

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 7, 2002

Marina classes take K-Bay out to sea

Photos and Story By
Lance Cpl. Jessica M. Mills
Sports Editor

The MCB Hawaii, Kaneohe Bay Marina began its monthly basic sailing course Saturday at the base marina.

The course is run year-round except December, and starts the first Saturday of each month, running for four consecutive Saturdays from 9 a.m. to 3 p.m.

At the end of the fourth session, students receive a U.S. Sailing Certification and become licensed with the Marina to rent Centerboard sailboats.

As an added bonus, the Marina also gives the students a Pontoon Boat license at the completion of the course.

"We try to keep it down to six to eight people per class. The Saturday classes get a total of 20 hours of instructional sailing time," said Neil Morgan, the marina manager.

The cost of the classes is based on rank, and ranges from \$69 to \$99. The fee includes the classes, textbook, licensing and use of equipment.

"We teach the basics in this class, which includes everything the beginning sailor needs to know to take out a Centerboard boat," said Morgan. "We go over all types of topics, from knots and directions to the importance of safety."

On the first day, students receive textbooks and instruction in the different knots used on the lines, different parts of the boats, upwind maneuvering, docking, and capsizing drills.

During capsizing drills, students get into a sailboat and make it capsize in the water; then they are taught how to flip the boat right side up and climb back on board.

"Everyone gets wet on the first day, but it's necessary for the students to understand what to do in a worst case scenario," said Jason Ciletti, a sailing class instructor



(Above) — Jason Ciletti (in boat), the Basic Sailing Course instructor, shows the students how to safely tie the sail lines. (Below) — Prior to trying out their sea legs, Marines practice tying the different types of knots used on the boat.

at the Marina.

"We stress safety throughout the entire course and require the students to wear life jackets at all times. Sailing is all about paying attention to details."

During the second day, instructors teach about the sailing circle, sail adjustment, sail trim, downwind maneuvering and the theory of lift.

The theory of lift explains how sailboats are pulled by a lift generated by the wind, not pushed by the wind," said Morgan.

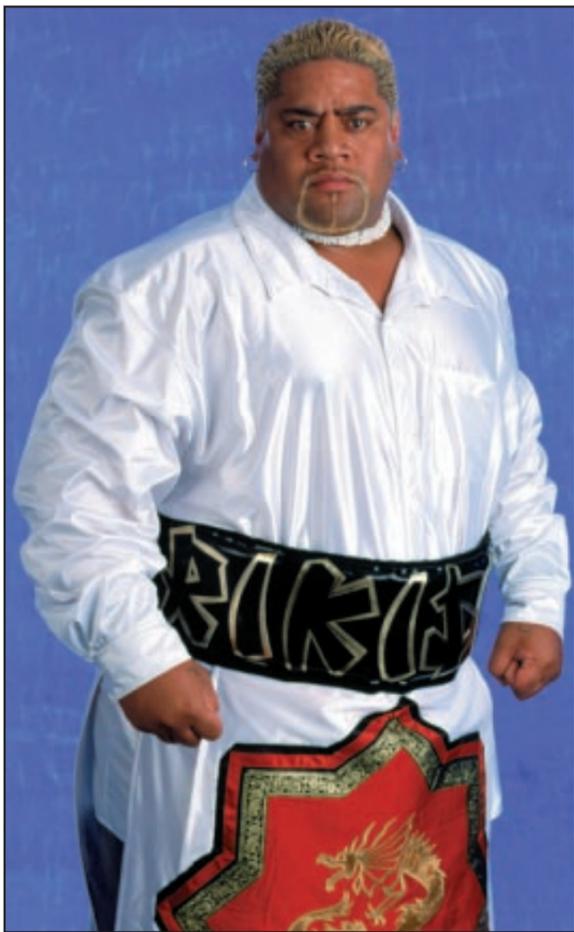
See SAILING, C-8



Finally, WWE superstars come back to Hawaii

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

After an eight-year hiatus, superstars of World Wrestling Entertainment make their long-awaited return to the Aloha State June 15 for a live event at the



Courtesy of WWE

Rikishi is just one of the many WWE superstars who will compete at the Neil S. Blaisdell Arena June 15.

Neal S. Blaisdell Center.

Smackdown! brand superstars The Rock, Chris Jericho, Edge, Kurt Angle, Rikishi and many others will battle it out in an eight-match card before a sellout crowd of 8,000.

