Hawaii Marine
SPORTS
Hawaii Marine C Section January 30, 2004

MAG-24 tops VP-9 in opener

Cpl. Jessica M. Mills
News Editor

It was a long night for the Marine Aircraft Group 24 Marauders when they fought off the Patrol Squadron 9 Golden Eagles for more than two hours to get the 11-8 win, during the first game of the MCB Hawaii Intramural Baseball season, Monday at Reiseley Field.

It was obvious from the beginning that neither team had a suitable amount of practice time before the start of the game. During the top of the first, the Golden Eagles pitcher threw more balls than strikes, allowing the Marauders to fill the bases with ease.

Kenny Clow, a maintenance administration clerk for MAG-24, stole home when the Golden Eagles catcher lost the ball, putting the Marauders on the board, 1-0.

The Golden Eagles pitcher then started throwing wild pitches and the Marauders continued to walk the bases, adding another run to the board.

The Golden Eagles catcher was also having a lot of trouble keeping the ball in his glove. He allowed repeated incidents of passed balls, and his reaction time was slow as the Marauders took advantage of his errors and flew towards home plate. The top of the first inning ended 3-0 with the Marauders ahead.

In the bottom of the first, the Marauders displayed the same problems as the Golden Eagles. Not only was the pitcher throwing wild pitches and accidentally "tickling" some of the batters, but also the catcher was ailing from "passed ball syndrome."

Cpl. Jessica M. Mills

A MAG-24 batter swings at a low pitch in the Intramural Baseball Season opener. Tthe Marauders deafeated VP-9, 11-8, Monday.

Finally, Scott Sander, coach of the Golden Eagles, batted the runner on second to home base, giving the Golden Eagles their first score.

As the game continued, Sander waited anxiously at first base for a chance to spring. Finally, he took the signal and stole second during the pitch. This seemed to throw the Marauders off, and on the next pitch, the catcher's error gave Sander the opportunity to take third and continue on home, raising the score, 3-2, and soon ending the first inning.

In the top of the second, the Marauders only scored one run, on a triple slammed to left field by Dan Edwards, an avionics technician with Marine Heavy Helicopter Squadron 363, which in turn brought in another runner.

In the bottom of the second, the Marauders did not allow any base hits and the inning ended with the Marauders still ahead, 4-2.

In the top of the third, the Golden Eagles retaliated and kept the Marauders off base keeping the score at 4-2.

In the bottom of the third, the Marauders pitcher was warmed up and

See MARAUDERS, C-6

Sgt. Joseph A. Lee

Kirk Ronolo, of the Topside Dragons, chases down the ball before it goes out of bounds.

In VP-4 battle, Topside defeats Skinny Dragons

Sgt. Joseph A. Lee
Combat Correspondent

A continuous assault by Tony Tate and the Topside Dragons led to a 44-30 win over the Skinny Dragons in an all-out Patrol Squadron 4 internal battle on the intramural basketball court, Tuesday.

Tate's tricky ball handling and numerous assists kept the Topside Dragons wrecking ball swinging throughout the first half, and into the second as the Skinny Dragons tried desperately to stop the onslaught.

Though the crowd cheered ecstatically at the aerial stunt work being performed by the Skinny Dragons on every other play, the scoreboard rarely justified the noise, as many of the rebounds just ended right back up in the fast hands of Tate and the Topside Dragons.

After one such rebound late in the second half, the score was frozen at 31-15 when Tate took a rebound down the court to feed Mic Redden a blind pass. Redden, already underneath the basket and heading out of bounds, passed the ball straight back to Artez Davis who was on the same path with an extra second of time to produce a behind-the-back layup while drawing the foul.

"We started the game out a little bit sluggish," said Redden, "but once we got rolling there was no stopping us. Maintenance side just don't have what it takes to beat Topside, and that's all there is to it!"

Naturally, there is some tension between these two teams, as they play outside the league very often as a

See TOPSIDE, C-6

K-Bay Lanes to host Scratch Tourney

Edward Hanlon V
MCCS Public Relations

Active duty bowlers looking to show MCB Hawaii who's the top dog now have their chance, at the 2004 Hawaii Marine Scratch Tournament, to be held Feb. 9 - 12, from 6 to 9 p.m.

K-Bay Lanes, in Bldg. 1666, will host the event, and bowlers will be competing for the opportunity to play in the Hawaii All-Military Scratch Tournament that will be held in April. The tournament will be comprised of both men's and women's divisions, and each participant will bowl a 24-line scratch series.

Registration applications can be picked up at the K-Bay Lanes bowling center and must be turned in prior to the close of business on Thursday. Fees are $30 for American Bowling Congress or Women's

See BOWLING, C-6

Great Aloha Run seeks Marine involvement

Kristin Herrick
Sports Editor

Each year, more than 6,000 armed forces members get out their running shoes and trek the 8.15 miles from the Aloha Tower to Aloha Stadium for the Annual Great Aloha Run.

This race marks the 20th anniversary of the President's Day event, held this year on Feb. 16. Carole Kai Charities sponsors the fundraiser, which, since its birth, has provided more than $5.2 million to more than 100 different local charities. Some of the major supported charities are the United Cerebral Palsy Association of Hawaii, Variety School of Hawaii, and military Morale, Welfare and Recreation programs.

