Hawaii Marine
SPORTS

Hawaii Marine C Section September 26, 2003

Pfc Jared M. Plotts

The 3rd Radio Bn. Demons and the Camp H. M. Smith Mountain Warriors prepare for battle in the trenches at the start of Monday night's game. The Demons' special teams helped edge out an 11-6 win with a 38-yard field goal and safety.

3rd Radio hands Warriors third loss

Pfc. Jared Plotts
Marine Forces Pacific

Kicker Patrick "The Irish Car Bomb" Holden's 38-yard field goal late in the second quarter and deadly accurate punt in the third, which resulted in a safety, gave the Demons of 3rd Radio Bn. their first win of the season against the Camp Smith Mountain Warriors, 11-6, Monday night at Pop Warner Field at MCB Hawaii, Kaneohe Bay.

Despite another great defensive performance by the Mountain Warriors, their offense could amass only one touchdown, which came on the opening kickoff. It came on a 70-yard kick return for a touchdown by wide receiver Cory Johnson, who brought the Warriors their first score of the season.

Running back Jeremy "Twinkle Toes" Rose scored the Demons lone touchdown to tie the game, 6-6. Rose was merciless as he and the Demons' offensive line controlled the line of scrimmage and pounded the ball down the throats of the Warriors, keeping their defense on the field, eventually wearing them down.

Both teams' passing games were ineffective throughout the entire game. Demons quarterback Joshua "Big Weave" Weaver went 4 for 11 with one pick. Warriors rookie quarterback Daniel Turner was pressured all day and completed just three passes.

The lone bright spot in the Warriors' offense was undersized running back Ben Mazyck, who resembled Warick Dunn with his quick-burst speed to the outside and his ability to make players miss. Mazyck kept drives alive, but the Demons' defense and sloppy penalties kept the Warriors out of the end zone.

With the game tied at 6-6, Holden, who the Demons recruited at a restaurant, missed a 42-yard field goal. The "Irish Car Bomb" redeemed himself in the last minute of the first half, connecting on a 38-yard field goal to give the Demons a 9-6 lead going into halftime.

Holden's magic foot continued its success in the second half, with a punt that bounced and died on the Warriors' one-inch-line. On the next play, Jacob Gutierrez, nose guard and the Demons' defensive leader, broke through the offensive line and stuffed Mazyck for a safety, giving the Demons an 11-6 lead.

The Warriors could get nothing going offensively for the rest of the game, and suffered their third loss of the season.

"We made too many mental mistakes. We have an inexperienced quarterback playing right now, and we were missing three starters," said Warriors Head Coach Dwayne A. Evans.

The Demons improved to 1-2 and hope to keep their momentum going.

"We just want to get better each week," said Demons Head Coach Stacey King. "Our game isn't pretty, but it's effective."

Marine learns that transforming is not easy

Pfc. Jared Plotts
Marine Forces Pacific

CAMP H.M. SMITH — Consuming more than 4,000 calories in a day is no easy feat. Six to eight steaks, five to eight bananas and a bottomless vat of yogurt are just a few of the items in the colossal diet of bodybuilder Staff Sgt. Shermont J. Brown, postal chief, Headquarters and Service Bn, Marine Forces Pacific.

Brown is the reigning Armed Forces Bodybuilding champion in the lightweight division. At a compact, tank-like 5 feet 6 inches tall, 185 pounds, Brown can bench 405 pounds. Two years ago, he could only bench 225 pounds.

"I've gained more than 50 pounds in the last three years, and I am here to say it can be done without drugs," Brown said firmly.

Brown has been training to become a professional bodybuilder for the past three years. He has competed in 15 events, winning all with the exception of a second place finish last year.

"I talked to a lot of pros about how to gain muscle mass and what to eat. Before that, I was just working out, doing three reps at random stations, and going home just like everybody else," Brown said.

During his workout, Brown is focused and ready to put all of his energy into his goal of becoming a professional bodybuilder.

"I don't listen to music or have a set amount of reps. I focus on the workout. I put on the max amount of weight with still being able to keep some form and lift until failure," said Brown.

