

Hawaii MARINE SPORTS

Hawaii Marine C Section

September 12, 2003



Sgt. Joseph A. Lee

3rd Marines quarterback, Rafael Perez, scampers for a 15-yard gain until he is forced out of bounds by the Mountain Warriors during the seasons first game Monday.

3rd Marines 'Crush Bones' during Monday nights game

Sgt. Joseph A. Lee
Press Chief

Regular season intramural football began Monday night with wide receiver Marvin Jones and the 3rd Marines Bone Crushers mangling the Camp Smith Mountain Warriors with a final score of 12-0.

A typical opener, the game was littered with penalties and turnovers by both teams trying to get points on the board early.

Tough passing defense by the Bone Crushers got them into the red zone early and often, but the team didn't capitalize on the frequent turnover drives that brought them within short running distance of the goal line.

With so many missed opportunities to get on the board with a kick, the ball was frequently turned over on downs in the red zone until late in the first half.

"During the first half, we really had to figure out where we wanted

to go with our offense," said Jones, who received two touchdown passes during the game, one of which was called back. "It was really a game for the defense. Our offense just wasn't getting the job done early, and we had to rely on our defensive turnovers to give us more opportunities."

The opportunities kept coming until Bone Crusher quarterback Rafael "Mexican Bee" Perez found his open man, Jones, on the five-yard line ready to dive across the goal line to tack the first six points on the board for 3rd Marines.

"Better blocking on our offensive line could have prevented some of the hits I was taking in the backfield," said Perez. "But when it was time to make the play happen, my receivers were open, and a couple harder throws could have meant more points on the board easily."

"The Mountain Warriors put up a good defensive game," said Bone Crushers' defensive coach, Kelvin

Morgan, "but when it came down to it, our guys just had more heart. They gave everything they had out there."

With more turnovers than points scored, there is no question the defensive game was the key to Monday's match-up, as the battle for field position continued into the second half, when the Bone Crushers fell victim to more than one major mistake on the field.

After a stripped ball had the potential of being returned for a touchdown, cornerback Chris Mathis had his play called back erroneously by the officials.

"Even though I had that would-be touchdown called back on me, I still had a tremendous game, with five open-field tackles," said Mathis, disappointed about his missed opportunity. "If we had plugged the middle just a bit more, I could have had a few more plays

See FOOTBALL, C-8

Warriors, come out and playyy!

Cpl. Luis R. Agostini
Marine Forces Pacific

CAMP H. M. SMITH — As the beginning of the 2003 MCB Hawaii Intramural Tackle Football League kicks off, the Camp Smith Warriors can only get better.

No, really, they can't get any worse.

Despite a dismal 0-6 performance during the inaugural 2002 season, and after losing their season opener against 3rd Marine Regiment Monday, the Warriors still have not lost hope for a winning record this year.

In order to put some numbers in the win column this season, the Warriors plan on strengthening their weaknesses in the offense and capitalizing on their strong defense.

The leadership of second-year linebacker /defensive coordinator Aaron Ilaoa, who played in the Best of the West Football Tournament at Twentynine Palms, Calif., last season, brings a strong work ethic and a wealth of defensive knowledge to the Warriors, said Warriors coach Dwayne Evans.

Defense was never a problem for the Warriors, who held opponents to less than 20 points throughout the entire season - in the first two quarters. However, the offense often went three downs then brought in the special teams, leaving a fatigued defense on the field for the majority of the game.

Last season, you might as well have chosen the offensive starting lineup by spinning a wheel. There were no

stable, consistent players who kept their positions throughout the season.

Former Headquarters and Service Battalion Sgt. Maj. Tusipasi Suianoa pulled double duty several times during the 2002 season as he held the positions of head coach and quarterback, and Evans ran the backfield, among others.

This year, the Warriors seek to have a stronger backfield, with a dependable tailback and fullback in Nathan Williams and Jerome Czarnick, who both showed plenty of power running the ball in the first game.

Their aerial game is in question right now. The original selections, Scott Gibson and Jacob Fales, were not available due to operational commitments. Backup quarterback Walter Rodriguez filled in during the first game. Although not originally a quarterback, but a defensive/tight end by trade, he did his best.

