



Cpl. Jason E. Miller

John Kauffman hangs on to one of the waves he surfed during his heat at the Pyramid Rock All Military Showdown surf contest March 23.

Thrills & Spills

MCB Hawaii looks back at the challenges and accomplishments that rounded out the year

Sgt. Alexis R. Mulero
Combat Correspondent

To kickoff sports aboard MCB Hawaii in 2002, the base first closed out the 2001 season with the Commander's Cup "Field Meet" Intramural Championships where Marines and Sailors from Combat Service Support Group 3 outperformed all other base tenants and claimed honors as the top athletic command aboard base.

2002 showed itself to be a year of many thrills and spills for athletes, in both individual and team sports.

Most of the thrill was due to the rebirth in September of the rough and tough eight-man tackle football league, after an absence of nearly eight years.

A total of eight teams battled furiously during an eight-game season. A playoff tournament immediately followed, and when it was all said and done, the high-flying Bandits from Marine Aircraft Group 24 had won K-Bay's pigskin supremacy by shutting out the Raiders of 1st Bn., 3rd Marine Regiment, with a score of 13-0.

In other intramural sports, the month of August was particularly special for Headquarters Bn., when it won the Softball and Soccer Intramural League Championships on subsequent days at the end of the month.

Highlighting the fairways at the Kaneohe Klipper Golf Course were eight golfers who helped MCB Hawaii place 2nd during the most recognized military golf tournament in Hawaii, The Kalinka Cup.

Two of the Marines who represented the base during the Cup — Rhys Evans and Johnny E. McCray — were selected to represent the Marine Corps at the All-Armed Services Golf Championships at Fort Bliss, Texas, in September.

Another notable athlete selected to participate in an all-armed forces sporting event and beyond included Rich Rogers, a cook at the Anderson Hall Dining Facility, who represented the Marine Corps and the U.S. at the 49th Annual All-Military World Cross Country Championships in Anatolya, Turkey, and finished 36th overall.

Being physical and aggressive comes



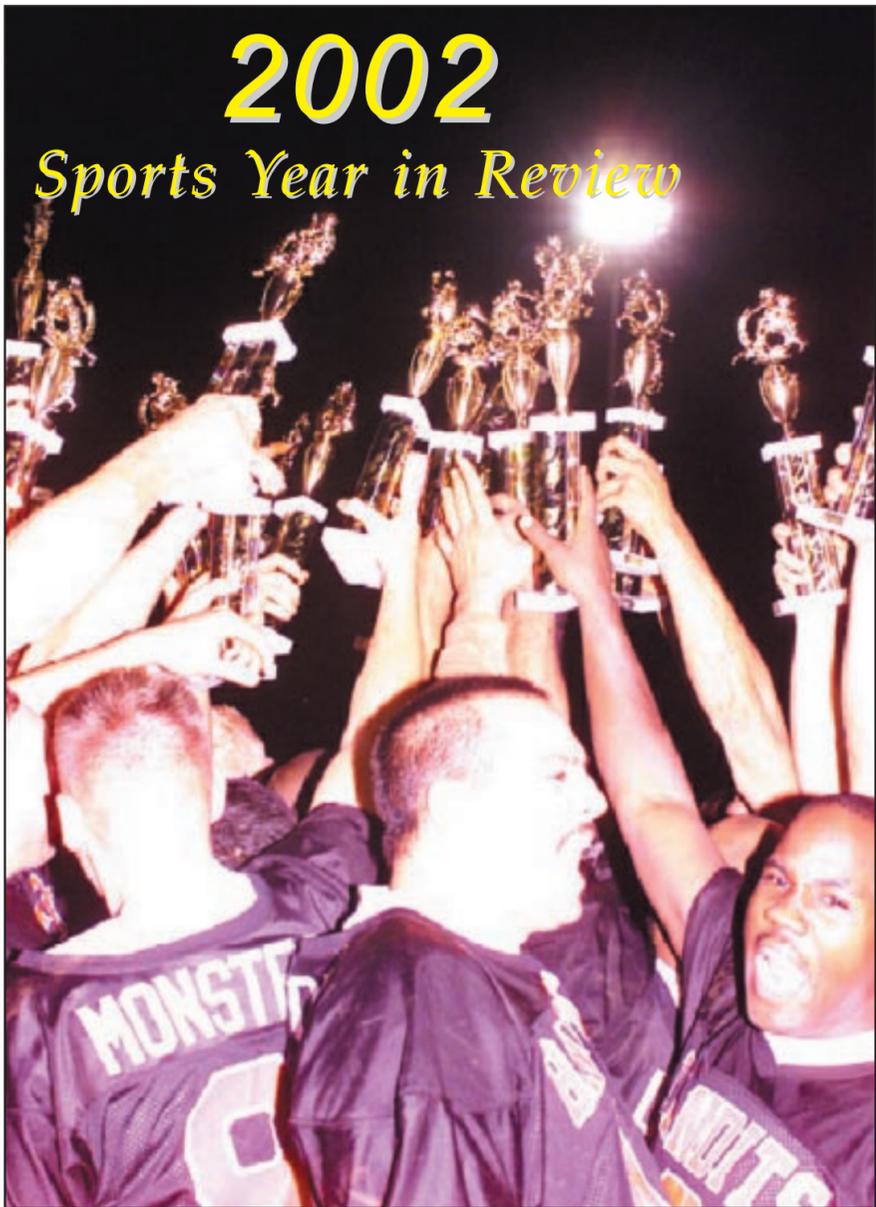
Sgt. Alexis R. Mulero

Richard J. McDougall celebrates a 20-foot putt to win the hole for the Marines during the 2001 Kalinka Cup May 3 - 5.



