

# Hawaii MARINE SPORTS

Hawaii Marine C Section

April 2, 2004

## VP-4 mows down 3/3

**Pfc. Rich Mattingly**  
Sports Editor

The razor-sharp pitching of Blair Gottlieb kept Patrol Squadron 4's Skinny Dragons flying high over the 3rd Battalion, 3rd Marine Regiment, baseball team in intramural action Monday night at Reiseley Field. The mound ace kept 3/3 off balance through an evening of cool and steady drizzle.

But if the sideways rain of a Kaneohe night drenched their uniforms, neither team's spirits were dampened. The match-up pitted two teams struggling for a chance at the upcoming intramural play-offs, and both sides knew what was at stake.

The 3rd Marines team was quick to strike, with first baseman Mike Catron singling to reach first. Next up was the big bat of Kyle Truckenmiller, who hammered the horsehide to score Catron.

But the biggest heroics of the inning came from a hustling Jeremy Housel, catcher for the Dragons, who saved a run from a plate-bound Truckenmiller who lit out for home after an errant throw. Colliding at home, Housel got

the call and ended the first inning with the 3rd Marines up a run.

From the first batter on, things looked bad for the normally rock-solid 3rd Marines pitcher Mike Garrett. After giving away three bases on balls with no outs, Gottlieb, Garrett's pitching opponent, sent up a looping sacrifice fly to bring a runner home and even the score at one-all.

Jared Tolbert knocked a single to a hole in center, and then James Brassfield stole home to bring the score to 3-1 in favor of VP-4.

If the Marines wanted to regain control of the game in the second inning, Gottlieb shut down any of their hopes by striking out the first two batters and snagging a line drive himself to retire the side.

In the bottom of the second, it was more of the same for the Dragons, as they upped their advantage to 6-1.

Third Marines coach Dennis Minton decided to switch up his hurlers and put in Nick Moose, usually Third's center fielder.

Moose retired the side and reached base as the next batter in the rotation after the teams switched sides.

James O'Brien brought him home



Pfc. Rich Mattingly

**Nick Moose, pitcher with 3/3, hurls a pitch towards the strike zone of a VP-4 batter Monday night at Reiseley Field. Moose tried to pitch his team out of their deficit, striking out five Skinny Dragon batters in two innings.**

with an RBI double, but then ended the inning on a close call at the plate after he tried to steal home.

With barely three innings under their belts, and the rain coming harder, the players knuckled down.

"It's still anybody's game out there," Minton urged his players in the dugout.

Moose had a strong showing in the fourth inning, striking out two batters and running down a third at first base.

The umpire called the game in the next inning, with the score 8-2, citing the weather and the score after they had gone long enough to be "on the record."

Not making excuses for his performance, Garrett mentioned that he had missed some of his normal warm-up drills to ready his arm.

Brassfield commented, "We had our ace on the mound tonight, and he made all the difference."



Lance Cpl. Megan L. Stiner

**Marines feel the burn at the Semper Fit Center during a recent "Gut Cut" session. Crunches are a large part of the class, which focuses on strengthening and toning the abdominal muscles through an intense workout.**

## Marines bust their guts

**Lance Cpl. Megan L. Stiner**  
Combat Correspondent

Magazines, billboards and television stations across the country advertise the importance of being healthy and looking trim and fit. Although overnight pills and remedies may sound like an easy answer, service and family members aboard MCB Hawaii, Kaneohe Bay, are getting toned in a more traditional fashion: through pain, sweat and pure physical exertion.

The Semper Fit Center aboard K-Bay offers many fitness classes each week, some more intense than others.

For those individuals looking for a quick way to increase their energy and decrease their waist size, the

center's "Gut Cut" routine may be the answer.

"The focus in Gut Cut is to tone and strengthen the abdominals," said Kelly Montoya, anaerobic instructor at the Semper Fit Center. "A person may not get ripped from this workout, but they will receive a good cardio workout."

