

Fourteen-year-old baller wins 3-point shootout

Story and photos by Randy Dela Cruz

Sports Editor

One week before the official start of "March Madness," hoop aficionados from Joint Base Pearl Harbor-Hickam converged on Hickam Fitness Center for a little insanity of their own by competing for the title of 3-point champion at the first Morale, Welfare and Recreation 3-point Shootout competition on March 10.

A total of 37 contestants, including two women, put their long-distance shooting to a test in a contest that required each shooter to hoist five balls from three different racks that were positioned beyond the three-point arch at the baselines and top of the key.

Sinking one of four regular-colored balls accounted for a single point, while knocking down a multicolored-red-white-and-blue ball gave a shooter two points.

Once the final tallies were totaled, 14-year-old Darrell Randolph Jr. stood head and shoulders above the men, while Christi Wetzel, a former collegiate player from Kentucky Christian University, out shot Melanie Brady to win the women's title.

First-place winners received a certificate, red-white-and-blue basketball and a fitness center coin.

Meanwhile, second-place shooters were presented with a certificate and coin, and a final certificate was handed out to the men's third-place finisher.

Although Randolph was among the youngest competitors at the event, the Radford High School freshman and player on the prep school's junior varsity squad showed that he was up to the much-older competition from the opening round.

Randolph advanced and qualified to each round by scoring seven points in two out of three rounds.

He also totaled eight points in another round, before reaching the finals against Senior Airman Travis Phelps and Airman 1st Class Jordan Hanks, who had



to win a sudden death round in order to reach the shoot-off.

"This actually felt pretty good," said Randolph about playing against the older competition. "At first, it seemed like a challenge, but then after that I started to feel confident. My dad always told me that, if you're a shooter, you should always be prepared."

In the men's final, Randolph started off with the shootaround with another seven-point performance, before handing the ball over to Hanks.

While Hanks tore through the first two racks to tie Randolph with seven points, the usually steady-handed shooter missed all of his five shots on the final rack to finish the round in a dead heat with the Radford student.

"I didn't find a good spot next to the rack, so I kept bumping my arm and throwing me off," said Hanks, who would have won the top prize by sinking just one of his final five shots. "That was on me."

With Randolph and Hanks already tied, Phelps needed seven points to stay in the contest, or eight to end it.

However, Phelps, who had previous rounds of eight, seven and eight, saw his run come to a halt, when he recorded three points in the final.

In the winner-take-all showdown, Hanks started off slow and never recovered, as he sank only two baskets for two points.

The small number seemed to put Randolph at ease, as the teenager pumped in his

first two shots to tie, and then went on to post his highest total of the day at 10.

"Right after that I felt like I was just shooting in the gym by myself," Randolph admitted. "I had faith in God that I could make it though this. After shooting the last couple of rounds with ties and everything, I was like, just let go and let God."

For the women, although Wetzel didn't have to face the amount of competition that met Randolph, she still managed to post one of the highest marks of the day.

In the second round, Wetzel seized hold of the women's title by throwing down 10 points to outdistance Brady by seven.

The former Lady Knight said that with only a couple of weeks practice prior to the shootout, she was surprised at how she shot the ball under pressure.

"I can't believe I got 10," she said. "The first time, I was really cold. That's the hardest part, but after you shoot a couple, I was like, I got this."



Lake Erie downs Crommelin in battle of runners-up

Story and photo by
Randy Dela Cruz

Sports Editor

USS Lake Erie (CG 70) unleashed a blistering man-to-man defense to pressure USS Crommelin (FFG 37) into submission and earn a hard-fought 38-34 victory in an Afloat Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 10.

Down by a score of 13-8 in the opening minutes of the first half, Lake Erie turned on their full-court press to go on a 10-0 run and set up an 18-16 lead going into halftime.

Another 10-0 run early in the second half put Lake Erie up for good en route to their sixth win against one defeat and sole possession of second place in the Afloat standings.

Both teams entered the show-down with 5-1 records and were only one game behind the division leaders Koa Kai from USS Chung-Hoon (DDG 93).

"Our team, we're really good on being aggressive on defense," Lake Erie head coach Logistics Specialist 1st Class Antoine Niblett said. "Basically, we recognized that we needed to be more aggressive, when they (Crommelin) crossed half court. When we did that, we got a lot of turnovers. You got to work on offense, but our defense is really strong."

