

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 21, 2003

'Sounds of Freedom' rally at Aloha Run

Story and Photos by
Cpl. Jessica M. Mills
Sports Editor

HONOLULU — The capital city is accustomed to the masses strolling through its streets, but the throng is not normally concentrated in one area as it was on Monday.

On President's Day, Honolulu held its 19th annual Great Aloha Run, named by *Runners' World* as one of the top footraces in the United States, on a course beginning at Aloha Tower and winding its way to the finish at Aloha Stadium.

The Great Aloha Run allows everyone to participate, not just elite runners. Families, persons with disabilities, first-timers and military were all welcome.

The Great Aloha Run unites the community, civilian and military, to promote the state of Hawaii and encourage health, fitness and the spirit of aloha.

The race nets an average of \$200,000 every year, and during the past 18 years, it has raised and distributed funds in excess of \$5.2 million to nonprofit groups throughout Hawaii such as the Variety School of Hawaii; United Cerebral Palsy of Hawaii; Catholic Charities Hawaii; the



Above — Marine spouse Deirdre Tennant of MCB Hawaii, Kaneohe Bay, accepts her first place trophy from Major Gen. Rick Olsen (center), commanding general of the 25th Infantry Division at Schofield Barracks.
Right — Runners sprint forward once they hear the canon roar, signaling the beginning of the 19th Annual Great Aloha Run, Monday.



military's Morale, Welfare and Recreation; and the National Multiple Sclerosis Society.

The 8.15-mile road race clustered more than 17,800 participants this year, with 4,028 of them from the military — the services representing more than 20 percent of the participants.

The military division called the "Sounds of Freedom" has been involved

since the very first race. The name derived in honor of the chanting that is heard as soldiers run in formation and chant cadence.

When you do not hear the sounds of soldiers, or the roar of jet aircraft here at home in Hawaii, it means the soldiers are far away from our home, protecting the freedom that we hold so dear, explained Vicki Suyat, director of marketing for the

Great Aloha Run.

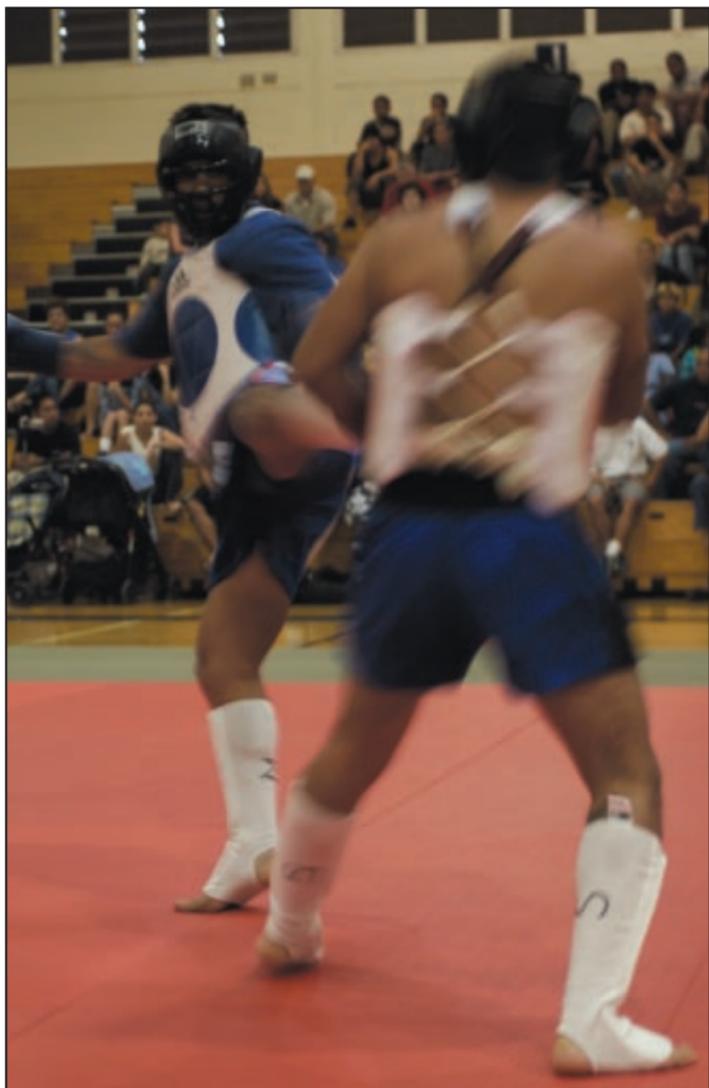
"One of the most important aspects of the race is the military participation," said Suyat. "The military inspires the civilians during the race. Seeing the troops run side-by-side with them reminds them of the importance of the military. Some of them even cry."

