Hawaii Marine
SPORTS

Hawaii Marine C Section January 9, 2004

# 2003 Sports Year in Review

Photo montage by Kristin Herrick

## MCB Hawaii Marine athletes prove their strength, compassion in 2003

**Sgt. Joe Lindsay**
*Community Relations Chief*

2003 was a year to remember in the world of MCB Hawaii sports — from the MCB Hawaii, Kaneohe Bay Men's Varsity Basketball Team winning the highly regarded Marine Forces Pacific Regional Basketball Tournament in Okinawa, to the Combat Service Support Group 3 Outlaws edging out the 12th Marine Regiment Bulldogs, 7-6, in the Intramural Tackle Football Championship.

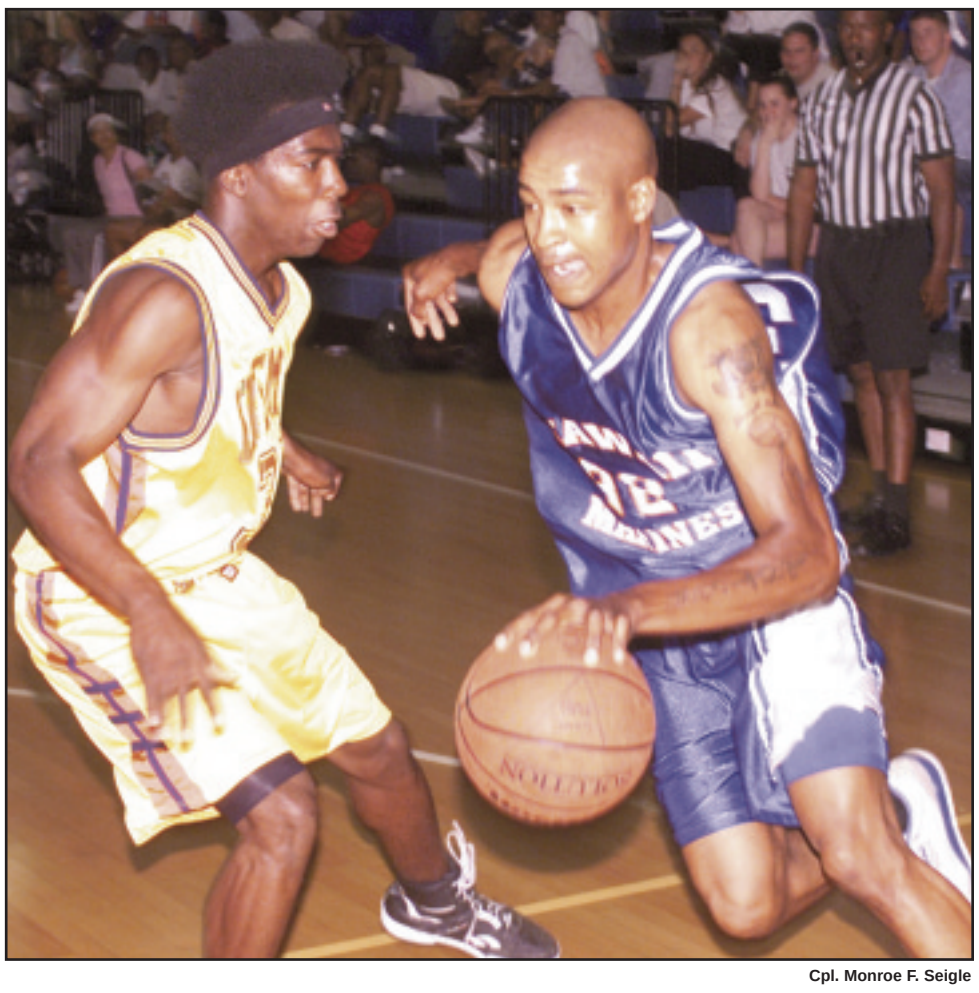
Of all the year's highlights though, probably none personified the image of Hawaii as hometown David vs. the outside worlds' Goliath more than a group of Pee Wee League basketball players known as the Lakers. Despite not having won a regular season game all year, they captured the coveted Youth Basketball crown by coming back from seemingly insurmountable odds in nearly every playoff game. But it's just that kind of performance and never-say-die attitude that seems to make MCB Hawaii the kind of place that it is, whether on the sports field or training in the field.

The competitive drive in our athletes was arguably not just for personal or team glory either, as service members seemed to prove by coming in droves to support various charitable runs aboard the base, including the Combined Federal Campaign Kick-Off Run, a 5K race won by aspiring Olympic distance runner Mitch Rodgers in 15:15. Rodgers, a food preparation specialist, also crossed the finish line first in the Surf 'n Turf 5K fundraiser run with a time of 17:20.

Also of note, Marines from Headquarters Battalion led the way in the Special Olympics Torch Run in Waikiki to help raise funds to support Special Olympics events, including recent competitions held aboard base.