Cpl. Jason E. Miller

Richard Garvey aims in with his stock .45 cal. pistol. He is scheduled to compete against other armed services as part of the U.S. Navy Shooting Team.



Staff Sgt. Robert Carlson

The MAG-24 Bandits celebrate their closeout win against the 1/3 Raiders, 13-0, in the first championship game of the new MCB Hawaii tackle football league.

as a second nature to both Jason Ormsby, a legal assistance officer, and John Hobson, a Marine Security Element liaison for 3rd Marine Regiment, who were selected to the All-Marine Rugby Team and played against their sister services during the Armed Forces Rugby Championships at Fort Leonard Wood, Mo., in October.

In the art of weapons handling, two of the base's sharpshooters, Tamara Fode, a legal service chief, and Richard Garvey, from Marine Aviation Logistics Squadron 24, represented the Marine Corps and Navy respectively during the U.S. National Military Shooting Championships at Fort Perry, Ohio, in July.

Besides the base producing All-Marine and Navy athletes, it was also represented in all-services coaching when one Sailor from 1st Radio Bn., Frederick J.K.

Schucht, became the first corpsman to coach the All-Marine Volleyball Team during the All-Armed Forces Volleyball Championships in Tennessee. After completing the tournament, he was selected to coach the All-Armed Services Volleyball Team that competed in Romania.

When the Olympic torch was on its way to Salt Lake City for the 2002 Winter Olympic Games, Jeffrey E. Rhodes, a chaplain at Marine Forces Pacific aboard Camp H. M. Smith, who ran the Olympic torch for a quarter-mile stretch through Pacific Grove, Calif., March 8.

All in all, it was an exciting an honorable year for base athletes, who not only represented MCB Hawaii and their branch of service well, but also the entire U.S. armed services.

In 2003, the base debuts fast pitch baseball later this month.



Sgt. Alexis R. Mulero

Above — More than 800 athletes participate in 3rd Marine Regiment's 10-kilometer run across the start line May 11.

Left — Isaac Tarik of Wahiawa Boxing Club sends Roland Kauwe of Kalakaua's to the deck with a smashing overhand right in the second round of the first bout at the Bayfest Boxing Challenge in August.



Cpl. Jason E. Miller

BASE SPORTS

Edward Hanlon V MCCS Marketing

Klipper Hosts Golf Exhibition/Clinic

Get professional golf tips and learn the secrets of the golfing pros at the Kaneohe Bay Klipper Golf Course Wednesday at 5 p.m.

Professional Golf Association tour player, Paul Goydos will host this free golf clinic to all authorized military I.D. card holders.

Goydos earned three top 10 finishes in 2002 to include AT&T Pebble Beach, John Deere Classic and the Bay Hill Invitational. He is slated to compete in the 2003 PGA Tour's Sony Open.

This is a good opportunity for interested Marines and Sailors to get close and personal with a PGA Tour professional and to see how it is done.

Mahalo to the PGA Golf Clinic, GEN-X, Tommy Armour Golf, Etonic, Teardrop and Ram Golf.

For more information, contact the Kaneohe Klipper at 254-1745.

Semper Fit Holds Surf & Turf 5K Run

Race day, Feb. 1 at 7 a.m., the Commanding General's Semper Fit Series run will begin and end at the Officers' Club, and wind throughout the Klipper Golf Course, including portions down the panoramic beach.

To get in on the fun, pick up a Surf &

Turf packet at the Semper Fit Center between 9 a.m. and 4 p.m., Jan. 30 - 31.

The entry fee for the race is \$15 and registration — underway now — ensures a free T-shirt to remember the event. (Registrations received after Jan. 24 are not guaranteed a shirt on race day.)

Awards will be awarded to the top three finishers overall as well as to the top finishers in each age group in both men's and women's categories.

For further information, contact MCCS Athletics at 254-7590 or 254-7597 between 8 a.m. and 4 p.m.

Semper Fit Calls All Women

Do you have what it takes to be an All-Marine?

Marine Corps Community Services' Semper Fit is actively seeking resumes for an 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.



Base All Stars

NAME: Connie Zepeda

UNIT: Marine Corps
Community Services

TITLE: Kaneohe Bay Tennis Pro

SPORT: Tennis

- She has been playing tennis competitively since she first appeared in the Fort Worth Open in the junior division at age 11.

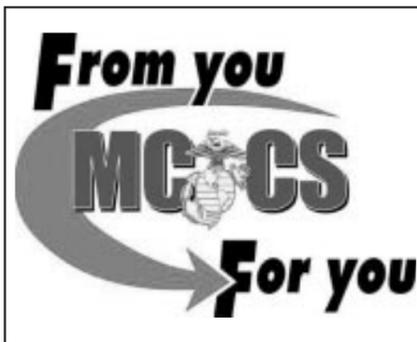
- She was a nationally ranked collegiate player at Texas Wesleyan University, where she competed in the national championships, and is a former Hawaii Open winner.

- She is currently the resident tennis pro at MCB Hawaii, Kaneohe Bay, as well as the tennis coach at Kamehameha High School.



Sgt. Joe Lindsay

"For a sport that is so physically demanding, there is also a mental element that is even more important. The challenge is getting them to work together in unison."



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 CISM 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.

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

Registration forms are also located in the Semper Fit Center's Athletic Office. All major command sports representatives may contact Joe Au at 254-7591.

