

# Hawaii MARINE SPORTS

Hawaii Marine C Section

June 25, 2004



## Swamp Romp gets dirty

Staff Sgt. Ronna M. Weyland

**Pfc. Rich Mattingly**  
Combat Correspondent

The 10th Annual Combat Service Support Group 3 Swamp Romp was held Saturday at Landing Zone Boondocker here. Billed as "Hawaii's Dirtiest Race," 870 runners competing in 145 teams took up the challenge to get muddier than ever on the most obstacle-intensive course in the race's decade tenure at Kaneohe Bay.

Braving combat-engineer rigged pits, walls, tunnels and other obstacles, competitors also got their earful as a roving fire team popped smoke and fired dummy rounds at passing runners.

"We wanted to give the runners a little bit of the feel of a combat zone," said

Wesley Maida, platoon commander with CSSG-3 and race coordinator. "We kept the race in the traditions of previous years, but added more obstacle, more mud and more realism to hopefully make it even more of a challenge."

The four-mile course took runners from the Boondocker out to Ft. Hase Beach and LZ Eagle, and back again, on an unusually muggy morning. Even a brief, but steady torrent of rain did little to cool off tired runners in waterlogged boots and cammies or trousers.

"I thought I was going to do better, but your legs get really, really tired pulling boots full of mud and whatever else is out in those pits," said an exhausted Leslie Mossfield, running with a mixed team from Schofield Barracks.

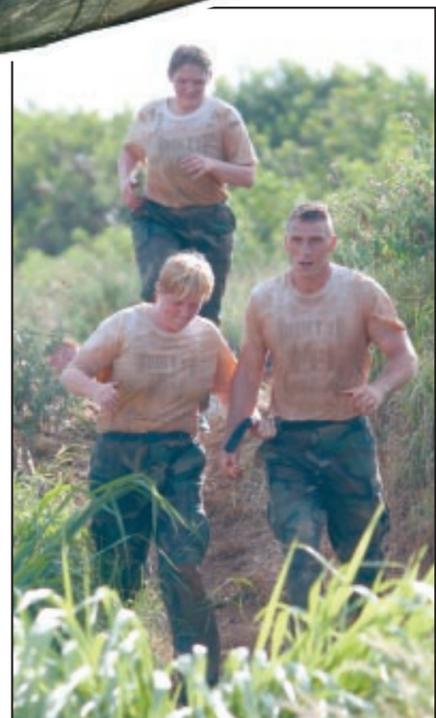
Age group and gender determined categories for teams, with young men, warriors, men's masters, women,

women's masters and mixed categories. Mixed teams were comprised of three men and three women.

Despite the physically grueling course, spirits ran high with the runners, who were challenged to finish together as a six-person team to avoid a time penalty of a minute for a slower runner, and disqualification for finishing with less than five members of a team.

"The Marines put unlimited hours into the course, and most of them volunteered," said Maida. "We had good combat engineer training done while we built the course. And we made it tough to even finish the course."

Many civilian runners attended the event to participate alongside runners from all five services. Teams performed buddy carries and maneuvered over and around obstacles, mirroring the kind of training usually reserved to military field operations.



Staff Sgt. Ronna M. Weyland

The Dirty 1/2 Dozen team nears the finish line of the CSSG-3 Swamp Romp Saturday, here.

See MUD, C-5

## Oahu waves beckon K-Bay

Young surfers finish Waikiki surf contest successfully

Lance Cpl.  
**Michelle M. Dickson**  
Combat Correspondent

WAIKIKI, Hawaii — Two family members here made a splash in the sport of surfing when they recently took part in the 8th Annual Town and Country Grom

Contest.

Hunter Johnson, 7, and Ikaika Leialoha, 6, have been surfing together and participating in activities for years, said Hunter's father, Ronald Johnson, the nondestructive inspector supervisor of Marine Aviation Logistics Squadron 24.

"He really loves to do it," said Johnson about his son. "It makes it even more enjoyable when he can compete with his friends."

