

# Hawaii MARINE SPORTS

Hawaii Marine C Section

May 9, 2003

## Power lifters flex in Bench Press Classic

**Cpl. Jason E. Miller**  
Press Chief

Nearly 50 muscle-bound competitors flocked to MCB Hawaii, Kaneohe Bay, Saturday, to participate in the annual Headquarters Bn., MCB Hawaii, Bench Press Classic at the Semper Fit Center.

As power lifters gathered in the center of the gym, spectators filled the stands around the bench press to watch the competition unfold before their very eyes. Athletes from all over the island came to participate in the event that would decide the most powerful lifter on the base.

Organizers divided competitors into several different weight and gender specific classes. Competitors faced off against one another in their specific classes, and against the entire field of lifters by matching the lifted weight against their own body weight. Lifters who managed the greatest gap between the two weights were awarded the highest scores.

The biggest lift of the day, and the lift with the most weight difference between the competitor and the weights lifted, would also be awarded after the competition.

Class after weight class made rotations past the bench press, with some athletes completing lifts, while others failed. The



Cpl. Jason E. Miller

**Arthur Johnson of 3rd Marines attempts a lift during Saturday's Bench Press Classic. Competitors from several units on base formed teams to work together during the competition.**

crowd cheered each on in every attempt. Each lifter received three chances to lift the most weight possible.

At the end of the day, Paul Riffle of Hickam Air Force Base had logged the biggest bench press competing in the 215

pound and above weight class, seemed to easily bench 420 pounds of iron as an awestruck crowd looked on.

Jose Asuacion and Amy Mueller of Headquarters Bn., MCB Hawaii, were awarded the overall lifter titles for the com-

petition. Asuacion managed to lift 385 pounds, more than 200 over his own body weight. Mueller managed just over 50 pounds beyond her own weight.

Many MCB Hawaii members also fared well in the competition and were awarded.

### Competition Winners

#### WOMEN

##### Under 115:

(1st) Claire Hamilton

##### 116-140:

(1st) Amy Mueller

(2nd) Tisa Marie Canlas

##### 140 and Over:

(1st) Carolyn Wilding

#### MEN

##### 155 and Under:

(1st) Donald Ramil

(2nd) Richard Nelson

##### 156-170:

(1st) Emiliano Gallegos

(2nd) David Fennel

##### 171-186:

(1st) Jose Asuacion

(2nd) Aaron Dixon

##### 187- 199:

(1st) Claude Jenkins

(2nd) Jeff Baumgart

Johnson

##### 200-215:

(1st) Kevin Parker

(2nd) Robert Gumina

##### 215 and above:

(1st) Paul Riffle

(2nd) Justin Bravo

#### TEAM

(1st) Base Legal

(2nd) 3rd Marines

#### Monster Lift

(Men) Paul Riffle

(Women) Amy Mueller

#### Overall Lifter

(Men) Jose Asuacion

(Women) Amy Mueller

## Tripler AMC slams Pearl Harbor on the courts



**Above — A Pearl Harbor team member slam dunks the ball in the second half to try and keep the lead against Tripler Army Medical Center.**

**Right — Daniel Rahn, a U.S. Naval officer with Joint Intelligence Center Pacific aboard Pearl Harbor, tries to get by the Tripler team.**

**Story and Photos by**  
**Cpl. Jessica M. Mills**  
Editor

After two days of fierce competition, the Tripler Army Medical Center's intramural basketball team sustained its championship title against Pearl Harbor, 73-60, during the final match-up of the Interservice Intramural Basketball Tournament, April 29, hosted by the MCB Hawaii, Kaneohe Bay, Semper

Fit Center.

During the two-day competition, Pearl Harbor; 1st Bn., 12th Marine Regiment; 21st Dental Co.; and Tripler Army Medical Center competed for the top spot. Both 1/12 and Dental Co. lost their place in the championships April 28. Tripler AMC defeated 1/12's team 71-59, and Dental Co. lost to Pearl Harbor by a close 50-47.

Tripler AMC stayed in the top running for the championship

throughout the challenge, similar to an impressive performance during the recent Hickam Air Force Base Interservice Intramural Tournament where they took the championship.

