

Life Leisure

B

PEARL HARBOR *Lakers*

outshine Kaneohe Bay Suns

Story and photos by Randy Dela Cruz
Contributing Writer

With only one week remaining before the playoffs, the Pearl Harbor Lakers showed why they might be the team to beat in the Termite Division (ages 8-10) playoffs by defeating the visiting Suns from Marine Corps Base Hawaii, Kaneohe, 56-16, in a Hawaii Military Youth Athletic Association (HMYAA) basketball game at Bloch Arena Annex Gym, Joint Base Pearl Harbor-Hickam, on Feb. 13.

The HMYAA is an inter-base youth organization that includes teams from Pearl Harbor, Hickam Air Force Base and Marine Corps Base Hawaii.

The win improved the Lakers' perfect record to 6-0 with just one more regular-season game to play prior to the post-season.

Led by sharp-shooting Cole Bailey, the Lakers delivered a show-time performance by racing out to a 21-0 lead in the first period, before finishing off the never-say-die Suns, who fought on despite coming to Pearl Harbor with only six players.

Bailey started off the game by connecting on a three-point bomb and scored 15 of his game-high 21 points in the first period.

Solofa Falaniko also scored in double figures for the Lakers with 10 points, while teammates Garrett

Estrada chipped in with nine and Ethan Shropshire added six.

Meanwhile, Kelcey Howard led all Suns with 11 points, which included a three-point shot just before the horn sounded to end the first half.

Besides the Lakers' strong opening period, the team tallied double digits in each of the next three quarters with 10 in the second, 14 in the third and 11 in the fourth.

Falaniko's basket, with 4:10 on the clock, gave the Lakers a commanding 31-point advantage in the third period.

Chief Information Systems Technician Clarence Prince and Chief Information Systems Technician Terrence Bailey, who is Cole's father, are the co-head coaches of the Lakers.

In an attempt to keep the score down, the coaches rotated their players frequently, but due to the overall depth of the Lakers, the baskets kept piling up for the home team.

"We always try to encourage sportsmanship," said Prince. "We look and see which players aren't getting shots and try to make sure that they get to shoot. At the same time, we're trying not to run up the scores."

Although the visitors from K-Bay fell behind early, Suns head coach Gunnery Sgt. Jaylon Maranan said that he told his players to just give their best effort, have fun and don't pay any attention to the numbers. Maranan noted that many of his players have never played hoops prior to this season and are learning about the sport for the first time.

"It's all about having fun," said Maranan. "At this age, I probably wouldn't even put up a scoreboard. I'm encouraging them to have fun."

whole squad and teaching them the fundamentals."

While the Lakers have been wearing out the league, Bailey said that both he and Prince believe that teaching the game to the kids is far more important than posting wins.

"We can be 0-6 and it really wouldn't matter as long as the kids are learning and having fun," said Bailey.

To keep the children interested, the coaches use a system of games to teach the basics of shooting, dribbling and passing.

One drill, called hotshot, helps kids improve their free throw shooting by dividing players into groups and pitting them against each other.

"A lot of times, they don't even realize that they are working on building their skills," said Prince. "We're teaching basic fundamentals and having fun at the same time."

With the Lakers running on all cylinders, Bailey said that he doesn't see much change in the team's approach to the game, as it prepares for the upcoming playoffs.

If the Lakers continue to play together, Bailey feels assured that the kids will do well.

"We'll probably do the same things that we've been doing all year long," stated Bailey. "The players are healthy and we'll continue to encourage them to have fun."



Crommelin's pressure defense subdues Pasadena

Story and photo by
Randy Dela Cruz

Contributing Writer

After struggling past USS Louisville (SSN 724) in its last game, a re-energized USS Crommelin (FFG 37) unleashed a full-court assault to thwart USS Pasadena (SSN 752), 49-10, in an Afloat Intramural Basketball League game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Feb. 13.