Kahuna's Throws NFL Wild Card Weekend

Kahuna's Sports Bar & Grill is now open at 7 a.m., so football fans can catch all their NFL action every weekend in January.

The NFL Wild Card Weekend, the NFL Divisional Playoffs, the AFC/NFC Conference Finals and the Super Bowl will all be featured at Kahuna's.

For more information, call 254-7660.

Sharkey's Quick Bite Now Open

Whether at the Base Marina enjoying sports activities or looking for someplace different to eat, recharge your mid-day 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.

Clubs Roll with Pigskins

It's football Sunday and all three clubs have a party planned.

- Catch all the NFL highlights

at the E-Club's Kahuna's Sports Bar & Grill beginning at 9 a.m. Call 254-7660 for details.

- The Staff NCOs can head down to the Rocker Room for pupus, beverage specials and the final contest of the King & Queen of the Quarter. The regal winners will walk away with a new recliner.

- The O'Club embraces the football frenzy with a Super Bowl Tailgate Buffet beginning at noon. Members and their guests will enjoy all the NFL action, free tailgate pupus and a cash bar. For more information, call 254-7650.

Single Marine & Sailor Program Offers Golf Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below.

The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for the Single Marine and Sailor Program only.

The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham, SM&SP coordinator at 254-7593.

The SM&SP Office is located inside Bldg. 219 aboard Kaneohe Bay

Bowlers Strike Savings at K-Bay Lanes

Bowling is back, and back "with attitude!"

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

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursome are starting.

Also, check out Semper Extreme Bowling Fridays 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 for keiki, a hearty snack shop, a pro shop and arcade.

For more information, call K-Bay Lanes at 254-7693.

Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private parties are welcome.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person. Players have the option of bringing their own paint or purchasing it.

For more, contact Paintball Hawaii owner Roland Manahan at 265-4283, or the Single Marine & Sailor Program at 254-7593.

COMMUNITY SPORTS

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed to play on Pearl Harbor's sub base side, which is trying to start a league. Equipment is available for rent through the MWR site.

Experience is not needed. Must be at least 15 years of age.

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

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

Hunter Education Classes Offered in Oahu

Do you like hiking, camping or hunting?

If you answered yes to any one of those, then the Hunter Education classes offered by the Hawaii Department of Land & Natural Resources may be for you.

Subjects covered during the course include: firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulations, game care, and outdoor responsibility.

Complete attendance is required for certification.

The next classes being held are today from 5:45 - 10:15 p.m. and Saturday, 7:45 a.m. - 4 p.m.

The next set of classes run Jan. 17, 5:45 - 10:15 p.m. and Jan. 18, 7:45 a.m. - 4 p.m.

To register, for more information or for special needs, contact the Hunter Education Office at 587-0020.

Marines and Sailors Invited to Shape Up

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, exercising for weight management, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult. Skills and tools provided during this program will enable you to meet your goals.

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

All active duty personnel will receive motivational strategies and educational materials for continued success. The ShipShape program is a simple and enjoyable way to achieve and maintain a fit mind and body.

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.

Bellows Hosts Outdoor Recreation

Just because summer is over does not mean you have

to be a couch potato. Bellows Recreation offers plenty of outdoor activities.

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.

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, call the Bellows Recreation Center at 259-8080.

Go Camping Year-Round at Bellows

Don't miss out! Bellows offers a great climate for year-round camping. Pitch your tent at one of 60 wooded and oceanfront campsites all within a close walk to the best beach in Hawaii.

In addition to the rustic campsites and great weather, enjoy water activities, hiking, miniature golf, or just sit back and relax.

No need to worry about bringing all of your camping gear. Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one 6-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).

Tennis pros hit center court at K-Bay

Story and Photos by
Sgt. Joe Lindsay
Combat Correspondent

Yes, John McEnroe, MCB Hawaii, Kaneohe Bay, is serious.

Tennis has hit center court here, and resident tennis pro Connie Zepeda, a former nationally ranked collegiate player at Texas Wesleyan University and winner of the Hawaii Open, is on a mission to bring the sport to the forefront of base athletics.

"Marines have a reputation for being the toughest there is," said Zepeda, a Fort Worth, Texas native. "And let me tell you, there is no tougher sport than tennis.

"You've got to use your brain, make split second decisions, and be in outstanding physical shape."

Assistant tennis pro Blaison Hazard, a former standout at the University of Connecticut, said he couldn't agree more.

"Some people might think tennis is a 'pansy' sport," said Hazard, a Saint Croix, U.S. Virgin Islands native. "Nothing could be further from the truth.

"There are no substitutions in tennis. You've got to gut everything out. It's a tough sport for those who are up to it."

If it sounds like Zepeda and Hazard are offering up a challenge of sorts, it's because they are.

"We offer free lessons on Thursdays from 11 a.m. to 12:30 p.m.," said Zepeda. "Tennis is great physical training, and units are welcome to start coming out and playing tennis as an alternative means of PT.

"I'd like to see more service members take advantage of our programs."

With six tennis courts on base open 24 hours a day, seven days a week, there are ample opportunities for would-be tennis players to work on their games, noted Hazard.

Currently, there are about 15 students enrolled in the tennis program here, mostly youth and family members.

"With the youth program, we concentrate on teaching the children more than just tennis," said Zepeda. "The emphasis is on sportsmanship, camaraderie, and friendship.

"Don't get me wrong though, we're turning out some pretty good tennis players too."

According to tennis student Lauren Shin, 15, the program requires a lot of hard work.

