

Hawaii MARINE SPORTS

Hawaii Marine C Section

September 13, 2002



Headquarters Bn. Warriors (in blue) close in on Bone Crushers' quarterback Dave Heyman, just as he prepares to cross the goal line. Heyman contributed to four touchdowns during the Bone Crushers' stifling victory at Pop Warner field Sept. 6.

Let the games begin

Bone Crushers solidly defeat Warriors in tackle football season opener

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

The Base Intramural Tackle Football League made its smashing debut aboard MCB Hawaii, Kaneohe Bay, Sept. 6, as quarterback Dave Heyman, led the Headquarters, 3rd Marine Regiment Bone Crushers to a shining 29-14 victory over the Headquarters Bn. Warriors.

Fans of both teams lined the sidelines and filled the bleachers as the two teams prepared for the season opener — the first tackle football game to be held here in a number of years.

The Warriors won the coin toss, but elected to kick off and get the ball after the half. The kickoff was an onside kick, but was handily recovered by the Crusher's receiving team near midfield.



Linebacker Aaron Dobson and safety Shaun Rodriguez, both of Headquarters Bn., take out a Crushers running back.

On their first series, the Crushers made it known there was no playing around and quickly marched down the field after a few plays. With 11:05 left in the first quarter, the Crushers struck first when Heyman, as a receiver, caught a 10-yard touchdown pass from starting quarterback Jeremy Boyer.

The Crushers failed to capitalize on the two-point conversion attempt, but remained ahead 6-0 in the first.

The Warriors punted on their next pos-

session, but shortly after turning the ball over, Headquarters' safety Brian Whitt snatched an interception and returned the ball to the offense.

Shortly thereafter, Warriors quarterback Peter Degennaro found wide receiver Charles Jackson behind the Crushers' defense and lofted a perfect pass to put Headquarters Bn. on the board. The extra point was good, and the Warriors took the lead, 7-6, with 4:19 left in the first.

Another highlight of the game came halfway through the second quarter as Crushers' cornerback Solomon Flowers made an acrobatic interception from Degennaro, that would have easily been another Warriors' touchdown.

Still, the Crushers failed to capitalize on the turn over and were forced to punt. Warriors punt return man and running back Darrell Rhea, criss-crossed the field and gained 22 yards before being taken down.

A few plays later, Charles Jackson again found a hole in the Crushers' defense and brought down a 25-yard pass by Degennaro that brought the Warriors to first and goal on the Crushers' 9-yard-line. Three plays after, Headquarters Bn. running back Michael Houghton scrambled two yards and crossed the goal line to broaden the Warriors lead to 13-6. The

extra point was again good, and the Warriors leaped out front 14-6 with 1:08 left in the half.

The Bone Crushers next got the ball and quickly began moving the chains in hopes for another score before the half. Crusher wide receiver Tyson Battle hauled down a 30-yard loft and brought 3rd Marines into scoring territory with under a minute left.

The jarring Warriors defense made a stand near the goal line and prevented a touchdown, but the Crushers managed a field goal to bring the score to 14-9 at half time.

No team really dominated the first half, and lots of penalties by both kept the pace of the game going slow. The quick-to-strike Crushers' offense was hampered by the Warriors' defense, but 3rd Marines still managed nine points before the half. The Warriors played smart conventional ball in the first, and remained ahead.

Things changed in the second half, however, as the Crushers used pure athleticism to change the pace of the game. Numerous turnovers plagued both teams early on in the third quarter, but it was the Crushers who would capitalize and strike first in the half when Dave

See FOOTBALL, C-3



Above — Fans of both teams showed up in droves to take in some exciting football action.

Right — The Warriors' defense kept control of the Crushers' speedy receivers in the first half, but during the third and fourth quarters, the game changed as 3rd Marines used an aerial assault to do in the opposition.



SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

SM&SP Hosts Shank & Slice II, Today

Will you shank or will you slice? The Single Marines and Sailor Program will host the second Shank & Slice golf tournament today at the Kaneohe Klipper Course.

