

Hawaii MARINE SPORTS

Hawaii Marine C Section

September 19, 2003

CFC kicks off with 'Fun Run'

Story and Photos by
Sgt. Jereme Edwards
Editor

Service members and federal employees joined one another Saturday morning at the Combined Federal Campaign's kick-off fun run, which initiated the CFC's fund-raising events aboard MCB Hawaii for the campaign season running now through Oct. 13.

The run started at the Officers' Club, ran along the Kaneohe Klipper Golf Course, along North Beach and ended back atop the hill at the Officers' Club.

"The 5k run was a fun, yet different way to start the CFC fund drive, rather than getting all the general officers together and having another brief," said Stephen Roberts, the communications and information systems officer, with Headquarters Bn., MCB Hawaii, Kaneohe Bay. "We had more than 200 participants who took part in the



Participants of the Combined Federal Campaign's 5k Fun Run make their way across the Kaneohe Klipper Golf Course after finishing the grueling beach portion of the race.

event.

"I really enjoyed the fun run; it gave me a challenge and pretty good workout for the day," said Rich Rogers, a food preparation specialist, and aspiring U.S. Olympic distance runner with Headquarters Bn., MCB Hawaii, Kaneohe Bay. "I

pushed myself, and I feel I did really well. I was the first to come in and finish the race with a time of 15:15."

The day of fun didn't end when the race was over though. The participants were treated to a barbecue and celebration on the lanai at the Officers' Club.

"The race was only part of the kick-off," said Roberts. "After the race, there were more than 60 charity organizations setup in the O'Club, ranging from those on the national level, such as the Ronald McDonald House

See CFC, C-8



Rich Rogers, a food preparation specialist, and an aspiring U.S. Olympic distance runner with Headquarters Bn., MCB Hawaii, Kaneohe Bay, pushes out the last 25 yards of the race to finish in a time of 15:15.

Marines fall apart in overtime to Navy, 4-1



Pfc. Jared Plotts

Marine Corps Base Hawaii soccer team forward Victor Avalos, left, pushes the ball downfield in the Marines' 4-1 overtime loss Tuesday night at Bordelon Field here. The MCBH soccer team has been eliminated from the HASAC soccer tournament.

Pfc. Jared Plotts
Marine Forces Pacific

CAMP H.M. SMITH — The Marine Corps Base Hawaii soccer team failed to connect on any of its penalty kicks during overtime and lost to the Navy soccer team, 4-1, at Bordelon Field here Tuesday night.

The loss prevented the soccer team from advancing to the next round of the Hawaii Armed Services Athletic Tournament.

The soccer team's defense stifled the Navy team in the first half, allowing no good looks at the goal. The Navy team's defense also played well, but defensemen Ajax Oneell found the lone kink in the Navy's armor and scored on a breakaway goal late in the first half.

During the intermission, the Navy coach changed his formation to be more aggressive. The change was obvious, and right out of the gate, the pace quickened, and the ball spent the rest of its afternoon attacking MCB Hawaii goal keeper Michael Gibson.

Gibson only gave up one goal on numerous attempts. There was still time for the Marines to score, but the momentum had swung and remained with the Navy.

At the end of regulation, the game remained deadlocked at 1-1. The Navy team seemed to embrace the idea of overtime, but the Marine team seemed tired and disgruntled.

Each team had five players line up at midfield. Each one was to attempt a kick against the opposing teams keeper. Both the keepers stood off to the side of the goal with the sideline referee.

Anticipation saturated the field.

Gibson, who usually plays midfield, started at the keeper. He bounced up and down as the Sailor opposite him stared down the ball in front of his feet. Gibson guessed right, and the ball went right, but it was just out of his long reach and tattooed the bottom corner of the goal, 2-1.

Gibson exited the goal in frustration.

See SOCCER, C-8

MAG-24 Bandits boast first game shut out, 30-0

Sgt. Joseph A. Lee
Press Chief

Another week of intramural football started off Monday when Cory Pinson and the MAG-24 Bandits ran down the 3rd Radio Bn. Demons to set the pace for the season with a 30-0 shutout and their first win for the season.

