

## IsleFILE

### Buck Paces OCC to Win

GARDEN CITY, N.Y.—The Outrigger Canoe Club, behind the play of Olympic gold medalist Craig Buck of Tarzana, Calif., downed Sanie Nominie of New York, 15-7, 15-7, yesterday during second-round action of the U.S. Volleyball Association Championships.

OCC now advances to pool-play competition which ends Saturday.

### Atisanoe Even at 2-2

TOKYO (AP)—Konusubi (junior champion second class) Konishiki (Salevaa Atisanoe) quickly toppled ozeki Kotokaze for his second victory against two defeats in the May Grand Sumo Tournament.

Yokozuna Chiyonofuji beat No. 3 Maegashira Ozutsu and Sekiwake Onokuni easily drove out No. 4 Maegashira Takamisugi to lead the tournament with 4-0 records.

### Ace for Im

Sae Gin Im aced the 147-yard, par-3 ninth hole Monday at the Sheraton-Makaha West Resort using a 7-iron.

### Amstel Women's Tennis

Entries for the the Amstel Light Women's Tennis Tournament, June 1-2 at Pearl Harbor, will close on Friday, May 24.

USTA membership is required to compete in the tourney, with entry fee of \$6 for singles, \$8 for doubles. The draw will be made Wednesday, May 23, at the SubBase Racquet Club, host site. Call 471-0541 for more information.

### Suzuki to Defend Title

Lance Suzuki, probably the hottest golfer in Hawaii now, will defend his title in the Daiwa Tournament of Champions at the Ala Wai course on Saturday.

Suzuki, who turned pro in 1973, captured the Navy-Marine Invitation at earlier this month for the second year in a row and the third time since 1975. Last month, Suzuki won his third consecutive Kahuakoi Open title.

In 12 years as a pro, Suzuki has won 26 tournaments in Hawaii.

Among those joining Suzuki in the 36-hole competition will be pros David Ishii, John Kalinka, Mark Roll- ing, Clyde Rego and Ron Castillo and top amateurs Neil Stims, Wendell Tom, Les Ueyehara and Ralden Chang.

### Tedeschi 10-K Run

ULUPALAKUA, Maui—Applications for the June 2 Tedeschi Vineyard 10-Kilometer Run are due May 29 and will be limited to the first 500 runners.

The seventh annual 6.2-mile race starts at 7 a.m. at Keokea Park and follows Route 37 through Ulupalakua, ending at the Tedeschi Wine Tasting Room. Check-in and number pickup will be from 6 to 6:45 a.m. on race day with shuttle bus service from the winery to the start line available.

Fee is \$16 for adults, \$14 for runners under 18. Forms are available at stores in Lahaina, Kahului, Wailuku and Kihei, the Tedeschi Winery or by writing to the winery, P.O. Box 953, Ulupalakua, 96790. Call 878-6058 for more information.

### Senior Sectional Qualifying

Senior amateur and professional golfers, age 50 or older, interested in competing in the Hawaii sectional qualifying round for the U.S. Senior Open, must submit their applications by next week.

Entries for the sectional at Waialea Country Club June 17 must be at the USGA Golf House in New Jersey by 5 p.m. next Wednesday. Golfers must have reached their 50th birthday by June 17 and have a handicap not higher than an eight to qualify.

For more information, call Richard Ho at 521-6822.

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### Leads Jennie K.

Mildred Stanley shot a four-over-par 76 and led the championship flight of the Jennie K. golf tournament after yesterday's first round at Mid-Pacific Country Club.

Stanley held a two-stroke lead over Debbie Spencer and Sherrie Sue.

Pam Anderson, Wendy Ryzow and Lynne Winn went into this morning's second round eight strokes back at 84.

Other flight leaders were Carol Commaford (82 in A Flight), Pat Tamashiro (88 in B Flight), Tami Kohara (88 in C Flight), Rhoda Yiu (91 in D Flight), Ruth Freund (89 in E Flight). Freund had the low overall net with a 65.