Other highlights in 2003 were the MCB Hawaii's Varsity Men's Soccer Team repeating as the MARFORPAC champions in

*See SPORTS, C-4*



Cpl. Monroe F. Seigle

**Forward Nathan McQuirter, right, for MCB Hawaii, flies by a 29 Palms, Calif. defender during the Aloha Basketball Tournament**

Kristin Herrick

**Frederick Smith, running back for the CSSG-3 Outlaws, eludes the defense of the 1/12 Bulldogs. The Outlaws were crowned 2003 Intramural Tackle Football League champions.**

Cpl. Jason E. Miller

**Contestants in the Combat Service Support Group 3 "Swamp Romp" swam through more than three feet of pure mud.**

# Base Sports

**Edward Hanlon**
*MCCS Marketing*

## January

### 13 / Tuesday

**Intramural Basketball Coaches Meeting** — Stop by the Semper Fit Center on Jan. 13 to give MCCS Sports your input. The coaches meeting for Intramural Basketball will be held at 2 p.m.

Call 254-7591 for more information.

**Camp Smith Intramural Basketball** — Rosters for Camp Smith Intramural Basketball are due Jan. 15.

If you haven't signed up yet, you still have time, so register now by calling 477-0498.

### 17 / Saturday

**3rd Marines 11th annual 10K Run** — Runners, burn off those holiday calories at the 11th Annual 3rd Marines 10 Kilometer Run, happening Jan. 17, at 8 a.m. This race is open to the public, and begins and finishes at Pop-Warner Field. Want to race, but with a little more relaxed pace? Check out the one-mile Family Fun Run to take place after the 10K, at no charge to families.

Costs are $17 for individual runners, and $100 per 10-runner formations. Runners will receive a specialty race T-shirt at no extra charge. The top three finishers overall, as well as the top three finishers in each age group and formations will receive awards.

Packet pick-up will occur at the Semper Fit Center between 9 a.m. and 4 p.m. on Jan. 15 and 16.

Registration forms are located at the Semper Fit Center located Kaneohe Bay, or can be found online at www.mccshawaii.com.

This race is part of the Commanding General's Semper Fit Series.

For more information, contact MCCS Athletics at 254-7590.

**Hawaii Championship Wrestling at Kahuna's** — It's madness. It's chaos. It's the best of the baddest, with Hawaii Championship Wrestling hitting the ring at Kahuna's on Jan. 17.

Watch Hawaii's top wrestlers make the moves and rock the ring from 7 to 9 p.m., at Kahuna's Community Ballroom.

Tickets are only $8, so call 254-7661.

**Youth Sports Now Registering** — MCCS Youth Activities is now accepting registrations for numerous youth sports programs.

If your child is interested in baseball (3 leagues available), volleyball, in-line hockey or ice hockey, call 254-7611.

The Youth Activities building is located behind Mokapu Elementary School in Bldg. 5082.

**Massage Special** — Throughout the month of January, receive 10percent off a massage from the Semper Fit Center's Massage Therapist, Caitlin Nichols.

Look for the flyer with the coupon in the center, and schedule an appointment with her on Monday, Wednesday Thursday or Sunday by calling 254-7567.

**Swim Lessons Available Now** — Join the MCCS Aquatics team for some exercise and a little fun in the sun. Build your water confidence and awareness with Saturday Swim Lessons available at the MCBH Base Pool.

Call 254-7655 for registration information.

**Pro Bowl Tickets Are On Sale at I.T.T** — ProBowl tickets are now available at Information Tickets and Tours located at Mokapu Mall. Sideline seats are $87.50.

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

**Color Pin Special at K-Bay Lanes** — Roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. The pin will be noticeably different in color, and if you make the play, you win!

**Looking for Inexpensive and Fun Entertainment?** — Look no further! 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, 254-7693.

**NFL Football Playoff Action at all 3 Clubs!** — Catch your team live on Direct TV featuring NFL Ticket at all three of the Clubs, Kahuna's, the Rocker Room and the Officers' Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

**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 needs.

Spend your day off the coast of Windward Oahu catching some of the ocean's most tasty fish. Dive charters are also available.

Call 254-7667 for more information.

**Take the Plunge!** — Wet your feet and beat the heat at any one of the MCCS pools. With four locations to serve your swimming demands, there's sure to be one nearby. Pool locations are K-Bay main pool (Bldg. 981), Hilltop Pool (Bldg. 502 O' Club members only), Camp Smith Pool (Bldg. 125), and Manana Housing Pool (Bldg. 840).

**Beginner Fitness Program** — Semper Fit Center – 8-week session meets twice a week with a Certified Personal Trainer to assist those wanting to learn how to exercise the correct and smart way.

Call 254-7597 for more info.

**The Parents for Fitness Program (PFFP)** — This cooperative baby-sitting effort is available at the Semper Fit Center, MCBH for all active-duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children ages 6 weeks and older.

Call 235-6585 for more information.

**Adventure Training Program** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units.

Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

**Massage Therapy** — Massage therapy, by certified therapists, is available at both Kaneohe Bay and Camp 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.