A dominating game from the start, the Bandits came onto the field in the first half, determined to put points on the board with their running game.

Slow ball movement and multiple turnovers during the first quarter allowed the offenses to gain their composure and set up tactics for

better movement towards the end of the first half when the Bandits first capitalized in the red zone.

The first strike of the returning champions came to the corner of the end zone by Bandit halfback Cory Pinson, as he pounded away at the Demons' defensive ends to muscle in six points on the run.

"The team provided all the blocking necessary for me to just walk right in," said Pinson after the first touchdown. "That's all a running back can ask for is good blocking. As long as we have that, I can find the hole they provide to get the points easy."

As the Demons attempted to kick-start their offense, they often found

themselves punting from their own red zone, which kept giving the Bandits good field position for each following drive.

"We came out here to run the ball, and the outstanding field positions we were given let us work our strategy well," said Bandit Coach Rick Hargrave. "With the ability to move the ball on the ground as well as in the air, opens up a lot of opportunities for us on the field, and lets us really work on our overall playbook execution."

After the first score, the Bandits ran a successful two-point conversion to set the edge

See FOOTBALL, C-8



Sgt. Joseph A. Lee

Cory Pinson, halfback for the Bandits, hurdles over fallen players on his quest for the goal line Monday night. Pinson ran for more than 80 yards in the game, and scored one touchdown.

BASE SPORTS

Edward Hanlon V MCCS Marketing

Klipper Offers Adult Golf Clinic

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

The course of instruction includes basic swing fundamentals, swing evaluation, long and short game, pitching, chipping and putting, game strategy, golf etiquette and safety, and golf rules.

Class size is limited to 15 people, and classes meet every Friday from 5 - 6 p.m. beginning Sept. 26 through Oct. 24.

Cost is \$80 per person.

To register, call the Klipper Golf Pro Shop at 254-3220 or 257-1745.

Kahuna's Presents Live Wrestling

Enjoy live wrestling action at Kahuna's Hawaii Champion-

ship Wrestling from 7 - 9 p.m. Saturday. The active duty cost is \$8; all others are \$10.

For more information on live wrestling action at Kahuna's Sports Bar & Grill, call 254-7660.

E-Club Provides

Time for Football Season

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

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

Plus, catch Monday Night Football at the clubs. Watch the Raiders take on the Broncos on one of the Plasma or big screen televisions at Kahuna's, the Staff NCO Club or the Officers' Club.

For club hours of operation, log on to the Marine Corps Community Services Web site at www.mccshawaii.com.

Golf Tourney to Support Marine Corps Ball

Headquarters Bn, MCB Hawaii, will host a four-man scramble with blind draw format.

Teams will consist of A, B, C and D, players: A player is 0-9 handicap, B is 10-15, C is 16-23 and D is 24 and above. No sandbagging is allowed.

All names will be put in a can and drawn prior to tee off. Those who don't have a handicap will be placed in a separate can and drawn at the end, or once names from the A - D categories have been exhausted.

Prizes will be awarded for the longest drive and closest to the pin. A \$10,000 prize awaits a "whole in one" by the first command.

Prizes will also be awarded for first, second and third place, and a set of clubs will be raffled off.

There is a fee for admission: E-5 and below, \$25; E-6 - O-3, \$32; and O-4 and above, \$34. The fee for civilians is \$48; MCB Hawaii DoD employees, \$38; and non-MCB Hawaii DoD and house guests, \$40.

All players must check-in prior to 11:45 a.m. on the lanai, so teams can be arranged. Tee off is at 12:30 p.m.

All team names and monies must be turned in by close of business Oct. 3.

For more information, contact Patrick Clark at 257-5738, or send Clark an email at clarkph2@mcbh.usmc.mil.