The Memphis, Tenn., native said the two are like brothers and they

ride together every weekend.

"They really make it a point to get out there together all of the time," said Johnson. "As long as he's being safe, I encourage it."

At the recent competition, Hunter received fifth place in the short board competition, but earned first place in body boarding. Ikaika wasn't far behind with fourth place in the short board in the 7 years and under category.

"Ikaika and his sister Iniki have been surfing for about four years and love it," said Franklin Leialoha, flight operations chief petty officer for Helicopter Submarine Light 37. "It's really a family thing since me and my wife do it too."

Iniki, 10, also entered the surf competition, making the first cut, but just missing the final.

"She's really active, as all of us are with any sports," said Leialoha. "It's good that they're into sports because it keeps them active and prevents them from potentially falling into bad situations with their lives."

Both of the children plan to continue surfing, and participating in different surfing activities in the future said Leialoha.

"We all love this sport so much," said Leialoha. "It's what we live for."



Petty Officer 1st Class Ronald Johnson

Hunter Johnson, 7, catches a wave while surfing in the 8th Annual Town and Country Grom Contest. Johnson has been participating in surf activities for years with his friend Ikaika Leialoha.

## The secret to the PFT is unraveled

**Pfc. Rich Mattingly**  
Combat Correspondent

Most of us know new boots can ease the stress of 30-mile humps, new cammie designs can make Marines more stealth, and new night vision goggles and scopes developed by the Marine Corps Systems Command can help improve target acquisition.

However, if the body using or carrying the gear isn't fully trained and prepared for the rigors of battle, then high-speed, low-drag gear become mere gadgets and gizmos that do little to aid a prematurely worn-out warrior in battle.

Per Marine Corps Order P6100.12, the Marine Corps Physical Fitness and Body Composition Program Manual, every Marine must be physically fit, regardless of age, grade or duty assignment.

Fitness is essential to the day-to-day effectiveness and combat readiness of the Marine Corps. Being physically fit is part and parcel of the "world's finest fighting force's" ethos, and that is reflected in how seriously Marines take their physical fitness test. As Marines of all ranks know, performance on a PFT not only impacts promotions, but also how they're viewed as a Marine.

Sometimes training schedules, deployments and other interruptions to a Marine's regular schedule can get his or her workout plan off kilter. According to Gunnery Sgt. Tony Haynes, noncommissioned officer in charge of recruiting sub-station Winston-Salem, N.C., recruiting station Raleigh, N.C., and frequent contributor to oorah.com's semper fitness workout advice column, there are many things you can do not only to maintain the high

See PFT, C-7

# BASE SPORTS

**Edward Hanlon V**  
MCCS Public Relations

## July

7 / Wednesday

**Sailing Away** — Adults looking to take up a new hobby or sharpen up those rusty sailing skills are able to take adult evening sailing classes at the base marina. This great deal is only offered through the summer months, so sign up now.

The next session begins July 7 and glides through July 11 from 5 to 7:30 p.m. Cost is based on rank and varies from \$69 to \$99. For more info, call 254-7666.

10 / Saturday

**All-Marine Women's Softball** — If you're an active duty Marine or a spouse of an active duty Marine who is interested in playing on the base Women's



Varsity Softball Team, contact Marine Corps Community Services' Athletics by today. The team hopes to make the All-Marine Trials which will be held from Aug. 21 through Sept. 12 at Marine Corps Air Facility New River, so MCCS needs to field a winning team now.

Those selected to the All-Marine Team will go on to compete in the Armed Forces Championship at Peterson Air Force Base, Colo., and Marines selected to the Armed Forces Team will compete at the Women's Nationals in San Antonio, Texas, from Sept. 24 through 26.

Interested players must contact MCCS prior to the July 10 All-Marine Trials registration deadline. Submit your resume along with your command's authorization to MCCS Athletics (located at the Semper Fit Center).

Call Coach Pagud at 753-5396

or Athletics at 254-7590 for more information.

## Ongoing

**Pau Hana Pin Party** — It's not too late to head on over to K-Bay Lanes for the Friday bowling league. This mixed league is open to any combination of 18-years-and-older four-somes of all eligible patrons.