## Base All Star

Courtesy of George Stowe

**NAME: George Stowe**

**UNIT: Special Project Patrol Squardron VPU-2**

**BILLET: Aviation Administration**

**•Stowe placed first in his weight class, winning the team trophy and overall competition as well as the "Best Poser" title at the Mr. DoD competition.**

**•He received the "Best Poser" title at the Paradise Cup in Waikiki in addition to placing second in the light heavyweight class.**

**•In the Armed Forces Invitational, Stowe placed first in the heavyweight class.**

***"Often times, 'gym life' spills over into the work environment to further enhance one's character."***

# Community Sports

**Hawaii Trail and Mountain Club Hikes Sunday**

Are you ready to get in shape for the new year? If so, get your hiking boots out of the closet and join in the Mt. Olympus 6 mi. trek through beautiful St. Louis Height. This is an intermediate ridge hike so bring plenty of water and sunscreen.

This favorite "Honolulu Hike" starts from Wa'ahila State Park. Great views open up and since there are no power lines to get in the way they only get better towards the Ko'olau Summit.

A $2 donation is requested from each non-member ages 18 and over. A responsible adult must accompany children under 18.

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

Call coordinator Peter Kempf at 384-2221 or 735-2220 for more information about this hike and the HTMC.

**State Offers Free Recreation**

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

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

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

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

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

**Marines and Sailors Get in Shape with ShipShape**

You can win the war on body fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some 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 test, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but 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.

For more information or to sign up for the next ShipShape course, call Pearl Harbor staff at 471-9355.

**Hale Koa Boasts Premier Fitness Facility**

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

For those who want to be pampered, make an appointment for a massage, facial or body spa service.

Or, if the outdoors is your fancy, enjoy the Oceanside racquetball and sand volleyball courts, tennis courts and jogging path marked by VitaCourse 2000 fitness stations.

Members also enjoy access to the Maile pool and Jacuzzi.

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

**Bellows Hosts Outdoor Recreation**

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

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

Also, learn ocean kayak skills, including deep-water recovery, navigation, water safety and 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 on what Bellows has to offer, call 259-8080.

**Bellows Sponsors Camping**

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

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just $30 a day or $154 a week.

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

Advertise sports and recreational activities of general interest to the Department of Defense community in the "Base Sports" or "Community Sports" columns.

Fax items to 257-1289 or 257-2511. Contact the *Hawaii Marine* staff at 257-8836 or 257-8837 with questions or concerns.

# The Bottom Line

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

## *Who is the Story of the Year for 2003?*

**Capt. K. D. Robbins**
*The Professor*

Well, the holidays have come and gone for The Professor and The Goat. In the wake of egg nog and Dick Clark comes The Bottom Line's most significant event of 2003.

If the NBA All-Star voting is any indication, then the adulterous Kobe Bryant takes the taco. Well. ESPN might anoint the Laker Ladies Man with this honor, but I will not. Sorry Kobe… you will just have to keep faking your street cred with your Beverly Hills tattoos and punk attitude.

It is tough to deny Ohio State their due for their incredible BCS (the way it is meant to work) overtime win over the NFL farm club Miami Hurricanes. But, a Nittany Lion will never love a Buckeye. I have nothing but respect for Coach Tressell, he does it the way it should be done. But, in light of Mo Clarrett and his personal test-takers, I mean tutors, the honor goes to someone else.

How about Lance Armstrong? Cancer survivor wins an unprecedented five Tour de Frances in a row. Well. Only unprecedented if your name is not Miguel Indurain. Keep at it Lance. Two more and The Bottom Line will award you with the 2005 honor.

Finally, what can we say about Steve Bartman that has not already been said. The man will live his life in effigy because the Cubs, yes the Cubs, not Steve Bartman blew series and Game 7 leads to the annoying Marlins bunch. Steve needs to take the condo in Florida and start a new life. He does not need The Bottom Line's 2003 gold medal.

So, who does? Who deserves the quintessential award of sports journalism? How about a few clues? Pay-per-view high school games. A Hummer in the school parking lot. A $90M, yes $90M Nike deal. The award goes to the latest in first name recognition. The Bottom Line's 2003 Story of the Year is in one word: LeBron.

**Bottom Line:** LeBron James has single-handedly taken the NBA on his shoulders. He is already the most prolific player to go directly from the prep ranks to the NBA. He sees the floor like Magic, jumps like Michael and he handles himself with the media like Ari Fleisher. Like Rocky in Philly, Russell in Boston and The Babe in New York, Cleveland is LeBron's town. The boy is a man. He is not only the future of the NBA, he is the present. And now, he's The Bottom Line's 2003 Story of the Year.

All hail King James!

**Sgt. Joe Lindsay**
*The Goat*

There were many poignant moments in the world of sports in 2003. Among them, perhaps the one that had the most far-reaching impact worldwide was when international soccer sensation David Beckham jumped ship from Manchester United to Real Madrid. That barely eclipsed the drama of Michael Schumacher's record sixth Formula One title, and Lance Armstrong beating cancer to win the Tour de France by a nose. But nothing in 2003 could compare to the camaraderie and sportsmanship shown in the Little League World Series, when the upstart kids from East Boynton, Fla., celebrated alongside the victorious Japanese team by running victory laps around the stadium with one another in a true display of friendship, love and happiness. It was some kind of wonderful.

