

Hawaii MARINE SPORTS

Hawaii Marine C Section

December 12, 2003



Cpl. Jessica M. Mills

The umpire looks at a difficult call during the Winter Intramural Softball Championship Game. Third Radio Bn. went on to win the contest over Patrol Squadron 9, claiming their fourth straight title.

3rd Radio claims 4th championship

Cpl. Jessica M. Mills
News Editor

The intramural softball season came to a close Wednesday evening with a gruesome championship game battling wits and skill when 3rd Radio Bn. defeated the Patrol Squadron 9 Golden Eagles, 17-13, and won its fourth softball championship in a row.

During the regular season games, VP-9 was the reigning team with a record of 13-1; the only game they lost was against 3rd Radio Bn., whose record was 13-2. The game would either give VP-9 a chance to redeem itself, or give 3rd Radio Bn. further bragging rights.

"We were the only team to beat them this season; I don't think they have forgotten that," said Jim Murray, head coach of 3rd Radio Bn., minutes before the game began. "So, they are looking for revenge tonight, and they are a

good team. They might get it."

The first inning began with 3rd Radio Bn. up to bat. It managed to pull in five runs before VP-9 ended the top of the first with fine-tuned ball handling and good communication in the field.

The Golden Eagles quickly redeemed themselves, scoring six runs in the bottom of the first, taking a short-lived lead against 3rd Radio Bn.

"This game is like David versus Goliath," said Jeremiah Swartzlender, a power hitter for VP-9. "You have to realize we are just one unit against an entire all-star team. That in itself is a feat."

In the top of the second, 3rd Radio Bn. scored a home run over the infield fence, bringing in two runners. The impressive hit motivated the team to take back control of the game, and they scored another five runs, ending the top of the second ahead, 12-6.

In the bottom of the second and top of the third, neither team had any runs batted in. During the bottom of the third, VP-9 continued to work to gap and raised its score to 12-8.

At the top of the fourth, Joe Sutter, watch commander for the Provost Marshal's Office, hit a home run way past the infield fence, raising 3rd Radio Bn.'s score 14-8. Before the last out, 3rd Radio Bn. slammed a single to left field and brought in two more runs. The top of the fourth ended 16-8, but VP-9 was not giving up yet. The Sailors wrapped up the fourth with no runs, but made up for it in the fifth.

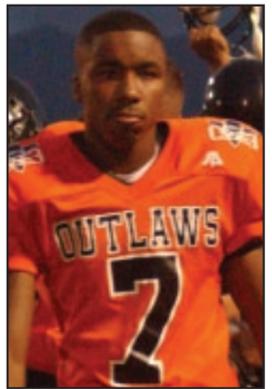
Although 3rd Radio Bn. gave it all they had, it could not compete with the Golden Eagles' field coverage. The last batter hit a pop fly that was caught far back in mid-

See CHAMPS, C-10

Intramural all-stars get chance to shine

The football
showdown
of Hawaii v.
29 Palms
is set for
tonight

Cpl. Jason E. Miller
Combat Correspondent



Kristin Herrick

Last year when the best players from MCB Hawaii's Intramural Tackle Football league flew to 29 Palms, Calif., for a "Best in the West" showdown, they came home the lesser of two teams — in defeat.

But this year, the setting has changed, and the stage is set for redemption as the base hosts the Hawaii Bowl tonight at 6 p.m. at Pop Warner Field.

Combat Service Support Group 3, the recent champions of Intramural Tackle Football, supplemented by base all-stars from units around the league, is prepared to handle whatever 29 Palms throws at it. Team members said they will not be defeated like they were in 2002, when they lost 7-0.

However, Steve Kalnasy, varsity sports coordinator for Marine Corps Community

Ezekiel Winchester and his CSSG-3 Outlaw teammates, along with other intramural all-stars, will face the 29 Palms football champions at K-Bay.

Services, Hawaii, said, "We don't really know how good Twentynine Palms is because we haven't seen them play in person. But, if last year's team is any indication — they did beat us."

Both players and fans alike hope fortunes have changed for Hawaii's team.

