

Hawaii MARINE SPORTS

Hawaii Marine C Section

March 5, 2004

War Pigs run the perimeter

Lance Cpl. Michelle M. Dickson
Combat Correspondent

"Pain is weakness leaving the body" is a quote used by many Marines.

This weekend, six Combat Service Support Group 3 Marines and one Staff NCO Academy Marine truly felt that saying at the 33rd Annual Oahu Perimeter Run.

"This run is definitely not for the weak; that's for sure," said Robert W. Moffitt, a combat engineer with Engineer Company, CSSG-3, who began the 134-mile relay with the 6.7-mile first leg.

Each member of the relay teams of seven was required to run three legs within the race. However, members couldn't run two legs consecutively, but could have run up to roughly 10 miles in just one leg.

The Perimeter Run is the longest race on the island of Oahu, as it tracks all the

way around the entire coastal line of the island.

For a team from MCB Hawaii, Kaneohe Bay, known as the "Angry War Pigs," the race tested their endurance and ability to improve last year's time.

"I had an awesome time last year," said Moffitt. "We had four new members on the team this year, but the camaraderie was still the same."

Daniel Leu, a heavy equipment operator, also with Engineer Co., was one of the first-time runners.

"Moffitt told me about it, and it sounded really interesting," said Leu. "I started out as being an alternate, but then they ended up needing me to actually run the race."

Leu prepared for the race by stretching a lot, to get his body relaxed, and by running and eating healthy.

"Before the race began, I was really

nervous; I didn't know what to expect," explained Leu. "I'm really proud now that I've made it. I've never done anything like this before, and honestly didn't know if I ever could."

During the race, team supporters handed out water and cheered for exhausted runners, keeping them motivated.

"I would shout, 'Go Pigs!' when they would all run by; I liked to cheer them all on," said 7-year-old Derrick Robinson, the son of runner Lyle D. Robinson, instructor at the Staff NCO Academy.

At the close of the race, the team ended up a little bit short on its time, compared to last year's.

"Most of us were deployed and only just got back. There was no time to make up for missed training," said athlete Robinson.



Lance Cpl. Michelle M. Dickson

Robert W. Moffitt, combat engineer, Engineer Company, CSSG-3, gives everything he has at the race's end.

See PERIMETER, C-6

All-Marine seeks athletes, coach

Kristin Herrick
Sports Editor

Kaneohe Bay athletes looking to try out for All-Marine Women's Basketball, Women's Volleyball, Men's Volleyball or the MCB Hawaii Varsity Softball teams should get practicing.

Tryouts for the varsity softball team are open to active duty Hawaii Marines and Navy personnel assigned to MCB Hawaii. Annex Field will host the tryouts Monday through March 19, from 6 to 9 p.m.

All Marine Women's Basketball Trials are set for March 13 - April 1 at MCAS Miramar, San Diego. Members of the team will play in the Armed Forces Women's Basketball Championships April 2 - 10.

Trials for All-Marine Volleyball will be held April 24 - May 16. Women's trials will take place at 29 Palms, while men's trials are to be held at MCAS Cherry Point, N.C., and chosen Marines will play in the championships May 17-24. Championships will be held at Ft. Lewis, Wash.

A coach is also being sought for the All-Marine Women's Volleyball Team. The coach must be an active duty Marine available April 15 - June 14.

Athletes and coaches must get command authorization and submit a resume to MCCS Athletics to attend the All-Marine Trials. Proper resume format is posted at www.usmc-mccs.org, or contact Steve Kalnasy at 254-7590 or 254-7591.

QuickSilver clinches championship

Cpl. Jessica M. Mills
News Editor



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Kamyn Paolino, 76er forward drives into the paint after stealing the ball from Evan Ingalls, QuickSilver forward.

The undefeated 76ers stared down their QuickSilver opponents with a contemptuous sneer as they awaited the tip-off signaling the beginning of the MCB Hawaii Youth Basketball Championship for the 6 to 9-year-old Mighty Mite Division at the Semper Fit Center Saturday.