Guess what kids? You lost. Just like your fathers did before you and your children will probably do after you. You didn't bend it like Beckham. You fielded like Buckner. East Boynton now carries the biggest curse this side of Wrigley Field and Fenway Park. Next time, cork your bats and you might win. It worked for Sammy Sosa.

Don't do performance enhancing drugs like THG, even though without it you'll never break Barry Bond's single-season home run record. Don't smoke crack before Pop Warner football games, even though LT, the greatest linebacker to ever play, did it constantly in the NFL.

When you get married, don't cheat on your wife with hotel receptionists, you never know what she might say afterwards. If you are good enough to go pro after high school — go pro. You can learn how to spell L-E-B-R-O-N later. Some of the dumbest people you will ever meet are in college. Take the money, buy a Hummer, and go to night school during the summer at Cleveland State to get your degree.

The world of sports is a mirror of the world at large. Both good and bad. 2003 was no different. Sorry if I was tough on you kids from East Boynton. Deal with it.

**Bottom Line:** If you are going to make it in sports past the Santa Claus stage — you've got to win. It was true in 1903 and it was true in 2003. Just ask the dozen NFL coaches and scores of college coaches who are out of jobs as we enter the New Year. Contrary to what they teach you in youth, not everyone in sports is a winner.

As for Syracuse/San Antonio (basketball), Ohio State/Tampa Bay (football), and Rice/Florida (baseball) — hats off to you all for getting it done in the sports that matter in 2003.

## Readers Strike Back — Year in Review

Oct. 31, 2003
"I'll be honest; for a long time I would just scan the Hawaii Marine and not really read it. But now, I have a reason to read, and that's because of 'The Bottom Line.' I go straight to it every week, and I have noticed a disturbing trend. The Professor whines about something every week. It is good that you have The Goat to offsetting the whining by telling it straight up."
*- Florencio Bermudez - El Paso, TX*

Nov. 14, 2003
"The Professor and Goat are symbols of what is wrong with our society…"
*- John Gollner - Honolulu, HI*

Dec. 5, 2003
"…cancel my subscription to the Hawaii Marine."
*- Steven Jenkins - Orlando, FL*

Nov. 28, 2003
"… I would like to say that 'The Bottom Line' is the best thing I've seen in any military newspaper. In fact, I think the Honolulu Advertiser or Star Bulletin would be wise to pick it up. It's better than any commentaries they have, too."
*- Martin Mooney - Baltimore, MD*

## Sports Around the Corps

# All-Marines educate young grapplers about the Corps

**Sgt. David Salazar**
*6th Marine Corps District*

LANTANA, Fla. — The arena was filled with young fighters, each grappling his way through the seemingly endless gauntlet of battles they needed to endure to be among the victors on their improvised war zone.

Though the warriors possessed honor, discipline and strength -- they were not Marines — they were high school wrestlers.

And the gymnasium at Santaluces High School in Lantana, Fla., was the makeshift battlefield where student grapplers from all over South Florida came to compete in the school's annual Christmas Classic Invitational Wrestling Tournament Dec. 12 - 13.

The tournament was the perfect setting for Marines from RSS West Palm Beach to seek qualified applicants looking to take on another challenge: Marine Corps Recruit Training.

To help further their success, the Recruiting Station Fort Lauderdale gunslingers brought with them a small contingent of the Corps' own brand of wrestling-mat warriors — four Marines from the All-Marine Wrestling Team.

"I thought it'd be a great idea to bring the team down to give a live demo and clinic since we have wrestlers from 25 different schools here today," explained Staff Sgt. Mauricio Garcia, the staff-non-commissioned officer-in-charge of Recruiting Substation West Palm Beach. "Because of that number of kids out here, it's giving both the Marine Corps and its sports program lots of great exposure."

The team detachment, which consisted of coach Maj. Jay Antonelli, Staff Sgt. Marcel Cooper and Sergeants Jess Hargrave and Deon Hicks, put on a live demonstration of their abilities and respective distinct styles of wrestling during tournament half time.

West Palm Beach recruiters, armed with incentive items, employed the use of a dog tag station and the Marine Corps Pull-up Challenge. The tournament culminated with an awards presentation featuring Staff Sgt. Jason Batson, the school's recruiter.

Together, the wrestler/recruiter team amassed a respectable amount of leads that were age qualified -- and due to the nature of the sport and the moral fiber typical of wrestlers - were physically and mentally qualified as well.

"I think wrestlers naturally have many characteristics that would also make them great Marines," Antonelli said. "They have to be physically fit, they have to have discipline and they have to have honor and courage. The same caliber of person makes up both groups."

Due to those similarities between leathernecks and grapplers, it's also fitting that the Marine Corps Sports Program complements the Corps' recruiting efforts, Antonelli said.

