



# 3/3 advances in play-offs

**Pfc. Rich Mattingly**  
Sports Editor

The 3rd Battalion, 3rd Marine Regiment, baseball team crushed Patrol Squadron Nine, the Golden Eagles, play-off hopes with consistent hitting and solid fielding in a one-sided game at MCB Hawaii, Kaneohe Bay's Reiseley Field, Monday night.

As a cool breeze blew across base, 3/3 took the field against the hosting Golden Eagles in both team's last chance at advancing in the Intramural Baseball play-offs. After hard losses in the early rounds, both teams were hungry for a win.

With effective foreshadowing, Golden Eagles pitcher Daniel Zimmerman walked the first two batters he faced. Trying to get some pitches moving over the plate, Zimmerman served up a turkey sandwich for 3/3's Ross Graves, who took a big bite, sending the ball deep to right with a booming shot.

Adding insult to injury with some serious base-running speed, Graves wheeled around the bases for an in-the-park home run. Taking the lead, 3-0,

3/3 never looked back.

Kyle "Truck" Truckenmiller, pitcher for 3/3, sent the horsehide flying again in the first inning for a double. Scoring on an overthrow, Truck brought the score to 4-0.

It still looked like the Golden Eagles of VP-9 might come roaring back as they notched two quick runs to start their order.

After another run brought the score to a nearly even 4-3, Eagle Eric Wells was thrown out trying to steal home.

In for a field appearance with his team, 3/3 coach Dennis Minton got on base, but he didn't have to stay there long after catcher James "OB" O'Brien got his first RBI of the evening.

OB didn't have much time to chat with the fielders either, as a swinging Ross Graves brought him home.

After plinking several more singles off the arm of Zimmerman, who by then was having an extremely uncharacteristic outing, the inning ended with Nick Kitchen getting pickled between third base and home. Nevertheless, 3/3 had regained its dominant position, 8-3.



Pfc. Rich Mattingly

**Golden Eagles pitcher Daniel Zimmerman of Patrol Squadron 9 sneaks a pitch by a swinging batter from 3/3. Third Marines got the better of VP-9 by hitting well all night, and playing solid defense.**

In the third inning, the Golden Eagles worked to play even more catch-up ball, pulling within two off of the bats of Wells and Suber. A great, backhanded, center field snag by Ryan Lohman ended

the inning.

There was no rest for the weary fielding of VP-9 all night. Too many of 3/3's runs came from unforced fielding errors and poor communication out on the diamond.

The only silver lining for their troubles was in Zimmerman who appeared to regain something of his normal, on-target form in the fourth.

See **BASEBALL, C-8**

## Wrestling matches rumble at Kahuna's

**Pfc. Rich Mattingly**  
Sports Editor

"Ladies and gentlemen, welcome to 'Saturday Night Slam,'" bellowed Michael "The Big Man" Johnson, ring announcer for Hawaii Championship Wrestling. "I hope you're ready for some action!"

Those gathered around the roped-off, squared circle of the wrestling ring were restless with anticipation, awaiting the night's match-ups between the most exciting sports entertainment superstars in the Pacific.

Hawaii Championship Wrestling landed at Kahuna's Community Ballroom, Saturday night, like a pile driver from the top turnbuckle, and thrilled the crowd with hilarious story lines and hard-hitting action from Hawaii and Japanese professional wrestlers.

"We've been really lucky to get the talent that we have here," said the pro-wrestler-sized Johnson. "Some of the hottest talent from Japan has been coming over not only to do exhibitions with us, but to join the league too."

But those used to American-style professional wrestling — with big egos built into hilarious storylines surrounded by even bigger body slams — were reassured by acting and wrestling that easily measured up to any World Wrestling Entertainment event on the mainland.

Adding to the appeal of Hawaii Championship Wrestling was some local flavor in the character of Mike "the match-winning machine" Green, a

See **WRESTLING, C-8**



Pfc. Rich Mattingly

**With one half of the East Coast Connection holding him aloft, pro wrestler Kaimana prepares to be slammed to the canvas during a Hawaii Championship Wrestling match at Kahuna's ballroom, Saturday aboard MCB Hawaii, Kaneohe Bay.**

## MAG-24 hosts May triathlon

**Edward Hanlon V**  
MCCS Public Relations

Hard core athletes take notice: the 8th MAG-24 Annual Sprint Triathlon is right around the corner. The event will be held aboard MCB Hawaii at 7:30 a.m., May 22nd, and check-in will be at 5:30 a.m.

The Triathlon consists of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run. Participants may enter individually, or in three-man relay teams. For the relay teams, one person swims, one-person bikes and one person runs.

This event is open to everyone. The costs for the event are \$22 for military, \$27 for Civilians, and \$66 for Triathlon teams. The price includes a race shirt for all participants.