"The military is a big part of the community and a big part of everyone's lives here," said Alan Sunio, race director of the Great Aloha Run. "The race helps us draw the civilian and military communities together."

The organization is asking for high turnout from all military branches since the MWR program is one of the top recipients of funds, and an objective of the Great Aloha Run is to promote camaraderie between the Hawaii military and civilian communities.

Military participation is very important to the outcome of the race since, typically, nearly half of the runners are armed forces personnel. Approximately 4,500 Army runners historically partake in the event, but Marine Corps participation has leveled at 200.

"In the past, Marine involvement has been small," said Vera Ross, military liaison to the Great Aloha Run. "We are very hopeful that more Marines will turn out for the run this year."

Armed forces personnel can compete individually or run as part of their military unit in a special "Sounds of Freedom" division. Registration cost for each Sounds of Freedom runner is $12, with $1 of every entry donation going back to the runner's unit's MWR. Units will be judged in several areas such as appearance, chants, numbers and spirit. Individual military members racing in the overall competition will pay a $27 entry donation if registered by Monday. All entrants will receive a T-shirt upon completion of the run.

Though the Great Aloha Run is the finale of the holiday weekend, it is only part of the

See RUN, C-6

Base Sports

Edward Hanlon V
MCCS Public Relations

JANUARY

30 / Today

Pro Bowl Tickets — Pro Bowl tickets are now available at Information, Tickets and Tours located at Mokapu Mall, Kaneohe Bay. Sideline seats are $87.50.

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

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone. Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

31 / Saturday

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

Spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish. Dive charters are available in the crystal clear waters surrounding Kaneohe Bay.

Call 254-7667 for more information.

Pool Plunge — Wet your feet and beat the heat at any one of the Marine Corps Community Services' pools. With four locations to serve your swimming demands, there's sure to be one nearby.

Pool locations are at the K-Bay main pool, Bldg. 981; Hilltop Pool, Bldg. 502; the Officers' Club, for members only; at Camp Smith Pool, Bldg. 125; and at Manana Housing Pool, Bldg. 840.

Klipper Golf Course — Make the Kaneohe Klipper Golf Course your 19th hole. The Staff NCO restaurant is open to all hands for lunch Monday through Friday from 11 a.m. to 1 p.m. After that challenging game, head to the Staff NCO Club for a refreshing beverage and a delicious meal.

Inexpensive and Fun Entertainment — Look no further for economical entertainment! Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at only $1.50 a game. The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

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

FEBRUARY

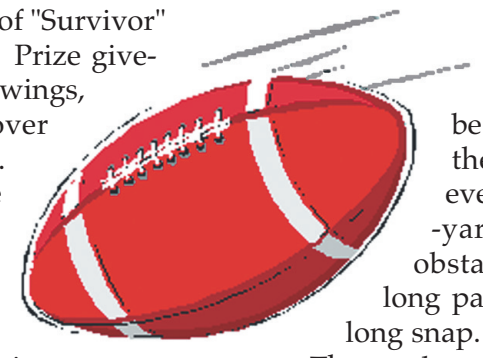
1 / Sunday

Super Bowl Sunday — Root for your team on the big-screen and enjoy breakfast in a comfortable and fun atmosphere on Super Bowl Sunday at any one of your MCB Hawaii clubs.

•The Officers' Club Koa Lounge will open at 11:30 a.m. for the Super Bowl kickoff at 1:30 p.m., with halftime pupus and prize giveaways.

•The Staff NCO Club will host a tailgate party and barbecue with prize giveaways including "king" and "queen" recliners. The inside tailgate is free for members and $3 for all nonmembers.

•Kahuna's Sports Bar & Grill will host a Super Bowl Survivor Sunday and show the television season premier of "Survivor" after the game. Prize giveaways, 25-cent wings, and no cover charge will rule.



•Lastly, the Kahuna's Recreation Center will show the game on its mini-movie theater screen, complete with surround sound, comfortable leather chairs and sofas. Hot and cold beverages from Starbucks will be served, so don't miss kickoff at 1:30 p.m.

2 / Monday

Great Aloha Run Registration — Sign up for the Great Aloha Run from 11 a.m. to 1 p.m. at the Semper Fit Center. Officials from the run will be on-site and accepting registrations for individuals wishing to run in the Great Aloha Run on Feb. 16. All those who register may sign up for a free bus ride to the race, with return transportation too.

Sign up for the bus ride at the Semper Fit Center counter, or call 254-7590 254-7591.

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

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

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

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

Call 235-6585 for more information.

3 / Tuesday

Military Challenge Tryouts — Service members are encouraged to participate in the 2004 NFL Military Challenge tryouts at Pop Warner Field at 6 p.m. Five players will be selected for the following events: 40-yard dash, obstacle course, long pass, punt, and long snap.

Those selected will participate in the 2004 NFL Military Challenge being held at Kapiolani Park, Feb. 6 at 3 p.m.

For more info, contact MCCS Athletics at 254-7590/91.

