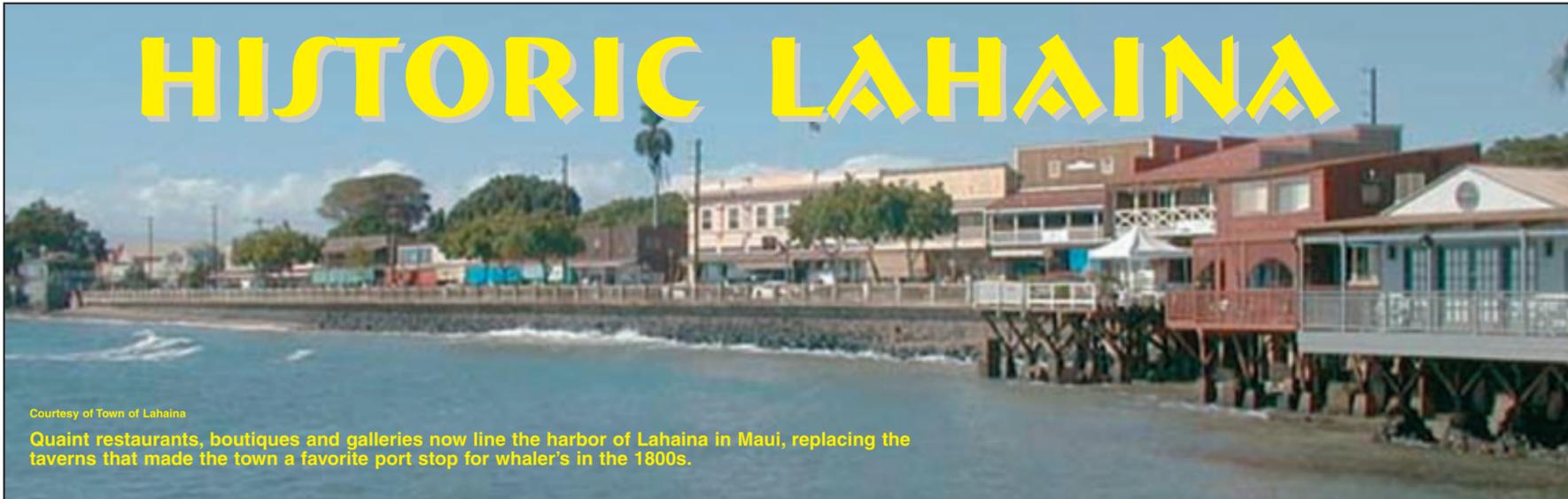


LIFESTYLES

HISTORIC LAHAINA



Courtesy of Town of Lahaina

Quaint restaurants, boutiques and galleries now line the harbor of Lahaina in Maui, replacing the taverns that made the town a favorite port stop for whaler's in the 1800s.



Sgt. Joe Lindsay

Lahaina is abundant with a vast array of historical sites along its walking tour.

Rich history harpoons with walking tour

(Editor's Note: This is Part One in a two-part series on the Hawaiian island of Maui, which focuses on the historic whaling town turned tourist mecca of Lahaina. Look for next week's story in your on the quieter side of Maui — Makena.)

Sgt. Joe Lindsay
Combat Correspondent

Located on Maui's west shore, the town of Lahaina bustles with tourists from all over the globe, who window shop up and down Front Street past a seemingly endless array of quaint shops, galleries and boutiques.

But it wasn't always that way. Indeed, the air-conditioned stores one enters today could just as easily have been the former site of a rowdy tavern or a raunchy brothel filled with whalers on shore leave during the 1800s, for it was during that time that Lahaina was known as one of the whaling capitals of the world, in addition to being the capital of the Hawaiian Kingdom from 1820 to 1840.

Today, whales are shot with cameras instead of harpoons, but some of that old whaling town adventurous spirit remains, (minus the red light district of course), thanks in large part to restoration and educational projects sponsored by the city, which makes Lahaina much more than just a long stretch of shops.

"Lahaina has one of the best walking tours I've ever seen," said Steve DiPietro, president and CEO of ClearPoint Insurance in Seattle and a native of Oakland, Calif. "For a history buff like me, this place is



Sgt. Joe Lindsay

perfect, because everything is mapped out so well. And for a 'shopaholic' like my wife, Marie, it is heaven because of all the different stores."

The historic walking tour DiPietro mentioned includes stops at the Lahaina Harbor, where the Carthaginian is docked. The Carthaginian is the only authentically restored brig in the world, and from which many a sailor or deckhand deserted during stops in Maui and other exotic Pacific islands, perhaps out of fear of becoming a resident in a ship's brig, like the one found on the Carthaginian.