All participants will be entered into the Island Triathlon & Bike drawing to win a free FELT F80 Racing Bike, valued at over \$800.

This event is made possible by Island Triathlon and Bike, Gatorade and Marine Corps Community Services.

Registration forms can be printed at [www.mccs.hawaii.com](http://www.mccs.hawaii.com) or can be picked up at the MCCS Semper Fit Center.

Call the Varsity Sports Coordinator at 254-7590 for more information.

# BASE SPORTS

**Edward Hanlon V.**  
MCCS Public Relations

## April

### 23 / Today

**Live USA Boxing** — Hit Kahuna's Sports Bar & Grill for the best of the Professional-Amateur Boxing League when 15-20 fights debut tonight and four MCB Hawaii

Marines compete in various bouts.

Doors will open at 7:30 p.m.

and matches will begin at 8 p.m. Tickets are \$12 in advance and \$15 at the door.

Call Jack Johnson at 292-2109 for more information.

**Youth Sports Registration** — From now through April 30 you can sign up your kids (with birth years of '88 - '98) for Youth Soccer. Costs are only \$40 for members and \$50 for nonmembers. Register at Youth Activities, Bldg. 5082.

Also, volunteer coaches are still needed, and registration is underway for Youth Flag Football and Youth Cheerleading too.

Mega Mahalo to the Windward Community Federal Credit Union for sponsoring Youth Soccer. For more details, call 254-7610.

### 24 / Saturday

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program helps to relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

### 25 / Sunday

**Gone Fishin'** — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the

base marina, the charter contractor now has two boats to accommodate all of your fishing needs, so you can spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

For more information, call 254-7667.

**Pool Plunge** — Wet your feet and beat the heat at any one of four MCCS pools: the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; the Camp Smith pool, Bldg. 125; and the Manana Housing pool, Bldg. 840.

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn many water sports and complete physical training at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff NCOs should call the base marina at 254-7667 for more details.

### 26 / Monday

**Camp Smith Volleyball** — If you haven't registered for the Camp Smith Volleyball League, call 477-0498. The league is open to all Camp Smith personnel, and games will be played at 11 a.m. and noon.

**Intramural Bowling** — Put a shop team together and knock the competition over during Intramural Bowling. A Commanders' Cup organizational meeting will be open to all authorized patrons including family members.

Intramural Bowling tournaments will be held every Monday. Teams of four must

have at least one person of the opposite sex; cost is only \$10 per player.

For more information, get the spin at K-Bay Lanes, 254-7693.

**Inexpensive, Fun Entertainment** — Look no further for economical entertainment, as Mondays through Thursdays all E-5 and below receive free rental shoes and discounted games at only \$1.50 a game at K-Bay Lanes. This discount is good for open play and does not qualify for tournaments, leagues or unit functions.

### 27 / Tuesday

**Mixed Bowling League** — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League. The league is open to all authorized patrons and their guests and begins at 6 p.m.

Don't split; call 254-7664 for more information.

## Base All Stars

**NAME: K-Bay Youth Cheerleading Squad**

**SPORT: Youth Cheerleading**

- The K-Bay cheerleading team won first place in the Elementary Division Cheer at the 2004 Spirit Spectacular held on Saturday.

- The squad won the Coaches Choice Award, which is given to the squad that displays the most unity and spirit throughout the entire competition.

- Team captain Bliven Szakacsy (center) won first place in the Solo Routine Competition for the Spirit Spectacular.



Petty Officer 1st Class Chad Guerrero

*"The team does so well because they work extremely hard at practices."*

—Kelly Montoya, coach

## Intramural Baseball Playoffs at Reiseley Field

Today  
3/3 vs. Headquarters Bn.  
6 p.m.

Monday  
1/12 vs.  
winner of '3/3 vs. HQBN'  
6 p.m.

## Best-of-three Championship Series

Tuesday  
Winner of Monday's game  
vs. MAG-24

Wednesday  
Game two

Friday, April 30  
Game three (if necessary)

## COMMUNITY SPORTS

**Haleiwa Metric Century Rides Sunday**  
The Hawaii Bicycling League is hosting the 2004 Haleiwa Metric Century ride this Sunday.

Riders can choose to ride 25, 50, 75 or 100 kilometers starting at Kaiaka Park and ending at the popular North Shore Marketplace.

Riders will cruise along the North Shore past world-famous surfing beaches such as Waimea Bay, Sunset and Pipeline.

Aid stations along the course will provide refreshing drinks and snacks, and live entertainment and food will greet returning riders at the finish.

Riders can still register online at [www.hbl.org](http://www.hbl.org) or call 735-5756 for more information.

### Gift of Life Race Goes Sunday

You can fulfill your need for PT (physical training) with a 6.2-mile run around Diamond Head, and help a good cause in the process!