"Because the kids are interested in wrestling, they find us more approachable and sooner or later questions about wrestling turn into questions about the Marine Corps," Antonelli said. "And it's at that point that we realize what an impact the sports program has on recruiting."

Hicks, a four-year member of the wrestling team, supported Antonelli's theory.

"Our purpose here is to inform these students that there is more to the Marine Corps than just the typical military stuff," explained Hicks, a native of Greensboro, N.C. "I'm also helping to offer the same opportunity offered to me when I was younger."

According to Hicks, the Marine Corps Sports Program had tremendous impact on his decision to join the Corps long before he was even eligible.

"This has been my life since the eighth grade - the minute I found out the Corps had a wrestling team, I did everything to prepare myself for joining. If I could influence someone else the way I was influenced back then, this trip was worth it," Hicks said.

Of more than 200 gross leads that the recruiters walked away with thanks to the team's efforts, 105 were age qualified — and are mere steps away from not only having what it takes to be victorious on the mat, but having the training needed to be victorious on the battlefield as well.

Sgt. David Salazar

**Maj. Jay Antonelli, All-Marine Wrestling Team coach, demonstrates a wrestling maneuver on Sgt. Jess Hargrave during a clinic hosted by RSS West Palm Beach.**

*SPORTS, From C-1*

Okinawa, CSSG-3 winning the Intramural Volleyball title, 3rd Radio Battalion retaining the Intramural Softball crown for the fourth straight year, and the Kaneohe Bay Blue Crush Youth Soccer Team capping off an undefeated season by defeating Pearl Harbor for the Hawaii Youth Soccer Championship.

Further memorable moments included the Royal Australian Army playing exhibition soccer and rugby matches against Marines; former NFL legends Franco Harris and Christian Okoye paying visits to our troops; James Wood, a primary marksmanship instructor, winning the Pacific Division Individual Rifle Championship; and Trent Hoffmeister becoming the unlikely hero of BayFest, as the heavy equipment operator with Headquarters Battery 1/12 became an instant crowd favorite when he won the Mechanical Bull Riding Competition.

On the fairways, the All-Marine Golf Team had the feel of "aloha" as three Hawaii Marines, John Bascuk of CSSG-3, Johnny McCray of MALS-24, and Troy Frazier of 3rd Marine Regiment, represented the Marine Corps at the Armed Forces Golf Championships in Millington, Tenn.

And though there were many sporting memories this past year, not all of which were captured through the camera's lens or held in front of cheering crowds, one thing seems certain: the memories of hardships endured and overcome, of victories and defeats, of pain and jubilation and the camaraderie forged by it, will live on in the hearts and minds of MCB Hawaii athletes long after the snapshots and old newspaper clippings from 2003 have turned yellow and faded.

Cpl. Monroe F. Seigle

**James Baughman of the Legal Services Center at MCB Hawaii, Kaneohe Bay, squares off against Pearl Harbor Naval Base's Tim Kuno during the Hawaii Armed Services Counsel racquetball tournament at the Army's Schofield Barracks.**

Cpl. Jessica M. Mills

**Roland Manahan, Paintaball Facility field manager and Volcano team member, keeps his eyes on the opposing team's station as he sends rounds down the field.**

Cpl. Jason E. Miller

**Runners in the Combat Service Support Group 3 "Swamp Romp," July 26, were harassed all morning by course marshals with high pressured fire hoses.**

Sgt. Jereme Edwards

**Laker forward Zachery Thaler goes for a layup on a fast break during the 2003 Youth Basketball League championship game.**

Kristin Herrick

**Bandit quarterback Keino "Smoke" Thomas attempts to break away from a CSSG-3 Outlaw defender. After dominating all season, the Bandits were defeated by the 1st. Bn., 12th Marine Regiment Bulldogs in the semi-finals of the 2003 Intramural Tackle League.**

Sgt. Jereme Edwards

**The Marine Aircraft Group 24 Marauders took on the Patrol Squadron 4 Skinny Dragons during the 2003 Intramural Baseball League. MAG-24 went on to win the regular season, but was defeated by 1st Bn., 3rd Marine Regiment for the championship title.**

Courtesy of George Stowe

Since picking up the sport of weightlifting in 1985, Petty Officer 2nd Class George Stowe has placed in numerous competitions around the globe including first place finishes in Mr. Venice Beach (1991), Mr. Atsugi (1997), Mr. DoD (2003) and the Armed Forces Invitational (2003).

Courtesy of George Stowe

Above — Petty Officer 2nd Class George Stowe trains year-round for various competitions. When he is not training, he helps others reach their fitness goals by working as a personal trainer.
Below — Stowe shows of his chiseled physique after being named "Best Poser" in 2003 Paradise Cup held at the Sheraton Waikiki Hotel.

Courtesy of George Stowe

# K-Bay Sailor takes his body and spirituality to whole new levels

**Cpl. Jason E. Miller**
*Combat Correspondent*

In sports, as in today's U.S. military, an athlete's or service member's life revolves around competition when it comes to advancement. Rising above mediocrity is essential in getting ahead.

