

# Hawaii MARINE SPORTS

Hawaii Marine C Section

January 24, 2003



Cpl. Jason E. Miller

Professional Golfers' Association champion Paul Goydos demonstrates alignment before an audience gathered at the Jan. 15 surprise golf clinic.

## Pro golfer shares his wisdom at Klipper

Cpl. Jason E. Miller  
Combat Correspondent

Golfers aboard MCB Hawaii were treated to a pleasant surprise at the Kaneohe Klipper Golf Course Jan. 15, when professional golfer Paul Goydos stopped by for an hour-long clinic and provided instruction in advanced golfing techniques.

Goydos, the son of a World War II Navy veteran, thanked the Marines and Sailors who attended for their commitment to the country and for the work they do every day.

"It's because of what you do — and people like my father have done — that allows me to do what I do for a living," Goydos said. "If it weren't for you all, there's no way I could be where I am today."

Goydos was on the island of Oahu to participate in the Sony Open Golf Tournament in Waialae, which was underway Jan. 13 through the 19.

During the clinic, the pro went

See **GOLFER**, C-3

## Aloha Run gives funds to military units

Steven Kalnasy  
Varsity Sports Coordinator,  
Marine Corps Community Services

We often hear the slogan "Lucky we live Hawaii" here in the Islands. And, looking around, it's hard to argue with that statement.

As a fitness professional, I help create opportunities for our community to reach its health and wellness goals. The numerous races held here on base and the great variety of sporting activities offered through the intramural, varsity and youth level programs at MCB Hawaii, make this a choice assignment for our Marines and Sailors.

Along with the programs held here, a plethora of events are offered outside of the gate.

Do you like to swim? How about biking? Are you one of those who like to run? Heck, what about all three?

See **ALOHA RUN**, C-3

## 3-on-3 tourney celebrates MLK Jr. Day

Lance Cpl. Monroe  
F. Seigle  
Combat Correspondent

The Noncommissioned Officers Association coordinated a 3 on 3-basketball tournament Sunday with a "Just Say No to Drugs" theme along with a 3-

point and slam dunk-contest at the Semper Fit Center in memory of Dr. Martin Luther King Jr.

The tournament kicked off at 10 a.m. and was open to all DoD personnel and family members over the age 15. Though participants

incurred a registration fee of \$5, all the proceeds went to the NCOA to fund future events.

The rules of the tournament allowed each team to choose three players and the winning team to score 11 points, with a maxi-

mum of 20 minutes per game, to advance in the tournament.

If the game ended with a tied score, the players would conduct a free-throw competition to determine the winner.

When final registration closed, a total of

eight teams emerged.

During the 3-on-3, each team strived to stay alive, as two losses ended chances of advancing to a win.

When games had finished, the "Wreckin'

See **BASKETBALL**, C-3



Victoria Stonesifer, a yoga instructor at MCB Hawaii, Kaneohe Bay, and a native of Petersborough, England, stretches her arm while balancing on a rubber ball during the yoga class at the Semper Fit Center Jan. 16.

## Yoga debuts at Semper Fit gym

Service members are finding yoga heals bodies, soothes minds — best of all, yoga helps rifle scores

Story and Photos by  
Sgt. Joe Lindsay  
Combat Correspondent

Though the origins of yoga date back to the beginning of human civilization some 5,000 years ago, the practice didn't reach the United States until the late 1800s.

It took even longer still to reach MCB Hawaii, Kaneohe Bay.

"The yoga program here is truly in its infancy," said Victoria Stonesifer, MCB Hawaii, Kaneohe Bay, yoga instructor. "But, we're growing up fast."

Indeed, the recently introduced yoga program has taken off here, and Marines, Sailors and family members alike are benefiting from the ancient flexibility exercises.

"I wish I would have started yoga earlier in my career," said David Chandler, a 20-year Marine veteran and yoga student from Gloucester, Mass. "It has helped me tremendously from a physical standpoint.

"After 20 years of over-use injuries in the Marine Corps, my body is finally starting to

heal up — thanks to yoga."