An annual event of the National Kidney Foundation of Hawaii, the Gift of Life Race and Fun Walk hopes to educate the public on kidney and urinary tract diseases, as well as raise awareness about organ donation. Runners and donors can still sign up.

The 10k run/race will begin at 7 a.m., Sunday, from Kapiolani Park; a 5k run/race begins about 8:15 a.m.; then the one-mile fun walk around 8:45 a.m.

For more details about any of these events or the Kidney Foundation, visit [www.kidneyhi.org](http://www.kidneyhi.org), or call 593-1515.

### 'Rumble on the Rock' to Show 'Military Appreciation'

Rumble on the Rock is honoring the men and women of the military on May 7, from 7:30 until 10 p.m. at the Neal Blaisdell Arena. Special seating and a discount ticket price will be provided to all military personnel and family members.

Rumble on the Rock is a world class mixed martial arts event that matches the best martial artists in the world against each other in a 30-foot octagon cage. Attendees will see fighters from all over the world such as pro boxers, kickboxing champions, Olympic wrestlers and many more.

Tickets can be purchased either at military Information Ticket and Tour (ITT) Offices or at the Neal Blaisdell Box Office. For more up-to-date information, surf [www.rumbleontherock.com](http://www.rumbleontherock.com), or call military coordinator, Senior Chief Jeff Conrad at 351-0179.

### 5-on-5 Basketball Tourney to Benefit Radford H.S.

The First Class Petty Officer Association of the Naval Pacific Meteorology and Oceanography Center/Joint Typhoon Warning Center is holding its first-ever Ed Earhart Scholarship Fund Basketball Tournament on May 15 - 16.

This two-day event, to be held at the Bloch Arena at Pearl Harbor, is a 5-on-5, double-elimination, round robin tournament.

Entry fee is \$150 per team, with prizes for the top three teams. All proceeds will go to the scholarship fund, which will provide a \$1,000 annual scholarship to a deserving senior at Radford High School, who is also the child of an active duty military family.

For more, call Petty Officer 1st Class Kathleen Denson at 471-0004.

### Keiki Fun Run Planned for May 16

The Children's Discovery Center will celebrate its fifth anniversary with the 2004 Keiki Fun Run on Sunday, May 16, beginning and ending at the Kakaako Waterfront Park where the museum is located. This race is open to keiki ages 12 and under, and accompanying adults.

The race will begin promptly at 8 a.m.,

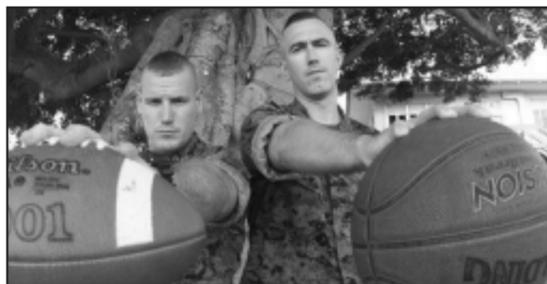
and entry forms will be available at the Children's Discovery Center, Compadres Bar & Grill, Dixie Grill or on the Web at [www.discovercenterhawaii.org](http://www.discovercenterhawaii.org).

Registration cost is \$12 for Children's Discovery Center members, \$15 for non-members and \$5 for accompanying adults. Keiki will receive event T-shirts with their run packets.

Each child who finishes will receive a certificate and other surprises; all participants are also eligible for prize drawings, including special opportunities for keiki who turn in pledges for \$50 or more. The awards ceremony and prize drawings will be held at 9 a.m.

Attendees and participants will also be treated to arts and crafts activities after the run/walk, and they can make windsocks and fruit loop necklaces or decorate headbands and learn to tie-dye. Participating sponsors such as Frito lay and Meadow Gold will provide a variety of foods for this event.

In addition to the Keiki Fun Run, parents and kids can catch the post-event "TryFest" Fitness Fair from 9:30 a.m. to 1:30 p.m. Health-oriented activities will rule, including cheerleading, karate demonstrations, music lessons, sports contests, water safety instruction and yoga. For more info., call 732-7733.



# THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## Who will be the first round winners?

### Capt. K. D. Robbins

*The Professor*

Aloha to the 6 a.m. barbecues and basketball breakfasts.

One-half of "The Bottom Line" reports live from the Golden State. This said, "The Bottom Line" is officially on the mainland, just in time for the NBA playoffs.

The only thing worse than letting The Goat ruin the paradise of Oahu with his insane ramblings is listening to ESPN-LA announcers and Fox Sports' Jim Rome, spouting their Laker propaganda over the airwaves.

The first round of the playoffs presents a boring situation, as all the top seeds will move on. So, here are a few things to watch:

As predicted (see "The Bottom Line," Oct. 17, 2003), the Lakers will not win the gold this year, but they will beat the Rockets.

This series will expose The Mailman's age, Kobe's selfishness, The Glove's resistance to

the Triangle offense and the useless Laker bench.

