

# Life & Leisure

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## HONORING A SHIPMATE

Story and photos by Brandon Bosworth  
Staff Writer



(Clockwise from above) The ashes of Boatswain's Mate First Class Stanley "Lucky" Stahowick, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered in the waters near the USS Utah Memorial. Capt. Larry Scruggs, deputy commander, Pearl Harbor Naval Shipyard, and Jim Taylor, Pearl Harbor survivor liaison, bring the flag to full staff at the completion of the ceremony honoring Lucky. Capt. Larry Scruggs spoke at the memorial ceremony. Members of the Navy ceremonial guard await the start of the ceremony. Scruggs offers his condolences to Tom and Anita Stahowick.

The ashes of Boatswain's Mate 1st Class Stanley "Lucky" Stahowick, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered in the waters near the USS Utah Memorial on Ford Island during a ceremony held March 12.

Stahowick was born Feb. 11, 1919 in Des Moines, Iowa. Shortly after graduating from high school, he enlisted in the Navy, on Dec. 7, 1937. He was assigned to the USS West Virginia, boarding the battleship in April 1938. Three-and-a-half years later, he was still assigned to the ship when it was bombed during the attack on Pearl Harbor.

On the morning of the attack, Stahowick was in his dress whites, preparing to go home on leave. He was standing near the ship's bugler when the bombs started to fall. Both were blown across the deck by the blast.

Stahowick managed to reach his battle station on the bridge where he found his commanding officer, Capt. Mervyn Bennion, who was seriously injured. Stahowick rendered aid, literally holding Bennion's flesh together so the captain could pass orders to the ship personnel. Bennion eventually died from his wounds and posthumously received the Medal of Honor.

Later, as the ship was sinking, Stahowick helped to pull survivors out of the water. One of those he pulled out of the water was his best friend. He was so covered with oil that at first Stahowick didn't even recognize him. By the evening, Stahowick was manning a .50-caliber machine gun in his underwear with orders to "shoot anything that moved."

Stahowick served throughout World War II and retired from the Navy in May 1975 after more than 30 years of service. He went on to work as a custodial engineer in the Des Moines Public School System. Stahowick was a member of the Fleet Reserve Association, American Veterans Association, and Iowa State Sheriffs and Deputies Association.

Stanley "Lucky" Stahowick died in his hometown of Des Moines on Nov. 18, 2003.

"It was Lucky's desire to return to Pearl Harbor when he died to have his ashes scattered here so he could be with his brothers who were lost that fateful day," said Jim Taylor, Pearl Harbor survivor liaison, who spoke at the ceremony. "It was also the wish of his children Tom and Nancy. Today, thanks to them and the United States Navy, Lucky's wish will come true."

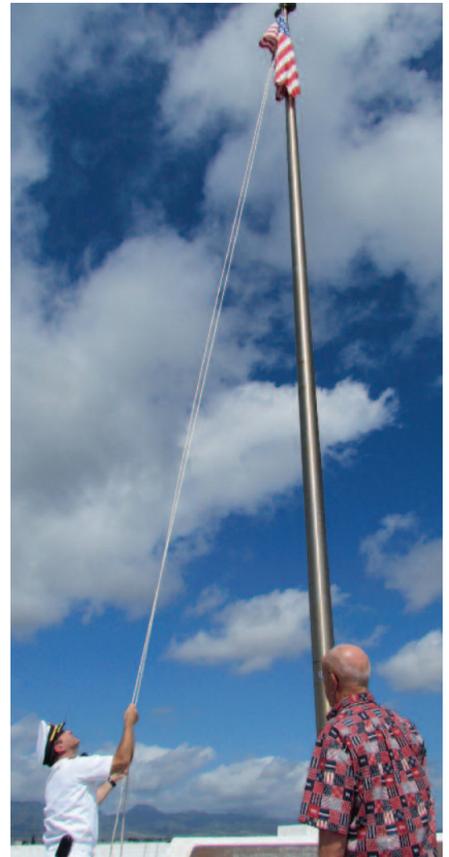
"Boatswain Stahowick stood his watch as the West Virginia sank and settled on the harbor's muddy bottom," said Capt. Larry Scruggs, deputy commander, Pearl Harbor Naval Shipyard, who also spoke at the ceremony.

"He would have said he wasn't a hero. I stand here today as a proud member of the world's greatest Navy to say, 'Boatswain, you are a hero, and we have the watch.'"

Lt. Rick Tiff, Chaplain Corps, Pearl Harbor Memorial Chapel, presided over the service. He described Stahowick as a "shepherd who led his flock and served his country in a time of need."

Stahowick's son Tom was in attendance at the ceremony, along with his wife, Anita. They were not in Hawaii only for the service. The trip was part of their honeymoon as well.

"My dad always talked about Pearl Harbor and how he loved it and loved the Navy," said Tom Stahowick. "It was a wonderful ceremony, and I want to thank the U.S. Navy for doing it right."