See GREAT ALOHA RUN, C-3

Marine hopefuls compete in Global Martial Arts contest



More than 100 fans rooted for their family and friends during Sunday's championship tournament at Kamehameha High School.



Monserrat Mendez receives another point for a kick to the gut of Oscar Cano during their bout, Sunday.

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

Two Marines from Combat Service Support Group 3 competed in the welterweight division of the Global Martial Arts Championships "G-Series" at the Kamehameha High School gymnasium, Sunday.

This marked the first time Monserrat Mendez and Solomon Navarro competed in a mixed martial arts event of this magnitude.

During his first fight after a two-year absence from martial arts competition, Mendez struggled more against himself than Cory Okomura, who was the eventual winner for their weight class.

"I didn't apply the basic fundamentals taught to me, and I thought too much during the fight," said Mendez, who gained 4 pounds during the week and fought at a higher weight level than he normally does. "If I would have relaxed, I could have advanced."

Next up was Navarro, whose struggle against Damon Flood was stopped early.

"I felt like the fighter was easy to hit because he left his body all open," said Navarro. "I went to execute a sidekick but dropped my guard, and that is when Flood caught me with a right, round punch that staggered me."

"He was a good fighter, but they should have let me continue."

In his second fight, Mendez was able to relax more. He fought against Oscar Cano who eventually placed second in the weight class.

Mendez started the bout strong by dropping Cano to the mat twice, but the optimistic Cano was able to recover and put together a barrage of techniques to outpoint the Marine for the win.

During his second and last fight of the day, Navarro faced off against Okomura. Navarro and Okomura exchanged blows throughout the two-minute round, but when it was



Cpl. Jessica M. Mills

Karlos Johnson, an orders clerk with the Personnel Support Center at 3rd Marine Regiment, attempts to maneuver around the blue of Pearl Harbor's DA-BIC.

Black History observance goes into the zone

Cpl. Jessica M. Mills
Sports Editor

While most organizations celebrate Black History Month with banquets, luncheons and parades, MCB Hawaii, Kaneohe Bay, chose to show its support in a more active and exciting way.

Complete with fans screaming and sweat flying, MCB Hawaii sponsored the First Annual Black Heritage Month Basketball Tournament, Feb. 14 - 16 at the Semper Fit Center.

The tournament boasted a total of six teams: one from 3rd Marines, two from Marine Aircraft Group 24, and one each from Marine Corps Air Facility, Headquarters Bn. and Pearl Harbor.

The double elimination tournament included 11 games over the weekend, leading up to a very close double elimination championship game where the 3rd Marines "Revelations" barely defeated the Pearl Harbor "DA-BIC" (aka "Da Bank Is Closed") Feb. 16.

When the game began, the Revelations were already winded from the game they had played prior against MAG-24's "Organized Confusion." Tired or not, though, the Revelations had an impenetrable defense blocking all of DA-BIC's passes and shots until 10 minutes into the game when DA-BIC scored the first shot.

Seconds later, the Revelations retaliated with a well-placed shot by Karlos "Los" Johnson, an orders clerk with the Personnel Support Center, 3rd Marines, evening the score 2-2.

The game continued on in that fashion for the entire first half. Each time the Revelations scored, DA-BIC matched the shot, not allowing the Revelations to take a lead.

Both teams displayed outstanding ball-handling. While DA-BIC excelled at communication down the

See MARTIAL ARTS, C-6

See BASKETBALL, C-3

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Seeks Surfers

Show your worth in the surf at the Pyramid Beach All-Military Surf Showdown.

The meet hits the beach March 1, from 7 a.m. - 5 p.m., and is open to military and family members only.

The competitions include youth surfing and body boarding for family members ages 14 years and under, as well as contestants 15-19 years old.

Amateur military surfers can battle it out in the Men's division (18-30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is \$20; however, day-of-event entries will be charged an additional \$10. Each participating surfer will receive a T-shirt.