Crommelin, which beat USS O'Kane (DDG 77) on March 3 in another battle of second-place teams, started off quickly against Lake Erie, but immediately wilted under their opponent's press.

A basket-and-one by undesignated Airman Devin Ilae cut Crommelin's lead to two at 13-11, before two free throws by Gas Turbine System Technician (Mechanical) 3rd Class Joe Frances tied the score at 13-13.

Frances broke the deadlock with a long three-pointer and center Boatswain's Mate 2nd Class Chris Penn completed the 10-0 run with a basket to make it 18-13 just before intermission.

Although Crommelin fought back to tie the score at 18-18 on a



USS Lake Erie (CG 70) forward Information Systems Technician 3rd Class Lorenzo Nichols battles for a rebound against USS Crommelin (FFG 37) post-player Engineman Fireman Marcus Guffey (#34), while Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston looks on during an Afloat Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, March 10.

treby by center Engineman Fireman Marcus Guffey and a basket by Boatswain's Mate Seaman Apprentice Davon Saunders, the defense-minded Lake Erie helped stage the team's second 10-0 run of the game, with Ilae capping off the streak with a steal and coast-to-coast drive to the basket for two.

"We're able to lead an offensive player where we want to be on the court so we can do an effective trap," said Niblett about the team's numerous steals. "That's our main goal. It's really (about) position."

Guffey, who was among Crommelin's leading scorers with seven points, said that the team just wasn't prepared to handle the heavy defensive pressure from Lake Erie.

"I think that with about 10 minutes into the first half, they (Lake Erie) really stepped up their zone (press)," Guffey noted. "We really hadn't worked on breaking that zone. We definitely need to get more prepared for the games. We just got to work as a team and figure it out."

While the loss dropped Crommelin down to third place in the Afloat Division, Guffey still believes that the team has what it takes to finish strong.

In comparing Crommelin's last two games against upper-division squads, Guffey said that his team is more like the one that defeated O'Kane rather than the one that just lost to Lake Erie.

"I think that this week is more of a fluke than anything," Guffey said. "I'd like to play them (Lake Erie) any day of the week, and we'll beat them."

Niblett said that although the Lake Erie has some things to work on, he's pretty sure that the team will eventually reach the top of the division.

The coach pointed out that Lake Erie's basketball team had to overcome a complete makeover in personnel and started off the new season minus the presence of a few star players.

"As a team, we're about 85 percent there," Niblett acknowledged. "This team should be No. 1 right now, but we were missing a lot of key players. They are all back now, so this should be a good turn of events."

Weather Squadron licks playoff blues to beat Outkast

Story and photo by
Randy Dela Cruz

Sports Editor

With a record of 5-7 and only one week remaining in the regular season, the 17th Operational Weather Squadron (17 OWS) will be outside of the bubble, when the postseason rolls around on March 24.

Yet despite its record, the team's never-say-quit style of basketball was on full display as it held off a stubborn Outkast squad, 37-31, in a Gold Division matchup of also-rans at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, on March 13.

Outkast, which is the second team from the 561st Network Operation Squadron (561 NOS), has also struggled this season, even though they too have played hard against Gold Division rivals.

The loss to the 17 OWS dropped Outkast's record to 1-11. The team's lone victory took place on the first day of the season.

"We're just having fun out there," said 17 OWS guard Airman 1st Class Tony Oakley, who led his team against Outkast with nine points on four baskets and a free throw. "Previous games, we kind of played with a locked jaw. We're real tight and we'd see the clock turn on and get all nervous. Today, we just decided to go out there and have some fun. That was the thing that we've been missing."

Early on, both teams fought back and forth with the score being tied two times in the first few minutes of the game.

Then with the 17 OWS clinging to a 14-12 lead late in the first half, forward 2nd Lt. Mike Zelinsky scored on a basket-and-one with 7.2 left on the clock to give his team a 17-12 advantage at the break.

Following halftime, the 17 OWS went out ahead by a score of 19-12, but back-to-back three-point baskets by Airman Louis Hanson and Senior Airman Robert Young drew Outkast to within a point at 19-18.

Feeling the heat of Outkast breathing down their neck, the 17 OWS immediately responded with baskets from Oakley and Zelinsky to go up by a score of 23-18.