"Tennis is kind of like life," said the Kamehameha High School sophomore. "You get out of it what you put into it."

For Kelly Domingo, 10, the rewards are worth the hard work.

"I'm really starting to get a lot better thanks to the lessons," said the Sacred Hearts Academy fifth grader. "Plus, I've made a lot of great friends, thanks to tennis lessons, and I'm having so much fun."

And that, according to Domingo's mother Esmeralda is what the youth tennis program is all about.

"As a parent, it means a great deal to me that my children are learning not only a wonderful sport, but also tools they can carry with them the rest of their lives — including fair play, sportsmanship, and respect for their competitors," said the elder Domingo. "The program here at the Marine base is exceptional."

The only thing missing, it seems, is the Marines.

"I really do hope the Marines and other service members come out and give the tennis program we have here a shot," said Zepeda. "They'll be glad they did."

For more information on tennis at MCB Hawaii, Kaneohe Bay, contact Zepeda at 258-8081.

Drop in at the Marine Corps Tennis Shop in Bldg. 1255, Tuesdays, 10 a.m. - 2 p.m.; Wednesdays, 9 a.m. - 1 p.m.; Thursdays, 10 a.m. - 2 p.m.; Saturdays, 9 a.m. - 2 p.m.; or Sundays, 10 a.m. - noon.



Assistant tennis pro Blaison Hazard, of MCB Hawaii, delivers a 'blazing' serve during tennis action at the base courts Jan. 2.



Above — Zepeda shares some of the finer points of tennis during lessons.

Left — Tennis Pro Connie Zepeda, with MCB Hawaii, shows the form that led her to a national ranking during her tenure as a player for Texas Wesleyan University.

CSSG-3 to defend Commander's Cup

Sgt. Alexis R. Mulero
Combat Correspondent

The Marines and Sailors from Combat Service Support Group 3 have had the distinguished honor of knowing they were the top athletic command aboard MCB Hawaii since last January.

Today at 8 a.m., the warriors from CSSG-3 will try to preserve that status during the 2002 Commander's Cup "Field Meet" Intramural Championships that will be celebrated at Pop Warner Field and the Risely Field Sand Courts.

Throughout the day, MCB Hawaii tenant commands will clash in a myriad of athletic events that will exercise their stamina, strength, coordination and will.

Some of the events will be relay races, sand volleyball, kip style pull-ups, horseshoe tournaments, dizzy izzy, tug-o-war, and wheelbarrow and fireman's carry races as well.

"The Commander's Cup is a fun and healthy way for all service members aboard base to interact with each other," said Steve Kalnasy, varsity sports coordinator at the Semper Fit Center, with Marine Corps Community Services. "Marines and Sailors are extremely competitive, and today's competition offers them that opportunity to exercise their gung ho spirit."

Following the competition, medals and trophies will be awarded to the individual category winners, the Commander's Cup Champions Trophy to the overall victor of the event and this year's Commanding General's Semper Fit Series Trophy.

SPORTS AROUND THE CORPS



Sgt. Colin Wyers

Captain Keith Parry, 35, from Palmerton, Penn., is encouraged to finish Camp Commando's first 10-kilometer run by Master Sgt. Luis Torres, 41, from Moline, Ill., on Dec. 26.



Sgt. Colin Wyers

Chief Warrant Officer 4 John Quinlan, 42, from Omaha, Neb., wears his M40 field protective mask during a 10-kilometer race at Camp Commando, Kuwait, on Dec. 26. Quinlan finished with a time of 54:35.

I MEF runs Kuwaiti 10k with a twist, to boost morale

Desert conditions and terrain challenge Marines for 6-plus miles

Sgt. Colin Wyers

I Marine Expeditionary Force

CAMP COMMANDO, Kuwait — With approximately 250 opponents, they set off on a journey — some to beat time, others just happy to participate.

A few got medals, but most would receive a T-shirt and the

pride of having finished the first run of its kind aboard Camp Commando, Kuwait.

On the day after Christmas, the I Marine Expeditionary Force Headquarters Group (Forward) sponsored a 10-kilometer run that stretched outside the concertina-wired camp and snaked up a ridge for nearly a mile.

Master Sgt. Luis Torres, 41, from Moline, Ill., was the first to cross the finish line, with a time of 41:46, in an event designed to boost morale and build camaraderie.

Major Krista McKinley, 33, from Carson City, Mich., was first place in the female division, with a time of 49:6.

"It was just a fun run, to get all the people out there that wanted to do an event together," said Staff Sgt. David Ransbottom, Morale, Welfare and Recreation representative. "We're trying to put something together like the commanding general's cup, to have events for each unit to partake in, and have a little bit of competition between the units here."

Although competitive, the

event brought a lot of people together.

"It's a morale boost," said Torres. "It encourages unity. You saw many people running together as a unit."

Challenges of running in the Kuwaiti desert and a surprise change in the weather added to the fun.

"Actually, the weather was pretty good," said Torres.

The desert took a break from the rain and chilly wind gusts from the previous days and greeted the runners with plenty of sunshine and a light breeze.

"The sandy hills at Mutla' Ridge were the breaking point for all of us," added Torres. "I feel all that finished the race are winners."

Facing younger opponents, Torres credited years of experience with his victory.

"Experience is the key," said Torres. "I spent time with the Marine Corps track team in the early 80s."

"You learn to see other runners' perspectives, and you force them to run your race," he explained, reminiscing about his lessons learned.