Although no other team this season could touch the 76ers, QuickSilver drew up all its strength, heart and determination to finally show the 76ers "the agony of defeat." QuickSilver took the championship, 21-19.

At the beginning of the first half, it looked as if the 76ers would remain undefeated. Within the first few minutes, they made their first sweep and landed 7 points while QuickSilver trailed behind with only 2. The QuickSilver coaches began biting their nails, but they had no need to worry; their junior Jordans were only biding time.

Evan Ingalls, a QuickSilver forward, made the first move towards victory when he stole control of the ball from 76er Kamyn Paolino and scored. But Paolino was not impressed and retaliated with a layup of his own, leaving the score at 9-4. This set the tone

for the rest of the game, causing the score to slowly, but evenly, rise.

Both teams' defenses did not let up. For a short period, no one could score. Then, out of the blue, Abby Hughes, a QuickSilver forward, broke the rut with a picture-perfect layup that began closing the gap, 9-6.

Control of the ball went back and forth as each team countered each others' shots. QuickSilver took the lead shortly after when Hughes made a half-court pass to Darnell Rivers, who took it to the hole and scored, 12-11.

The 76ers fumed at the sight of the scoreboard and reacted with a vengeance. They attempted to complete a full-court press, but QuickSilver fouled them. The 76ers took the lead, nevertheless, when they swiped two free throws, 13-12, ending the first half.

Perhaps the short halftime show, complete with sparkling dance uniforms and popular, edgy dance numbers, provided by the Mokapu Elementary Dance Team, equally calmed players and spectators. The junior athletes returned seemingly refreshed and began the second half with a sense of urgency. At that moment, it could have been anyone's

See QUICKSILVER, C-6

Red Lions hold on to beat Dirty Third, 48-46

Lance Cpl. Rich Mattingly
Combat Correspondent

Demoralizing three-pointers and defensive turnovers were the key to the Red Lions' 48 - 46 victory over the first-place Dirty Third in intramural basketball action Monday night, giving the Red Lions a chance to salvage their season.

Displaying solid fundamentals, Chris Watkins, center, and his Red Lion teammates, double-timed end line-to-end line, capitalizing on poor early shooting by their opponents to go up 6-0.

But those envisioning a blow-out at the Semper Fit Center quickly changed their minds, as Dirty Third didn't take long to find a rhythm of its own. Behind strong defensive stands and forced turnovers, the score quickly evened.

Dirty Third guard Estraisand Dasilva easily penetrated an otherwise effective Red Lion defense that was quick to double team. Dasilva, who was sharp from the line all



Lance Cpl. Rich Mattingly

Dirty Third center Tony Rogers pulls up, jukeing Red Lions' Chris Watkins and Ron Maldon, on his way to tie the score at the end of regulation play. Rogers' physical play helped keep his team in the game despite a close loss.

See RED LIONS, C-6

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

March

5 / Today

Youth Activities Coaches — Do you enjoy helping the youth aboard the base community? If you do, Marine Corps Community Services' Youth Activities is looking for people interested in coaching youth T-ball or volleyball.

Call YA at 254-7610 for more details.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

7 / Sunday

Adventure Training — Designed to promote unit cohe-

siveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do PT at the same time.

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

Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

8 / Monday

Inexpensive, Fun Entertainment — Look no further for economical entertainment! Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at only \$1.50 a game.

The discount is good for open play, and does not qualify for tournaments, leagues or unit functions. Call K-Bay Lanes now to get the spin at 254-7693.

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team.

Games begin at 6, 7 and 8 p.m.

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

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

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more information.

9 / Tuesday

Mixed Bowling League — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League. The league is open to all authorized patrons and their guests



and begins at 6 p.m.

Don't split; call 254-7664 for more information.

Karate Classes — Every Tuesday and Thursday, join MCCS Youth Activities' newest contractor for Okinawa Kenpo Karate Kobudo. Classes are held from 6 to 7:30 p.m. in Bldg. 1391, located behind the 7-day Store.

Adults and children are welcome, and class costs are only \$35 for adults and \$25 for children. Additional family members cost \$20.

Call YA for more information at 254-7610.