"Versatility is our weapon," said Tripler AMC coach Chris Banmally, a pharmacy technician. "Each player brings something different to our team, so our communication is good and we recognize what the floor is laying out."

Tripler AMC seemed confident as the game began, but Pearl Harbor seemed bound and determined to put up a strong fight.

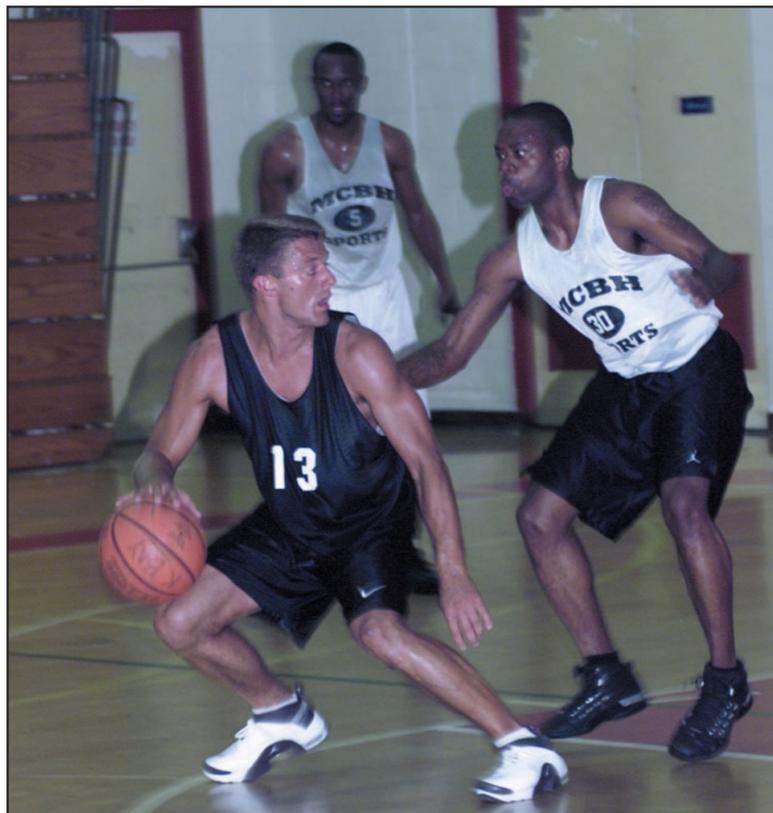
By 10 minutes into the first half, the game was already in full swing, with the Navy ahead 19-12.

Pearl Harbor continued to dominate the entire first half of the game, using good communication and ball handling skills. At one point, Pearl Harbor passed the ball to four different players in a span of less than 15 seconds, preceding two back-to-back shots. The score was 25-14.

As the game moved forward, Pearl Harbor was continuously called on contact fouls, giving Tripler AMC a chance to score 6 penalty shots.

Once the scores came closer together, Tripler AMC gathered up all its strength and managed to score three more shots before halftime, putting Tripler right behind Pearl Harbor, 27 to 24.

Just as the buzzer sounded signaling the end of the first half, Tripler AMC took one last shot and



See BASKETBALL, C-6

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### 30 & Over Coaches Meeting Goes Thursday

All ball players 30 and over are welcome to attend the organizational coaches meeting at the Semper Fit Center Thursday at 2 p.m..

The meeting will be a great forum to get in on basketball action, express your interest and voice comments, questions or concerns.

For more information, call 254-7591.

### Youth Activities Hosts Fun & Fitness Day, May 17

Skate over to the MCB Hawaii, Kaneohe Bay, Skate Park on May 17, from noon till 3 p.m. for the 4th Annual 808Skate, Skateboard Competition. The street competition has two divisions: 15 years of age and over, and 14 years of age and under.

Spectators will also have the chance to watch an exhibition by the 808 Skate Team Riders.

For more information, call 254-7610.

### MAG-24 Sprint Triathlon Comes to K-Bay, May 17

Hardcore athletes take notice: The 7th Annual Marine Aircraft Group 24 Sprint Triathlon is right around the corner.

The event will be held aboard MCB Hawaii, Kaneohe Bay, May 17 at 7:30 a.m.; check-in will go at 5:30 a.m.