### OCC Advances

GARDEN CITY, N.Y.—The Outrigger Canoe Club masters' volleyball team swept into today's semifinals of the U.S. Volleyball Association Nationals with two wins last night.

OCC topped Leaded Premium, 15-2, 15-6, and FSSS, 15-9, 14-11, to advance. The other two OCC teams—Open and Golden Masters—had advanced to yesterday's Round of 8 but no results were available from their late games last night.

### Pokai Bay Winners

Jim Worsham, captain of the Gunner IV, won top honors in the 7th annual Pokai Bay Bonanza Jackpot

fishing tournament the finished yesterday at Waianae Boat Harbor.

The first place team collected a total 360% points and will share a jackpot of \$5,158. Team members are Richard Humble, Thomas McShane and Cherie Worsham.

The four teams that finished in the money in the three-day event were: Phoenix (Captain David Fitzgerald), Nilla M. (Captain Arthur Anderson), Kalena M. (Captain Ralph Meyer) and Tiffany Lynn (Captain Thomas Phelps). Thirty teams competed.

### 5th in Row for Atisanoe

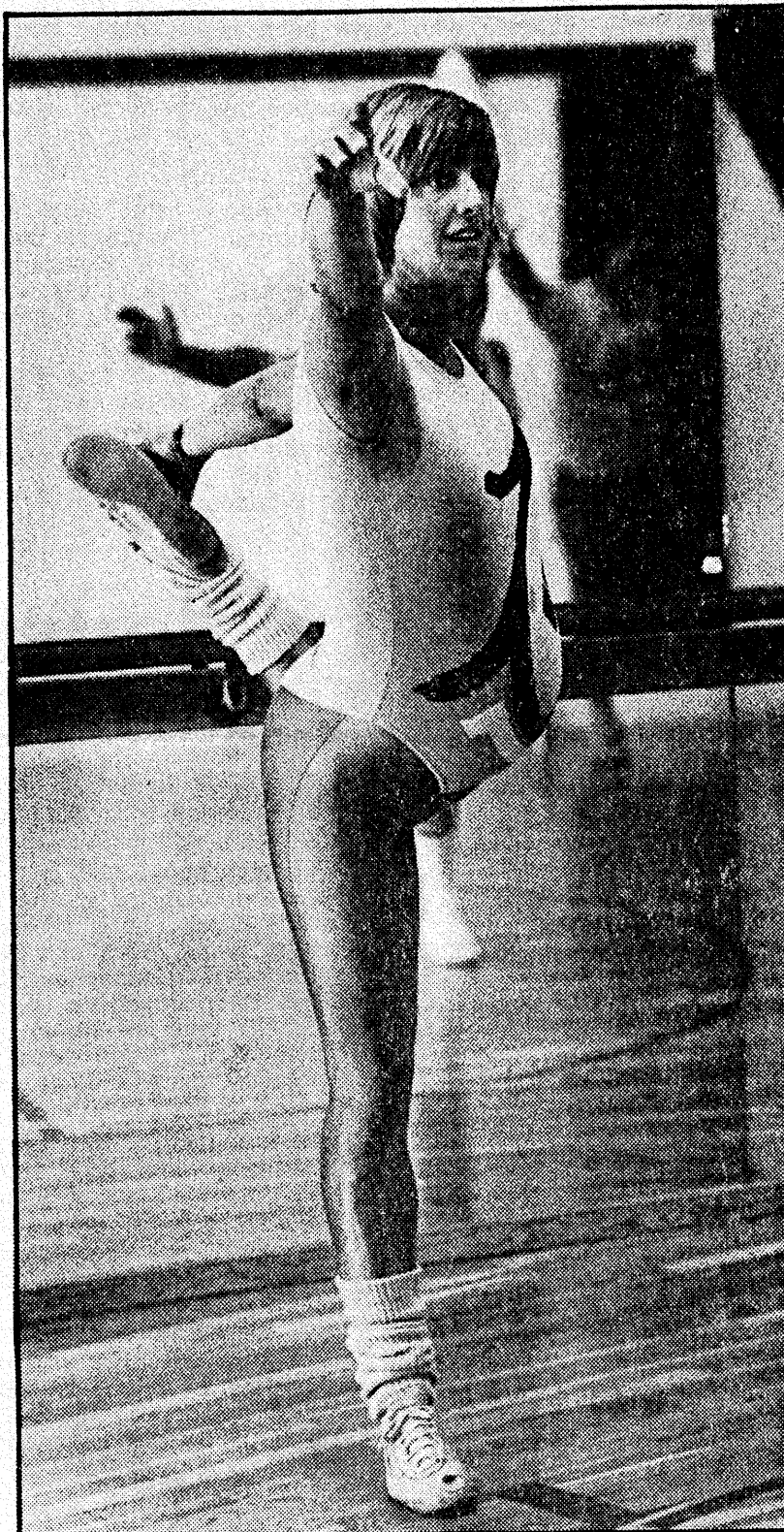
TOKYO—Hawaii wrestler Salevaa Fuauli Atisanoe (junior champion Konishiki) overpowered Maegashira No.6 Koboyama to win his fifth straight victory today at the Summer Grand Sumo Tournament.

