

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 17, 2004



Cpl. Megan L. Stiner

Evan Williams (right), a player for Camp Smith, attempts to take down Marine Aircraft Group 24 Running Back Mike R. Hershfelt, crew chief with Aircraft, Rescue, and Firefighting, but ultimately fails. The MAG-24 Bandits shut down the Camp Smith Raiders, 39-0, Monday evening at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

## Bandits crush Raiders, 39-0

**Cpl. Jared Plotts**

Marine Forces Pacific Public Affairs

The Marine Aircraft Group 24 Bandits football team dominated the first half scoring 32 points and won Monday night's season opener against the Camp Smith Raiders at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay, 39-0.

The Bandits defense swarmed and blitzed the Raiders throughout the first half forcing them to go three and out on their first three possessions.

"In the first two months we had a lot of hard practices. We just wanted to come play hard and get after them," Bandits assistant coach Charles Hughes said.

The Raiders finally settled down and gave up just eight points to the Bandits in the second half, but the game was already out of reach. The wide receiving tandem of Dan Lee and Christian Gonzales who con-

stantly burned the Raiders defensive backs downfield early on, were quiet in the second half.

"We have two of the better receivers, I think, out there in the league," said Bandits Head Coach Richard Hargrave. "If it looks like we can pass, we'll pass. It all depends on what look they're giving us."

The Bandits receivers weren't the only playmakers on offense. Quarterback Jeremy Brown looked very sharp in his first outing. Running for two scores and passing for two more. Including a 34-yard scamper into the end zone.

Brown took what the defense gave him, and before the Bandits knew it they had built a comfortable lead by the end of the first quarter.

These same two teams play each other again next Wednesday and the Raiders say they know what adjust-

See FOOTBALL, C-7



Cpl. Megan L. Stiner

The MAG-24 Bandits and Camp Smith Raiders have been rivals since last season. Although the Bandits won on Monday, the Raiders blood is boiling, so watch for next week's game.

## Klipper installs concrete paths

Construction expected to last through October

**Cpl. Jessica M. Mills**

Sports Editor

Local golfers may have noticed a smoother ride throughout the back nine at the golf course here, recently. Along with other improvements in the past few years, the Kaneohe Klipper completed installation of brand new cart paths along the back nine holes at the end of August.

They just began construction on the front nine holes this month, and according to the contractor, the project is moving ahead of schedule.

"The entire construction process of holes one through 18 is expected to take four months. It took two months on the back nine and it should take about two months on the front nine. The projected completion date is October 27, as long as the weather holds out and we don't get a lot of rain, it could be finished about a week ahead of time," said Todd Murata, manager, Kaneohe Klipper Golf Course. "The outcome should be beautiful. It will save on damage of our existing cart fleet, as well as the wear on the course and equipment."

Over the last five years, the Klipper has installed a brand new \$2.2 million irrigation system and they have converted all of the putting surfaces from Bermuda grass to Seashore Paspalum grass.

The clubhouse is slated for renovation sometime in the middle of next year, and that will complete the reconstruction project for the course.

"I think more people will also stay on the cart paths now that obvious paths have been installed and that alone will speed up course play," continued Murata. "Since we began improving the course over the last five years, we have gotten a lot of great responses from our clients."

## Kaneohe Klipper golf clinics improve score

**Cpl. Jessica M. Mills**

Sports Editor

For those of you who may need a little more help in your game, other than a beautiful view, the Klipper is always offering lessons and clinics with any of their three professional golf instructors.

The instructors, Stephen Burke, Pat Clarke, and Mo Radke, offer day and evening lessons during the week and on weekends.

"My main focus is developing a momentum a person can accomplish using their personal abilities," said Stephen Burke, head instructor at the Klipper. "I put high emphasis on the beginning and the finish of the golf swing. During the lesson we will work on set up, alignment, and developing a full, smooth range of motion."

"We also make sure you have a good solid tempo. These techniques will help enhance a golfer's accuracy and distance," said Burke.