Entry forms can be found at the base pool as well as the beaches. Forms may be dropped off at the pool as well as the Aquatics Office in Bldg. 274.

SM&SP Wants the Best Ball to Win

It will be a fair game on the fairway, March 21, at the Single Marine & Sailor Program's Shank & Slice Best Ball

Tournament.

This day on the links is open to all single active duty military; however, junior enlisted may bring their superiors as guests.

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes. There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, call 254-7593. Register by March 20 at the SM&SP office, Bldg. 219 or at the Semper Fit Center in Bldg. 5037.

Space is limited, so register now.

Semper Fit Calls All Women

Do you have what it takes to be All-Marine? If so, Marine Corps Community Services' Semper Fit is actively seeking resumes for the All-Marine Women's Basketball team and the All-Marine Women's Soccer Team.

•The All-Marine Basketball Trial Camp will be held from March 23 - April 10 at MCB Camp Pendleton, Calif.

•The Armed Forces Women's

Basketball Championship will be held from April 11 - 18 at Naval Station Everett, Wash., and will determine the Armed Forces team to compete at the Women's National Championship held April 23 - 27 in Las Vegas, Nev.

•The All-Marine Soccer Trial Camp will be held from April 20 - May 10 at MCB Camp Lejeune, N.C.

•The Armed Forces Women's Soccer Championship will be held from May 10 - 18 at Fort Eustis, Va., and will determine the Armed Forces team to compete in the Regional Soccer Championship from May 26 - June 5 in Warendorf, Germany.

Marines interested in competing can print a resume application at www.usmc-mccs.org. Registration forms are also located in the Semper Fit Center's Athletic Office.

For more information, call 709-784-9542 or e-mail Medleyje@Manpower.usmc.mil.

All major command sports representatives may contact Joe Au at 254-7591.

Aquatics Crews May Splash into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

The events will be held on March 22 aboard K-Bay, and March 29 aboard Manana Housing, both from noon - 4 p.m.

The events are free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events.

There will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house.

To get in on the water action, call the base pool at 254-7655.

Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and go-

ing on now.

Children are welcome to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call 254-2107.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents of the Fitness Program a cooperative babysitting venture.

Participants must volunteer to babysit three times a month at the fitness center. Children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

ITT Offers Whale Watching Weekend

Get up close and personal with the ocean's gentlest creatures.

For a limited time, the Information, Ticket & Tours Office is offering a special military discount for the deluxe whale watch cruise aboard the Star of Honolulu.

The ITT office is located inside Mokapu Mall.

For additional details, call 254-7563.

Sharkey's Quick Bite Now Open



Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For details, call 254-7641.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and arcade.

Organized parties are welcome.



Cpl. Jessica M. Mills

Base All Stars

NAME: Ricky "Jo-Jo" Tukufu

BILLET: Food service specialist

UNIT: CSSG-3

SPORT: Basketball

POSITION: Shooting guard

•In 1995, he helped his high school basketball team win the Ohio State Championship.

•He has played on the MCB Hawaii Varsity Basketball team for the last three years as the shooting guard.

•At the double-elimination championship game for the 1st Black History Month Basketball Tournament, he scored 10 points in the first game, 20 points in the second, and was named the tournament's MVP.

"Basketball is one of those games that you love. Even if you're not good at it, it doesn't matter."

COMMUNITY SPORTS

Hike Makapu'u Lighthouse on Mondays

Mondays at 8:30 a.m., you can hike Makapu'u Lighthouse. This two mile round trip hike on a steep, paved road takes you way above the lighthouse.

Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. On clear days, the islands of Lanai, Moloka'i and Maui can be seen.

The Makapu'u Lighthouse is also a popular spot for whale watching, so take the opportunity to observe whales during the winter months.

Make sure to bring water, sunscreen, a hat and closed-toe shoes if you participate in this hike.

If you can do Diamond Head, you will be able to make the Lighthouse!

Cost is \$8 for adults and \$5 for youth (children 12 and under).

Sign-up for the Makapu'u Lighthouse hike at Turtle Cove, or call 259-4121 for more information.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato. Bellows Recreation offers plenty of outdoor activities for the entire family.

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 efficient 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 regarding Bellows recreation, call 259-8080.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up. Friday night is pick-up night with a \$3 fee; goalies play for free.

For more information, call John after 4 p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat.

You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military standards.