# COMSUBPAC shoots lights out to down Medical

Story and photo by  
Randy Dela Cruz

Sports Editor

Fire Controlman 2nd Class Frank Lofton's four three-pointers in the first half helped Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC) take a 27-17 lead at halftime before finishing off Medical from Naval Health Clinic Hawaii, 49-36 on March 12. The Gold Division intramural basketball game we played at Joint Base Pearl Harbor-Hickam Fitness Center.

The shooting of Lofton and teammate Lt. Greg Koch, who also added two long distance shots in the first half, broke an 8-8 tie early in the game.

The win raised the divisional record of COMSUBPAC to 8-3 and kept the team in the hunt for the playoffs, while Medical fell to 4-7.

Lofton, who finished the night with 20 points, said that once he got on a roll, he just wanted to keep it going.

"I want it all the time," said Lofton about his hot streak. "I got pulled out and got a little cold, but we kept the lead and we still won. It was a good win for the team."

With the score tied at 8-8 in the first half, Lofton warmed up and knocked down his second trey of the game to take an 11-8 lead with 10:13 remaining before halftime.

Then on the next trip down the floor, Lofton immediately zeroed in on another long-range jumper to give COMSUBPAC a 14-8 advantage.

Medical cut the lead in half and pulled to within three at 14-11, but Lofton answered the call again with another three-point shot to go back up by six.

A shot by Marine Cpl. Absalom Johnson pulled Medical back to within four points at 20-16, but with Lofton getting a rest on the bench, COMSUBPAC regained momentum by sending the ball to the inside where center Electronics Technician 2nd Class Jesse Gauf went to work to score five straight points en route to a 10-point lead at intermission.

"I just played to my strength," said Gauf about the strong play in the lane. "I'm a little undersized, so playing against bigger guys, I got to be in the right position. When the team is struggling, I try to be the go-to person down low."

Gauf responded with another big basket in the second that kept Medical 10 points behind at 35-25 with 12:20 left on the clock.

A trey by Koch, his third of the game, at the 8:02 mark, gave COMSUBPAC a 40-29 advantage before Information Systems Technician 3rd Class Willis Bueno completed a basket-and-one to all but seal the game at 43-31 with only 5:29 in the game.

Lofton's game-high 20 points was followed by Koch with 11, Gauf with nine and Bueno with five.

Medical got most of their scoring from Johnson, who pumped in 17 points and Hospitalman Justin Blatch with 10.

Lofton, who scored 18 of his total in the first half, said that while his hot hand cooled off, it's good to know that he has teammates that can step up and deliver when needed.

"It's real good we got players like that," he said. "We got Gauf, who can get established in the paint and we got other shooters like LT. Unlike last year, we got a team. That's what I like about it."

After losing to the 8th Intelligence

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"I want it all  
the time. I got pulled  
out and got a little  
cold, but we kept the  
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It was a good win for  
the team."

—Fire Controlman 2nd Class Frank Lofton

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Squadron in the third game of the season, COMSUBPAC has turned things around to contend for a playoff spot, which is scheduled for March 30.

Gauf said if the team continues to improve, he likes its chances of taking things to the next level.

"I think we're starting to hit our stride," he stated. "We're going to be tough to beat in the playoffs. Just keep playing good fundamental basketball and we're going to be all right."

Lofton agreed with Gauf, but added that for good things to happen, everyone would have to show up to be ready to play.

"I think we got a real good chance," Lofton admitted. "As long as people show up and play together, we'll be good."



Electronics Technician 2nd Class Jesse Gauf, Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC), goes up for a shot during a Gold Division game versus Medical.

# 15th MXG substitutes take charge over CES Team 2



Staff Sgt. Josh Frederico, 15th Maintenance Group (15 MXG), scores on a reverse lay-up for two of his 14 points during a Blue Division game versus the 647th Civil Engineer Squadron CES Team 2.

Story and photo by  
Randy Dela Cruz

Sports Editor

There aren't many teams that can rest their starters for more than half of the game and still overpower their opponents, but that's exactly what the 15th Maintenance Group (15 MXG) did in beating 647th Civil Engineer Squadron CES Team 2, 64-26, March 11, in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win was the 11th for the MXG, whose only defeat came at the hands of league-leading Pound Town "A" earlier in the season.

**"I saw an open lane and went for it... We practice that stuff all the time and just take it strong and see what happens."**

—Staff Sgt. Josh Frederico

Meanwhile, the struggles for CES Team 2 continues as the squad has a record going in the opposite direction of the MXG with a mark of 1-9.

"We looked at the sheet and saw that they were a one-win team, so we just said we're going to send in our second team and get them some quality minutes, just so they can develop and give the starters some rest when they need it," said MXG starting guard Airman 1st Class Aaron Maxwell, who sat on the bench with the rest of the starters for the first nine minutes of the game.

Even with the starters sitting on the bench, the high-scoring MXG didn't seem to miss a beat with center Staff Sgt. Josh Frederico and Senior Airman Ryan Hubbard picking up the slack to take a 9-2 lead at the 11-minute mark.

Frederico scored on two lay-ups for four points, and Hubbard picked up two baskets and a free throw to score five points before halftime.