The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

All participants will be entered into a drawing to win a FELT F65 racing bike, with Shimano 105 components valued at more than \$1,000.

This event is made possible by Island Triathlon and Bike, Gatorade, FELT and Marine Corps Community Services.

Registration forms can be printed from the [www.mcs-hawaii.com](http://www.mcs-hawaii.com) Web site, or picked up at the Semper Fit Center.

For more information on the MAG-24 Sprint Triathlon, call 254-7597.

## Marina Offers Sailing Lessons

The base marina will be offering introductory lessons to sailing, beginning May 19. Upon completion of the five-class course, you will be able to put your skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from \$69 to \$99, depending on pay-grade.

Call 254-7667 for more information.

## Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water-skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level

and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information, call 254-7667.

## Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

## Adventure Training Makes PT Fun

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It 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, at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information.

## Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the Base Pool. At only \$2 per class, it's a cost effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get in on aqua aerobics, call 254-7655.

## Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, 1 - 5 p.m.; Saturdays, 9

a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more, call 265-4283.

## Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.



## Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information on the young chippers at the Klipper, call 254-2107.

## Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays. For more, call 254-7693.

# Base All Stars

**NAME:** Jeff Baumgart

**UNIT:** 15th Security Force Squadron,  
Hickam Air Force Base

**BILLET:** Section Commander

**SPORT:** Competitive Lifting

•He has been powerlifting for more than 14 years.

•He was a five-time Alabama State Champion powerlifter.

•He set four National Junior World records.

•He won the 1995 Junior National and Junior World powerlifting championships.



Cpl. Jason E. Miller

*"I'm really in it for the competition. Competitive lifting is a way to push myself, to see how far I can go."*

# COMMUNITY SPORTS

## HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club will take a 7-mile trip in Kealia, and you are invited.

The steep cliffs above Dillingham Airfield will appear impossible to climb, but a switchback trail will take you gradually to the top, where dirt roads will lead to the rim of Makua Valley, and reward you with great views of the opposite coastline.

A \$2 donation is requested for all non-members. For more information call, 638-7268.

## Charity Event to Benefit Special Olympics

The Troy Barboza "Torch Run" will take place May 29 at 7:30 a.m. The event is a noncompetitive 5K fun run that is open to all MCB Hawaii personnel and their family members.

The torch run starts and ends in front of Provost Marshal's Office, Bldg. 1096 aboard Kaneohe Bay. Registration forms are available at PMO.

With a donation of \$20, each participant will receive an event T-shirt.

For more information, call Gunnery Sgt. Thomas Whelan training chief, at 257-1146 or 257-1230.

## State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. 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 May 23, from 5:45 - 10:15 p.m. and May 25, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

For more information about outdoor education, call 587-0200.

## University of Hawaii to Sponsor Baseball Camps for Youth

Future baseball players from 8 to 18 can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our Rainbow Baseball Camp," said Mike

Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn): a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their own lunch.

For more information, call 956-6247.

## Bellows Hosts Outdoor Recreation

This spring you can be awash in outdoor activities at Bellows.

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

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

## City to Present 'Adopt a Stream' Program

Interested community groups, local businesses, schools and churches are invited to become part of the "solution to pollution" by becoming community stewards through the City and County of Honolulu's "Adopt a Stream" program.

The program is intended to promote environmental awareness and understanding about non-point source pollution.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko'olauapoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization's name, for posting by its section of the stream.

For more details, call 527-5669.

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## SPORTS AROUND THE CORPS

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# Team Marines finish 18th on California Speedway

**Cpl. Robert W. Wynkoop**  
*MCAS Miramar*

FONTANA, Calif. — Team Marines NASCAR driver Bobby Hamilton Jr. finished 18th overall in the 1-800-PITSHOP.COM 300 at the California Speedway.

The commander of Marine Corps Air Bases Western Area, Brig. Gen. Jon A. Gallinetti, was a special guest of the team for

the race. All eyes were on the aviator as he took his spot behind the Team Marines number 25 Ford Taurus.

As the national anthem played, television cameras took note of the general's sharp Marine Corps salute. Brig. Gen. Gallinetti donned a team headset and took a seat on pit row to enjoy the race.

The speedway rumbled as each dri-

ver started his engine. Hamilton started his Ford Taurus in the 13th spot.