Moments later, a three-pointer from Outkast guard Staff Sgt. Randolph West shrunk the lead back to two at 23-21, but two three-



Forward 1st Lt. Jacob Dalrymple of the 17th Operational Weather Squadron (17 OWS) basketball team goes to the rim for a shot against Outkast in a Gold Division intramural game at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, March 13.

Gold Division standings

(As of March 12, courtesy of MWR)

	W	L
1. MXG	11	0
2. WILL FRANCIA	9	1
3. 647LRS/CODE 450	8	2
4. 561 NOS DET 1	7	3
5. NCTAMSPAC	7	3
6. FFRP BAD BOYS	6	4
7. CE BULLS	6	4
8. JPAC	6	4
9. 647 FSS	4	6
10. 17 OWS	4	7
11. CSS 1/3/7	3	9
12. 96 ARS	3	9
13. OUTKAST	1	10

pointers on successive trips down the floor from forward 17 OWS 1st Lt. Jacob Dalrymple may have stuck the dagger in his opponent's heart with 11:09 on the clock.

"Jacob is a big clutch player for us," Oakley said. "He's always good on threes, so we weren't too worried. As soon as we saw the ball in his hands, we knew he'd bring us home."

Although Outkast managed to cut the lead down to six points on two occasions before the final buzzer, the team just couldn't seem to come through with a big shot when it needed it — a pattern that has plagued the team all season long said Hanson.

"We came out and had an 11-point lead in one game and ended up losing by 20," said Hanson, who led all scorers with 15 points, which included four three-point goals. "We get fast starts, but can't maintain that."

While Hanson said that the season has been frustrating, he noted that the losses haven't kept his team from trying their best.

"It's pretty hard, but our main goal is to come out, play hard and give everybody some competition," Hanson stated. "If you're here, you don't want to lose. We're here to have fun, but there is no fun, when you're losing."

The same work ethic holds true for the 17 OWS Oakley said, even though his team will fall around two games short of making the playoffs.

"Some games, we've been off and some games we've been on," Oakley pointed out. "Luckily, we were on tonight."

Joint base to host 15th annual Ford Island Bridge Run

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host the 15th Annual Ford Island Bridge Run beginning at 7 a.m. April 7.

The 10K will start at the entrance of the Adm. Bernard "Chick" Clarey Bridge, contin-

ue across the bridge, around historic Ford Island, and back over the bridge, ending at Richardson Field.

The bridge will be closed from 6:50 to 7:05 a.m. April 7 due to the run. During the closure, there will not be an alternate route.

The entry fee is \$20 for military and their family members. Non-military pay \$25. All

entries must be submitted on or before March 19. Any entries postmarked after this date will cost \$30. Late entries will be accepted until April 6, but no entries will be accepted on the day of the run. The race is open to runners, walkers and strollers. No pets are allowed.

On the day of the run, limited free parking is available

at Rainbow Bay Marina. Additional parking is available at the Aloha Stadium overflow parking lot, which is located across from the finish line. Richardson Field will be open for spectators throughout the run.

Trophies will be awarded to first, second and third overall male finishers, overall female finishers, military male finishers, and military female finish-

ers. Koa bowls will be awarded to first, second and third finishers in the following age categories: Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75-79 and 80 and older.

For more information on the run, call 473-0784, 473-2494 or 473-2437 or visit the website www.greatlifehawaii.com

Volunteers still accepted for whale count

Don Robbins

Assistant Editor

The Hawaiian Islands Humpback Whale National Marine Sanctuary is still accepting volunteers for the March 31 whale count, announced Christine L. Brammer, National Oceanic Atmospheric Administration (NOAA)'s programs specialist for the sanctuary.

Those interested in participating can go online at <http://sanctuaryoceancount.org> or can find out more at <http://hawaiihumpbackwhale.noaa.gov>.

General volunteers will be trained the morning of the count by site leaders who are assigned to the location, and volunteers will spend their morning recording specific behaviors, Brammer said.

Groups are welcome to register by completing a group application and

details are available online.

"There are now an estimated 12,000 humpback whales migrating to the Hawaiian Islands each year to mate, calve and nurse. This is believed to be the largest seasonal population of humpbacks in the world which makes Hawaii a truly unique place to watch whales," Brammer explained.