Atisanoe used his 495 pounds to drive Koboyama out of the ring. The victory was Atisanoe's fifth consecutive win and put his record to 5-2. Koboyama is also 5-2.

### Motorcycle Racing

The Robbie McDonald Motorcycle Races, named for the North Shore rider who disappeared several years ago, is scheduled for 9 a.m. tomorrow at Waialea State Park.

Admission is \$3 for adults, \$1 for children under 12 with children under six free.



Advertiser photo by Carl Viti

Katy Bourne: "My class says, 'Katy, please don't make us practice emergency childbirth on the floor.'"

## Exercise a labor of love for Katy

By Beverly Creamer

Advertiser Staff Writer

There are a lot of people who think Katy Bourne is incredible, phenomenal, exceptional, and quite possibly nuts.

It's all because the 29-year-old athletic director of the Oahu Athletic Club is 8 1/2 months pregnant and still exercising everyone else under the table.

"People have been having babies forever, so what's the big deal?" says Bourne, who continues to lead the club's most grueling and advanced thrice-weekly aerobics class.

It includes a 15-minute warm-up, 40 minutes of jumping, a run around Ala Moana Park, a workout on the park's par course, a mile swim, and a run back to the club. Heck, she doesn't even look winded.

Not only that, but for sheer pleasure Bourne runs another 20 miles a week, swims another four, and bikes about 40. Her sleek Shogun racing bike is parked next to her desk in her upstairs office, and she hops on for a "cruise" whenever possible, her husband, Peter, pleading for discretion.

She laughs and brushes wayward blonde bangs off her face. "My class says, 'Katy, please don't make us practice emergency childbirth on the floor.'" One of the club members says he's convinced the kid's going to be born in the "German pretzel position."

When Bourne was two months pregnant she paddled the Molokai Channel canoe race with the Outrigger Club. Since then she's run four or five 10-kilometer road races and gone skiing on Mauna Kea.

## Exercise guidelines

The American College of Obstetricians and Gynecologists offers these general guidelines for pregnancy and postpartum exercise. But ACOG also notes that no single exercise program will meet the needs of all women, and suggests that women and their physicians together formulate an appropriate, individualized program.

- Regular exercise (at least three times a week) is preferable to intermittent activity. Competitive activities should be discouraged.
- Vigorous activity shouldn't be performed in hot, humid weather or during an illness accompanied by fever.

- Jerky, bouncy motions should be avoided. Exercise should be done on a wooden floor or tightly carpeted surface to reduce shock and provide sure footing.
- Deep flexion or joint extension should be avoided because of the looseness of connective tissue due to pregnancy hormones. Activities that require rapid changes of direction should be avoided because of joint instability.