For information regarding the program, or to register for the next orientation, contact Health Promotion at the Naval Medical Clinic, Pearl Harbor, at 471-9355.

Free Hunting Class Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. 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 of age or older who enjoys the outdoors — not just hunters.

The next two-day class is March 7 at 5:45 - 10:15 p.m. and March 8 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A.

To sign up, contact the Hunter Education Office at 587-0200 to preregister or for more information.

All students are required to provide a picture I.D. at the door for admission.

Bellows Sponsors Camping Year-Round

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu in Hawaii.

Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

GREAT ALOHA RUN: 4,028 in military compete



The Great Aloha Run, an 8.15 mile trek, ended at the Aloha Stadium amidst hundreds of onlookers.

From C-1

Running with the "Sounds of Freedom" will be especially significant and moving this year considering our nation's state of readiness with the war on terrorism, said race director Alan Sunio.

More than 17 Army battalions ran in the race. Along with the active military units running in formation, there were also military runners in the open division from the Air Force, Navy and Marine Corps.

"I thought it was great; there was a lot of military participation out there to support the race. And from the Army's standpoint, it went perfect," said Army Major Gen. Rick Olson, commanding



One of the first of the 17 formations from the 25th Infantry Division, Schofield Barracks, triumphantly runs past the finish line during the 19th annual Great Aloha Run Monday.

general of the 25th Infantry Division aboard Schofield Barracks.

Some of the new aspects this year included prize money that was awarded to the top three military male and female finishers and the top three open division male and female runners: \$1,000 for 1st place, \$500 for 2nd place and \$250 for 3rd place.

First place military female winner Deirdre Tennant, a family member at MCB Hawaii, Kaneohe Bay, won with a time of 50 minutes 41 seconds, and she proudly sported her USMC sweatshirt as she ran to greet Major Gen. Olson and claimed her trophy and prize.

"This was the best run ever today," said Tennant. "This run was in honor of

my husband [a Marine with Alpha Co., 1st Bn., 3rd Marine Regiment]. He wanted to run this race so badly, but he is deployed to the Big Island this month."

Other female military winners included Kshamata Skeete who won 2nd place with a time of 50:45 and Yang Sun Carpenter, 3rd place, with 51:59.

The male military winners were 1st place winner Robert Dice (41:37); 2nd place winner Chris Larson (43:41); and 3rd place winner Gary Brimmer (44:52).

The largest unit award went to the 25th Brigade, 25th Infantry Division, Schofield Barracks. The participation trophy for the largest branch of service to compete went to the U.S. Army as well.

The top civilian winners in the male division were Kalid Abbalah (39:49), Malcolm Campbell (40:23) and Christian Madsen (40:24). In the female division, Cori Mooney (45:52), Sayuri Kusutani (46:00) and Kainoa Guerin (48:49) tasted victory.

"The Great Aloha Run is the second largest race with military participants in the country," said Suyat. "The Marine Corps Marathon in Washington, D.C., is number one, but we are the only ones with the 'Sounds of Freedom' ... making us prouder than ever of Hawaii and our military community."



Cpl. Jessica M. Mills

Ricky Tukufu, a food service specialist with Combat Service Support Group 3, makes his shot during the Black History Month Basketball Tournament's championship game.

BASKETBALL: 3rd Marines defeats Pearl Harbor's 'Da-Bank Is Closed'

From C-1

court and planned plays, the Revelations defense stayed strong, and their stamina quickly tired the opposing team.

Seconds before halftime, Revelations player Tony Rogers, an administration clerk, with the Personnel Support Center, 3rd Marines, scored a three-pointer taking the lead at halftime, 25-22.

Following halftime, Revelations player Ricky "Jo-Jo" Tukufu, a food service specialist with Combat Service Support Group 3, scored a lay-up and a three-pointer back-to-back, raising the score 30-22. In response, DA-BIC took possession and attempted to close the gap, but only succeeded in scoring one shot.

The Revelations continued to block as many of DA-BIC's shots as they could while extending its lead to 34-28.

In another example of his ball handling, Tukufu scored two more three-pointers consecutively, raising the Revelations lead to 40-28.

After a full time-out called by DA-BIC's coach, Pearl Harbor emerged reenergized and fully motivated, no longer allowing simple shots by the Revelations and keeping their guard on every man. No Revelations player could take a shot without four DA-BICs players in his face.