With the victory, Crommelin grew its unbeaten league-leading record to 4-0, while Pasadena dropped to 1-2.

After falling behind, 6-5, in the first period, Crommelin's skintight man-to-man defense led the team to a 28-0 run before Machinist's Mate 2nd Class Andrew Pierson of Pasadena sank a free throw at the five-minute mark in the third period to break the skid.

For the game, Crommelin's defense allowed only two baskets and held Pasadena scoreless in the second and fourth period.

"We had our shots, but just didn't make them," said Pierson, who led all Pasadena scorers by making four straight free throws. "We need to work on our transition game. We need to practice more."

While Pasadena found it hard to buy a basket, Crommelin, which scored only 24

points against Louisville, had a much easier time finding its range as the team zeroed in to pump in 13 points in the first two periods before tallying 11



in the third and 12 in the fourth to close out the game.

Gas Turbine System Technician (Electrical) Fireman Ryan Anon's put-back shot at the buzzer to end the first half gave Crommelin its first 20-point lead at 26-6.

Operations Specialist 2nd Class Anthony Strowder, who scored only six points against Louisville, was on fire versus Pasadena as he led all Crommelin scorers with 13 points on six field goals and one free throw.

Strowder said that after the team had to come from behind to beat Louisville, Crommelin was looking to make a statement against Pasadena.

"It was a mental thing last week (versus Louisville)," noted Strowder, who scored on a break-away dunk in the fourth. "This week, we came with the mindset that we wanted to redeem ourselves."

In order to accomplish the task, Crommelin charged onto the court with an aggressive attack that pressured Pasadena from



baseline to baseline.

The strategy translated into easy transition baskets for Crommelin, which seemed to jumpstart the team's offense and put everyone on the same page.

"We were doing some man-to-man and switched it up with a press. It's our normal defense, but today, we were more efficient," said Strowder. "We had strong inside play and some nice assists so everybody was on their Ps and Qs."

Once Crommelin found its rhythm, Anon acknowledged that the players began to feel comfortable on the court.

Players, said Anon, started looking for each other and that kept the offense flowing smoothly.

"We were moving the ball and hitting our open jumpers," said Anon, who scored six points, which included a three-point shot in the first period. "We need to play like that; pass the ball and don't be selfish."

Meanwhile, Strowder added that this season's fast start has made Crommelin players hungry for more.

Although the team faltered late in the season last year, Strowder said he believes things will be different this time around.

"We made a promise that we would get back in the hunt," said Strowder. "We started off strong last year, but ended terrible. This year, we're going to finish strong."

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STORY IDEAS?
 Contact the HNN editor for guidelines and story/photo submission requirements:
Phone: (808) 473-2888
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Hawaii Navy News

Makalapa Clinic health promotion urges Navy families to have 'healthy hearts'

Story and photo by Blair Martin

Contributing Writer

Since 1963, February has been proclaimed "American Heart Month," a time Americans are urged to join the battle against heart and cardiovascular diseases, including strokes, which have become the nation's number one killer.

"Heart disease is number-one killer among men and women," said Hospital Corpsman 3rd Class Carole Noia, from the health promotion department at Naval Health Clinic Hawaii, Makalapa Clinic. "High cholesterol and high blood pressure go hand in hand with heart disease. That is why we are urging people to get their blood pressure checked regularly because it is one of the first early warning signs for heart disease," she added.

According to the Department of Health and Human Services Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and



Hospital Corpsman 2nd Class Adam Rowland, from Makalapa Clinic, checks Air Force veteran Fred Colello's blood pressure during a Feb. 16 health fair at Pearl Harbor Navy Exchange (NEX). In honor of February being American Heart Month, the health promotion department at Makalapa Clinic sponsored a health fair booth that provided heart disease literature as well as free blood pressure and body fat tests to NEX customers.

about 470,000 are estimated to have a recurrent attack.