Early on, an accident on lap three sent the first caution flag of the day. Once racing resumed on lap nine, Hamilton was determined to put his car in the top 10.

By lap 40, 80 miles into the race, Hamilton had moved into seventh position. Two laps later, he followed the race leaders in-

to pit road for service. The Team Marines crew attacked his red race car, quickly switching four tires, making an air pressure adjustment and filling it full of fuel.

Due to the quickness of the Team Marines crew, Hamilton remained in seventh position after the stop.

Hamilton continued to whittle away the leader's margin, pushing his car into the fourth

spot just before another caution came out on lap 58. Hamilton radioed to his crew chief, Fred Wanke, that his car was tight in the center, off in the corner.

Wanke instructed his driver to sacrifice the track position to correct the problem and allow him to make a run for the leader position.

He restarted the race on lap 63

*See NASCAR, C-4*



# spotlight on health

## Cyclists, skateboarders need the right helmet

**NAPS**  
*Featurettes*

Today, bicyclists don't just ride — they fly.

Freestyle BMX riding, known for its high-flying mid-air stunts, is a high-growth sport in the world of cycling. In fact, sales of BMX bikes have jumped nearly 50 percent since 1995.

As BMX riding expands outside the action sports arenas, pros like Dave Mirra, an 11-time X Games BMX champion, offer up advice to noncompetitive riders on choosing the right helmet for action sports.

"A lot of guys think that just because they're not competing in the big events, they don't need to wear a helmet," said Mirra. "No matter where you're riding, the ground doesn't get any softer. A BMX type of helmet, with more coverage area on the sides and back of the head, can mean the difference between walking away from a crash and not walking at all."

Mirra now consults with Bell helmets designers, crash impact testers and biomechanics experts on helmet shapes and features for BMX and other action sports.

In 1975, Bell developed the first protective cycling helmet made of expanded polystyrene — now the in-

dustrial standard for bike and skateboard helmets. Since then, organizations such as the Consumer Product Safety Commission and ASTM International have developed helmet performance standards for cycling and skating respectively.

In stores, helmets that can be used for cycling and skateboarding are called "multisport" or "BMX" helmets. The CPSC and ASTM certification stickers — inside the helmets — indicate that they can be used for bicycling and other nonmotorized wheeled sports.

Dr. Sylvain Palmer, a neurosurgeon with Children's Hospital at Mission Viejo, Calif., encourages competitive and recreational athletes to use certified helmets that meet the demands of the sport.

"Even minor accidents can cause lifelong brain injuries resulting in sleeping disorders, loss of smell and taste, and many other conditions that affect a person's quality of life," said Palmer.

While major competitive events like the XGames require athletes to wear helmets, Mirra says he'd wear one anyway.

"BMX is more than just a sport; it's a lifestyle," said Mirra. "You give up way too much if you get injured. It's just not worth it to take that chance."



Cpl. Chad Simon

Members of the Marine Corps Cross Country Mountain Bike team at MCB Quantico, Va., ride up Mt. Snow in practice for a recent race.

## Time invested in fitting a helmet pays off in end

**Lifelines**  
*Featurettes*

Getting the right fit for a bicycle helmet can be a time-consuming task, but by following a few simple steps the job can be made a great deal easier.

### Get Snug, Level, Stable

You want the helmet to be comfortably touching the head all the way around, level and stable enough to resist even violent shakes or hard blows and to stay in place. It should be as low on the head as possible, to maximize side coverage, and held level on the head with the strap comfortably snug.

### Be Prepared for the Worst

Heads come in many sizes and shapes. You should be prepared for the possibility that the helmet you are trying to fit may not be compatible with this particular head. And unfortunately, you should expect to spend 10 to 15 minutes to get your helmet properly fitted.

### Adjust the Fit Pads or Ring

Most helmets come with extra foam fitting pads of different thicknesses to customize the fit. Fitting pads are too squishy to help manage energy in a crash. Their only function is to make the helmet fit better.

For starters, you can usually remove the top pad entirely or use the thinnest ones. This lowers the helmet on the head, bringing its protection down further on the sides.

It may reduce the flow of cooling air,

but probably not enough to notice.

