

Hawaii MARINE SPORTS

Hawaii Marine C Section

September 6, 2002



Cpl. Simon Martin

Neil Egerer, a soldier from Schofield Army Barracks, catches air in a wake-to-wake jump during the Hawaii Wakeboarding Association's Pro Am event held Saturday.

Ke'ehi Lagoon Beach Park hosts wakeboard competition

Cpl. Jason E. Miller
Combat Correspondent

Nearly 50 extreme athletes, including several Marines and Sailors from MCB Hawaii, Kaneohe Bay, showed up for the Hawaii Wakeboarding Association Professional-Amateur Wakeboarding competition at Ke'ehi Lagoon Beach Park on Saturday.

The contest, which was sponsored by RnR Hawaii, brought together some of the top wakeboarders on the island for a day of fun-filled competition in the waters off of the park.

"This was actually the third stop in a

four contest series," said Lance Burg, contest promoter and wakeboard instructor aboard MCB Hawaii, Kaneohe Bay.

"A lot of the top guys are battling for points in the championships, but we also have a lot of first-timers out here trying to have a good time."

Wakeboarding is a spin off of water skiing, where the rider skis atop a single, wide board, with feet shoulder-width apart facing the aft of the boat from where the rider is pulled.

Contestants in the HWA Pro/Am were judged on several factors such as execution of tricks, rider intensity and compo-

sition of the tricks in the rider's repertoire.

Tricks often involve the riders jumping the wake behind the boat and performing a variety of turns and flips in the air.

The best riders land these tricks smoothly on the water and score high marks from the judges.

One Kaneohe Bay Marine who took part in the competition was John Garcia, executive officer for Bravo Co., 1st Bn., 3rd Marine Regiment.

"I wakeboard because it's just a great sport," said Garcia. "Everything about it is fun, the tricks, the water and just being out on a boat with a group of friends having a good time."

During his first contest, Garcia rode a lot better than some of the other competitors in his class, but didn't feel he'd performed to the level of his personal expectations.

"I didn't ride as well as I would have liked. It stemmed from a number of reasons, including never having ridden in a contest before, a shorter run than I'm used to, and smaller wake and poor water conditions," said Garcia.

"In the end, I just didn't ride well and that was predominantly my fault."

Other military riders also performed in the competition and came away with varying results.



Cpl. Simon Martin

Rider Josh Baker gets horizontal during a run.

For most of them, as well, it was their first time entering a wakeboarding contest.

Most of the best riders in Saturday's contest rode in the Outlaw class. These riders all performed a number of acrobatic feats while being towed behind the boat. Some of the tricks had names like 'back rolls' and 'ollies.'

"This is a great opportunity to get guys like the Marines and Sailors out here doing something," said Burg. "It sure beats hanging out at the barracks and not doing anything all weekend."



Cpl. Simon Martin

Wakeboarding instructor Lance Burg lifts off the water during his run in the contest.

Boxing night at Enlisted Club a knock out

Pfc. Monroe F. Seigle
Combat Correspondent

How often does the chance present itself to watch two motivated and pumped up boxers enter a ring with the intention of fighting three rounds, all for the glory of being called the champ?

This was the scene for several boxers Friday night when different boxing clubs came to the Enlisted Club at MCB Hawaii, Kaneohe Bay, to give their amateur boxers the chance to fight their hardest in front of a crowd of more than 300 boxing fans.

The event was made possible

through the coordination of the USA Boxing Club and Randy J. Brunett, the general manager of the Enlisted Club.

"We had a decent turnout tonight," said Brunett. "This was a great event for Marines who like boxing, to enjoy themselves and have a good time."

The first match was for lightweights. It lasted approximately 30 seconds. The coach threw in a towel after his contestant fell to the ground. A hard blow to the stomach had knocked him on his back and he was unable to regain his composure.

"I trained everyday for this

fight," said Richard C. Pelen of the Waianae Boxing Club and the winner of the first boxing match. "I was more than ready for this fight."

The second match was in the 140-pound weight class. The fighters — Tony Madolora, from the Wahiawa Boxing Club, and Harvey Nakamoto, from the Ohana Boxing club — fought intensely for all three rounds until the fight ended in a split decision victory awarded to Nakamoto.

The main event kept the crowd on its feet as two boxers in the



Pfc. Monroe F. Seigle

Robert Neeson, an anti-armor platoon commander for Weapons Co., 1st Bn., 3rd Marine Regiment, of the Kaneohe Boxing Club, wings a hard right at Michael Ma-ae, of the Palolo Boxing Club.