In observation of American Heart Month, Noia and other health promotion volunteers manned a health fair booth on Feb. 16 at the Pearl Harbor Navy Exchange (NEX), offering various literature on heart and coronary diseases as well as free blood pressure and

body fat tests to NEX customers.

Health promotion also will sponsor a "brown bag lunch" at noon today at Makalapa Clinic where a visiting dietician from Tripler Army Medical Center will give participants a quick nutrition class on healthy eating tips and habits.

"A healthy blood pressure is anything under 120 over 80," said Noia. "To prevent heart disease, we encourage everyone to exercise a mini-

mum of 30 minutes a day for five days a week along with eating a balanced diet. You should also get your blood pressure checked every time you come into the clinic and get a cholesterol check at least once every five years," she added.

According to the American Heart Association, most heart attacks start slowly with mild pain or discomfort. Some of the heart attack warning signs include chest discomfort, discomfort in other areas

of the upper body, shortness of breath with or without chest discomfort, and also breaking out in a cold sweat, nausea or lightheadedness.

Remember, fast action can save lives. People experiencing these symptoms are urged not to wait more than five minutes to call 9-1-1 or their emergency response number.

For more information on American Heart Month, visit the American Heart Association Web site at www.americanheart.org.

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Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to kaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

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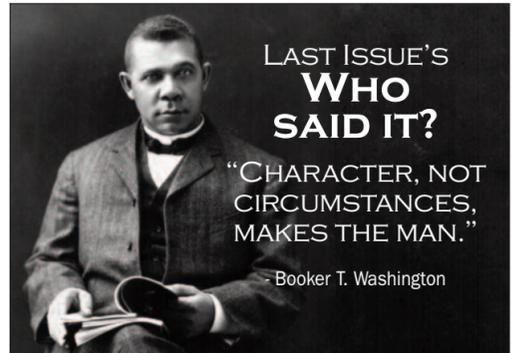
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WHO SAID IT?

“The past is a ghost, the future a dream. All we ever have is now.”



LAST ISSUE'S
WHO SAID IT?

“CHARACTER, NOT CIRCUMSTANCES, MAKES THE MAN.”

- Booker T. Washington

WORD SEARCH SOLUTION

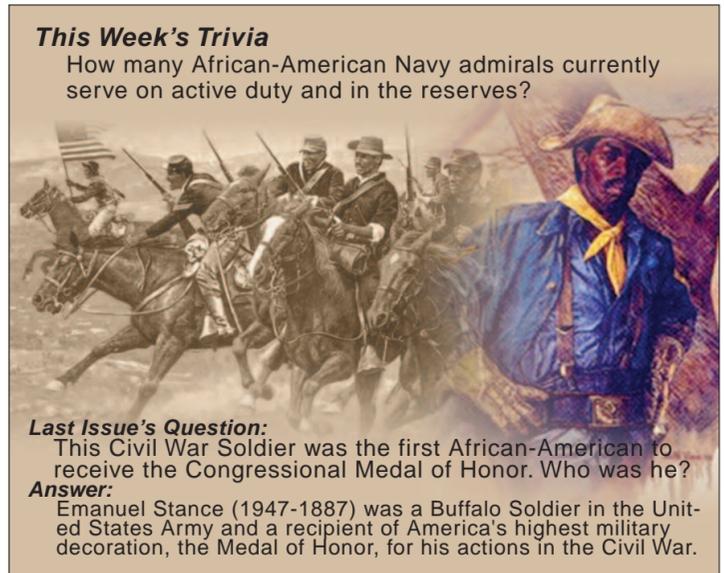
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 U C Y O G A I T N A S A R A J E V O

This Week's Trivia

How many African-American Navy admirals currently serve on active duty and in the reserves?



Last Issue's Question:
This Civil War Soldier was the first African-American to receive the Congressional Medal of Honor. Who was he?