- Vigorous exercise should be preceded by a five-minute period of muscle warm-up, and followed by a period of gradually declining activity. Gentle stationary stretching is suggested.
- Heart rate should be measured during peak activity and target rates should be set in consultation with your physician.
- Some form of activity involving the legs should continue for a brief period (slow walking) to avoid blood pooling in the feet.

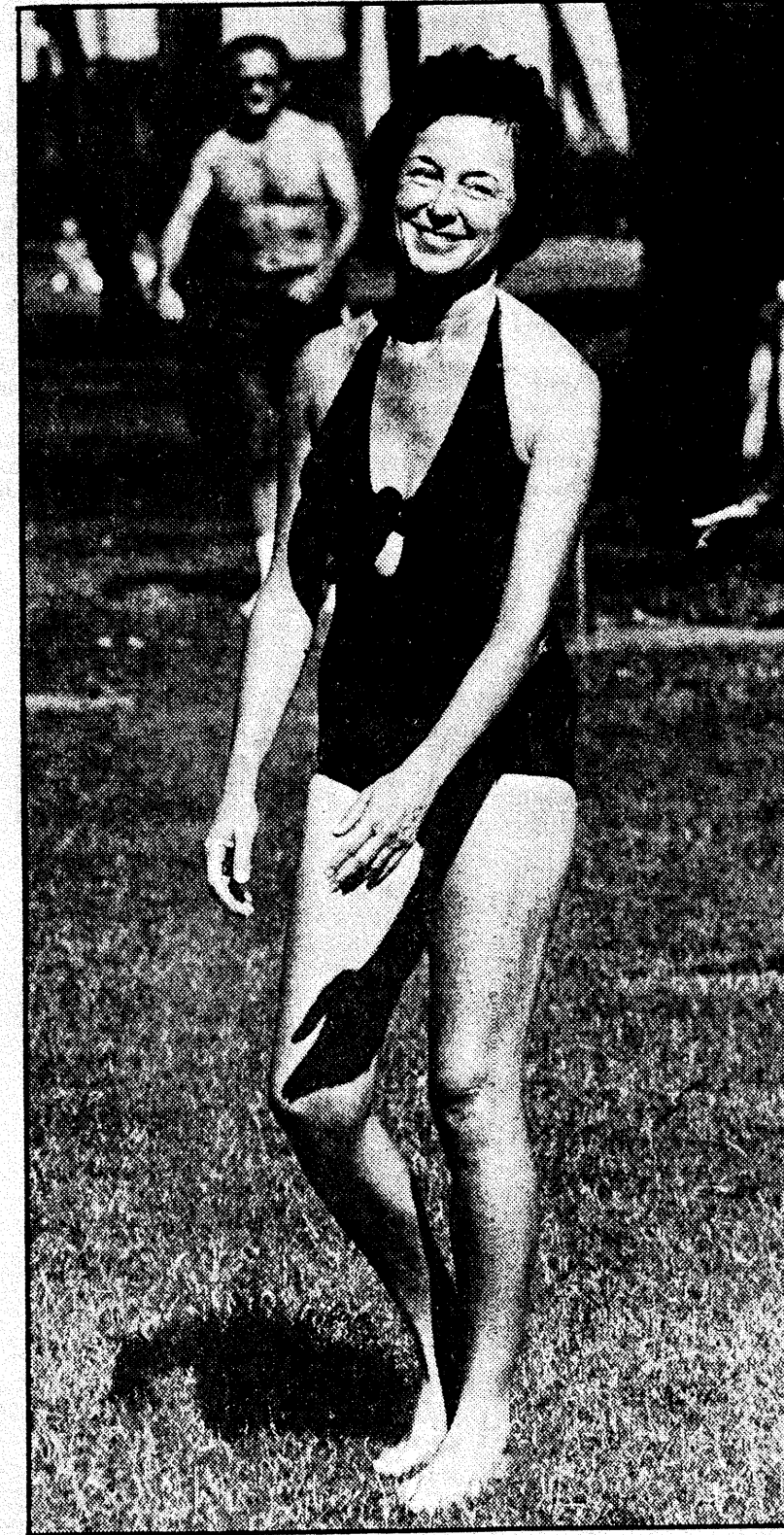
- Liquids should be taken liberally before, during and after exercise to avoid dehydration.
- Women who have led sedentary lifestyles should begin with physical activity of very low intensity and advance activity levels very gradually.
- Activity should be stopped and the physician consulted if any unusual symptoms appear. These could include: pain, bleeding, dizziness, shortness of breath, palpitations, faintness, back pain, pelvic pain or difficulty walking.