In addition, Information, Tickets and Travel offers whale-watching tours to see the giant winter visitors. Participants can choose from excursions covering different locations around the island, with some packages including meals. The unique opportunity is only offered during the annual humpback whale migration. Stop by or call any Joint Base Pearl Harbor-Hickam ITT office for details about the various packages and prices.

As an example of the ITT offerings, whale-

watching tours on the west side of the island of Oahu will take place from 12:15 to 3:45 p.m. Saturdays, March 17, 24 and 31 and Sunday, March 18. The tours will depart ITT-Hickam and they will cost \$40 for adults and \$35 for children ages 3 to 11. Bring your own towel in case of large splashes. The tours are limited to 30 passengers per date. For more information, call 448-2295.

Humpbacks are oceanic acrobats and can often be found jumping out of the water, breaching, slapping the water with their tails and fins, and blowing air out of one of their two blowholes. The name humpback describes the motion the whale makes as it arches its back out of the water in preparation for a dive.

Museum events will include Battle of Midway commemoration June 2 and 3

Pacific Aviation Museum Pearl Harbor

Upcoming events at Pacific Aviation Museum Pearl Harbor have been announced, including a Battle of Midway commemoration in June. They include:

- 10 a.m. to 4 p.m. March 31 — "Discover your Future in Aviation." The event is free with paid museum admission. Special discounts are available for school and scout groups. A career fair, interactive science exhibits, trade show, aviation demonstrations and seminars about the contributions men and women have made to aviation will be featured. The event is for students and anyone interested in aviation as a career, an opportunity to network and to meet aviation mentors. Enter to win avia-

tion prizes. Exhibitors are invited to participate.

- 1:30 to 3 p.m. May 19 — "Inside look at the Blackbird with and without a pilot" hangar talk by museum associate curator and aviation author Jim Goodall at museum education center. The event is free with paid museum admission.

- 10 a.m. to 2 p.m. May 28 — "Home of the Brave Quilt Project." The event is free with paid admission. See quilts being made and sign one that will be presented to the family of a fallen Hawaii Soldier.

- June 2 and 3 — The Battle of Midway commemoration. These events will mark the 70th anniversary of this "turning point in the Pacific" epic battle. It will include two days of speakers, panel discussions, and the dedication and unveiling of the museum's new

"Battle of Midway" exhibit. The events are free to active duty military service members with ID, museum members, and free with regular museum admission. Tickets are available online or at the Pearl Harbor Visitor Center. Go to SpecialEvents@PacificAviationMuseum.org. Events include a symposium from 9 a.m. to 4 p.m. both days. A "Battle of Midway" new exhibit opening and cocktail reception will be held from 5 to 7 p.m. June 2 at the museum's hangar 79. The museum's new interactive diorama will be dedicated to Fred L. Turner, former chairman and CEO of McDonald's Corp.

For more information on all museum events, call 441-1007. Tickets are available at PacificAviationMuseum.org

New A-3D Skywarrior makes final landing at PAM

Pacific Aviation Museum Pearl Harbor

An A-3D Skywarrior, also called the "whale" because of its immense size, arrived at Pacific Aviation Museum Pearl Harbor on March 7. It became the 30th aircraft to join the museum's collection. It will be restored and put on display in hangar 79.

VIP guests viewed it at a special "Whale of an Evening" reception at the museum March 8.

On June 21, 2011, Raytheon flew Skywarrior #144867 from Van Nuys Airport, Van Nuys, Calif. to the North Island Naval Air Station in San Diego, Calif. On Feb. 3, 2012, the "Whale" started its journey to its next place in history at Pacific Aviation Museum, Ford



Photo courtesy of Pacific Aviation Museum

An A-3D Skywarrior, also called the "whale" because of its immense size, arrived at Pacific Aviation Museum Pearl Harbor on March 7. It became the 30th aircraft to join the museum's growing collection.

Island. The USS Midway Museum assisted.

The Skywarriors were first used as tactical nuclear bombers and were the heaviest aircraft ever to be operational on the Navy's aircraft carriers.

"This Skywarrior was removed from active Navy service in October 1968 and was on loan to Hughes Aircraft, now Raytheon, for radar and avionics testing for the Grumman F-14 program and as a B-2A Spirit Stealth Bomber avionics test bed. It has quite a history, and we're pleased to give it a new home," said Kenneth DeHoff, museum executive director.