The Warriors are not oriented to any particular offensive attack. That doesn't mean that there's not a method to their madness.

"We have plays in place, and you never know what we're gonna do," said Evans, who possesses more than 16 years of gridiron wisdom, from both playing and coaching. "When you think we're gonna throw, we're gonna run."

Although running an unpredictable offense, the team's playbook stands as their standard operating procedure.

"The guys have to know the plays," said

See WARRIORS, C-8

Puuloa hosts NRA regional championships

Sgt. Joseph A. Lee
Press Chief

Several shooting teams from the department of defense and a local shooting club competed at the annual Puuloa Rifle and Pistol Club Regional Championships Saturday and Sunday at Puuloa Range.

Amongst the four Marine competitors shooting with the Hawaii Marine Shooting Team, was CWO2 David Dutton, the officer in charge of Puuloa Training Facility and officer in charge of the Hawaii Marine Shooting Team.

"The Marines from the Hawaii Marine Shooting Team came out to Puuloa Range to represent MCB Hawaii at a regional level, competing against six Army National Guard teams and two civilian teams from the Puuloa Rifle and Pistol Club," said Dutton. "We had a great time shooting, and we're definitely looking forward to next year's match."

As a part of the annual shooting match schedule for the year, the Puuloa Regional Championships give the local rifle and pistol club a chance to host a competition based around the National Rifle Association rules and guidelines, and allow local Marines to become familiar with the Puuloa club members.

According to Dutton, the year of shooting competitions kicks off in January with the intramural matches hosted by the commanding general. From there, Marines around the island are invited to compete in the Pacific Division Matches usually held in February.

"The division matches are usually where we recruit for the Hawaii Shooting Team," said Dutton. "Next year, I challenge each and every Marine on the island to come out and represent their commands at the Pacific Division Matches."

Of the 15 matches held annually, the majority of them fall on weekends and don't interfere with Marines' everyday responsibilities, according to Dutton.

"Very few matches require Marines to be detached from their commands, and we are always looking for good competitors to come out and shoot with us," said Dutton.

Though no major medals or status were earned at the regional matches over the weekend, one lance corporal on the team was awarded first place in the unclassified division, which is considered by him to be a major accomplishment as an unclassified shooter.

"Being an unclassified shooter means that I haven't

See CHAMPIONSHIP, C-8



Sgt. Joseph A. Lee

Chief Warrant Officer-2 David Dutton, officer in charge of Puuloa Range Facility and OIC of the Hawaii Marine Shooting Team, looks down range as he scores his teammates shots at the 600-yard line of competition fire.

BASE SPORTS

Edward Hanlon V MCCS Marketing

**MCB Hawaii Hosts
CFC 5K Fun Run/Walk**
Marine Corps Base Hawaii, Kaneohe Bay, will be hosting the Combined Federal Campaign's 5K Fun Run/Walk on Saturday at 8 a.m.

The race will start and finish at officers' club aboard Kaneohe Bay. The 5K course distance is approximate.

Runners must be in place at officers' club for run instructions at 7:30 a.m. The race will start at 8 a.m. sharp, and the finish line will close at 9:30 a.m.

Plan to stay a while and enjoy the festivities after the race.

No headsets or pets will be allowed during the race.

Registration entry forms are available now at www.cfc.hawaii.org, or call 257-1026, and leave a message with an e-mail address, and an entry form will be sent to you.

The entry fee is \$15 and includes a T-shirt, free barbecue

and entertainment, which will be offered to participants following the race.

Parking will be available. However, parking is limited, so please carpool when possible.



For more information on the Combined Federal Campaign 5k run/walk race hosted aboard MCB Hawaii, call 257-1026.

**Camp H.M. Smith Hosts
HASAC Soccer Tournament**
The Hawaii Armed Services Athletic Council Soccer Championship Tournament will take place at Camp Smith's Bordelon Field, Sept. 15 - 19. The first game of the will go on Sept. 16, at 5:30 p.m. It is a double elimination tournament with the championship game on Sept. 19.