Once the second team gave way to the starting five, the MXG really stepped on the gas to pull away from the CES.

A basket by Maxwell on a putback, placed the MXG ahead by 13 at 17-4 with 7:03 on the clock.

Then, starting center Senior Airman Al-Tariq Stewart connected on a 10-foot jumper three minutes later, to put MXG up by 20 at 24-4.

Maxwell said that even though the starters were cold coming off of the bench, pressure on the defensive side warmed them up quickly.

"It's defense. We started it all last year," Maxwell explained. "Even though it's a different five this year, it's all about defense. That's what wins games. We figured that out the easy way and the hard way."

Two free throws by Staff Sgt. Kenneth Moore, just before the break, kept the lead at 20, with the score at 30-10.

Armed with a comfortable lead going into the second half, the MXG stuck to its platoon game plan and continued to liberally substitute players throughout the remaining minutes.

Stewart, after scoring nine points in the first half, kept up the pressure inside the paint and pounded the basket for seven more points to finish with a game-high 16.

After Stewart retired to the bench, Frederico came back in and picked up right where his fellow post player left off.

Checking into the lineup, Frederico scored three straight baskets, before adding two more hoops to finish the night with 14 points.

"I saw an open lane and went for it," said Frederico about his strong play under the basket. "We practice that stuff all the time and just take it strong and see what happens."

Although the MXG had an outstanding season last year, Maxwell said that the depth on this year's squad makes the team even more dangerous this time around.

Add a more focused approach to the mix and Maxwell said that the MXG is prepared to make a strong run for the title.

"This team is better this year," Maxwell noted. "Last year, we had a good five or six people and that was it. This year, we can bring in five off the bench and they can hold the game down for us while we get a break. We're way more focused than last year. We're even having practice on Saturdays. Definitely, everybody's sight is on a championship this year."

# Pound Town 'A' runs past Fighting Geckos

Story and photo by  
Randy Dela Cruz

Sports Editor

Airman 1st Class Lortavius Smith scored 21 points in the first half and finished with a game-high 27 to lead the undefeated 647th Security Forces Squadron (647 SFS) Pound Town "A" basketball team to a lopsided 69-36 victory on March 11 over the Fighting Geckos of the 17th Operational Weather Squadron (17 OWS) in a Blue Division matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

In gaining the easy win, Pound Town got out of the gates quickly and raced out to a 12-4 lead on a lay-up by Smith after the first four minutes of play.

Pound Town took their first double-digit advantage on a basket by at the 13:05 mark and increased it to 20 at 27-7 after a hoop by Smith following a three ball by Airman 1st Class Vincent Kruzona.

The win raised Pound Town's record to a spotless 12-0, while the Fighting Geckos dropped to 4-7.

"Once we started the game, first off we said 'right out the gate' and that's what we stressed," said Smith about the team's quick start. "That's how we play. We're always pushing the ball. We love to win, so we just came out as a team and said let's get the win."

The first-half nightmare continued for the Geckos, as Pound Town outscored their opponent by a score of 19-10 for the rest of the half to go into the break with a 46-17 lead.

Many of the team's scores came off shots inside the lane as Pound Town dominated the boards and consistently broke down the Geckos' defense under the basket.

"Basically, it was everybody crashing and working together as a team," said Smith.

In the second half, Pound Town kept up the pressure and went up by a score of 54-25 on another three-pointer from Kruzona.

The shot, Kruzona's third from long distance, gave Pound Town a 29-point advantage and put the game away with over 12 minutes remaining on the clock.

A total of eight Pound Town players contributed points in the rout, with Kruzona following Smith with 13 points and Airman 1st Class

Marvin Martin adding eight points with two shots counting from beyond the arch.

Senior Airman Tony Oakley led the Fighting Geckos with 14 points, but it wasn't enough to spark the team's struggling offense.

Oakley said that the Fighting Geckos were missing key players in the matchup, but took nothing away from Pound Town's strong effort.

"We didn't have our full roster here today, so subbing was a big

**"Once we started the game first off we said 'right out the gate' and that's what we stressed. That's how we play. We're always pushing the ball. We love to win, so we just came out as a team and said let's get the win."**

— Airman 1st Class Lortavius Smith

deal," Oakley explained. "We came out a little bit lazy at the beginning, but we made a big change in the second half and played with more grit at the end. We did what we could with what we had. Other than that, they (Pound Town) were a good team. I'm going to take anything away from them."

Even with Pound Town's dominating win over the Fighting Geckos, Smith said that the team still has some work to do.

Smith did admit though that the team is starting to peak.

"We are definitely close," he stated. "Basically, we're going to get to the championship again. We're just motivated and ready to win."

However, with the playoffs two weeks away, Smith said the team has some unfinished business to take care of.

"We want to go in (the playoffs) as the No. 1 seed," he said, "so we can get as less games as possible and come out with the win overall."



Airman 1st Class Lortavius Smith, 647th Security Forces Squadron (647 SFS) Pound Town "A" team, goes past Senior Airman Tony Oakley, 17th Operational Weather Squadron (17 OWS).