According to Stonesifer, helping to heal past injuries and prevent new ones is just one of the many benefits of yoga.

"Yoga not only improves balance and flexibility, it also strengthens the back, firms the stomach and develops and tones muscles," said the native of Petersborough, England. "But more importantly, it strengthens your immune system, alleviates stress and anxiety, and improves your concentration and focus."

Stonesifer said she believes the concentration and focusing skills learned in yoga class are vital for all Marines — especially for those with orders to the rifle range.

"Every Marine should come to yoga before going on the rifle range. Not only will their bodies be more limber, making it easier to get into the rifle positions, but the Marines will learn techniques which will help them visualize their hands becoming steady and their rounds striking the target."

For others, yoga offers a respite from the stress of everyday life.

"I feel calm after attending yoga class," said Dana Duryea, a family member and yoga student from Asbury N.J. "And, I seem to carry that feeling of calmness with me the whole day."



Stonesifer helps David Chandler, a 20-year Marine veteran and yoga student from Gloucester, Mass., get into position during his yoga class.

Deep relaxation is one of the tenants of yoga, the philosophy of which is based on prana, or breath. Hence, breathing exercises are a

mainstay of yoga. "In yoga everything comes from your inside, from your

See **YOGA**, C-6

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### MCCS Calls All Softballers

Semper Fit Intramural Sports is starting a co-ed softball league next month. The league will begin Feb. 10, and the ending date will be determined by the number of teams that sign up to play.

The league will go no longer than March 31.

The league is open to all active duty Marines and Sailors as well as family members and DoD I.D. cardholders.

For registration information, call 254-7590.

### 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 Kaneohe 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., Thursday - Jan. 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 presented 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 Plays Some Ball For Black History Month

The MCB Hawaii Kaneohe Bay Black History Committee and the Drug Prevention Task Force are sponsoring the 1st Annual Black History Month Intramural Basketball Tournament Feb. 13 - 17 at the Kaneohe Bay Semper Fit Center.

The registration deadline is Feb. 11, and the fee is \$85 for a 10-man roster. A T-shirt and Gatorade will be provided.

All proceeds are benefitting the Black History Month Banquet.

For more information, or to register, call Ken Etheridge at 722-9962 or 254-4177.

### 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 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.

### Semper Fit Calls All Women

Do you have what it takes to be an All-Marine? If so, 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.

•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](http://www.usmc-mccs.org).

For more information, call 709-784-9542 or e-mail [Medleyje@Manpower.usmc.mil](mailto: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.

### Young Chippers Can Take Up 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 going on now. Children are welcome to bring their own clubs or to 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.

### 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.

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

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.

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

### E-Club Hosts Sports Night

Don't forget that you can ease back and cheer on your favorite athletes at the Enlisted Club every Monday night during its weekly "Sports Night."

For more details, call 254-5592.

## Base All Stars

NAME: Victoria Stonesifer

UNIT: Marine Corps  
Community Services

TITLE: Yoga Instructor

SPORT: Yoga

•Stonesifer taught aerobics for more than 20 years before becoming a certified yoga instructor two years ago.

•A native of Petersborough, England, Stonesifer came to Oahu when she was 19, and has considered Oahu as her home ever since.

•Stonesifer is currently the only yoga instructor at MCB Hawaii, Kaneohe Bay. She also teaches a variety of classes at her yoga studio in Kailua.



Sgt. Joe Lindsay

*"When we do yoga, my goal is for every one of my students to shine."*

## Super Bowl Frenzy

Edward Hanlon V  
MCCS Marketing

It's sure to be a Super Bowl football frenzy Sunday, and all three clubs aboard MCB Hawaii, Kaneohe Bay, are ready to help you celebrate with activities.

• 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.

• Staff noncom-

missioned officers can head down to the Staff NCO 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 Officers' 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. Call 254-7650 for more details.



## COMMUNITY SPORTS

### Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed to play 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.