4 / Wednesday

Color Pin Special — Roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

7 / Saturday

Surf & Turf 5K — This Commanding General's Semper Fit Series run, hosted by Headquarters Battalion, MCB Hawaii, begins and ends at the Officers' Club at 6:45 a.m. Pick up a Surf & Turf packet at the Semper Fit Center between 9 a.m. and 4 p.m., Thursday and Friday. The entry fee is $17.

Call MCCS Athletics at 254-7590 or 254-7597 for more information.

8 / Sunday

Pro Bowl 2004 — Watch the Pro Bowl on a mini theater movie screen with surround sound at the Kahuna's Recreation Center. Lounge in comfortable leather chairs and sofas; enjoy beverages from Starbucks.

Kick off is at 2:30 p.m., and all E-5 and below, their spouses, family members, and DoD civilians and sponsored guests are welcome to attend.

Base All Star

Cpl. Jessica M. Mills

NAME: Dan Edwards

UNIT: MAG-24

BILLET: Avionics Technician

SPORT: Intramural Baseball

TEAM: MAG-24 Marauders

HOMETOWN: Johnstown, Pa.

• Edwards played linebacker for the MAG-24 Bandits football team in the 2003 Intramural Tackle Football League.

• He played rugby and baseball while attending college.

"Our team concept is everyone working together. If one thing isn't clicking, it affects the whole team."

Community Sports

Hawaii Trail and Mountain Club Hikes Makapuu Point, Tomorrow

The HTMC will scramble up the hill to the bunker at the top of Makapuu Point, then scope out the views of the windward side of Oahu, Saturday at 8 a.m. Novice hikers are invited to stroll along this two-mile path to explore the old lighthouse colony and take a dip in the tidal pools during this hike. Call coordinator Joyce Oka at 674-1459 for more details.

Also, save the date of Feb. 8 for an intermediate hike in the Pauoa Woods, a big loop that will take you high up along ridges and deep down into valleys of the Tantalus trail, next Sunday at 8 a.m. Call coordinator Doug Klein at 235-8330 for more information.

On all hikes, a $2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

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

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121 anytime between 8 a.m. and 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

•History Tours by Van, Saturdays at 1 p.m.: Learn about and see significant historical landmarks on Bellows Air Force Station.

•History Tours by Bike, Sundays at 8:30 a.m.: Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included; however, be sure to wear closed-toe shoes.

•Hike to Makapuu, Mondays at 8:30 a.m.: Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse and stunning vistas. Wear closed-toe shoes.

•Lei Making, Tuesdays and Thursdays at 10 a.m.: Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories while making your keepsake.

•Bikram's Yoga, Wednesdays at 6:30 a.m.: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•Beach 101, Thursdays at 9 a.m.: The whole family can attend this fun class.

•Bodyboarding Lessons: Fridays at 1 p.m. Learn how to catch and ride the waves. Free day rental of boogie board is included.

•Snorkeling Tour, Wednesdays and Fridays at 8:30 a.m.: Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•Kayaking Lessons, Wednesdays and Thursdays at 1 p.m.: Master ocean-kayaking skills including deep-water recovery, navigation, water safety and efficient paddling techniques in this two-hour class.

•Morning Paddle, Saturdays at 8 a.m.: Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

Sports Cars to Race Feb. 8 at Hawaii Raceway Park

The Hawaii Region of the Sports Car Club of America will host five major races in 2004 and Solo II/Autocross races on both Oahu and Maui.

•Solo II or Autocross is held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs $25 per driver. About 70 to 90 cars normally compete, from stock vehicles to racecars. The event is purely amateur; anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: Feb. 8, March 7, April 4, May 2, June 6, July 4, Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.

•The wheel-to-wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at a much higher rate of speed (up to 140 mph) and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are permitted entry in the race.

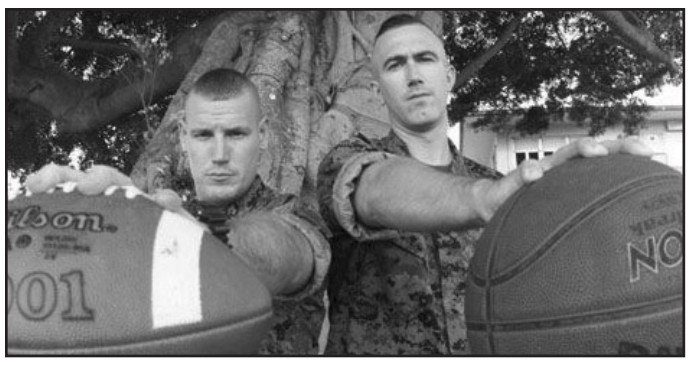
Future races will be on the following dates: Feb. 29, May 31, July 5, Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.

•For details about Maui Raceway Park action, contact Ed Mentor at (808) 984-5009.

***Hawaii Marine* Accepts Sports and Recreation Faxes**

Advertise sports and recreational activities of general interest to the Department of Defense community in the *Hawaii Marine*.

Fax items to 257-1289, or call the *Hawaii Marine* staff at 257-8836 or 257-8837.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.
Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers.
Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil.
*Remember, **"If you don't speak up, you won't be heard!"**)*

Who will be this season's Super Bowl champs?

