



## HIGH ROLLERS

*strike up  
all-Navy team*

Story and photos by  
Randy Dela Cruz

Contributing Writer

The selections for the All-Navy Bowling team was nearly completed during the All-Navy Bowling tryouts held at Naval Station Pearl Harbor Bowling Center from Feb. 10-12.

Over the three-day tryout, six men and two women qualified to represent the U.S. Navy at the Hawai'i All-Military Bowling Tournament, which will be held at four different base bowling centers on April 7 through 10.

For the men, Cryptologic Technician (Collection) Daniel Theisen, Senior Chief Donald Leppert, Chief Culinary Specialist Derrick Pelekai, Storekeeper 2nd Class Michael Peters, Lt. John Doyle and Machinist's Mate 1st Class Michael Brisko made the cut, while Jessica Reyes and Melissa Armes were the first two women to be selected to the Navy squad. Two more women will be added before April 7.

Theisen was the high roller of the tryouts by maintaining a 218.13 average through the course of 18 games.

A professed bowler for 11 years, Theisen, who usually throws down in the low 200s, said that with the high level of talent vying for a spot on the team, he had to kick up his game a notch to be among the selected six men.

"I just had to pick up my spares. That's what counts," he explained about his increased average. "I picked up the spares and the strikes came along."

Even with his added proficiency, Theisen said he believes that he will have to do more in the All-Military event in order to compensate for bowling away from his home lanes at Pearl Harbor Bowling Center.

At the All-Military tournament, bowlers will compete in doubles on April 7 at U.S. Air Force Base Hickam, mixed doubles at U.S. Marine



Bowlers pose with their trophies at U.S. Naval Station Pearl Harbor Bowling Center after earning a spot on the All-Navy Bowling team on Feb. 12. Kneeling in front from left are: Cryptologic Technician (Collection) Daniel Theisen, Senior Chief Donald Leppert and Storekeeper 2nd Class Michael Peters. Standing in back are: Lt. John Doyle, Machinist's Mate 1st Class Michael Brisko, Master-at-Arms 1st Class Joe Reyes, Jessica Reyes and Melissa Armes. Chief Culinary Specialist Derrick Pelekai, who finished up later in the afternoon, replaced Joe Reyes on the team. The Navy team of six men and four women will challenge other services in the All-Military Bowling Tournament which will be held at four base bowling centers from April 7-10.

Corps Base Kaneohe on the next day, singles at Schofield Barracks on the third day, and in a team contest back at Pearl Harbor to end the four-day event.

"It's going to be hard, but I'll try," promised Theisen about rais-

ing his game. "I've got to get more strikes and less open frames. I left the 10-pin a couple of times, so I've got to pick those up."

Meanwhile, finishing in second was Leppert, who with an average of 216.60 was only two pins off the pace of Theisen.

Leppert was near perfect in game two, when he rolled 297. He also had series high of the tryouts by bowling a three-game set of 728.

The senior chief noted that with everyone trying to outdo each other, he had to keep focused on every throw in order to maintain his outstanding average.

"You've got to forget the flat ball you threw and concentrate on the next ball you're going to throw," shared Leppert, who has been bowling for 24 years. "You've got to practice doing that. Getting out and bowling a lot is the key to everything. The more you practice, the more consistent you're going to be."

Since returning to Pearl Harbor in October, after being deployed to Iraq, Leppert said he started bowling again in December.

Although he was never a member of the All-Navy team before, Leppert stated he was motivated by Navy pride and the love of bowling to enter this year's tryouts.

After looking over his teammates, he said he believes that the Navy squad has what it takes to win it all in April. "The Navy team this year is going to make a whole lot of noise," he claimed.

While every bowler was delighted about qualifying for the Navy team, none was happier than Brisko, who with a 189.67 average was the sixth and last male to join the squad.

Brisko said that he tried out for the team from 2002-05, but fell short each time.

"I'm really stoked," he announced. "It's an honor to be here and be able to do this for once."



# Fisher House helps military families, thanks to kind donations

Story and photo by  
Blair Martin

Contributing Writer

When military families are struck with urgent medical crises, the Fisher House aims to provide emergency support by offering them a "home away from home."