See BOXING, C-3

SPORTS BRIEFS

Debbie Robbins

MCCS Public Relations

Single Marines & Sailors Host Shank & Slice II

Will you shank or will you slice? The Single Marines and Sailors Program will host the second Shank & Slice golf tournament at the Kaneohe Klipper Course, Sept. 13.

The Shank & Slice will shotgun start at 12:30 p.m. and is a "best-ball" tournament. All single, 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 E5 and below, and \$30 per person for all E6 and above.

Golfers need to register by Wednesday in the SM&SP Office, Bldg. 219, or call Leslie Graham at 254-7593.

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

Ready to get grueled? The entire island is 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 Sempur 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 fast-pitched baseball.

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 in each gauge of at least "A" class or higher, and a copy of an NSSA classification card.

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

Kapiolani Park Holds 5K "Race for the Cure"

Applications are available now for the 8th Annual

Mind and body at peace

Pfc. Monroe F. Seigle

Victoria Stonesifer (far left) teaches a yoga class at the Sempur Fit Center aboard MCB Hawaii, Kaneohe Bay. Classes are held Tuesdays and Thursdays at 10:15 a.m. and Saturdays at 8 a.m.

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 — \$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.race-for-the-cure-hawaii.org.

SM&SP Offers Discounts at the Klipper

Take advantage of the benefits the Single Marines and Sailors 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.

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, and a King and a Queen of the Quarter will be crowned.

Every King and Queen winner becomes eligible to win the regal recliner in a drawing during Super Bowl Sunday.

Kick off every week at the Rocker Room's Monday Night Football pigskin and pupu party. Also, don't forget that you can ease back into your work week at the Enlisted 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 Sempur 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.

K-Bay Lanes also features bumper bowling for the keiki, a hearty snack shop, a pro shop and arcade. It also hosts birthday parties available in various party packages.

For great family entertainment, head to K-Bay Lanes. For more information, call K-Bay lanes at 254-7693.

For bowling league information call Deborah Bruns at 254-7611.

O'Club Pool Closes For Renovations

Due to renovation, the Officers Club pool is closed until the end of September.

Once open, members and guests will enjoy a tropical atmosphere complete with exotic flora, fauna and fountains. For all events, club members and guests should enter the club through the Mongolian Barbecue Pit area. For more information, call 254-7649.



Cpl. Jason E. Miller

Base All Stars**NAME: John Bascuk****BILLET: SNCOIC of general communications****UNIT: Combat Service Support Group 3****SPORT: Golf**

• Bascuk has been playing golf for more than 16 years.

• He was the third top golfer for the All-Marine Golf Team in 2001.

• Bascuk recently finished second in the Barber's Point Invitational Golf Tournament.

• He leaves for the 2002 All-Marine Golf Team tryouts in Camp Pendleton, Calif., next week.

Sports Ticker**Hawaii Wakeboard Pro Am Finals****Boys/Girls Division** 6th - Brad Bickers

1st - Caitlin Faulkner
2nd - Devan Farnes
3rd - Robert Fram
4th - Gavin Denzer

Juniors Division

1st - Bryce Walsh
2nd - Zack Denzer
3rd - Alex Tolhurst
4th - Chris Chapman
5th - Chad Nelson
6th - Alex Brown
7th - Austin Poulain

Men's I Division

1st - Tony Serkies
2nd - Neil Egerer
3rd - Chris Benson
4th - Erik Shanklin
5th - Bradley Johnson
6th - Simon Martin
7th - Brandon Pickler

Men's II Division

1st - Eddie Neville
2nd - Steve Morse
3rd - Mark Pelchat
4th - Roman Reznikov
5th - John Garcia

Masters Division

1st - Doug Correa
2nd - Lance Brug
3rd - Eric Farrow
4th - Ron Leciejewski
5th - Nobu Torii
6th - Ricky Saavedra

Veterans Division

1st - Jim Walsh
2nd - Paul Confer
3rd - Steve Cunningham

Women's Division

1st - Shiloh Pearse
2nd - Joanna Rasmus
3rd - Darcy Olmstead
4th - Danielle Almony
5th - Kim Farnes

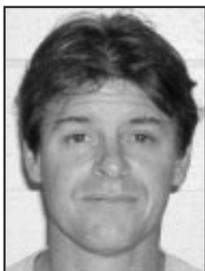
Outlaw Division

1st - Josh Baker
2nd - Jason Mirtich
3rd - Reid Shimabukuro
4th - Ross O'Carroll
5th - Jarrod Jones (Tie)
6th - Brandon McGlinn

"Golf upholds a high standard. It's a game of integrity that requires all the attributes of a professional."