Courtesy of Shermont J. Brown

Shermont J. Brown, Headquarters and Service Bn., Marine Forces Pacific, postal chief, displays his award-winning stance he has worked on for so long at the Pearl Harbor Armed Forces Championship. Brown took home a first place finish in the lightweight division.

"It's important to do total body workouts, that is how you gain mass. Squats, dead lifts and the bench press works out your whole body," Brown said.

Brown's diet is just as hard core as his workout. On any given day, he eats six huge meals and two snacks, which are essentially meals themselves.

"You should consume three grams of protein for every pound on your body," said Brown.

Brown's dedication to his diet can also be attributed to the sport and society's misconceptions to the world of bodybuilding. Brown wants to take a hands-on approach with the community and fellow Marines.

"I want to help the community and educate them on what really goes into bodybuilding by starting programs with other bodybuilders that help the homeless and underprivileged youth," he said.

Brown has his own Web site: www.letsgetbig.com and hopes it becomes one of the biggest on the Internet.

Brown is currently marketing his own line of protein drink. He hopes to bring understanding into what a protein drink should consist of, and show people that drinks out there now have unnecessary ingredients.

Brown says his hard-working mentality and motivation is spawned from the Marine Corps, in which he has served for eight years.

"I didn't want to be called 'little man' all the time. Now when people greet me, they say 'what's up, big dog,' and that's how it should be," Brown said, with a hint of accomplishment.

Next year, Brown hopes to move up to the light heavyweight division.

K-Bay hosts UH for cross country

Markus Owens
University Of Hawaii Athletics

The University of California at Los Angeles men's and women's teams each captured first place Saturday at the University of Hawaii Big Wave Cross Country Invitational held at the Kaneohe Klipper Golf Course located on MCB Hawaii, Kaneohe Bay.

Among the six men's teams participating in the 5k race, UCLA ran away with the title as Bruin's Austin Ramos (15:13) and Micky Cobrin (15:21) finished first and second, respectively. UCLA posted five of the top seven times overall.

The only other mainland team on the men's side was Houston, which took second overall with 50 points, followed by four local colleges: Hawaii Pacific, 76; BYU-Hawaii, 98; Hawaii-Hilo, 140; and Chaminade, 167.

In the women's 4k race, the Bruins held off back-to-back defending National Collegiate Athletic Association National Champions BYU, placing five of the top eight spots.

Brigham Young's Michaela Mannova won the individual title (13:28).

Host UH, which was coming off a first-place finish last week at the University of San Francisco Invitational, was sixth overall among the women and the highest local college placer.

Freshmen Chantelle Laan (14:58) and Dana Buchanan (15:03), who finished 24th and 25th, respectively, led the Rainbow Wahine.

Hawaii has cancelled the UH-Hilo Invitational Saturday and replaced it with the Chaminade Invitational in Laie on the BYU-Hawaii campus at 7:30 a.m.

Markus Owens

Navy freshman Emily Castor posted a time of 14:40 to take 16th place and help the UH women's cross country team tie for third place during the Big Wave Invitational.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Klipper Offers Adult Golf Clinic

The Klipper Adult Golf Clinic is designed for beginners or those looking to brush-up on the fundamentals.

The course of instruction includes basic swing fundamentals, swing evaluation, long and short game, pitching, chipping and putting, game strategy, golf etiquette and safety, and golf rules.

Class size is limited to 15 people, and classes meet every Friday from 5 - 6 p.m. starting today, and running through Oct. 24.

Cost is $80 per person.

To register, call 254-3220 or 257-1745.

E-Club Provides Time for Football Season

Kahuna's is open for Sunday Football, so get the gang together and watch the Sunday game at Kahuna's Sports Bar & Grill.

Breakfast will be served from 7 to 11:30 a.m. Lunch and dinner menus will be available from 11:30 a.m. until 11 p.m.

Plus, catch Monday Night Football at the clubs. Watch the Packers take on the Bears on one of the Plasma or big screen televisions at Kahuna's, the Staff NCO Club or the Officers' Club.

For club hours of operation, log on to the Marine Corps Community Services Web site at www.mccshawaii.com.

Golf Tourney to Support Marine Corps Ball

Headquarters Bn., MCB Hawaii, will host a four-man scramble with blind draw format.