According to Burke, the fastest and easiest way to improve your golf score is to improve your short game. Almost half the shots you make on the course are from within 50 yards of the green, yet most golfers focus too little on this part of the game.

Golf clinics are offered once or twice every month at the Klipper. They usually last five weeks, with one class per week. A short game clinic and a ladies clinic will begin in mid-October and last for five consecutive weeks. Spots are still available for those who would like to

attend. The cost for the clinics is \$80 each.

"Improvement is almost immediate with lessons in the short game, although the long swing may take a little more time. Either way, everybody should see

See CLINIC, C-7



Cpl. Jessica M. Mills

Stephen Burke, head golf instructor at the Kaneohe Klipper, gives a private golf lesson to Paul Glaza, a retired Navy master chief, on Wednesday afternoon.

## Athletes of the Future

Classes teach gymnastics, tumbling and dance to youth

**Cpl. Jessica M. Mills**

Sports Editor

Football, baseball, soccer and basketball; these are just some of the options parents have to keep their children active and vigorous, but they are not the only choices.

The Dance Movement Academy and Kaneohe Bay Gymnastics, located in the newly remodeled family gymnasium, is a contracted program that gives parents a dozen more activities for their children.

Since March, when the Family Gym was remodeled and moved to its new location in building 1583, the academy has been able to offer more classes and better equipment, thanks to help of Marine Corps Community Services.

"It is a 100 percent improvement compared to the old facilities, and the programs offered are for children and adults of all ages," said Les Miller, a retired Marine and supervisory fraud investigator for the state of Hawaii. "Before my daughter started gymnastics here she never



Cpl. Jessica M. Mills

Alexia Charlot, 10, has been coming to Kaneohe Bay Gymnastics at the Family Gym for two years. Although she chose not to compete, she still enjoys participating for recreation.

participated in anything. She never wanted to. Now she is a level four competitor and loves every minute of it."

Di Rodin, a graduate of the Julliard School of the Arts and owner of the academy, teaches everything from tumbling and gymnastics, to dance and cheerleading. Another benefit to her academy is that there is no age limit. She offers "Mom and Me" classes for infants as young as 12 months old, and dance classes for adults of all ages. She urges parents to put aside the old-fashioned view that tumbling and gymnastics is only for women, considering one of the assistant coaches

for the K-Bay gymnastics team is Navy Lt. Peter Lombard, with the Marine Aircraft Group 24 Medical Clinic. Lombard, who is preparing some of the K-Bay gymnasts for the Junior Olympics, was a competitive gymnast himself for the Naval College in Annapolis, Md.

Both boys and girls participate in many of the academy's classes, and it also offers an all-boys gymnastics evening classes on Tuesdays and Thursdays.

"Not only are the kids enthusiastic, but the parents are ecstatic about the program," said Miller.

See GYM, C-7





# THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the **Hawaii Marine's** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails of no more than 250 words. We will print the top comment of the week from our readers.

Send "Readers Strike Back" comments to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com). Remember, "If you don't speak up, you won't be heard.")

## Any surprises in 2004 football so far?

### **Sgt. Joe Lindsay**

*The Goat*

Before the Goat gives his take on the biggest surprise so far in the young football season, either college or professional, it is important to discuss some commonly misconstrued events that are falsely being accused of being surprises.

**Terrell Owens** — Anybody who thought T.O. wouldn't be able to back up his trash talking is probably also the type of football fan who wishes Notre Dame still had a good program. T.O. absolutely destroyed the Giants' secondary in the opener, scorching them for three touchdowns in Philadelphia's 31-17 win. When asked by reporters if he had expected to dominate so convincingly in his Eagles debut, T.O. responded, "Yup."

**Joe Gibbs** — Washington Coach Joe Gibbs is getting results out of the perennially overpaid yet underachieving Redskins. Gibbs has a simple game plan that is very effective: win.