Golf Clinic — Every Tuesday in March, from 5 to 6 p.m., the Single Marine & Sailor Program is hosting golf clinics for \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament on March 24.

Call SM&SP for more details, at 254-7593.

11 / Thursday

Spring Softball Tournament Deadline — This tournament, which will be played March 13-14, will follow ASA rules. For Class C and D players, the tournament will be in double elimination format. The entry fee is \$175 per team, and the entry deadline is Thursday.

This event is open to the public. For more information, contact Steve Kalnasy at 254-7590.

Lifestyles & Weight Management — Semper Fit has added a new weapon to its arsenal of fitness management, the Life-styles & Weight Management Program, designed to help patrons reach a healthy weight through lifestyle changes.

Personal trainers will assist you with six one-on-one counseling sessions that emphasize good nutrition and exercise.

Call the Semper Fit Center now to make an appointment, 254-7597.

Intramural Basketball Standings

	Wins	Losses
1/12	2	0
3rd Marine Dirty Third	6	1
MAG 24 Bulldogs	5	1
Mess Hall	5	1
ETD Monsters	4	2
MALS 24 Supply	4	3 *
MCAF	4	3
MALS 24 Warriors	3	3
CPRW-2	3	3 *
HMH 363 Red Lions	3	3 *
VP-4 Topside Dragons	1	5 *
HQBN Second2None	2	4
VP-4 Skinny Dragons	2	4
SNCO Academy	0	7

(Intramural Basketball standings are current as of March 1.

*Records changed because of forfeit.)

Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	5	1	
VP-4	4	2	2
1/12	1	0	1
HQBN	2	3	1
VP-9	2	3	
3/3	2	4	

(Intramural Baseball standings are current as of March 1.)

Base All Star

NAME: Michael Reed

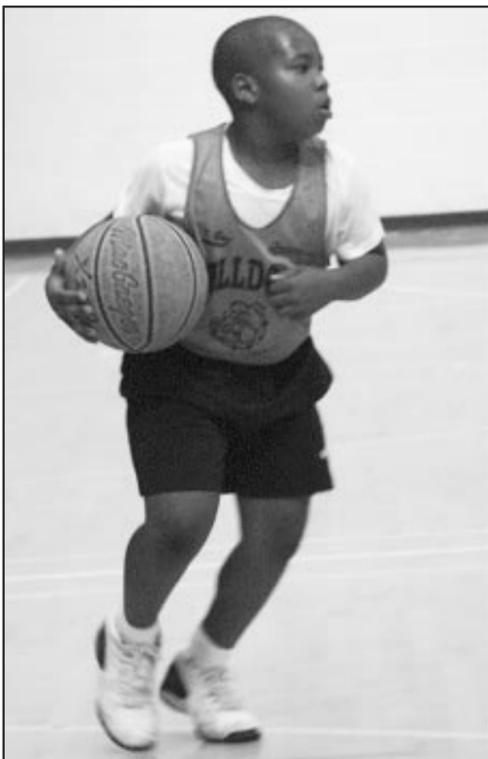
SPORT: Youth Basketball

TEAM: Bulldogs

•Reed, 10, a fourth grader at Mokapu Elementary School, has been playing basketball since he was 5 years old.

•He won "Most Sportsmanlike Player" and "Most Valuable Player" last year for tackle football at Andrews Air Force Base.

•During his final game of the season, he was the high scorer of the game with 10 of the 22 winning points. Sinking four buckets and two free throws, he only fouled once that game.



Cpl. Jessica M. Mills

"To play well ... you need to practice; especially with your family. They know how to teach you well."

COMMUNITY SPORTS

HTMC to Hold Barbecue, Tomorrow

•Come early for a dip and then join the Hawaii Trail and Mountain Club for the Clubhouse Barbecue and Slide Show, Saturday beginning at 4:30 p.m. Either bring a dish or pay \$7 towards food; nonmembers pay an extra \$2. Call Bev Valentino at 595-6363 for more details.