## Tripler clinic seeks to inform the public about traumatic brain injury

Story and photo by  
Brandon Bosworth

Staff Writer

March is Traumatic Brain Injury (TBI) Awareness Month.

TBI occurs when a blow, jolt or other injury disrupts the function of the brain. Every year, approximately 1.7 million Americans sustain a TBI, and about a quarter-million military men and women have been diagnosed with some form of TBI since 2000.

Most service members sustained their injuries as a result of training accidents or motor vehicle crashes. About 30 percent are injured in combat. Concussions are the most common type of TBI in the military.

To encourage awareness about brain injuries, the traumatic brain injury (TBI)-concussion clinic at Tripler Army Medical Center has been hosting information booths at military bases

around Oahu.

Lon Lebato, health care administrator, manned the TBI information booth at Joint Base Pearl Harbor-Hickam Makalapa Clinic on March 7. One thing he wants people to know is that brain injuries don't just happen to active duty members but to their families as well.

"We get a lot of kids at the clinic," he said. "We've had kids who come in and couldn't remember their parents' names."

Most children sustain brain injuries through sports, especially football. Others may have been injured in car accidents or other traumatic events.

Most of the adults the clinic treats are there as a result of an accident.

Lebato explained that the Tripler TBI clinic offers a variety of services.

"In addition to being the core clinic for treating TBI, we also offer services such as speech



Lon Lebato, health care administrator, manned the brain injury information booth at Joint Base Pearl Harbor-Hickam Makalapa Clinic on March 7.

therapy and anger management counseling," he said.

Lebato stressed that those who have experienced a head injury should seriously consider making an appointment with the TBI clinic or their primary care provider.

According to the traumatic brain injury (TBI) concussion clinic at Tripler Army Medical Center, there are many symptoms of a traumatic brain injury. Here are a few:

- Physical
- Headaches
- Sleep disturbances
- Dizziness or balance problems
- Nausea/vomiting
- Fatigue
- Distorted vision
- Sensitivity to light or ringing in the ears
- Cognitive
- Concentration problems

- Temporary gaps in memory
- Attention problems
- Slowed thinking
- Difficulty finding words
- Emotional
- Irritability
- Anxiety
- Depression
- Mood swings

If you or someone you know has sustained a head injury and is exhibiting any of these symptoms, a visit to the traumatic brain injury (TBI)-concussion clinic is highly recommended. The clinic is open weekdays from 8 a.m. to 4 p.m. For more information, call 433-6405.

"People hurt their head and, just like anything else, they think they will get over it," he said. "And they usually will. But if you've had a head injury that leaves you dazed, you should probably see somebody." Patients can make appointments

with the Tripler traumatic brain injury (TBI)-concussion clinic, either directly or through a referral from their primary care provider

The clinic is open weekdays from 8 a.m. to 4 p.m. For more information, call 433-6405.

## Navy Nutrition Month: Take guesswork out of meal planning

Navy Personnel Command  
Public Affairs

MILLINGTON, Tenn. (NNS) — Navy Nutrition Month is a time to focus on meal planning and ways to make it easier, said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office, on March 8.

"Meal planning overwhelms many, but there are strategies that can keep it simple. The choosemyplate.gov website, for example, shows you how a balanced plate will look and divides the plate into four components plus dairy," continued Wallinger. "Once you know what your plate will look like, it's just a matter of choosing foods within each category."

The choosemyplate.gov website walks you through building a plate with about one-half fruits and vegetables, one-quarter whole grains and one-quarter lean protein. Selecting the least processed foods low in added sugar, salt and fat will be among the best choices, but even if one chooses other foods, they can still strike a balance by filling the other components with good choices.

"Have fun in the kitchen when building your plate. Involve your friends and family," stressed Wallinger.

"Including your kids in selecting foods allows them to be part of the process and is a great way to improve eating habits. Knowing more about our food and where it comes from tends to make healthful choices easier."

Navy Physical Readiness ([www.npc.navy.mil/support/physical](http://www.npc.navy.mil/support/physical)) has several nutrition resources to help people stay energized and create a positive impact to their body and mind. The Navy Operational Fueling card deck ([www.npc.navy.mil/support/physical/Documents/NOFFS\\_Operational%20Fueling.pdf](http://www.npc.navy.mil/support/physical/Documents/NOFFS_Operational%20Fueling.pdf)) offers guidance on how to choose foods and portions and also includes "nutrition rules to live by."

Additionally, the Navy and Marine Corps Public Health Center has launched its healthy living initiative ([www.nmcphe.med.navy.mil/Healthy\\_Living/](http://www.nmcphe.med.navy.mil/Healthy_Living/)), in conjunction with DoD's Operation Live Well ([www.defense.gov/home/features/2012/0812\\_live-well/](http://www.defense.gov/home/features/2012/0812_live-well/)), underscoring the relationship between physical and emotional wellness.

For more information, visit the Navy Nutrition Webpage at [www.npc.navy.mil/support/navynutrition/Pages/default2.aspx](http://www.npc.navy.mil/support/navynutrition/Pages/default2.aspx).