The only thing that will highlight this series is that Shaq will continue to be the most dominant player to ever play the game of basketball. He is definitely the real deal.

The Spurs simply go about their business. Tony Parker has a lot to prove. Robert Horry will continue to make game-winning post season shots, and the overseas connection of Nesterovic, Turkoglu and Ginobili will prove that winning without foreigners is impossible in the modern NBA. Oh yeah, they also have reigning MVP Tim Duncan.

The Pistons, with Rasheed Wallace, are for real. With a scrappy group of role players and a solid frontline in the Wallaces (Rasheed and Ben), the Pistons may sneak an Eastern Conference upset into the finals.

Finally, the Pacers have all it

See *PROFESSOR*, C-8

### Sgt. Joe Lindsay

*The Goat*

As the saying goes, "Ladies first." So in that spirit, let's start with the Eastern Conference for the Goat's 2003-04 NBA playoff first round predictions.

#### Eastern Conference

1) Indiana Pacers vs. (8) Boston Celtics: How in the world Reggie Miller won the NBA's citizenship award is beyond the realm of this column. Just proves anything is possible — except the Celtics winning a playoff game. Pacers, 4 - 0.

2) New Jersey Nets vs. (7) New York Knicks: With the exception of the Shaq - Yao showdown in the West, this battle of media market teams should draw the highest ratings.

Too bad it won't be much of a series. Nets, 4 - 1.

3) Detroit Pistons vs. (6) Milwaukee Bucks: The Goat can sum this one up in one word —

Rasheed. Milwaukee cannot match up with him, and throw Ben Wallace and Tayshaun Prince into the mix, and it's all but over. Pistons, 4 - 1.

4) Miami Heat vs. (5) New Orleans Hornets: Now this one has all the makings of a classic. Lamar Odom is hitting his stride and rookie Dwayne Wade is playing like a vet. Miami has turned it around. Heat, 4 - 3.

#### Western Conference

1) Minnesota Timberwolves vs. (8) Denver Nuggets: Denver is the feel good story of the year, with a 26-victory improvement over last year. They won't feel so good after getting thumped by KG & Co., though. Timberwolves, 4 - 2.

2) Los Angeles Lakers vs. (7) Houston Rockets: If the Lakers were healthy, this would be a sweep. Unfortunately, they are never healthy. Still, they are the

See *GOAT*, C-8

## READERS STRIKE BACK

**'You guys are going from hard core to sell out'**

To "The Bottom Line":

Let me see if I can figure this out.

"The Bottom Line" devotes their last three issues to skiing, soccer and women's golf (see "The Bottom Line," April 2, 9 and 16, 2003). What's next, tiddly winks?

You guys are going from hard core to sell out. In the music world, it would be like you guys used to be Eminem but now you are more like Vanilla Ice. It would be like you used to live in Chicago and then you moved to Peoria.

I used to enjoy your guys' stories.

[ I ] can't believe it took you selling out to get me to write a letter. Trust me, it'll be my last one unless I see something on my White Sox or at least on the NBA playoffs for God's sake.

C'mon fellas. Get it together.

—Roger T. Banks  
Chicago, Ill.

(Editor's Note: Except for punctuation corrections, comments are printed as they are received, or "sic.")



# spotlight on health

Tripler Army Medical Center

## Retirees, others called to arms to give blood

**Staff Sgt. Michael Westerfield**

Tripler Army Medical Center  
Public Affairs Office

HONOLULU — They've already served their hitch in previous wars but retired service members have an opportunity to contribute to the war on terrorism by donating blood.

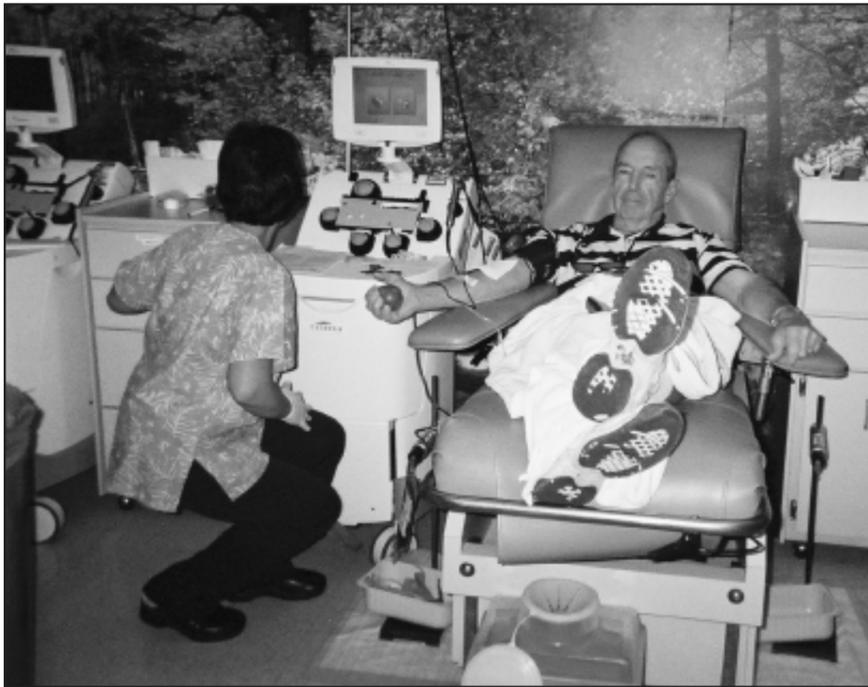
Tripler Army Medical Center's Blood Donor Program needs to collect 100 to 150 units, or pints, of blood each week to support ongoing military operations in the Pacific Theater. The most consistent source of blood donations has been the active duty service members stationed in Hawaii. However, that source is drying up as deployments send soldiers, Sailors, airmen and Marines to fight the war on terrorism.