For more information and tickets, call 441-1000 or visit www.PacificAviationMuseum.org.

Control diabetes, don't let diabetes control you

Amanda J. Soni

Registered Dietitian
15th Medical Group

Diabetes is a disease in which blood glucose levels are above normal. Blood glucose levels are normally regulated by the hormone insulin, which is made by the pancreas. In people with diabetes, the pancreas doesn't produce enough insulin or there is a problem with how the body's cells respond to it.

The two main types of diabetes are type one and type two. Managing your diabetes with medication, diet and lifestyle changes can affect your long-term complications. A diabetes manage-

ment team consisting of you, your doctors (primary care, endocrinologist, eye doctor, podiatrist and dentist), diabetes educator, and dietitian will assist you.

You will regularly monitor blood sugar and manage the timing of your medication, diet and lifestyle or sometimes just diet and lifestyle.

Your doctors will monitor your body's responses to medication, disease progress, and refer you to the appropriate specialties.

Your diabetes educator will help you learn the day-to-day aspects of diabetes self-care.

Your dietitian will help you manage your diet for your lifestyle and weight-

management goals.

What can you do today to start managing your diabetes?

- Meal timing, eating every three to five hours. Don't skip meals.
- Understand carbohydrates. Carbohydrates convert to glucose (sugar) in the blood. Start reading food labels and keeping a food diary to see how much and what type of carbohydrate you currently eat.

Carbohydrate foods are:

- Breads, grains and starches.
- Fruits (including dried), and fruit juices which are fructose.
- Vegetables and starchy vegetables like potatoes,

peas and corn.

- Dairy products like milk and yogurt, which are lactose.
- Candy, cakes, sodas, cookies, honey and molasses, which are sucrose.

Learning to control how much glucose (sugar) goes into the blood at one time is a great way to assist with controlling diabetes. Carbohydrate counting is a method to help control how much sugar goes into your bloodstream and allows for variety of great nutrition in

your meal plan.

Your registered dietitian will assist you with learning how much carbohydrate should be included in your diet for your weight goals. A good goal for most people is to start with 45-60 grams of carbohydrate per meal and 15-30 grams as snack choices.

For instance, a typical fast food value meal that includes a burger, small fries and a diet coke can have more than 100 grams of carbohydrate. Most of your car-

bohydrate choices should come from high fiber nutrient-dense carbohydrates such as fruits, vegetables and whole grains.

Manage your weight and exercise. Control your calorie intake by choosing high-fiber carbohydrates, lean meats, and switching to healthy fats such as fish and olive oil. Control calorie output by increasing activity and gaining lean muscle mass. Exercise can help manage how your body's cells respond to insulin.

Polynesian Cultural Center offers special events

Information, Tickets and Travel (ITT) for a variety of special event venues at the Polynesian Cultural Center (PCC) in Laie.

Venues range from a Marquesas Chief's Village and thatched-roof canoe house, to the newly reno-

vated Gateway Restaurant and 2,700-seat Pacific Theater, combined with customizable menus and entertainment options.

"We take the Polynesian spirit and enthusiasm for which we are known and put it towards all of the

events that we host here at the Polynesian Cultural Center," said Larie Manutai, PCC's Hawaii sales manager.

For more information, go to your ITT office or visit the website www.greatlifehawaii.com

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

ST. PATRICK'S DAY CELEBRATION

There will be a free St. Patrick's Day celebration from 11 a.m. to 3 p.m. on Saturday at Scott Pool. FMI: 473-0394.

SWIM LESSONS

Swimming lessons for preschoolers and level one, two and three and higher swimmers will be provided from March 19 to 29 at Pool 2, Monday through Thursday. Class times are either 5 to 5:30 p.m. or 5:40 to 6:10 p.m. The cost is \$40 per person per session. FMI: 448-2223.

MWR NEWCOMERS LUNCH

There will be a free lunch and events for all military-affiliated personnel in their first six months of arrival to Joint Base Pearl Harbor-Hickam on March 20. The buffet lunch at the Tradewinds Enlisted Club will start at 11 a.m. There will be a base tour at 12:30 p.m. Separate registrations are required for the luncheon and tour. Register online. FMI: www.greatlifehawaii.com

DIVE IN MOVIE AT NCTAMS POOL

There will be a "dive-in" movie showing at the NCTAMS pool on March 20 for single active-duty service members. Transportation will depart the Makai Rec Center 4:30 p.m., Beeman Center at 4:45 p.m. and Instant Liberty at 5 p.m. FMI: 473-2583.