Six-time WWE heavyweight champion and mega-action movie star The Rock makes his return to the ring as he takes on Chris Jericho in a no-disqualification match, meaning that the only rule is that there are no rules.

1996 Olympic gold medallist Kurt Angle, who has won just about every WWE title under the sun, takes on former best friend and current worst enemy Edge.

World Wrestling Entertainment Divas Stacy Keibler, Torrie Wilson and Ivory will allow the fans to decide who turns the most heads at a beach, when they square off against each other in a swimsuit competition.

If there is any doubt regarding WWE's popularity since its last visit to the island, consider this:

Tickets for the event went on sale May 25 at 9 a.m. and sold out in less than two hours, turning away many disappointed fans, some who had been standing outside the box office window as early as May 23.

Body slamming, power bombing and choke slamming one another in Honolulu may be a new experience for some of the WWE superstars, but a homecoming for others.

The Rock attended McKinley High School in Honolulu during his junior year, and Rikishi is a native Samoan and frequent visitor to Hawaii.

"I'm looking forward to coming back to Hawaii," revealed Rikishi, the 6' 1", 401-pound champion, in a phone interview conducted from the Smackdown! Tapings at Oklahoma City, Okla., June 4. "I have family by the [Honolulu] Airport and off of the Pali [Highway]."



Cpl. Luis R. Agostini

Rikishi applies a belly-to-belly suplex on Bradshaw at a previous Smackdown! event.

Rikishi was here for the last WWE event eight years ago, when the company was known as the World Wrestling Federation, as part of the Samoan duo, The Headshrinkers.

Aside from visiting his old stomping grounds, Rikishi also looks forward to interacting with Hawaii's military service members and visiting some of the military installations and sites, something he didn't get to do during his previous stay.

"The last time I was here, I wanted to visit the USS Arizona, but by the time I got there, the last ferry had already taken off," said Rikishi.

Rikishi voiced his appreciation for the Marine Corps' efforts in maintaining liberty and democracy at home and abroad.

"The Marines and their families are doing a great job," said Rikishi. "Without them, I wouldn't be able to do what I do."

SPORTS BRIEFS

Splash at the O'Club

Are you ready to ring in summer? Do it with a splash at the O'Club pool.

The Officer's Club pool opened to all club members and their guests on May 25. The pool will be closed all day Monday and from 9 a.m. - noon for swim lessons during the week.

Patrons can soak in the sun poolside Tuesday through Sunday and holidays from noon - 5 p.m.

For more information, call 254-7649.

Turtle Cove Opens for Outdoor Adventure

Bellows Air Force Station is pleased to announce the opening of Turtle Cove.

You can now find ITT, equipment check out, camping reservations and information and outdoor adventure programs inside the main reservations building.

This means more equipment to rent including camping equipment, mountain bikes and kayaks.

For more information, call Turtle Cove at 259-8080, option 2.

JWC hosts Bowling tournament

The Joint Womens Conference Committee will be hosting a bowling tournament Friday at 1 p.m. at the K-Bay Lanes Bowling Center. The cost is \$10 for three games.

To register or for more information, contact Nico Duncan at 257-7718.

ASYMCA hosts Family Olympic Day

It's "Go Time" at the Armed Services YMCA.

Who will claim the gold, bronze and silver medals in the three-legged race, egg toss and pizza eating contest? Find out June 22 at the ASYMCA, Bldg. 579, at 10 a.m.

Better yet, all base patrons are invited to enter the free Family Olympic Day, but must register no later than June 20.

For additional details, call 254-4719.

Set Sail this Summer

Busy adults and kids ages 8 - 18 years old are invited to command their own sail boat at the Base Marina during the Adult Evening and Junior Sailing lessons beginning Monday.

The Adult Evening classes run for one week, Monday through Friday from 5 - 7:30 p.m., and the fee ranges from \$69 - \$99.

Junior Sailing classes run for two weeks, Monday through Friday for only \$99.

Additional adult and junior classes will run throughout the summer.

The Base Marina may be reached at 254-7667.

Keiki shine as Summer Sport Superstars

Let your keiki shine this summer as a "Summer Sport Superstar."

The sport superstar program introduces kids ages 5 - 18 years old to bowling, tennis and swimming. During a two-week period, kids will learn the basics in each sport.