"Even when they return, they have to wait one to three years before they can donate again," said Capt. Michael Bukovitz, TAMC Blood Donor Center, officer in charge. "Depending on where they deploy, most will be exposed to various things that will make their blood unacceptable for a period of time."

To make up for the reduced number of active duty donors, the Tripler Blood Donor Program is trying to include more family members, government employees and retirees in its donor base.

"Some family members, retirees and government employees give regularly, but we want to reach out to those who haven't yet," said Lt. Col. Karen Burmeister, M.D., TAMC transfusion services medical director. "We need to make sure there will be no interruption in the blood supply."

The TAMC Blood Donor Center coordinates blood collection and distribution operations for all services. The blood collected serves active and retired military members and their families.



Staff Sgt. Michael Westerfield

**Retired Rear Adm. C. Bruce Smith donates blood recently at Tripler Army Medical Center's Blood Donor Center on the 2nd floor, oceanside while a technician checks instruments.**

The Blood Bank of Hawaii is a completely separate system supporting the civilian population of Hawaii. However, in times of need, the military blood system can purchase blood from other mainland sources based on availability. Sometimes, though, it takes up to a week to receive blood from those sources.

All blood collection for the military takes place on military installations. Tripler Army Medical Center blood collection activities take place daily at the TAMC blood donor center. There are regularly scheduled blood drives held at military installations across the island.

"Sometimes we have four or five blood drives in a week. Those are long

days," said Spc. James Cain, TAMC Blood Donor Center lab technician. "After the blood is collected, part of the team processes the blood while others process the paperwork."

A successful blood drive might collect 20 to 30 units and last all day. As potential donors are screened, many have to be turned away.

"Many are surprised when we turn them away," said Bukovitz. "When they go on TDY [temporary duty] or deployment to certain areas, or even when they get a tattoo, there is a waiting period before they can donate again."

"The donors represent our very best," said Cain. "They serve our country or

support those who do. On top of that [they] volunteer to give blood.

"Is it comfortable? No. Is it something everyone looks forward to? No. Does it make some people nervous? Yes, but these people line up to give," Cain explained. "Even retired guys give. They might not serve actively, but they still want to contribute."

"Some of our regular donors are veterans," said Raquel Duran, TAMC Blood Donor Center, platelet pheresis nurse. "Although they gave greatly in service to America they frequently volunteer to give more. Lots of veterans give because of their loyalty, patriotism and sense of duty."

"After 9-11, I decided to become a regular donor," said retired Rear Adm. C. Bruce Smith. "I was giving to the Blood Bank of Hawaii until I found out the military had a separate blood program

"It's the right thing to do to support our service members in their war on terrorism. I give once every two months. I don't think I've missed once," continued Smith.

The blood donated to TAMC supports not only the service members, but also their families and the retirees and their families.

"We work closely with donors, not patients. It's like working with the manufacturer rather than the customer," said Cain. "The blood we collect goes here and throughout the Pacific. We never know who the blood is going to. The person you help might be the kid next door or your battle buddy."

A fresh blood supply needs to be available at all times for routine and emergency operations as well as mass casualty situations and combat.

For more information, contact the Tripler Army Medical Center's Blood Donor Center at 433-6148.

## Tripler physician earns respected academic award

**Staff Sgt. Michael Westerfield**

Tripler Army Medical Center  
Public Affairs Office

HONOLULU — Who says military medicine isn't top notch? Proving naysayers wrong, an ear, nose and throat surgeon at Tripler Army Medical Center has earned the highest academic honor available in his field. Major Joe Sniezek, M.D., an otolaryngologist at Tripler, was selected from hundreds of applicants for induction into the Triological Society.

Sniezek submitted a molecular biology research thesis on a protein found in certain head and neck cancers as part of his application to the society. His thesis further earned the honorable mention award for basic science.