Special Project Patrol Squadron 2's Petty Officer 2nd Class George Stowe knows what it takes to keep moving to the next level. As a part-time bodybuilder, he is constantly working to improve his body and mind to advance in the field he loves.

"People automatically look at you in a different way," said Stowe. "Whether it's just out on the street or at work, people expect something more of you when they can see you physically have a certain amount of discipline. You're looked at immediately to step forward as a leader."

Looking like a shorter version of Evander Holyfield but sounding more like Mike Tyson, Stowe seems remarkably unassuming in his blue work coveralls, but once he's on the topic of his iron-pumping alter-ego, he's quick to show off the pictures of his ripped body in competition.

"I had a really good year," Stowe said, remarking on his placing in several competitions on the island of Oahu in 2003.

"Of course, I give all credit to God, because he's blessed me with the ability to do what I've done. Sometimes I'll be at a competition and I won't come out on top and my heart will just sink, but then I think, 'why should I win all the time?' So I'm just thankful for what I get when I get it."

Working in the Navy, he also gives credit to his command at VPU-2 for allowing him to work hard at his hobby.

"The skipper lets me do whatever I need. It's a pretty great deal when you think about it."

Stowe's workout regimen almost always keeps him aboard military installations on Oahu because they're some of the most well managed and easiest to use. He utilizes tons of different weights and machines, and also spends time outdoors running and working on his cardiovascular fitness since posing in bodybuilding competitions requires quite a bit of stamina.

"You have to mix it up. You can't just be really strong in one area and weak in another or else your competition is going to take advantage of that. You know in competition that these guys are looking at what you're doing, just like you're looking at them."

His time in the gym isn't limited to just hammering away on weights either. Stowe is also a certified personal trainer who uses his talent and experience to help others achieve their fitness goals.

Stowe claims that his diet is pretty basic other than the amounts of food that he ingests when training. In fact, Anderson Hall currently supplies Stowe with all that he needs to compete. A display case holding many of his trophies stands tall near the front of the chow hall for Marines and Sailors who eat there to see.

"I think it sends a message to everyone here," said Stowe. "I'm just like one of them, eating the same foods and working on the same base, but I've managed to take it a little further. Hopefully seeing those trophies will influence some of these guys to get motivated."

As for Stowe's future in bodybuilding competition, the sky is the limit.

"Hey, you can go from bodybuilder to governor of California," Stowe said. "Really the possibilities are endless as to what somebody can do."

# *Fitness and Health Fair makes its way to MCB Hawaii*

**Press Release**
*MCCS Marketing*

Make a run for the Fitness and Health Fair to be held at the MCCS Semper Fit Center Monday.

The fun-filled fair begins at 10:30 a.m. and runs until 2 p.m. in the center's gymnasium.

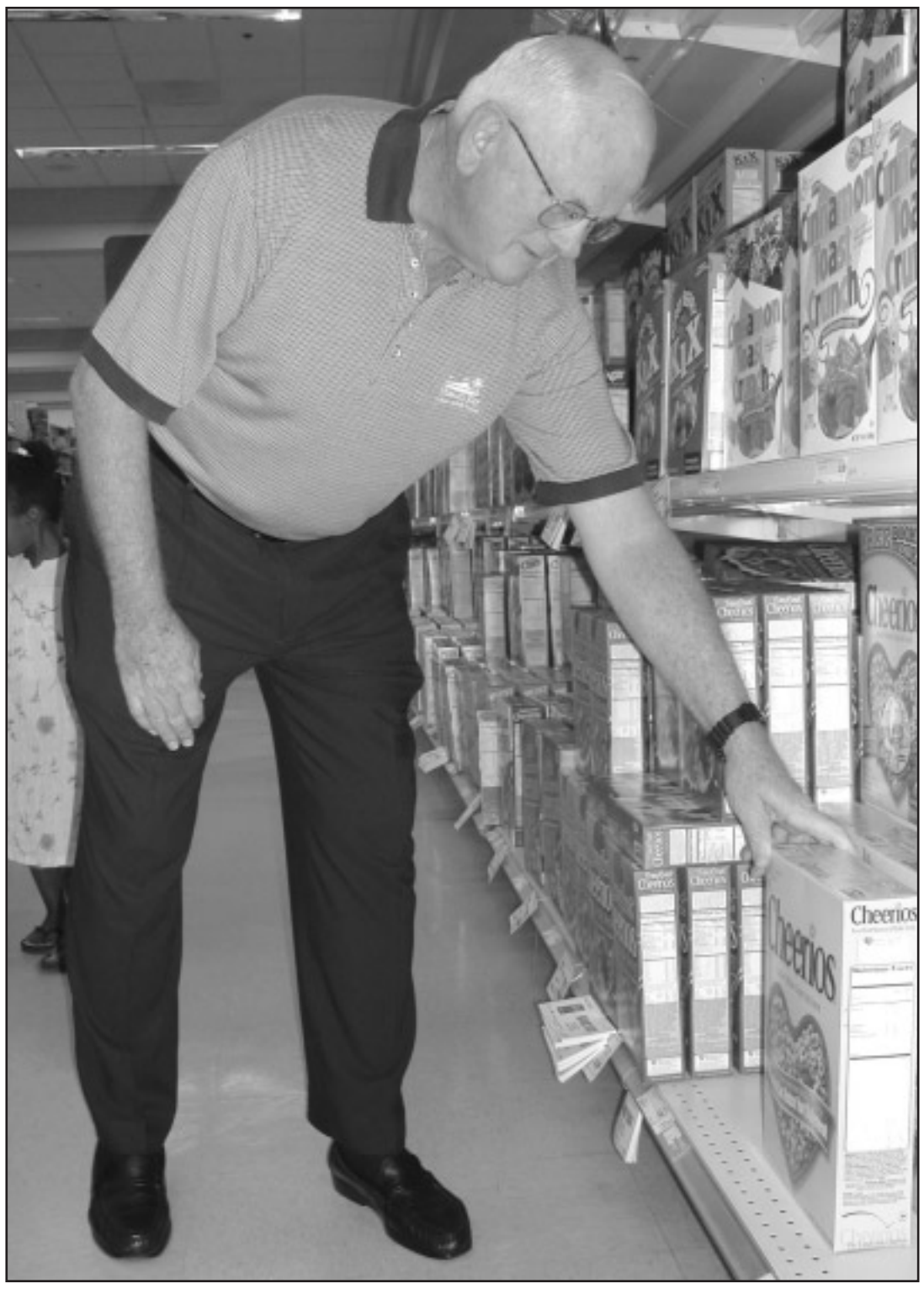
Patrons will be treated to displays and information encompassing all areas of fitness and healthy lifestyles. Bring the children out after school for an educational frenzy.