By the end of the first game, DA-BIC began to close the gap, but it was too little, too late. The buzzer announced the end of the game with the Revelations ahead 52-48.

Because the game was DA-BIC's first loss in the tournament, a second contest would determine the tournament winner.

Though fatigue was setting in for both teams, the

Revelations continued to overcome DA-BIC, and 15 minutes in, the score was 15-9. But the Revelations soon began to lose concentration, allowing DA-BIC to score 3 more shots, the score 21-15.

Minutes before halftime, the Revelations picked up whatever energy they had left and scored 3 more shots, the score 27-15, when a shooting foul was called against DA-BIC.

Closing the first half, Tukufu landed two fouls shots, ending the half 29-15.

In the second, DA-BIC finally showed signs of life and began to slowly close the lead by the Revelations.

Reminiscent of the previous game, DA-BIC began to match the Revelations shot for shot. At 9 minutes left, the score raised to 39-28.

As the clock winded down, DA-BIC repeatedly imposed on the Revelation players, allowing only five points to their 10, the score

44-38. Both teams became very edgy, screaming down the courts at one another; the tension was extremely high.

With 30 seconds left in the game, DA-BIC player Chris Rickaby made a three-pointer, but the Revelations matched his points.

In the final seconds, Rogers made a dramatic slam dunk ending the tournament with the final score of 51-45, Revelations.

Both teams received trophies for their performance, and Tukufu was selected as most valuable player.

"This tournament was a huge success; we had great participation and lots of supporters," said Kenneth Etheridge, tournament director and Headquarters Bn. substance abuse counselor. "Every game was extremely competitive.

"I'm already looking forward to next year's tournament; hopefully, we'll have even more participation."



spotlight on health

Some foods promote oral health

Dental health experts give tips on what, how to eat for healthy teeth

NAPS

Featurettes

It may come as a surprise to some, but an apple a day *can* keep the dentist away, that is, if you munch quickly.

Researchers at the Tufts University School of Dental Medicine in Boston say how you eat, rather than what you eat, affects oral health most.

For example, slowly sipping soda or juice all day could be worse than eating a candy bar, because the longer sugar stays in contact with teeth, the greater the risk for dental caries.

Tooth decay starts when bacteria, which live in plaque on teeth, feed off the carbohydrates in food and produce acid in the mouth, which erodes the tooth enamel and causes dental caries.

Foods high in carbohydrates (i.e., baked goods and candy) or acid (such as soda, citrus fruits and fruit juices) present the greatest risk to dental health. A number of low-acid nutrients, however, reduce the risk of a particular food, including protein, fat, phosphorous, and calcium. These low-acid nutrients prevent acid build-up in the mouth, resulting in less tooth decay.

Foods such as milk and nuts are "low-risk" foods, not only because they are low in sugar and high in protein, calcium and phosphorous, but because of their nonsticky texture.

"Munch on snacks that are less tooth decay-promoting like low-fat cheeses, raw vegetables, crunchy fruits, popcorn, nuts and artificially-sweetened beverages," suggests Carole A. Palmer, Ed.D., R.D., associate professor and co-chair of Nutrition and Preventive Dentistry at Tufts.

The university school experts offer this advice.

Recommendations to

Promote Healthy Teeth

1) Cut down on snacks. Although eating a very sugary meal is not considered healthful, eating sugary foods rapidly and infrequently may curtail the production of caries.

"Keep [carbohydrate-dense] foods in contact with your teeth as little as possible," advises Palmer.

Tufts experts also recommend eating as few snacks between meals as possible, and if you must drink sugar-laden beverages, do so with meals—rather than sipping them slowly throughout the day.

2) Replace sugary foods with fruits, vegetables and high-protein snacks. Foods high in sugar such as cakes, cookies and candy, tend to promote tooth decay more than those that are not only lower in sugar — as are fruits and vegetables — but are also high in water and fiber, which lessen the effects of sugar on teeth.

Furthermore, unlike carbohydrates, foods high in protein and fat (milk, nuts, cheese) do not cause tooth decay.

3) Avoid sticky food. Eating sticky foods puts teeth at a greater risk for dental caries because the food is in contact with the teeth longer. Although grapes and raisins are both healthful fruits, raisins are more harmful to teeth than their fresh fruit counterparts, because they are stickier and can sneak into tooth crevices.

4) Enjoy high-protein appetizers. The experts suggest eating particular foods before or after a meal or snack could minimize the effect carbohydrates have on acid production in the mouth.