### NFL Pro Bowl comes to Oahu

Pound for pound, it all comes down to the Pro Bowl. The best players in their positions in the AFC, face their counterparts from the NFC in the league's football all-star game, set in Honolulu's 50,000-seat Aloha Stadium, Feb. 2.

Coverage on the ABC network begins at 12:30 p.m. Also, service members and their families can stay tuned for opportunities to meet Pro Bowlers right here at MCB Hawaii.

### 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.

### 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 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.

### Go Camping Year-Round at Bellows

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 in Hawaii.

In addition, 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).

### Free Class Offered Covering Hunting & Several Outdoor Recreational Activities

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, rules and 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 Feb. 7 at 5:45 - 10:15 p.m. and Feb. 8 at 7:45 a.m. - 4 p.m. at the Waianae Public Library.

Contact the Hunter Education Office at 587-0200 to preregister or for more information.

# BASKETBALL: NCOA tourney aids 'Say No' campaign



Photos by Lance Cpl. Monroe F. Seigle

Left — Nathan McQuirter, a member of the "Dem Dirty Boys" basketball team and a gunner for Bravo Battery, 1st Bn., 12th Marine Regiment, goes for a lay up against Jason Myers, also a gunner with Bravo Battery, 1/12, and a member of the "Wreckin Crew."

Far Left — McQuirter dodges around a "Wreckin Crew" defender during the NCOA's 3-on-3 basketball tournament Sunday. All registration proceeds will benefit activities and events of the local NCOA chapter.

## From C-1

"The Wreckin Crew" had defeated four other teams to win the final game against "The AJs."

The Wreckin Crew walked away with first place and received a trophy, along with \$75 and T-shirts.

"What was important is that we

all had a great time during the tournament," said Devaill McCoy, a motor transport operator for Combat Service Support Group 3 and a member of the Wreckin Crew. "It was a good way to celebrate Martin Luther King Day."

"The purpose of this tournament was to get Marines involved with

the Drug Prevention Task Force and celebrate Martin Luther King Day," said Ricardo Robles, a supply clerk for Headquarters Co., 3rd Marine Regiment, and president of the NCOA's local chapter. "We wanted to promote a drug-free environment while, at the same time, involving the community with the military."

## ALOHA RUN: Applications are available at gym

### From C-1

All you have to do is look in one of the race magazines, visit your favorite running shop, or come into the Semper Fit Center, and you can find something that fits your ability and competitive level.

One such event worth the time and money is the annual "Great Aloha Run." This charity event is designed for the "fun runner," the casual runner or the die-hard competitor. There is literally something for everyone.

The race is 8.15 miles, which gives runners (or walkers) a beautiful tour of the historic waterfront harbor of Honolulu, beginning at the famous Aloha Tower, then an enjoyable trot to the finish at the Aloha Stadium, where participants are treated to a huge welcoming party.

Everyone walks away with something, be it a finisher's T-shirt or a cash award.

Individuals who wish to enter can find special mili-

tary registration forms at the Semper Fit Center on Kaneohe Bay or at Camp H. M. Smith. A special category for military formations called "The Sounds of Freedom" gives military organizations a chance to show their colors and pride.

From squad to company to regiment, no size formation is too big or small. Registration for Sounds of Freedom is accomplished through your Unit Sports Representative.

Oh, did I mention that event organizers will donate \$1 to the base Marine Corps Community Services fund for each person who registers under the "Military" or "Sounds of Freedom" categories? That's right. Just be sure to put in the code for the Marine Corps.

So, if you want to have fun getting fit in beautiful Hawaii, register now and sign up for bus rides (before Feb. 13) at the Semper Fit Center. Call 254-7590.

Yep, it's true. We're lucky we live Hawaii.

## GOLFER: PGA's Goydos inspires, impresses MCBH golfers with ability

### From C-1

over some very basic strategies that he said are key to becoming a well-rounded player. He focused mainly on posture and alignment with the ball, which allows for a consistent and accurate swing.

Goydos also took the time to demonstrate several swings on the driving range, revealing the characteristics of the golf ball when hit over long distances.