Adjust the side fit pads by using thicker pads if your head is narrow and there is a space. Add thicker pads in the back for shorter heads. You may also move pads around, particularly on the "corners" in the front and rear; leaving some gaps will improve air flow.

The pads should touch your head evenly all the way around, without making the fit too tight. The pads may compress slightly over time, but not much, so do not count on that to loosen the fit.

The helmet should sit level on the head, with the front just above the eyebrows, or if the rider uses glasses, just above the frame of the glasses.

If you walk into a wall, the helmet should hit before your nose does.

There are also helmets on the market that use a fitting ring rather than side pads for adjustment. With these one-size-fits-all models you begin by adjusting the size of the ring.

Some of them may require the ring so tight, for real stability on your head, that they feel binding. Loosening the ring can produce a sloppy fit, indicating that the helmet is not for you.

### Adjust the Straps

Now put the helmet on and fasten the buckle. Be sure the front is in front. You

want to adjust it to the "eye-ear-mouth" test developed by the Bicycle Coalition of Maine.

When you look upward, the front rim should be barely visible to your eye. The Y of the side straps should meet just below your ear. The chin strap should be snug against the chin, so that when you open your mouth very wide, you feel the helmet pull down a little bit.

With the helmet in position on your head, adjust the length of the rear (nape) straps, then the length of the front straps, to locate the Y fitting where the straps come together just under your ear. That may involve sliding the straps across the top of the helmet to get the length even on both sides.

Adjust the length of the chin strap so it is comfortably snug. If it cuts into the chin and is not comfortable, it is too tight.

Now pay attention to the rear stabilizer, if the helmet has one. It can keep the helmet from jiggling in normal use and make it feel more stable, but only a well-adjusted strap can keep it on in a crash.

When you think the straps are about right, shake your head around violently. Then put your palm under the front edge and push up and back.

Can you move the helmet more than

an inch or so from level, exposing your bare forehead? Then you need to tighten the strap in front of your ear, and perhaps loosen the rear nape strap behind your ear. Again, the two straps should meet just below your ear.

Now reach back and grab the back edge. Pull up. Can you move the helmet more than an inch? If so, tighten the nape strap.

For a final check, look in a mirror or look at the wearer whose helmet you are fitting. Move the helmet side to side and front to back, watching the skin around the eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back.

When you are done, your helmet should be level, feel solid on your head and be comfortable. It should not bump on your glasses (if it does, tighten the nape strap).

It should pass the eye-ear-mouth test. You should forget you are wearing it most of the time, just like a seat belt or a good pair of shoes.

If it still does not fit that way, keep working with the straps and pads, or try another helmet.

*(Editor's Note: With a helmet that fits well on a child, you must be sure the child removes the helmet before climbing trees and playing on playground equipment. Otherwise, there is a risk of catching the helmet and being strangled. That doesn't happen in normal bike riding, even in crashes, but it can happen while climbing trees or monkey bars.)*

The Team Marines Ford Taurus sits parked moments before the start of the 2003 1-800-PITSHOP.COM 300 at California Speedway in Fontana, Calif. Team driver Bobby Hamilton Jr. was among the top competitors for most of the race, but a caution flag sent Team Marines one lap behind, resulting in an 18th overall finish.



Cpl. Robert W. Wynkoop

### NASCAR, From C-3

and was busy making up his lost position. He regained the 12th spot when oil on the track caused another caution.

Following the caution, the driver told Wanke through his headset, that the car was still very tight. On the next stop the problem would be corrected, but not before Hamilton would fall back to the 14th position on lap 88.

At the 100 lap mark the leaders again pulled in to pit road. Hamilton, took his service on lap 102, receiving four fresh tires, fuel and a wedge adjust-

ment.

The Marines team resumed its position in spot 26, but quickly regained three spots in four laps.

Another caution came out on lap 116 before many of the leaders had made their pit stops. Hamilton, having already made a stop, was put a lap down.

The team opted to pit one final time. Fresh tires and fuel were going to be key in finishing as high as possible.

Hamilton re-entered the race on lap 122 in 23rd place. He made up five spots before the checkered flag fell on lap 150, finishing 18th overall.