SPORTS COMMENTARY

Politics holds its role in the world of sports

Steven Kalnasy*Special to the Hawaii Marine***KALNASY**

In the weeks preceding the strike deadline for Major League Baseball, we had the opportunity to witness the impact of politics on sports. As the threat of a work stoppage approached, the rhetoric from politicians was significant.

In the days leading up to baseball's final game, every governor, congressman, senator, and even the president, weighed in on the importance of keeping the game

going.

I often hear political commentators talk about their lack of interest in sports — that it doesn't contribute anything of value to the important issues of the day.

That may be true when you view sports as a child's endeavor. If you look at it as "just a game," then you miss its real impact on the world.

The fact of the matter is, that from its very core, sports are meant to break down barriers in society. The fact that sports are used as tools for political manipulation reveals its importance and status as a significant part of the fabric of the world.

The Coliseum in Rome was more than just a place of pride for the Caesars who ruled the western world two

thousand years ago. It was there to show the power and majesty of Rome.

The games held within its walls were meant to divide the classes of citizens. After Rome's Armies conquered their enemies, the spoils of war were paraded before the masses during the spectacle of the gladiator games. This was meant to convey strength to control the masses.

The 1936 Olympics, sponsored by Adolf Hitler's Nazi dictatorship, was a facade for the racist and militaristic positions of Germany.

Attempting to use the games as a tool to hide his agenda of proliferating his anti-Semitic and racist views to a world stage, those views were ultimately revealed when Jesse Owens achieved the impossible — winning four gold medals.

Hitler stormed out of the games, humiliated that his Aryans had been defeated by an African-American.

Thirty years ago, on September 5, 1972, during the Olympic games in Munich, Germany a Palestinian terrorist group called "Black September" seized the quarters of the Israeli team. Killing two and taking nine other athletes hostage, politics now overshadowed the games of the XX Olympiad.

In the end, the hostages and their captors were killed and the political goals of a previously unknown terrorist movement were made known to a world audience.

Another significant example of the use of sports to make a political statement was the U.S. boycott of the 1980 Summer Olympics held in the Soviet Union.

Citing the Soviet invasion of Afghanistan, President Carter declared that the U.S. would not send a team to compete in Moscow. A few weeks later, the United States banned all exports to the Soviet Union "of any goods or technology" related to the games, further encouraging other nations to join a U.S.-led boycott.

Taking a closer look at the impact sports make to society, you can't overlook the obvious contributions.

The rules of sports instill the value of law in those who participate, and their very nature as a competitive device are valuable in developing character in our youth.

Sports encourages mentorship through coaching, and teaches strategy and abstract thinking. Many a military leader has attributed his success to his experiences in organized sports.

Sports give us the opportunity to choose sides without creating conflict.

The very idea of sports is to have fun. The true value of sports is not that it entertains us, its value is revealed by the contribution it makes to the development of our culture and our citizens.

Those who would have us believe that sports have no value to our society have probably never been part of a team, never experienced losing, and most likely, never experienced winning.

When you turn on the first game of the season — whatever your sport — think of the deeper meaning of the games you watch and take exception to the impact they have on your life.

BOXING, From C-1

heavy-weight class battled it out in squared circle fighting for the ultimate title: the chance to be called champ.

Robert Neeson, an anti armor platoon commander for Weapons Co., 1st Bn., 3rd Marine Regiment, and a trainee at the Kaneohe Boxing Club, squared off against

Michael Ma-ae, a trainee at Palolo Boxing Club.

This fight went all three rounds and ended with both boxers sweaty and exhausted after a grueling and intense battle.

After the judges added up the scores, the referee raised Ma-ae's arm in victory, as the announcer identified him as the winner of the final event.

Did You Know?

SCUBA is an acronym for Self Contained Underwater Breathing Apparatus.



NAPS

HEALTH & FITNESS

New footwear technology gives athletes more options to... Step off on the right foot

NAPS
Featurettes

Sneakers may now be a fashion statement unto themselves. But, given all the latest dramatic advances in technology, it's especially important that you know exactly what you'll be using them for.

Walking? Running? Playing basketball? In order to get the most bang for what could be your considerable buck.