"We're on our home turf, so we'll have to see what happens," said Kalnasy. "The home team always has a bit of an advantage, and these guys have been playing good together for awhile."

"I'd say we have a definite edge."

Fans are encouraged to come out and root for the home team, tonight at 6.

Special Olympics kicks off in grand style at Kaneohe Bay

Lance Cpl. Megan Stiner
Combat Correspondent

For the sixth year in a row, MCB Hawaii, Kaneohe Bay, welcomed more than 1,970 athletes, coaches, fans and volunteers to the Special Olympics Holiday Classic, Dec. 4 through Sunday.

The games began with speed skating at the Ice Palace. Other events included basketball, bocce, bowling and a victory dance Saturday night.

Participants who placed first, second and third in each event received gold, silver and/or bronze medals before crowds of fans while victory music played in the background.

"It was quite an unforgettable experience," said Petty Officer 1st Class Chad Guerrero, volunteer basketball director. "Being a part of this really meant a lot to me."

Guerrero has volunteered for the

games seven or eight times in the past two years. This time he was lucky enough to have the opportunity to announce every basketball game played at the base gym, including the final game: the Team Basketball Medal Games Championship between the Maui Warriors and the Molokai Mix.

"These kids have a lot of heart. Once I saw their intensity and how happy they were to be out there, I was hooked," said Guerrero.

Guerrero said he was most impressed by the vast improvement of the athletes from previous years. A lot of the same faces return each year, and their talent keeps getting better and better.

Participants and coaches were provided with everything from transportation and meals to rooms every night they were here.

"The support from the service members was amazing," said Nip Ho, vice president of Area Services, who has been a volunteer for

Special Olympics in Hawaii for eight years.

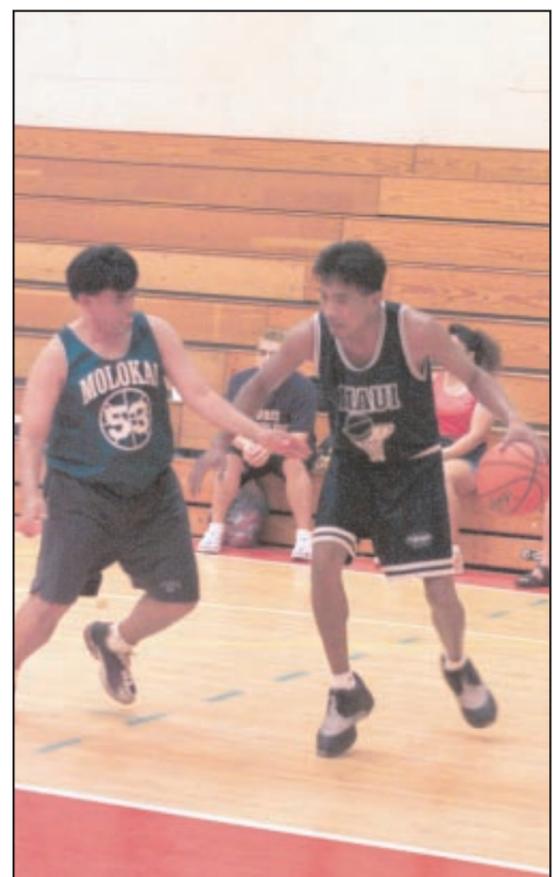
For many participants, the highlight of the weekend was the Victory Dance, held at the Enlisted Club Ballroom, Saturday. There, Special Olympics athletes interacted with other competitors and had a chance to just cut loose for a couple hours.

The Holiday Classic ended Sunday afternoon after the championship basketball game and closing ceremony.

"We couldn't have the games without the military support; we just don't have the facilities or the personnel," Ho said.

The numbers of participants and volunteers have grown each year of the Special Olympics Holiday Classic, and the numbers are expected to continue to increase in the upcoming years.

As long as there are volunteers to help out, the games will go on, said organizers.