For the most part, though, the clinic consisted of questions from other golfers, each of

whom had come to watch the pro at work. Many sought very specific advice; others were only curious to know about the life of a pro.

"The best thing that a person can do to get better at golf is to quit their job and start hitting balls every single day,"

Goydos said. "Unfortunately, most of you all don't have that luxury. So, all the practice you can get is going to help."

"It's a difficult sport, and at times a frustrating one, but, the fact that you get frustrated shows that you really care. Just try to have fun and relax."

## 'Welcome to the Pinewood Derby'



Cpl. Jessica M. Mills

Cub Scouts Pack 225 aboard MCB Hawaii, Kaneohe Bay, held its annual Pinewood Derby Sunday at the Mokapu Elementary School gymnasium. During the derby, 46 Cub Scouts and Boy Scouts raced their homemade miniature pinewood cars down a three-lane ramp. They had created their entries during the past 28 days. The top five winners — Logan Kerzie, 8; Daniel Evanson, 11; Derek Torres, 7; Tyler Owen, 9; and Ryan Torres, 11 — will compete in the Maka Hiki Islandwide Pinewood Derby in April at the Neil Blaisdell Arena.



# spotlight on health

## Aspirin may help lower risk of heart disease

**NAPS**  
Featurettes

If you are overweight, smoke and don't eat a healthy diet or exercise regularly, you may be at increased risk for a heart attack.

According to the American Heart Association, approximately 1.1 million Americans will have their first or recurrent heart attack this year and over 45 percent of them will die.

Further, over 600,000 Americans will suffer from their first or recurrent stroke — of those, 167,000 will die.

To help improve these statis-

New AHA Screening Recommendations		
Every 2 years, test your	Every 5 years:	Improve your heart health profile by:
♥ Blood pressure	♥ Get a cholesterol profile	♥ Eating a healthy diet
♥ Body mass index (BMI)	♥ Test glucose levels	♥ Maintaining a healthy weight
♥ Waist Circumference		♥ Exercising regularly
♥ Pulse		♥ Avoiding tobacco

tics, physicians are now being challenged to begin comprehensive risk reduction for more patients at an earlier stage of their disease.

New AHA guidelines issued in the "Primary Prevention of

Cardiovascular Disease and Stroke: 2002 Update" may help these physicians accomplish these goals.

The AHA now recommends that adults with high risk of cardiovascular disease talk to their

doctors about low-strength aspirin to avoid a potentially fatal or disabling first heart attack or stroke.

The guidelines found that low-strength aspirin, which they defined as 75 to 160 mg, is as effective as higher doses.

The recommendations also note that the benefits of cardiovascular risk reduction outweigh the risk of gastrointestinal side effects in people with a 10 percent risk of heart disease over the next 10 years.

"Patients on an aspirin regimen should talk with their doctor again to find out if they are

taking the optimal dose because these guidelines confirm that in the case of aspirin, more is not always better," explains Dr. Mary Ann McLaughlin, assistant professor of medicine cardiology and geriatrics, co-director of Women's Cardiovascular Assessment And Risk Evaluation Program at Mt. Sinai School of Medicine, New York, N.Y.

"For cardio-protection, I recommend 81mg aspirin, because this single dose is effective and carries significantly less risk of serious GI problems," added McLaughlin.

## New campaign answers why Americans need to get fiber into their diets

**NAPS**  
Featurettes

Several questions puzzle many Americans who are striving to maintain an overall healthy lifestyle. Questions such as these: "Why do I need fiber in my diet?" "Why is fiber important?" and "What happens when you don't get enough fiber?"

Get FiberWise is an educational campaign designed to help answer all the "whys" about fiber.

Get FiberWise, sponsored by Metamucil, features an informational brochure, as well as an interactive Web site that provides helpful information regarding fiber intake.

"The goal of the Get FiberWise campaign is to educate people who suffer from irregularity, as well as those who want to learn how fiber can improve their overall health," said Maggie Smith, a registered dietitian. "Only half

of all Americans eat the recommended amount of fiber each day.