•Intermediate hikers can join HTMC for a 12-mile trek in Laie, Sunday at 8 a.m. Hikers will intersect Kahuku Ridge and hike the Koolau Summit Trail where they will choose either the exquisite North Shore or elegant Windward Shore view for lunch. To complete the loop, hikers will descend Malaekahana Ridge, eventually returning to their starting point. If you're interested in this trek, contact coordinator Wil Kawano at 373-1492 or Jay Feldman at 842-9596.

•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 hikes.

Sports Cars to Race, Sunday

The Hawaii Region of the Sports Car Club of America will host four more regional/Solo I races and several Solo II/Autocross races on both Oahu and Maui.

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

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

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

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

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

Future races will be on the following dates: May 31, July 5, Sept. 6 and Nov. 13. For more information, call Ed

Kemper at 524-0330.

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

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. 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 March 12 from 5:45 to 10:15 p.m. and March 13 from 7:45 a.m. to 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.

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

Women's Basic Sailing Class Offered
Registration for the next "Wet Hens" Women's Basic Sailing Course will go from 8 to 8:30 a.m. on March 18 at Hickam Harbor. Class size is limited, so come early to ensure a spot.

The 10-week course will be held on Thursdays from 9 a.m. to noon; however, sessions will break during the public school Spring Break week. Cost is \$80, and the program is open to women affiliated with the military, either active duty, retired or family members.

The first session will include a swim test and capsizing recovery; therefore, be sure to dress accordingly with swimsuit and sneakers.

For more information, call Skipper Amy Cawvey at 421-1008, or 1st Mate Katie Lee at 499-3403.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or are just visiting for the day, check out any of Bellows' Outdoor Adventures programs including snorkeling, tours, yoga and ocean sports.

For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m.

Hawaii Marine Accepts

Sports and Recreation Briefs

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

E-mail items to editor@hawaii-marine.com, or call the *Hawaii Marine* staff at 257-8836 or 257-8837.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Are steroids tainting Major League Baseball?

Capt. Kent Robbins

The Professor

OK. The "BALCO Bandit" has sold out his former customers: the Giants' Barry Bonds and Yankees' Jason Giambi and Gary Sheffield, to name a few. Oh, wait a minute. These so-called "personal trainers" have "clients." Only drug dealers have "customers."

The question is, where do we go from here.

Do we suspend these "superstars" for illegal drug use? Do we erase the record books? Do we institute mandatory drug testing? The answer is "none of the above."

The stink of it is that the most powerful union in the world — not the Teamsters, the Major League Baseball Player's Union — is going to march on to its ludicrous drum.

There are rules in Major League Baseball. You can't play without a hat. You can't play with a corked

bat. You can't yell at the umpire. Unfortunately, there is a rule missing: You can use performance-enhancing drugs.

Why? Major League Baseball doesn't test its players.

Why? Because we, the baseball fans, allow this league to march on to its ludicrous drum. We don't hold the athletes accountable for their integrity — more appropriately, lack there of.

We don't do a darn thing.

We don't want to believe that our "heroes" are really frauds. We don't want the posters that decorate our children's walls to display nothing more than drug users in fancy uniforms, vice orange jump suits.

So, is it time to give up on America's pastime? Has "Elvis" left the building and is he headed up the river for 10 to 20 on drug

See *PROFESSOR*, C-6

Sgt. Joe Lindsay

The Goat

In 1692, in the sleepy little town of Salem, Mass., the Reverend Samuel Parris' daughter and niece got sick. The conventional wisdom at the time called for bleeding them.

When the two girls still didn't get better, the good Dr. William Griggs finally pronounced that he couldn't cure them because, of course, they had been bewitched.

That diagnosis led to the executions of 19 men and women by hanging, and another by crushing. Hundreds of others faced accusations of witchcraft, rotting in jail without trials until the Puritan hysteria subsided.

In 2001, in the "city by the bay," a baseball player named Barry Bonds hit 73 home runs in a single season, an all-time record. The conventional wisdom at the time called for walking him. When opposing

pitchers still couldn't figure out how to stop him over the next few years, Colorado pitcher Turk Wendell finally pronounced that they couldn't strike him out because he was juiced up on steroids.