Displays include: fitness, safety, aquatics, massage therapy, nutrition, the Klipper Golf Course, Sports Medicine and Rehabilitation Team (SMART) clinic, outdoor recreation and suicide awareness, effects of tobacco use, substance and alcohol abuse prevention, youth activities and STD/HIV prevention and education.

Testing for high blood pressure and cholesterol will also be available.

The Fitness and Health Fair points of contact are Jon Shiota, Fitness Coordinator, at 254-7597 and Dan Dufrene, Health Promotion Coordinator, at 254-7636.

spotlight on health



Lance Cpl. Megan Stiner

**Retired Air Force Col. William F. Mattimore chooses a cereal that is high in iron and other nutrients at the MCB Hawaii Commissary.**

# Keep iron up to reduce fatigue and help save lives

**Mindy Hermann, RD**
*NAPS Featurettes*

Helping others can be very gratifying, especially when you could potentially save a life. That's possible when you donate blood.

I got the idea for this week's column when I learned that hospitals across the country are recommending iron-fortified cereal to their blood donors to keep their iron levels up. This is good advice for all of us.

Iron is extremely important to everyone. Your bone marrow uses iron to make hemoglobin, a compound that carries oxygen in your red blood cells. Red blood cells bring oxygen to all cells in your body to enable them to "breathe." Without oxygen, your cells cannot function normally. People who don't have enough iron in their body may feel tired, have trouble breathing, and wear out quickly during exercise.

A shortage of iron, called iron deficiency anemia, can be diagnosed by a doctor. Your doctor may ask you about your diet and about any abnormal bleeding that would cause you to lose iron.

Certain groups of people need to pay special attention to iron. Blood donors lose iron in their donated blood. Women in their childbearing years require more iron than men do because they lose iron every month during menstruation, although everyone needs iron.

"Iron deficiency anemia is a big problem for kids and teens because they may not eat enough iron-rich foods, leaving them short on iron and possibly hurting their body and brain development," says Elizabeth Ward, R.D., author of *Healthy Food, Healthy Kids*. "Iron-fortified breakfast cereals like Total are a great way to fill in the iron gap. They are convenient, tasty, and relatively inexpensive for the nutrition they provide."

When you donate, a blood bank volunteer will take a small sample of blood and evaluate the health of your red blood cells. If you have too few red blood cells or they contain too little iron, you will not be permitted to donate. People who are rejected for this reason (there are several situations where a donor may be rejected) should eat plenty of iron-containing foods, and try again in a couple of months.

After donating, your body replaces the liquid part of your blood, the plasma, within a few hours, so be sure to drink plenty of fluids. Red blood cells require several weeks to come back to normal levels. A well-balanced diet that

*See IRON, C-8*

# *Lactose intolerance should not control breakfast choices*

**NAPS**
*Featurettes*

If you ask adults skipping breakfast why they avoid a morning meal, you may get a few seemingly logical reasons. Milk and/or dairy products don't agree with me. I'd rather sleep. Who needs the calories? I don't have time.

Here are a few suggestions for breaking down these breakfast barriers.

**Milk/dairy doesn't agree with me.**

The National Institutes of Health estimates that 30 to 50 million Americans (about 25 percent of the adult population) are lactose intolerant to some degree.