The Shank & Slice will shotgun start at 12:30 p.m. and is a "best-ball" tournament.

All single and active duty military personnel are challenged to put their driving and putting skills to the test.

Prizes will be awarded on blind-draw. Spaces are limited.

Fees, which include green fees, carts, prizes, pupus and sodas, are \$22 per person for all E-5 and below, and \$30 per person for all E-6 and above.

For more information, call the SM&SP coordinator, Leslie Graham at 254-7593.

HASAC Inter-Service Racquetball Seeks Players

The HASAC Inter-Service Racquetball Tournament is seeking 4 open men, 2 seniors men (35 and above) and 2 women for competition.

The tournament runs Monday - Sept. 20, 5:30 - 10 p.m. aboard Schofield Army Base.

Men must be active duty personnel assigned to MCB Hawaii. Women may be active duty or dependents of MCB Hawaii personnel.

For more information, call Varsity Sports Coordinator Steve Kalnasy at 254-7590.

Camp H.M. Smith Hosts 6th Annual 5k Grueler

Ready to get grueled? The entire island will be involved to take on the Camp Smith 5k Grueler, Sept. 20 at 7 a.m.

The 5k begins and ends at Bordelon Field.

The entry fee is \$15 for individuals and \$25 for formations. The registration fee includes an exclusive 5k Grueler T-shirt.

Awards will be presented to the top finishers in the following age categories: 19 and under, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, and 55 and above, as well as to the top three finishers overall, for both men and women.

Information packets may be picked up at the Kaneohe Bay Semper Fitness Center, Bldg. 3037, on Sept. 18 and 19 between 9 - 4 p.m.

For more information, call 254-7590 or the Camp Smith Athletic Department at 477-0498.

Cheerleading Coaches Wanted

Youth Activities is seeking volunteer cheerleading coaches for the upcoming flag football season.

Those interested can call Youth Activities at 254-7611.

Fast Pitch Baseball Seeks Interest

Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003.

This will be a fast pitched baseball league.

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

Flag Football Graces Camp Smith

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 details, call 477-0498.

Resumes Accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11 - 19 in San Antonio, Texas.

Marines interested in being considered for competition must be a National Skeet Shooting Association member and should submit a resume to the Marine Corps Community Services Athletics Office.

Resumes should include an average based on a minimum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore), as well as a current classification of "A" class or higher, and a copy of an NSSA classification card.

For more, contact the Athletics Office at 254-7590.

SM&SP Offers Discounts at the Klipper

Take advantage of the benefits the Single Marines and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for SM&SP only. The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham at 254-7593.

Oceanside 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 information, times and locations, contact owner Robert Brumley at 254-7593.

Rocker Room Brings Regal Pigskins and Pupus

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. Plenty of free prizes and pupus will keep 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.

Don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night." For more details, call 254-5592.

K-Bay Lanes Throws Out a Strike

Bowling is back, and back "with attitude!"

Monday through Thursday, E5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women's, intramural and a Wednesday night mixed foursome are starting. All bowling levels are welcome to participate.

Check out Semper Extreme Bowling held Fridays 6 p.m. - 1 a.m., Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m., and Sundays 6 - 9 p.m.

The K-Bay Lanes also features bumper bowling for the keiki, a hearty snack shop, a pro shop and arcade. For more information, call K-Bay lanes at 254-7693.

Marriott Links to Literacy Golf Tournament

Tee off at Marriott Links to Literacy, a Benefit for the

Hawaii Library Foundation Sept. 20 at the Ko Olina Golf Club, one of Oahu's premier courses.

The format at the 9th annual tournament includes 18 holes and three-person modified scramble.

Registration begins at 9 a.m., and a shotgun start is at 11:30 a.m. An awards banquet, live auction and prize drawings will follow at 6:30 p.m. at the JW Marriott Ihilani Resort and Spa.