Everyone must pay the one-time sanction fee, and the weekly cost is only \$10, which includes three games, awards and a banquet ceremony. Call K-Bay Lanes at 254-7664 for more information.

**Soccer Coaches** — Youth Activities is now looking for anyone interested in coaching Youth Soccer aboard MCB Hawaii. The season begins soon, so interested coaches should call 254-7610, today, to give back to the community.



**Summer Bowling League** — Lil' bowlers ages 4 – 6 can now get in on the pin action in the Pee Wee Summer Bowling League, which will run every Saturday through Sept. 25 at 10 a.m.

Older bowlers, ages 7 through 21, can check out the Junior Summer Bowling League, which will run concurrent with the Pee Wee league.

Both leagues will host awards banquets on Oct. 2. Call K-Bay Lanes for more information at 254-7664.

**Youth Activities Cheerleading** — Registration is currently underway for Youth Cheerleading. There are numerous leagues open for children born between '88 and '98. Practice begins in August; however, the season begins in October.

Cost is \$40 for Youth Activities members, and \$50 for nonmembers, and volunteer coaches are still needed to make this league a success.

For more information, contact the Youth Activities Office at 254-7611.

**NASCAR Sundays** — Watch the excitement of NASCAR at Kahuna's Sports Bar & Grill.

The club will open Sundays at 8 a.m. for breakfast and allows a pit stop for lunch and dinner too, before closing at 8 p.m.

All E-5 and below patrons are welcome to wear their favorite race driver's gear and receive \$1 off wings (dine-in only).

**Youth Sailing Classes** — Kids looking for something fun to do this summer can learn to sail their own boat, be their own captain and skipper their own sailboat. Ages 8 to 18 are welcome to check out the two-week Junior Basic Sailing Course, which is scheduled for Monday through Friday.

Classes get underway from 9 a.m. until noon, or 1 till 4 p.m. Courses are scheduled throughout the summer at a cost of only \$99. For more information, call the marina at 254-7667.

**Summer Swim Lessons** — Head to the K-Bay base pool today and bring the kids along for Summer Swim Lessons Session II. These two-week courses are designed for swimmers of all ages and abilities, and they can boost your kids' confidence in the water.

Each session consists of eight classes, from 1 to 5 p.m. and costs \$35. Call 254-7655 for more details.



Lance Cpl. Megan L. Stiner

## Base All Star

**NAME:** Steven J. Byrnes

**UNIT:** S-3, Headquarters Bn.

**BILLET:** Martial Arts Instructor and Trainer

**HOMETOWN:** Brunswick, Ohio

- Byrnes received his black belt and instructor/trainer ranking from the Martial Arts Center for Excellence in Quantico, Va., in August of 2002.
- He participates in wrestling, grappling, weightlifting, surfing and Jujitsu.
- He wrestled for six years in high school and trained for 3 years in submission fighting.

## Intramural Softball Standings

	Wins	Losses
3rd Radio Bn.	16	1
HQBN	12	4
3rd Marines "PSC"	12	4
HSL-37 "Easy Riders"	14	5
CPRW-2	13	5
MAG-24	13	5
Dental Young Guns	11	8
CSSG-3 "Supply"	9	9
CSSG-3 Electronics	7	9
One Flew East	8	11
Mess Hall	6	11
Band "Stingers"	5	10
VP-4	5	11
CAC Hickerbillies	3	11
VPU-2	3	14
MCAF	2	12

Intramural Softball standings are current as of June 22.

*"Everyone should seek to improve themselves everyday. The day you do not challenge yourself is a wasted day."*

## COMMUNITY SPORTS

### Saturday, Harvest Hawaii Hosts X-Games

Spectators can expect a helping of flying gravel and the rumbling of revving motors when Harvest Crusades with Greg Laurie wraps with Extreme Sports events, Saturday.