Tour de Okinawa hosts world-class cyclists

Lance Cpl. John F. Silwanus
MCB Camp Butler

NAGO CITY, Okinawa, Japan — Professional athletes travel around the world to compete with others at their skill level. They also seek out sponsors to support and finance these global treks in search of new competition.

Intending to attract bicyclists and sponsors of this caliber, Nago City recently hosted the 14th Annual Tour de Okinawa. Service members, Okinawans and cyclists from five other countries traveled here for a weekend of competition.

"We hosted 1,850 participants for the entire weekend of competition," said Ichiro Miyagi, event coordinator, Tour de Okinawa. "It was not only a great competition, but also a great opportunity for the competitors to see the communities on northern Okinawa.

"This was the largest amount of competitors we have had in the history of the competition."

The Tour de Okinawa featured a myriad of races tailored from serious competitors down



Lance Cpl. John F. Silwanus

Cyclists from around the world ride through the streets of Okinawa during the 14th Annual Tour de Okinawa. Competitors from five other countries joined Okinawans and service members for the event.

to families out to have fun.

The first day of competition began with the opening ceremonies and family and circuit courses races. The longest of the circuit courses was the 330-kilometer Okinawa Circuit Course, which was geared toward amateur competitors. The course saw riders cruise around the island.

It started in Nago, headed

south to Naha and returned to Nago.

The second day of the competition featured more racing, which included the 200km Men's Championship Race, 50km Women's International Race and 50km Men's Road Race.

On these courses, riders found themselves touring the mountains and local villages on

the northern end of Okinawa.

"The early stages of the course were difficult, but it got better once you broke away from the pack," said Christopher Perry, a rider who competed in the 50km Men's Road Race. "It was great to ride by some of the children, who would wave and cheer you on."

With children and locals encouraging the riders to finish,

many service members felt the best reasons to compete were to get out and see the island.

"I love the outdoors and seeing the local culture, so coming out here was another opportunity to do that as well as help gain some new friends," said Susie Rourke, a Surry, Maine native. "It was a great experience for my first bike race."

Whether the riders finished first or last, competing and striving for personal bests drove most to challenge the Tour de Okinawa.

"Just to come out and run the race was the biggest challenge for me," said Perry, a Seattle, Wash., native. "I don't think riding to come in first place is what anybody but the professionals do."

Organizers hailed the event as being just as successful for the competitors as it was for the northern villages and towns of Okinawa.

"Since we invite competitors from different countries as well as from Okinawa, the towns and villages in the area use this event to showcase what they have to offer," Miyagi said.

Parris Island embraces ancient form of relaxation

Cpl. Alisha R. Fitzgerald
MCRD Parris Island

MARINE CORPS RECRUIT DEPOT/EASTERN RECRUITING REGION, PARRIS ISLAND, S.C. — Yoga is a form of spirituality that was developed on the Indian peninsula over a period of some 5,000 years.

Underlying all forms of Yoga is the understanding that the human being is more than the physical body and that, through a course of discipline, it is possible to discover what this "more" is.

Tina Marie Heinzer has been a personal trainer, fitness trainer and aerobics instructor for 20 years. About a year ago, she added yoga to her repertoire and began teaching it to classes at the Combat Fitness Center.

"At first, I hated it," said Heinzer. "It

made me hurt. Once I began doing more of it, and my body got used to it, I really enjoyed it."

There are a couple of different levels of yoga the center offers to patrons. Heinzer instructs one designed for any fitness level, concentrating on stretching and relaxation.

"Flexibility is one of the biggest benefits," said Heinzer.

Yoga has become very popular in the past couple of years, possibly because of the increased amounts of stress in our daily lives.

Yoga can be practiced for all sorts of reasons: to remain fit, to stay healthy or

recover from health problems, to balance the nervous system, to calm a busy mind and to live in a more meaningful way.

Yoga also acts as a supplement to improve the body's function in other activities. In weight training, it lengthens the muscles. For aerobics, it increases flexibility. It helps the body relax after a long day's work.

"I recommend the class to the drill instructors, especially," said Heinzer. "After a long day of dealing with recruits, it's beneficial for them to come and participate in the class."



Cpl. Alisha R. Fitzgerald

Heinzer leads her Yoga Fit class through one of the numerous techniques.



spotlight on health

Drug terror increasingly threatens U.S.A.

"It's so important for Americans to know that the traffic in drugs finances the work of terror, sustaining terrorists — that terrorists use drug profits to fund their cells to commit acts of murder.

If you quit drugs, you join the fight against terror in America."

— President George W. Bush

The Office of National Drug Control Policy Press Release

An undeniable link exists between acts of terror and illicit drugs. And, though law enforcement officials around the world have long recognized this close connection, the changing world and recent events have made this link more relevant in the daily lives of all Americans.

The bottom line is simple: terror and drug groups are linked in a mutually-beneficial relationship by money, tactics, geography and politics. Americans must understand that our individual choices about illicit drug use have the power to support or undermine our nation's war on terrorism.

Drugs form an important part of the financial infrastructure of terror networks.

Twelve of the 28 terror organizations identified by the U.S. Department of State in October 2001 traffic in drugs.

Drug income is the primary source of revenue for many of the more powerful international terrorist groups. For example, the Revolutionary Armed Forces of Colombia receives about \$300 million from drug sales annually. The United Self Defense Forces of Colombia relies on the illegal drug trade for 40 - 70 percent of its income. Peru's Shining Path is more dependent on drug money than ever before. And, the Taliban regime in Afghanistan, which provided safe haven to Osama Bin Laden and his Al Qaeda network, used revenues from opium and heroin to stay in power.

