

Hawaii MARINE SPORTS

Hawaii Marine C Section

November 15, 2002

Bandits, Raiders to play in championship



Sgt. Robert Carlson

Raiders running back Richard Francillo runs through two HQ, 3rd Marine Regiment defenders without getting his bones crushed.



Sgt. Robert Carlson

Marine Air Group 24's Corey Pinson runs past Headquarters Bn. defenders and toward the goal line during the semifinal game Tuesday. The Bandits face the Raiders in the football championship game tonight.

MAG-24's Bandits face 1/3's Raiders tonight at Pop Warner Field. Game starts at 6 p.m.

MAG-24 takes HQBN out of tournament

Sgt. Robert Carlson
Combat correspondent

In what was the highest-scoring game yet in the rookie season of the MCB Hawaii Tackle Football League, the MAG-24 Bandits walked all over Headquarters Bn. Warriors, and removed them from the playoffs with a 67-12 defeat.

Twelve points was the most any team had scored against

MAG-24's defense all season, but was not enough to keep the Warriors motivated to win.

"We just executed well," said Rick Hargrave, head coach for the Bandits. "Everything we tried, we executed well. We're starting to get some experience under our belt, and that's making everything come together for the team."

MAG-24's immaculate execution snowballed as the game wore on. The defense capitalized on HQBN penalties and mistakes, and gave the MAG-24 offensive squad excellent field position and scoring op-

portunities.

By putting pressure on HQBN quarterback Peter Degennaro, the Bandit defense effectively shut down the passing game and was able to focus on blocking the ground campaign.

The Warrior offensive line could not keep the bandits from plundering the backfield, and the frustration showed as HQBN took several trips backward because of penalties.

First half touchdowns by MAG-24 Bandits Cory Pinson, Corey Moore,

See MAG-24,C-3

1/3 Raiders eliminate HQ 3rd Marines in semifinal blowout

Sgt. Robert Carlson
Combat correspondent

After finishing the regular season with a 5-1 record, the Headquarters 3rd Marines Bone Crushers were crushed by the 1/3 Raiders Wednesday in the semifinal game, and cleared the way for 1/3 to face MAG-24 in the championship.

The Raiders got off to a great start with an interception and touchdown less than four minutes into the game, and never looked back.

The Bone Crushers didn't score their first touchdown until the 4th quarter, when quarterback Dave Heyman ran the ball across the goal line.

By then the score was 26-6, and the Bonecrushers, who weren't really at their usual intensity even at the start of the game, started showing their emotions and giving up yards to personal fouls and unsportsman-like penalties.

As hard as they tried, the 3rd Marines team couldn't crush

See 1/3, C-3



Cpl. Jessica M. Mills

Raiders quarterback Dalton Hillard, 12, runs towards the goal line with Titans giving chase.

K-Bay Raiders overcome AMR Titans

Cpl. Jessica M. Mills
Sports Editor

Like little giants, the offensive line rushed towards the defending team. Although only between the ages of 10 and 12, the flag football players' eyes gleamed with determination similar to that of NFL linemen.

Defending their 6-0 winning streak, the MCB Hawaii, Kaneohe Bay, Raiders subdued the Aliamanu Military Reservation Titans, Nov. 9, at the C Street Field aboard K-Bay.

Within the first few minutes of the game, the Raiders Quarterback Dalton Hillard, 12, broke through the Titans defensive line with the help of his extremely ferocious linemen, and scored the first touchdown of the game.

Following the touchdown, the Raiders ran the ball in for the extra

point, ending the first quarter 7-0.

As the second quarter was underway, Raiders alternate Quarterback, Christiana Picot, made a second touchdown against the Titans.

Following the touchdown, Picot successfully passed the ball across the goal line, gaining two extra points for the Raiders, the score 15-0.

The Titans took control of the ball and attempted a pass, which was intercepted by Hillard, who took a knee to stop the clock.

In the following play, Hillard made a pass to Picot who ran up the sideline and scored her second touchdown in a row. Again, the Raiders ran the ball into the end zone and scored their extra point, making it 22-0.