Since being developed by philanthropists Zachary and Elizabeth Fisher in 1990, the Fisher House Foundation has built and placed 43 "comfort homes" on 17 military bases and five Department of Veterans Affairs Medical Centers throughout the nation. The Fisher Houses offer free housing to military families who are dealing with unexpected illness or injury.

Army Tripler Medical Center (TAMC) has two Fisher Houses: Fisher House I, built in 1995, can house up to eight families and Fisher House II, built in 2003, can house up to 19 families. Theresa Johnson, manager for Tripler Army Medical Center Fisher Houses, said the Fisher Houses are "the house[s] we are glad to have, but hope to never use."

On Feb. 13, Johnson received a \$1,100 donation from the U.S. Naval Academy (USNA) Class of 1967 Shipmates Association in memory of former Naval Academy graduate and Episcopal pastor John C. Millen, who lost his battle to cancer in December 2007.

Millen's wife of 40 years, Priscilla, and former classmate, Robert Hawthorne, were in attendance to present a check made out to the island-located Fisher Houses.

"Fisher House is doing Father John's work," said Hawthorne, who first met Millen while attending the Naval Academy in 1963. "He was the most caring and effective [church] leader I have ever known and that is why [Fisher House] is such an appropriate recipient of the little bit of money that we put together in John's memory."

Upon graduating from USNA, Millen served as a Marine Corps



Theresa Johnson (left), manager for Tripler Army Medical Center (TAMC) Fisher Houses, and Priscilla Millen view a photograph of Zachary and Elizabeth Fisher, founders of the Fisher House, a program that offers free housing to military families dealing with unexpected illness or injury. Millen visited one of the two Fisher Houses at TAMC to present a donation in memory of her late husband, a former U.S. Naval Academy graduate.

officer at Camp Hansen in Okinawa, Japan, during the Vietnam War. Following his duty, Millen pursued priesthood, serving in several churches on the mainland before relocating to Hawai'i in 1989 to take a position at Holy Nativity Episcopal Church in Honolulu. After retiring in 2002, Millen became an area coordinator for blue and gold officers, recruiting potential students for the Naval Academy.

Priscilla, Millen's widow, said the donation, made in her husband's name, is a fitting tribute considering his military background.

"He was [always] very supportive of the military," she recalled. "He really wanted to be a military chaplain, but at the time there was not enough room for him. He

had to take another path, but he always remained sympathetic to the [plight] of the military family," she added.

She hopes his legacy can continue through the work of TAMC Fisher House and future military residents.

"I think John would appreciate this very much," she said of the donation. "Military families of today carry tremendous loads and are faced with many difficulties. He would want to lend a helping hand," she added.

The Fisher Houses are equipped with a fully-stocked kitchen and laundry room, secured wireless Internet access and common areas, such as living and dining rooms. It is estimated that since its inception, the Fisher House program has helped

more than 50,000 families, saving them an estimated \$5 million in lodging expenses each year.

"We are always at 100 percent capacity with a waiting list," Johnson said. "Families can come and stay with us for awhile when their loved one is going through [medical] treatment at Tripler at no cost to them."

According to Johnson, the Fisher Houses at Tripler serve the entire Pacific region, including other countries such as Guam, Japan and Korea. Johnson said the average stay of many of her residents, which include retirees, wounded active duty members and oncology patients, ranges from 30 to 180 days due to the severe nature of many of their injuries or illnesses.

When his wife's thyroid spiraled

out of control after the birth of their second daughter, Gunnery Sgt. Fredrick Sloan, serving in Combat Logistics Regiment (CLR-37), 3rd Marine Logistics Group (MLG), had to be commuted with his wife and their two daughters from their Okinawa, Japan assignment to Hawai'i, via helicopter medevac. For almost a month, Sloan and his family have stayed at the Fisher House II while his wife receives emergency medical attention at TAMC.

"When we first got here, we were staying at Tripler Lodge near the hospital, but it was not convenient for the long-term stay," said the Spartanburg, S.C. native. "Being able to stay here [at Fisher House] has helped out a lot because the [houses] have everything you would need if you were at home. I can do laundry, buy groceries, and my daughter can run around and play in the yard," he added.