That diagnosis has led to the media vilification of three of the games greatest players — Bonds, Jason Giambi and Gary Sheffield. Hundreds of others face accusations of steroid use, rotting in their own private prisons without bars until the BALCO hysteria subsides.

Not much has changed in 312 years. All it really takes — then and now — is an accusation and you're done.

People are calling Barry Bonds a cheater, saying that an asterisk should be placed by all his records. Just because his childhood friend and personal trainer, Greg Anderson, is involved in the steroid

See *GOAT*, C-6



READERS STRIKE BACK

Dear Sirs,

I must say I find your articles quite entertaining. What they lack in substance, they surely make up for with bravado. I must agree with your opening caveat, or should I more aptly say, warning, that "Chances are you'll either agree with one of their takes or disagree with both." Truer words were never spoken, and I must say, I tend to disagree with both gentlemen. Never the

matter, I am always captivated by these two scribes. What I find even more interesting than the articles, however, are the "astute" observations of your readers. Perhaps Neanderthals would be a better description. Therefore intrepidly I type these words, for fear of being cast with their lot. It has been said sports is the lowest common denominator that transcends all backgrounds and economic circumstances. That, my friends, used to hold true.

The Bottom Line seems to have irrevocably reversed that notion, as your "Readers Strike Back" has shown time and time again that sports "aficionados" is really nothing more than a polite way of saying dregs. There I have said it. Your readers are the dregs of society. I shudder to think where that leaves me.

— *Michael Doyle*
Bangkok

**'What they lack
in substance, they
surely make up
for with bravado'**



spotlight on health

Concern over osteoporosis grows

NAPS
Featurettes

More than 10 million women in the United States are suffering from osteoporosis. Even though it is preventable, 50 percent of American women are at risk of developing the debilitating bone disease in their lifetime.

New research suggests that women know that calcium is important to their health, but they often don't take steps necessary to protect themselves from osteoporosis.

According to the National Calcium IQ Survey of 1,000 women ages 30 – 60, sponsored by the National Women's Health Resource Center (NWHRC), more than half of the women surveyed (53 percent) suspect that they are not getting enough. They are right. What's worse is that one-third of women (32 percent) fail to take any proactive steps to ward off the disease.

"Even though we've been reminded time and again about its importance, many women still

don't get enough calcium from diet alone to help prevent bone loss," explained Miriam Nelson, Ph.D., nutritionist and fitness expert, and author of the best-selling "Strong Women" book series. "A healthy diet, weight-bearing exercises and a calcium supplement, preferably calcium citrate that can be taken at any time of day, can go a long way to help protect bone mass."

To underscore the importance of exercise and calcium to prevent osteoporosis, tennis legend Chris Evert, winner of 18 Grand Slam titles, is helping the NWHRC to launch the Web site Calcium-IQ.com. This online resource will feature expert tips and practical health news, including details of a recent study that found that calcium citrate in combination with weight-bearing exercises helps to significantly prevent bone loss and actually rebuild bone.

"As a professional athlete, I grew up with the benefit of constant health and fitness coaching, and whether I was going through motherhood or competing on the courts,

my diet and exercise habits have served me well," said Evert. "Even though I no longer play tennis competitively, I know that good nutrition improves my performance. I am proactive about getting enough calcium."

The survey shows 38 percent of women take calcium supplements every day, an encouraging sign of calcium awareness.

"However, it also shows confusion about the differences among calcium supplements," said Dr. Nelson. "Most calcium supplements contain calcium carbonate, calcium citrate, or calcium phosphate — all of which are very different and do not offer the same benefits. One of the primary reasons women stop taking supplements is fear of gas and bloating, but few know that calcium citrate does not generally cause gas or bloating."

For more on the benefits of calcium, visit www.calciumiq.com.

The NWHRC is a nonprofit organization dedicated to helping women make healthy decisions.



Lance Cpl. Megan L. Stiner

Lance Cpl. Heather L. Medlock, administrative clerk, HQBN, MCB Hawaii takes seriously the importance of drinking milk to fend off osteoporosis.