K-Bay Lanes Offers New Bowling Craze

The bowling lanes will have MCB Hawaii, Kaneohe Bay, hoppin' on Saturday, from 9 p.m. until 4 a.m. with the KingPin Hop. This bowling dance party is the first of its kind to come to MCB Hawaii, Kaneohe bay, and bowlers are guaranteed not to strike out.

Experience the night club atmosphere at K-Bay Lanes with glow-in-the-dark pins and

balls and a smokin' fog machine. Hazers will be added for an optically translucent environment, and a synchronized light and sound system will provide a perfectly timed light show, all for the most Xtreme bowling experience in Hawaii.

Get in on some serious pin-action and win prize giveaways from Coors Light k-Bay Lanes.

Hot pin action isn't all that's happening at this bash. Join Star 101.9 at the Lanes from 10 p.m. until midnight and a guest DJ from midnight until 4:00 a.m. for music that will keep you dancing in the lanes until the break of dawn.

Meet the Coors Light ambassadors from 9 p.m. until 3 a.m., and go home with an autograph.

Doors open at 9 p.m. to all active duty, DoD civilians and their sponsored guests 18 years and older. There is no cover charge.

This event is sponsored by Coors Light and MCCS.

For more information, call 254-7693, or log on to the Web site at www.mccshawaii.com.

Base All Star

NAME: Robert Thurston

AGE: 22

UNIT: MAG-24

BILLET: Crew Chief

SPORT: Soccer

POSITION: Sweeper

TEAM: MCB Hawaii

• Thurston has played soccer for 16 years.

• He played for Mission College Preparatory High School and Humboldt College.

• He played in the Hawaii Armed Services Athletic Council tournament Monday and Tuesday.



Pfc. Jared M. Plotts

"I am confident with my team, and we should have no problem in Okinawa."

2003 TACKLE FOOTBALL SCHEDULE

POP WARNER FIELD

Sept. 22 6 p.m.	3rd Radio Bn. vs. Camp Smith
Sept. 24 6 p.m.	MAG-24 vs. 3rd Marine Regiment
Sept. 29 6 p.m.	3rd Marine Regiment vs. Headquarters Bn.
Oct. 1 6 p.m.	Camp Smith vs. MAG-24
Oct. 6 6 p.m.	MAG-24 vs. Headquarters Bn.
Oct. 8 6 p.m.	3rd Marine Regiment vs. 3rd Radio Bn.
Oct. 14 6 p.m.	3rd Radio Bn. vs. Camp Smith
Oct. 16 6 p.m.	3rd Marine Regiment vs. Camp Smith
Oct. 14 6 p.m.	3rd Radio Bn. vs. Camp Smith
Oct. 20 6 p.m.	MAG-24 vs. CSSG-3

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

COMMUNITY SPORTS

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.

HTMC Hikes Ahuimanu

Join the Hawaiian Trail and Mountain Club on a five-mile hike Saturday at 8 a.m. This trek will take hikers up Koloa Ridge, then cuts across and down Kaipapa'u Ridge. This will be a short but invigorating Saturday morning workout with quite a few beautiful views of Mauka and Makai.

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.

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 coordinator Laura Owens at 595-9023.

Honolulu Century Ride 2003 Kicks Off At Kapiolani Park

Niketown Honolulu announces its 4th annual Niketown 5, a 3.1 mile run down Kalakaua Avenue in Waikiki. This year's race will take place on Oct. 5, beginning at 7 a.m.

Niketown has renewed its focus for this event to encourage physical activity among Hawaii's youth.

As in the past, 100 percent of the entry fees will be donated to Oahu's public and private schools (grades K-12) for athletic programs and play equipment. Over the past four years, the Niketown 5 and Kids Run raised and distributed more than \$121,000 to 242 participating

schools.

The cost to participate is \$20 for adults 19 years and older, and \$10 for kids 18 years and under.

Runners can designate which school they would like their entry fees to benefit, and each participant will receive a Niketown 5 T-shirt.

Race forms are available for pick-up at Niketown, or by calling 943-6453.