All players will be eligible to win one of two grand prizes during the awards banquet: A five-night, six-day trip to Napa Valley with accommodations at the Renaissance Lodge at Sonoma and golf at the Silverado Resort; or a six-night, seven-day trip to Vancouver, Canada, with accommodations at the Marriott Residence Inn at Whistler. Air transportation will be provided for both trips by Aloha Airlines.

Corporate sponsorships are welcomed and encouraged. Individual participation will be accepted on a space available basis only.

For more information and registration, call the Hawaii Library Foundation at 837-8069.

Ko'olau Challenge Golf Tournament Benefits Special Olympics Hawaii

Ed Wary, owner of Auntie Pasto's, Dixie Grill and Eddie's Burgers & Frozen Custard, is sponsoring the Ko'olau Challenge Golf Tournament Sept. 30, as a benefit for Special Olympics Hawaii.

Entry is \$65 per person or \$240 for a four-person team for the event, which begins at 11 a.m. with check-in with a shotgun start at noon at the Ko'olau Golf course. It is a four-person, best-ball scramble.

Registration is available by calling Melissa Blake at Special Olympics Hawaii, 943-8808, ext. 69.

Boating Classes Begin Monday

The Honolulu Sail and Power Squadron alerts boaters to the the seven-session evening course in safe boating starting Monday at the Waikiki Yacht Club.

The course is designed for skippers and would-be skippers, and is open to both adults and teens.

Classes will be held at the Waikiki Yacht Club at the entrance to Ala Moana Park across from Atkinson Drive, Monday evenings at 7 p.m.

These classes are free except for a nominal charge for instruction materials.

For more information or registration, call 846-9000.

Kapiolani Park Holds 5K "Race for the Cure"

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sept. 29 at Kapiolani Park.

The race is being held to raise funds for the fight against breast cancer. The "event with a mission" features a 5k race at 7:30 a.m., followed by a one-mile walk at 7:45 a.m.

Registration is \$18, if postmarked by Sept. 20. Cost is \$25 for applications thereafter. Groups of five or more mailed together are \$15 per participant. There will be no official registration on race day.

Entry forms with complete details are available in Hawaii Race Magazine, at Chevron stations, Safeway locations, or by calling the information line at 973-5967. Online registration can be accomplished at www.raceforthecurehawaii.org.

Hawaii Professional Rodeo Returns to Oahu

Cowboys and cowgirls from across Hawaii are saddling up for two days of bucking broncs, bull riding, and malassadas.

The Hawaii Council on Portugese Heritage presents "Hawaii Professional Rodeo" at New Town & Country Stables in Windward Oahu, Oct. 4 and 5.

The rodeo will feature local and national cowboy talent as well as authentic Portugese food.

Professional talent from Hawaii and the mainland is slated for participation in a full array of riding, roping and racing events to include bareback bronc riding, saddle bronc riding, bull riding, team roping, double mugging, barrel racing, steer undecorating and match barrel racing.

Rodeo events and entertainment will be held as follows:

Oct. 4	
5 p.m.	Gates open
5:30 - 6:30 p.m.	Live country music
6:30 - 7 p.m.	Frank De Lima
7 - 9:30 p.m.	Rodeo events

Oct. 5	
2 p.m.	Gates open
2:30 - 3:30 p.m.	Live country music
3:30 - 4 p.m.	Frank De Lima
4 p.m. - 6:30 p.m.	Rodeo events

Interested participants should call New Town & Country Stables at 259-9941 by Sept. 23.

For those who would rather watch from a safe distance, admission is \$10, if purchased in advance, or \$12 at the gate. Children four and younger will be admitted free of charge. Proceeds will benefit the non-profit council.

For more information, call the Hawaii Council on Portugese Heritage at 845-1616.

To purchase tickets, call Ticket Plus at 526-4400; or visit any Ticket Plus outlet at Foodland, Sack-N-Save and MWRW Kunia. Order online at www.ticketplushawaii.com.