"Get FiberWise will help people learn how easy it can be to add fiber to their daily diets."

The Get FiberWise brochure and Web site highlight all of the basic "whys" of fiber, from frequently asked questions to specific information on psyllium fiber, the 100 percent natural source of fiber that can be used as a fiber supplement. Other resources are included:

- Tips on easy ways to add fiber to your daily diet.
- A helpful chart listing fiber information for common foods.
- A food journal to help map out how much fiber you get each day.

Send a self-addressed stamped envelope to: Get FiberWise, 303 E. Wacker, Ste. 440, Chicago, IL 60601, for a free brochure.



## Healthy eating habits should begin at birth for a lifetime

**NAPS**  
Featurettes

Most parents know the challenges of getting their child to have a balanced diet and to try a variety of foods. Still, now is the time to teach your infant healthy eating habits.

### Did you know?

- Breast-feeding teaches your baby to like the flavors you eat. The American Academy of Pediatrics recommends breast-feeding as the best way to feed your baby because breast milk helps in your baby's eye and brain development and reduces your baby's chances of developing allergies and infections.

- Babies are born knowing how much they need to eat. Infants understand their bodies and their



NAPS

**Fruits and veggies are critical for good health.**

hunger right from the start. When your baby starts eating solid foods, watch for "I'm full!" cues, and never force your child to clean his plate.

- Babies are born with a protective instinct to be afraid of new foods. In fact, research shows that it may take up to 10 exposures before a baby truly decides if he likes a food.

- Exposure to fruits and vegetables early sets the stage for more variety later. Build your baby's taste buds with a variety of healthy food choices from each food group.

- Fifty percent of children ages 2 to 18 eat less than one serving of fruit a day. Five servings of fruits and vegetables a day are important to provide your older baby with essential nutrients, teach him or her new flavors to get into a healthy habit.

- Early physical activity contributes to early brain development and learning. Nurture your child's motor skills for later participation in physical activity.

# High cholesterol can hurt the whole family

## NAPS Featurettes

Many things in your life put you at risk for heart disease. Some things you may be aware of, like smoking or being overweight. But some things you may not know about, like high cholesterol or a family history of heart disease.

### *Am I at risk for heart disease?*

Here are some items that could put you at risk. See if any of them apply to you.

- Family history
- Smoking
- Not exercising
- Regularly eating certain foods high in fat (foods such as whole milk, ice cream, butter, pastries and fatty meats)
- Being overweight
- High LDL or bad cholesterol
- High triglycerides
- High blood pressure
- Diabetes
- Aging

### *What is cholesterol?*

Cholesterol is a kind of fat in the blood. High cholesterol can hurt you, as it can cause heart disease.

Too much fat in the blood can cause a waxy build-up that blocks blood vessels.

This malady can stop the flow of blood to the heart and cause a heart attack.

### *Should I know my numbers?*

Yes. If you are over the age of 20, find out your cholesterol numbers. Yours could be high and require a change in eating habits and lifestyle.

### *How do I get tested?*

It's easy. Ask your doctor.

The test is simple. Just a sim-

ple blood test will give you your number.

### *Where can I get help?*

Ask the American Heart Association about its program, "The Cholesterol Low Down." This program will help you and your family learn ways to manage your cholesterol to reduce your risk for heart disease.

It will also give you the support you may need to work with your doctor and reach your goals.

### *What will I get?*

•The Cholesterol Low Down Guide will teach you about cholesterol and give you tips for talking with your doctor.

•The Cholesterol Low Down Newsletter has information from doctors and stories from people who have reached their goals.

•A Health Risk Checklist will help you figure out your own risk factors for heart disease.

•Healthy living cookbooks offer tasty recipes.

•Fitness tips will help keep your heart healthy.

### *How can I join the program?*

•Call 1-800-AHA-USA1 (or 1-800-242-8721), and ask to join The Cholesterol Low Down.

•Go to the Web site at [americanheart.org/cld](http://americanheart.org/cld) and fill out a member form.