In the last few minutes of the half, Hillard again took control of the ball and scored his second touchdown of

the game, followed by a 1-point run in, finishing the half 29-0.

During the third quarter, the ball changed possession multiple times, but neither team had the opportunity to score.

With one quarter left, the Raiders were determined to block any chance of the Titans scoring. They kept their defense tight and looked for any opening to score again.

With a last-minute interception, Hillard ran the ball back up the sideline to score the final touchdown with only two seconds left in the game, the final score 35-0.

The Raiders' season record now stands at 7-0. Their final game against Hickam will either make or break a perfect season.

According to the Raiders coach, they will end the season undefeated.

Marine boxing preliminaries to begin

Sgt. Allan J. Grdovich
MCB Camp Lejeune

CAMP LEJEUNE, N.C. — Left jabs, uppercuts and body blows will be the scene at this year's Marine Corps Boxing Team preliminaries Nov. 19 through 21 at the Goettege Memorial Field House here.

The three-day slugfest

will feature the Corps' best fighters competing against one another for a spot on this year's roster.

Hopes are high for the Marine team that will feature six nationally ranked fighters and ambitions of winning this year's All-Armed Forces Tournament Championship, according to Head Coach Master Sgt. Robert J. Michaels.

In recent years, the team has fallen short in defeating its arch-nemesis, Army, in the famed tournament, which features each military service's boxing team. Army has won the past three years.

Another aspiration many fighters said they have is a possible selection for the U.S. Olympic Boxing Team. These fight-

ers will be selected in the spring.

"We're right where we need to be, and we're dangerous," warned Michaels of any would-be competitors.

He vowed to take that ambition to other high-profile events the All-Marine Boxing Team will

See BOXING,C-3



Sgt. Allan J. Grdovich

Sgt. Jennifer Driggers misses with a left hook aimed at Head Coach Master Sgt. Robert J. Michaels.

BASE SPORTS

Debbie Robbins

MCCS Public Relations

MCB Hawaii to Host 5th Annual Turkey Trot

If you think that a delicious dinner and sound sleep are what define the Thanksgiving season, you must have forgotten about the 1st Radio Bn.'s 5th Annual Turkey Trot, Nov. 23 at 8 a.m.

The event is a combined 10K race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay, which will give you a chance to burn off the calories that will accompany your Thanksgiving feast.

The entry fee is only \$15 for the Turkey Trot (includes a free T-shirt) and the Family Fun Run is free for both adults and children.

Awards will be presented to the 1st, 2nd and 3rd overall competitors, along with 1st place awards going to the individual division winners.

In addition to all of the fun, 50 lucky entrants will walk away with a complimentary Thanksgiving turkey, compliments of Safeway. Refreshments will also be available.

Information packets will be available for pick-up at the Semper Fit Center,

Bldg. 3037, on Nov. 15th and 16th between the hours of 9 a.m. to 4 p.m.

For additional information, please contact Varsity Sports Coordinator Steve Kalnasy at 254-7590.

Paintball Takes Aim

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

A tournament is being held Nov. 16 from 9 a.m. till 5 p.m. aboard MCB Hawaii, Kaneohe Bay. There will be a captains' meeting at 8 a.m.

The cost is \$75 for each 3-person team with unlimited rounds included.

The field is open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

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

For unit training, the cost is \$20 per person. Players have the option of bringing their own paint or buying it at the field.

For more details, contact Paintball Hawaii owner Roland Manahan at 265-

4283, or Single Marine and Sailor Program at 254-7593.

Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

This will be a fast-pitch baseball league. Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

A King and a Queen of the Quarter will be crowned and become eligible to win the regal recliner during Super Bowl Sunday.

Bowl Strikes at K-Bay's Lanes

Bowling is back, and back "with attitude!" Monday through Thursday, E-5

and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting.

Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome. For more details, call K-Bay Lanes at 254-7693.

SM&SP Offers Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for Single Marine and Sailor Program only.