U.S. Navy photo by Brandon Bosworth

Culinary Specialist 1st Class Anthony Amadeo prepares a healthy meal in the Silver Dolphin Bistro's galley at Joint Base Pearl Harbor-Hickam.

Morale Welfare & Recreation

**PEEWEE T-BALL**

Today is the last day to register children ages 3-5 years old for PeeWee T-Ball. The season runs April 13 to June 22, and the cost is \$35. FMI: 473-0787.

**MOVIE NIGHT AT BOWLING CENTER**

The Naval Station Bowling Center will be showing a free movie tonight at 7 p.m. FMI: 473-2574.

**UFC I58 HD, MEET B.J. PENN**

Watch Georges 'Rush' St-Pierre takes on Nick Diaz in high-def at 4 p.m. Saturday at J.R. Rockers. Doors open early, and UFC fighter B.J. Penn will be on hand for a meet-and-greet from 2 to 4 p.m. Free for members, \$10 for non-members. FMI: 448-2271.

**TEEN MUSTACHE PARTY**

A teen mustache party will be held from 6 to 8 p.m. Saturday at the Hickam Teen Center. Attendees are encouraged to dress as their favorite character with a famous mustache. There will be games, food and prizes for the best costume. This free event is open to ages 13-18 years old. FMI: 448-0418.

**ACTIVE-DUTY HICKAM HISTORICAL TOUR**

A special Hickam historical tour will take place Saturday from 9:30 to 11:30 a.m. This condensed tour is tailored specifically for active-duty personnel and open only to active-duty and their guests. The tour will include visits to the original buildings at Hickam where the Army Air Forces' airmen, nurses and officers' and enlisted families lived as well as the chance to hear personal stories of the "day of infamy." The cost is \$25 per person, and the tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

**SNORKELING SHARK'S COVE WITH LIBERTY**

There will be a free snorkeling excursion to Shark's Cove on the North Shore on Sunday. Departures are from Beeman Center at 8:30 a.m., Instant Liberty at 8:45 a.m., Makai Rec Center at 9 a.m., and Liberty Express at 9:45 a.m. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

**SONS OF ANARCHY MEET-AND-GREET**

Two Sons of Anarchy free meet-and-greet events will be held March 17 at Joint Base Pearl Harbor-Hickam. The events will be held 9:45 a.m. at Makai Recreation Center and 3:30 p.m. at Club Pearl's Brews and Cues. Three of the TV show's celebrities will be in attendance, including Kim Coates (Tig), Mark Boone Jr. (Bobbie) and Dayton Callie (Unser). FMI: 449-7790.

**FORD ISLAND HISTORICAL TOUR**

There will be a Ford Island historical tour from 8:30 to 10:30 a.m. March 20. Ford Island played a significant role in World War II, and this tour will visit often-overlooked historical battle sites. The tour departs from Rainbow Bay Marina parking lot. The cost is \$25 for adults, \$20 for children 3-11, and free for lap children two and under. Free pickup is also available at lodging (call for times). FMI: 448-2295.



**BEAUTIFUL CREATURES (PG-13)**

A hauntingly intense coming of age story set in the South, "Beautiful Creatures" is about two star-crossed teenage lovers, Ethan, a local boy, and a mysterious new girl, Lena uncover dark secrets about their families, their history and their town.

**HICKAM MEMORIAL THEATER**

**TODAY 3/15**

6:00 PM Beautiful Creatures (PG13)

**SATURDAY 3/16**

4:00 Hansel and Gretel: Witch Hunters (R)

7:00 Studio Appreciation Advance Screening – Free Admission rated R Tickets available at your local exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime.

**SUNDAY 3/17**

2:00 Beautiful Creatures (PG13)

Movie Showtimes

Community Calendar

**MARCH**

**NOW** — the Joint Base Tax Center, run by the Region Legal Service Office, is now open. The tax center offers "self-service" preparation with the help of a trained tax volunteer. FMI: Email Katherine.lake@navy.mil or call 473-4717.

**TODAY** — Marine Corps Community Services (MCCS) will hold the annual Marine Corps Base Hawaii, Kaneohe Bay Career and Education Fair from 9 a.m. to 1 p.m. at Kahuna's Enlisted Club. The fair is free and open to the military community from 9 a.m. to 1 p.m. and open to the public from 11 a.m. to 1 p.m. FMI: 257-7787, 257-7790 or 257-2158.

**19** — The AFCEA Hawaii (Armed Forces Communications and Electronics Association) buffet luncheon will be held from 11 a.m. to 1 p.m. at Fort Shafter, Hale Ikena Club. Guest speaker will be Peter Colvin, director of business Development, Maui High Performance Computing Center. FMI: www.afceahawaii.org or call Ken at 441-8524.

**22** — Auditions are underway to become a musical Idol. An audition will be held from 3 to 6 p.m. at Club Pearl Country Bar. The top 10 from auditions will perform at 7 p.m. April 13 at Hickam Memorial Theater. An after-party will take place at J.R. Rockers. FMI: 347-5157.