The program runs during the lunch hour from 11:45 a.m. to 12:15 p.m. Although the intensity may only last for a half hour, participants feel the results immediately.

"I get feedback from the individuals in the class," Montoya explained. "A lot of them are like wow, I can run ten miles easily or do thirty pull-ups, but this workout kills me."

Gut Cut is designed to help

strengthen the participant's weaker areas, said Montoya. For example, the physical fitness test requires some service members to do a certain number of crunches. The main exercise performed in the Gut Cut class is crunches, and [the] service members' ability to perform sit-ups benefits from the crunch workout.

"At times, depending on the instructor, weights and stability balls may be incorporated into a workout," said Montoya. "Adding those tools keeps the class interesting and increases the areas getting toned and strengthened."

There are three separate instructors throughout the week. They each have

See *CUT*, C-6

## Topside Dragons burn 3/3

**Pfc. Rich Mattingly**  
Sports Editor

A wicked stroke from three-point land was the key to Patrol Squadron 4's Topside Dragons' victory over the ballers of 3rd Battalion, 3rd Marine Regiment 37-29, Tuesday night at the Semper Fit Center.

Kobe Achane, with the Dragons, drained an excessive amount of three-pointers while the steady offensive push of VP-4 kept "Dirty Third" reeling enough to pull away with the win.

Early in the game, it looked like the larger-than-usual crowd at Semper Fit was in for another of Dirty Third's frequent victories. Third leapt out to a 7-0 lead with the combo of center Tony Rogers and Estraisand Dasilva striking hard in the first five minutes of the contest.

But it was Achane who quickly erased the

See *BASKETBALL*, C-6



Pfc. Rich Mattingly

**Estraisand Dasilva of 3/3 lays in a bucket during 3/3's loss to the Topside Dragons of VP-4.**

# BASE SPORTS

**Edward Hanlon V**  
MCCS Public Relations

## April

### 2 / Today

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help 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.

### 3 / Saturday

**Spring Splash** — Join the Marine Corps Community Services' aquatics crew for the 2004 Spring Splash at the Manana Housing pool.

**Final Four Action** — The Officers' Club, the Staff NCO Club, Kahuna's Sports Bar & Grill, and the Recreation Center will open at noon so you can catch NCAA Final Four action on their big, plasma screens.

### 4 / 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 different boats to accommodate all of your fishing needs.

Spend your day with family and friends off the coast of windward Oahu, and enjoy catching some of the ocean's most exotic and tasty fish. Call 254-7667 for more information.

**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.

### 5 / Monday

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and com-

plete 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.

**Intramural Bowling** — Put a shop team together and knock the competition over! The Commanders' Cup organizational meeting

will be open to all authorized patrons including family members.

Intramural bowling tournaments will be held every Monday beginning April 5. 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.

**Intramural Basketball** — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-7591.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to

volunteer baby-sit three times per month.

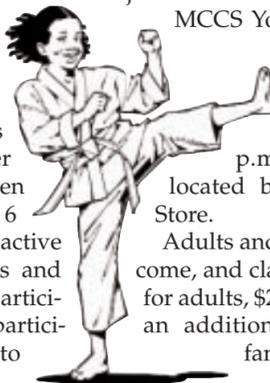
Call 235-6585 for more information.

### 6 / Tuesday

**Coaches Meeting** — An organizational softball coaches meeting will be held on Tuesday at 2 p.m. in the Semper Fit Center gym; a volleyball coaches organizational meeting will be held on April 13 at 2 p.m. in the center's Athletic Office.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join the newest contractor at MCCS Youth Activities for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391, located behind the 7-Day Store.

Adults and children are welcome, and classes cost only \$35 for adults, \$25 for children and an additional \$20 for other family members.



## Base All Stars

**NAME:** Blair Gottlieb

**SPORT:** Baseball

**TEAM:** VP-4 Skinny Dragons

- Gottlieb, 24, is originally from Keego Harbour, Mich., where he started pitching at the age of 15.