Classes run Tuesday through Friday from 12 to 6 p.m. This program offers five two-week sessions. The first session begins Tuesday and runs until June 21. The cost per session is \$120 per child.

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

Teen's Volunteer for Adventure

Are you between the ages of 13 - 17 years old? What are your plans for the summer?

Instead of baking in the sun for hours and aimlessly pacing the malls, volunteer as a Junior Staff member for the Youth Summer Adventure Program from Saturday through Aug. 21 aboard MCB Hawaii, Kaneohe Bay.

During this volunteer venture, teens will gain valu-

able job training, mentor young children and get to take part in many of the island field trips.

For more information and or applications, call Sophia at 254-7648, or drop by the Teen Center in Bldg. 477.

Splash to Fitness

Make a splash today and get ready for summer with Water Safety's water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions), available at the pool.

Water Aerobics classes are free for active duty military. Water Safety is also accepting applications for ongoing children's swimming lessons.

For details, contact Water Safety at 254-7655.

Enlisted Club Gets Connected

What's going on at Club E? All sergeants and below can get in on Enlisted Club action.

Mondays are Sports Night from 6 - 11 p.m.

Tuesdays feature the Fight Club, with live IXWF Wrestling and live USAA Boxing.

Wednesday rings in a little Country & Western atmosphere as well as League Night where hot shots in pool and darts may enter the weekly tournaments from 6 p.m. - 1 a.m.

Make a connection at Club E tonight. Call 254-7660 for more information.

Youth Adventure offers Summer Adventure

What will the keiki do this summer while you're at work? Ensure your child participates in an active summer filled with sports, field trips, water activities, arts & crafts and more.

Youth Activities at K-Bay and at Manana are accepting applications for Summer Adventure for keiki who have completed kindergarten through sixth grade.

Full - and part - day sessions are available. The cost is determined by total family income. For more information, call Youth Activities at 254-7610.

YOUTH FUN & FITNESS SERIES: Free Skateboarding Competition at Hawaii Loa Skate Park

Debbie Robbins
MCCS Public Relations

Ollie-OOP! Who's ready to claim their way to skateboarding fame?

All military family members are invited to compete in the first jewel of the Twin Crown Youth Fun & Fitness Series, Saturday at the Hawaii Loa Skate Park from noon - 3 p.m.

This free skateboarding competition will be divided into two age categories: 14 and under, and 15 and over.

Participants are encouraged to pre-register at the Youth Activities Office, located in Bldg. 5082.

All competitors must complete a "Hold Harmless" agreement.

Get ready to spank the surf during the Surf and Body Board Competition Saturday, June 15 at Pyramid Rock Beach from 10 a.m. - 5 p.m.

This wave-shredding contest is the second jewel of the Twin Crown Youth Fun & Fitness Series.

The registration fee is \$10 for non-Youth Activity members and \$5 for YA members.

Age categories will be divided into 14 and under, and 15 - 17 years.

Mahalo to the Youth Fun & Fitness Series sponsors: Ocean Concepts, Turbo Surf, Pepsi-Cola Hawaii, McDonalds of Hawaii and United Benefit Financial Series.

For more information, call YA at 254-7611.



Lance Cpl. Jessica Mills

Base All Stars

NAME: 1st Sgt. Shelly Sergeant

BILLET: First Sergeant

**UNIT: Headquarters and Service Co.,
1st Radio Bn.**

POSITION: Heavyweight class

SPORT: Body building

• In September 2001, she won overall in the Heavyweight class at the Armed Forces National Body Building Championship.

• She has competed for almost four years and says her biggest accomplishment is winning the championship in September.

• Sergeant began body building during Drill Instructor School. She went to a show and was "hooked."

"It takes a lot of self-discipline, determination and commitment to make it in this sport."

PMO Marines run for a special cause

Sgt. Alexis R. Mulero
Community Relations

More than 40 Marines from the Provost Marshal's Office participated in the Troy Barboza Law Enforcement Torch Run 2002 Friday, carrying the Olympic Torch for Special Olympics

from Turtle Bay to Waikiki.

This yearly event generates support for the Special Olympics and unites various law enforcement agencies in a common cause.

The Troy Barboza Law Enforcement Torch Run was named in honor of a policeman who died in the line of duty.

The event consisted of three separate runs and was conducted on May 29 - 31.