"Completion of a triological thesis is one of the very highest achievements for an academic otolaryngologist," said Navy Capt. Michael R. Holtel, M.D., Otolaryngology's head and neck surgery chairman at TAMC. "Receiving an honorable mention award in basic science truly sets Major Sniezek apart from his peers."

"It says a lot about military medicine, that academic medicine is being

practiced here," said Sniezek. "What we provide here is truly world-class care for our retirees, family members, Pacific islanders and our troops. Tripler has a great concentration of specialists in on hospital."

Sniezek is the only military doctor among the 12 slated for induction this year.

He will be inducted into the Triological Society April 30. He is the only otolaryngologist currently on active duty to receive this award and only the second ever from Hawaii.

"It is an honor, especially so early in my career," Sniezek said. "It puts military medicine at a par with the foremost academic surgeons in my field."

"It allows me to network with the giants in my field and that translates to better care for patients."



Staff Sgt. Michael Westerfield

**Major Joe Sniezek, M.D., an otolaryngologist at Tripler, examines the ear of Lance Cpl. Charles Coleman of Headquarters Battery, 1st Bn., 12th Marine Regiment.**



# Anxiety disorders can be treated

Millions of Americans are affected by anxiety, but there are many forms of help out there

## NAPS

Featurettes

If your heart is pounding, your stomach is in knots, and you can't stop sweating, you may be experiencing specific symptoms of an anxiety disorder. Talk to your health professional about what you may be experiencing. Anxiety disorders are real, serious and treatable conditions that affect women twice as often as men.

Anxiety disorders are the most common psychiatric illnesses affecting both children and adults.

Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

An estimated 19 million adult Americans suffer from anxiety disorders.

Anxiety disorders are highly treatable, yet only about one-third of those suffering from an anxiety disorder receive treatment.

Anxiety disorders are categorized as follows.

### Generalized Anxiety Disorder

GAD is characterized by excessive, unrealistic worry that lasts six months or more; in adults, the anxiety may focus on issues such as health, money or career.

In addition to chronic worry, GAD symptoms include trembling, muscular aches, insomnia, abdominal upsets, dizziness and irritability.

### Obsessive - Compulsive Disorder

In OCD, individuals are plagued by persistent, recurring thoughts (obses-

sions) that reflect exaggerated anxiety or fears; typical obsessions include worry about being contaminated or fears of behaving improperly or acting violently.

The obsessions may lead an individual to perform a ritual or routine compulsions such as washing hands, repeating phrases or hoarding, to relieve the anxiety caused by the obsession.

### Panic Disorder

People with panic disorder suffer severe attacks of panic, which may make them feel like they are having a heart attack or are going crazy, for no apparent reason.

Symptoms include heart palpitations, chest pain or discomfort, sweating, trembling, tingling sensations, feeling of choking, fear of dying, fear of losing control and feelings of unreality.

Panic disorder often occurs with agoraphobia, in which people are afraid of having a panic attack in a place from which escape would be difficult, so they avoid these places.

### Post - Traumatic Stress Disorder

PTSD can follow an exposure to a traumatic event such as a sexual or physical assault, witnessing a death, the unexpected death of a loved one or natural disaster.

There are three main symptoms associated with PTSD: "reliving" of the traumatic event such as flashbacks and nightmares, avoidance behaviors such as avoiding places related to the trauma and emotional numbing or detachment from others, and physiological arousal such as difficulty sleeping, irritability or poor concentration.

### Social Anxiety Disorder (Social Phobia)

SAD is characterized by extreme anxiety about being judged by others or by behaving in a way that might cause embarrassment or ridicule.

This intense anxiety may lead to avoidance behavior. Physical symptoms associated with this disorder include heart palpitations, faintness, blushing and profuse sweating.

### Specific Phobias

People with specific phobias suffer from an intense fear reaction to a specific object or situation (such as spiders, dogs, or heights); the level of fear is usually inappropriate to the situation, and is recognized by the sufferer as being irrational.

This inordinate fear can lead to the avoidance of



Lance Cpl. Michelle M. Dickson

**Millions of Americans suffer from stress-related illnesses. Taking some time to evaluate what stresses you out and deciding what you can do to change the stress in your life can be a healthy move according to the Anxiety Disorders Association of America.**

common, everyday situations.

### Treatment of Anxiety Disorders

Anxiety disorders are highly treatable with psychosocial therapies, medication, or both.

Psycho-social treatments used in the treatment of anxiety disorders include cognitive behavioral therapy (CBT), exposure therapy, anxiety management and relaxation therapies, and psychotherapy.

Drugs used to treat anxiety disorders include selective serotonin reuptake inhibitors (SSRIs), tricyclic antidepressants, benzodiazepines, beta blockers, and monoamine oxidase inhibitors (MAOIs).

Combination therapies are also often utilized.