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.

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 or to sign up for the next session, call 471-9355.

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.

SPORTS AROUND THE CORPS

Injured Marine honored at NFL opener

Army Pfc. James Cornwell
Operation Tribute to Freedom

WASHINGTON — Since he arrived back in the United States from Baghdad, Cpl. Gardner Mejia has been staying out of the public eye.

"I hid from the media as soon as I got here," he said.

However, on Sept. 4, Mejia, an infantryman with 1st Bn., 5th Marine Regiment, Camp Pendleton, Calif., and a native of Roselle, N.J., stood in front of more than 85,000 cheering, appreciative football fans at FedEx Field to be recognized for his service in the U.S.'s global war on terrorism. He and three other service members received lifetime memberships in the Military Order of the Purple Heart during a halftime ceremony at the Washington Redskins vs. New York Jets game.

When the four halftime honorees arrived at FedEx Field, they spent most of the game standing on the Redskins' sideline reveling in the excitement.

The crowd shouted appreciative comments from the front rows, even before the halftime ceremony, and several ESPN personalities offered greetings, including former Dallas Cowboys wide receiver Michael Irvin and NFL Primetime host Chris Berman.

After the introduction by Senator Chuck Hagel of Nebraska, who received two Purple Hearts during his service in Vietnam, representatives of the Military Order of the Purple Heart presented

each service member with his membership certificate, as the crowd offered thunderous cheers and applause.

The ceremony was part of the NFL's participation in Operation Tribute to Freedom, a Department of Defense initiative of nationwide celebrations and activities to demonstrate public appreciation for American men and women in uniform and reinforce the bond between the citizenry and the military.

Mejia enjoyed his moment in front of the crowd.

"I'm a movie star today," he said. "I've never been close to any event like that."

"I appreciate all the support the NFL is giving us, especially the media. I think it's outstanding how they're giving us backup."

Mejia earned his Purple Heart on the morning of April 10 while clearing a palace in Baghdad with his unit. It was their second objective of the day.

A grenade explosion in the building left him with shrapnel in his right hand, severely injuring his middle finger.

"I happened to be in the wrong place at the wrong time," he said.

"Time seemed to slow down. I didn't feel my arm. I thought they had blown off my arm," he said, touching the area around the wound to see what was wrong.

"Since I had gloves, it didn't really show until I turned my hand around. So, it kind of affected me for like two seconds, but then one of my guys came over



Army Pfc. James Cornwell

During halftime of the Washington Redskins vs. New York Jets NFL game, Cpl. Gardner Mejia, an infantryman with 1/5, receives a lifetime membership in the Military Order of the Purple Heart Association, as part of Operation Tribute to Freedom, Sept. 4.

and I snapped out of it," Mejia said.

After being wounded, Mejia could no

longer help clear the rooms because he couldn't feel his lower right arm. He took charge of rear security with other wounded Marines, at that point, he said.

Afterwards he was evacuated by helicopter.

Mejia's company gunnery sergeant was killed outside the palace in a vehicle that same day, he added. The gunny had always acted like nothing ever hurt him.

"Rounds were coming down and he was still standing out there like nothing," said Mejia. "The way they got him was in his vehicle, and he wasn't even out doing anything. That kind of bothered me," he said.

"My lieutenant was right next to me when he got shot, so that affected me a lot. You don't expect to lose your lieutenant right off at the beginning of the war."

The lieutenant and the gunny were like family to Mejia.

Mejia was able to use a reporter's cell phone to call his wife and family at home five hours after being wounded.

"I'm very religious," Mejia said.

Thinking about coming back to his son and his wife and knowing his family was praying for him was what kept him motivated, as did seeing Iraqis who were glad the Marines were there, he said.

"It was the job, and I would do it again if it was called for."

Mejia is currently continuing with treatment at the Marine Liaison Detachment at the National Naval Medical Center in Bethesda, Md.