Further, in 2000, Afghanistan was responsible for more than 70 percent of the world's opium trade, resulting in significant income to the Taliban.

Drug traffickers and terrorists use similar methods to achieve their criminal ends.

Most importantly, traffickers share a common disregard for human life, engaging in acts that most people would consider terrorist in nature. These include gruesome public killing of innocents, large-scale bombings intended to intimidate government, kidnapping and torture.

ILLEGAL SUBSTANCES



Drug trafficking organizations prey on young people both to grow their ranks and to keep their illegitimate businesses operating. Money laundering, arms-for-drugs exchanges and use of phony documents are common among terrorists and drug groups.

Drug traffickers and terrorist organizations both attack the underpinnings of legitimate government institutions to achieve their objectives, or enjoy the protection of governments that condone terror or drug trafficking. They are both drawn to regions where central government authority is weak.

If a terror group already controls a region and has excluded or neutralized legitimate government institutions, drug production only requires a business deal.

The growing link between terrorists and the drug trade contributes to an increased threat to America. Drug and terrorist organizations are taking advantage of the global economy to expand the scope, scale and reach of their activities

and, as a result, their ability to harm American citizens and to damage U.S. interests is dramatically expanding.

As state sponsors for their activities become scarce, terrorists are increasingly dependent on drug financing. The combined force of their alliance poses an enhanced threat to regional stability, American national security and the future of our country's youth.

Parents, educators, faith and community leaders recognize that youth drug use is a serious issue in this country, and they work tirelessly to educate children about the dangers of substance abuse.

Today there is a new reason to continue this important effort: the illegal drug trade is linked to the support of terror groups across the globe.

Buying and using illegal drugs is not a victimless crime. It has negative consequences that can touch the lives of people around the world.

September 11th has brought the complex and horrific reality of terrorism into the lives of all Americans. Many are asking, "How did this happen?" and "What can I do?"

The link between terror and drugs is an important part of the puzzle, as is the recognition that individual decisions about using drugs have real-world consequences.

Most snorers rank 7-plus on the Richter scale, per survey

NAPS
Featurettes

Snorting, gasping, whistling and wheezing might be noises common at the zoo, but when it happens in the bedroom, it's called snoring — hardly music to the ears, according to a new survey.

More than 80 million Americans snore, and a new survey shows their snoring is considered loud at best and ear-splitting at worst. More than half of snorers and their bed partners both rated the average loudness of the snoring as a seven or above on a scale of one to 10. Forty-six percent of respondents described the snoring as "loud enough to wake someone from their sleep," forcing 41 percent of "sufferers" to sleep in a different room.

"Snoring is a common problem, but it's also a medical condition that should not be ignored," said Dr. Jeffrey Hausfeld, medical director of the Washington Center for Laser Medicine and author of *Don't Snore Anymore: Your Complete Guide to a Quiet Night's Sleep*. "Snoring not only dis-

SNORING Facts & Figures

rupts sleep, it can lead to an increased risk of accidents, and snoring is sometimes linked to sleep apnea, a serious medical condition."

What's the source?

For many snorers, their noses are the cause, while others have their throat or both to blame for this nightly nuisance. In order to provide a solution to all types of snoring, some manufacturers are introducing a throat spray that reduces snoring by opening congested nasal passages.

Now, for people whose snoring is primarily related to throat issues, a drug-free throat spray is clinically proven to reduce the loudness, frequency and duration of snoring by combining natural oils that lubricate the throat with a natural astringent that temporarily helps firm loose tissue to reduce vibrations and lessen noise.

Up to 85 percent of snorers may get relief from this method.

How is it treated?

- Watch your weight and quit smoking. In addition to increasing the likelihood of snoring, being overweight and smoking are serious risks to overall health.

- Avoid consuming alcohol before bed. Alcohol causes throat muscles to relax, which can constrict air passages. (Almost 11 percent of "sufferers" attributed their partners' snoring to alcohol consumption.)

- If an illness, cold or allergies is causing your snoring, try a nasal strip. The strip works by opening your nose, so you close your mouth and don't snore.

- For snoring caused by loose, vibrating throat tissue, try drug-free throat spray, an over-the-counter remedy that's proven to reduce snoring loudness and frequency.

- See your doctor if snoring is a constant problem or to obtain more information.

Scoring big with basketball



Staff Sgt. Jesus A. Lora

Criss Moore (left) completes a lay up that proves that practice is the key to his captivating moves, while Dant'e Daniels unsuccessfully tries to block the point. In local organized competition, Pee Wee Division basketball got underway Saturday. The Rough Riders of Kaneohe Bay began their season with a win against the Manana Housing team, 38 - 5. Sixteen teams comprise the division, and each will play eight games. "We have an awesome team," said Head Coach Tom Rey. "These kids really have a great time playing the game."

Massage therapy rises as pain reliever

NAPS
Featurettes

Over the past few years, massage therapy has gained a healthy following of patients and doctors.

This treatment that many once considered only to be for the wealthy is being used more frequently for treating muscular and arthritic conditions, sports injuries and chronic pain.

In fact, the National Certification Board for Therapeutic Massage & Bodywork estimates 20 million Americans spend upwards to \$4 billion annually on visits to massage and bodywork practitioners.

Generally, their treatment benefits include physical relaxation, reduced anxiety, increased circulation and pain relief. For today's seniors, massage therapy treats ailments such as arthritis and muscle aches, that are associated with growing older.