For more information, call 254-7590.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be Oct. 20 - 27 at Naval Station Everett, Wash.

The armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty stations upon completion of the rugby championships. If selected for the armed forces team, a message will be sent to the Marine's command requesting additional duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year's playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors.

For more information on how to submit your resume for the

All Marine Rugby Team, call the athletics staff at the SemperFit Center at 254-7590.

MCCS Seeks

Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, Dec. 6 - 12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to MCCS Athletics no later than Sept. 28. Call 254-7590 for more details.

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 Sports Bar & Grill.

Catch a big one on the surf simulator, and win a brand new surfboard from Local Motion.

For more information on Kahuna's Sports Bar and Grill Tsunami Saturdays, call 254-7660.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new ice hockey program for the children of MCB Hawaii. Registration is now in progress at Youth Activities, Bldg. 5082.

The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace.

For more, call 254-7610.

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.

Base All Star

NAME: Blake Grasso

SPORT: Soccer

POSITION: Goalie and Forward

AGE: 12

SCHOOL: Kailua Intermediate

TEAM: K-Bay Blue Crush

- Grasso has played soccer for more than five years aboard both MCB Hawaii, Kaneohe Bay and in 29 Palms, Calif.
- In 29 Palms his soccer team won first place at the California State Tournament.
- During the last game of the season, he scored two goals and saved two goals as the goalkeeper.
- His team, Blue Crush, ended the season undefeated, 7-0.



Cpl. Jessica M. Mills

"Soccer is just a lot of fun. You don't necessarily have to be the best player to have a good time, just enjoy yourself."

2003 TACKLE FOOTBALL SCHEDULE

POP WARNER FIELD

SEPT. 15 6:00 p.m.	3rd Rad. Bn	VS	MAG - 24
SEPT. 17 6:00 p.m.	Camp Smith	VS	Headquarters Bn.
SEPT. 22 6:00 p.m.	3rd Rad. Bn.	VS	Camp Smith
SEPT. 24 6:00 p.m.	MAG-24	VS	3rd Marine Reg.
SEPT. 29 6:00 p.m.	3rd Marine Reg	VS	Headquarters Bn.
OCT. 1 6:00 p.m.	Camp Smith	VS	MAG-24
OCT. 6 6:00 p.m.	MAG - 24	VS	Headquarters Bn.
OCT. 8 6:00 p.m.	3rd Marine Reg.	VS	3rd Rad. Bn.
OCT. 14 6:00 p.m.	3rd Rad. Bn.	VS	Camp Smith

(Editors Note: The remainder of the 2003 tackle football schedule will be published as the season progresses.)

COMMUNITY SPORTS

Pacific Health Foundation Hosts 3rd Annual "Health Thru Fitness"

"Health Thru Fitness" is an event intended to attract a wide range of participants of all fitness levels. Participants choose to walk or run a timed, fun course, and enjoy healthy refreshments, fun and prizes. This year there will also be a rock climbing competition.

The event takes place Sunday at Ala Moana Beach Park.

It is open to all — for more information, call 591-1404.

HTMC Hikes Ahuimanu

Join the Hawaiian Trail and Mountain Club on a five-mile hike Saturday at 8 a.m. Driving up, instead of hiking up the long strip road to the trailhead, makes this rim-trail a piece of cake! The frosting offers a stupendous view as hikers (riders) gaze down on Makua Valley, and the crystal blue waters of the coastline.

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. It does not provide

transportation.

All hikers are reminded to bring lunch and water on all hikes. Wear sturdy shoes and clothing.

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

For more information, contact coordinators Wil Kawano at 842-9596 or Jay Feldman, at 842-9596.

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, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close

walk to what many consider the best beach on the island of Oahu.

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

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 Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult; 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 regarding the Ship Shape program, or to register to attend the next orientation, contact the

Health Promotion Naval Medical Clinic Pearl Harbor at 471-9355.

State Offers Free Recreation Classes

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

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

The next two-day session is Today from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm. A-212A. (The classroom is the first room on the right.)

All participants are required to provide picture identification at the door.