Teams will consist of A, B, C and D players: A player is 0-9 handicap, B is 10-15, C is 16-23 and D is 24 and above. No sandbagging is allowed.

All names will be randomly drawn prior to tee off. Those who don't have a handicap will be placed in a separate can and drawn at the end or once names from the A - D categories have been exhausted.

Prizes will be awarded for the longest drive and closest to the pin. A $10,000 prize awaits a "whole in one" by the first command.

Prizes will also be awarded for first, second and third place, and a set of clubs will be raffled off.

The fee for admission is: E-5 and below, $25; E-6 - O-3, $32; and O-4 and above, $34. The fee for civilians is $48; MCB Hawaii DoD employees, $38; and non-MCB Hawaii DoD and house guests, $40.

All players must check-in prior to 11:45 a.m. on the lanai, so teams can be arranged. Tee off is at 12:30 p.m.

All team names and monies must be turned in by close of business Oct. 3.

For more information, contact Patrick Clark at 257-5738, or email him at clarkph2@mcbh.usmc.mil.

MCCS Hosts Surf Contest At Pyramid Rock Beach

Show your worth in the surf at the Pyramid Beach All-Military Surf Showdown. The meet hits the beach Saturday, from 7 a.m. to 5 p.m., and is open to military of all services and family members.

The competitions include youth surfing and bodyboarding for family members ages 14 years and under; and contestants ages 15-19 years old.

Amateur military surfers can battle it out in the Men's Division (18-30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is $20; however, day-of-event entries will be charged an additional $10.

Each participating surfer will receive a Surf Showdown T-shirt.

Entry forms can be found at the base pool and at the beaches. Forms may be dropped off at the pool or the Aquatics Office, located in Bldg. 274.

For more information, call 254-7655.

MCCS Seeks Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, Dec. 6 - 12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to Marine Corps Community Services' Athletics department no later than Sunday. Call the Semper Fit Center staff at 254-7590 for more details.

Kahuna's Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m., Saturdays, at Kahuna's Sports Bar & Grill.

Catch a big one on the surf simulator, and win a brand new surfboard from Local Motion.

For more information on Tsunami Saturdays, call 254-7660.

Base All Star

NAME: Sean Slaven

AGE: 29

UNIT: 3rd Radio Bn.

BILLET: Personnel clerk

SPORT: Football

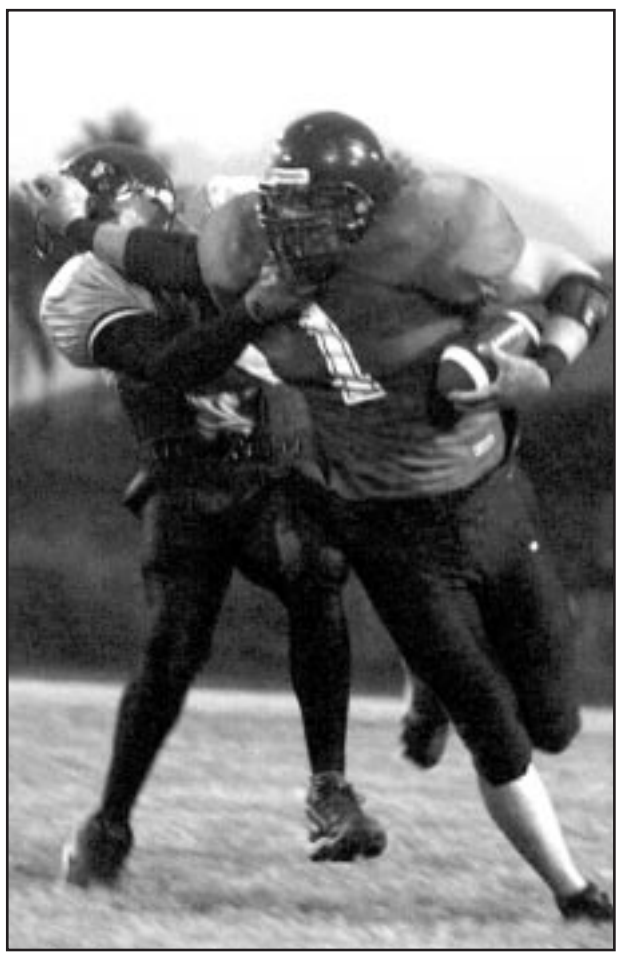
POSITION: Fullback/Linebacker

TEAM: 3rd Radio Bn. Demons

•Slaven has played football for 24 years.