Lance Cpl. Megan Stiner

Noel Motas (left) guards a Maui player during the basketball final of the Special Olympics Holiday Classic, held over last weekend at MCB Hawaii, Kaneohe Bay.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

DECEMBER

12 / Today

Hawaii Bowl — Everyone is invited to the equivalent of the Intramural All-Star Game tonight at 6 p.m. for the Hawaiian Bowl. Cheer on MCB Hawaii intramural football's finest as they play against MCB 29 Palms, Calif., intramural champions.

The championship game will take place at Pop Warner Field, so get there early to secure a seat, and catch the passes, touchdowns and katooshes.

Call 254-7591 for further information.

Pro Bowl Tickets — Pro Bowl tickets are now available at the Information Tickets and Tours location at Mokapu Mall. Sideline seats are \$87.50 and end zone tickets only \$32.50.

Make a pass by ITT for more information, or call 254-7563 while supplies last.

Bench Press Challenge — Weigh-ins go today from 8 a.m. to 4 p.m. and Saturday from 7:15 to 8:15 a.m. The Headquarters Bench Press Challenge will begin Saturday at 9 a.m. in the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

This event for weight watchers of a different kind is open to all active duty, family members, reservists, retirees and DoD civilians. The cost is only \$25 per lifter and \$100 per team.

Mahalo to the Nutri-Fit Center and Red Bull for sponsoring this event. Call Semper Fit at 254-7597 for more details.

Base Pool — The MCB Hawaii, Kaneohe Bay, base pool is currently open for business. Marine Corps Community Services appreciates your patience and support for the duration of pool repairs.

13 / Saturday

Color Pin Special at K-Bay Lanes — Roll a strike when a colored pin is in the head-pin position, and win up to three

free games of bowling. All patrons are welcome to this deal.

The pin will be noticeably different in color, and if you make the play, you win!

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.

14 / Sunday

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective.

Spend your day with family and friends off the coast of windward Oahu catching some of the ocean's most exotic and

tasty fish. Dive charters are also available in the crystal clear waters surrounding the base.

Call 254-7667 for more information.

Sunday Football — Catch your team live on Direct TV featuring "NFL Ticket" at all three of the Clubs: Kahuna's Sports Bar & Grill, the Rocker Room and the Officers' Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

15 / Monday

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

Call the K-Bay Lanes at 254-7693 to get the spin.

Beginner Fitness — The Semper Fit Center hosts eight-week sessions that meet twice a week with a Certified Personal Trainer to assist those wanting to learn how to exercise the correct way and smart way. Call 254-7597 for details.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, MCB Hawaii, Kaneohe Bay, for all active duty service members and their families. The PFFP program is open to

children ages 6 weeks and older, and participants are required to volunteer baby-sit three times per month.

For more info, call 235-6585.

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 do PT 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 NCOs and staff NCOs, call the base marina at 254-7667 for more details.

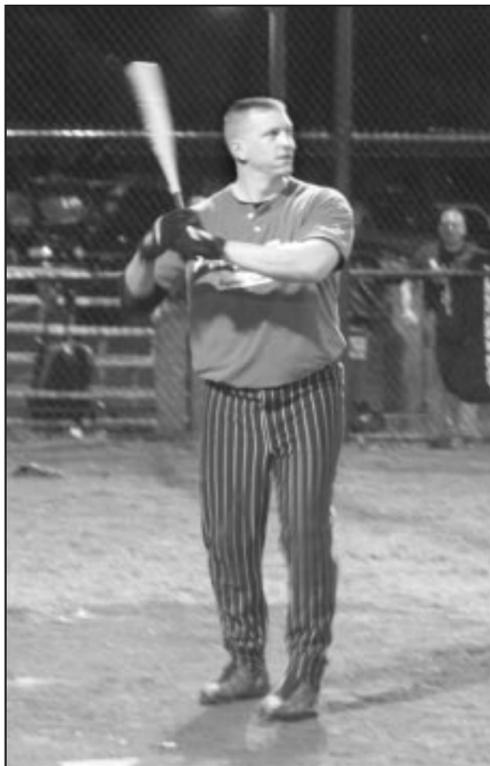
JANUARY

9 / Friday

Athlete of the Year — The Marine Corps will continue to honor its male and female Athletes of the Year at the Marine Corps Sports Hall of Fame. All submissions are due to Manpower and Reserve Affairs no later than Jan. 9, 2004. Within that week, the list will be finalized to 10 males and 10 females, and the finalists will be announced on Jan. 30.