Youth and young adults can participate in BMX, Vert Skate, a SportsZone and KidsZone at Kapiolani Park from 2:30 to 5 p.m. All can meet nationally ranked BMXer Thad Miller, nationally ranked skateboarder Lance Mountain and Honolulu-based skateboarder Orlando Baker, as well as numerous entertainers during "Summerfest."

All events and parking are free. For more details, visit [www.harvest.org](http://www.harvest.org).

### Sunday, HTMC Hikes Wailupe Loop

Intermediate hikers, join the Hawaii Trail and Mountain Club for this six-mile, ridge combination that has it all on Sunday at 8 a.m.: a pleasant valley stroll, a stiff ridge climb and a summit tightrope walk. You will want to watch the ribbons religiously on this trek; otherwise, you could end up in some millionaire's backyard! If you're interested in this hike, call coordinator Ralph Valentino at 864-8130 for more details.

The HTMC might literally separate the men from the boys and the women from the girls on the nine-mile, challenging hike of the summit in Waikane

Ridge, Sunday, July 4. If you think you can handle this serious hike, get in touch with coordinator Darrell Teruya at 227-4572.

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.

### Hale Koa Sponsors Summer Fitness

Kids from 9 to 15 years old who can swim 200 yards are invited to join the Junior Lifeguard Program at The Point Health Club at the Hale Koa Hotel. Beginners can sign up for lessons July 5 – 9, and advanced swimmers can further improve during a July 19 – 23 class.

Each swimming program is limited to 15 participants. Call the health club at 955-9155 for more details.

If tennis is your sport, make plans to "do" the Wimbledon Round Robin, July 10, and the Labor Day Weekend Tournament, Sept. 4 – 5. Call the Hale Koa Activities Desk for more details on any activity at 955-0555, ext. 546.

### Sports Racing Abounds Fourth of July Weekend

July 4, Solo II or Autocross racing will be 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. This event's purely amateur; anybody can participate.

Each driver will receive four runs through the sports car course, and the driver with the single, fastest time in the class will win. Points acquired throughout the year accumulate for prizes and trophies. Minimum participation in more than half of the year's races, however, is required to be in the running for points and the run-off championship.

Autocross races are also scheduled Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.

July 5, the Wheel-to-Wheel and Solo I regional sports car races will get underway 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. Also, both the driver and vehicle must comply with a number of safety features before they are permitted race entry.

Wheel-to-Wheel races are also scheduled on Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.

### 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.)

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

Sundays at 8:30 a.m. History Tours by Bike: 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, wear closed-toe shoes on this tour.

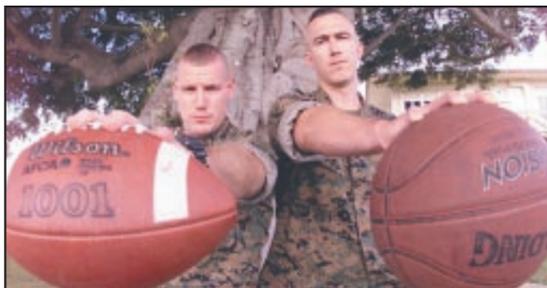
Mondays at 8:30 a.m., Hike to Makapuu: Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse and stunning vistas. Wear closed-toe shoes.

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

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

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

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



# 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 of no more than 250 words. We will print the top comments of the week from our readers.

Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## "Should the Lakers keep Shaq or Kobe?"

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

In November 1962, Stefan Hatots and Monty Hall produced a pilot game show episode that would one day take America by storm. It took a year, in late 1963, when two decades of Americans were lured to the "boob tube" for the chance to do one thing: "Let's make a deal!"

Last Tuesday night, Dr. Jerry Buss offered the same to Los Angeles Lakers fans. With the departure of legendary coach Phil Jackson, it appears that the floodgates have opened in the "City of Angels."

General Manager Mitch Kupchak has made no bones about the fact that the Lakers are going to woo Kobe Bryant back to L.A. In doing so, he has opened the exit door for the greatest center to ever play the game.

Apparently, Shaquille O'Neal is on the trading block. Has Mitch lost his mind? Relax.