For more information on the class, call 587-0200.

Fax Us Your Recreation Ads

Advertise sports and recreational activities of general interest in the "Base Sports" or "Community Sports" columns. Fax items of interest to the Department of Defense community to 257-2511.

SPORTS AROUND THE CORPS

Chargers salute military during celebration

Cpl. Ethan E. Rocke
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — The Depot's Headquarters and Service Battalion color guard joined color guards from the Navy and Coast Guard Aug. 29 at Qualcomm Stadium to kick off the festivities at the San Diego Chargers 15th

annual "Salute to the Military."

The Chargers joined forces with military installations from all over Southern California, pulling out all the stops for the Chargers' preseason finale against the San Francisco 49ers and hosting an extravagant celebration and tribute to the military.

On Qualcomm's plaza concourse, there were interactive static displays from every branch of the military. One of the more popular Marine displays was a Humvee equipped with a Tube-launched Optically-tracked Wire-guided missile launcher.

The real military showcases began shortly before kick-off. Marines, Sailors and Coast Guardsmen from local area installations took positions at midfield to be recognized for recent awards.

Sailors from the Anti-Submarine Warfare Training Center lined the sideline and end zone, each of them carrying one of the 50 state flags. The Navy, Coast Guard and Depot's color guards then took position on the field for the presentation of the colors and the playing of the National Anthem.

The Navy Seal Leap



Cpl. Ethan E. Rocke

A fireworks show was the grand finale for the elaborate halftime show, which highlighted San Diego's military members.

Frogs team skydived into the stadium during the pregame festivities, followed by a flyover of FA-18 Hornets from Naval Air Station, Lemoore, Calif., and Coast Guard helicopters.

Navy Lt. j.g. Adam Ellis, of the USS John C. Stennis, performed the national anthem.

At halftime, Chargers welcomed home service members returning from Operation Iraqi Freedom, followed by the Marine Corps presenting their huge

football field length flag. The salute concluded with a fireworks display above Qualcomm Stadium.

"It was a real honor to represent the Marine Corps in front of all those people," said Lance Cpl. Yuri Schneider, Headquarters and Service Bn. color guard. "It was an awesome feeling to be down on the field while everyone in the stands chanted 'USA' over and over. It made me even more proud to be a Marine," said Schneider.



Cpl. Ethan E. Rocke

Sailors from a Navy color guard stand by before the game, watching the Chargers warm up. The Navy joined the Marines and Coast Guard, providing one of three ceremonial color guards on hand for the Chargers 15th annual salute to the military.

Marines continue tradition at U.S. Open in the Big Apple

Gunnery Sgt.
Tim McGough

New York Public Affairs

The Williams sisters may not have attended the U.S. Open and Pete Sampras may have retired this year, but the Marine Corps has made it clear that they are here to stay at the U.S. Tennis Association's yearly event in New York City.

Marines from the 6th Communication Battalion in Brooklyn, N.Y., kicked off the fourth consecutive year of Marine Corps participation in the U.S. Open Tennis Tournament by unfurling a giant American flag in front of 60,000 spectators.

"The tournament is great

exposure for the Corps," said Staff Sgt. Edward Graham, staff noncommissioned officer in charge for the flag detail. "It shows the public that not only can Marines win wars, but we can also contribute to the community."

One of the Marines in the flag detail, and a native of Astoria, N.Y., could not have been happier to be a part of the event. "It was so cool," said Lance Cpl. Richard Salazar. "We got such a great response from the crowd that I got chills when we opened the flag."

The Marine Corps and the U.S.T.A. have continued a tradition that started back in 1999. "When I was at New York City Public Affairs, I was looking for

a way to create more exposure for the Marine Corps," said Staff Sgt. Alex Kitsakos, event SNCOIC. "We had already been working with about every sports team in the city and with a little thought, I came up with the U.S. Open."

That little thought turned into something a lot bigger. In a two-week period, the U.S. Open is shown in 60 countries as well as here at home. On opening night, millions of people around the world saw Marines in dress blues doing one of the many things that they do best — impress the world and make America proud.