Photos of athletes may be sent in at anytime prior to the release of the Top 10.

Your suggestions and comments are also welcome, so please call MCCS Athletics at 254-7590.



Cpl. Jessica M. Mills

Base All Star

NAME: Joe Sutter

UNIT: Provost Marshal's Office

BILLET: Watch Commander

SPORT: Intramural Softball

TEAM: 3rd Radio Bn.

• Sutter won the All-Marine gold medal for softball in 2000, and silver in 2002.

• He's helped win championships for the All-Marine and All-Armed Forces teams.

• He won the Firecracker five times, the Tori Classic four times and the Kadena Classic four times.

"I love the game of softball for the great camaraderie and competition."

Commander's Cup Point Standings

UNIT	INTRAMURAL	CG SERIES	TOTAL
HQBN	3,660	4,620	8,280
MAG-24	2,790	4,850	7,640
CSSG-3	3,205	3,510	6,715
3rd Radio Bn.	1,285	4,550	5,835
3rd Marines	1,275	3,550	4,825
MCAF	1,300	3,450	4,750
1/12	1,120	3,620	4,740
Camp Smith	1,410	3,200	4,610
CPRW-2	2,315	2,170	4,485

COMMUNITY SPORTS

Hawaii Trail and Mountain Club Hikes Sunday

Are you up for a bit of a hot, steep challenge with great views? If so, bring at least three quarts of water for this advanced six-mile hike to Pu'u Heleakala.

The trail will be hot, hot, hot, and there's no shade so you'll also want to grab your sunglasses, sunscreen and hat for this rugged ridge, Sunday beginning at 8 a.m.

A \$2 donation is requested for each nonmember, on all HTMC hikes, for ages 18 or over. A responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information on the HTMC or to join in on this hike, contact coordinator Steve Poor at 638-8387.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today

from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

The second two-day session is Dec. 19 - 20 at the same location and times.

For more information about outdoor education or to sign up for the next available course, call 587-0200.

Hale Koa Boasts Premier Fitness Facility

The Point, the Hale Koa Hotel's full-service health club, offers a wide range of benefits to hotel guests and local members. Located on the lobby level of the Maile Tower, the facility boasts state-of-the-art weight machines, cardiovascular equipment, a sauna, steam room and a vigorous daily class schedule.

For those who want to be pampered, make an appointment for a massage, facial or body spa service. Or, if the outdoors is your fancy, enjoy the Oceanside racquetball and sand volleyball courts, tennis courts and jogging path marked by VitaCourse 2000 fitness stations.

Members also enjoy access to the Maile pool and Jacuzzi.

To find out more about membership or the many activities and events scheduled at the Hale Koa Hotel — your armed forces recreation center — call 955-9155.

Georgia Tech Fans Sought

Georgia Tech supporters are invited to rally en masse at the NCAA Division I Women's Volleyball Regionals between No. 7 Georgia Tech (33-3) and No. 10 Cal (25-6) at the Stan Sheriff Center, today.

Attend together on a group pass during the first game at 5 p.m. If Georgia Tech wins, set aside Saturday, too, for the 7 p.m. matches!

For more information, contact Lt. Col. Warren Deeds at 477-8650, or e-mail Deeds at deedswd@mfp.usmc.mil.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep-water recovery, navigation, water safety and effi-

cient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information on what Bellows has to offer, call 259-8080.

Carole Kai Charities Inc. Presents

Great Aloha Run

20th Anniversary February 16, 2004

Did you know that your participation in the Great Aloha Run helps to support the charities listed below and many more?

Register for the Great Aloha Run at the Marine Corps Exchange, Kaneohe Bay, Saturday, Dec. 20 from 10 a.m. - 4 p.m. or at www.GreatAlohaRun.com.

* Units are also encouraged to register *



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll probably 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 and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Who will be the 'real' football champions?