Capt. K. D. Robbins
The Professor

There is an old saying: "Offense wins fans. Defense wins championships." Well, if that is the case, then the Super Bowl will not win many fans in Houston, Sunday. Many of you Bottom Liners are familiar with yet another football cliché: "The game is won in the trenches." Well, the Patriots and Panthers make a living on that fundamental.

This year's climax to the NFL season is destined to post a score as electric as an NHL hockey or English Premier League soccer contest.

So, are New England and Carolina's defenses just that good or are their offenses just that bad?

The answer is both and neither. This is precisely why the Carolina Panthers will shock the sports world and not only cover Las Vegas' seven-point spread, but they will also upset the "unbeatable" New England Patriots in Super Bowl XXXVIII.

New England lost two games during the 2003-2004 season. There was a common theme to both losses — both the Travis Henry and Trung Candidate out-rushed the ineffective Patriots running backs to control the line of scrimmage and defeat Bill Belichick and his band of would-be "unbeatables."

Pro Bowl running back Stephen Davis is only getting stronger, and paired with upstart rookie DeShaun Foster, the Panthers will do exactly what the Colts should have done last week. They will run all over the Patriots.

Can anyone tell me why the Colts stopped handing the ball to Edgerrin James during the NFC Championship game last weekend? Maybe it's because Peyton Manning was so hot?

Well, Peyton choked at New England, just as he did every time Tennessee lost to Florida. Maybe it's because Tony Dungy went mental in the championship game?

Well, Dungy choked at New England, just as he did at Tampa Bay.

Whatever the reason, Jake Delhomme is not Peyton Manning, and John Fox is not Tony Dungy.

Bottom Line: Bad news New England; you are not unbeatable. Worse news New England; Carolina knows it. Worse news yet, New England: Stephen Davis has already earned close to $2 million in incentives this season. He gets another $250,000 for a Super Bowl MVP award.

That, complimented by the best front four in the NFL, and a nothing-but-business, undefeated in the post season, head coach John Fox, is enough to sell me on the Carolina Cinderellas.

Final score: Carolina 19, New England 16.

Sgt. Joe Lindsay
The Goat

Super Bowl XXXVIII might not be the marquee match-up that many had hoped for, but despite what the "experts" are saying, the best two teams are playing for the title.

The reason New England and Carolina are in the Super Bowl is not because of high-profile stars (there is only one offensive Pro Bowl selection — the Panther's Stephen Davis). The reason the Patriots and Panthers are playing is due to a shared blue collar, pack-your-own lunch, workingman's mentality.

Both teams are old school, defensive-minded squads that go out and win games. They don't guarantee victories, make cell-phone calls from the end zone or bust out the Sharpie after a good play. All they do is go out, bust their humps, and get it done.

Carolina went 7-0 in games decided by a field goal or less, and won an NFL record three of those games in overtime on the road. New England started the year off by getting blown out by Buffalo 31-0, and at one point they were 2-2 and looking mediocre. That was 16-straight victories ago.

Both teams are flat out winners.

Carolina is the sentimental choice, led by Louisiana-Lafayette alum Jake Delhomme, an undrafted, former taxi-squad quarterback and perennial New Orleans Saints backup who found salvation in NFL Europe, where he backed up Kurt Warner in Amsterdam before leading Frankfurt to the World Bowl title in 1999.

Delhomme found himself on the bench once again in Carolina in 2003, before a weak start by Rodney Peete in the Panthers first game allowed him to get his chance. The rest is history and the stuff of folklore.

Unfortunately for Delhomme and the Panthers, sentiment, feel-good stories and Warren Sappesque predictions don't win Super Bowls.

The fairy tale is about to end.

Bottom Line: Forget about the Patriots' 16-game winning streak and the fact that the core of their team has been here before, winning the Super Bowl in 2001. Forget that New England was 2nd in the league in takeaway-giveaways at +17, while Carolina was 25th at -5. Past stats aren't going to mean anything when the players take the field.

What is going to mean something is that Tom Brady has that intangible, Joe Montana-look in his eyes. The look that says, "We will not lose under any circumstances. We will be champions."

READERS STRIKE BACK

'...Golf is not a sport'

Since you don't give as much room to ranting readers, I'm taking my "Bottom Line" to the top (*Is Michelle Wie sports' next superstar? Jan. 23, 2004, page C-3*). Golf is right up there with bowling and lawn darts.

Before golf enthusiasts jump off of motorized carts and threaten me with nine irons, let me say that golf involves a certain degree of skill. Then again, so does open-heart surgery, and we don't call that a sport.

Sports require athletes. Does the word athlete conjure up images of pudgy, middle-aged men strolling through a green field while someone else lugs their luggage? Or rather does the word bring to mind a Gatorade commercial-esque image — young, muscular players, sweating and working hard. Mud. Blood. And a hunger for victory.

Golfers smile at each other and joke during play. Football players tackle each other with every muscle in the body tensed, trying to knock each other out. Baseball players throw 90 mph fastballs, bats, helmets, fists, and anything else at each other. Sports are intense. Golf is leisure.