"I might have deserted back then too," said Kevin Overbey, a fifth year senior at Oregon State University in Corvallis, as he toured the Carthaginian. "It must have been tough to be a seaman under the conditions then, both in terms of the ships themselves and the iron-fisted discipline."

The most famous deserter in these parts was Herman Melville, who jumped ship and spent the summer of 1843 in Lahaina, where he gained much-needed material before returning to the mainland to write *Moby Dick*.

Other stops on the walking tour include the Old Lahaina Lighthouse, which was built in 1840 and is the oldest lighthouse in Hawaii, predating those on the mainland's Pacific Coast.

The Old Courthouse, built in 1859; the Hale Paahao Prison, built by convicts in 1852; the Fort on the Canal, built in 1831; the Wo Hing Temple, built in 1912; the Waianee Cemetery, Hawaii's first Christian



Above Photo Courtesy of Lonely Planet

Above - Lahaina sits on the west coast of Maui, and has evolved from a rough and tumble whaling town.

Left — A wooden carving of a whaling captain sits in the courtyard of the Pioneer Inn, a hotel and tavern built in 1901 and frequented by author Jack London.

Buddha statue outside of Japan sits, are other highlights of the Lahaina historic walking tour.

But perhaps no place in Lahaina brings one closer to the whaling town spirit than the Pioneer Inn, where famous author and adventurer Jack London was known to toss back one or two cold ones.

"There is a feeling of connection here to the past, despite all the modern trappings," said Peter Carpenter, a Tai Chi master and Japanese linguist who hails from Portland, Maine, but considers Tokyo home. "Even though I came to Maui to visit the Jodo Mission and Buddha statue — and I'm drinking hot tea right now — it's as if I can sense the presence of the whalers drinking their grog as a form of escapism from their brutal existence."

Life in Lahaina today is anything but brutal, and visitors and locals alike can be seen just a few yards away from the Pioneer Inn lounging away the day under the shade of the oldest tree in the state of Hawaii, the Banyan tree.

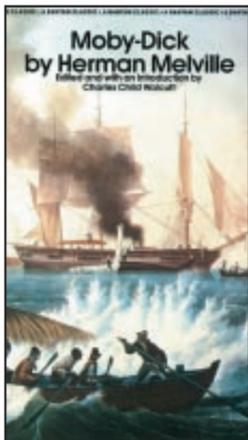
The Banyan tree came to

See LAHAINA, A-8



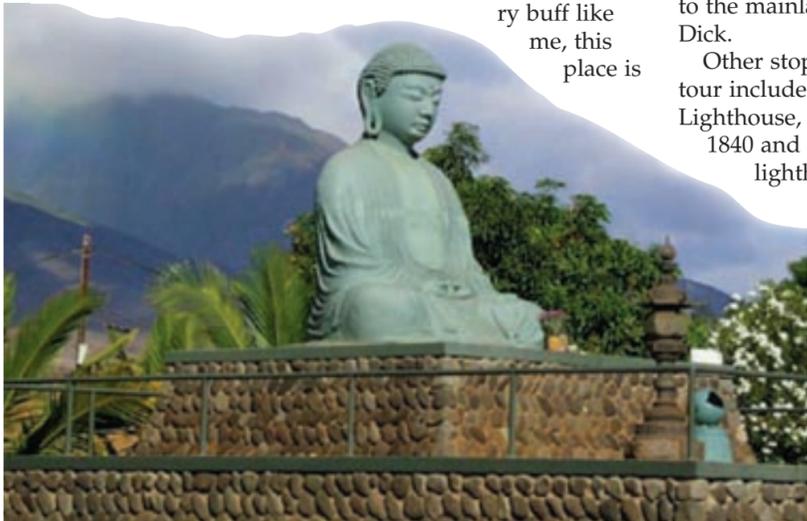
Courtesy of Historical Archives

Herman Melville authored the classic *Moby Dick*, obtaining some of his material from his seafaring days in Lahaina.