"Marines do color guards everyday, but this has to be the crown jewel of color guards,"

exclaimed Kitsakos.

The statistics don't lie; The Marine Corps has kicked off every opening night of the tournament since 1999 with no less than 45 Marines in attendance. There are also 18 color guards in a 14-day period, including three groups of a 45-Marine flag detail three times during the tournament. Marines are seen on CBS, ESPN and the USA Network. It might be a safe bet to say that this kind of publicity is invaluable to the Marine Corps image.

Even the organizers of all the entertainment and ceremonies at the Open agree that the Marine Corps has been doing such a great job that they have

become a large part of the tournament.

"Marines unfurling the giant flag on center court have in effect become a symbol here," said Bruce Patron, director of production at Overland Entertainment. Marine Corps photos comprise the majority of information in Overland's press kits.

Patron has been so happy with the performance of the Corps at the Open that he believes the Marines will always have a place at U.S.T.A. National Training Center in Flushing Meadows, N.Y.

"As long as there is a tennis tournament, the Marine Corps will be here."



Gunnery Sgt. Tim McGough

Staff Sgt. Pahlo Correa of 6th Communication Battalion, Brooklyn, N.Y., leads the giant flag detail off center court at the U.S.T.A. National Tennis Center, Flushing Meadows, N.Y. Marines from around New York and New Jersey are providing color guard details during the remainder of the U.S. Open.



Gunnery Sgt. Tim McGough

Marines from 6th Communication Battalion, Brooklyn, N.Y., unfurl a giant American flag on center court during the opening ceremony at the 2003 U.S. Open. The crowd greeted them with a deafening cheer.



spotlight on health

Alzheimers disease affects many Americans every year

NAPS
Featurettes

Have you ever forgotten names and places, or had trouble finding the right words? This happens to most of us occasionally, but when these things affect everyday life, it could be an indication of the beginning stages of Alzheimer's disease. AD, the most common cause of dementia, is characterized by a gradual loss of memory and thinking that affects a person's activities of daily living. While it is estimated that over four million Americans have AD, the disease has moved to the forefront of public health care issues with the announcements that several celebrities, including Charlton Heston and Pauline Phillips (Dear Abby), have been diagnosed

with it.

AD is named after Dr. Alois Alzheimer, a German doctor. In 1906, Dr. Alzheimer, while examining the brain of a woman who had died of an unusual mental illness, noticed changes in her brain tissue. Dr. Alzheimer found abnormal clumps and tangled bundles of fibers, both of which are now considered hallmarks of AD.

While scientists still do not yet fully understand what causes AD, many believe that there is not one single cause, but rather several factors that affect each person differently. With an estimated one in 10 persons aged 65 and older suffering from the disease, age is the most important known risk factor for AD. Other risk factors include family history and a protein called apolipoprotein E,

which normally helps carry cholesterol in the blood. Currently, scientists are studying such areas as education, diet, environment, and genetics, to learn what role they might play in the development of this disease.

What is known about AD is that it is the fourth leading cause of death in the United States among adults, following heart disease, cancer, and stroke, and that it affects both men and women almost equally. It is estimated that by the middle of this century as many as 14 million Americans may suffer from AD.

While no cure currently exists for AD, physicians are able to help manage the disease by using a class of drugs called cholinesterase inhibitors. These drugs are thought to work by

blocking the breakdown of a particular chemical in the brain that is important in brain cell function. Through early identification and diagnosis of AD, medical interventions may be most beneficial. Additionally, early diagnosis allows families to better plan for the future and lets patients have a more active role in their treatment.

"It is very important to recognize the early symptoms of AD and to consult a physician as soon as possible," said Gary W. Small, M.D., Professor of Psychiatry and Biobehavioral Sciences at the UCLA Center on Aging.

If you feel that you or a loved one is experiencing symptoms commonly associated with AD, such as memory loss consult a family physician immediately.

Extra steps can be taken to help stop the West Nile virus

NAPS
Featurettes

Summer means sunshine, outdoor picnics and days by the pool, but it also means mosquitos and the threats of West Nile virus.