**23** — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange (NEX) food court lanai. Following the meal, there will be entertainment, games, prize giveaways, a jelly bean guessing contest, face painting and balloon-twisting. Tickets are now on sale. FMI: 423-3287.

**23** — "Discover Your Future in Aviation" will be held from 10 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event will include hands-on activities and experiments, interactive science exhibits, and aviation industry booths with activities that also fulfill objectives for Girl and Boy Scout badge programs. Talk one-on-one with aviation professionals, enter to win aviation prizes, and bring a camera to take photos with Rosie the Riveter and her friends. The event is free with regular museum admission and free to museum members. General admission tickets are available online. FMI: 441-1005 or email Education@PacificAviationMuseum.org.

**APRIL**

**1** — The next semester of on-base college classes start April 1. Sign-ups will be conducted at the Navy College Office (building 679) and the Air Force Education Center (hangar 2) through March 29. FMI: visit the base education offices or call 473-5754.

**6** — The Ford Island Bridge Run will be held at 7 a.m. at the entrance to Adm. Bernard "Chick" Clarey Bridge. Entry fee is \$20 for military and their family members and \$25 for non-military. The bridge will be closed from 6:50 to 7:05 a.m. April 6. Entry deadline is March 22. FMI: 473-0784, 473-2499 or 473-2437.

**SHARKEY THEATER**  
is closed  
for renovations  
until June.

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.

## 'Gimme 5' campaign to launch Hickam Communities resident survey

### Hickam Communities

Hickam Communities staff will be knocking on residents' doors on March 23, delivering the annual resident satisfaction survey that launched the Gimme 5 campaign.

"We can't emphasize enough how important it is for our families to provide us with candid feedback about their experiences being part of our community, from move-in through residency," said Stephen Quinn, Hickam Communities property management director.

"We're asking them to rate us on a scale of one to five, five being the highest, which is what our team aspires to," Quinn said.

Survey results, comments and suggestions help Hickam Communities and Air Force housing leadership identify areas where the property operations team is realizing success, as well as areas in need of improvement or where there might be a need for a program or service.

The survey takes approximately five minutes to complete. Residents completing the survey on the day of delivery can

place and seal it in the envelope provided and leave it at their front door.

Hickam Communities staff will collect them in the afternoon and leave behind five ice cream coupons as a "thank you" to families for participating.

Surveys completed at a later date should be mailed in the addressed, stamped envelope provided and be postmarked no later than the May 10 deadline.

A comment card is included with the survey, and completed comment cards and surveys postmarked no later than April 12 will be eligible for an Early Bird drawing to win one of five \$250 cash prizes. One winner will be randomly drawn from each neighborhood.

The survey is conducted by the nationally-recognized real estate consulting firm CEL & Associates, Inc. Residents' names will be kept confidential. Bar codes on the return envelope provided only identify neighborhoods.

For more information, call Hickam Communities resident services team at 423-2300.

### *My Favorite Photo*



*Kalvin Vaughn took this recent photo of a Chinese New Year lion dance performance at the Pearl Harbor Navy Exchange. Lung Kong Physical Culture Club Hawaii performed the dance demonstration, welcoming the Year of the Snake.*

**How to submit**

*Email your (non-posed) photos to [editor@hookelenews.com](mailto:editor@hookelenews.com)*

# Great American Voices create excitement at Hickam Officers' Club

**Erica Myers and Emily McNulty**

Joint Base Pearl Harbor-Hickam MWR

The Hawaii Opera Theatre brought a concert event called Great American Voices to the Hickam officers cJoint Base Pearl Harbor-Hickam at the Officers' Club March 9. This concert was made possible by a grant from the National Endowment for the Arts.

More than 100 attendees started their evening at a

wine, cheese and olive pairing. During the opening event, the general and artistic director of Hawaii Opera Theatre provided an overview of the evening's performance.

The 90-minute musical performance, sung in front of more than 200 Morale, Welfare and Recreation (MWR) patrons, began with classic opera acts and wrapped up with Broadway classics. Attendees included active-duty military, Department of Defense civilians, family members and retirees.

"I'm so glad I decided to come. The talent and their voices were amazing! I hope they come back soon," said Sarah Smith, an MWR patron.

"We were so pleased to have Hawaii Opera Theatre's Great American Voices back on joint base. The show was exciting and wonderful. I personally loved the children, who would not normally be in attendance, exposed to the excitement and the drama of a live performance," said Lara Katine, MWR special events director.

## Federal employees eligible for transit voucher benefits

All part-time and full-time federal employees (active duty military, reservists, civilian and non-appropriated-funds employees) are eligible to receive vouchers for the vanpool for \$240 a month, or free monthly bus passes.

If you want to participate in an existing vanpool that is looking for riders from your area, check the website at [www.vride.com](http://www.vride.com) to see existing vanpool times and routes.

For more information and the paperwork to receive

vouchers, contact the Air Force representative Tina Mercer at [Kristina.mercer@hickam.af.mil](mailto:Kristina.mercer@hickam.af.mil) or 448-2906 or the Navy transit benefit manager Jamie Chatarsa at [Jamie.chatarsa@dot.gov](mailto:Jamie.chatarsa@dot.gov) or call 202-366-1641.