The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m. For more details, call 254-7593.



Courtesy of Maj. Ronald Domingue

Base All Stars

NAME: Dalton Hillard

AGE: 12

SCHOOL: Mokapu Elementary

SPORT: Flag football

TEAM: Kaneohe Bay Raiders

POSITION: Quarterback

- Hillard has been playing football for three years now.
- He began playing in Garden City, New York, where he won the championship.
- In a recent game, Hillard scored five touchdowns.

"I love the way you can release your anger and frustrations on the field."

A fundraising event of
American Diabetes Association
Care • Care • Commitment™

Hawaii's Premier Cycling Event to Benefit Diabetes

Sunday, November 17, 2002

Start/Finish: Kapolei Park
Four fun routes through East Honolulu, Waikanae and Kailua to choose - 25K, 50K, 75K, 100K

Food, Entertainment at the Finish Line!
Enter the Random Drawing for a Chance to Win the Grand Prize A Trip for Two to Las Vegas!

More Valuable Prizes from the Drawing:

- A 20-inch color TV
- ConAgra Hawaii's Bowl tickets
- Compl/USA merchandise
- Other great prizes

Ride for your co-workers, friends and family - LARGEST fundraiser wins a 20-inch Color TV! Help us fundraise to support needed programs and FREE services for our community.

More Fundraising Prizes:

- Raise \$75 for a limited edition tank top
- Raise \$150 for a specially long-sleeved T-shirt
- Raise \$250 for a one-of-a-kind sweatshirt
- Raise \$500 for a collector's edition Tour 2002 jersey

Staggered Start:
100k - 6:30am • 75k - 6:45am • 50k - 7:00am • 25k - 7:30am

Early registration (before November 13)	Late registration (November 17 - Day of Event)
• Teams (5 or more riders) - \$20†	• Teams (5 or more riders) - \$25†
• Individuals - \$30	• Individuals - \$35

American Diabetes Association
Care • Care • Commitment™

1525 S. Beretani Street, Suite 110 Honolulu, HI 96816 Tel: 808/947-8825 Fax: 808/947-8825
Tel/Fax: 808/248-1113 • www.diabetes-association.org/register

Proceeds from this event will benefit the American Diabetes Association. Registration fees include the cost of the jersey. All proceeds go to the American Diabetes Association. ©2002 American Diabetes Association. All rights reserved. *No proceeds

COMMUNITY SPORTS

Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic today thru Sunday. There will be a men's and women's division, as well as mixed doubles.

Make checks payable to the Hale Koa Hotel and mail them to:

D. Conroy, Hale Koa Hotel Tennis
2055 Kalia Road
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

Charity Fishing Tournament Scheduled, Today

All ages, whether boating or shoreline, are invited to participate in Haleiwa Joe's Charity Fishing Tournament, today thru Sunday, beginning at sunset (about 6 p.m.)

Plenty of prizes will be awarded in categories such as largest ulua, largest papio, largest reef and largest game for manini (7 and under), keiki (8 to 12), teens (13 to 17) and adults (18 and over).

T-shirts (\$13) and banquet tickets (\$10) will be available for entries received by the Nov. 13 deadline. (Late entrants will not be guaranteed a T-shirt on the day of the event.)

Final weigh-in time will go Sunday from 12 - 2 p.m. for boaters, and from 2:30 - 4:30 p.m. for shoreline fishers.

Cost is \$15 for 12 and under, \$25 for teens and \$40 for adults.

Proceeds benefit Haleiwa Joe's Windward Scholarship Fund. For more details, contact Tim York at 247-6671.

Family Hike Goes Saturday

The Hawaii Trail and Mountain Club challenges novice hikers to tackle a special family hike, courtesy of the Nature Conservancy, Saturday at 8 a.m.

A standard favorite, but still a bit of a challenge, this five-mile, intermediate-level outing will allow hikers to enjoy nature to their heart's content.

This new hike loop will skirt cultural sites, the wreck of an old B-24 from World War II and some rare plants.