Staying physically fit is key to agile joints

NAPS
Featurettes

For the millions of Americans living with osteoarthritis (OA) of the knee, an increase in activity can result in pain and stiffness, which may hinder mobility.

Now is a good time to learn how exercise and proper treatment options. Both may help minimize the pain associated with OA of the knee, and may ensure that active days are less painful.

According to Dr. Nicholas DiNubile, an orthopaedic sur-

geon from the University of Pennsylvania, "Physical fitness can play an important role in maintaining good joint health. Exercises that improve strength and range-of-motion can help improve mobility and flexibility in arthritic joints, and help those with OA of the knee to lead a

healthier and more active life."

DiNubile recommends the following tips to help those with OA of the knee:

•**Stretch!** Stretching 10 to 15 minutes before and after participating in strenuous activity is important. Remember to warm up slowly before the initial stretch.

Regular stretching keeps joints flexible, increases range-of-motion, and helps prevent stiffness and injuries. Gentle yoga may help improve

flexibility.

•**Build Muscle!** Activities that strengthen the muscles around the joints can help those who have OA. Stronger muscles provide more shock absorption and support to arthritic joints and may help ease the pain associated with everyday tasks.

Speak with a doctor or physical therapist about an appropriate strength-training program.

•**Keep Fit!** Water exercise, riding a stationary bike and walking are excellent, low joint-impact ways to stay healthy and prevent excess weight from putting extra stress on joints.

The Atkins bubble may soon burst

Jennifer Grossman
NewsUSA Featurettes

At a time when beer, chips and candies are going low-carb, predicting the beginning of the end of the Atkins craze might seem more than a little premature. After all, even Wal-Mart is making obeisance to the Atkins altar, and fast food menus now sport the trademark scarlet "A."

"You don't have to compromise your health to lose weight."

Jennifer Grossman
Director Dole Nutrition Institute

So why am I an Atkins "bear" in the middle of a low-carb bull market? Just as during the heyday of some of the more implausible Internet initial public offerings, sooner or later we'll wake up to find there is no magical formula for losing pounds any more than there was for

making money. In the end, it comes down to counting calories, or dollars, and keeping an eye on the bottom line.

Sanity was once defined as "the ability to keep one's head when everyone around you is losing theirs." The people who lacked this ability during the height of the Internet stock bubble lost money. The people who lack this ability during the current Atkins bubble may or may not lose weight.

Unfortunately, former Atkins dieters most likely will find themselves gaining it all back in the end. By indiscriminately overloading the body with fats and proteins, but frowning on many fruits and vegetables, the diet promises to cheat metabolism but ultimately only cheats health.

The report that Dr. Robert C. Atkins himself was obese and had a history of heart failure and hypertension at the time of his death provides the most explicit proof yet of the health risks of such a diet.

There are many reasons why so many Atkins veterans are starting to sober up,

with osteoporosis, diminished athletic ability, bad breath, kidney stones and even depression among them. Most alarming is that a diet that neglects the important cancer-fighting antioxidant compounds that only fruits and vegetables can provide will weaken the foundations of your long-term health.

After an unpleasant session with your bathroom scale or full-length mirror, your long-term health may not be first and foremost in your mind. You want to lose weight and you want to lose weight now. Well, how about going on a dirt diet? You'd certainly drop the pounds. But you would also make yourself very sick in the process.

My point is not to suggest that eating a diet of eggs, butter, bacon and beef is akin to eating dirt. But no diet should fail to

recognize the negative health risks of over-consuming certain foods while neglecting others.

You don't have to compromise your health to lose weight. Instead of jeopardizing one to serve the other, why not lose weight and improve your nutritional health at the same time?

As a teenager, I began eating plenty of fruits and vegetables because they made me full and helped me stay slim. As I get older, it's nice to know that the same foods that are keeping me in my junior high jeans are also helping me ward off disease, maintain healthy eyesight and strengthen my bones and internal organs, making my life a long one.



QUICKSILVER, From C-1

game.

The 76ers managed to tie the score, but Elijah Eriksson swiped the rebound and flew down the court striking a pose as he scored. Yet again, the 76ers retaliated. Jamaz grabbed the rebound down the court and raised the score, 15-15.