Base All Stars

NAME: Lance Cpl. Dave Heyman

BILLET: Fire support man

UNIT: Charlie Battery, 1st Bn., 12th Marine Regiment

SPORT: Intramural Tackle Football

TEAM: 3rd Marines Bone Crushers

POSITION: Quarterback

• Heyman has been playing football for more than 15 years.

• During his first game, Sept. 6, he threw for two touchdowns as quarterback, caught one touchdown pass and rushed for another, leading the Bone Crushers to victory.



Cpl. Jason E. Miller

"This new league is like a second chance for me, since I didn't get to play in college."

HEALTH & FITNESS

Is your low carb bar really low carb?



Pfc. Monroe F. Seigle

Angel M. Starr (center), an infant teacher at the Child Development Center, aboard MCB Hawaii, Kaneohe Bay, conducts a basic cardio workout at the Semper Fit Center.

NAPS

Featurettes

Your low carbohydrate bar will soon sport a new, higher carb total on its label — a modification necessitated by a Federal Drug Administration interpretation of the Nutrition Labeling and Education Act. Makers of low-carb bars have been instructed to increase the total carb count on the nutrition facts panel, by including the carbohydrate content from low-glycemic ingredients such as glycerine, which are used to lower sugar content and improve texture.

"Consumers who are carb-conscious should not

worry when they see the total carb grams jump into the teens," said Dr. Christine Riggs, an industry leader in active lifestyle nutrition products, "because the quantity of carbs impacting blood sugar levels remains the same."

"So while these new labels may indicate that a bar now has, for example, 15-18 grams of total carbohydrates, the number of impact carbs may still only be two to three grams, once glycerine or other low-glycemic ingredients are removed from the equation."

Prior to the FDA's interpretation, bar makers did not include low-glycemic ingredients in the total carb count be-

cause our bodies do not utilize and derive energy from them like ordinary carbs such as sugars and starches.

They also do not impact blood sugar levels like ordinary carbs. However, these low-glycemic ingredients were included in the total calorie count for those consumers concerned about weight management.

"The FDA interpretation only changes the nutrition facts panel and does not mean that the recipe has changed or that the reduced carbohydrate benefits of these bars have changed," said Riggs.

Labels reflecting the nutrition panel change are expected to hit retail outlets this fall.

Caffeine may be safe, if used in moderation

NAPS

Featurettes

Whether you're waking up to the aroma of freshly brewed coffee, enjoying lunch with a refreshingly cold soft drink or relaxing in the evening with a cup of tea, these daily pleasures often have a common ingredient — caffeine.

People have enjoyed foods and beverages containing caffeine for thousands of years. It is one of the most well-studied ingredients in the food supply. Even so, controversy and misperceptions about this food component continue.

Caffeine is a naturally occurring substance found in the leaves, seeds or fruits of more than 60 plants.

During the past two

decades, extensive research has been conducted on the health aspects of caffeine con-

sumption.

Overwhelmingly, the research indicates that moderate caffeine consumption is safe for most people.

A reasonable guideline for daily intake of caffeine is considered to be about 300 mg, which is equal to about three cups of coffee.

Consumers with certain health problems may wish to consult with their physician or health care provider about caffeine consumption.

The amount of caffeine in various products can be found on many company Web sites and through company 800 numbers.

To learn more, visit the International Food Information Council Foundation Web site at <http://ific.org>.



Pfc. Monroe F. Seigle

Lance Cpl. Michael Shoemaker, a rifleman with Kilo Co., 3rd Bn., 3rd Marine Regiment, drinks a cup of hot coffee.

FOOTBALL, From C-1

Heyman, playing quarterback charged for an 8-yard touchdown run with 2:20 left in the 3rd quarter. After the two-point conversion, the Crushers vaulted ahead 17-14. There was no looking back for 3rd Marines as its speedy offense took over the game.

The Crushers defense effectively shut down almost all ball movement by Headquarters Bn. in the second half.