As with all HTMC hikes, bring your own lunch and water, wear sturdy shoes and clothing, and exercise caution.

The \$2 donation and an additional \$5 reservation fee is requested. Children under 18 must be accompanied by a responsible adult. Also, trails and lunch sites must be kept litter free, and firearms, pets, radios and other audio devices are prohibited on all hikes.

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

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.

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.

Pay for classes and pick up your life jacket at Equipment Check Out.

For more information, call Bellows Recreation at 259-8080.

2002 Special Olympics Comes to Oahu

Special Olympics Hawaii is delighted to announce that Hickam Air Force Base and MCB Hawaii, Kaneohe Bay, will co-host the 2002 Holiday Classic on Dec. 6, 7 and 8.

MCB Hawaii will partly provide housing and sports venues for more than 800 Special Olympics athletes from more than 65 delegations throughout Hawaii who have been training and competing locally for the privilege to compete in the 2002 Special Olympics Hawaii's Holiday Classic.

Opening Ceremonies will be held Dec. 6 at Hickam AFB, featuring the traditional 'Parade of Athletes' and the torch lighting ceremony. The evening of Dec. 7, there will be an awards banquet and the Victory Dance aboard K-Bay.

Competitions and awards for figure and speed skating will be held at the Ice Palace in Pearl City, Dec. 3. Basketball and bowling competitions will be held on Dec. 5, 6, and 7 aboard K-Bay and Hickam AFB. Special Olympics gold, silver and bronze medals will be awarded in true olympic-style immediately following the events.

The Special Olympics have outgrown most facilities on Oahu — and, without the support of our military, we would not be able to open our competitions to every Special Olympics athlete. We are most

grateful for this enthusiastic support.

Event schedule:

Tuesday, Dec. 3
Speed skating competitions:
Ice Palace 9 a.m. - 1 p.m.

Friday, Dec. 6
Basketball competitions:
Semper Fit Center, K-Bay
12 - 6:30 p.m.
Hickam Gym and Youth Center
12 - 6 p.m.

Bowling competitions:
K-Bay Lanes 12 - 3 p.m.
Hickam Lanes
11:30 a.m. - 5:30 p.m.

Saturday, Dec. 7
Basketball competitions:
Semper Fit Center, K-Bay
9 a.m. - 5 p.m.
Hickam Gym and Youth Center (same)

Bowling competitions:
K-Bay Lanes 8:30 - 11:30 a.m.
Hickam Lanes (same)

Sunday, Dec. 8
Basketball competitions:
Semper Fit Center, K-Bay
8 a.m. - noon
Hickam Gym and Youth Center
8 - 11 a.m.

Bowling competitions:
K-Bay Lanes 8:30-11:30 a.m.
Hickam Lanes (same)



1/3, From C-1

through the 1/3 defensive squad on the ground, and the desperate long bombs down the field resulted in more interceptions than completions.

Raiders quarterback Dwayne Adams connected with Jason Gates, Richard Francillo and Jeremy Boyer for motivation-crushing gains through, over and around the Bone Crusher defense.

Near the end of the third quarter, the Bone Crushers were displaying even less intensity and drive, and the Raiders capitalized.

After getting nowhere with the running game, Bone Crushers quarterback Dave Heyman threw an interception to Raider safety Marvin Jones, and the Raiders turned the drive into six points.

The Bone Crushers scored once more in the fourth, and the game ended 33-12.

"Ball Control Offense," were the three words head coach Ashley Britt used to describe how his Raiders dominated the Bone Crushers for the entire game. "There is a lot of motivation on this team, and we've had a lot of great practices. We'll be ready to win on Friday."

The Raiders face the Bandits of MAG-24 at 6 pm. tonight for the championship at Pop Warner Field.

BOXING, From C-1

be competing in, such as the local Golden Gloves, the U.S. National Boxing Championships, and the National Police Athletic League Tournament.