Kudos to Wie for beating a handful of second rate, wanna-be athletes, but throw her on the court with Yao Ming and see how she does there. The media and half of America talks about how Wie is an incredible "crossover to a man's sport." She's really not, because golf is not a sport.

Only in golf, bowling, lawn darts and other wanna-be sports will women be able to compete with men. I'm not a sexist. I'm a realist.

War to the Goat for keeping it real. War to the Professor for going back to school and learning something the second time 'round. War to the Yanks for taking the '04 Pennant.

— Mike Wiener
Sioux City, Iowa

SPORTS AROUND THE CORPS

Aikido classes teach new techniques

Lance Cpl. David Revere
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — "Those who are skilled in combat do not become angered, and those who are skilled at winning do not become afraid," said the famous philosopher Zhuge Liang. "Thus, the wise win before they fight, while the ignorant fight to win," he added.

The Japanese martial art aikido could be represented in those words. Aikido focuses not on mindlessly punching or kicking opponents, but rather on using your own energy to gain control of them or to throw them away.

Offered by Marine Corps Community Services, the new aikido class is held every Tuesday and Thursday from 8:30 to 9:30 p.m. in the IronWorks Gym's Dojo Room.

According to Vincent Midgley, a student and an organizer of the new class, the goal of Aikido is not the defeat of others, but the defeat of the negative characteristics that inhabit one's own mind and its functioning.

"In simpler terms, one of the things that make aikido fun and unique is that it is self-paced and you are not in competition with anyone," said Midgley. "Aikido teachings also help us understand that there are many different types of people, so there are many different types of aikido.

"By training cooperatively, even potentially lethal techniques can be practiced without substantial risk. This type of cooperative training also allows for people of all ages, sizes and shapes to enjoy the benefits of a healthier mind, body and spirit through aikido."

One student, Rohan M. Crawley, is also a student of the Marine Corps Martial Arts Program, judo and jujitsu.

"I've seen basic concepts from all three," said Crawley of his aikido training. "I'm here to learn something new while developing myself further as a martial artist."

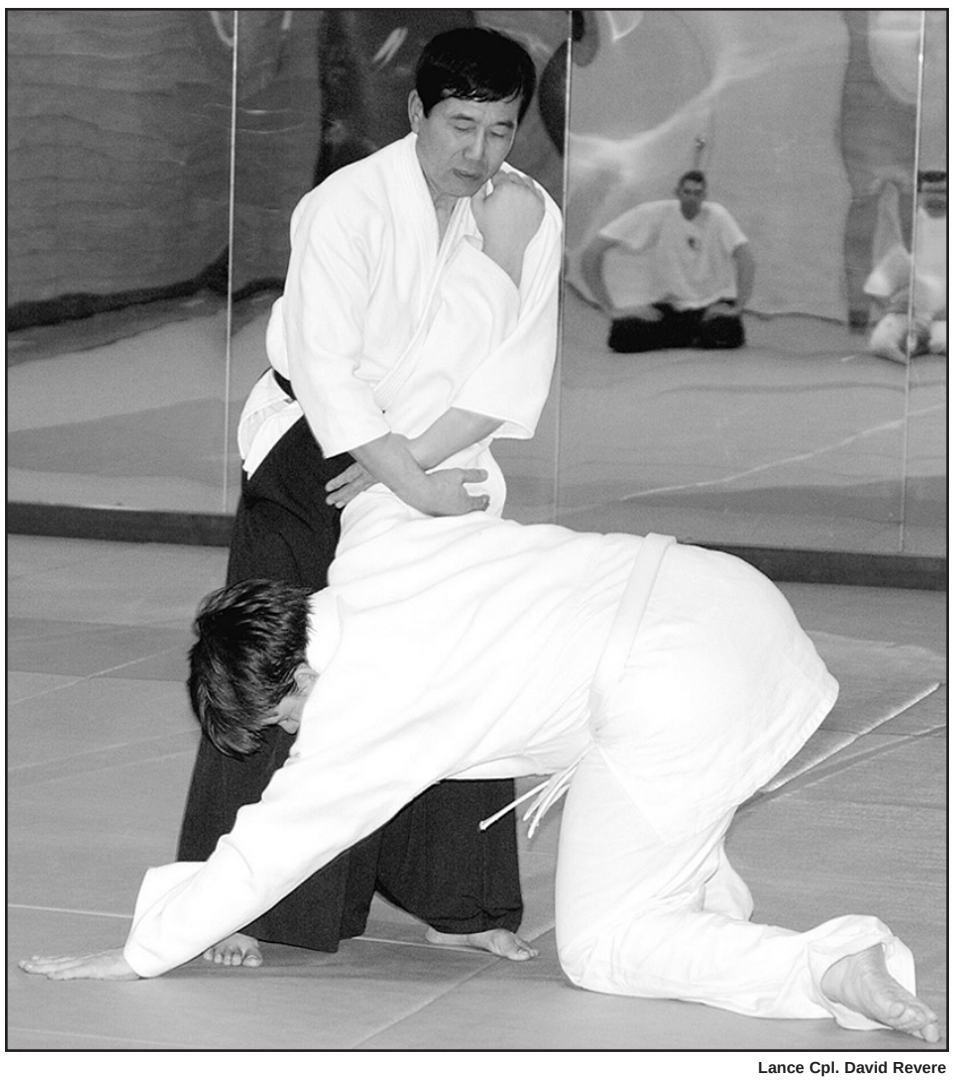
Aikido has plenty of new techniques that separate it from other forms of self-defense.