- He first took his pitching seriously in high school, and then later pitched for Concordia College.

- Monday night at Reiseley Field, he held his opponents to one run and hurled nine strikeouts. He also provided key hits at bat.



Pic. Rich Mattingly

*"I play for something to do, and because I love playing ball."*

## Intramural Basketball Standings

	Wins	Losses
1/12	8	0
MAG-24 Bulldogs	8	1
3rd Marines	8	3
MALS-24 Warriors	7	4
VP-4 Skinny Dragons	7	4
Mess Hall	6	5
ETD Monsters	6	6
CPRW-2	6	6 *
MALS-24 Supply	5	7 *
MCAF	4	6
HQBN Second2None	4	7
HMH-363 Red Lions	4	8 *
VP-4 Topside Dragons	3	8 *
SNCO Academy	1	12

*Intramural Basketball standings are current as of March 29.*

*\*Records changed because of forfeit*

## Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	10	1	
1/12	4	1	2
3/3	6	7	1
VP-4	5	6	2
HQBN	4	5	1
VP-9	3	6	

*Intramural Baseball standings are current as of March 30.*

## COMMUNITY SPORTS

### HTMC Hosts Two Weekend Hikes

The Hawaii Trail and Mountain Club invites intermediate hikers to trek the five-mile Malaekahana Loop, Saturday at 8 a.m. This trek skirts a shady stream and ridge trails with great views of the Laie coastline. Be ready to crisscross the stream by rock hopping, though. To tackle this hike, contact coordinator Dayle Turner at 384-4821.

Also, intermediate hikers are invited to saunter the switchback trail to Kealia. Following dirt roads across the summit, hikers will come to the Makua rim and its magnificent views. To join HTMC on this one, contact coordinator Kris Corliss or Larry Oswald at 638-7268.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on hikes.

### State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. 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 April 16 from 5:45 to 9:45 p.m. and April 17 from 7:45 a.m. to 4:30 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for the next available course, call the Department of Land & Natural Resources at 587-0200.

### 5-on-5 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.

The scholarship fund bears the name of AG1 Earhart who gave his life at the Pentagon on Sept 11, 2001.

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

### Boating Sets Sail at Mall

Flotilla 1-14 of Kaneohe will be presenting a safe boating display at Windward Mall on Saturday, May 22, from 10 a.m. until 4 p.m., in celebration of National Safe Boating Week. For more details about the Flotilla's next safe boating class in June, call Tom at 234-6916.

### Sea Scouting Opens to New Members

Teens ages 14 - 18 who are interested in learning to sail and operating or steering a boat, powerboat or other outdoor adventures such as scuba diving, can do all this and more as members of Sea Scouting.

Sea Scout Ship 64, sponsored by the USS Missouri Memorial Association at Ford Island, is inviting all interested boys and girls to join the group, which meets aboard the Battleship Missouri (BB-63) at Pearl Harbor and at Keehi Marina. The group owns two 20-foot sailboats.

Sea Scouting is a national program that has been around for more than 90

years. Scouts elect their own leaders, and plan and run their own program under the guidance of experienced adults.

For more information about the Sea Scouts, or an invitation to a meeting, call Win Davis at 261-3967.

### Ironman Qualifier Slated for June 13

The inaugural Honu Triathlon, the official Hawaii Ironman Triathlon World Championship Qualifier, is slated for June 13 on the Kohala Coast of the Big Island.

The qualifying race will begin with a 1.5K (0.9-mile) swim starting at Hapuna Beach State Park, followed by a 40K (24.8-mile) bike course encompassing a portion of the Queen Kaahumanu Highway, then wrap with a 10K (6.2-mile) run entirely within the Mauna Lani Resort. The course must be completed in 17 hours.

Only 35 qualifying slots will be available for Big Island triathletes, 20 qualifying slots for triathletes from neighboring islands. Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman Triathlon World Championship.

To register and get more information, call 326-7820.



# 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@mcbh.usmc.mil](mailto:robbinskd@mcbh.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## Does the NCAA care about Jeremy Bloom?