Early in the fourth quarter, Heyman spiraled a perfect 30-yard touchdown pass to wide receiver Britney Schwaluk, improving the Crushers lead to 23-14 with 12:00 left in regulation. The Warriors fought hard to get back in the game, but came up short on every possession.

The nail in the coffin came with 7:15 left in the fourth, when Heyman again hurled the ball into the end zone from 35 yards out and Battle again came down with a touchdown catch, putting 3rd Marines way ahead 29-14.

The Crushers scored the final points of the game and clinched the first victory of the season.

"We worked hard, week in and week out, preparing for this game," said Crushers' assistant coach Robert Valdez. "We knew we had the talent on team; we just used our tools to come out and take the victory."

Football action will continue at Pop Warner field next week as the season continues and teams begin to battle for the best record on the base. Check the *Hawaii Marine* for in-depth coverage.



The Headquarters, 3rd Marine Regiment Bone Crushers celebrate after their 29-14 victory against the Headquarters Bn. Warriors, Sept. 6 at Pop Warner Field.

Cpl. Jason E. Miller

SPORTS AROUND THE CORPS

Triathlon unites nationals, service members

Lance Cpl. Nathaniel C. LeBlanc
*MCB Camp Butler
 Consolidated Public Affairs Office*

MARINE CORPS AIR STATION FUTENMA, Okinawa, Japan — As the early morning sun broke the horizon, triathletes throughout the island prepared themselves for the 7th Annual Futenma Triathlon held Sunday.

Nearly 100 local and military athletes gathered to compete in this year's event. The triathlon consisted of a 5-kilometer run, 16-kilometer bike course and 350-meter swim.

"It was a beautiful morning for a triathlon," said Richard Lueking, who participated in the competition. "The event was a great opportunity to race and build camaraderie between athletes."

The first competitor to cross the finish line was six-time Futenma Triathlon victor Steve Hazlett, who finished with a time of 56:25.

Hazlett, who has participated in triathlons for more than 17 years, said he was just glad that he could share his victory with his newborn son Manai.

With the usual order of events reversed and the competition starting with the running portion, Hazlett was able to include his five-month-old son in the race by pushing him with a running stroller.

"It was a lot of work initially," the San Diego native said. "We finished the run in about 30th place, but I pushed hard

through the first bike lap and was able to start the second lap in second place."

Hazlett arrived at the pool for the swimming portion with a minute lead ahead of the second-place athlete. Maintaining his first-place position, he was able to hold onto the lead for his sixth victory.

Each one of these athletes sacrificed their time and dedication for this demanding sport, according to Hazlett.

"Participating in these events is a lifestyle," he said. "It requires dedication and training — and training first starts out with a goal. Whether that goal is to win, survive or something in between, an athlete determines how much focus he needs to put into his swimming, cycling and running."

According to Hazlett, the amount of focus required varies among athletes, causing some to push harder in certain areas than others.

"Determining how much focus an athlete needs in a certain area is based on their athletic background," Hazlett said. "Coming from a surfing background, I had to work harder in all events for the past 18 years, and it is something I will continue to work harder for in the years to come."



Lance Cpl. Nathaniel C. LeBlanc

Matt Luebbers, Okinawa Dolphins swim team coach, strides through the water during the swimming portion of the triathlon. Luebbers took first place in the road bike division's senior category with a time of 58 minutes and 20 seconds.

The biking portion of the triathlon was separated into the mountain bike and road bike divisions, each with men, women and youth categories. The type of bike determined which division an athlete was placed into.

The overall male winner of the mountain bike division was Richard Diezi with a time of 1:06:40. In the female category, Amy Kellstrand took the overall win with a time of 1:08:57.

Within the road bike division,

Hazlett's time of 56:25 made him the overall male winner. In the female category, Angela Cook was the overall female winner with a time of 1:09 flat.

"Futenma's next triathlon will be held next year around the same time frame," said Clive Barstow, sports specialist, Marine Corps Community Services and event coordinator. "We hope to see and encourage all athletes to come out next year and participate in the 8th Annual Futenma Triathlon."