•He played college football at Westchester University.

• Slaven is taking over as coach for the Demons and hopes to maintain the chemistry throughout the year.



Pfc. Jared M. Plotts

"I'm a competitive person by nature. I hate to lose and we lost a lot last

2003 TACKLE FOOTBALL SCHEDULE

AT POP WARNER FIELD, KANEOHE BAY

Saturday 6 p.m.	3rd Marines	vs.	Headquarters Bn.
Oct. 1 6 p.m.	Camp Smith	vs.	MAG-24
Oct. 6 6 p.m.	MAG - 24	vs.	Headquarters Bn.
Oct. 8 6 p.m.	3rd Marines	vs.	3rd Rad. Bn.
Oct. 14 6 p.m.	3rd Rad. Bn.	vs	Camp Smith
Oct. 16 6 p.m.	3rd Marines	vs.	Camp Smith
Oct. 20 6 p.m.	MAG 24	vs.	CSSG-3
Oct. 22 6 p.m.	Headquarters Bn.	vs.	1/12
Oct. 23 6 p.m.	3rd. Radio Bn.	vs.	3rd Marines

AT BORDELON FIELD, CAMP H. M. SMITH

Oct. 27 6 p.m.	CSSG-3	vs.	Camp Smith

(Editor's Note: The rest of the 2003 tackle football schedule will be published as the season progresses.)

COMMUNITY SPORTS

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 today from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm. A-212A. (The classroom is the first room on the right.)

All participants are required to provide picture identification at the door.

For more information on the class, call 587-0200.

HTMC Hikes PuPukea Summit

Join the Hawaiian Trail and Mountain Club on a nine-mile hike Sunday at 8 a.m.

The HTMC invites all to tromp the lost contour trail only recently rediscovered by the trail clearers (which connects to Black Junction) and pay a visit to Brandon Falls enroute to the summit pu'u where hikers will break for lunch.

A $2 donation is requested for each nonmember, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. The club does not provide transportation.

All hikers are reminded to bring lunch and water on all hikes. Wear sturdy shoes and clothing.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information, contact coordinator Patrick Rorie at 676-2748.

Honolulu Century Ride 2003 Kicks Off At Kapiolani Park

Niketown Honolulu announces its 4th annual Niketown 5, a 3.1 mile run down Kalakaua Avenue in Waikiki. This year's race will take place on Oct. 5, beginning at 7 a.m.

Niketown has renewed its focus for this event to encourage physical activity among Hawaii's youth.

As in the past, 100 percent of the entry fees will be donated to Oahu's public and private schools (grades K-12) for athletic programs and play equipment. Over the past four years, the Niketown 5 and Kids Run raised and distributed more than $121,000 to 242 participating schools.

The cost to participate is $20 for adults 19 years and older, and $10 for kids 18 years and under.

Runners can designate which school they would like their entry fees to benefit, and each participant will receive a Niketown 5 T-shirt.

Race forms are available for pick-up at Niketown, or by calling 943-6453.

Bellows Hosts Outdoor Recreation

This summer, 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 information, call 259-8080.

Marines and Sailors Get in Shape with ShipShape

You can win the war on body-fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult; skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information, call 471-9355.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just $30 a day or $154 a week.

SPORTS AROUND THE CORPS

Deployed Marine won't give up on Olympic dream

Spc. Bronwyn M. Meyer
I Marine Expeditionary Force

CAMP BOBO, Kuwait — One Marine in the Kuwaiti desert isn't concerned about passing his physical fitness test. He doesn't trek miles and miles through the desert because he needs to stay in shape. He runs for a different purpose — Olympic glory.

Before Cpl. Justin Lutz, a 6th Motor Transportation Bn. vehicle operator, and Walpole, Mass., native, came to the desert to support Operation Iraqi Freedom, he was training for the 2004 Summer Olympics trials.