For example, eating low-fat cheese (a high protein and calcium

food) before sweets limits this chemical change.

Although these dental health findings do not

change whether "an apple a day keeps the doctor away," they should affect the way people eat apples.

United Concordia rep to conduct TRICARE dental briefs, March 5-6

TRICARE
Press Release

Mr. Rick Melrose, the dental benefits advisor for United Concordia which administers the TRICARE Dental Program, will be conducting briefings for reservists, active duty military and their family members.

On Pearl Harbor, the brief will be held 10 a.m. March 6 at the Branch Medical Clinic Makalapa. On MCB Hawaii the brief will be held 10 a.m. March 5 at the conference room at Branch Medical Clinic, Kaneohe Bay.

Melrose will provide timely information on program requirements and changes, and will discuss specific concerns of participants.

Contact Ms. Gatewood at 473-4410, ext. 320, to reserve seating.

Military commands or active duty spouses groups that would like to request an individual dental benefit briefing may contact Melrose directly at (619) 749-1781, or by email at rick.melrose@ucc.com.



Lance Cpl. Monroe F. Seigle

Seaman Christopher Pinon, a dental technician for the 21st Dental Company, MCB Hawaii, Kaneohe Bay, cleans the teeth of investigator Albert Lopez of the Criminal Investigation Division of the Military Police Department.

Americans like big, bright, pearly smiles, says survey

NAPS

Featurettes

What makes someone's smile really dazzle? Americans say it's all about those pearly whites.

A recent national survey on smiles revealed that America's favorite kind of smile is a wide, toothy ear-to-ear grin. With big, bright healthy-looking smiles ranking most appealing, certain celebrities are considered the greatest grinders.

According to the survey, stars that have big, beaming smiles have the best smiles. One out of three, or 34 percent of Americans think "Pretty Woman" Julia Roberts has the winning smile among female celebrities. Among male celebrities, Tom Cruise got the most votes as having the standout smile.

When it comes to teen idols, one out of three or 32 percent of Americans say Britney Spears has the grooviest grin. Among male teen idols, one in five Americans think Prince William's smile reigns supreme.

The smiles of star athletes score big, as well. Of female athletes with the best smile, figure skater Michelle Kwan took first place. Among female tennis stars, 20 percent think Anna Kournikova has the ace smile. Nearly half of Americans voted Tiger Woods as having the best smile among male athletes.

When Americans were asked about their own smiles, 38 percent think their teeth are the best part of their smile. Forty percent of those surveyed believe white teeth make a person's smile most attractive.

With such a definite idea of what makes a terrific smile — big, bright and lots of pearly whites — here are a few simple steps to getting your own red-carpet smile:

- Brush teeth after every meal.
- Avoid the five stain-culprits: coffee, tea, berries, wine and smoking.
- See your dentist for regular cleanings.
- If you are a gum-chewer, try a whitening gum, for a convenient way to boost your smile's brightness.

Herbal therapies, vitamins may battle colds, flu

A noncommercial Web site provides accurate, scientific information about vitamins, minerals, herbs and supplements

NAPS
Featurettes

With cold and flu season upon us, millions of Americans are arming themselves with some of nature's tried-and-true remedies: herbs, vitamins and minerals.

"Herbal remedies and vitamins can make a dramatic difference in getting you through the cold season," said Hyla Cass, M.D., a leading authority on supplements who is on the faculty at UCLA. "Like over-the-counter cold medicines, they address symptoms. But vitamins and herbs also help build up the immune system to fight off infections and prevent recurrences, and they don't cause drowsiness the way antihistamines and decongestants sometimes do.

"The key is to get plenty of rest, drink lots of water and start taking supplements at the first sign of cold symptoms," Cass explained.

The Dietary Supplement Information Bureau recommends these herbs and vitamins:

- Astragalus has been valued for centuries by the Chinese for its ability to enhance the immune system and its stress-fighting properties. Astragalus is used to

improve resistance to colds and to decrease their duration.

- Echinacea was first used in America by the Sioux. Echinacea has been found in American medicine cabinets since the late 1800s.

One of the most popular herbs in the world today, echinacea enhances the body's natural defenses as an immune system stimulant, helping fend off colds, flu and other infections.