Before we send Kupchak to therapy, let's ponder this scenario for just a moment:

- Point 1: O'Neal is scheduled to make \$29.4 million and \$32.4 million over the next two seasons. That's a lot of money.

- Point 2: Kobe has young legs. His young legs are worth money. The Lakers are willing to spend that money (regardless of the fact that he may spend the next two seasons in the Colorado penal development league). That's a lot of money better spent.

- Point 3: With Shaq dominating, all be it in a losing NBA Finals effort, his stock is as high as it will be. A trade will bring younger talent — at a better price.

- Point 4: It's time for a change. The Lakers need to regroup. The "Swan Song" of "The Mailman" and "The Glove" sounded more like The Goat at a karaoke bar.

See **PROFESSOR**, C-7

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

It is sad that the whole world is talking more about the Los Angeles Lakers and their monumental implosion during the NBA Finals than they are about the Detroit Pistons and their magical, team-inspired run to championship glory.

So, having said that, let's talk some more about the Lakers.

First off, since their soap opera season ended, Phil Jackson has officially said that he will not be back with the team for 2005 through '06; Karl Malone has already opted out of his contract, and Derek Fisher may soon follow.

All of that really isn't important though, not when you consider that Kobe Bryant is testing the free agent market, and that Shaq is "asking" (demanding) for a trade.

These two superstars flat out do not get along, and don't really mind not playing with each other next year. So,

the question arises, should the Lakers keep Shaq, keep Kobe, or keep both?

The Goat says keep both, even against their will. The Lakers do not have to trade Shaq, and though Kobe is a free agent, they can match any offer other teams throws his way.

An unhappy Shaq is still the most dominant player in the game. Heck, he might even be more dominant if he's mad all the time.

An unhappy Kobe is what the Lakers have had anyway for the past few years, so what's the difference?

The problem is, Lakers' owner Jerry Buss is as enamored with Kobe now as he used to be about Magic, and he wants to build the Lakers around Kobe.

Kobe didn't like Phil, Kobe doesn't like Shaq, and Kobe better hope his lawyers' defense is as good as Detroit, or none of it will matter anyway.

Getting rid of Shaq, who has three or

See **GOAT**, C-7

## READERS STRIKE BACK

**"...I would really like to see ocean sports talked about. After all, we do live in Hawaii."**

To "The Bottom Line,"

I read "The Bottom Line" every week, out of habit more than anything else. I can't even remember if I like it anymore. I think I used to love it and hate it at the same time.

I do know I continue to read it because it always entertains me, even if I don't know what the "Professor" or the "Goat" are talking about.

I am an avid spear fisherman. I don't

want to complain like all of the other whiners (I mean readers) do in their letters, but I would really like to see articles that are more based on Hawaiian sports, like scuba diving, big sea fishing, surfing and, of course, spear fishing. I still love basketball, football and baseball, but I would really like to see ocean sports talked about. After all, we do live in Hawaii.

Either way I will continue with my "habit" of reading "The Bottom Line"

every week. No offense to the rest of your newspaper, but it is the only article I actually read.

The rest of the stuff is just headlines to me. You can take out that part if you want, but it is true.

Thank you, and to "The Bottom Line," keep the articles coming.

— Sincerely,  
Wes Davis  
St. Louis, Mo.

# CSSG-3 Swamp Romp Top Finishers



### Young (men's cumulative age less than 120)

Place	Team	Overall	Time
1st	Mud Slingers	10th	44:05
2nd	Car Ram Rod	61st	55:39
3rd	Black Knights	111th	1:03:08

### Warriors (men's cumulative age greater than 120, less than 210)

Place	Team	Overall	Time
1st	Steel Rain 1/12	1st	39:19
2nd	Chaffee Mud Ruckers DDG 90	2nd	40:17
3rd	King of Battle 1/12	3rd	41:39

### Masters (men's cumulative age greater than 210)

Place	Team	Overall	Time
1st	Tripod	8th	43:49
2nd	The Time Machine 3rd Marines	13th	44:14
3rd	ODB's USARPAC	31st	50:10