**Cleveland Browns** — To the dismay of relapsing G.A. members everywhere, Vegas oddsmakers showed why they are rich and we, uh, other people aren't, by suckering

hard-earned pay checks out of poor saps who really did believe all the pre-season hype surrounding misdemeanant Ray Lewis and Co. Cleveland's 20-3 victory was made all the sweeter by the fact that the Baltimore Ravens really are the Cleveland Browns.

**Fresno State** — Anybody who is shocked that Fresno State just dismantled Washington 35-16 in front of 70,000 Huskies fans and then turned around the next week to deliver a 45-21 trashing of last years Big 12 champs, Kansas State, just doesn't understand that football is played on the field and not in the polls. "This team can win against the Notre Dames and Michigans," said Fresno State coach Pat Hill, now in his eighth season. "The teams that scare me are the Boise States." Teams with Fresno State on their schedule are now the ones in fear, because the Bulldogs are for real, and their swashbucklin', ramblin'-gamblin', fill 'em full-of-holes take-no-prisoners style could make them the sharpest thorn in the BCS's side.

**FAU** — Is anybody really surprised that a Division I-AA team in only its fourth year of existence is 2-0, including a much publi-

**See GOAT, C-4**

### **Capt. K.D. Robbins**

*The Professor*

Well, the season is here and the Goat has already started his "Monday Morning Quarterbacking." I guess we should expect that from a guy whose only taste of the gridiron was under the bleachers with his high school sweetheart.

One set of Trojans are dominating college football: The Trojans of Troy. With wins over mid-major power Marshall and Big 12 contender Missouri, Troy is for real.

However, reality will strike when they visit South Carolina and LSU. The real showdown will be on Nov. 6 against Florida Atlantic.

The Heisman race is heating up. Jason White, no! Darren Sproles, not even close! The man to watch is Ryan Moats. The Louisiana Tech running back is averaging 256.5 yards/game and 7.7 yards/carry. Moats future depends on the next four weeks (Miami, Tennessee, Fresno State and Auburn). Don't pose yet Ryan.

How about Fresno State? Two wins over a Washington program in disarray and an overrated Kansas State team does not make a national champion. However, with only a road trip to Boise State on the horizon, they could run the table? No one runs the table

in the wacky WAC.

As for the NFL, Curtis Martin's 196-yard performance against Cincinnati would have been impressive, had it not been against anyone other than a rushing defense that 139 yards/game last year.

Don't give up on Ray Lewis and Prime Time (Deion Sanders) yet. The 20-3 loss at Cleveland is only a set back. This defense is too good to lose many games this year.

How soon we forget the Patriots 31-0 opening loss to Buffalo last season.

Finally, anyone who believes in San Diego simply lost. The reality check is coming. A road win at Houston is nothing to hang your hat on.

**Bottom Line:** Don't get on or off any bandwagon yet. One week does not a season make.

It is amazing how intense the football season is. Don't be fooled. The Seminoles have 10 more chances to run the table (following yet another heartbreaking loss to Miami), making a late season BCS push.

The Colts were two Edgerrin James fumbles from a huge road win (at New England, again) and will have no trouble making it to the Super Bowl.

The Professor rides again. Class dismissed.

## READERS STRIKE BACK

**"...I can't stand Kobe and all he stands for is wrong about sports..."**

Dear Bottom Line,

I could not decide which article last week was a more brutal 'dissing' of Kobe Bryant. Your editor's note says that you will either agree with one of their takes or disagree with both.

I have to say I agree with both the Professor and the Goat on the Kobe vindication deal. It was like the Professor shot Kobe in the head. You knew where he was coming from and I respect that. Then it was like the Goat shot him straight in the stomach to let Kobe die slowly. I think I

might have liked that even more since I can't stand Kobe and all he stands for is wrong about sports.

It took me a minute to figure out what the Goat was talking about but when I figured it out man it was a brutal 'dissing'. I think you should send the Kobe story to the *L.A. Times*. Maybe they would print it.

I had forgot Kobe tried to be a rap star, but he had no talent. I remember hearing his weak rap with Tyra Banks or maybe it was Brandy and laughing at what a fool he was. He is still a fool.