Even though his plans to compete in the Olympics time trials has taken a little detour, he is still working as hard as ever to make his dream a reality. Instead of trying to qualify for the 2004 Olympics, he now has his sights set on 2008.

For the past five months, instead of pounding the pavement on cool Massachusetts mornings, he has run over sand and rocks, through oppressive heat and constant sandstorms.

"I have never trained in this type of environment. The wind is really strong. It's hot: 100 degrees Fahrenheit, when it's cool out," Lutz said. "It is definitely difficult to train out here, but I try to not give myself a choice. I make [training] something I have to do."

Lutz, a member of the Reebok Boston running team, and is training to run the steeplechase.

The races to qualify for the 2004 Olympics time trials were held last spring. Lutz who was deployed during this time, was unable to compete.

The steeplechase is a 3,000-meter foot race that requires the runner to jump over obstacles such as fences, water ditches and open ditches.

"It is a pretty difficult event that requires coordination and, obviously, speed and strength," said Lutz.

The avid runner may have missed his chance to compete against potential Olympic athletes this year, but he did race fellow service members during the Camp Doha, Kuwait 5k Labor Day road race on Sept. 1. Lutz crushed the competition by beating the second place finisher by two minutes.

"I've been trying to keep my training up, so I'm at a different [fitness] level than everyone else out here who just runs to keep in shape. I run for a different purpose," said Lutz.

A hectic schedule and the unpredictability of life in a combat zone has not halted Lutz' training, but it has slowed it down a little.

"There is nothing more frustrating than wanting to run, but not being able to because of restrictions such as the weather or going to Iraq," he said.

Even though Lutz has been busy during and after the war, he still manages to run 65 - 75 miles a week.

"Normally, my training is around 85 to 90 miles a week, but it gets busy out here, so I can't have a consistent training schedule," Lutz said.

See RUNNER, C-9

spotlight on health

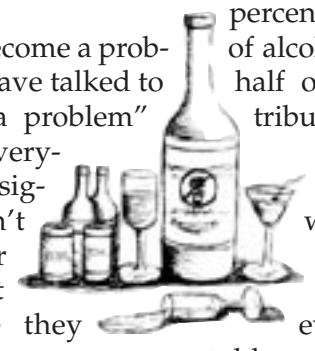
'At what point does alcohol become a problem?'

Richard A. Kates
Counseling and Assistance Center, Pearl Harbor

There has been considerable research on why the numbers work out that anywhere between one in seven to one in 10 have a problem with alcohol and why this percentage consumes 85 percent of the alcohol produced.

Research has been conducted in an attempt to show how genetics, brain chemistry, personality dispositions, cultural and social background are the reasons. Even after all of the research, there is not one definition of what an alcohol problem is.

So, when does alcohol become a problem? Many individuals I have talked to swear they don't "have a problem" because they don't drink everyday, they don't beat their significant others, they don't have a bottle under their arms, and they don't get into trouble every time they drink.



The facts are that many emergency room patients have alcohol in their system; the average jail has more than 75 percent of inmates locked up because of alcohol involvement, still more than half of all highway deaths are contributed to alcohol consumption, and most individuals in the military who get a positive urinalysis were drinking when they used drugs.

Just about everyone I have ever talked to about drinking has told me the sole intention of going out that night was to have a good time. So, after putting all the research aside, let's make it simple — anything that causes a problem is a problem.

The front portion of the brain, the cerebral cortex, controls most of our decision making processes. This part of the brain is the first to be effected by alcohol. This has been the core of many of the problems associated with alcohol.

There is a tendency to forget about time: not just that we are out, but that we have to wake up the next day and work.

See ALCOHOL, C-9

Stress plays a major factor in everyone's life

Dan Dufrene
Health Promotions Coordinator

Feeling like you can't take it anymore? Losing your hair, getting headaches, unable to sleep, and so irritable even your dog doesn't love you anymore? You could very well be stressed out!

What is stress? Stress is simply any kind of event that causes us to respond. Yes, we need to be stimulated to some degree, or we would be bored to tears. As a matter of fact, severe boredom can be very stressful too.