**Capt. K. D. Robbins**  
*The Professor*

Call it intuition. Call it a sense of, well, common sense. For the NCAA to deny Jeremy Bloom all opportunities to pursue his Olympic gold medal dream is ridiculous.

Forget the fact that Bloom plays for the "problem child" of college football, the University of Colorado Buffaloes. Forget the fact that the kid is one of the premier punt/kick return specialists in college football. That's right, college football.

It is ludicrous that Myles Brand and the NCAA will not allow sponsors to pick up the tab for travel, lift tickets and training on his true calling: freestyle skiing.

That's right, freestyle skiing.

The last time I checked, Olympic freestyle skiing has about as much to do with college football as curling, figure skating or luge. It reminds me of when the Olympic committee nearly denied the Jamaicans the opportunity to compete in bobsled because they did not think dreadlocks looked right on the Calgary ice.

OK. Maybe it's a stretch. But, The Brand Bunch is at it again. They are sticking their "judicial" noses where they don't belong. The issue here is the same thing it always is: money.

Maybe Brand is sour that the NCAA won't get a "take" of Bloom's "take home" from Atomic, Tyrolia, Dynastar or whoever it is

that pays these guys?

Perhaps the ski manufacturers and outdoor clothiers don't offer the same kickbacks as Nike and Adidas give to Brand and his band of former engineering majors?

How soon we forget that Brand made his name on the coattails of Bobby Knight's temper, not his vast knowledge of college athletics.

In a hypocritical twist of fate, the NCAA has no problem with the Los Angeles Dodgers' \$100,000 "scholarship" that pays All-American running back Cedric Benson's college tuition to play football at the University of Texas. I wonder how nice Brand's Dodger Stadium executive box actually is?

**Bottom Line:** Skiing ain't football. For those of you who think it is, join Myles Brand at his lodge in Vail or his Dodger Stadium executive box.

Gold medals don't come along very often, especially for the United States Ski Team. They're normally reserved for the Germans, Swiss or Italians. In the end, Brand and the NCAA are not just robbing Jeremy Bloom of his chances at a gold medal; they are robbing the United States of a potential gold medal.

As the Astrodome fans in "The Bad News Bears" said after Astros umpires stopped a four-inning Little League exhibition game after only two innings, "Let them play."

In Jeremy Bloom's case — "Let them pay!"

**Sgt. Joe Lindsay**  
*The Goat*



It's enough to make a goat regurgitate his cud. There is no way anybody not employed by the NCAA can disagree with The Professor's take this week concerning the Jeremy Bloom situation. You can't argue with someone when they are flat out right. The only thing you can do is articulate it more betterer.

First off, props to Bloom for taking a stand. The world champion moguls skier and star kick returner for the University of Colorado has accepted skiing-related endorsements in violation of NCAA rules. Without the endorsement money, Bloom will not be able to finance his training for the 2006 Winter Olympics (estimated at \$100,000 a year).

The NCAA says his endorsement deals make him ineligible to play football next year.

Bloom, effectively, has told the NCAA to shove it. He signed his deals, plans on going for Olympic Gold, and on scoring touchdowns for his college as well.

The NCAA doesn't like it when their athletes get defiant. It makes them angry. You wouldn't like it when they're angry.

But instead of going David Banner on us, the NCAA has a far more insidious, passive-aggressive approach.

They say they will review the sponsor rule sometime in August of

2005.

Great. Hey, thanks for the help, Myles.

Bloom isn't going to deal with the NCAA's gutless, evasive tactics, and is forcing their hand by suing the NCAA to allow him to take advantage of ski-related endorsement opportunities while still maintaining his football eligibility.

An appellate hearing is scheduled for April 7.

The NCAA cares about Jeremy Bloom about as much as it cared about Aaron Adair. Adair was a young third baseman playing baseball for Oklahoma.