- Elder is also known as elderberry. The flowers and berries, from which the standardized extract is made, have been used as a food and medicinal agent for thousands of years. (The plant itself is not eaten because the roots, stems, leaves and unripe fruit are toxic.)

Traditionally, elder is used to treat and prevent colds, flu and sinusitis. It promotes antiviral activity by increasing bronchial secretions. Studies have shown the flowers have anti-inflammatory properties.

- Eleuthero (formerly known as Siberian Ginseng) has been used to treat colds and flu for 2,000 years in Chinese medicine. Eleuthero boosts non-specific body resistance to a wide range of stressors.



Lance Cpl. Monroe F. Seigle

Lance Cpl. Ken Monsen, an aviation electrician with Marine Helicopter Training Squadron 301, reads the label on a bottle of herbal medicine at the Commissary.

The standardized extract, made from the root of the plant (a member of the ginseng family), is reported to increase stamina and endurance and protect the body against stress-induced illness.

- Goldenseal is one of the best-known herbs in the U.S. today. The goldenseal root was used by Native Americans and was very popular as a medicinal remedy from the 1850s to the 1940s.

An anti-infective, it has also been used to relieve congestion and as a digestive tonic. It is not recommended for inflammatory conditions.

- Vitamin C supports healthy immune system response to viral and bacterial in-

fections, and its antihistamine activity reduces some inflammatory reaction.

Studies suggest vitamin C lessens the severity and duration of colds, and research indicates moderate to high doses lead to fewer colds.

- Zinc is essential for the functioning of more than 300 body enzymes. It regulates a wide variety of immune system functions, and it is also believed to have anti-inflammatory properties and stimulate antiviral activity.

Studies have shown zinc gluconate lozenges can reduce the duration and severity of cold and flu symptoms.

For more information on herbal remedies, visit www.supplementinfo.org, which provides accurate scientific information about vitamins, minerals, herbs and supplements.

The Web site, which sells no product, covers health conditions, recommended dosages and information on interactions.

Dietary supplements are regulated by the Food and Drug Administration. In addition, the provided Web site is supervised by the Dietary Supplement Information Bureau's Scientific Advisory Board, which is comprised of 13 of the nation's leading experts from the fields of medicine, science and research.

"All Americans, including children, should take multivitamins every day for optimal nutrition and health," said Cass. "When cold or flu symptoms appear, these vitamins and herbs can make a powerful difference in helping you feel better and stay healthier."

Everyone can enjoy a healthy complexion year-round

NAPS
Featurettes

Cold weather can wreak havoc on skin. But, fortunately, facing a few facts can help skin stay healthy and look its best, no matter the weather.

For a healthy complexion, year-round, try these tips:

- Drink Up. Drinking the recommended eight glasses of water a day is essential to keeping your body and skin hydrated. Also, try to limit your intake of alcohol and caffeinated beverages, as these can be dehydrating and can rob the skin of moisture.

- Get Up. Regular exercise (even in wintertime) can

increase circulation, relieve stress and help you lose weight — all three beneficial for the skin.

Try establishing an exercise program where you walk for at least 15 minutes, four times a week. It's a good idea to talk to your doctor first, though.

- Cover Up. Protect your skin from the elements, both inside and outside. Cool air can sap moisture from skin and cause it to become chapped and irritated. However, the dry, heated air in most houses isn't much better.

Guard your skin when you are outside and use a dermatologist-recommended moisturizer, to help protect and moisturize your skin.

When you shower, try not to have the water too hot

(this tends to dry out skin), and use a moisturizing wash with natural ingredients to help soothe and moisturize dry skin.

- Eat Up. A healthy diet can lead to healthy skin. Be sure to eat plenty of fruits and vegetables and get plenty of grains.

There is also evidence that a diet rich in zinc (found in lean meats, skim milk and nuts), as well as beta carotene (think leafy greens), may be good for the skin.

- Rest Up. Stress reduction is important for skin as well as the rest of your body. Try to put time aside every day to relieve anxiety. Try relaxation techniques such as meditating or stretching.

Tai Chi, it's not your average martial art

"It is the stiff old tree that snaps in the strong wind, while the blade of grass bends and lives to see another day."

— Lao Tzu, ancient Taoist sage

Sgt. Joe Lindsay

Combat Correspondent

Marital arts fans daydreaming about learning crouching tiger or hidden dragon-type moves would probably be better served by hitting the rewind button on their VCRs and watching old Bruce Lee reruns.