Our reaction to events or lack of events determines our level of stress, but what determines our reaction? Therein lies the key to our feelings. All we have to do is to control our reactions to everything that is happening and we can be as happy as we wish, whenever we wish! What incredible personal power we could have if we were able to just do that! This sounds simple, but is very complex and not very easy at all to do.

Happiness seems to be the goal of living the good life. Well then, what is the good life? The answer to this age-old question seems to vary with situations, time, and especially with the diversity of each individual. Our unique individuality placed into any here-and-now situation determines our responses to these situations.

What is it about any situation that can cause stress? It is mainly our person's perception of what a situation means to us that determines whether it causes any stress and the severity of that stress reaction. Even physical pain doesn't seem to hurt when we perceive the pain as being good for us or a good kind of hurt. It seems to be our perception of what the event means to us that determines our reaction: whether it is conscious or unconscious, regardless of the significance of the event itself.

We cannot help what emotions or thoughts naturally occur as response to an event. We only can recognize our response, perhaps understand it, and most importantly learn to control what we do with our thoughts and feelings.

How can we cope with day-to-day stress? To begin, there are many ways of dealing with stress. Most people are mixtures of thinkers and doers. Find your own natural blend of the above, then try putting your feelings into words can be very helpful in recognizing, organizing and then removing those stressful feelings with a sense relief.

If you are talking to someone, ensure the person listening is supportive and can understand where you are coming from. A spouse, family member or good friend can be very helpful but can only handle just so much without feeling stressed-out themselves.

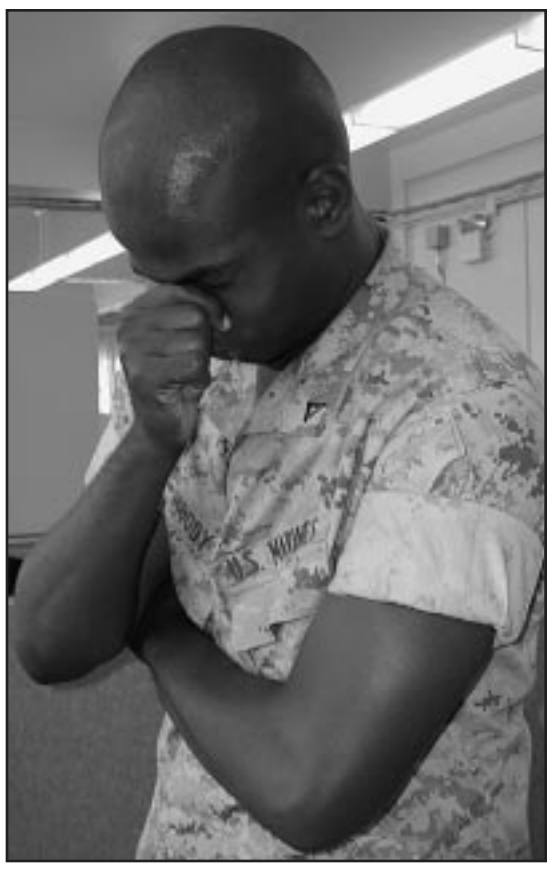
Make use of chaplains and counselors at the Marine Corps Community Services Personal Services Division.

Do any of the above situations sound like a repetition of things you've heard before? Maybe you are saying to yourself, "Yeah, yeah, I know all this already, but that's just a bunch of bull and doesn't work for me."

Have you really tried these ways to make yourself feel better? After all, knowledge without action is useless.

Is this hard to do? Making a true change is never easy. If it were that easy then there would be no stress for us to deal with.

Are you feeling that you are trying to make such change but can't? Whenever you are actually doing new things, you are changing, and new things are only hard until they become natural habits. Then you are indeed changed, for we are all the sum of our habits. To paraphrase Marcus Aurelius: "To know the nature of a man, observe what he does."



Sgt. Joseph A. Lee

Lance Cpl. Byron Moody, separations clerk with the Base Personnel Administration Center, begins to show signs of stress after a long day of work.

New milk helps lactose intolerant sufferers

NAPS
Featurettes

An estimated 90 million American adults suffer from lactose intolerance — an inability to digest the primary sugar found in milk. For this reason, many adults drink less milk than they should, robbing themselves of a rich source of a mineral the body needs: calcium.