According to Johnson, all the Fisher Houses are considered individual non-profit entities, responsible for maintaining the overhead costs with every home.

"One common myth [many people believe] is that the military pays for the Fisher Houses, but that is not true," she explained. "As individual houses, we are responsible for everything from the upkeep of [the] house to cable and Internet costs."

In order for the Fisher House to continue to help other military families in need, they must rely heavily on generous donations made by community benefactors, she said.

"One hundred percent of donations made locally will go to benefit the Hawai'i houses," she said. "Many people think when they donate to Fisher House Foundation, they are donating to us, but they are two separate things. Donations made to the foundation go toward houses yet to be built on the mainland," she added.

For donations or more information on TAMC Fisher Houses, contact Johnson at 433-1291 or visit [www.triplerfisherhouse.com](http://www.triplerfisherhouse.com).

**GOT SPORTS**  
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Contact the HNN editor for guidelines and submission requirements

# NEX Uniform Center: Serving Hawai'i's military

**Mark Smith**

*Pearl Harbor Navy Exchange, Marketing*

Today's military members know how frustrating and stressful things can get when the time comes for uniform inspections. Everything has to be perfect, from the crease in the slacks to the precedence of ribbons and medals. If you're pressed for time and need assistance preparing for that big inspection, let the uniform center at Pearl Harbor Navy Exchange lend a hand.

With a staff that consists of 16 individual tailors who cater to all military members, the uniform center team is well versed in the regulations for each branch of service to ensure that every uniform is up to the highest standards of presentation.

"We have become very

popular among all branches of the military," said Roselle Torres, tailor shop supervisor. "They are always raving about our services and we take pride in making them look great."

Torres attributes the positive reputation to their experienced tailors, fast turnaround on uniforms, and caring customer service. While other shops across the island can give up to two weeks for work to be complete, the uniform center can complete each individual order with a same day or two-day service guarantee. They even perform specialty services such as the mounting of medals and rolling neckerchiefs.

The Mall at Pearl Harbor also offers these services at the tailor shop located in the men's department. While the uniform center's focus is on the military uniform, the tailor shop will tackle just about any textile and has



U.S. Navy photo by MC2 Michael A. Lantron  
Musician 1st Class Jennifer Lange, assigned to the U.S. Pacific Fleet Band, shops for the new service uniform (SU) at the Navy Exchange Uniform Shop onboard Naval Station Pearl Harbor.

developed a positive reputation in Hawai'i for being the place to go to fix anything from wallets, tents, purses to car covers and shoe repairs.

The uniform center will be moving to a new location next year. The groundbreaking ceremony for the new Fleet Store took place on Feb.12 and it is estimated to be fully functional by spring 2010. The new store will consolidate the NEX minimart, uniform shop, barber shop, four-segment food court, Morale, Welfare and Recreation Information, Ticket and Travel office, and outdoor recreation center into one convenient location.

For more information on the uniform center or the tailor shop and its services, call 423-3373.

# Skylark CENTRAL

WORD SEARCH

Find these 42 synonyms for the word **EDGE**

- ACERBITY
- BOUNDARY
- DAWN
- FRINGE
- JUMP
- MARGIN
- POIGNANCY
- SKIRT
- TRIM
- ACUTENESS
- BRIM
- DEFEAT
- HEAD START
- KEENNESS
- PALE
- POINT
- SQUEEZE BY
- UPPER
- ADVANTAGE
- BRINK
- HAND
- HONE
- LEAD
- DRAG
- SHARPEN
- SQUIRM
- PERIMETER
- BITE
- CRAWL
- VERGE
- INCH
- LIMIT
- EASE
- SHARPNESS
- STROP
- PERIPHERY
- BORDER
- CREEP
- WORM
- INCISIVENESS
- LINE
- SIDLE
- THRESHOLD