Youth Soccer Month celebrates most-popular sport for children

NAPS
Featurettes

Youth soccer is alive and kicking. Interest in the sport is at its highest level ever, with more than 19 million children ages 6 to 19 playing the game on city streets and suburban pitches.

More kids are participating in organized soccer than pee-wee football, youth basketball or Little League baseball. For these children, soccer is more than a pastime, it's a passion.

Recognizing the impact and importance the sport of soccer plays in the day-to-day lives of America's families, U.S. Youth Soccer, the nation's largest youth sports association, is spearheading the first annual Youth Soccer Month in America this month.

Why is soccer so popular? Because it offers children the opportunity to participate in a healthy lifestyle, be physically active and develop social skills while making new friends.

Throughout Youth Soccer Month, U.S. Youth Soccer will highlight messages that illustrate "Celebrating Soccer in America," the theme for the inaugural year. Each week during Youth Soccer Month a different message will be promoted.

•Fitness: The health and fitness benefits of playing soccer.

•Friendship: The friends and fun kids get from playing soccer go beyond the field.

•Family: Playing soccer brings families together.

•Participation: Whether recreational or competitive, playing soccer is easy and affordable.

Additionally, during Youth Soccer Month there will be national and local events designed to raise awareness of the benefits of participating in "the beautiful game."

Youth Soccer Month also highlights the various programs available to children interested in participating in soccer, including inner-city, special needs, recreational and elite soccer programs.

The messages of Youth Soccer Month mirror those of the President's Council on Physical Fitness and Sports — the importance of physical activity and fitness and exercise and their link to good health. It also furthers President Bush's vision of a healthier United States, where citizens are physically active every day, value nutrition and avoid risky behaviors.

For more information on Youth Soccer Month, call 1-800-4SOCCER or visit YouthSoccerMonth.org.



Yuma offers expansive NFL programming to its club patrons

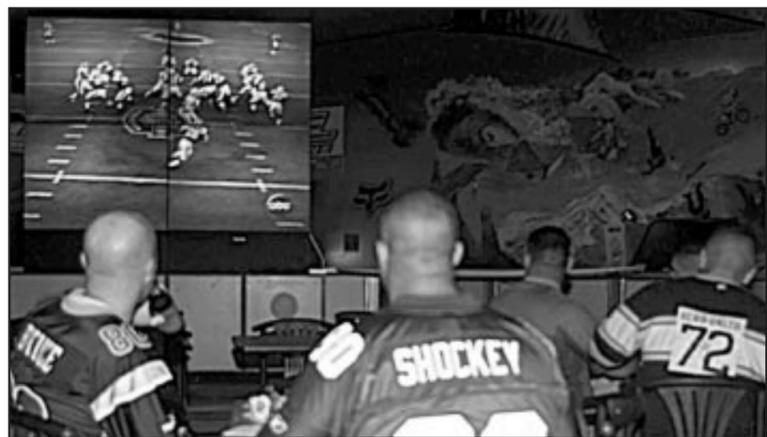
(Editor's Note: Kahuna's Sports Bar & Grill offers big screen viewing of Monday Night Football at 6:30 p.m., aboard MCB Hawaii, Kaneohe Bay.)

Cpl. Kevin Paul
Combat Correspondent

MARINE CORPS AIR STATION YUMA, Ariz. — The 2003 National Football League season is in full swing, and the Infinities Enlisted Club has just the ticket for Marines on station wanting to get in on all the action.

The club's management hopes to lure football fanatics away from their barracks and living rooms by offering access to every NFL game played on any given Sunday, said Anibal Aguirre, club operations manager.

"The NFL Ticket provides us with (Direct TV satellite feeds of) every NFL game played on Sundays," said Jay White, the club's general manager. "You'll have all those games being played on all our monitors, so you'll be



Cpl. Kevin Paul

able to see your favorite team." According to White, there will be no door charge for Marines to view the games.

"As in everything around here, it's free," added White. "It's provided free of charge to all armed service clubs, but next year, we'll

have to pay for the service."