Lactose intolerance affects nearly every ethnic and racial group in the U.S., with particular prevalence in the Asian, African American and Hispanic communities.

Symptoms generally are nonspecific and may include: gas/flatulence, bloating, abdominal pain and/or diarrhea. Symptoms can range from mild to severe, but a solution does exist.

Calcium deficiency is one of the country's chronic nutrition problems, with three-fourths of all Americans failing to meet current calcium recommendations.

Known as a "superstar" nutrient, calcium not only helps build strong bones and protect against osteoporosis, but research points to an ever-widening role: reducing high blood pressure, controlling colon cancer risk and easing premenstrual syndrome.

Fortunately, there are a growing number of lactose-free and lactose-reduced milk products on the market, making it easier for people to get the calcium (and other nutrients, such as potassium) vital to good health without the side effects.

In these products, a 100 percent pure dairy milk is processed to neutralize the lactose enzyme, enabling those with lactose intolerance to more easily digest milk-without changing the great taste and texture or how it can be used as a cooking ingredient.

Calcium is essential for the growth and repair of bones throughout life. By incorporating a lactose-free or reduced product into a well-balanced daily diet, men and women can be confident they are receiving the calcium and nutrients that are vital to their health at every stage of life.

Sgt. Joseph A. Lee

Lactose-free milk can be a refreshing way to get calcium and other nutrients.

Sensitive skin can be calmed by being selective

NAPS
Featurettes

According to the American Academy of Dermatology, 40 percent of Americans believe they have sensitive skin. With heat and humidity, skin sensitivity can be exacerbated, leaving millions of Americans' skin stinging, itching or red.

In many cases the source of the irritation is a common household product. Sunscreen, cleaners and laundry detergents are some of the most common culprits.

Zoe Draelos, MD, clinical associate professor of dermatology at Wake Forest University and an expert on treating skin irritations, has some tips on caring for your sensitive skin:

1) Choose sunscreen products that have a minimal number of ingredients.

If you have sensitive skin it doesn't mean you should avoid sunscreen — you just have to be more selective about the products you use.

A good rule of thumb is to use a sunscreen that contains only zinc oxide or titanium dioxide. These ingredients reflect rather than absorb UV rays, so allergic reactions are much less common.

Also, be sure any product you use is fragrance-free or contains very little fragrance.

2) Read the labels when you purchase cosmetics.

In order to avoid potential irritation, stay away from fragrances and dyes in cosmetics.

Choose products with a short list of ingredients. The fewer the number, the less likely the chance of the ingredients interacting with each other and further aggravating sensitive skin symptoms.

Also, keep track of expiration dates and throw away items that have expired. Make-up can become spoiled or contaminated. Standard life spans include one year for foundation and lipstick, three-to-four months for mascara, and two years for powders and shadows.

3) Use a bleach alternative for your laundry.

According to the Soap and Detergent Association, Americans average 10 loads of laundry per week, so it is critical to use products that don't cause irritation.

Bleach is a common household product, and like all cleaning agents, residue can remain on your clothes after washing and drying. In direct contact with your skin, chlorine bleach can aggravate sensitive skin conditions. Fortunately, there are chlorine bleach alternatives that can minimize skin irritation.

4) Make a few simple changes to your beauty routine.

Use a mild soap instead of deodorant soaps or other harsh soaps.

Avoid lotions that contain alcohol, which can dry the skin and make irritation worse. If symptoms develop, try not to scratch and pick the skin. Instead, try an oatmeal soak to soothe and relieve the itching.

These simple tips can help you protect your sensitive skin, but for serious or persistent problems, see a dermatologist.

RUNNER, From C-3

Even after a busy day of driving through Iraq, Lutz doesn't take a break. He darts off for a run around the Marine encampment when the 6th MTB stops at a base for the night.

"It can be tough because driving all day can wear you down, but that doesn't usually stop him," said Lance Cpl. Nathan Murphy.