Rarely a week passes when someone isn't aiming a look of wonder or concern in Bourne's direction and asking gently: "But what does your doctor say?"

Katy laughs low and throaty. "To be honest," she says, "I didn't ask because I didn't want to hear."

When she did finally tell him, he recommended she back off a little on the pace she was setting, but continue in general.

In fact, her obstetrician, Dr. Rick Renwick, is a strong believer. See Katy on Page B-2



Advertiser photo by David Yamada

Darlene Third: "The bones weren't sticking out. It suddenly shocked me. I thought, 'What have you been doing to yourself?'"

## 70-lb. weakling won life's battle

By Beverly Creamer

Advertiser Staff Writer

Darlene Third won't forget the day she joined Paul Bragg's Fort DeRussy beach exercise class 12 years ago.

"I had shorts to my knees so I could cover the bad spots," she says. "And long-sleeved sweaters."

"But no one made me feel out of place. The people were so warm and lovely. They made me feel so welcome."

And that, says Third, is what saved her life. She's convinced if she hadn't fallen into the exercise class, she would have died.

Third was 31 then and weighed 70 pounds — the result of self-inflicted starvation.

Now she realizes she suffers from the disease *anorexia nervosa*, but back then she thought she just wanted to be thin.

"At 70 pounds I was so happy," she says now, in wonder. "It was like I achieved a goal, and yet I was dying."

In 1973 Third was so weak she came to Hawaii for a health vacation from her Vancouver, B.C., Canada, home. She'd heard about Bragg's class at the health food store where she worked in Vancouver and although she'd always been shy she decided to try it.

Each weekday and Saturday morning for three weeks she joined the dozens of others who'd been exercising at Fort DeRussy beach since 1971. Bragg, who died in 1976 at age 95, was a fitness buff who began the class as a way to help others stay in shape, too.

"I forgot about my thinness," says Third. "I started enjoying my life."

The time came for her to leave, but Third stayed on — to exercise.

After two months she caught sight of herself in a mirror — something she had always tried to avoid. It was a surprise. The daily exercise had built up her body for the first time since she began her starvation dieting at 18, and she liked what she saw.

"The bones weren't sticking out. It suddenly shocked me. I thought, 'What have you been doing to yourself?'"

"I was lucky I fell into this class and got my health back."

The day she got a wolf whistle from some Waikiki construction workers was the best in her life. "That whistle made me feel on top of the world," she says.

"Being slim is OK, but not bones sticking out. That's horrible. That's why this class means everything to me in the world. It's the focus of my life. I'd like to help other people. No one can understand an anorexic like another one."

Now Third is one of the class leaders, putting the regulars through their paces for the first 45 minutes starting at 9 a.m. every day except Sunday.

Even that was a major accomplishment for Third, a confirmed introvert. When Bragg had asked if someone would help lead, she surprised herself by volunteering. "I never spoke before," she says. "Now you can't shut me up."

Because she doesn't have legal residency in the United States, Third spends half her time in Hawaii, half in Vancouver, in three-month stretches. In Vancouver she works as a hotel night desk clerk, living quietly at home with her parents and earning the money to come back to Hawaii. Legally she can't work here.

In Hawaii she lives minimally, eating tofu and salad, concentrating on the daily exercise class, and writing. She already has sold one story about her fight with anorexia to a women's magazine, and is working on a follow-up. She believes regular exercise can help other anorexics, and wants to spread the word.