"It's great," said 1st Lt. Scott F. Welch, training officer, PMO. "We have a close relationship with Honolulu Police Department, and we support each other and all law enforcement on the island."

The Special Olympics Torch Run has been an annual event in the U.S. since 1981, and in Hawaii since 1986. It originated in Wichita, Kansas, and now includes all 50 states and more than 40 countries.

Last year, the run generated more than \$13 million worldwide and more than \$80,000 in Hawaii.

The first leg on May 29 was a 4.5-mile run that started from the Turtle Bay Hilton and ended at the Kahuku Sugar Mill. The runners then rode a bus to the Kahaluu Hygienic store where they started their next leg, a 4-mile run to the Kaneohe Police Station.

At 7 a.m. on May 30, the runners ran 4.5 miles from the MCB Hawaii Main Gate, through the base, out the back gate and to the Kailua Police Station.

During the second event of the day, only the elite runners participated in a 13-mile run that started at the Kailua Police Station over the Pali Highway to the Nuuanu Elementary School. The other runners were bussed to the school where they joined the others and ran another 2.5 miles to Tamarind Park.

The Marines from PMO, dressed in boots and camouflage utilities, closed out the three-day event joining more



Sgt. Alexis R. Mulero

The Marines formed up and had refreshments after completing the Troy Barboza Law Enforcement Torch Run 2002, Friday.

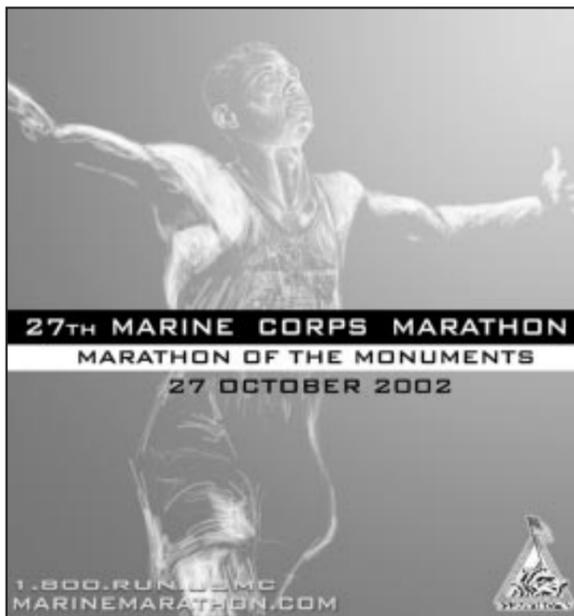
than 2,000 law enforcement personnel on a 3-mile run that started at Fort DeRussy and ended at the University of Hawaii's Les Murakami Stadium where the Special Olympics Cauldron torch was lit.



Melissa Martin

Provost Marshal's Office Marines, along with more than 2,000 Hawaii-based law enforcement representatives, ran through the streets of Waikiki May 31.

Camp Smith Marine designs Marine Corps Marathon poster



Courtesy of the Marine Corps Marathon

This design, created by Lance Cpl. Daniel Gray, was chosen by Headquarters Marine Corps as the official poster for the 2002 Marine Corps Marathon.

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

CAMP H.M. SMITH — "It's pretty cool."

Those are the modest thoughts of combat illustrator Lance Cpl. Daniel Gray, whose innovative design was chosen by Headquarters Marine Corps as the official poster for the 2002 Marine Corps Marathon.

This year's Marine Corps Marathon will be run in Washington D.C., Oct. 27.

Known as "The People's Marathon," it is the fifth largest

marathon in the United States.

The Durant, Okla., native's artwork was selected and confirmed May 31 by Headquarters Marine Corps from many submissions sent by the Corps' finest graphics gurus.

Gray's artwork for the Marine Corps Marathon will not only be printed as posters, but T-shirts, coffee mugs, banners, brochures and other memorabilia as well.

The runner depicted in the poster is actually Gray's staff noncommissioned officer-in-charge, Master Sgt. Vonzell Mattocks, Marine Forces Pacific Combat Visual Information Center chief.

Originally a combat photographer, Gray has had his hands in other branches of the Marine Corps' audio visual field.

He is a military occupational specialty-certified combat videographer and combat illustrator. He also did some camera and graphics work with a CBS affiliate in Sherman, Texas, prior to joining the Marine Corps.