If it is cool, I would like to send a message to that reader last week. What was that all about? He wants a story about dolphins or whale watching or some stuff. Whatever. Just keep on keeping it real and don't listen to those oceanographers. What do they know about sports? Nothing. You both just continue doing what you're doing and the real people will keep reading it.

**Bob Jackson**  
**Tampa Bay, Florida**

**GOAT, From C-3**

cized overtime victory over Hawaii to start the season? Well, yeah, maybe a little. But, then you realize they are led by Howard Schnellenberger and it all makes sense.

After all, it was Schnellenberger who once said, "It is easier to build a program from scratch than to resurrect a dying program." One need look no further than SMU or Notre Dame to see that he has a pretty good point. Look for FAU to be on the national scene in a couple of years.

Now that we've discussed the surprises that weren't, let's talk about the most shocking moment not just in this young season, but in the history of football in the 21st Century. Let us talk about a man who makes Scott Norwood look good and Xavier Betia look accurate. A man who makes Bill Buckner look cool under pressure, let's talk about Alexis Serna.

**Bottom Line:** How can a pint sized, 5-foot-7, 157-pound red-shirt freshman set a football program, and a state, back 20 years? Easy. Just travel from Corvallis to Baton Rouge to take on defending co-National Champion LSU in front of 91,828 rabid (three literally) fans in a nationally televised game. Have your offense, defense and special teams play the game of their lives, and control the tempo and flow of the game from the outset. And lastly, have the hopes

and dreams of your Pacific Northwestern state raised to a high not experienced since Bill Walton emerged from a Native American sweat lodge proclaiming the Trailblazers would win it all in '77.

Then, put all the responsibility on the shoulders of some kid from Fontana, Calif., who looks like he just got pulled out of a JV soccer practice to kick for the Beavers, and then you realize for the first time that Title IX really does work. Girls really are just as good as boys. After all, as Austin Ward has succinctly pointed out, New Mexico kicker Katie Hnida — whose skills were mocked by her former coach, Colorado's Gary Barnett, as "terrible" — became the first woman to score in Division I-A football last season with two extra points in a 72-8 win over Texas State-San Marcos. Hnida is currently 2-for-3 kicking extra points in her career, much better than Serna's 0-3 start to his career.

And even though he has a girl's name, Alexis Serna certainly doesn't kick like a girl — which is a bummer for Oregon State. Still, reports that Serna was so distraught by his letting his teammates, coaches, family and entire university down that he attempted suicide are sobering, and make even the most hardcore sports fan pause to reflect on what is truly important in life.

Fortunately for Serna, the pistol he had pointed directly at his temple missed, wide right.



Cpl. Megan L. Stiner

The Headquarters Battalion Warriors (blue jerseys) met with fierce competition Wednesday against the 3rd Radio Battalion Haters. Although both teams fought with intensity, the Warriors took the game, 29-0. Their determination on the field proved that the Warriors are taking this season seriously and intend to be top competitors in this year's tournament. The Warriors play again Sept. 29 against the Marine Aircraft Group 24 Bandits. The Haters play on Oct. 4, also against MAG-24.

# 'Rec water' can still harbor bacteria

## TRIWEST

Press Release

Swimming is a fun, active, and healthy way to spend leisure time. Every year, millions of people visit "recreational water" sites, such as swimming pools, water parks, hot tubs, lakes, rivers, or the ocean.

Over the past century, the use of modern disinfection systems in pools and environmental improvements in our lakes, rivers, and oceans has improved the quality of recreational water. Despite this, there has been an increase over the past decade in the number of outbreaks of illness associated with swimming.

### What are recreational water illnesses?

RWIs are illnesses that are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, spas, lakes, rivers, or oceans. Recreational water illnesses can cause a wide variety of symptoms, including skin, ear, respiratory, eye, and wound infections. The most commonly reported RWI is diarrhea.

### How are RWIs spread?

Keep in mind that you share the water with everyone else in the pool, lake, or ocean.