Sgt. Joe Lindsay

Jolynn Farakish, a Cardio-Kick boxing participant, delivers a high-kick during the recently created class at MCB Hawaii, Kaneohe Bay's Semper Fit Center. Kicking and punching are mainstays of the Cardio-Kick program which runs Monday-Wednesday from 5:45-6:45 p.m.

# Fitness trends lower stress

## NAPS Featurettes

Bye-bye supersize. Ditto for skyrocketing obesity rates, high-stress workplaces and — believe it or not — unhealthy airline food.

In five to 10 years, these will all be things of the past, according to Barbara Harris, editor in chief of *Shape*, the leading active lifestyle magazine for young women.

Harris says a host of current trends and statistics in the health and fitness industry, not to mention President Bush's recently unveiled "HealthierUS" fitness initiative, will spur the masses to increased em-

phasis on wellness in the next decade.

"Ten years from now, we'll finally get what it means to be fit," says Harris, who's been at the helm of *Shape* for more than 14 years and was one of the few fitness experts invited to the "HealthierUS" launch at the White House. "More than having money, we'll value living the good life, which will be defined by having a healthy, fit body, enjoying rich relationships and pursuing a soul-nurturing and adventure-filled life."

In the next five to 10 years, Harris expects to see the following:

- **Celebrities glamoriz-**

- ing a fitness lifestyle.**

Currently, fitness enthusiasts like Madonna, Jennifer Lopez and Halle Berry prove to be healthy role models for staying fit, eating right and living an active lifestyle.

- **Healthier dining.**

Healthful foods will be increasingly available in restaurants and cafés in every city in the country, including airport cafés and, yes, even on airplanes.

- **Mind over muscle.**

Gyms will become centers for the soul as well as the body. Classes on clarifying values, beliefs and how to live a spirit-filled life will be taught next to the usual aerobics and abs classes.

- **Wireless workouts.**

Forget about skipping your workout; personal trainers and online programs will prescribe and monitor each fitness session via PDAs, cell phones and handheld computers.

- **Three's not a crowd.**

Group exercise will boom in popularity, thanks to yoga, belly dancing and the latest cardio crazes: stripper-size and aeroba-go-go.

- **De-stress at work.**

Workplaces will reflect a healthy lifestyle. Employers will offer insurance benefits for those leading a healthy lifestyle, and workplaces will guard against the destructive, high-stress environment.

- **Bye-bye supersize.**

Americans will embrace a more European approach to life: restaurant portions will be smaller, we'll take more time off work, and healing environments featuring art, color and plants will flourish in homes and offices.

- **Exercise for kids on-**

**ly.** Fitness programs aimed at kids will increase, and physical education classes will be required for school-age children (K-12), slowing childhood obesity rates.



The Pearl Harbor Intramural Basketball team made many shots during the game, but in the end, it lost to Tripler Army Medical Center, 73-60.

### BASKETBALL, From C-1

scored, raising the score 29-26.

After halftime, Tripler AMC seemed to get its game back on track and began to even out the scoreboard. At the same time, Pearl Harbor continued to make the most contact fouls during the game, only helping Tripler AMC in its endeavor.

The shot that tipped the scales was actually a penalty shot made by Tripler AMC 7 minutes into the second half, when Pearl Harbor was again called on a contact foul. Pearl Harbor seemed to take it with a grain of salt and took responsibility for its conduct. Tripler took the lead 38-37.

The teams start battling head to head as they sprinted from one side to the other; the lead bounced back and forth. It looked as if it could be anybody's game.

With nine minutes left in the game, Tripler AMC called a time-out to set a final game plan. Tripler dragged behind by only one point, 45-44.

The scoreboard continued to climb as the time winded down, and with five minutes left, the score hung at 53-53.

Pearl Harbor tried to claw its way ahead, but it was to no avail. Before the clock stopped, Tripler AMC scored four three-pointers back to back.

Pearl Harbor was beginning to look spent, the gap getting larger and larger. Pearl Harbor was again called on a contact foul.

After warnings from both referees regarding contact fouls and excessive "talking," the game finally came to an end, with Tripler AMC ahead 73-60, the reigning champions.



Pearl Harbor Coach Eric Bush, a training manager for JICPAC aboard Pearl Harbor, tries to pass the ball behind his back, to his teammates waiting at the net.