"Aikido is unique from most other martial arts in so many ways," said Crawley. "While martial arts like tae kwon do and judo are more competitive and arts like te tse bu kan and jujitsu are more lethal and combative, aikido is simply effective. Rather than stressing how good you look, as in competition, or how hard and fast you can strike, aikido focuses on technique."

The student's instructor is addressed as Sensei, literally meaning "one who has gone before." The Sensei is well experienced in body control and manipulation.

"Even when we think we've got the technique right, Sato Sensei comes by and shows us that there is still some little

See AIKIDO, C-6



Lance Cpl. David Revere

Susumu Sato completely controls his opponent's movement with an arm bar during an aikido class aboard MCAS Iwakuni.

spotlight on health

Lance Cpl. Megan L. Stiner

Corporal Valencia M. Nash, verifying official for DEERS applications, at the Base Personnel Administration Center aboard MCB Hawaii, Kaneohe Bay, shows where it burns when she experiences heartburn. Health officials say that a sensitive stomach lining, not acid or spicy foods, is responsible for heartburn.

Acid not the real heartburn culprit

NewsUSA
Featurettes

Are you afraid of spicy foods? Do you carry a roll of chalky antacid tablets with you at all times? Do you ever have to leave dinner or a party early due to stomach discomfort?

If you answered "yes" to any of these questions, you probably understand why stomach acid blockers are some of the best-selling medications in the United States. Stomach discomfort is no fun, and people everywhere try to beat it by fighting the acid.

But is the acid really the problem? According to Dr. Jennifer Nissen at Lane Labs, it isn't. In fact, stomach acid is supposed to be the good guy. It helps you digest food and absorb vitamins. Furthermore, it kills all the germs that you ingest.

When people take antacids, they are not doing their stomach any big favors. Antacids work by soaking up acid in the stomach. So basically, antacids fight the symptoms and not the cause. That's like having a bee hive above your front door and only treating the stings you receive every day, instead of getting rid of the hive altogether.

Nissen says the real problem that causes stomach discomfort is a weak stomach lining. Stomach tissue is extremely sensitive and for good reason. If you have a problem in your stomach, you want to know about it so you can fix it. Unfortunately, a weak stomach lining means that stomach acids can more easily reach the sensitive tissue and cause great discomfort.

How do you fix this problem? You need to strengthen your stomach lining. One easy way to give your stomach lining the moxie it needs is to take a supplement that strengthens the stomach lining in just eight weeks by supporting the production of the mucus that makes up the lining.

Here are a few tips from Nissen on other ways to ease stomach discomfort:

•Maintain a moderate weight. Excess weight can cause pressure on the stomach and result in heartburn.

•Limit coffee consumption. The caffeine found in coffee can increase stomach acid production.

•Manage stress. Stress can cause slow stomach emptying, which increases heartburn risk.

•Limit alcohol intake. Alcohol can inflame the stomach lining.

For a free copy of the booklet "8 Secrets to Ease Occasional Stomach Discomfort," call Compassionet at 1-800-510-2010.

Nutrient-rich milk gets a flavor boost

NAPS
Featurettes

Milk has long been the staple beverage served with breakfast, lunch and dinner. The nutrient-rich white liquid packs nine essential vitamins and minerals in one eight-ounce glass, including one-third the amount of calcium kids need for healthy bones. But not all kids love milk in its natural, unflavored form, and parents' urging to drink it because "it's good for you" is not the most enticing way to get kids to drink up.

Dairy processors and beverage companies have gotten creative with new flavors for milk, generating a new interest and excitement in the drink. New tastes include various chocolates, mocha, strawberry, vanilla, fruit flavors and imaginative combinations like vanilla-banana, cookies and cream and pina colada. Milk is even being mixed with carbonated water to create carbonated milk-based beverages in flavorful combinations. These drinks contain at least 51 percent milk and have the same amount of calcium and vitamins D and A as flavored and unflavored milks.

Do these exciting new flavored milks provide the same beneficial nutrients as unflavored milks? Yes. Flavored milks provide the calcium and vitamins needed for bone health.

Kids and adolescents need 800 to 1,300 milligrams of calcium each day during peak bone growth periods. Flavored milks and carbonated milk-based drinks provide up to one-third of kids' daily calcium needs.

And parents need not be concerned with extra sugar and calories. Like unflavored milk, flavored milks come in many varieties, including fat-free and low-fat varieties. Flavored milks do contain added high fructose corn syrup, about two to four teaspoons per serving. Yet in comparison, regular sodas contain up to eight teaspoons of sugar per serving and fruit drinks an equivalent of six to nine teaspoons.

Given the nutrient profile of milk, flavored milks are a better choice over nutrient-void soda and fruit drinks.