While it may seem that simply avoiding milk is the answer to lactose intolerance, that's neither practical nor nutritionally sound.

Dairy foods provide a wealth of important nutrients, including calcium and vitamin D.

Instead of milk, try a lactose-free milk alternative, such as Vitamite® 100. It has all the vitamin D and calcium of real milk, but none of the lactose. For extra flavor and nutrition, stir it into a powdered breakfast beverage mix.

**I'd rather sleep than eat.**

You'll feel more energized from eating a healthy breakfast than you will from getting a few more minutes extra sleep. Overnight, you're deprived of fuel, so your body and mind crave nourishment in the morning.

**I can't "afford" the calories.**

What you really can't afford is to be hungry first thing in the morning. Research shows that dieters who eat a healthful breakfast lose more weight, more easily than those who skip breakfast altogether.

Not only does breakfast help boost your metabolism from nighttime "starvation mode," it also helps prevent you from getting too hungry and overeating later in the day. The best breakfasts are low in calories and fat and deliver some fiber.

Try a quick smoothie or whole wheat toast topped with reduced fat peanut butter and a glass of milk or Vitamite.

**I don't have time.**

Take a few minutes before you go to bed to plan what you'll eat in the morning. No time for that? Grab a glass of something to drink before you bolt out the door — anything is better than nothing at all.

To receive a free sample, product coupon and brochure about Vitamite 100, send your name and address to Diehl Specialties, 124 Clinton St., Dept. N-3, Defiance, Ohio 43512.

Lance Cpl. Michelle M. Dickson

**The commissary aboard MCB Hawaii stocks many choices of lactose-free milk and soy milk for those looking for a dairy alternative.**

# Survey shows growth in soccer's popularity among teenage girls

**NAPS**
*Featurettes*

A recent survey, commissioned to gauge American attitudes toward soccer, found that the most memorable single moment in women's sports came in 1999 — when the U.S. Women's National Team won the Fédéral Internationale de Football Association Women's World Cup and kicked American soccer right into the spotlight.

"For me, it was not about that moment alone," said Brandi Chastain, the U.S. Women's National Team defender who scored the winning goal and famously removed her shirt and exposed her sports bra in celebration.

"It was about the dedication and teamwork that led up to that final kick."

The survey, commissioned by Philips Electronics, an official partner of the FIFA Women's World Cup USA 2003 and U.S. Soccer, found that the overall popularity of women's soccer in the United States is growing, with much of the credit likely linked to the women's team. The survey also found the following:

•Soccer is perceived to be the most popular sport for girls under the age of 18.

•A large number of American adults have a soccer ball in their house — overall 41 percent — but among younger adults (18 to 44), nearly half (49 percent) have a soccer ball. Additionally, two-thirds (66 percent) of those households that have children 18 and younger have a soccer ball in the house.

•Forty-seven percent of Americans most associate the U.S. with women's soccer, while only 13 percent of Americans associate the U.S. with men's soccer. Instead, Brazil was chosen as the country most linked to men's soccer.

•Despite the enthusiasm for the sport, most Americans are still not clear on the elusive "offside" rule in soccer and chose an incorrect description. However, adults surveyed from FIFA Women's World Cup contender countries Sweden, Germany and France correctly described the rule as referring to when an offensive player without the ball has fewer than two defenders between herself and the end line when the ball is played forward by a teammate.

Americans can test their soccer knowledge and root for the U.S. soccer women as Chastain and her teammates compete in the FIFA Women's World Cup USA 2004, after placing third in 2003. Fans can also watch, replay and find additional information on the matches online via Philips Matchcast at www.fifa worldcup.com.

U.S. soccer star Brandi Chastain is actively recruiting fans and young soccer players-especially women.

Cpl. Jason E. Miller

**MCB Hawaii's own Sarah Sorenson sets to drive a soccer ball into the net during one of her weekly practices. With any luck, she will be kicking soccer balls as part of the All-Marine team.**

*IRON, From C-7*

includes lean meat, green vegetables, beans, fruits and whole-grain bread can help.

Memorial Sloan-Kettering Cancer Center in New York City also recommends iron-rich breakfast cereal to people who donate blood.

**Ask Mindy**

**Q**: I don't eat a lot of red meat. Is it still okay for me to donate blood? Shari, Katonah, New York

**A**: Sure, just eat plenty of other foods high in iron. Enjoy foods rich in vitamin C, like orange juice and tomato sauce, with non-meat foods like fortified cereal and pasta. An interesting little-known fact is that vitamin C helps boost iron absorption.

**Iron Rich Food Sources**

| Food | U.S. Reccommeded Daily Value |
|---|---|
| Red meat, 3 oz., cooked | 14% |
| Dark meat poultry, 3 oz., cooked | 6% |
| Grain products, 1/2 cup, cooked | 4% |
| Green leafy vegetables, 1/2 cup, cooked | 3% |
| Fortified breakfast cereal, 3/4 cup | 100% |