Island Warriors mix competition with cleanup

Sgt. Robert Carlson
Combat Correspondent

The Marines and Sailors of 2nd Bn., 3rd Marine Regiment, sponsored the Island Warrior Surf Competition



Courtesy of Sgt. Major Lek Puampai

John Kauffman rides a wave into the beach during the competition. He won the short and the long board events.

Saturday at North Beach aboard MCB Hawaii, Kaneohe Bay, and helped greatly improve the beach and parking areas in the process.

Instead of an entrance or registration fee, competing in the 2/3 surf challenge required participating in the beach cleanup one hour before the event.

"The event helped bring all of the Marine and Navy surfers aboard the base together for some competition, and it also made the beach a much more enjoyable place for everyone," said Lek W. Puampai, 2/3 sergeant major and competitor. "It built camaraderie and everyone had a good time."

More than 24 surfers

showed up to clean the beach and challenge each other on the waves in two categories — long and short board.

John Kauffman, the retail manager at the exchange annex, swiped 1st place in both categories, leaving the rest of the competition to flutter for the other positions.

Raymond Ramirez, the company first sergeant for Echo Co., 2/3, took second in the long board event, and Joey Boucher, a power plants mechanic with MALS-24, finished behind Kauffman in the short board finals.

Third place in the long board competition went to Henry Brown, operations officer for Headquarters Battery, 1st Bn., 12th Marine Regiment. Third Marine Regiment's corpsman, Ken Star, took third in the short board.

"Surfing is not only for young people," said Puampai, who finished 4th in the long board event. "All types of peo-



Courtesy of Sgt. Major Lek Puampai

Raymond Ramirez rides the lip.

ple surf here, and it is a very physically demanding sport."

Puampai said Harry Sprague and his crew from the MCB Hawaii pool did a wonderful job putting the event together.

"Our beach community consists of all Marines, Sailors, families and civilians who are living or working here," said Puampai. "We wanted to show everyone that we care a great deal about our beach, and the surrounding environment."

Dehydration is a health risk for kids

NAPS

Featurettes

A little knowledge can help parents protect their children from the dangers of heat.

Consider the case of 10-year-old football player Abe Howe. One of 30 million active kids in the United States, he learned the hard way how quickly dehydration and heat illness can strike when he collapsed on the field and required immediate medical attention.

To help shed light on this serious health risk, Abe and his mom helped the National SAFE KIDS Campaign, the National Athletic Trainers'

Association and Gatorade launch "Defeat the Heat." The public safety campaign is designed to alert parents to the dangers of dehydration and heat illness among active kids and to provide information on prevention.

Preventing dehydration may sound simple, but a recent survey commissioned by the National SAFE KIDS Campaign reveals that three in four parents do not know how much fluid their kids need to replace what is lost through sweating, and they are uninformed on how to prevent dehydration.

"Dehydration is a serious

medical concern that in extreme cases, can lead to death," said Dr. Martin Eichelberger, president and founder of the National SAFE KIDS Campaign and the medical director of Emergency Medical Services for Children's National Medical Center. "Active kids who don't drink enough are most at risk. The good news is children who drink fluids regularly can prevent dehydration and a trip to the emergency room."

According to the Centers for Disease Control and Prevention, each year more than 300 people die from heat-related illnesses, but many cas-

es of dehydration and heat illness are easily preventable when parents teach their children to drink enough of the right fluids.

The "ABCs" are an easy way to remember how to Defeat the Heat:

- Always drink before, during and after activity.

- Bring the right fluids. Research suggests sports drinks hydrate kids best.

- Consider fluids as part of essential equipment for playing sports safely.

For more information, visit www.defeattheheat.com or call 1-866-5DEFEAT to order an educational brochure.



Pfc. Monroe F. Seigle

Mark L. Ernst, a Kailua resident, downs a bottle of water to keep cool in the Hawaiian heat.