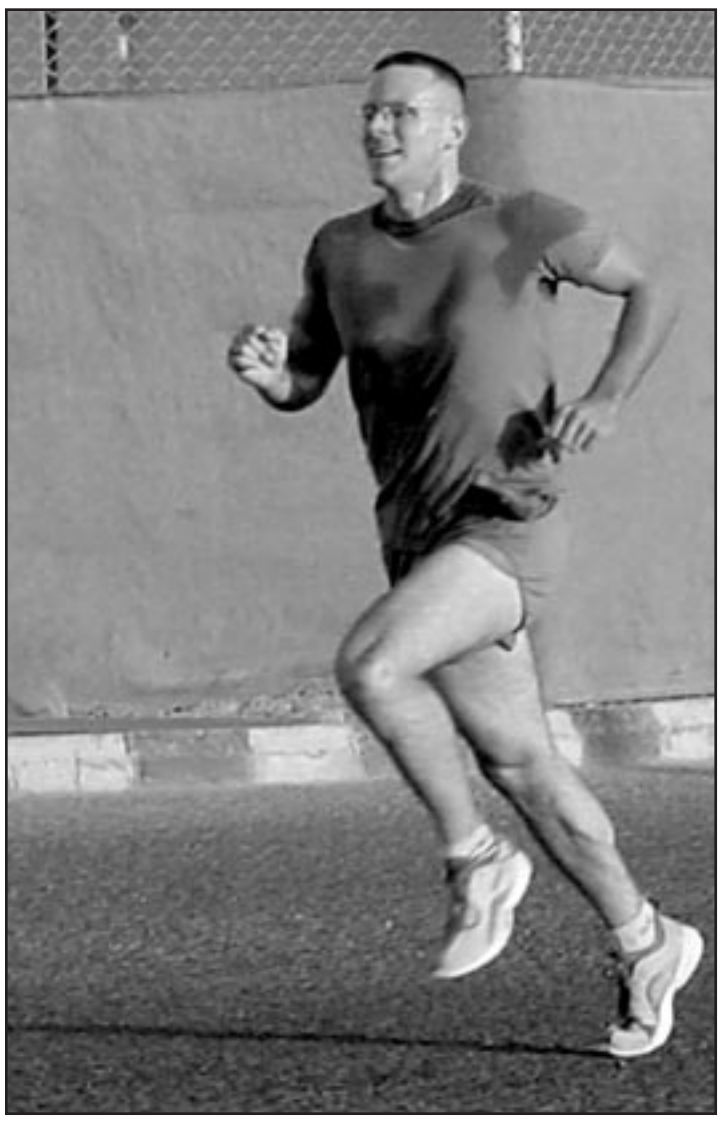
Murphy, of Barre, Mass., is also a 6th MTB vehicle operator, and has watched Lutz train for the past five months.

Many coalition troops in theater missed pivotal moments in their lives: be it the birth of a child, a wedding anniversary, a holiday with family, or in Lutz' case, realizing a dream.

Although Lutz had to put his Olympic dream on hold, he is satisfied with his role in Operation Iraqi Freedom and glad to be a part of the effort.

"I was a little disappointed that I wouldn't get [to compete], but I also knew this would be a unique opportunity to be part of a war. I am glad to help out," said Lutz.

When Lutz returns home, he says he will begin



Spc. Bronwyn M. Meyer

Corporal Justin Lutz, a 6th Motor Transportation Bn., vehicle operator, runs a 5k Labor Day road race. Lutz, who won the race, is training for the 2008 Summer Olympics in the steeplechase event.

ALCOHOL, From C-6

There is also a tendency to lie about drinking.

As a general rule, problem drinkers no longer talk about how much they drink. They have a strong tendency in reporting that they only had "a few."

Medical complications like high blood pressure, associated accidents when drinking (such as boating deaths due to people trying to relieve themselves — and falling over the side), arguments and fights are just a few of the complications that can arise from alcohol abuse.

Here is the deal: Most people who have a problem with alcohol are the last ones to acknowledge it or to do something about it.

Probably the biggest clue as to whether or not you have a problem is this: Normal drinkers don't spend time on wondering if they have a problem.

So, if you're not sure, ask. Ask your doctor, ask your friends (not when you're drinking) or ask someone close to you. More important, listen to what they are saying.

If the only time that your name is brought up in conversation is when you were drinking, you may just have a problem. If it is a problem, seek help.