### Women (open category, cumulative age not greater than 210)

Place	Team	Overall	Time
1st	T. A.	28th	49:42
2nd	Team Thompson	63rd	55:44
3rd	Girl Scouts CSSG-3	65th	56:03

### Women (Masters, cumulative age greater than 210)

Place	Team	Overall	Time
1st	Hot Muddy Mommas	45th	52:14
2nd	Schofield Swamp Mamas	53rd	54:01
3rd	Team Loomis	55th	54:15

### Mixed (three male, three female runners)

Place	Team	Overall	Time
1st	OCC Slime and Grime	5th	42:04
2nd	Bad Company CSSG-3	12th	44:10
3rd	1st Commanders CSSG-3	19th	46:47



Staff Sgt. Ronna M. Weyland

Top — Michael L. Seiner, the Aircraft, Rescue and Firefighting truck master, sprays off runners at the end of the course with the fire truck hose.

Bottom Left — Racers hit the mud in the first "pool" obstacle. Runners saw enough mud and water at Saturday's Swamp Romp to last them until next year.

Bottom Right — Jeffrey J. Patterson, commanding officer of 3rd Marine Regiment, tromps through one of the mud pits at Fort Hase Beach here.



Pfc. Rich Mattingly



Pfc. Rich Mattingly

**MUD, From C-1**

Runners winced as dummy rounds barked off an odd cadence to accompany their muddy run.

"It was so much fun," laughed a muddy and tired Samantha L. Koonis, 20, a runner with a team of friends from the University of Hawaii. "It was really tough, but I felt like I could hang in there with the Marines."

"This race has a reputation for simulating the military experience really well, and it's gotten very popular," said Steve Kalnasy, coordinator Varsity Sports and Races.

Medals were awarded to the first, second and third place finishers in each category. A trophy was also awarded to 1st Battalion, 12th Marine Regiment, which was the major command winner with teams placing first and second overall.

Eighty percent of the proceeds from the race went to CSSG-3 to raise money for this year's Marine Corps birthday ball.



Pfc. Rich Mattingly

**Competitors hurdle an obstacle as the rain breaks and a rainbow shines down behind them.**



Capt. Louis Narvaez

**The members of Harvey's Angels maneuver through the beginning of the obstacle course before they meet with some mud pits only a few hundred yards ahead.**

## HEALTH & FITNESS

# UV sunglasses shield eyes from harm

### NAPS

#### Featurettes

Most parents are diligent when it comes to slathering sunscreen on their kids during the summertime because they are taking heed of the serious warnings about the danger of ultraviolet rays. But while they know the importance of protecting their children's skin, many are unaware of the damaging effects the sun can have on the eyes as well.

According to the American Optometric Association, the earlier children begin wearing sunglasses outdoors, the better their chances of avoiding eye health problems, like cataracts, later in life.

Dr. Jeff Smith, vice president of professional services at Pearle Vision, says this is because UV radiation is cumulative, damaging the eyes over a number of years.

"Children are particularly susceptible to ultraviolet rays," said Smith. "Kids spend a lot of time outdoors and younger eyes let in more UV light."

### UV Protection

To avoid the damage that can lead to eye disease, protect your children's eyes and your own by wearing sunglasses with lenses that block 99 to 100 percent of UV rays. UV rays are strongest between 10 a.m. and 3 p.m.

Be extra cautious when at the beach or

near water. The reflective qualities of sand and water intensify the effects of UV radiation, potentially harming unprotected eyes even over a brief period of time.

Remember, clouds may block brightness, but still allow 80 percent of UV light to reach eyes and skin.

Photokeratitis, a painful sunburn of the cornea, can result from too much time in the sun without adequate protection. Symptoms include discomfort, blurred vision and light sensitivity.

In addition, cataracts, macular degeneration and skin cancer around the eyes have also been attributed to long-term exposure to UV radiation.

Since children's eyes are particularly sensitive, make sure that your kids are wearing sunglasses whenever they are outdoors. A wide-brimmed hat for babies and toddlers is also a good idea when outdoors.