FREE JUNIOR GOLF CLINIC

A free junior golf clinic will be held at 4 p.m. March 23 at the Mamala Bay Golf Course. Space is limited. FMI: 449-2300.

WOMEN'S SURFING

Women's surfing lessons will be provided by MWR outdoor recreation from 9 a.m. to noon March 24. The cost is \$20 per person. Participants must sign up by March 21. Participants must be able to swim without a lifejacket. FMI: 449-5215.

MARCH MADNESS WATER BASKETBALL

A water basketball game will be held from noon to 2 p.m. March 25 at pool two. Participants under the age of 12 must pass the deep-water swim test in order to play. FMI: 448-2223.

FLASH MOB

Learn to dance with the Operation Military Kids (O.M.K) from 2 to 6 p.m. March 24 at the Hickam Makai Recreation Center, building 1859 McChord St. RSVP by March 21. The event is open to military kids ages 13 to 18. The event includes free snacks. FMI: email omkflashmob@gmail.com or call 956-7196 or 448-0418.

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

March

19 ~ Early entry deadline for the Ford Island Bridge Run is March 19. There is an entry fee of \$20 for military or their family members and \$25 for non-military. Any entries postmarked after March 19 will be \$30. The Ford Island Bridge Run will be held at 7 a.m. April 7. The bridge will be closed from 6:50 to 7:05 a.m. April 7 for the run. FMI: 473-0784, 473-2494 or 473-2437 or visit the website www.greatlifehawaii.com. Register online at http://bit.ly/AEI0RS.

20 ~ A women's leadership panel in honor of Women's History Month will take place from 11 a.m. to 12:30 p.m. at the Joint Base Pearl Harbor-Hickam Memorial Theater. This is a brown-bag event and all attendees are invited to bring something to eat. Panel guests will include Rear Adm. Katherine Gregory, Naval Facilities Engineering Command Pacific; Lt. Cmdr. Kyle Vernon, Personnel Support Detachment Pearl Harbor; Command Master Chief Patricia Roebuck, Commander Naval Surface Group Middle Pacific; Chief Master Sgt. Lisa Jayne, 15th Medical Group, 15th Wing; Lorrie Kresge, U.S. Air Force Academy graduate, class of 1980. The event is open to all military and civilian personnel. FMI: LSC (AW/SW) Ebony Pinnock at 473-8000, ext. 5510 or email ebony.pinnock@navy.mil.

21 ~ A "Hawaii 5/6" meeting for any E-5 or E-6 will be held from 3:30 to 4:30 p.m. March 21 at J.R. Rockers enlisted club. New members are welcome. FMI: Tech Sgt. Angel Smith at angel.smith@hickam.af.mil. A volunteer opportunity from Hawaii 5/6 council includes a car wash from 9:30 a.m. to 4 p.m. on March 23 at the Hickam Commissary parking lot. FMI: Karen Castro at karen.castro@hickam.af.mil.

24 ~ The Ms. Armed Forces Hawaii Pageant will be held at 5:30 p.m. at Mamiya Theater on the Chaminade University campus. There will be 13 contestants from different service branches competing in the pageant. Pre-sale tickets cost \$25. Tickets will be sold at the door for \$30. FMI: 955-2271.

31 ~ All military families (authorized patrons) and their children are invited to the Pearl Harbor Navy Exchange (NEX) for breakfast with the Easter bunny from 8 to 9 a.m. at the NEX food court lanai. Play games, win prizes, get a balloon and glitter tattoo, make crafts, and take home a goody bag. Tickets are on sale at the NEX Aloha Center Main Mall rotunda first floor. FMI: 423-3287.