Capt. K. D. Robbins
The Professor

Whether enjoying the splendor of my 35-inch TV or rallying to see scores while on deployment, there is no escaping the biggest news to hit college football in years: The BCS has failed and the national championship game will feature No. 2 ranked LSU vs. No. 3 Oklahoma, while No. 1 USC will face No. 4 Michigan. What a travesty, right? Wrong.

All BCS computations aside, the two best teams in the 2003 college football season will meet in New Orleans for this year's dose of college football's grand finale: The BCS national championship game at the Nokia Sugar Bowl.

Meanwhile, Pete Carroll and his group of California pretty boys will get smashed in the mouth by a real football team, from a real conference, in the Rose Bowl Game in Pasadena. For all you Trojan fans rallying against the BCS, it just won't matter.

As "The Nature Boy" Ric Flair used to say, "you may not like it, but learn to love it." The BCS got it right in 2003.

Nick Saban's mighty Tigers of LSU are the top team in the land, while Bob Stoops' Oklahoma Sooners are not too far behind. Why? Because these teams play in the two premier confer-

ences in NCAA college football. Why? Because these teams have the cojones to play an entire season against the toughest competition in college football, and then subject themselves to a conference championship game.

The evidence is there. What conferences have the most teams in the Top 10? The SEC and the Big 12.

What conferences have the most teams in the Top 25? You guessed it, the SEC and the Big 12. No Pac 10 whiners, that's not just in the BCS standings, that's in all three polls. (BCS, AP, ESPN/USA Today Coaches)

LSU lost to No. 17 Florida and Oklahoma fell to No. 10 Kansas State. Who did USC lose to? UNRANKED California. No BCS computer necessary to calculate that one.

Bottom Line: At 11-1, USC has the right to play for the national championship. But, then again, so do 12-1, Miami, (OH); 12-1, Boise State; and 12-1, TCU. With that logic, the Rose and Sugar Bowls mean nothing more than the Fort Worth Bowl (TCU vs. Boise State).

We all love the Horned Frogs and the Broncos, yet we all agree that they are not the top teams in college football.

Bad news USC, you aren't the top team either.

Sgt. Joe Lindsay
The Goat

What's all the fuss about?

Just because college football is in disarray, that's not going to change anything, because the fat cats are in charge. The BCS is the closest thing we have to a rogue communist state besides North Korea. And, like in communism, everybody supposedly wins. In that spirit, we are going to have two "National Champions" again this year.

Whoever wins the Oklahoma-LSU showdown in the Sugar Bowl will be "champs" because a computer says they will, and because a group of coaches voted a few years back that they would blindly follow the computer's choice and also name the computer's team as their "National Champion."

In its infallible wisdom, the computer formulated that Oklahoma getting jacked 35-7 by Kansas State in its last game, and thus not even winning its own conference, really didn't matter. Funny thing, though, is that 37 of 63 coaches voted USC No. 1 after the games Sunday. It was their last chance to defy the computer

god.

When USC beats Michigan in the Rose Bowl, the Trojans will also be named "champs" as well, considering they're currently the No. 1 team in the "human" (AP) poll. The number one team in the AP poll has never dropped in the rankings after winning its bowl game. The computer thinks it's only No. 3 though.

The Goat was on leave and at the Cal game in Berkeley back in September, when USC suffered its only loss of the season, 34-31, in triple OT. The Goat charged the field and joined the chants of "Overrated — Overrated," with the throngs of other Bear fanatics, ridiculing the Trojan backers who made the trip to NoCal. The Goat doesn't give a rats-butt about USC. But that doesn't change the fact that USC is getting the shaft.

Bottom Line: Is LSU better than USC? Is Oklahoma better than USC? The Goat don't know. The AP poll don't know. The coaches don't know. The computer sure as heck don't know. Nobody knows. And so, we'll have two "National Champs" again this year. It is a travesty. It is un-American. It is BCS.