Answer:
Emanuel Stance (1947-1887) was a Buffalo Soldier in the United States Army and a recipient of America's highest military decoration, the Medal of Honor, for his actions in the Civil War.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



HAWAII ALL-NAVY BOWLING TRYOUTS
Play six games per day against other Navy bowlers in the All-Navy Bowling Tryouts from Feb. 17 to 19 starting at 10 a.m. at the Naval Station Bowling Center. The top six males and top four females will advance to the Hawaii All-Military Bowling Tournament in April. The cost is \$12 per person each day. Spectators are welcome to cheer for their Navy team. FMI: 473-2574.

SINGLE SAILOR MILITARY SAVES EVENT
Navy Region Morale Hawaii Morale, Welfare and Recreation (MWR) Liberty Programs in conjunction with Fleet and Family Support Center (FFSC) will present "Military Saves" at 5 p.m. Feb. 23 at Liberty in Paradise. The event is for single Sailors to gain useful information on how to spend their money wisely and make the most of their military paycheck. Each station will provide fun and unique ways to help you make the most of your buck. FMI: 473-4279.

For more information on Navy Region Hawaii MWR events, visit www.greatlifehawaii.com

Community Calendar

February

23-26 - A Sexual Assault Prevention and Response (SAPR) Victim Advocate Initial Training (VAIT) will be held from 8:30 a.m. to 4 p.m. at Moanalua Navy Services Center, located at 4827 Bougainville Drive, Honolulu, near the Pearl Harbor Navy Exchange (NEX) and Navy-Marine Golf Course. Active duty Navy volunteers will be trained as SAPR victim advocates who will be responsible for providing information and emotional support for sexual assault victims during medical, investigative and legal processes. Deployable commands are required (per OPNAVINST 1752.1A) to have trained SAPR victim advocates. FMI: 473-4222.

25 - The Leadership Continuum will host its second workshop of the year called "Celebrations!" at Lockwood Hall. Registration opens at 5:30 p.m. and the conference starts at 6 p.m. This event is the first joint workshop for current, former and prospective CO/XO spouses, as well as MCPO/SCPO spouses of the Navy and Coast Guard. FMI: 473-1999, ext.16100 or leadership4U@hotmail.com.

27 - The NEX will host an MWR travel show from 9 a.m. to 2 p.m. at the NEX. This year's theme will be "Discover, Explore, Embrace the Hawaiian Islands." Talk with travel and activity experts provided by MWR's Travel Connections in a casual, no-pressure environment. Experts will be on hand to provide advice and tips regarding patrons' future travel plans. FMI: 423-3274 or visit the NEX Aloha Center.

At a glance

NEX patrons can enter a sweepstakes drawing for a home entertainment system, valued at \$3,500, from now until April 4 at NEX. Fill out an entry form in the men's care department. The winner will be selected at the end of May. No purchase is necessary to enter.

Sharkey Showtimes



Alvin and the Chipmunk: The Squeakquel (PG)

Now in the care of Dave Seville's nephew, Alvin, Simon and Theodore take a break from pop-music stardom and return to school. Almost immediately, the tiny tunesmiths are given the giant task of saving their school's music program by winning a battle of the band's contest. Though the boys think winning the contest will be easy, romantic and musical sparks fly when they meet Brittany, Eleanor and Jeanette -- also known as The Chipettes

SHARKEY MOVIE THEATER

TODAY
7:00 PM Precious (R)

SATURDAY
2:30 PM Alvin and the Chipmunks:
Squeakquel (PG)
4:45 PM Sherlock Holmes (PG 13)
7:15 PM Up In the Air (R)

SUNDAY
2:30 PM Alvin and the Chipmunks:
Squeakquel (PG)
4:45 PM Leap Year (PG)
7:00 PM Sherlock Holmes (PG 13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Avatar (PG 13)

SATURDAY
4:00 PM Astro Boy (PG)
7:00 PM Avatar (PG 13)

SUNDAY
2:00 PM Alvin and the Chipmunks:
Squeakquel (PG)