Misdiagnosis and undertreatment of anxiety disorders costs the nation billions of dollars annually.

Anxiety disorders cost the U.S. more than \$42 billion a year, according to "The Economic Burden of Anxiety Disorders," a study commissioned by the Anxiety Disorders Association of America and based on data gathered by the association and published in the Journal of Clinical Psychiatry."

More than \$22.84 billion is associated with the repeated use of health care services, as those with anxiety disorders seek relief for symptoms that mimic physical illnesses.

People with an anxiety disorder are three-to-five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than non-sufferers.

For more information on anxiety disorders and women, visit the Anxiety Disorders Association of America site at [www.adaa.org](http://www.adaa.org) or contact 1-800-922-8947.

## Learn how to manage everyday stress in your life

- Become aware of your stressors and your emotional and physical reactions.
- Recognize what you can and cannot change in your life.
- Learn to moderate your physical reactions to stress.
- Build your physical reserves with exercise.
- Maintain your emotional reserves with friendship and supportive relationships.

Taking a look at the

# Air Up There

Marines and Sailors take Extreme Sports to the next level on Okinawa

Story and Photos by  
**Lance Cpl. Thomas A. Sloan**  
*Combat Correspondent*

**CAMP KINSER, OKINAWA, Japan** — Knee-pad wearing, helmet clad, eccentrically styled extreme athletes landed board-flips, executed wheel-grinds and stuck 180's as they showed off their skills at the Trickflips here during the Marine Corps Community Services' Open Skate Park Competition recently.

The island-wide X-game style contest classed participants into four different age groups who vied for first, second

and third place trophies in BMX bike, skateboard and roller blade events. Each competitor performed a two-minute routine where each was judged on a point system by a panel of four judges.

Sai Tetsuchara, a judge for the MCCA Skate Park Competition and Okinawa's number one ranking professional skateboarder, was impressed by the performances. He judged the 16 bikers, boarders and bladers.

"The contestants were doing a lot of higher level tricks," the 2003 All-Japan Skate Association winner said. "They all had pretty solid routines and didn't

seem to be caught up with winning but just had fun instead. I enjoyed watching each individual's own taste and style."

One young competitor stood out among the rest, said Tetsuchara.

"I was overwhelmed when I saw the little boy skate," he said. "Up until now, I didn't think anyone that young and small could do so well on a board."

Tetsuchara was referring to Trey Owens, a 4-year-old from Kadena, who was the winner of the 9-and-under skateboard division with a total of 26 points.

Spectators on hand for the event were

in for a treat when rollerblader Forrest Wyble, a musician for the III Marine Expeditionary Force Band, performed his routine. He landed two back flips and a front flip, winning the 18-and-over rollerblade division with 44 points.

"I was very happy with my performance today and felt like I represented the rollerblade community well," the 19-year-old Medford, Ore., native said as he loosened his helmet strap. "I'm glad they put the event together because I'd been wanting to do something like this since I got to Okinawa. I had a lot of fun."



Seaman Brian Blodgett, construction worker for Alpha Company, Headquarters and Service Battalion, Marine Corps Base Camp Butler, flies through the air on his bike. The 20-year-old Los Angeles native won the 18-and-over BMX division.



Above — Rollerblader Forrest Wyble, a musician for the III Marine Expeditionary Force Band, back flips during his routine at the MCCA Okinawa Open Skate Park Competition.



Left — Trey Owens, 4, begins his routine during the competition. The Kadena resident won the 9-and-under skateboard division with a total of 26 points and impressed everyone on hand.

**SPORTS AROUND  
THE CORPS**

# Keiki kick it up with Tae Kwon Do

Story and Photos by  
**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

Characterized by its fast, high and spinning kicks, tae kwon do is a sport that keeps participants extremely fit, while providing them with the discipline and self respect they need to become successful.

The earliest records of martial arts practice in Korea dates back until roughly 50 B.C., but modern day tae kwon do has been influenced by many other martial arts. It has risen greatly in popularity over time, and in the year 2000, made its debut as an official Olympic sport.

Right here aboard MCB Hawaii, Kaneohe Bay, children can experience tae kwon do first-hand, as it is taught at the Family Gym every Tuesday and Thursday night from 6 to 7.

Bob Smith, president of the Hawaii state Tae Kwon Do Association, and North American light heavyweight kickboxing champion, leads the class, after having returned to K-Bay in 2001.

Smith has been teaching tae kwon do for 31 years and began it himself when he was a child.

"I wanted to do it to stop my brother from beating me up when I was little," laughed Smith.



**Daniel Perales, 9, and Chris Martin, 7, practice tae kwon do strikes during their weekly practice at the Family Gym.**

"When I was 14, I told a doctor that I was going to be a professional fighter and teacher of martial arts. He laughed, but now I'm doing it."

Smith always felt great respect for what his instructor taught, and looked up to him as a role model.