Whether the club carries the NFL Ticket next year will depend on Marine interest and participation during the season, said White.

"We've been getting more and more Marines to come out every Sunday," he said.

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spotlight on health

A health checklist can aid your school-age kids

NAPS

Featurettes

Parents can do more than they may realize to ensure that their child's health needs are met throughout the 2003-2004 school year. A few planning tips and school supplies are all that are needed.

"The school year is exciting but also stressful for parents and children, especially for those affected by illness," said Rite Aid Pharmacist Sarah Matunis, R.Ph. "By planning ahead, parents can alleviate some of this stress and feel comfortable that their child's health needs will be properly attended to."

Planning Tips

- Create an Action Plan.** It's impor-

tant that your child's health needs be identified and communicated.

If your child has a health condition, take the time to detail, in writing, what others need to know. Consider this your Action Plan.

You may want to ask your doctor or pharmacist for assistance. Pharmacists can help you to be sure to consider all possible scenarios while your child is at school — indoors, outdoors and on field trips.

Your action plan should include the following:

- Description of all health problems or conditions.
- Medicines used to treat symptoms.
- List of things that may make symptoms worse and how best to respond.

- List of any restrictions on activities.
- Emergency telephone numbers for three people and your child's physician.

•**Meet with school staff.** Arrange for a meeting to thoroughly review the action plan with school staff and create a team before school begins. Your child also can be involved.

-Explain your child's condition, what symptoms to be aware of, how to treat and any medications that may be prescribed.

-Let your child know to whom to go for help and where the medications are kept.

If your child has a chronic condition like diabetes or asthma, and needs to take medication during school hours, it's

important to discuss your child's medical history.

-Plan a timetable for your child to take their medication and set up a reminder system so they won't forget.

Special School Supplies

-Keep an adequate supply of any medicines at school. Make sure the medicine is properly labeled and has not passed its expiration date. (Properly dispose of expired medicines.)

-Keep in touch. Continue talking with your child and school staff about your child's health needs on a regular basis, even if everything is fine.

"Take the time now to plan, so you can ensure a healthy and successful school year for your child," added Matunis.

Children must get a full night of sleep, to do well in school

NAPS

Featurettes

An important message to keep in mind is that most young children need at least nine hours of sleep each night.

Getting enough sleep every night — like eating right and being active — is essential for our minds and bodies to function at their best. In fact, according to the National Center on Sleep Disorders Research (NCSDR) at the National Heart, Lung, and Blood Institute, sleep appears to be required for survival. Studies have shown that total lack of sleep for just two to three weeks can result in death.

When we get less sleep than we need each night — even one hour less — we

develop a "sleep debt." If the sleep debt grows too big, it can lead to problem sleepiness: sleepiness that interferes with our ability to carry out our daily activities.

Even if children do not feel sleepy, the sleep debt still has a powerful negative effect on their daytime performance, thinking, and mood. The sleep debt can result in their falling asleep at inappropriate and even dangerous times.

Problem sleepiness has serious consequences. It increases the chances of accidents and injuries. And it can interfere with children's performance in school, on the playground, in extracurricular activities, and even in relationships.

A child who does not get enough sleep each night is

more likely to have symptoms of physical and/or mental problems. The child may have difficulty concentrating or even fall asleep in school.

Sleepy children can exhibit learning and behavioral problems. They may become agitated, rather than lethargic, and may be incorrectly thought to be hyperactive.

Not getting enough sleep is one cause of problem sleepiness. Undiagnosed/untreated sleep disorders can also cause problem sleepiness.

The NCSDR recommends that you talk to your pediatrician if your child has any of the following: loud and frequent snoring, breathing pauses during sleep, problems with falling asleep or staying asleep at night or staying awake during the day, or unexplained problems with performance.

For more, visit the NCSDR's Garfield Star Sleeper Web site: <http://star.sleep.nhlbi.nih.gov>.