And, the therapy has also been shown to be beneficial to pregnant women by helping them to relieve depression, anxiety and nervousness caused by hormonal change; increasing circulation, which reduces swelling and improves oxygen supply to the baby; and helping to relieve muscular discomfort such as cramping, tightening, stiffness and knots.

Why the newfound acceptance?

Massage therapy is a practice that's been around for hundreds of years. Many therapists attribute massage's current popularity to increased public knowledge.

For instance, more people today are aware of the health risks associated with stress than in the past and massage therapy has been shown to relieve stress and many of the negative aspects associated with it.

Other treatment methods such as acupuncture and herbal medicine have grown in popularity as well. In fact, the



Cpl. Jessica M. Mills

Diane Lang, massage therapist at the Semper Fit Center, works the kinks out of Margaret Delgado, a family member, Monday. Lang has been a professional massage therapist since 1994 and offers several different types of massages.

National Institutes of Health reports one-third of U.S. consumers polled said they visit an alternative medicine specialist once a year.

The NCBTMB — an independent group founded to foster high standards for therapeutic massage and bodywork — recommended consumers look for massage therapists or bodywork practitioners who have been certified. That way people can be more confident that their chosen thera-

pist is competent, well-trained and has the appropriate knowledge and skills to treat conditions.

The group's actions (and those of groups like it) have helped many alternative medicines gain legitimacy in the eyes of healthcare professionals and insurance companies.

Consumers can find certified massage therapists in their area or learn more about NCBTMB at www.ncbtmb.com.

Urinary tract infections may keep reoccurring

NAPS
Featurettes

The only thing worse than a painful infection is a painful infection that keeps coming back. Urinary tract infections can be among those infections that can reappear a few months after clearing up.

One out of every five women will develop a urinary tract infection or UTI during their lifetime. Some are more prone to UTIs than others. In fact, 20 percent of women who have a UTI will develop another, and 30 percent of those will have still another.

Uncomplicated UTIs, also called bladder infections or cystitis, typically occur when bacteria enter the urinary tract from the outside.

Urine has antibacterial properties that prevent the growth of most bacteria, but certain

factors can increase the chances that the bacteria will multiply into a full-blown infection such as the following:

- Poor hygiene that may lead to growth of bacteria.
- Inadequate fluid intake.
- Conditions such as diabetes.
- Frequent sexual intercourse.
- Use of a diaphragm.

When UTIs keep coming back, it is usually because the latest infection stems from a slightly different type of bacteria, indicating a separate infection.

Whether or not you are more prone to recurring UTIs, there are a few things you can do to decrease your chances of developing an infection. Follow these simple steps to keep bacteria at bay:

- Make sure to drink plenty of fluids so that your urine appears clear during the day.
- Follow good daily hygiene such as washing your genital area every day.
- Urinate frequently and to completion, especially after intercourse.
- Don't use feminine hygiene products containing deodorant.

Even if you do follow this advice, it is not 100 percent guaranteed that you will not develop an uncomplicated UTI at some point during your life.

Not everyone with an uncomplicated UTI has symptoms, but most people have at least one, which may include frequent urges to urinate and a painful burning sensation when doing so, or urine that is cloudy or discolored. Additionally, you may feel under

the weather, tired, run-down, or lower abdominal pain.

It is important to see a doctor if you have any of the symptoms of a UTI. Your doctor may refer you to a urologist for further evaluation in order to rule out the presence of other conditions.

Because an uncomplicated urinary tract infection is a bacterial infection, it can be easily cured in most cases with the right antibiotics. However, as with any prescription, be sure to tell your physician about any other medications you may be taking.

Remember, your doctor or healthcare provider is the single best source of information regarding you and your health.

In either case, don't let a urinary tract infection ruin your fun; speak to your doctor or pharmacist to learn more about UTIs.

Condoms cannot prevent STDs, HIV, say experts

Study also shows consistent use of contraceptive a myth

NAPS
Featurettes

Many Americans may be surprised to learn the health facts in a recent scientific report about condoms. The research reveals that the contraceptive, even with consistent and correct use, fails to safely reduce the risk of some of the most common and potentially dangerous sexually transmitted diseases.

"America is facing an epidemic of STDs — more than 15 million new STD infections per year," says Dr. Joe S. McIlhaney Jr., president of the Medical Institute for Sexual Health. "It is imperative that Americans understand what the science says about the limits of condoms in keeping them safe from these STDs, many of which can have life-altering consequences, including infertility and cancer."

Understanding is now available as the Medical Institute has recently released the report "Sex, Condoms, and STDs: What We Now Know," which reviews findings about the ability of condoms to reduce the risk of STDs. The report is authored by some of the nation's leading experts on STDs and condom research.

Some of the report's key findings follow:

- Even 100 percent condom use does not eliminate the risk of any STD, including HIV.
- Sexual transmission of chlamydia, syphilis and gonorrhea is reduced by approximately 50 percent, but considerable risk of infection remains even with 100 percent condom use.
- Though HIV sexual transmission is reduced by approximately 85 percent, with 100 percent condom use, it still leaves some risk of infection with the fatal disease.
- With increasing numbers of sexual partners and sex acts comes an increasing risk of STD infection, even with 100 percent condom use.
- Consistent or 100 percent use of condoms for many years is so uncommon that it is almost a purely theoretical concept.

To order a copy of the report, surf www.medinstitute.org.

Foul breath may be avoided

A dental rinse helps offending odors become more pleasant

NAPS
Featuring

It is a scientific fact that the nose doesn't always know — not your own nose anyway — whether you have bad breath, but fortunately, there are things you can do to keep your breath fresh.