READERS STRIKE BACK

'Hey, Professor, get back to your old self soon'

I must say I was truly offended by the recent "Bottom Line" article on women's tennis. I was not offended by the Goat's comments on the only rea-

son men watch women's tennis is to check out the ladies in their skimpy outfits. Lord knows, that is true to an extent, and anybody who can't deal

with it is too prissy for my tastes. Anyway, it allows me to change the

See STRIKE, C-10



spotlight on health

Dairy helps shed pounds

NAPS

Featurettes

Milk, cheese and yogurt may not be the first foods that come to mind when dieting, but the residents of Calcium, N.Y., are living examples that dieting with dairy can be effective. Collectively, the 3,300 residents lost nearly 2,000 pounds thanks to a 16-week community intervention program called "Calcium Weighs In."

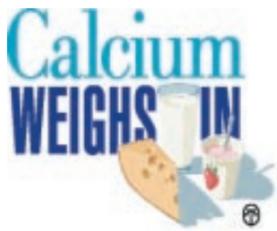
In an effort to lose weight and adopt a healthier lifestyle, residents consumed at least three servings of dairy each day, reduced calories and increased their daily physical activity. The result was an average loss of 14.34 pounds per person.

Recent studies in leading journals have suggested a link between dairy consumption and reduced body weight. The Calcium, N.Y., program put the link to a real-world test.

"Preliminary data indicates that calcium may be part of the body's natural system for burning fat, so it follows that adding dairy to your diet program may help you lose more weight," says James Hill, Ph.D., director of the Center for Human Nutrition at the University of Colorado, who developed and oversaw the intervention program.

America's dairy farmers and processors are launching a campaign to educate the public about dairy's connection to healthy weight. One approach involves limiting calories and fat in your diet and getting exercise and eating the right foods, including three servings a day of dairy. Ads running in newspapers and magazines across the country are just the first step.

For more information and recipes on including dairy while dieting people can log onto www.HealthyWeightWithDairy.com.



The case for dairy

"When people try to lose weight they often cut out dairy foods, but this could actually backfire," said Hill who is one of several researchers studying the link between calcium and weight loss. "There is mounting evidence now that the calcium in dairy may help you lose the extra pounds."

The pioneer in the exploration of dairy's

See DAIRY, C-10

Kids losing obesity fight

NAPS

Featurettes

Concerns about childhood obesity and health have spread rapidly across the United States since current studies show that childhood obesity levels have doubled in the last 20 years and may lead to the first generation of U.S. youth to live shorter lives than their parents as a result of obesity-related disease.

Dr. James Marks, director of the Center for Chronic Disease Prevention and Health Promotion at the Centers for Disease Control and Prevention (CDC), encourages a common sense approach in fighting childhood obesity. As a starting point, Dr. Marks suggests parents visit www.VERBparents.com, which contains new ideas and resources to help parents in efforts to encourage their children to increase levels of physical activity.

The VERB campaign was developed by health experts at the CDC to inspire children to be physically active on a daily basis. Celebrities and professional athletes, such as Olympic gold medal speed skater Apolo Ohno and NBA star Tracy McGrady, have supported the campaign. Dr. Marks suggests 10 ways for parents to encourage their children to live a physically active life.

10 Ways to Combat Obesity

1) Convince your children that they don't need to be superstar athletes to enjoy physical activity. There's a physical activity out there for children, whatever their skill level.

2) If homework and extracurricular activities consume large portions of your child's day, leaving little time for 60 consecutive min-

utes of activity, then accumulate 60 minutes of activity over the course of the day. Walk for 10 minutes in the morning, shoot baskets in the driveway for 20 minutes after school and play tag for 30 minutes after dinner.

3) Enlist your community's resources in helping your children get active. If you're not sure about what's available locally, log onto www.VERBparents.com.

4) Parents who are active have a tremendous impact on the way their children perceive physical activity. Children tend to follow their parents' example — even if it's simply a daily walk.

5) Make physical activity an adventure that children will enjoy. For example, instead of driving to the store or to visit neighbors, make time in your schedule to walk or bike on various errands.

6) For those times when driving is inevitable, keep a ball or jump rope or Frisbee or anything else in your trunk that your children can play with in a physically active manner.

7) Adding an element of daily physical activity into family trips and vacations is a great way to set the stage for healthy habits.