Juvenile diabetes strikes one child. Every hour.



dedicated to finding a cure

Call 1-800-533-CURE or visit www.jdrf.org

A new campaign spearheaded by Kermit the Frog and the International Agency for the Prevention of Blindness highlights the importance of taking care of your eyes.



NAPS

Kermit the Frog reminds to give care to your eyes

NAPS
Featurettes

Did you know that 80 percent of the world's blindness is preventable? As spokesfrog for "Vision 2020: The Right To Sight," a campaign for the International Agency for the Prevention of Blindness (IAPB), Kermit the Frog recommends the following tips for maintaining good eye health.

Kermit's Top Eight Suggestions for Healthy Eyes

- 1) Get regular eye exams.
- 2) Have plenty of light when reading.
- 3) Rest your eyes for five minutes every 30 - 60 minutes when using a computer.
- 4) Wear appropriate eye protection to work and when playing sports.
- 5) All children should have an eye exam before entering kindergarten.
- 6) Green leafy vegetables (like spinach) and carrots are very important for good eye health.
- 7) Always buy contact lenses from an eye care professional and not from a street vendor.
- 8) Don't ignore red eyes; seek help from an eye care professional.

By making people think more about safeguarding their vision and claiming their "Right To Sight," Kermit and the IAPB hope to make a big difference on eye health. To learn more about the "Right To Sight" campaign visit www.V2020.org.

Repetitive stress injury requires adjusting the way you work

NAPS
Featurettes

The growing use of computers, both at home and in the workplace, is responsible for the increased occurrence of certain injuries and conditions — some minor and some that can make it impossible to do one's job without pain.

A repetitive stress injury (RSI), for example, is a response to excessive and repetitive demands placed on the body. The injury is caused by excessive wear and tear on the soft tissues of the body — tendons, nerves, circulatory system, etc.

These RSI injuries start when you do the same task over and over again, such as clicking a com-

puter mouse. If your body doesn't get a chance to heal, the damage can add up.

Typical symptoms include tightness, general soreness, dull ache, throbbing, sharp pain, numbness, tingling, burning, swelling and loss of strength.

Often, computer users don't realize just how much stress they are putting on their hands and wrists. In a typical workstation position — palms down, wrists bent up — blood vessels are kinked. In addition, regular use of a computer mouse, which represents millions of clicks in a year, puts an immense strain on some of the smallest muscles in the body.

To prevent RSIs such as carpal tunnel syndrome, invest in a "gripless" computer mouse that is



NAPS

The "quill" is just one new kind of computer mouse that is currently on the market to help prevent the pain associated with repetitive stress injuries.

designed to lighten the load on those tiny muscles of the fingers that you use for clicking and gripping.

Foot fungus is more than cosmetic

NAPS
Featurettes

Do ugly toenails make you feel embarrassed to wear sandals, or walk barefoot? Do you polish your toenails to hide them?

Ugly toenails could be an indication of a fungal infection under the nail. Studies estimate that between two percent and 13 percent of American adults have this type of fungal infection, and the prevalence increases with age.

In fact, nearly 40 percent of people age 75 have a nail fungal infection, and it is approximately twice as common in men as women.

Incidences also

increase with patients using antibiotics, diabetic patients and those with depressed immune systems, such as organ transplant recipients.

Nail fungal infections usually appear as a discoloration under the nail. There also may be an accumulation of a chalky substance underneath the nail that presents a foul odor.

A less common form of this infection makes the entire surface of the nail appear white and chalky.

Fungal nail infections are more than a cosmetic problem, however. If left untreated, they can make walking and wearing

shoes very painful.

Podiatrists, specialists trained to treat medical and surgical disorders of the foot and ankle, can help. There are many treatments your podiatrist may choose to prescribe.

There are oral antifungal medications in pill form and topical treatments that are applied directly to the nail. Your podiatrist will prescribe the therapy or combination of therapies that best suits your case.