West Nile virus is a serious illness that can be spread throughout the United States. Mosquitoes get the virus from biting infected birds and in turn infect humans by biting them.

Most people bitten by an infected mosquito will not get sick. Of the 20 percent who do get sick, most have mild symptoms, including fever, headache, body aches, nausea, vomiting, diarrhea, and sometimes swollen lymph nodes or a body rash. About one in 150 people have worse symptoms that can include severe headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness and paralysis.

Last year in the United States, more than 4,000 people became very sick from West Nile virus and 277 died. This year, authorities are prepared for an even larger outbreak. Thankfully, there are some protective steps you can take.

Dead birds might be a sign of West Nile virus. If you find a dead bird in your yard, notify the health department and follow instructions.

Even if you don't find a dead bird, there may still be mosquitoes with West Nile virus in your vicinity. While very few mosquitoes actually carry the disease, it still makes sense to protect against being bitten. People over 50 are at greatest risk of developing serious symptoms, so they should be especially vigilant in preventing mosquito bites.

Prevent Mosquito Bites

- When outdoors, use insect repellents containing. Follow the directions on the package.
- Many mosquitoes are most active between dusk and dawn. Consider avoiding outdoor activities or take extra care to use repellent and long sleeves and pants during this time.
- Make sure you have good screens on your windows and doors.
- Eliminate potential breeding sites by emptying standing water from places like flower pots, buckets and cans. Change the water in pet dishes daily and replace the water in bird baths at least weekly. Children's wading pools should be emptied and stored on their sides when not in use.

Following these precautions will help ensure a healthier life. If you develop symptoms of West Nile disease despite these precautions, contact your health-care provider.

Faith communities say they keep teens drug-free with little faith

NAPS
Featurettes

Faith plays a major role in the lives of teens and can be a powerful factor in preventing teen substance abuse. Youth who consider religion an important part of their lives are only half as likely to try marijuana as kids who don't, according to recent research.

"Youth often turn to their faith communities to seek spiritual guidance about issues such as peer pressure and drugs," said John P. Walters, Director of National Drug Control Policy. "Faith communities can help parents instill anti-drug values and shape teens' decisions not to use marijuana and other drugs."

Churches, temples and mosques are well-positioned to cultivate anti-drug values and teach effective coping skills for dealing with peer pressure and stress. Instilling strong values, rooted for many in religious faiths, helps prevent teen marijuana use and other risky behaviors.

A recent study by the American Psychological Association found that religion buffered the impact of



Lance Cpl. Monroe F. Seigle

With drug use among youth on the rise there are many programs out there to keep them on the right path.

life stress for teens, such as having an unemployed parent, and reduced the likelihood of teens turning to drugs and alcohol during stressful times. Religious teens may also be less likely to use substances due to choosing friends with anti-drug values and having a sense of belonging and a connection with a higher power that provides hope and strength.

More teens use marijuana than all other illicit drugs combined. Research shows that marijuana can lead to a host of health, social, learning and behavioral problems

at a crucial time in young lives. Marijuana can be addictive and teens using marijuana are also more likely to take risks, such as having sex, engaging in violence, riding with someone who's driving high or using alcohol or other drugs.

To help reach youth in religious settings the National Youth Anti-Drug Media Campaign is offering new multi-denominational resources including a drug prevention activity guide (Pathways to Prevention: Guiding Youth to Wise Decisions), the www.TheAntiDrug.com/Faith Web site, and an e-mail newsletter. These materials, in conjunction with the existing "Four Ways to Include Drug Prevention in Your Religious Programs" brochure, are available for ordering or viewing online at: www.TheAntiDrug.com/Faith. Free copies can also be ordered by calling 1-800-788-2800.

Parents can also help keep their kids drug-free by knowing where they are, who they are with, and how they are spending their time. Additional information for parents is available at <http://www.TheAntiDrug.com>.

New test checks for West Nile Virus

NAPS
Featurettes

After last summer's outbreak of West Nile virus, we know mosquitoes are responsible for more than just irritating bites. More than 4,000 people in the United States were infected, resulting in 277 deaths. This year, the country is better prepared to deal with the deadly, mosquito-borne virus, which causes flu-like symptoms in about 20 percent of those infected and can cause life-threatening illness in about one in 150. While the majority of West Nile infections are spread by insects - primarily mosquitoes - scientists confirmed last year that the virus can also be spread through blood transfusions and organ transplants.