Movie Showtimes



One for the Money (PG-13)

Unemployed and newly-divorced Stephanie Plum lands a job at her cousin's bail-bond business, where her first assignment puts her on the trail of a wanted local cop from her romantic past.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Red Tails (PG-13)

SATURDAY
2:30 PM Journey 2: The Mysterious Island (PG)
4:45 PM Chronicle (PG 13)
7:00 PM Underworld: Awakening (R)

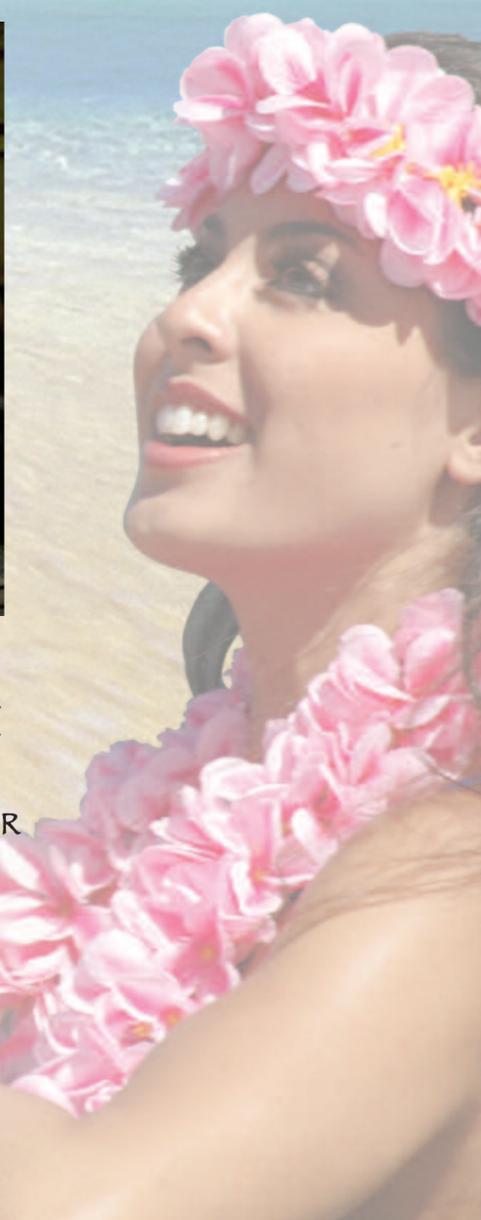
SUNDAY
2:30 PM Big Miracle (PG)
5:00 PM One for the Money (PG-13)
7:00 PM Man on a Ledge (PG 13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Big Miracle (PG)
8:30 PM The Grey (R)

SATURDAY
4:00 PM Big Miracle (PG)
7:00 PM Chronicle (PG-13)

SUNDAY
2:00 PM One for the Money (PG-13)



Colon cancer and screenings: Why they're important

March is Colon Cancer Awareness Month

Shari Lopatin

TriWest Healthcare Alliance

When colon cancer is found early and treated, nine out of 10 people will hit that five-year sur-

vival rate, according to the Centers for Disease Control and Prevention.

In fact, more than half of all deaths from colon cancer could be prevented if everyone older than 50 was screened regularly. However, as of 2008, only 63 percent of adults ages 50-75 had been screened.

How do screenings save lives?

The colon is the

body's large intestine. Sometimes, pre-cancerous growths—or polyps, as they're often called—can develop inside the colon. These polyps have been known to form up to 10 years before invasive cancer develops, according to the CDC.

Colon cancer screenings can detect these polyps before they become life-threatening, allowing doctors to surgically remove them.

Types of screenings

Some of the most common colon cancer screening tests are:

- **Colonoscopy:** Doctors use a thin, long, lighted tube to check inside the colon for polyps. Doctors can actually remove polyps during this test. It's recommended only once every 10 years.
- **Stool test:** Doctors will provide their patients with a test kit. At home, the patient uses a stick

or brush to obtain a small amount of the stool. The doctor or lab can then check the stool for anything unusual.

- **Flexible sigmoidoscopy:** Doctors will use a short, thin, lighted tube to check for polyps inside the colon and rectum. This will only need to be done once every five years.

TRICARE covers colon cancer screenings at no cost to you. So it's easy to take advantage of them.

TRICARE will cover one colonoscopy every 10 years, in conjunction with CDC guidelines. Additionally, talk to your doctor to see which other screenings are right for you. TRICARE covers a variety of screening tests for colon cancer, depending on your doctor's recommendations.

For more information on colon cancer prevention, visit the website TriWest.com/Colon.