Working flavored milks into the menu

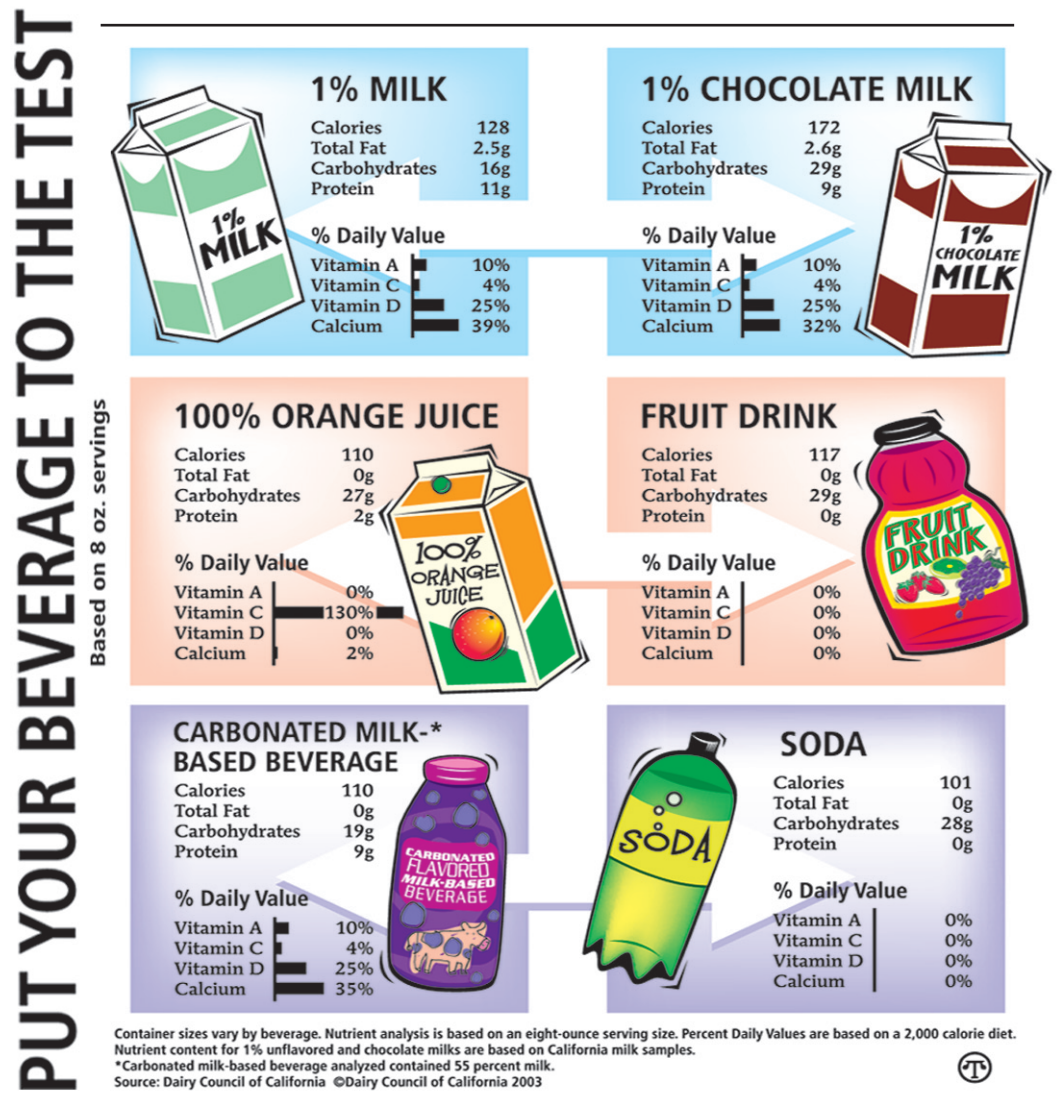
Flavored 100 percent milks are a good snack choice. The trick is balance.

The Dairy Council of California offers these suggestions:

•Select fat-free and low-fat flavored milk options;

•Pair flavored milks with pretzels, low-fat cheese and crackers or a piece of fruit to keep overall sugar levels and calories low; and

•Check the label for serving size since some containers contain more than one serving.



TOPSIDE, From C-1

work section. The animosity was evident after the game.

"Highlights? What highlights?" asked the Skinny Dragons coach. "Were you watching the same game I was?"

In the final minutes of the second half, the Skinny Dragons made every effort to regain some of their lost dignity, but the Topside team was too good at getting the work done on the court, and efforts to take the ball from Tate proved to be a waste of time. Every attempt gave him free access to the inside of the key, and it almost always ended up in a score.

