentially serious cancers including squamous and basal cell carcinoma.

Zuger says the way to protect lips is by wearing lip balm with sunscreen.

## All Lip Balms With Sunscreen Are Not Created Equal

Most traditional lip balms with

sunscreen protect primarily against UVB rays — the ones most responsible for sunburn — and certain short wavelength UVA rays. But long wavelength UVA rays, which unlike UVB rays can pass through window glass, pose a greater danger because they penetrate deeper into the skin than UVB rays.

### Tips For Protecting Lips From The Sun

Following are tips to consider when protecting lips and selecting a lip balm:

- Choose a lip balm with an SPF of 15 or greater.

- Apply lip balms with sunscreen 45 to 60 minutes before sun exposure, and reapply every one to two hours and after eating, drinking or swimming.

- Choose a water resistant lip balm with sunscreen for use while swimming.

- Use a moisturizing lip balm after extended or prolonged sun exposure.

- Try to avoid the sun when its rays are the strongest, typically between 10 a.m. and 4 p.m. (Remember that skin is susceptible to sun exposure even when it's cloudy.)

- Wear hats with brims to offer additional sun protection.

- Incorporate lip balm with sunscreen into your daily routine as the best way to always remember to wear sun protection on your lips.



Lance Cpl. Monroe F. Seigle

Edward Carrillo, a MCB Hawaii, Kaneohe Bay, Commissary employee separates and washes his clothes at the Laundromat Mat located aboard MCB Hawaii, Kaneohe Bay. Some laundry products, however, are thought to be irritants to sensitive skin, so Carrillo may have to purchase alternative products.

# Keeping sensitive skin healthy begins with your load of laundry

**NAPS**  
Featurettes

According to the American Academy of Dermatology, 40 percent of Americans believe they have sensitive skin. With heat and humidity, skin sensitivity can be exacerbated, leaving millions of Americans' skin stinging, itching or red. In many cases the source of the irritation is a common household product. Sunscreen, cleaners and laundry detergents are some of the most common culprits.

Zoe Draelos, MD, clinical associate professor of Dermatology at Wake Forest University and an expert on treating skin irritations, has some tips on caring for your sensitive skin:

**1) Use a bleach alternative for your laundry.** According to the Soap and Detergent Association, Americans average 10 loads of laundry per week, so it is critical to use products that don't cause irritation. Bleach is a common household product, and like all cleaning agents, residue can remain on your clothes after washing and drying. In direct contact with your skin, chlorine bleach can aggravate sensitive skin conditions. Fortunately, there are chlorine bleach alternatives that can minimize skin irritation.

**2) Make a few simple changes to your beauty routine.** Use a mild soap instead of deodorant soaps or other harsh soaps. Avoid lotions that contain alcohol, which can dry the

skin and make irritation worse. If symptoms develop, try not to scratch and pick the skin. Instead, try an oatmeal soak to soothe and relieve the itching.

**3) Read the labels when you purchase cosmetics.** In order to avoid potential irritation, stay away from fragrances and dyes in cosmetics. Choose products with a short list of ingredients. The fewer the number, the less likely the chance of the ingredients interacting with each other and further aggravating sensitive skin symptoms. Also, keep track of expiration dates and throw away items that have expired. Make-up can become spoiled or contaminated. Standard life spans include one year for foundation and lipstick, three-to-four months for mascara, and two years for powders and shadows.

**4) Choose sunscreen products that have a minimal number of ingredients.** If you have sensitive skin it doesn't mean you should avoid sunscreen — you just have to be more selective about the products you use. A good rule of thumb is to use a sunscreen that contains only zinc oxide or titanium dioxide. These ingredients reflect rather than absorb UV rays, so allergic reactions are much less common. Also, be sure any product you use is fragrance-free or contains little fragrance.

These simple tips can help you protect your sensitive skin, but for serious or persistent problems, see a dermatologist.

## FRIENDSHIP: Olympians take a striking posture

From C-1

their enthusiasm bubbling over.

The opening ceremony began promptly at 10 a.m., with Derrick Lee, owner of Allegra Performing Arts Center, singing the "National Anthem" and "Hawai'i Pono'i." Lee also bowled the first ball, officially starting the bowling tournament.