Know Your Enemy

Halitosis, commonly referred to as bad breath in otherwise healthy people, is caused by bacteria that live on the soft tissue of the mouth, mainly on the back of the tongue.

The bacteria produces smelly gases that cause bad-breath odor, and some people have substantially more of these odor-causing bacteria than others. That's why some people tend to suffer from bad breath more frequently than others.

Get Serious Now

Bad breath can sometimes be caused by a serious medical problem. If the onset of bad breath is sudden or grows worse over a period of days or weeks (or if it is accompanied by the onset of fever, cough or other symptoms), you should seek medical attention.

Know Your Options

Conventional mouthwashes, breath mints and other similar products tend to work by masking odor with a more pleasant one. However, many of these products do not offer long-term solutions.

Dentists recommend products such as rinses that use the active ingredient chlorine dioxide, a powerful and safe deodorizing antibacterial agent, to eliminate bacteria in the mouth. As an added bonus, dentists say daily use of such rinses helps reduce dental plaque.

WHAT HAVE YOU DONE FOR YOUR MIND LATELY?

Web site targets teenage smokers

Rebellion, curiosity, peer pressure cause most teenagers to unwisely start smoking

NAPS
Featuring

A sophisticated, high-tech twist on the old saying "Where there's smoke, there's fire" may prove to be a promising new weapon in the battle to stop teen smoking — as well as other dangerous risks faced by America's children.

Rather than focusing on the health risks or the physical aspects of nicotine addiction, a new approach focuses on helping teens work through the underlying anxieties, depression, peer issues and personal problems that lead to their smoking in the first place.

Based on 120 years of work with kids, the national children's crisis charity KidsPeace developed a Web site that helps older children and teens to deal with the pressures and crises of growing up.

The new Quit Smoking section of www.TeenCentral.net gives practical, step-by-step guidelines and activities to help teens break the emotional and psychological bonds that tie them to smoking — a key aspect that warnings, nicotine patches or gum simply can't address.

"This new approach holds tremendous promise because it works on the total child," said KidsPeace President and CEO C.T. O'Donnell II.

The Quit Smoking section provides practical information and activities to help teens identify what may have led to their smoking such as peer pressure, depression or low self-esteem. These issues can then be tackled in the site's main pages.

The new and more complete approach also includes many interactive and enjoyable activities for teens such as a special calculator that helps teens compute how much money they waste buying cigarettes, daily activities, exercises, personal progress journals and facts about smoking and nicotine addiction, to help them break the habit.

Further, the site allows teens to take a survey about their smoking habits and compare their results with others from across the globe.

This survey has revealed that rebellion is the number-one motivator for starting smoking, followed by curiosity and peer pressure.

The teens have revealed that



Staff Sgt. Jesus A. Lora

A teenage smoker unwisely begins a habit he will find extremely hard to break.

health is the prime reason for their wanting to stop smoking, followed by the high cost of cigarettes and wanting to perform better in physical activities.

One of the most helpful sections of the site is the story-sharing component. Teens can enter stories of their daily struggles and successes and read the similar stories of others. Trained KidsPeace clinicians respond with advice for the writer.

"TeenCentral.net's Quit Smoking initiative, coupled with its general advice on issues teens face

every day, ensures we are helping teens face their issues comprehensively," said Ginger Papp and Julius Licata, co-managers of the site.

Still other helpful information is provided at the site, including information on topics such as parents' divorce, family problems, violence, losing someone close, depression, alcohol and drugs, peer pressure and personal problems.

(Editor's Note: KidsPeace is a 120-year-old charity dedicated to giving help, hope and healing to children facing crises such as traumas, depression and the stresses of modern life. For more details about the organization's programs, visit www.kidspeace.org.)



Healthy looking skin needs adequate sleeptime

NAPS
Featuring

The right amount of sleep is not only essential for general well-being, but it's also a prerequisite for great looking skin.

"Skin is most receptive to moisture at night," explains Wendy Brackett, senior scientist at Olay. "While we are asleep, the body goes into a state of repair, and skin replenishes vitamins and moisture that are lost throughout the day.

Brackett says to think of going to bed as the beginning of your daily beauty routine and to de-

Health Awareness

velop a regimen that fits the different way skin works at night, for best results.

The following ideas can maximize the benefits that nighttime slumber can bring:

- First, get in the mood to sleep. Establish a routine that will cue your body to go to sleep.

- Put on soothing music or have a glass of warm milk, then snug-

gle down with the latest book by your favorite romance writer.

- Cut down on the caffeine. Too many stimulants like coffee, tea and colas throughout the day can cause palpitations and make for restless sleep at night.

- Don't rush. Take time when performing your evening beauty regimen because the added luxury of additional time doesn't exist in the morning.

Treat yourself to a rich moisturizer that will provide nourishing hydration to quench skin during the night. The product should strengthen the skin structure while providing intense

moisture.

- Set aside designated worry time early in the evening. Mentally go over tomorrow's "to-do" list before going to bed and then forget about the list until morning.

Having a well-rested mind is just as important as a well-rested body.

- Exercise. Regular physical activity enhances sleep by getting rid of tension built up throughout the day. However, don't wait until too late in the evening to get in that workout as you need to ensure ample time to wind down afterwards.

Did You Know?



NAPS

Tears, idle tears? Not quite. In addition to clearing your eyes of dust, hairs and such stuff, your tears contain substances that fight off bacteria and proteins that help combat eye infection.

QUOTABLE: Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.
— Booker T. Washington