8) In addition to encouraging your children to get a minimum of 60 minutes of physical activity every day, experts suggest keeping the amount of time your children spend playing video games and watching TV to no more than two hours per day.

9) In previous generations, parents could rely on schools to offer physical education curriculum that would provide daily physical activity. Today's parents should take an active role and advocate for a stronger presence of physical activity in school.

10) Support your children in whatever activity they choose. Be sensitive to their desires and help them achieve their goals.

Balance is key to diet success

NAPS

Featurettes

Do you regularly read the labels on the grocery products you purchase? If so, you've probably seen a common ingredient found in many of your brand-name foods: high fructose corn syrup (HFCS).

What exactly is HFCS? It's actually not much different than regular table sugar (also called sucrose).

According to the International Food Information Council (IFIC), both HFCS and sucrose are made up of almost a 50/50 blend of fructose and glucose. Both products are also four calories per gram and about equally as sweet. As such, there is no evidence to suggest the dietary impact of consuming HFCS is any different than the dietary impact of consuming sucrose.

Why, then, do some products, like soft drinks, use HFCS instead of sugar? According to IFIC, it's because of the ability of HFCS to "better blend with other food and beverage ingredients."

As Americans look to combat this country's rising obesity rates, should they be concerned about any differences in consuming HFCS instead of sugar? Not at all. Remember, both products are composed of almost equal portions of fructose and glucose.

If Americans truly want to combat obesity, they should be concerned with how many calories they consume each day, rather than labeling certain foods and nutrients "good" or "bad."

According to the American Dietetic Association (ADA), "obesity is a complex problem and its cause cannot be simply attributed to any one component of the food supply."

Despite its complexity, however, the ADA also says that, "obesity arises from the energy imbalance caused by taking in too much energy and using too little." In other words, people become obese when they consume too many calories and don't get enough exercise.

The key word is "balance." The best way for Americans to combat obesity is to substantially increase physical activity while enjoying balanced diets and moderate consumption of all foods and beverages, including HFCS.

For more detailed information on high fructose corn syrup, visit www.hfcsfacts.com.



CHAMPS From C-1

field, giving the Golden Eagles a turn at the plate.

The first batter up for VP-9, Darren Troilo hit a powerful home run into left field, raising VP-9's score to 16-9 at the end of the fifth.

In the sixth inning, 3rd Radio Bn. followed VP-9's trend. Sutter, one of the MVPs of the game, hit a second home run far past the left field fence and towards unsuspecting barracks residents. But, that was the only run in throughout 3rd Radio's stint at bat; it left the sixth inning 17-9.

The score stood still until the bottom of the seventh and final inning, as VP-9 desperately tried to close the gap. Sailors gave everything they had, hitting a massive home run into right field, bringing in two runs. Minutes before the game ended, they scored two more runs, but it was not enough.

The game ended with 3rd Radio Bn. ahead 17-13, winning a fourth championship title.

STRIKE, From C-3

channel from my husband's boring college football games (not NFL, I love it) to tennis, because I know he won't complain.

What offended me was the Professor's continual goody-two-shoes attitude lately. He seems to have taken a 360-degree turn in the wrong direction from his earlier articles, and writes like he is aiming to please somebody.

Hey Professor, get back to your old self soon. We miss you.

*Summer Camacho
San Diego*

DAIRY, From C-7

effect on weight loss, Michael B. Zemel Ph.D., director at the Nutrition Institute at the University of Tennessee (Knoxville), found that calcium and other components in dairy affect fat metabolism in favor of fat loss. According to Zemel, dairy appears to crank up the machinery to break down fat and triggers fat cells to make less fat.

"Dairy is not a magic bullet, you have to exercise and reduce your calories," said Zemel. "But, there's growing evidence that milk, cheese and yogurt as part of a reduced-calorie diet can offer an additional boost to make weight loss efforts more effective."

In addition to calcium, dairy provides protein and other essential nutrients dieters need. A diet containing calcium-rich dairy foods also helps ensure that dieters are not losing bone density along with the pounds.

Other research also suggests that increasing the amount of calcium in your diet may help reduce the risk of high blood pressure, heart disease and certain types of cancer.