"There's something about having a champion be your teacher, and being there for you, wanting to help you," said Smith. "It kept me out of trouble because it taught me the discipline, self-respect and integrity that I felt I could use."

Cheryl Meehan, a mother of one of Smith's students, is very pleased with her son's success in the class.

"He's done so well and is already up to his orange belt," said

Meehan. "He practices at home, and I can tell the talks at the end of each class teach him good lessons that can be used in life as well."

The talks Smith gives are to keep the kids feeling confident.

"I try to let them know how they're doing, but make sure to keep them motivated," said Smith. "I give them positive thoughts, and try to steer them away from the negative things in life, like drugs or fighting."

Smith teaches tae kwon do for \$35 a month, and all ages and skill levels are welcome. He also teaches it at the Kaneohe School from Monday through Saturday. Call 247-3114 for more information, or visit [www.smithtaekwon.com](http://www.smithtaekwon.com).



**Bob Smith, tae kwon do instructor, works with a student during class.**



**David Meehan, 9, has been taking tae kwon do lessons seriously for about a year.**



Pfc. Rich Mattingly

One of Hawaii Championship Wrestling's most popular stars, Kaimana, prepares to drop his signature move, "The People's Elbow," on his hapless opponent during pro wrestling action at the "Saturday Night Slam" in Kahuna's Community

#### WRESTLING, From C-1

Marine stationed at MCB Hawaii, Kaneohe Bay.

Green thrilled the crowd with his acrobatic style in a tag-team match that had local Marines cheering on their

champion.

"It's really cool to see Marines up there," commented Gregor McAllister, a former Marine in attendance. "It gets you pumped up and really cheering them on."

the show with his mother.

"We're very pleased to be putting this program on at the Marine Corps base, and to have exciting new talents like Mike Green and a new wrestler named Nightmare to showcase

Hawaii Championship Wrestling hosts its Saturday Night Slam in Kahuna's Community Ballroom every third Thursday of the month.

The next event is scheduled for May 15 at 7 p.m. at Kahuna's Community Ballroom and military members received a discount on admission.

Call 847-2021 ex. 116 for more information or visit [www.808hcw.com](http://www.808hcw.com) to see wrestling bios, and match history.

Ultimate fighter Caruso puts his opponent in a wristlock during his match.



#### PROFESSOR, From C-3

takes to win. They play great defense. They have size and they have a Hall of Famer (Reggie Miller) coming off the bench to throw 15 points on anybody and everybody.

**Bottom Line:** All the top seeds win. The series are less than competitive. However, Stan Van Gundy and the Heat have a very interesting thing going in Miami. Watch the Heat and look for something good, other than OJ and the Marlins, to come out of Florida.

Don't forget to give some love to the ageless Hubie Brown and the Grizzlies; they draw a buzzsaw in the Spurs.

The Nets are the true quagmire. They are the only team in the East that knows "how" to win.

Finally, if you miss the Carmello show in Denver, you are missing out on the birth of something special.

Who's going to win the whole thing? Keep reading the Hawaii Marine; the best is yet to come.

#### GOAT, From C-3

Lakers, and that's enough to get out of the first round. Lakers, 4 - 3.

3) San Antonio Spurs vs. (6) Memphis Grizzlies: Hubie Brown deserves Coach of the Century for turning things around in Memphis. Spurs win, but it'll be a lot tougher than you'd think for a five game series. Spurs, 4 - 1.

4) Sacramento Kings vs. (5) Dallas Mavericks: Definitely should be the most entertaining first round match up, with early 1980s style high-scoring games. Sac scores a few more, though barely. Mark Cuban, "You're fired!" Kings, 4 - 3.

**Bottom Line:** The playoffs are usually a time when anything can happen. This year, though, expect no upsets in the first round.

The team with the home court advantage will prevail in every series. That won't hold true for next round though. Stay tuned.



Pfc. Rich Mattingly

Kyle Truckenmiller, pitcher for 3/3, tags out a sliding VP-9 base runner during championship Intramural Baseball action at Reiseley field Monday night.

## BASEBALL: Championship game scheduled for Tuesday

From C-1

In a wise move, 3/3 replaced a fading Truck with Ross Graves on the mound. Graves finished 3/3's side of the inning with a strikeout.

Third Battalion's lead just kept growing in the fifth as the Golden Eagles' frustrations became more and more visible.

Overthrows and errors finally drove the nails into VP-9's coffin. When the dirt had been packed down and the

roses put on the grave, the score was 18-8.

The umpires called the game to its end after the sixth, and it was hard to tell which team was more relieved.

Tonight, 3/3 will face off again at Reiseley Field to try and move on towards the championship. The Intramural Baseball championship is scheduled for a best of three series Tuesday and Wednesday night at Reiseley Field, with a final game the 30th, if necessary.