Some tips, then, for helping you choose:

Walking

- Look for shoes that give you support, flexibility and cushioning

- The heel should be designed to accommodate the natural roll-through motion of walking

- Look for low heel profiles because walkers only need moderate heel cushioning

- The heel should be no more than an inch higher than the sole under the ball of the foot



Pfc. Monroe F. Seigle

Athletes are less likely to know the agony of the feet if they wear the right footwear.

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

Running

- Look for shoes that offer cushioning air soles and traction

- The insole should have a deep heel cup and contoured arch support, which will offer additional motion control and improve stability

- The heel should be flared and split into an outer and an inner section to

make heel-to-toe running more efficient

- The toe box should provide ample room to allow the foot to flex and make the toe-off portion of the running motion comfortable

Basketball

- The shoe should offer comfort, flexibility and shock absorption

- Determine if you're most comfortable in high-, mid- or low-tops

- The outsole should be flat and moderately wide to create a stable base and help prevent ankle rollover

Cross Training

- The outsoles should be wide and stable to provide lateral support and stability

- The midsole should be fairly durable and enhance the shoe's overall stability

- The shoe should offer a moderate amount of cushioning, primarily at the heel and forefoot

- Look for secure lacing to keep the foot stable during lateral movement.

Losing weight no longer has to be a losing battle

NAPS
Featurettes

Many Americans are constantly on one diet after another trying to reach that "magic" number. In fact, 65 percent of Americans have tried to lose weight at least once.

In an effort to lose weight through years of yo-yo dieting and poor eating habits, the body's metabolism is misled and the lost weight is usually just gained back.

This roller coaster process is reversible by retraining the metabolism to lose weight through a healthy lifestyle.

According to Penny Kendall-Reed, a naturopathic doctor and author, five tips can help achieve one's ideal, healthy weight.

1. Eat small, frequent meals: This will allow your blood sugar levels to remain stable and food to digest completely to offset cravings.

2. Refresh yourself: Six to eight glasses of water a day will keep the body and skin healthy and supple. Water not only keeps the body hydrated but also assists in controlling appetite.

3. Learn about the good vs bad foods: Choose healthy food choices such as green salads, chicken breasts, apples, cottage cheese and tuna fish. There are also many foods that are commonly mistaken as diet foods that should be avoided such as yogurt, bananas, white

rice and potatoes. These foods actually turn into sugar and ultimately fat.

4. Find natural ways to keep fit: Natural supplements can help you reach an ideal weight. Supplementing a healthy diet and exercise regime with the herbs garcinia cambogia (Citrimax(tm)), bitter orange (Advantra-Z(tm)) and chitosan can help expedite a safe weight loss process.

5. Quality, not quantity: Decreasing portion sizes and eating "mindfully" will help achieve a healthy weight.

Discuss your diet plan with your health care provider prior to taking any over the counter medications.



Pfc. Monroe F. Seigle

You have a better chance of losing weight if you eat healthy and follow some advice.

Under 25 age group often have eye injuries

NAPS Featurettes

Be on a sharp lookout to avoid blinding eye injuries. The eye is one of the most delicate and exposed areas of the human body.

Eye injury is the second most common cause of visual impairment, second only to glaucoma. Blunt objects, surprisingly, are the major cause of eye injury (37 percent) and over half (55 percent) of eye injury victims are people under the age of 25.

"Emergency departments in the United States provide a large amount of eye care because all eye injuries are potentially serious," said David Wilcox, MD, of the American College of Emergency Physicians. "Even superficial abrasions on the eye's surface, the cornea, can lead to scarring or infection, with possible impairment of vision."

If an eye injury occurs, seek immediate medical care.

To help decrease your risk of eye injury or wounds, ACEP provides the following tips:

Signs and symptoms of eye injuries and wounds

- A visible wound.
- A bloodshot eye appearance, even if a wound is not visible.
- Partial or total loss of vision.
- Leakage of blood or clear fluid from the injured eye.

Precautions to take

- *Do not* touch the eye or allow the victim to rub it.

• *Do not* try to remove a contact lens or embedded object in the eye.

• *Do not* apply any pressure to an eye with a foreign object embedded inside of it or a laceration.

• *If* it will take some time to obtain medical aid, gently bandage an eye with an eye shield, or tape a paper cup in place over the injured eye.

• *If* a chemical enters the eye, irrigate it immediately before rushing to the emergency department. Flush the eye with fresh water for 15 minutes and put nothing else in the injured eye. If possible, take the bottled chemical with you to the hospital.