A Hawaii Opera Theatre performer sings during the Great American Voices concert.

Photo courtesy of Hawaii Opera Theatre

### STORY IDEAS?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 [editor@hookelenews.com](mailto:editor@hookelenews.com)

## Pearl Harbor Historic Sites announce hours

Battleship Missouri Memorial, Pacific Aviation Museum Pearl Harbor and USS Bowfin Submarine Museum and Park will continue to operate as normal. The Pearl Harbor Visitor Center will remain open until 4:30 p.m., and shuttle service to the Battleship Missouri and Pacific Aviation Museum are unaffected.

The Pearl Harbor Historic Sites' hours of operation are as follows:

- Pearl Harbor Visitor Center: 7 a.m. – 4:30 p.m.
- USS Arizona Memorial tours: 8 a.m. – 1 p.m.
- Battleship Missouri Memorial: 8 a.m. – 4 p.m.
- USS Bowfin Submarine Museum and Park: 7 a.m. – 4:30 p.m.
- Pacific Aviation Museum Pearl Harbor: 9 a.m. – 5 p.m.

For more information on the four attractions at Pearl Harbor, visit [www.PearlHarborHistoricSites.org](http://www.PearlHarborHistoricSites.org).

### MY FAVORITE PHOTO

Do you have a favorite photo? Here is your opportunity to see it featured in Ho'okele.

**My favorite photo** can be anything in good taste.

Please send information regarding where it was taken and any interesting details. Include the name of the photographer and contact information.

Please send your photos to [editor@hookelenews.com](mailto:editor@hookelenews.com) and "cc" Karen Spangler, managing editor, at [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil) and Don Robbins, assistant editor, at [dorobbins@hookelenews.com](mailto:dorobbins@hookelenews.com).

**WHO SAID IT?**

“I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: ‘I served in the United States Navy.’”

*Last Week's*  
**WHO SAID IT?**



“Happiness is not something ready made. It comes from your own actions.”

—Dalai Lama

Photo by Molly Greenberg

**This Week's Trivia**

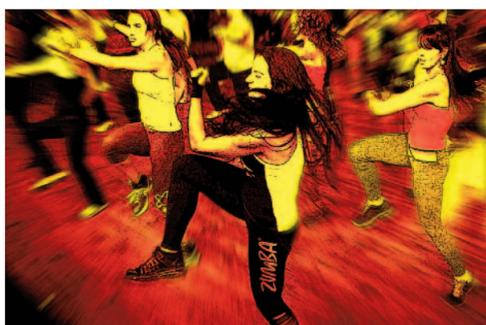
Who shines the ship's bell?

**Last Issue's Question:**

When did the Air Force launch the first polar orbiting satellite?

**Answer:**

On Feb. 28, 1959, as part of the CORONA reconnaissance program, the Air Force launched Discoverer 1 – the first polar orbiting satellite.



**‘Choose to Lose’ event includes Zumba, dietitian**

A “Choose to Lose” Zumba fitness event will be held March 15 at Pearl Harbor Commissary. The Zumba will begin at 9 a.m. and a dietitian’s kitchen will be held from 10 a.m. to noon. Naval Health Clinic Hawaii Health Promotion and the Defense Commissary Agency (DeCA) are partnering to hold the event, which will focus on healthy activity and a food recipe. A dietitian from the Hickam side of Joint Base Pearl Harbor-Hickam, Amanda O’Neill, will be at the commissary for dietitian’s kitchen after the Zumba to answer questions and share the recipe for apricot cilantro quinoa pilaf. Adults and children are welcome at the event. A tent with the Naval Health Clinic Hawaii Wellness on Wheels van will also be located outside.

**Two Easter brunches planned for March 31**

Two Easter brunches will take place at Joint Base Pearl Harbor-Hickam on Easter Sunday, March 31. An Easter champagne brunch buffet will be held at the Hickam Officers’ Club. Seating times are 10 a.m. and 1 p.m. at the lanai, 10:30 a.m. and 1:30 p.m. at the dining room. The cost is \$29.95 for adults, \$15.50 for children ages 7-12, \$8.25 for children ages 4-6, and free for children ages 3 and under. There will also be a \$2 members first discount. The brunch will feature a carving station, omelet station and more. Reservations are required. The brunch is open to all ranks. For more information, call 448-4608. In addition, an Easter Sunday champagne brunch will be held at the Tradewinds Enlisted Club. Seating times are at 10 a.m. and 12:30 p.m. The cost is \$29.95 for adults, \$15.50 for children ages 7-12, \$8.25 for children ages 4-6 and free for children ages 3 and younger. There will be a \$2 members first discount. Chef Andreas Knapp will prepare the Sunday Brunch at the Tradewinds Enlisted Club. Reservations are strongly encouraged. For more information, call 448-2271, ext. 226.