### *Who is the spokesperson?*

Actress Vicki Lawrence is involved with the program to inform families that high cholesterol is a risk factor for heart disease.

"Heart disease runs in my family," said Lawrence. "When my doctor told me that my cholesterol was inching higher, that was a warning sign for me,"

### *Who sponsors the program?*

The American Heart Association has been working with Pfizer, Inc., since 1998 to bring The Cholesterol Low Down to people in the U.S. They want everyone to be aware of the dangers of high cholesterol.



Lance Cpl. Monroe F. Seigle

Melissa Williams, a family member aboard MCB Hawaii, Kaneohe Bay, gets blood drawn to check her cholesterol level, by Petty Officer 3rd Class Christian Leslie, an advanced lab technician at the Branch Medical Clinic, Kaneohe Bay.

## All 20 years, and older, should know their cholesterol number

### NAPS Featurettes

When it comes to cholesterol, doctors now say bigger may be better.

Some studies have linked the presence of small, low density LDL cholesterol particles to an increase in coronary heart disease. Medication that increases the LDL particle size may help keep patients healthy.

The news is significant because more than 100 million adults in the United States have blood cholesterol levels considered borderline high (over 200), and close to 40 mil-

lion adults have levels considered high (over 240).

It's thought that in addition to high cholesterol levels, many of these people have elevated levels of small, low-density LDL cholesterol particles in their blood.

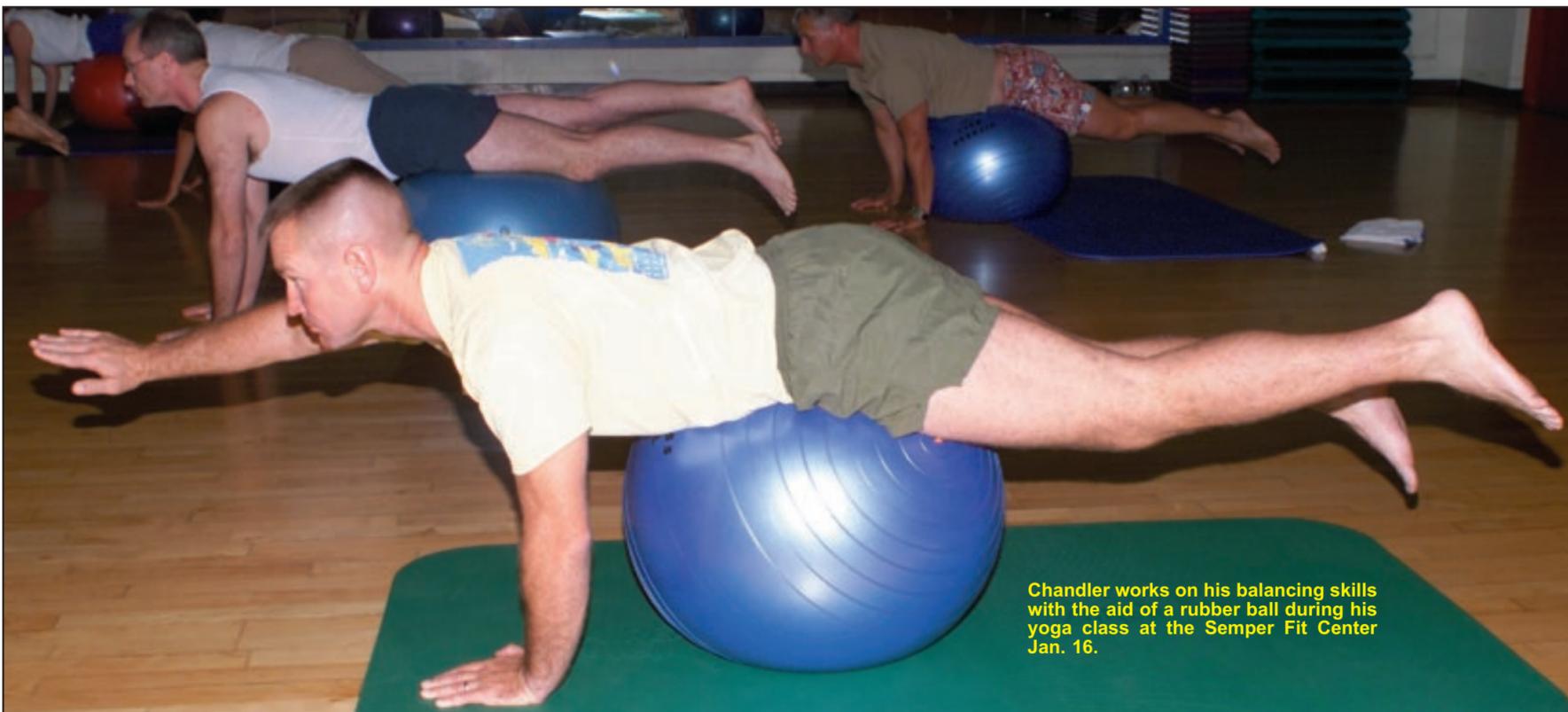
"Although lowering LDL-cholesterol remains the primary goal of lipid management, small, dense LDL-C particles are a significant residual risk factor for cardiovascular disease," says Dr. Peter H. Jones, study investigator and associate professor of Medicine at the Baylor College of Medicine in Houston.