Action steps

• Lay the victim on their back, holding their head on your knees to keep it as still as possible.

• Give the victim a paper cup to hold over her injured eye, and ask them to keep their uninjured eye closed.

• Send the victim to the hospital. If you cannot take the victim to the hospital, call the emergency medical services number or 911.

"Parents, coaches and role models should set good examples for children by wearing protective eyewear when using power tools, playing sports or working in an area with flying debris," said Dr. Wilcox. "They also should enforce the use of protective eyewear in children."

For more information on emergency first aid, you can order ACEP's First Aid Manual at www.ACEP.org or contact your local eye care provider.



Cpl. Jason E. Miller

Navy Lt. Elizabeth Mclemore, an optometrist at Branch Medical clinic, inspects the eyes of Petty Officer 3rd Class Regina Beverly from CPRFP.

Breakfast gives a boost that lasts all day long

NAPS
Featurettes

Here's food for thought: Studies show eating breakfast not only gives you energy to get through the day, it helps you maintain the right body weight, improve performance and can even fight off illness.

Pick the right breakfast for you

Breakfast foods that contain protein and a little fat, in addition to complex carbohydrates and sugars, stay with you longer and give you the energy you need. An egg on toast, whole-grain cereal with

low-fat milk, even a fruity breakfast shake made with low-fat milk are good choices.

No time for breakfast? Many on-the-go people turn to microwaveable breakfasts. Many brands offer tasty and nutritional options for a quick filler.

Breakfast may shed the pounds

Eating a healthy breakfast could be key to shedding the pounds, a new study shows. The U.S. National Weight Control Registry — an ongoing study of 3,000 individual — showed that of those who have successfully

maintained weight loss, nearly 80 percent eat breakfast every day as part of their routine to stay slim.

Kids need breakfast boost

Children especially need a nutritional boost every morning to get the learning process going. A study conducted by the Minnesota Department of Children, Families and Learning found that children who ate breakfast scored higher on tests than students who rarely ate in the morning. This study, and others, suggests that eating breakfast improves memory, attention span and physical performance.

Eating breakfast can keep the doctor away

Breakfast also strengthens your immune system. People who eat breakfast may be better equipped to fight off colds and flu, according to research at the School of Psychology at Cardiff University in England.

Breakfast go beyond

After eating a healthy breakfast, it's wise to eat a well-balanced lunch and dinner, plus two or three snacks. Most people need to eat every three to four hours to avoid overeating due to hunger.

Keeping these tips in mind can help keep you well-fueled for the day and ready to tackle whatever comes your way.



NAPS

A recent survey of American families' eating habits contained some surprising results.

Junk food throws diets off

NAPS
Featurettes

If we are what we eat, it's looking scary for America's youth.

Almost two-thirds of the respondents to a national survey described their children as "junk food junkies" and only a sliver — seven percent — insisted their children ate nutritionally balanced diets.

American families, in general, do not eat healthy diets and have not eaten healthy diets and much of the blame, voilà, is the influence of television, according to the survey sponsored by Metabolife International Inc., the San Diego-based number one seller of dietary supplements.

Almost half of the respondents in the survey said their family's eating habits were horrible and 65 percent described their own children as "junk-food junkies" in the latest of a series of surveys exploring diet and lifestyle in 21st century America. Three hundred Americans—equally divided among men and women—responded to Metabolife's third survey, entitled "The Family Tree."

Increased nutritional awareness seems to take a backseat to the influence of television when it comes to diet, with

84 percent of respondents claiming it has a negative influence on the eating habits of today's children. Not one respondent said television has a positive influence and only 4 percent said it has no influence at all.

Consequently, we have what might be called the "junk-food generation." Only 21 percent of the respondents said their offspring can be "cajoled" into eating some fruits and vegetables.

Are any of today's children eating extremely healthy diets? Sure, 8 percent, according to those who should know—the survey's respondents. And America's elders must also share some of the blame.

An overwhelming percentage of the respondents — 87 percent — described one or both of their parents as overweight. Indeed, 51 percent said both parents are overweight.

Asked about their family's eating habits, only 8 percent maintained that they are very healthy. "Not very good," which is not very good, drew a response from 34 percent and "horrible," which is just that, drew a response from 45 percent.

Twenty percent of the respondents said Dad was overweight, 16 percent said that Mom was overweight and 51 percent said both were overweight.



Sgt. Alexis R. Mulero

Breakfast is served daily at both the Anderson Dining Hall Facility and Satellite Facility.