**WHO'okele**  
PEARL HARBOR-HICKAM NEWS

Oahu's natural wonders makes it ideal for a 'staycation'

**“NAVIGATE” TO HO'OKELE ONLINE**  
www.hookele.com or www.cnic.navy.mil/hawaii

## Volunteers needed for Pearl Harbor Bike Path cleanup

Joint Base Pearl Harbor-Hickam will partner with the City and County of Honolulu for a Pearl Harbor Bike Path cleanup from 8 to 11 a.m. April 6.

Navy and Air Force volunteers can help in one of two locations. The first location is the area along the bike path between McGrew Point (also known as Aiea Bay Park) and Neil S. Blaisdell Park to including Pu'uloa Stream near Blaisdell Park. The other location is Kapakahi Stream across from Honolulu Police Station on Waipahu Depot Road. Volunteers should meet by 8 a.m. at Blaisdell Park or Kapakahi Stream.

Work will include trash removal, weeding and beautification. Volunteers should dress to get dirty, wear covered shoes and bring sunscreen.

To volunteer, contact MAC James Wooten, james.wooten2@navy.mil, work number 472-7149 or cell 225-5347. For more information, call Tom Clements, Navy Region Hawaii outreach, 473-0662 or cell 445-4981.

## Events planned for Women's History Month at JBPHH

Joint Base Pearl Harbor-Hickam will commemorate Women's History Month throughout the month of March at the following events:

- Meet Elizabeth Blackwell: Library Event for School-Aged Children from 2 to 3 p.m. March 20 at the Hickam Library, 990 Mills Blvd., building 595.
- One-Note Training on Microsoft 2010 at 11:30 a.m. March 21 at the 15th Wing Conference Room.
- "How to Achieve Your Highest Potential and Help

Others Reach Theirs" Leadership Development Seminar featuring Congresswoman Tulsi Gabbard, Rear Adm. Raquel Bono and Col. Eva Jenkins from 11 a.m. to 2 p.m. March 29 at Hickam Memorial Theater, Kuntz Avenue, building 1766. This is a brown bag (bring your own lunch) event.

Those who plan to attend should register in advance at <https://usaf.evanced.info/hickam/sr/homepage.asp>.

For more information, call 449-8296 or email [phyllis.frenzel@navy.mil](mailto:phyllis.frenzel@navy.mil).

## Burning carbon-based fuel contributes to warming planet

**Rebecca Hommon**

*Navy Region Hawaii  
Environmental Counsel*

Earth Tip: Global warming is a security issue. In 2011, the Chief of Naval Operations identified the Arctic as the Navy's next frontier as the Arctic ice recedes.

Pacific Command's Adm. Samuel Locklear noted that the Pacific island of Tarawa in Kiribati will need to move their entire population because the island will soon be covered by water.

Much of the Navy's effort in the near future will likely be in responding to destructive weather events and other consequences of a warming planet. So what does that have to do with each of us?

The combustion of carbon-based fuels such as coal, oil, natural gas results, in the release of emissions.

These emissions or gasses contribute to the warming of the planet as

these gasses sitting in the atmosphere closest to the earth absorb the sun's heat and retain the earth's warmth, popularly known as the green house effect.

Every time we choose to burn a carbon-based fuel, we contribute to a warming planet. By driving a few fewer miles, shutting off an engine immediately, being conscious of what fuel produced the electrical power we're using, using our purchasing power to exert influence on commercial suppliers and product manufacturers, purchasing local products and food rather than items shipped here from thousands of miles, we help reduce the release of emissions and help to slow global warming.

Because we are engaged in the business of international peace and security, we have no choice but to do so. To learn more, see Locklear on climate change as reported on March 9 in the Boston Globe at <http://b.globe.com/Y3Zvnb>

## Celebrate Saint Patrick's Day with events at JBPHH

March 17 is Saint Patrick's Day, and Joint Base Pearl Harbor-Hickam is holding several events to celebrate the holiday.

Brews & Cues will hold a "go green" party from 4:40 to 6:30 p.m. Friday. There will be prizes plus pupu and specials for those wearing green.

For more information, call 473-0841.

The St. Paddy's Day 5K Run will take place at 8 a.m. Saturday. The race starts and finishes at the Hickam Fitness Center. Runners are encouraged to wear St. Paddy's Day costumes. Prizes will be awarded for best costume. This free

event is open to all eligible patrons and their guests. No registration is required.

For more information, call 448-2214.

The Hickam Officers' Club will hold its annual St. Patrick's Day champagne brunch from 10 a.m. to 1 p.m. Sunday.

The brunch will feature Irish dishes such as corned beef, cabbage and shepherd's pie. The cost is \$24.95 for adults, \$13.50 for children ages 7-12, \$8.25 for children ages 4-6, and free for children ages 3 and under. Reservations are required, and all ranks are welcome. For more information, call 448-4608.

## Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

- March 19, 8:30 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.
- March 22, 7:30 a.m. to noon, Joint Base Pearl Harbor-Hickam Makalapa Clinic.
- March 26, 9 a.m. to 1 p.m., Naval Computer and Telecommunications Area Master Station NCTAMS Gym, 500 Center St., Wahiawa.
- March 29, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).