The project, designed with the aid of Adobe Photoshop, was completed in about eight hours, Gray said.

For his successful efforts, Gray will receive approximately \$500 worth of running gear.

SPORTS COMMENTARY

Marines prepare for long awaited Lewis, Tyson brawl

Cpl. Jason E. Miller
Combat Correspondent

We've waited and waited, all the while not sure if it was really going to happen, but tomorrow, the big match between Lennox Lewis and the underdog Mike Tyson is finally going to happen.

Marines and Sailors everywhere are rushing to their cable boxes and ordering one of the most anticipated sports events ever.

The title bout was originally supposed to take place back in April, but thanks to complications from one of professional sports' most controversial athletes, the fight was pushed back to Saturday, and moved to Memphis instead of its original location in Las Vegas.

It seems weird to think of 'Iron Mike' as an underdog. After all, he is the youngest man to ever hold the heavy-weight crown, but the time he spent

"It will be a match that — no matter what the outcome — will live forever in professional sports history."

away from boxing and his humiliating losses to Evander Holyfield seem to have taken a toll on the once unstoppable pugilist.

He has convincingly won his last several fights though, so it should be interesting to see the action between him and the International Boxing Federation and World Boxing Council Heavyweight Champion of the World, Lennox Lewis.

When titles are on the line, everything is pushed up a notch.

The stakes are higher and athletes will perform at a level that is definitely a step higher than regular competition.

Tyson is known for both his blazing hand speed and the crushing power he can deliver with either hand, but we've seen these forces neutralized before when he fought and lost to Holyfield. Lewis, with his great height and reach advantage, nearly 12 inches, is expected to perform in much the same manner as Holyfield, and retain his titles.

The Britain-born Lewis is not known as an unstoppable force though. He recently lost his titles to number one contender Hasim Rahman, before beating him in a rematch to regain the belts. He has what some boxing aficionados refer to as a "china chin," meaning that if he receives one good blow in that area, he

could be down for the count.

Tyson, by the accounts of many boxing experts, is more than capable of delivering such a blow. It is for this reason that many Tyson fans are tuning in, in hopes of seeing their favorite boxer once again regain prominence in the sport.

Lewis is no chump though. He is the champion and he has earned it. Even in defeat, he has shown himself as a true sportsman that is capable of coming back to beat the odds. He is a fighter with heart, facing off against an opponent that has struck fear in the hearts of so many of his former victims.

It will be a match that — no matter what the outcome — will live forever in professional sports history.

SPORTS COMMENTARY

Sports madness fills lazy days of summer

Steve Kalnasy*Special to the Hawaii Marine*

Today is the final day of school here in Hawaii. Summer is upon us.

To walk outside, you would never know it though. With warm, balmy weather being the norm here, there isn't anything that jumps out at you and says, "Summer is finally here!"

The one thing that does point to the season's emergence is the sports calendar.

This week begins the NBA Finals, the Stanley Cup Playoffs, and Soccer's World Cup.

In just a couple of weeks, the Major League Baseball All-Star game will be held, and the final jewel of the Triple Crown of Horse racing, the Belmont Stakes is also ready to take its place in history (maybe).

Will there be a Triple Crown win this time around? After three decades since the last one, its time is due.

The World Cup isn't really my cup of tea, but I am guessing that the

American team will make it to at least the semi-finals.

The NBA Finals seem to be a gimme with the Lakers going for their 3rd in a row, and who out there has the courage to bet against the Red Wings to take home Lord Stanley's cup? Not me.

Being from Detroit I have no choice but to take the Wings, no matter the record or their all-star caliber line-up. I always root for my home team.

A lot is going on in sports this time of year. Speculation at what could be is what makes sports so exciting to watch.

For me, it's the amazing skill the players display day in and day out, especially in the playoffs where a person's entire life's preparation comes to a climax.

Will he make the crucial play that will put his team over the top? Will he make a costly mistake that will end their victory hopes? These are the reasons we watch sports.

It has all the drama and excitement that most of us don't experience. It is a great escape to share in the glory of

winning, or the agony of defeat. Through sports, we can remember when.

When it's all said and done, our lives don't change much from season to season, but the thrill of the competition, the camaraderie and the expectation for next year keeps us going.

Summers here all right. From now until September, there will be plenty of great drama to watch.