Since most people infected with West Nile virus have no symptoms, the U.S. government determined in 2002 that a blood-screening test is needed to screen all donated blood for the virus before it is transfused into patients. Health officials met with makers of these blood-screening tests and asked them to develop a test in July, the estimated start of this year's West Nile season.

According to America's Blood Centers, blood is needed somewhere in the country every three seconds, so having a test available now that can screen for West Nile virus quickly and effectively is key to maintaining the availability and safety of America's blood supply.

'Do you know the facts about SARS?'

NAPS
Featurettes

Earlier this year, a new disease called SARS (Severe Acute Respiratory Syndrome) emerged first in China and then spread to other parts of the world, including the United States and Canada. Scientists turned their attention to studying the disease. They learned a lot very quickly. Here are important facts that have emerged about SARS.

What is SARS?

SARS is a respiratory illness that scientists at CDC and around the world believe is caused by a new virus in a family of viruses called "coronavirus."

What are its symptoms?

Illness generally begins with a fever of more than 100.4 degrees, and may be followed by a headache, general discomfort, and body aches. After two to seven days, SARS patients may develop a dry cough

and have trouble breathing.

How is it spread?

SARS seems to be spread through close contact. Most cases have occurred among people who cared for or lived with someone with SARS. The disease also may be spread by touching people or objects that are contaminated with infectious droplets and then touching your eyes, nose or mouth. Scientists are working to discover other ways SARS may be spread.

How can I protect myself?

•CDC issues specific travel advice on its Web site, but the basic rule is: Don't travel to areas where SARS is spreading. People who must travel to such areas should take preventive precautions such as avoiding particular settings or situations.

•Wash your hands. As with many infectious diseases, washing your hands often with soap and water is important to preventing illness. If you don't have soap and

water, use alcohol-based hand rubs.

•Practice good personal hygiene. Cover your nose and mouth when sneezing or coughing.

•Avoid touching your eyes, nose and mouth. If necessary, wash your hands before touching them.

Shun viruses, not people

Remember that preventing the spread of the disease means taking steps against viruses, not people.

"Diseases are caused by viruses. There are sensible and important things that can be done to prevent the spread of disease. As citizens of the global community, we need to respond in the most constructive and supportive way possible, because we are all in this together," said Dr. Julie Gerberding, CDC director.

For more information about SARS or any other diseases log onto the Center for Disease Control website at www.cdc.gov.

Doctor-approved, online content made simple

NAPS
Featurettes

Doctors often schedule follow-up visits to see how their patients are doing after they prescribed a particular treatment. Increasingly, however, the first follow-up visit after seeing a doctor is likely to be to the Internet for more information on a diagnosis or medication that was prescribed. This is a visit that can be time-consuming and frustrating.

The Web can be a confusing place and, if you're not careful, the search for information can lead to inaccurate and unverifiable information. All health information is not equal and recent research confirms that. Consumers have begun to grasp that what seems impressive may be lacking in medical credibility.

The uneven nature of health on the Web is no trivial problem. An estimated 63.3 million Americans use the Internet to find health information and this group in turn influences another 60 million caregivers and family members. There is a pressing need for consumers to have confidence that the information they download is accurate, credible, easy-to-read-and easily accessible.

Recent research finds that the majority of online users are not satisfied with the accuracy and quality of the health content they encounter on the Web. Key findings from the research include:

•61 percent say the accuracy and quality of health information online needs to improve;

•20 percent say they have difficulty understanding the health information they find

online; and

•26 percent say they have difficulty reading pharmaceutical information online.

The research also finds that the leading "drivers" that make consumers trust a health content source online include content that is up-to-date and reviewed by health professionals, a site that is well organized and a site with a reputable medical editorial board. In short, consumers are demanding improvements in online health information.