In addition to learning about medication, doctors recommend people follow a few simple tips:

•If you're over 20 years old, get your blood checked at least once every five years to measure your lipoprotein profile.

•Find fun or interesting ways to exercise, and do them for at least an hour every week.

•Cut saturated fat intake. However, keep in mind some polyunsaturated fats, such as those found in black olives or salmon, are now considered healthy.



Chandler works on his balancing skills with the aid of a rubber ball during his yoga class at the Semper Fit Center Jan. 16.

## YOGA: Marines, Sailors give ancient sport a tryout at gym

From C-1

spirituality, from your core," said Stonesifer. "The main focus is on breathing.

"In the Western world, we are so busy with computers, cell phones, cars and traffic that we never really get a chance to breathe.

"By being aware of our breathing and focusing on it, we are able to get in touch with our core selves. We are able to find our center," she explained.

"If you think of the full moon, the moon is not ashamed and it doesn't cower when it's full.

"It shines right down on the ocean, it shines right down on the beach, it lights up the whole sky. It knows that it is the moon. It knows," added Stonesifer. "It



America Kontnier, a family member from San Antonio, Texas, shows her flexibility during yoga classes Jan. 16.

doesn't go, 'I'm too bright today.' It shines.

"When we do yoga, my goal is for every one of my students to shine," she explained.

If making people feel good about themselves is her goal, then Stonesifer definitely seems

to be accomplishing her mission.

"Yoga empties all the stress from my mind," said America Kontnier, a family member and yoga student from San Antonio, Texas. "When I'm lifting weights or running, I can't seem to stop thinking about everything I need to do later that day. But with yoga, it's not like that.

"I truly feel relaxed. I feel so much better about myself, both physically and mentally after a class, like I'm on top of the world," said Kontnier.

To get that top-of-the-world feeling, stop by the front desk of the Semper Fit Center to sign up for yoga, or call Semper Fit at 254-7597, Stonesifer at 277-9572, or email Stonesifer at womensworth cc@hotmail.com.



Stonesifer helps Seamus Murphy, a Sailor from Dublin, Ireland, get into position during his yoga class.

Yoga classes are offered Tuesdays and Thursdays from 9:45 - 10:45 a.m. and 11:30 a.m. - 12:30 p.m., and Saturdays from 8:30 - 9:30 a.m. at the Semper Fit Center.

Stonesifer also offers an additional class Wednesday evenings from 6:30 - 8 p.m. at her yoga studio in Kailua.

"Even though yoga is just starting out at the military bases," said Stonesifer, "I know it is going to have a long and beneficial existence here.

"The students love the feeling they get from it, both in their minds and bodies.

"Yoga is purest form of exercise there is."