Only in the last few years has Third really come to understand the extent of her illness, its symptoms, and its characteristics. "I was just amazed I had this horrible thing and didn't know it." She says her parents, both in their 80s, still don't understand she has a sickness.

"This is what I love doing more than anything else in the world," she says, as she finishes an exercise class session and sits down at a park bench to catch her breath.

"From the first day, I had that feeling something big was going to happen here."

"This is my place. . . . It's not just my life-saver. It's given me my second chance."

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### Atisanoe Wins Sixth

TOKYO—Hawaii wrestler Salevaa Fuauli Atisanoe thrust lower-ranked Ho-o out of the ring for his sixth victory against three defeats today at the Summer Grand Sumo Tournament.

Unbeaten yokozuna (grand champion) Chiyonofuji leads the tournament with a 9-0 record, a two-match lead after his closest rival Asashio fell to 7-2.

### Pearl City LL

Jeff Sasaki singled in Darren Baldoy in the bottom of the seventh inning as Pearl City White edged Waipahu, 1-0, yesterday in a District 7 Little League (Big League Division) game at Pacheco Park.

In the second game Jeffrey Chun drove in two runs in the fifth inning to enable the Pearl City Purple to top Pearl City Gold, 5-3. Randy Chinen had three hits and three RBI for the Purple.

### Bunch to USC

Joey Bunch, the former Radford High School track star, has signed a NCAA track letter of intent with the University of Southern California.

Bunch signed with the Trojans after winning the State Junior College 800-meter championship for Taft J.C. in his best time ever of 1:47.47. Bunch also ran a 47.1 leg on the winning 1,600-meter relay (3:07.3) team for Taft, which won its first JC track title.

Bunch's 800-meter time qualifies the ex-Ram for the World University Games this summer in Tokyo.

### Kapalua Jr. Tennis

KAPALUA, Maui—Dwight Holladay topped Augie Birnbaum yesterday to win the men's 35 division of Kapalua Junior Vet-Senior Tennis Tournament.

Other singles winners were: 4-1 Jim Schwitters over Tom Segida, 4-1 4-6, 5-5; Hugh Stewart over Les Iha 6-0, 6-1; 35 women—Susie Swartm over Connie Morken, 6-1, 6-2; and women—Doris Hackman over Violet Subiaga, 6-2, 6-2.

Doubles winners were: 35—Do Young-Steve Levinson over Augie Birnbaum-E.B. Thomas, 6-4, 3-6, 7-6; 45—Les Naito-Clifford Tamura over Tom Segida-Neil Kajioka, by default; 55—Les Ihara-Koshi Matsuo over Eric Teltcher-Murray Matul, 6-3, 6-3; 35 women—Wendy Milovina-Mary Jane Young over Judy Peterson-Susie Swartman; 6-2, 6-0; and 45—Doris Hosiaga-Violet Subiaga over Amy Lee-Maureen Chang, 6-3, 6-4.

### Williams Wins Three

Diane Williams of the Aulea Swim Club won the 400 freestyle, 100 backstroke and 50-yard free style to high-top yesterday's Senior Long Course Swimming meet at the Duke Kahanamoku pool at the University of Hawaii.

### OCC All-Americans

GARDEN CITY, N.Y.—Chris Crabb of the Outrigger Canoe Club Masters team was named the most valuable player of his division after this weekend's U.S. Volleyball Association Nationals.

Randy Shaw and Jon Stanley also earned all-American honors in the masters division for OCC, which finished second to Chuck-Nick's in week-long play.

The OCC Golden Masters won their division, downing Kansas City. Fred Hiapo and Rich Riffero were named all-Americans.

For the injury-plagued OCC Open, which finished fourth, Olympian Craig Buck earned first team all-American honors, Marc Haine and Ralph Smith honorable mention, and R.D. Gray was named to the all-Rookie team.