He got what doctor's called incurable brain cancer. He somehow survived. He wrote a book about his ordeal in the hopes of helping others in similar situations. The NCAA banned him for making money off the sales of his book.

**Bottom Line:** If the NCAA is going to ban a cancer-surviving baseball player who wrote a book about his battle, guess what their going to do to America's best hope for Gold in the Winter Olympics? Bloom is done as far as the NCAA is concerned.

Let's just hope the judge in Bloom's case can see past the hypocrisy of the NCAA's use of athletes in their television commercials to promote a billion-dollar business, while at the same time not letting this kid make enough to buy a ski lift ticket.

## READERS STRIKE BACK

**"Pete Rose is a liar and a cheat, and I just can't get past what he did to our national pastime"**

Dear "Bottom Line,"

I would like to say that I have followed "The Bottom Line" religiously since it first hit the scene and have enjoyed every issue.

Your last articles on Pete Rose ("Should Pete Rose 'hustle' into the Hall?" March 26, page C-3) were probably the best to date.

I found myself rereading both the articles again and again.

I constantly swayed back and forth on the issue of Charlie Hustle

being let into the Hall of Fame. Before I read "The Bottom Line" opinions, I was steadfast in my feeling that Rose does not belong in baseball's most hallowed ground. I still feel that way now, but after much soul searching.

I have to admit The Goat's parallel of famous painters having their artwork banned from museums because of their transgressions, and the similarities to Pete Rose, really got me thinking.

It was a brilliant point.

Still, I'm with The Professor on this one. Pete Rose is a liar and a cheat, and I just can't get past what he did to our national pastime.

— Daniel States  
Las Vegas, Nev.

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



## spotlight on health

# Blood donors should watch their iron

**Mindy Hermann, RD**  
NAPS Featurettes

Helping others can be very gratifying, especially when you can potentially save a life. That's possible when you donate blood.

Hospitals across the country are recommending iron-fortified cereal to their blood donors to keep their iron levels up. This is good advice for all of us.

### The Iron Link

Iron is extremely important to everyone. Your bone marrow uses iron to make hemoglobin, a compound that carries oxygen in your red blood cells. Red blood cells bring oxygen to all cells in your body to enable them to "breathe." Without oxygen, your cells cannot function normally. People who don't have enough iron in their body may feel tired, have trouble breathing, and wear out quickly during exercise.

A doctor can diagnose a shortage of iron, called iron deficiency anemia. Your doctor may ask you about your diet and about any abnormal bleeding that would cause you to lose iron.

Certain groups of people need to pay special attention to iron. Blood donors lose iron in their donated blood. Women in their childbearing years require more iron than men do because they lose iron every month during menstruation.

"Iron deficiency anemia is a big problem for kids and teens because they may not eat enough iron-rich foods, leaving them short on iron and possibly hurting their body and brain development," said Elizabeth Ward, R.D., author of "Healthy Food, Healthy Kids."

"Iron-fortified breakfast cereals like Total are a great way to fill in the iron gap."

### When Donating Blood

Before you donate, a blood bank volunteer will take a small sample of blood and evaluate the health of your red blood cells. If you have too few red blood cells or they contain too little iron, you will not be permitted to donate. People who are rejected for this reason should eat plenty of iron-containing foods, and try again in a couple of months.

After donating, your body replaces



Lance Cpl. Megan L. Stiner

**Suzanne Stanton, a family member, and her son Rhys look at iron supplements available at the commissary. Women in their child-bearing years need to pay special attention to their iron requirements.**

the liquid part of your blood (the plasma) within a few hours, so be sure to drink plenty of fluids.

A well-balanced diet that includes lean meat, green vegetables, beans and

some types of meat can also help supplement your diet.

An interesting little-known fact is that vitamin C, found in orange juice, helps boost iron absorption.

## Children avoid obesity by being active



Lance Cpl. Megan L. Stiner

**Halston Sevigny, 12, shows off his board. Youth should stay active with sports they really enjoy.**

**NAPS**  
Featurettes

Childhood obesity for those less than 17 years old is now at record levels, affecting one out of four children in the United States. Moreover, recent studies indicate that not only are American children obese, they are developing adult conditions, such as type 2 diabetes, at an earlier age.