Staff Sgt. Deanna Donaldson, initial issue provision chief, Combat Service Support Group 3 and Special Olympics Windward Oahu volunteer coordinator, along with husband Staff Sgt. Brian Donaldson, assistant radio chief, CSSG-3 and Windward Oahu area operations director, have been volunteering with Special Olympics for three years.

"We definitely could not pull this off without our volunteers. Everyone has a good time at these events and the athletes are just awesome," said Brian Donaldson.

Marines and Sailors provided everything from meals to first aid. Along with 14 lanes reserved for the Special Olympians, the outside courtyard served as the ceremonial awards area.

"These activities are wonderful opportunities for the athletes and the Marines to interact," said Brian Donaldson. "We provide mentorship, and hopefully, we are a positive influence in the lives of these young people."

"It's more fun when we compete with other athletes," said Katie Harbison, daughter of Col. James Harbison, commanding officer of CSSG-3. Katie is an avid athlete, participating not only in bowling, but also track and field and swimming.

Mark Sterlacci, has been playing sports with the Special Olympics for as long as he can remember. Sterlacci took first place honors in his bowling category with 452 points.

"I also swim and run track and field," said the proud Sterlacci. "I play shot-putt too. I exercise my muscles; that's my favorite."



Sgt. R. A. Barnett

**Children who participate in the Special Olympics and Marines from both Camp H. M. Smith and Kaneohe Bay forged friendships while bowling at Pali Bowling Lanes located in Kailua, Hawaii.**

Joan Yamanaka has been volunteering with the Special Olympics in Hawaii for 27 years, serving in every capacity, to include coaching.

"The athletes are able to socialize with their friends and acquire a variety of skills, which builds their self-confidence," said Yamanaka. "The kids love the interaction with the Marines [who are] morale-boosters and role models. This tournament wouldn't be successful without their help."

A large part of Deanna Donaldson's success with volunteers can be credited to the great communication link she has established with first sergeants and sergeants major of the various commands aboard Kaneohe Bay and Camp H.M. Smith.

"I have volunteers who ask to be kept informed of events they can volunteer for," said Deanna Donaldson. "We couldn't support these events without [them]. It means so much."

"I've been volunteering with the Special Olympics for 13 years and I love it," said Marlies Trimble, Miss Southeast Texas 2002 and Marine

wife of Cpl. Jake Trimble, supply administration Marine, CSSG-3. "The athletes especially love hugs and lots of encouragement."

This was Cpl. Trimble's first event, and the young corporal. Trimble added that this probably won't be the last time he will volunteer his time for the Special Olympics.

Words of encouragement, cheers, high-fives, congratulatory handshakes and lots of hugs were in abundance at in the bowling center. A positively light air enveloped the place, as athletes and their fans enjoyed the sport of bowling and sense of comradeship.

For more information on volunteering for the Special Olympics or other volunteer opportunities on Windward Oahu, contact Staff Sgt. Deanna Donaldson at 257-1295 or via email at donaldsondm@mcbh.usmc.mil.

FOOTBALL, From C-1

Richardson on third down to give the Outlaws their first score of the season. The PAT was blocked, leaving the Outlaws down by seven.

With just over a minute to work with in the half, the Bandits took advantage of good field position and a 10-yard run by Thomas to set up Legros for another field goal. He connected from 40 yards out, stretching the Bandit lead to 10.

After the half, "Smoke" Thomas had good pass protection used to connect with Christen Gonzales on a 62-yard pass play to score the Bandits' second T.D.

The Outlaw offense put together a nice drive with Winchester hooking up with Aaron Durbin twice

for good gains. It wasn't enough and they turned the ball over on downs late in the third quarter.

With time winding down, the Bandits again tested the strength of Legros with a 39-yard field goal attempt. He was good, scoring 12 total points in the game.

Last drives by both teams produced no scores, and the game came to a close with the Bandits up 22-6.

"We just played within our game," said Bandit head coach Richard Hargrave. "They threw us a lot of different looks — ones we've never seen before."

With the tough game under their belts, the Outlaws hope to step it up in their next match-up.

"We'll be there in the playoffs," said Knapp.



Kristin Herrick

**Bandit defensive back Abdul Massaquoi attempts to break up a pass to CSSG-3 wide receiver "Wiseguy."**