But for those who want to learn a martial art in its purest form, both from a philosophical and physical aspect, then Tai Chi may be what they are looking for.

"Tai Chi is in essence a martial art that grew out of a Chinese philosophy called Taoism, which follows nature's path and nature's way," said Kenneth Leonard, Tai Chi head instructor for the state of Hawaii and instructor for MCB Hawaii, Kaneohe Bay.

Tai Chi — literally translated as "Supreme Ultimate Force" — has been practiced in China for centuries, and is now beginning its second year aboard the base.

"In today's fast-paced modern world, Tai Chi offers us a philosophical as well as a social inner balance to all this rapid change we face every day," said Leonard, a Tai Chi black belt from Painesville, Ohio, who honed his skills studying the ancient art for 15 years in both Japan and Taiwan. "Tai Chi is done slowly, and with this slowness

comes a certain focus and change in perception."

For those on the outside, that perception might lead one to believe that Tai Chi is passive, and in a sense, it is. But that is also where it gains its strength as a viable self-defense.

"Tai Chi uses the theory of 'four ounces of strength against a ton of force,' to stop an aggressor without having to meet force with force" said Leonard. "Tai Chi uses the aggressor's own energy against him."

In addition to the self-defense aspects, Tai Chi also offers many other benefits to its students.

"I started taking the class for improved flexibility because of different problems I've had with my body," said Ron Lagasse, a retired soldier and Tai Chi student from Kailua, Hawaii. "And even though it is a lot harder than it looks, and I'm feeling muscles I didn't know I had, I do feel better overall."

According to many students, the improved physical results of Tai Chi are wonderful, but still place second compared to the mental rewards of the martial art.

"The class has a very calming influence on me," said Tessie Amerio, a Tai Chi student from Waipahu, Hawaii, and wife of a retired airman. "I carry that calmness with me through the whole day and all the way up until the next class."

Carol Sodersten, a retired Sailor

and Tai Chi student from Kailua, said she couldn't agree more.

"Tai Chi enables you to feel at peace with yourself through a combination of the fluid movements of the exercises and the emphasis on breathing," said Sodersten. "I feel a lot better about myself, thanks to the class."

Tai Chi classes are offered Wednesdays and Fridays aboard base from 8:45 - 9:45 a.m. In keeping with the Taoist philosophy of oneness with nature, classes are usually held outside of the Semper Fit Center when weather permits.

"It's never too late or too early to start Tai Chi," said Leonard. "When you learn a life discipline like Tai Chi, you don't really put a time limitation on it. It is something you incorporate into your daily habit of life, something that will help you move through life with a little more grace, balance, coordination and focus."

For more information on Tai Chi, stop by the front desk of the Semper Fit Center, or call Semper Fit at 254-7597, or Leonard at 227-2247.

"Marines are inherently under a lot of stress and constant pressure," said Leonard. "Tai Chi can help balance that out through its calming affect, while at the same time teaching an effective means of self-defense. Tai Chi offers the best of both worlds."



Sgt. Joe Lindsay

Members of the MCB Hawaii, Kaneohe Bay, Tai Chi class — (from right to left) Tom Okimoto, retired soldier from Kailua, Hawaii; Tessie Amerio, family member of retired airman from Waipahu, Hawaii; Ron Lagasse, retired soldier from Kailua; Gwen Keyworth, family member of retired airman from Kinoulton, England; and Carol Sodersten, retired Sailor from Kailua) — perform stretching exercises during a session Jan. 22.



Solomon Navarro strikes Damon Flood during their bout, Sunday. Flood eventually caught Navarro with his guard down and won third place in the welterweight division.

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all over, it was Okomura who got the glory.

Mendez received the opportunity to fight a third time, but it came to no avail. He had to face the undefeated Okomura, with whom he struggled in the first round, and the outcome was no different.

"This outcome is what's expected when it's a fighter's first time in this sort of event," said Hanshi Leon Wright. "When it's their first time, they tend to think too much. As they progress on by fighting, it becomes second nature to them. It becomes more instinctive."

"All in all, I'm very proud of their efforts," said Wright. "It takes a lot of heart to go out there and compete in the first place. They went out there, fought, learned from their mistakes and left the ring knowing about themselves under pressure."

"Anyone can beat anyone on any given day," Wright continued. "You must train for that given day, and that's what we'll do."