### Diarrheal Illnesses

If swimmers are ill with diarrhea, the germs that they carry can contaminate the water if

they have an "accident" in the pool. Swimming when ill with diarrhea can easily contaminate large pools or waterparks. In addition, lakes, rivers, and the ocean can be contaminated by sewage spills, animal waste and water runoff following rainfall. Some common germs can also live for long periods of time in salt water.

If someone swallows water that has been contaminated with feces, he/she may become sick. Many of these diarrhea-causing germs do not have to be swallowed in large amounts to cause illness.

### Other RWIs

Many other RWIs (eye, skin, ear, and respiratory infections) are caused by germs that live naturally in the environment (water, soil).

In the pool or hot tub, if disinfectant is not properly maintained at the appropriate levels, these germs can increase to the point where they can cause illness when swimmers breathe or have contact with water containing these germs.

### Why doesn't chlorine kill RWI germs?

Chlorine in swimming pools does kill the germs that may make people sick, but it takes time. Chlorine in properly disinfected pools kills most germs that can cause RWIs in less than an hour. Chlorine takes longer to kill some germs such as Crypto, which can survive for days in even a properly disinfected pool.



Sgt. Jereme Edwards

Going to the swimming pool is fun, but make sure maintenance is kept up and the water is properly disinfected regularly before you take that first dive.

This means that without your help, illness can spread even in well-maintained pools.

### Who is likely to get ill from an RWI?

Children, pregnant women, and people with compromised immune systems (such as those living with AIDS, those who have received an organ transplant, or those receiving certain types of chemotherapy) can suffer from more severe illness if infected.

People with compromised immune systems should be aware that recreational water might be contaminated with human or animal waste that contains Cryptosporidium (or Crypto), which can be life threatening in persons with weakened immune systems.

People with a compromised immune system should consult their health care provider before participating in behaviors that place them at risk for illness.

# CDC offers a plan for better health

## TRIWEST

Press Release

Millions of Americans suffer from health problems that could be reduced or avoided with a better diet, more physical activity and other lifestyle changes. Long-term health and wellness is largely about awareness and prevention. Chronic diseases like diabetes, cancer and heart disease are reaching epidemic proportions in the United States, and maintaining your health is now more important than ever.

### Good Nutrition

Proper nutrition is a key to good health, but changing poor dietary habits is a gradual process of replacing poor food choices with healthy alternatives.

Whoever first said, "An apple a day keeps the doctor away," was on the right track. The Centers for Disease Control and Prevention (CDC) and the American Heart Association (AHA) recommend that Americans consume at least five servings of fruits and vegetables daily as part of a diet high in complex carbohydrates, protein and fiber, and low in calories, saturated fat and cholesterol.

Only about one-fourth of American adults follow that recommendation, but it's not difficult. For your first serving, top your morning bowl of cold or hot cereal with a sliced banana, raisins, fresh or dried berries. Six ounces of 100-percent fruit juice is serving two. Your midmorning snack can be unsweetened applesauce, some fresh grapes or baby carrots (serving number three). A lunchtime salad with low-fat dressing, a bowl of hearty vegetable soup or both can get you to serving four or five. Cooked vegetables or a salad can also be part of your dinner.

### Balance Your Diet

Besides fruits and vegetables, both the CDC and AHA recommend eating nuts, seeds and whole grains; beans and rice; fish, poultry and lean meat; and fat-free dairy products. Avoid fatty meats, high-fat cheese and dairy products;

sugar and fatty cooking oils; and potato chips, pretzels and other high-sodium foods. For people without heart disease, the AHA also recommends:

- A balanced diet with foods from all major food groups.
- At least six daily servings of grain products, including whole grains
- Eat at least two servings of fish per week.
- Limiting high-calorie and/or low-nutrition foods, especially those with a lot of added sugar, saturated fats and cholesterol.
- Limiting intake of trans-fatty acids, found in foods like packaged cookies and other baked goods, commercially prepared fried foods and some margarines.
- Limiting salt intake to less than 6 grams per day or 2.4 grams (2400 milligrams) of sodium daily.
- Limiting alcohol consumption to no more than one drink per day for women and two per day for men.