I always hate to see it end, but football is just around the corner. My guess is that the Wings will win the Cup, the Lakers will take the trophy, the American League will be all-star champs, the Triple Crown will elude us for another year. The World Cup? Your guess is as good as mine.

Remember, when you get the summertime blues, turn on the TV or radio, pick up the sports page, take in a local game and root for your home team, or get in the game yourself. Sports make us all better because it challenges us and it reveals our character.

Did You Know?



NAPS

The Grand Slam in golf is made up of the Masters, the U.S. Open, the British Open and the PGA Championship.

HEALTH & FITNESS

K-Bay cools down for a healthy summer

NAPS
Featurettes

Although every summer we hear about athletes, children, the elderly and others becoming ill or dying from exposure to heat, this year doesn't have to be the same.

Beat the heat by taking specific steps to protect yourself and others.

Who's at Risk?

Anyone exposed to high temperatures for a sustained period of time is at risk for heat-related illness: heat exhaustion or heat stroke.

At greater risk are the elderly, children and people with certain medical condi-

tion such as heart disease.

Some behaviors also put people at greater risk: drinking alcohol and taking part in strenuous outdoor physical activities in hot weather, and taking medication that impairs the body's ability to regulate its temperature.

What Are the Symptoms of Heat-Related Illness?

Symptoms of heat exhaustion include paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea or vomiting and fainting.

The skin may be cool and moist; sweating may or may not occur. The pulse rate will be fast and weak, and breathing will be fast and shallow. If un-

treated, heat exhaustion may progress to heat stroke.

Symptoms of heat stroke include a body temperature above 103°F; red, hot, and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness. Heat stroke is a serious condition — even if treated, it can be fatal.

How Can You Prevent Heat-Related Illness?

Stay hydrated and cool. Drink plenty of fluids such as water. Seek out air-conditioned spaces, wear light clothing, reduce activity and plan outdoor activities for the cooler parts of the day.

While electric fans may provide some

comfort, they are not effective in cooling the body when the temperature and humidity are high.

A cool shower or bath, or spending time in an air conditioned location such as a mall or movie theatre, is a more effective way to cool off.

During heat waves, check on the elderly, disabled or homebound people to ensure their safety.

Never leave children in cars or similar enclosed spaces, and make sure they aren't able to lock themselves in an enclosed space such as a car trunk.

For more information, go to the Centers for Disease Control Web site at <http://www.cdc.gov/nceh/hsb/extremeheat>.

Allergies can strike all year long, say specialists

NAPS
Featurettes

Whether it's the fresh flowers of spring, the blooming trees of summer or ragweed in the fall, one fact remains: The itchy, red, watery eyes brought on by allergies can make life miserable.

Some people even experience eye allergy symptoms all year round, as they are allergic to dust, animal dander and other irritants that invade their homes.

Experts say that people with eye allergies should

avoid the things that irritate them, but that's not always practical, particularly for people who must go to work or school during peak allergy seasons such as springtime, late summer or early fall.

In fact, the best way to manage your eye allergies might be to make sure that you discuss all of your symptoms with your doctor.

As Dr. Morgan explains, itchy, red allergy eyes, for example, are frequently not discussed by patients, and people often treat eye allergies with over-the-counter eye drops, which can make the eyes more irritated and

red if they are used for more than two or three days.

"The most widely prescribed medication for eye allergies is Patanol," Dr. Morgan says.

Speak to your doctor about all of your eye allergy symptoms and the right treatment options for you. For a free brochure about the prevention and treatment of eye allergies, contact the American College of Allergy, Asthma and Immunology at 1-800-842-7777 or visit www.allergy.mcg.edu.

Sunglasses are for more than just style

NAPS

Featuring

The same ultraviolet (UV) sun rays that age and damage your skin can also hurt your eyes, especially during the intense rays of summertime.

Here are some of the ways UV rays can damage your eyes:

•**Burns:** Overexposure to UV light, as little as one day at the beach without proper eye protection, can cause a temporary but painful burn to the cornea, the surface of the eye.

•**Pterygium:** This abnormal but usually non-cancerous growth on the corner of the eye appears near the nose. It can grow over the cornea, partially blocking vision, and sometimes requires surgery to remove.

•**Cancer:** Repeated overexposure to UV rays can cause cancer of the eyelids and surrounding skin.