Even though obesity is a complex, multifaceted condition characterized by excess body fat, the solution to curbing this epidemic is simple: Move your body more and eat healthy foods.

For children, physical activity can be as simple as walking the dog, joining a sports team, riding a bike or playing in the park. A healthy body works and feels better, accomplishes more and, most important, is

less likely to develop certain illnesses like diabetes or heart problems.

A good diet includes a variety of foods such as fruits, vegetables, chicken, fish, and whole-grain breads and milk, which fuel the body. A diet should also limit the quantities of fat and sugar since these foods do not contain healthful nutrients.

With all this in mind, the American Association of Clinical Endocrinologists (AACE) has launched a new program, "Power of Prevention through Fitness and Nutrition," which takes the message of the importance of physical activity and good nutrition to America's youth. Volunteer members throughout the country will visit sixth grade classrooms in their communities to discuss healthy living habits.

"Simply changing your

See *KIDS*, C-5

**Blood donors  
needed!**

To donate or schedule  
a blood drive, call  
Tripler Army  
Medical Center  
at 433-6148



# Breakfast keeps your body running all day

## NAPS

### Featuresses

If you ask adult breakfast-skippers why they avoid a morning meal, you may get a few seemingly logical reasons: Milk and/or dairy products don't agree with me. Who needs the calories? I'd rather sleep. I don't have time.

Here are a few suggestions for breaking down those breakfast barriers and making sure you're getting your body the fuel it needs.



Not only does breakfast help boost your metabolism from nighttime "starvation mode," it also helps prevent you from getting too hungry and overeating later in the day. The best breakfasts are low in calories and fat and deliver some fiber.

Try a quick smoothie or whole-wheat toast topped with reduced-fat peanut butter and a glass of milk.

### I'd rather sleep than eat.

You'll feel more energized from eating a healthy breakfast than you will from getting a few more minutes extra sleep. Overnight, you're deprived of fuel, so your body and mind crave nourishment in the morning.

### I don't have time.

Take a few minutes before you go to bed to plan what you'll eat. At least try to grab a bite, even if it's as you dash out the door. Anything is better than nothing at all.

### Dairy products don't agree with me.

The National Institutes of Health estimates that 30 to 50 million Americans (about 25 percent of the adult population) are lactose intolerant to some degree.

While it may seem that simply avoiding milk is the answer to lactose intolerance, that's neither practical nor nutritionally sound. Dairy foods provide a wealth of important nutrients, including calcium and vitamin D.



Instead of milk, try a lactose-free milk alternative, which contains all the vitamin D and calcium of real milk, but none of the lactose. For extra flavor and nutrition, stir the alternative into a powdered breakfast beverage mix.

### I can't "afford" the calories.

What you really can't afford is to be hungry first thing in the morning. Research shows that dieters who eat a healthful breakfast lose more weight, more easily than those who skip breakfast altogether.

## Nutrition On-the-Go

Dunkin' Donuts bagel, plain  
340 calories, 1 gram of fat

McDonald's Egg McMuffin  
300 calories, 12 grams of fat

Burger King biscuit w/egg  
380 calories, 21 grams of fat

Kellogg's Nutri-Grain bar  
140 calories, 3 grams of fat

Starbucks cinnamon scone  
530 calories, 26 grams of fat



Lance Cpl. Megan L. Stiner

Roland Benito, a household goods mover, ensures he eats a nutritious breakfast. Having breakfast can help prevent you from overeating later in the day, according to health experts.

## KIDS, From C-4

diet and including daily physical activity can improve not only your physical well-being, but your outlook on life," said Dr. Donald A. Bergman, AACE president. "The sooner children develop healthy habits, the more likely they will maintain this lifestyle into adulthood."