About 20 members are expected to be on the team's final roster, including five females led by Sgt. Angelina Summerfield. She has been with the team since 1999 and competes in the 141-pound weight class..

"Each one of us here have one thing on our mind, and that's to beat Army," said Sgt. Anthony Little. "They have always been that hump we have had trouble getting over."



Sgt. Robert Carlson

The running game is where both winning teams made their money in the semifinals. Left — 1/3's Richard Francillo breaks the Bone Crushers' defense, and Jarold Hager (above) runs past the HQBN defenders.

MAG-24, From C-1

Christian Gonzalez and even quarterback Ron Bradbury, brought the score at halftime to 21-6. A Degennaro to Brian Whitt pass scored HQBN their only six points in the half.

The Warriors failed to muster any momentum after their first touchdown of the night, and continued to let the Bandit defense meddle with their backfield.

More amazing than the fact that the MAG-24 defense kept getting through the line, was that Degennaro kept getting back up off of the turf.

The beating that MAG-24

dished out made HQBN lose focus and fail to execute the sound fundamentals that had got them to the semifinals. More than one time out was wasted because there weren't enough Warriors on the field.

The Bone Crushers of HQ, 3rd Marine Regiment handed MAG-24 their only defeat of the regular season, and most of the Bandits said they hoped they would have a rematch with the 'Crushers in the championship game.

Instead, MAG-24 is scheduled to play 1st Bn., 3rd Marine Regiment tonight in the first ever MCB Hawaii football league championship.

SPORTS AROUND THE CORPS

Albany celebrates Corps' birthday with football

Cpl. Nicholas Tremblay
MCLB Albany

MARINE CORPS LOGISTICS BASE ALBANY, Ga. — The Marine Corps Logistics Base Systems Command Knights and the Headquarters Battalion Vikings battled it out Tuesday for the MCLB Albany eight-man Tackle Football League championship.

Both teams finished regular season play with a record of seven wins and two losses. However, the Vikings dominated the game and shut out the Knights 24-0.

The game started with the Vikings kicking off to the Knights, who were able to get the ball down to the Vikings' 20, but couldn't sneak anything past the wall of purple defenders.

Things were looking up for the Knights when Teleo Laury, Knights' defensive end, covered the ball after the Vikings fumbled it, but again the defense was solid.

In the final minutes of the first quarter, Vikings' quarterback Herbert Kennedy brought the ball close to the Knights' goal line with a 25-yard run.

Going into the second quarter, the score was still tied at

zero. Six seconds into the quarter, the Vikings capitalized on Kennedy's run when he threw a bullet to Sheldon Watts, Vikings' wide receiver, in the end zone for a touchdown.

The Vikings pulled ahead with a six-point lead after their two-point conversion was denied.

The Vikings offense was relentless and Kennedy ran the ball into the Knights' end zone for a touchdown four minutes later. The Vikings' two-point conversion was again no-good.

Scottie Sanders, Knights' linebacker, received the Vikings' kickoff and fumbled the ball, but the Knights recovered the ball at the 1. The Vikings kept the pressure on the Knights' offense and forced them to punt the ball when they could not get a first down.

Lady Luck was on the Knights' side when the Vikings fumbled the ball and Michael Donaldson, Knights' offensive and defensive lineman, recovered the ball on the Vikings' 17.

But again the Knights felt the wrath of the strong defenders and the Vikings gained possession of the ball. With 2:24 left

to go in the first half, the Vikings had a chance to increase their lead when Watts caught a 30-yard pass from Kennedy. But the Knights' defense continued to fight and shut down the Vikings' offensive charge.

With the start of the second half, the Knights looked revived as they took the ball to the 40-yard line after the Vikings kicked-off. The Knights continued their charge and managed to get the ball to the Vikings' 34. On the fourth down Alvin Payne, Vikings' cornerback, intercepted a pass from Chris Frey, Knights' quarterback.

Kennedy threw a 40-yard bomb to Watts, who ran it into the end zone for a Vikings' touchdown. With the Vikings leading 18 - 0 going into the fourth quarter.