•**Cataracts:** Exposure to UV radiation over several years may lead to a clouding of the eye's lens, requiring surgery to correct.

•**Macular degeneration:** Some studies suggest that repeated exposure to UV radiation can contribute to the development of this eye disease, which affects the central part of the retina. It is the major cause of blindness among Americans over the age of 55.

•**Melanoma:** Next to the skin, the eyes are where melanoma most often develops.

These health conditions are avoidable:

•Wear sunglasses that block at least 99 percent of the sun's UV rays.

It's the chemical coating applied to the lens, not how darkly the lens is tinted, that makes the difference.

You can get a great look and great eye protection at a very reasonable price.

•Minimize midday sun exposure from 10 a.m. to 4 p.m.

•Wear a hat to shade direct sunlight from your eyes.

•Consider wrap-around sunglasses, which prevent light from entering the eyes from the sides.

•Check local weather reports for the UV index, which forecasts expected risk of sun overexposure.

•Help your kids pick out their own sunglasses. Fashion designs and cartoon licensing encourage them to actually want to wear sunglasses. Check the label for proper UV protection.

•Don't be fooled by tint or price. Darkly colored lenses don't necessarily provide the best UV protection and the most expensive sunglasses are not always the best.

A few minutes of careful shopping for sunglasses now, can help prevent serious eye problems later.



NAPS

(From left to right) Corporal Isaac Lynn, an assignment NCO with the Personnel Support Center; Pfc. Paul Zamudio, an SRB clerk; and Sgt. James Lock, a separations chief, all with Headquarters Bn., MCB Hawaii, Kaneohe Bay, know to wear their sunglasses when they enjoy a break outside.



Students watch as the Centerboard boat is flipped over during capsizing drills.

SAILING, From C-1

On day three, students learn the "rules of the road," work on improving boat handling skills, participate in man overboard drills and then sail around Coconut Island.

On the last day of class, students take their final exam and then sail out to the sand bar for a picnic and back again where they receive their certifications.

"Once the students rent a boat three times with no incidents, they are upgraded and are allowed to rent Keel boats out as well," said Morgan. "A Keel boat is about 22 to 27 feet while Centerboards are only 14 to 17 feet."

The license is good for a year and can be renewed for \$10.

"We are all a bunch of Marines wanting to be Sailors," joked Juan Mondragan, a maintenance technician with Combat Support Co., 3rd Marine Regiment.

"But seriously, this was something different and it definitely can come in handy in Hawaii. It's been fun so far."

For those interested, one week long evening classes are offered during the summer months, Monday through Friday from 5 p.m. until dark.

There is not as much sailing time, but the class is accelerated, so it only takes one week to become certified.

For more information on the classes, contact the base marina at 254-7667.

Striking out is back in style

NAPS
Featurettes

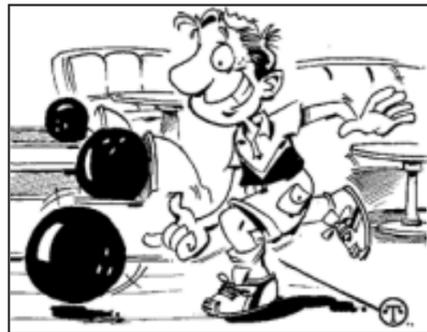
If you're having trouble pinning down what to do for fun, you may want to join the growing number of Americans who let the good times "roll" by going bowling.

Bowling is enjoying a recent surge in popularity. In 2001, more than 54 million Americans bowled at least once, making bowling the top participation sport in America.

Teenagers now bowl in record numbers (many are attracted by Xtreme Bowling, a sport that combines music, strobe lights and bowling), and the fashions of the lanes have hit the racks in the country's most fashionable stores such as two tone "bowling shoes" and purses shaped like bowling bags.

Other trends have emerged:

- A popular television show is set in a bowling alley.
- A number of Hollywood and sports



NAPS

An increasing number of Americans have a ball spending their free time bowling.

stars including Rosie O'Donnell, Kurt Warner and Drew Carey work on their bowling averages.

(Editor's Note: The K-Bay bowling lanes are open seven days a week for individual and league play. Xtreme Bowling is offered Friday 6 p.m. to 1:30 a.m., Saturday 12 to 5 p.m. and 8 p.m. to 1:30 a.m., and Sunday 6 to 9 p.m. Call 254-7693 for more.)