### Watch Your Weight

"Overweight" refers to increased body weight in relation to height, when compared to some standard of acceptable or desirable weight. "Obesity" is defined as an excessively high amount of

body mass. About 15 percent of American children and adolescents are overweight.

Overweight and obesity are high-risk factors for such conditions as heart disease, high blood pressure, type-2 diabetes, and some kinds of cancer, sleep apnea, arthritis, and reproductive complications for mother and child.

The safest, most effective way to lose weight is to reduce calories in your diet and to increase physical activity.

### Exercise for Long Term Health

The AHA recommends maintaining a physical activity level that achieves fitness and balances energy expenditure with caloric intake. For weight reduction, your expenditure should exceed your intake. Regular exercise substantially reduces your risk for coronary heart disease, diabetes, colon cancer and high blood

pressure.

Recent research suggests that at least 30 to 60 minutes of moderate activity, like walking, swimming or bicycling, five to seven times a week, can dramatically enhance general health.

Sedentary individuals — especially those 40 and older — should consult their physician before starting an exercise and weight-control program.

### Avoid Alcohol and Tobacco

Recreational alcohol consumption can lead to long-term health problems, including high blood pressure; liver disease; various cancers; fetal alcohol syndrome; impotence and alcoholism. Alcohol may also interact harmfully with more than 100 medications, including some sold over the counter. Experts define "at-risk drinking" as consuming more than four drinks at one sitting for men and three at one sitting for women or more than 14 drinks per week.

Using both alcohol and tobacco is particularly harmful. More alcoholics die from tobacco-related illnesses than from drinking.

Smoking can cause chronic lung disease; coronary artery disease; stroke and many kinds of cancer. Be sure to talk to your physician now about which treatment for quitting smoking might be right for you.

### Manage Stress Levels

Everybody experiences some stress. It is the body's natural response to situations that seem threatening or overwhelming. In stressful situations, our heart and respiration rates, blood pressure, blood flow and metabolism automatically increase to provide us with more energy to cope with uncertainty, the fear of physical danger, personal failure and factors we can't control. This is normal and can be stimulating, if it doesn't become constant. Left unmanaged for long periods, stress can lead to physical problems such as high blood pressure, coronary artery disease, chest pains and irregular heart beat. An estimated 75 to 90 percent of all doctors' office visits are for stress-related conditions.

### Be Positive

For many people, maintaining a positive attitude is an everyday struggle. Everybody

feels a little "blue" from time to time, but, when these feelings persist for months and begin to interfere with daily functioning, it's time to take action.

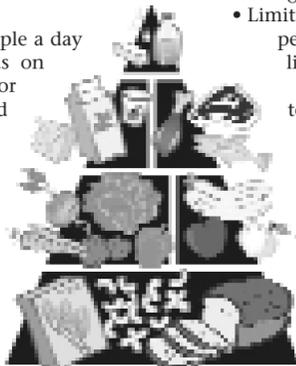
Seek immediate help for depression if you experience severe mood swings; don't feel in control enough to handle things; think your depression is related to other problems; contemplate suicide; or if you just think you would feel better if you discussed your problems with someone.

### Get Quality Sleep

Quality sleep is crucial to maintaining your long-term physical and behavioral health. Adults usually need approximately seven to eight hours of sleep per night. Most people have occasional difficulty sleeping, but consistent problems falling or staying asleep could indicate a form of insomnia. Short-term insomnia can be caused by things like jet lag, stressful events or drinking too much caffeine. Chronic insomnia is generally caused by more serious conditions such as depression/anxiety, alcohol/drug abuse or sleep apnea.

Consult a physician if depression or anxiety keeps you awake for more than a few nights, if you fall asleep during normal activities like talking or driving, consistently feel fatigued, or suspect that medication is at fault.