Although a nail fungal infection may be successfully treated, individuals who have had the condition once should be especially careful about being

reinfected. If you contract the disease once, you remain susceptible throughout life, so regular visits to a podiatrist are essential to maintain nail health.

Your podiatrist may prescribe a maintenance regimen to keep your toenails free of infection.

Here are a few tips to lower your risk of fungal infection:

- Always trim your toenails straight across.
- Avoid tight-fitting shoes.
- Change shoes daily.
- Disinfect your shoes regularly with disinfectant spray.
- Avoid walking barefoot in locker rooms, hotels or other public places.



SOCCKER, From C-1

Now, this kick was important, and the Marines could not afford to go down 3-1, but that's what happened. If the Marines missed this shot and the Navy hit theirs, the game was over.

The shot was wide right, no goal. The sound of disappointment and knees buckling echoed off the field and down the hill and into the city. The Sailors, on the other hand, stood in anticipation, as their teammate took toward the ball, ready to send the Marines home. Gibson dove left. The ball went right. Game.

The MCB Hawaii team did not dwell on the loss, it is preparing for the future, and its next game.

"We have a lot of talent and a great group of guys. We had a lot of different personnel out there, and we were trying different lineups.

"We know what our weaknesses are now and we'll be ready for the Commander Marine Forces Pacific regionals in Okinawa next week," said Jerry Panetta, head coach, MCB Hawaii soccer team.

The Navy winners went on to play the loser of the Air Force/Army game for second place.



A group of Sailors run together to motivate one another to get through the last uphill stretch of the race.

CFC, From C-1

and the American Red Cross, to those on the local level, such as the Hawaiian Island Food Bank, Waianae Coast Early Childhood Services, Inc., and the Molokai Community Service Council, which works to better things here at home in Hawaii.

"The goal of the CFC is to contact and educate 100 percent of our people on the many great organizations that are part of the CFC. It's not all about making money.

"That is why it's a charity. It's about giving from the heart. people won't donate to something that they don't know about," said

Roberts.

"We at the CFC use F.E.A.T. to get our mission accomplished," Roberts explained.

F — We find all our people.

E — We educate them on the CFC and all the good the it does.

A — We ask them if they understand or if they have any questions, and if they would like to donate.

T — We always thank them whether they donate or not; we thank them for their time.

Each unit has key CFC representatives to help find and educate service members, but more information can also be found on the base CFC web site at www.cfc-hawaii.org.

FOOTBALL, From C-1

on their opponents. They would continue this strategy throughout the game, driving to put as many points on the board as possible.

After two more Bandit touchdowns in the first half, the Bandits went into half-time with a 22-0 lead, which gave the Demons a whole lot to talk about during half-time, if they were going to give the Bandits any sort of game.

When the second half started, it was more of the same for the Demons, as they tried to get their offense to travel up the field through the air, but were intercepted or forced to punt on a majority of their possessions.

Midway through the fourth quarter, the Demons assembled a drive that led them from end zone to end zone, and lifted the spirits of the Demons sideline as it looked as if they would get on the scoreboard after all.

The Bandits held true to their name though, and with just over eight minutes remaining in the game, forced a fumble on the five yard line to regain possession and destroy any Demons' hope for a score.

When the Bandits got the ball in the fourth quarter, their aerial game came to a complete halt, and their running backs were charged with moving the ball by foot.

"We wanted to give the Demons as little time with the ball as possible in the second half," said Hargrave. "A combination of quarterback keepers and up-the-gut runs chewed most of the time off the clock, and we ended up getting down the field for one more touchdown to seal the win."

The substituted nose tackle turned running back ran straight over the Demons' defensive line to put the Bandits up 30-0 with the final touchdown. The size of the ball carrier was too much to handle, as the Demon defense crumbled under the heels of the Bandit ball carriers in the fourth quarter.

"Our defense hung in there and gave it their best," said Demons player Raheem Jackson, who was trampled in the end zone by the final Bandit scorer.

"We're going to come out next week with a whole different outlook. We'll be in the playoffs, and that's all that matters."