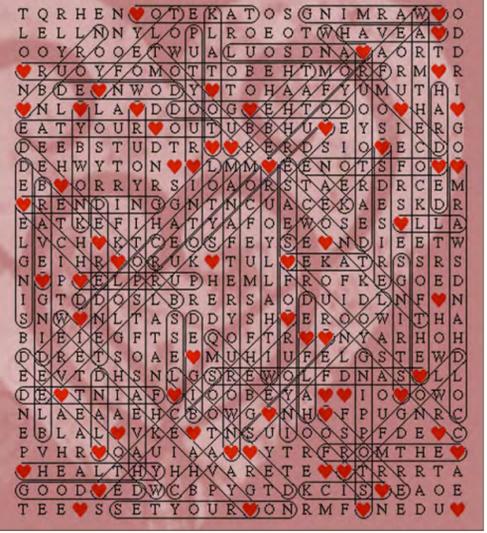


**WHO SAID IT?**  
 "WANTING TO BE SOMEONE YOU'RE NOT IS A WASTE OF THE PERSON YOU ARE."

LAST ISSUE'S **WHO SAID IT?**  
 "Love is a promise, love is a souvenir, once given never forgotten, never let it disappear."  
 John Lennon (1940-1980)

WORD SEARCH SOLUTION

- Find 68 of these words and phrases containing the word **HEART**
- ALL HEART
  - HEART OF THE MATTER
  - LONELY HEARTS
  - BIGHEARTED
  - MAN AFTER YOUR OWN HEART
  - BLEEDING HEART
  - HEART'S DESIRE
  - BRAVEHEART
  - HEART-HEALTHY
  - PURPLE HEART
  - BROKENHEARTED
  - HEART-STOPPING
  - PUT YOUR HEART INTO
  - CHANGE OF HEART
  - HEART-TO-HEART
  - TALK
  - COLD HANDS,
  - WARM HEART
  - QUEEN OF HEARTS
  - HEARTACHE
  - SACRED HEART
  - COLDHEARTED
  - HEARTBEAT
  - SET YOUR HEART ON
  - CROSS YOUR HEART
  - HEARTBREAK
  - SICK AT HEART
  - DEAR TO YOUR HEART
  - HEARTBURN
  - SINGLE-HEARTED
  - DO THE HEART GOOD
  - HEARTFELT
  - SWEETHEART
  - DOWNHEARTED
  - HEARTLAND
  - TAKE HEART
  - EAT YOUR HEART OUT
  - HEARTLESS
  - TAKE TO HEART
  - FAINTHEARTED
  - HEARTRENDING
  - TENDERHEARTED
  - FROM THE BOTTOM OF YOUR HEART
  - HEARTS AND
  - TO YOUR HEART'S
  - CONTENT
  - HEARTSEASE
  - FROM THE HEART
  - HEARTSICK
  - WARM THE COCKLES OF THE HEART
  - GOOD-HEARTED
  - HEARTSORE
  - HALFHEARTED
  - HEARTSTRINGS
  - WARMHEARTED
  - HARD-HEARTED
  - HEARTTHROB
  - WEAR YOUR HEART ON YOUR SLEEVE
  - HAVE A HEART
  - HEARTWARMING
  - A SOFT SPOT IN YOUR HEART
  - WHOLEHEARTED
  - IN YOUR HEART OF HEARTS
  - WITH A HEAVY HEART
  - HEART AND SOUL
  - KNOW BY HEART
  - WITH ALL YOUR HEART
  - HEART OF GOLD
  - LIGHTHEARTED
  - HEART OF STONE
  - LIONHEARTED



**This Week's Trivia**  
 Where did the terms "starboard" and "port" originate?

**Last Issue's Question:**  
 Where did the term "pea coat" come from?  
**Answer:**  
 Sailors who have to endure pea soup weather often don their pea coats, but the coat's name isn't derived from the weather. The heavy topcoat worn in cold, miserable weather by seafaring men was once tailored from pilot cloth - a heavy, course, stout kind of twilled blue cloth with the nap on one side. The cloth was sometimes called P-cloth for the initial letter of the word and the garment made from it was called a p-jacket - later a pea coat. The term has been used since 1723 to denote coats made from that cloth.

# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation

### FREE COMEDY SHOW

The Armed Forces Entertainment (AFE) and Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host a free comedy show, called Base Humor, at 8 p.m. Feb. 28 at Beeman Center. The show will feature comedians Wiley Roberts, Laura Park, Dan Moore and Sean Ottey. The event is open to all military affiliated personnel with Department of Defense (DoD) ID cards and who are 18 years and older. No children will be authorized in the facility. FMI: 473-0606.

### SUPER GARAGE SALE AND CRAFT FAIR

MWR will host a super garage sale and craft fair from 8 a.m. to noon March 7 at Richardson Field, off Kamehameha Highway across from Aloha Stadium. The event is free and open to the public. Parking is available at Rainbow Bay Marina. The cost for a 10-by-0 foot space for local, military-affiliated garage sellers is \$8 to \$10 and \$17 to \$22 for craft businesses interested in having a booth at the event. FMI: www.greatlifehawaii.com or call 473-0606.

### FORD ISLAND BRIDGE 10K RUN

Register this year for the 11th Annual Ford Island Bridge Run, the largest 10K (6.2 miles) run on Oahu. The run will begin at 7 a.m. April 4 and start at the entrance of Admiral Bernard Clarey Bridge, continue across the bridge and around historic Ford Island, and end at Richardson Field. The entry fee is \$17 for all active duty, military-affiliated and DoD personnel and family members. The entry deadline is March 23. All late entries will be \$27 and accepted until April 3. FMI: www.greatlifehawaii.com or call 473-2437 or 473-2494.

### SWIMMING LESSONS AT SCOTT POOL

Group lessons will start up this month. Private lessons are available now, upon request. FMI: 473-0394.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

## Community Calendar

### February

24 ~ Navy Region Hawai'i will host an observance of African American History Month from 11 a.m. to noon at the lanai at Lockwood Hall. The event will include speakers and a recitation of Dr. Martin Luther King's "I Have a Dream" speech by Chief Machinist's Mate Michael Dillard. FMI: 473-1468.

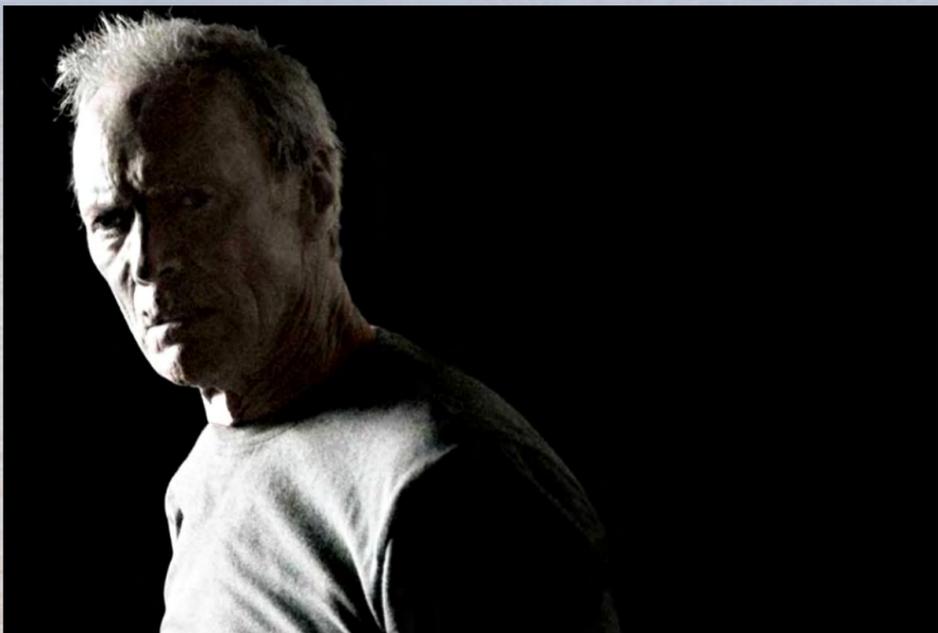
### March

4 ~ The registration deadline for a lunch and learn lecture series called "Food and Mood," by Dr. Mark Verschell is March 4. The event will be held from 11 a.m.-1 p.m. March 11 at the Navy Lodge conference room on Ford Island and is limited to the first 100 participants. FMI: 433-6875.