Another important component of the project is the "Rx for Physical Activity," a handout cosponsored by the President's Council on Physical Fitness and Sports, which outlines how physical activity can be incorporated into children's lives.

For more information, visit AACE's patient-friendly Web site, [www.powerofprevention.com](http://www.powerofprevention.com). Children can find information on how an unhealthy lifestyle affects their bodies, learn about body mass index (or BMI) for children, find helpful hints to better living and more.

Also, for information on the President's Council on Physical Fitness and Sports, visit [www.fitness.gov](http://www.fitness.gov) and [www.presidentschallenge.org](http://www.presidentschallenge.org).

## Did You Know?

About 37 million Americans, 16.3 percent of adults, suffer from recurring sinus problems. The most effective treatment is a daily wash of the nose. Washing the nasal cavity with salt water will help clear up the sinuses and keep them healthy. For cures, surf research at [www.siu cleanse.com/do blestudy.htm](http://www.siu cleanse.com/do blestudy.htm).



Lance Cpl. Megan L. Stiner

**Kelly Montoya, an aerobic instructor at the Semper Fit Center, addresses her students during a break in the "Gut Cut" class. Strengthening core muscles, like the abdominals, can lead to better overall muscle control.**

### *CUT, From C-1*

their own unique style of teaching the class, so the workouts do not get repetitive.

"This class is probably one of the most intense ones that the center has to offer," said Montoya. "It is my favorite one to teach, and participants seem to enjoy it as well."

Montoya, who has three stress fractures in her foot, explained that anyone interested who also may have injuries should know that the class can be easily modified to accommodate his or her unique situation.

Although individuals at any level of fitness are welcome to participate in Gut Cut, Montoya stressed that stamina is key in the class, and individuals should not get frustrated if they cannot finish the complete 30 minutes.

"Just like any other difficult obstacle, completion of the class should be a goal to work towards," she said (joking that people come in ready to workout and leave drenched in sweat).

"It will leave you dead tired, but with a feeling of accomplishment; I encourage anyone looking for a challenge to come out and see what Gut Cut is all about."

### *BASKETBALL, From C-1*

feeling of ease on the Dirty Third bench with back-to-back threes, keeping VP-4 from getting buried.

Achane wasn't the only Topside Dragons on fire from downtown, Michael Redden and Artez Davis also dropped shots from all over the hardwood to keep the Dragons in the fight.

The first half of play was still dominated by Third's aggressive, if unbalanced, play. But yet another of Achane's three-pointers at the buzzer put the Topside Dragons up for the first time 16-15.

Displaying solid fundamentals, Rogers kept the score close, cleaning the glass of the Semper Fit Center like it was a second job and getting more than a few offensive put-backs.

Estraisand Dasilva put on his usual show of lane-busting power, while Raheem Wells put on a dribbling clinic for the crowd keeping Dirty Third in the fight.

Despite some great play by Dirty Third, it was VP-4's smothering defense, urged on by the energetic coaching of Will Taylor, that helped them start to pull away in the second half.

"We had them tonight," said Taylor, exuberant after his team's victory. "And we won, that's it."

## *Have a nice landing...*

**NEW ORLEANS — Corporal Jacob Clark, a member of the All-Marine Wrestling Team, tosses his opponent during the Armed Forces Wrestling Championship held here March 5-8. Marines from seven different classes wrestled Greco-Roman, as well as freestyle. Marines took second place for both Greco-Roman and freestyle; the Army took first in both, followed by the Air Force and Navy in Greco-Roman. The Navy then Air Force rounded out freestyle. "We were very happy with the overall effort the wrestlers put out," said Maj. Jay Antonelli, head coach of the All-Marine team. With the Summer Olympic Games planned for Athens later this year, Olympic fever is in the air for potential Olympic competitors on the team, and Olympic goals may not be too far of a reach for some members of the All-Marine Wrestling Team.**

**(Submitted by Cpl. Shawn Vincent, MCB Quantico, Va.)**



Staff Sgt. Jason M. Carter