Financial education classes to be offered

Military and Family Support Center

The financial counselors and educators at the Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam offer many financial education classes/workshops. Times vary monthly to try and meet different work schedules.

Classes are offered for individuals, couples, spouses and children. All military, family members, Department of Defense civilians and contractors are welcome to attend classes. The following classes will be offered in the next week:

- "Financial Readiness for Air Force Supervisors" from 7:30 a.m. to 3:30 p.m. March 20 at the Hickam MFSC. Financial concerns are among the top issues leaders most likely will have to address with service members. This class is designed for E-6 and above/officers. This class will provide supervisors with the skills/resources available to assist their service mem-

bers. Topics will be the need for personal financial management, making a spending plan, paying off debts, car-buying strategies, insurance, savings and investments, thrift savings (TSP), credit cards, credit reports, and credit scores.

- "Car-Buying Strategies" from 5 to 7 p.m. March 21 at Pearl Harbor MFSC. This session tells you what you should know before purchasing a car, such as determining what you can afford, planning for the various expenditures of a car, and learning to get the best deal on the purchase.
- "For Richer or Poorer" from 5 to 7 p.m. March 22 at Pearl Harbor MFSC. Financial communication is important in every relationship. This workshop provides information on budgeting, credit reports, money and credit management, as well as establishing financial goals for the future.

For more information and to register, visit the website www.greatlifehawaii.com or call 474-1999.

Career and education fair to be held today

Marine Corps Community Services Hawaii (MCCS) Marine and Family Programs Personal and Professional Development division will hold the 2012 Career and Education Fair from 9 a.m. to 1 p.m. today, at Marine Corps Base Hawaii Kaneohe Bay, Kahuna's Enlisted Club Ballroom.

Visit with the education Center, 15 on-base colleges and universities, the National Test Center and the Defense Activity for Non-Traditional Education Support (DANTES). Explore what opportunities for education and financial aid are available for both military and family members and

possibly take that first step toward going back to college or entering higher education.

Approximately 50 companies and government agencies from within the state and the mainland, as well as MCCS, will be on hand. Research the job market, apply for vacant positions, or pick up applications. Be prepared and bring multiple copies of your resume. A list of participating employers is available at www.jemsjobs.com.

For more information, contact the education center at 257-2158 or the Family Member Employment Assistance Program at 257-7787/90.

Armed Services Blood Program to hold upcoming drives

Tripler Army Medical Center Blood Donor Center has scheduled upcoming blood drives.

As part of the Armed Services Blood Program (ASBP), the official United States military blood program, a donation serves as a vital link to military service members and their families world-

wide. The drives include:

- March 21, Tripler Army Medical Center.
- March 28, Joint Intelligence Operations Center (JIOC).
- March 30, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil

'Troops to Teachers' information sessions planned at bases

Navy College Office

Free information sessions will be held for military members to learn more about the teaching profession.

The sessions will be held from 11:30 a.m. to 1 p.m. at the following locations:

- April 2 at Fort Shafter

Flats, U.S. Army Reserve, 9th Mission Support Command Theater Support Group, building 1550, first floor, makai (ocean) side common area classroom.

- April 3 at Marine Corps Base Hawaii, Kaneohe Bay, Club at Koa Malina, building 502, Legarie room.

- April 4 at Schofield Barracks, Warrior Assistance Center, 3585 McCornack Road.

- April 6 at Joint Base Pearl Harbor-Hickam, Navy College, 1260 Pierce St., building 679.

Lunch is provided for all sessions. An RSVP is required. Call 1-800-438-6851 or info@mpttt.org.

WHO SAID IT?

"No guts, no glory."

Last Week's

WHO SAID IT?

"Opportunities have never been better for those willing to take advantage of them. It makes no difference if you are a man or woman. If you are willing to grasp the opportunities the Navy has to offer and give it your full effort, then success will be yours."

Retired Command Master Chief
Jacqueline L.K. DiRosa



This Week's Trivia

What did then-Secretary of the Navy Paul Hamilton write to one of his correspondents on March 8, 1812, regarding the question of war?



Last Issue's Question: On Feb. 24, 1952, the former Wheeler Air Force Base was reactivated following a period of minimum caretaker status since 1949. Why did this occur?

Answer: This reactivation was part of the Air Force expansion during the Korean war.