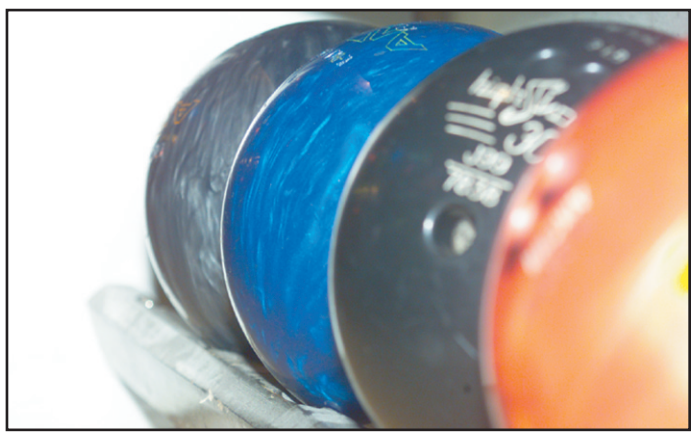
"We played a good game tonight, and so did the Maintenance side," said Davis. "As usual, we hope to see them again in the finals because they are a good team."

BOWLING, From C-1

International Bowling Congress members; nonmembers must pay an additional fee to qualify for high-score recognition.

"We love to do this, so the Marines and Sailors aboard MCB Hawaii have the chance to compete formally against their fellow service members," said Deborah Bruns, manager of K-Bay Lanes. "It's similar to the national All-Marine programs, but on a local basis," she added.

To strut your stuff on the lanes, and show your fellow service members what pin action really is, call K-Bay Lanes at 254-7664 for more information.



Lance Cpl. Megan L. Stiner

Bowling balls glisten, ready for action at K-Bay Lanes.

RUN, From C-1

planned festivities. Children are invited to their own Great Aloha Fun Run and Circus Party, Feb.14. Cost of entry for the two-mile race is $12 for the first child in a family, $10 for additional children and $5 for adults running with their children if registering by Saturday. Keiki will be treated to refreshments, magicians, inflatables, prizes and a T-shirt.

A Family Fitness Expo will also be set up with more than 200 booths focused on health and fitness. The expo will take place at the Neal Blaisdell Center Feb. 13 from 4 to 10 p.m., Feb. 14 from 10 a.m. to 8 p.m. and Feb. 15 from 10 a.m. to 5 p.m. There is no cost for those who are registered for the Great Aloha Run and only a $1.50 charge for all other adults.

Parking for the run opens at 3:30 a.m. at Aloha Stadium, with shuttles transporting runners to the Aloha Tower starting line. The run will begin with a sunrise start at 7 a.m. and come to a close with an awards ceremony and entertainment at 8:30 a.m.

For information on participating in the Great Aloha Run, either as an individual runner, or as part of the Sounds of Freedom unit team, contact MCCS Varsity Sports Coordinator Steve Kalnasy at 254-7590.

A registration booth will be set up from 11 a.m. to 1 p.m. at the Semper Fit Center, Monday.

MARAUDERS, From C-1

began throwing strike after strike, but the glory only lasted a short time.

As the result of errors by the catcher and center fielder, Sander made his way around the field and bore into home plate in the nick of time to score. But the Eagles were still behind, 4-3, at the close of the third.

The Marauders played by the book and scored two runs in the top of the fourth to widen the gap from the Golden Eagles, 6-3.

The Marauders pitcher began to show signs of fatigue in the bottom of the fourth and started lobbing the ball over the plate. The Eagles got in a few hits, and made enough plays to tie the score 6-6.

With two outs at the bottom of the fourth inning, Golden Eagles left fielder Dan Zimmerman stole second during the pitch, but the catcher was on the ball and Zimmerman had to slide underneath the second baseman to tag the base safely. But he wasn't done yet. During the next play, Zimmerman took off before the pitch in an attempt to steal third.

The Marauders were ready this time, and the pitcher ran over to block the base with the ball in hand. Zimmerman tried to double back, but he became stuck between second and third. Finally, he dove around the pitcher and slid into third before he was tagged.

Amazingly enough, he still had the nerve to steal home and bring the Golden Eagles ahead, 7-6. They scored one more run before the third out, ending the fourth inning ahead, 8-6.

After being ahead for so much of the game, the Marauders were not going to give up without a fight. They turned the ferocity up a notch and headed for battle.

Edwards hit a triple to center field and brought in two runs for the Marauders, giving them back the lead, 9-8. They swung at almost everything and managed to pull in two more runs before the third out.

Motivation did not help the Golden Eagles at the bottom of the fifth, as their first three batters were struck out at the plate. The game ended with the Marauders victorious, 11-8.

AIKIDO, From C-3

thing that we are either doing wrong or could do better," said Crawley of his instructor.

As a balance to the exacting exercise, aikido emphasizes peace and mental balance. In fact, the literal translation of aikido is "the way of harmony of the spirit."

"As a Marine, I'm a little high-strung," said Crawley. "Strangely, aikido relaxes me a great deal."

"There is a term commonly used by aikido, 'aikido for life,' which has many interpretations," said Midgley. "What it means to me is that aikido is not something that one can learn and then move on. It is something that a person incorporates into their life."

(Editor's Note: Aikido classes are offered aboard MCB Hawaii, Kaneohe Bay, in the family gym, Bldg. 455. Herbert Kondo instructs the class, held every Monday, Wednesday and Friday from 7:45 to 9:30 p.m. Adults 16 and older can participate, and the first class is free to try out. After the initial class, the cost is $35 per month.

Contact MCCS Athletics at 254-7590/91 for more information.)