### Polarized Lenses

Using polarized lenses can significantly reduce sun glare, a problem that can cause eyestrain and impaired vision.

Ideal for outdoor activities and driving, these lenses use polarized filtering to deflect and diffuse concentrated light waves, eliminating 99 percent of reflected glare.

Sun glare can be a real danger when driving, as bright sunlight or reflected light off a vehicle or road-



Lance Cpl. Megan L. Stiner

**Dr. Diane Drigot, senior natural resources management specialist for MCB Hawaii's Environmental Protection and Compliance Department, protects her eyes while she works outdoors during an environmental awareness presentation at Hale Koa Beach.**

way can be temporarily blinding.

### Sunglasses

It's a wise idea to protect your family's eyes from the sun's damaging rays year-round. Lenses with adequate UV protection are available in a wide range of prices. Whether inexpensive or designer sunglasses, always look for lenses that block 99 to 100 percent of UV rays.

Keep in mind the color and darkness of the lens is not an indicator of its ability to block

UV light. In fact, UV protection is clear. Therefore, it's recommended that you add UV protection to your regular prescription eyeglasses as well.

Usually, any prescription eyeglass frame can be turned into a custom pair of prescription or nonprescription sunglasses with tinted lenses and UV protection.

Ask your eye care professional for advice about sunglasses or prescription sunglasses and eyeglasses that best suit your family's needs.

*PFT, From C-1*

level of fitness the Marine Corps demands, but also improve Marines' PFT scores as well, even at work.

"I try to do 50 to 100 push-ups as soon as I get to work. In the middle of the day, I do 50 more push-ups and some crunches for good measure," said Haynes. "As far as running is concerned, there's just no substitute for hitting the pavement."

Another way Marines can quickly maximize the number of pull-ups they do on a PFT is the Armstrong pull-up program. Developed by Maj. Charles L. Armstrong, the program consists of two workouts a day, five days a week.

Armstrong wrote he would do three max sets of push-ups each morning, the first after he first got out of bed, and the second after he shaved. A few minutes later, he would do a third set, none of which had significantly slowed down his morning routine.

According to Armstrong and his program's adherents, Marines can easily hit 20 pull-ups with six weeks of hard work using his program — all without ever seeing the inside of the gym. Female Marines may benefit equally from these exercises if they replace the number of pull-ups with the flexed-arm hang time.

*GOAT, From C-3*

four great years left, and another three or four good years after that, is akin to Philadelphia letting Wilt Chamberlain go. You just don't do it. It is sacrilegious.

Boston never traded Bill Russell. The Celtics kept the faith, kept the loyalty, and kept the rings.

On the other hand, sending Kobe packing is more like Atlanta allowing Dominique Wilkins to go. Sad? Yes. Brutal? Yes. Smart? Probably not. Survivable? Yes.

*PROFESSOR, From C-3*

Furthermore, the storied Lakers' history, complemented by their ownership (Magic included) will accept nothing less than a directed, focused rebuilding effort.

**Bottom Line:** The best thing that the Lakers can do is trade the most dominant player in the NBA, who also happens to be the best center to ever play the position. Cost benefit analysis demands it.

**Bottom Line:** The Lakers can survive without Kobe. Losing Shaq would be the demise of the franchise. Nobody can see that better than Shaq himself, as he told Tom Friend in a recent interview regarding the whole situation.

"If we split up and I don't win, then everybody'll say, 'Well, if Shaq had Kobe, he would've won.' And if he don't win, it'll be, 'Well, if Kobe had Shaq, he could've won.'"

"That's what everybody will be saying next year. Well, I like my chances better."

Me too, Shaq. Me too.

Furthermore, multimillion-dollar Lakers season ticket holders demand it, too.

Last week's finals results brought nothing less than jubilation to The Professor's classroom. But, the jubilee won't last. Because, when you can trade a Diesel for a couple of Hot Rods, there is little doubt that the "Lake Show" will remain a mere pilot program for long.