9 ~ Pearl Harbor Fleet and Family Service Center (FFSC) is sponsoring a Special Needs Awareness Workshop (EMFP) from 7:30 a.m. to 4 p.m. at the Moanalua Navy Services Center. The workshop is open to all those interested in learning about EFMP, families enrolled in EFMP and providers. FMI: 474-1999.

29 ~ Operation Homefront of Hawai'i will host an Easter egg hunt from 1-3 p.m. March 29 at the Oahu Veterans Center. The event is open to all branches of service members E6 and below. FMI: 469-7427 or [www.operationhomefront.net/hawaii](http://www.operationhomefront.net/hawaii).

## Sharkey Showtimes



### Gran Torino (R)

Retired auto worker Walt, an iron-willed veteran living in a changing world, is forced by his immigrant neighbors to confront his own long-held prejudices. The people he once called his neighbors have all moved or passed away, replaced by Hmong immigrants from Southeast Asia, he despises. Resentful of virtually everything and everyone he sees, Walt is just waiting out the rest of his life...until the night his teenage neighbor Thao tries to steal his prized '72 Gran Torino, under pressure from Hmong gang-bangers.

#### TODAY

7:00 PM The Curious Case of Benjamin Button (PG 13)

#### SATURDAY

2:30 PM Marley & Me (PG)

4:45 PM Doubt (PG 13)

7:15 PM Not Easily Broken (PG 13)

#### SUNDAY

2:30 PM Marley & Me (PG)

4:45 PM Bride Wars (PG)

7:00 PM Gran Torino (R)

#### THURSDAY

7:00 PM The Unborn (PG 13)



# The Dietician: A heart's desire is to be healthy

**Karen Hawkins, MA, RD, LD**

*Defense Commissary Agency*

One of the greatest gifts a woman can give herself is to learn more about heart disease and how to prevent it. After all heart disease is the number one killer in women, even greater than cancer deaths. This may be surprising to some; however, many national organizations are banding together to increase awareness, prevention and treatment of heart disease.

To help prevent heart dis-

ease follow these tips:

Know your blood pressure. Years of high blood pressure can lead to heart disease. People with high blood pressure often have no symptoms, so have your blood pressure checked every one to two years and get treatment if you need it.

Don't smoke. If you smoke, try to quit. If you're having trouble quitting, there are products and programs that can help:

- Nicotine patches and gums
- Support groups
- Programs to help you stop

smoking

Get tested for diabetes. People with diabetes have high blood glucose (often called blood sugar). People with high blood glucose often have no symptoms, so have your blood glucose checked regularly. Having diabetes raises your chances of getting heart disease. If you have diabetes, your doctor will decide if you need diabetes pills or insulin shots. Your doctor can also help you make a healthy eating and exercise plan.

Get your cholesterol and triglyceride levels tested. High blood cholesterol can clog your

arteries and keep your heart from getting the blood it needs. This can cause a heart attack. Triglycerides are a form of fat in your blood stream. High levels of triglycerides are linked to heart disease in some people. People with high blood cholesterol or high blood triglycerides often have no symptoms, so have both levels checked regularly. If your levels are high, talk to your doctor about what you can do to lower them. You may be able to lower both levels by eating better and exercising more. Your doctor might also prescribe medication to help lower your cholesterol.

Maintain a healthy weight. Being overweight raises your risk for heart disease. Calculate your Body Mass Index to see if you are at a healthy weight. Healthy food choices and physical activity are important to staying at a healthy weight:

- Start by adding more fruits, vegetables, and whole grains to your diet.

- Each week, aim to get at least 2½ hours of moderate physical activity, one hour and 15 minutes of vigorous physical activity, or a combination of moderate and vigorous activity.

If you drink alcohol, limit it to no more than one drink (one 12-ounce beer, one five-ounce glass of wine, or one 1.5-ounce shot of hard liquor) a day.

Find healthy ways to cope with stress. Lower your stress level by talking to your friends, exercising or writing in a journal

Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.