All of the major elements affecting your long-term health and wellness — diet, exercise, attitude and lifestyle — are interrelated. Deciding to set and maintain a new, healthy lifestyle standard requires improving not only one or two, but all elements. Your body will thank you for it.





Cpl. Megan L. Stiner

The Marine Aircraft Group 24 Bandits will be playing against the Camp Smith Raiders once again next Wednesday, at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

### FOOTBALL, From C-1

ments need to be made.

"This is a great team. We just missed some assignments early on. A lot of these first year players had some pre-game jitters and we gave them [Bandits] the momentum early," said Raiders assistant coach John McClure.

Key players from the Raiders team had been on deployment for the last month or

so, which wasn't a great help, according to Head Coach James Rogers.

"It's just hard to practice and get everyone playing as a team when position players are gone for a month. These guys knew what they were doing out there, they just didn't execute," Rogers proclaimed.

As the bad blood continues to boil between these two early season rivals, fans hope to see big hits, big plays and a far less one-sided game of football next week.

The Kaneohe Klipper offers private lessons throughout the week. Golfers can work on any technique they have problems with, from full swing to their short game. According to Stephen Burke, head instructor, all golfers will see some improvement after the lessons. Clinics are also available each month, all year round.



Cpl. Jessica M. Mills

### CLINIC, From C-1

some type of improvement right away," said Burke. "The best advice I can give anyone is to try and keep their left arm extended throughout the back swing all the way through to the finish."

Burke and the other instructors offer other various clinics throughout the year, including full swing, short game, ladies clinics, and advanced and beginner players. For more information, contact the Kaneohe Klipper at 254-1745.

"The biggest benefit of golf is that it is something you can do for a long, long time. There are no age restrictions," said Burke. "It is something you can do with your family as they are growing up. For instance, I play golf with my younger daughter now, and I know that I will can still play golf with her when I am 70."

Lessons cost \$25 for military members and \$30 for Dept. of Defense members and civilians. The lessons last about 30 minutes and can cover any technique you need improvement in.



Cpl. Jessica M. Mills

Grace Nordan, 11, a member of the Kaneohe Bay Gymnastics Team, practices her mat routine for an upcoming competition that the gymnastics team will be competing in.

### GYM, From C-1

"We now have a program on base that cares for children from infancy to my age, and it is a year round program. During hard times like these, when some parents are deployed, what better place than a gym for the families to spend time together in? This gives the kids stability and focus."

According to Rodin, the mission of the academy is fun, safety, and excellence. She wants her students to have fun, but she accepts nothing less than 100 percent from them.

"This is a professional academy, and I want them to be the best that they can be," said Rodin. "I know a lot of the students come here just to have fun, but they need to come here and try to do well."

"We stress behavior, skills, muscle training and self-esteem. These types of activities, like dance, gymnastics and tumbling, open a fountain of knowledge on how to understand your body and your space," explained Rodin. "In here, every single muscle group is important. We work everything from head to toe, everything is stimulated in the body — physically, mentally, and emotionally."

Classes for the younger children include Mom and Me I and II, Toddler's Gym, Toddlers in Motion, and KinderGym I and II.

These classes allow infants and toddlers to learn about the movements of their bodies and a few of the basic tumbling skills. During the classes, parents work with their children along with the instructor.

Children who excel can always progress to a more advanced level, and older children can try out and compete with the K-Bay Gymnastics Team.

The Gymnastics Team competes in many local, state and even national competitions, including the upcoming Junior Olympics in 2005.

Dance classes are also available at the academy for both children and adults. Styles include Ballet, Tap, Jazz, and Hip Hop.

There are also cheerleading classes throughout the week, as well as a cheerleading squad that cheers for flag football games throughout the season and won many awards last year in competition.

"This gym provides a positive environment for the children. We talk all the time about getting our kids healthy and active, and here is a great opportunity," said Petty Officer 1st Class Elva Charlot, a ground support equipment technician with Marine Aircraft and Logistics Squadron 24. "I know this program has really been a blessing for my daughter. She has become more active than ever before and it has helped her make friends."