The game continued on in that fashion for more than 10 minutes; the score rose steadily. Both teams were forced to take time-outs to save their players from a sticky defense

and re-strategize.

Up until 30 seconds before the buzzer, both teams played head-to-head, but they could not shake each other. Finally, QuickSilver made a last attempt, three seconds before the end of the game. The ball circled around the rim; every one stopped and watched.

Just as the buzzer rang, the ball dropped through the net, and QuickSilver became not only the first team to defeat the 76ers, but also champions of the Mighty Mite Division.



Cpl. Jessica M. Mills

Members of the Mokapu Elementary Dance Team entertain the crowd during halftime of the Mighty Mite Youth Basketball Championship.



Lance Cpl. Rich Mattingly

Red Lions point guard Jesse Ching (center) looks for an opening down the lane during Monday's contest with Dirty Third.

RED LIONS, From C-1

night, gave Dirty Third its first lead by banging down twin foul shots.

Spurred by the lost lead, Watkins answered immediately with a bucket from beyond the arc. But Dasilva knocked down a three-point shot of his own less than 30 seconds later. The scoring run was capped by Red Lion point guard Jesse Ching, who put his team up by three at the half.

The first few minutes of the second half was a low-scoring affair as both the Red Lions and Dirty Third put on a defensive showcase, forcing turnovers and quickly grabbing defensive rebounds.

The score remained locked at 30 for both teams until Watkins and the Red Lions seemed to gain a second wind, going on a seven-point unanswered run to pull away from Dirty Third.

Never to be outdone, the b-ballers of Third battled back, tying the score with eight seconds remaining. Regulation ended with the teams locked at 40 points each after a sweet pull-up jumper by Dirty Third center Tony Rogers.

Overtime seemed to be an exercise in trading fouls, as both teams got the majority of their points from the line.

As time expired again, the Red Lions held on to the lead, 48-46.

"They played us hard on defense," said Watkins after the game. "I had to take more shots on the perimeter, and their pressure kept us off balance. They played well, and they're one of the best teams out here, so winning feels good."

"It's disappointing to lose," said Dasilva, "but I was happy with the way we played tonight. We'll get them next time."

Dirty Third remains on top of the intramural standings.

PROFESSOR, From C-3

charges?

Baseball will survive. It is up to us to force Major League Baseball to restore the integrity of the game. It's baseball. It's apple pie. It's American.

Bottom Line: The above-referenced players aren't the only ones who have compromised the integrity of baseball. Ty Cobb and Babe Ruth used performance-enhancing drugs too. Only, their drug, alcohol, came in a glass, vice a needle.

However, the problem isn't the players. We, the baseball fans, are the problem. We are truly pathetic.

We know that the players cheat, but we still buy tickets and go to the games. We know that the physical specimens we admire are not

authentic, yet we buy the baseball cards and wear the jerseys.

We are the one's on trial, baseball fans. What do we do?

PERIMETER, From C-1

Although they were held back from reaching their goal, K-Bay's Marines said they were very pleased with the outcome of the race. The Pigs said they

will be back next year. Not all the same athletes may compete, but several will take up the challenge.

"I want to continue this to carry it on," said Leu. "It's one of the greatest things I've done in a long time."

GOAT, From C-3

probe of the Bay Area "nutritional" company BALCO, Bonds must be guilty.

Just because authorities found \$60,000 in cash and a bunch of "medicine" bottles in his buddy's house, Bonds must be guilty. Just because Bonds introduced Giambi and Sheffield to BALCO, Bonds must be guilty. Just because Bonds put on 50 pounds of lean muscle mass in a short amount of time, Bonds must be guilty.

OK, OK, it looks bad. Bonds probably is guilty, but of what?

Bottom Line: Even if Barry Bonds and his all-star counterparts did use steroids in the past, there was no rule against it in baseball at the time. There was no testing and no penalties. By not banning steroids, MLB for all intensive purposes made them "legal."

Bonds is a complete freak who can hit a baseball better than any man who ever lived. Whether he ate spinach or 'roids doesn't change that fact.