"Evaluating the accuracy, credibility and applicability of online health information is a challenge for many consumers faced with the number of resources today-even the relatively advanced online consumer," says Mark Bard, president of Manhattan Research, LCC, which conducted the

research. "The research clearly shows a need for health information that is timely, relevant and deemed reliable by health professionals. Of course, consumers also want it in a format that is easy-to-understand and use."

Now a top-level pharmaceutical company is pioneering an effort to make health information on the Web friendlier, reliable, and, equally important, comprehensible. It's a formidable task, but one highly regarded site, which has earned the prestigious Good Housekeeping Web Site Certification, answers this critical, unmet need. It is called SimplyStated.com.

SimplyStated.com provides consumers with a single Web site that supplies information

See *ONLINE*, C-8

ONLINE, From C-7

on a variety of diseases, all reviewed and approved by an independent advisory board of experts. Its content answers the most commonly asked questions about most health conditions. Visit www.SimplyStated.com for more.

See WARRIORS, C-1

Evans. "Last year, they just came on the field without any game plan."

The team's maturity level has also grown exponentially from last year. According to Evans, last season, the players wanted to wear the pads and get time on the field, but some of them refused to put in the hours of practice required.

"I'm keeping track of who shows up to practice," said Evans. "The ones who do, play. The ones who don't, won't."

Don't count them out just yet. The hearts of the Warriors beat louder this time around, and they have plenty of time and games to turn their season around.



Sgt. Joseph A. Lee

Bone Crushers wide receiver Marvin Jones is tackled as he crosses the goal line for the first six points of the night.

FOOTBALL, From C-1

come my way, but I still had a fun time out there."

Late in the second half, the Mountain Warriors had several interceptions that brought them into the red zone and threatened the tie.

"We had a lot of missed kicking opportunities on the 10-yard line that we should have kicked," said Warriors quarterback, Walter Rodriguez. "It was a tough battle of a game, but our guys came out there and left everything on the field. It was just a game of missed opportunities."

As their final 10-yard opportunity expired with a sack, the Bone Crushers offense set an offensive pace to put more points on the board and seal the fate of Camp Smith. After a 60-yard drive by the Bone Crushers ended in the red zone again, the Mountain

Warriors would get one last chance to turn the tides with the clock showing only 30 seconds of game time remaining. Four downs and zero yards later, the turnover on downs left the Bone Crushers with all the tools necessary to pound the last nail in Camp Smith's coffin.

The strike of the hammer came by way of a 15-yard sweep by halfback Jameel "young gunner" Butler, as he spun and juked his way across the goal line on a right-hand sweep to lay the Camp Smith Mountain Warriors to rest with a 12-point lead.

"We had some great offensive line blocking throughout the game," said Butler, "which really helped us secure the win."

"It wasn't until the second half though, that our offense really turned up the heat, got back in the game, and did what we had to do to come home with the win."

CHAMPIONSHIP, From C-1

been designated into a certain class of shooting status thus far," said Lance Cpl. Arin Preston, with Bravo Co.,

1st Battalion, 12th Marines. "But this first place award is my first placing in a competition shoot so far in my career, so it feels good to know that I'm doing well for my level of shooting."

Preston, who has been firing rifles since the young age of 5, started off with a .22 caliber rifle his father bought for him as a young child, and he has been enthralled by the sport ever since.

"Getting ready for deployment can make shooting in matches kind of tough, but there is nothing I like more than getting out here on the

range to show what I can do with my weapon."

Competing in rifle shooting matches can do a lot for a Marine's career and abilities within his command, according to Dutton.

"When a Marine becomes a distinguished shooter through competing, he is bringing a wealth of knowledge back to his command that can be redistributed back into the command's basic rifle instruction," said Dutton.

"This enhances Marines' shooting abilities around the world, as our best shooters learn from many other top shooters to better understand how to guide and coach their fellow Marines. Every shot a Marine takes in competition makes that Marine just that much better of an instructor back in his unit."



Sgt. Joseph A. Lee

CWO2 David Dutton, OIC of Puuloa Range Facility and OIC of the Hawaii Marine Shooting Team, takes down his teammates score at the 600 -yard line of the regional championship match.