One minute and 33 seconds into the final quarter, the Vikings' offense drove the final nail into the Knights' coffin when Watts received an 11-yard pass from Kennedy for a touchdown.

As the clock wound down, the Knights gave it their all to break the shut-out, but the Vikings' defense just said "no."



Cpl. Phuong Chau

Knights wide receiver Maurice Williams (right), a native of Philadelphia, Pa., cannot fight off the Vikings' secondary to snag a pass for his team.



Diabetes Awareness Month

Low insulin, lack of exercise could cause diabetes

Navy Lt. Shauna King Anderson

*Dept Head Health Promotion
Naval Medical Clinic, Pearl Harbor*

Attention, Americans! Is your lifestyle putting you at risk for the 4th leading cause of death in the United States?

Unfortunately, a problem with living in the land of prosperity and technology is that many Americans have become overweight and sedentary. Our fast-paced and stressful lives keep us from exercising and planning meals. Many of our jobs, although stressful, demand very little physical activity.

This lifestyle is leading many Americans to the diagnosis of a serious disease called diabetes.

What is diabetes?

Diabetes is not a new disease. In fact, the Egyptians knew about diabetes over 3,000 years ago. Many of the Pharaohs who were eating rich diets, and mostly sedentary, were discovered to have diabetes. The "cure" then was to send the Pharaohs to live with peasants for a few months, whose modest diets and active lifestyles proved to be a great remedy.

Today, we know a lot more about diabetes, a metabolic disease. When food is eaten, a gland called the pancreas releases insulin. Insulin is a hormone that is necessary to get the sugar or glucose from food, to the cells of the body where it can be used for energy, to keep the body working.

There are two types of diabetes: Type 1 and Type 2.

Type 1 Diabetes

Type 1 comprises only about 10 percent of those with diabetes, and it usually develops in children and young adults.

Type 1 is caused by a lack of insulin production. This type of diabetes cannot be predicted or prevented by lifestyle. Also, Type 1 diabetics must take injected insulin.

Type 2 Diabetes

Type 2 diabetes usually develops in adults who are over 40, inactive and overweight. Sadly, many overweight and inactive children are now being diagnosed with Type 2.

There are other risks for Type 2 which cannot be controlled such as ethnicity and family history of diabetes.

Diabetes is more common among African Americans, Hispanics, Native Americans, Asian Americans and Pacific Islanders.

Many people who are diagnosed with Type 2 are able to better control their diabetes by changing their diet, losing weight and becoming active. Sometimes - even with lifestyle improvements - pills or insulin may be needed to control the glucose or blood sugar.

If left uncontrolled, both types of diabetes can lead to blindness, kidney failure, stroke, amputations, heart attack or death.

It is estimated that 15 million Americans have diabetes, but only two thirds of them have been diagnosed.

Could you be susceptible to getting diabetes?

Are you overweight, inactive, have high triglycerides, high blood pressure or a family or gestational (pregnancy) history of diabetes?

Are you noticing symptoms that could be linked to diabetes: frequent urination, increased thirst, increased hunger, fatigue and poor healing?

If yes, to any of these questions, this may be a good time to set up an appointment to see your Primary Care

Manager. Your PCM can support you in making lifestyle changes to lose weight and begin exercise, determine if you have diabetes and help you to get control of your glucose to prevent the long-term effects of diabetes.

In short, diabetes is a disease that is affecting many Americans, but with lifestyle changes and adherence to medical advice, it can be well managed.

Many people with diabetes are leading happy and healthy lives. Get the facts about diabetes.

Points of Contact

Talk to your Primary Care Manager (your M.D., nurse practitioner or physicians' assistant) to see if you are at risk.

Naval Medical Clinic, Pearl Harbor also offers a monthly nutrition and weight management class. To reserve a seat for a class at Base Medical Clinic Makalapa, call 473-0247; for BMC Kaneohe Bay, call 257-2131.

You can also check out the American Diabetes Association online at www.diabetes.org. It's your health. Take control of it.