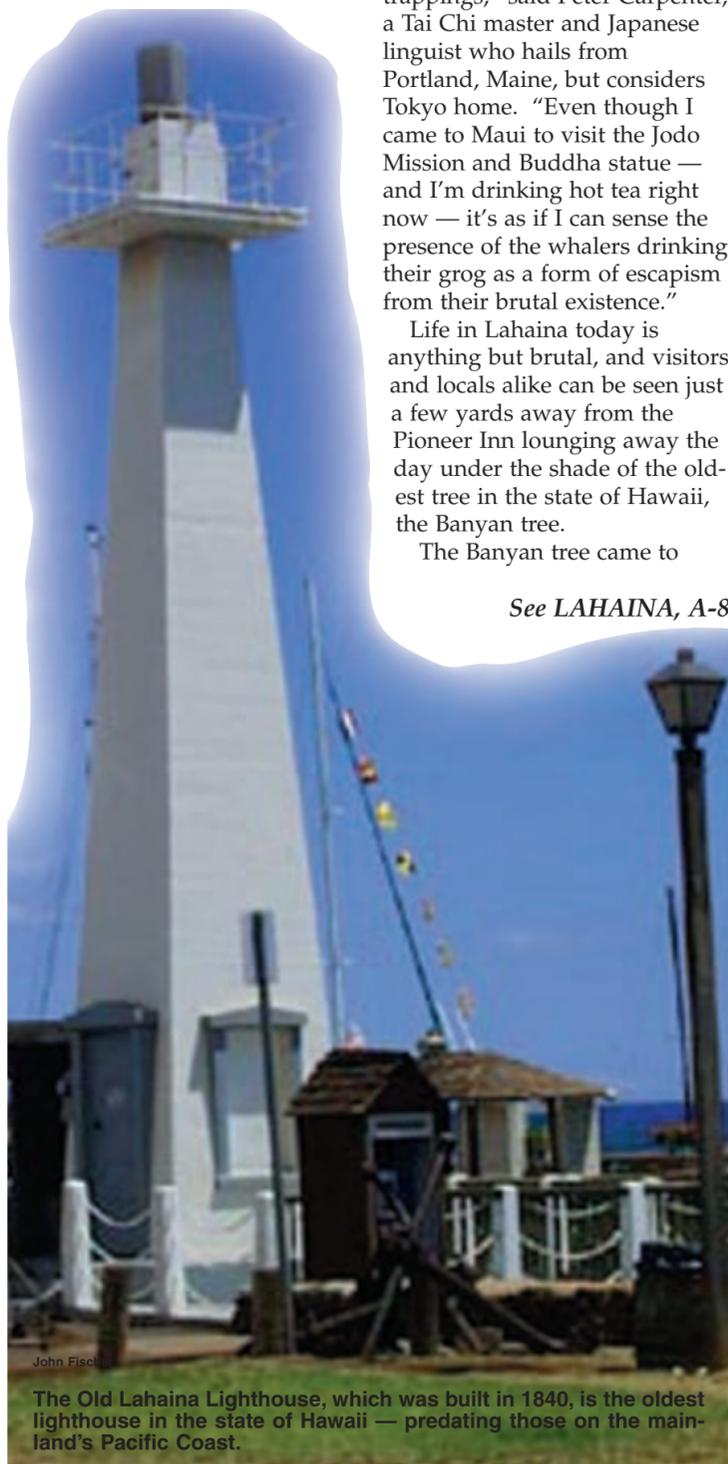
Courtesy of Bantam Classics

It was the summer of 1843 that Melville spent in Lahaina, where he gained material for *Moby Dick*.



John Fischer

The largest Buddha statue outside of Japan sits at the Jodo Mission in Lahaina and is one of the town's main tourist attractions.



John Fischer

The Old Lahaina Lighthouse, which was built in 1840, is the oldest lighthouse in the state of Hawaii — predating those on the mainland's Pacific Coast.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Edward Hanlon V and Bobbie Brock, MCCS Public Relations

APRIL

11 / Friday

24/7's Fresh New Look — The MCCS publication 24/7 has transformed. It still has directories. It still has calendars. The coupons are still included, and the activity listings are as well. So then what's the big deal? The excitement is in the new look.

As of April 2003, the magazine will be called The MCCS Activity Guide. In light of concerns that the name 24/7 was an incomprehensible title, MCCS has changed the name to reflect exactly what the magazine represents. It is your guide to all of our activities, all of our events and all of the excitement available aboard Marine Corps Base Hawaii.

When you see the same magazine pop up in your mailbox with a different name, do not be alarmed, it is still the magazine

with everything you need, and now with a refreshing new look.

If you have any comments, concerns or questions, please don't hesitate to call, the MCCS Marketing Department at 254-7679.

Auto Skills Bargains — The Auto Skills Center has some more vehicles up for bid, and you can place yours in the bid box located at the center.

Model	Minimum Bid
'94 Probe	\$1,200
*'88 Tercel	\$75
(*Note: Bottom knock, but runs!)	
'83 Dodge Ram	\$600
'85 Magnum	\$500
'93 Shadow	\$300
*'99 Yamaha 500	\$50
(*Note: Bad motor, parts only.)	

The bid box will be open on April 22. For more information, contact the Auto Skills Center at 254-7674.

13 / Sunday

A Sunday Toast at the Club — Sundays are for relaxing, so stop by the Officers' Club from 10 a.m. to 1 p.m. and enjoy a little bubbly, fantastic food and panoramic views of the Pacific.

The Officers' Club hosts the Champagne Sunday Brunch for \$18, or without champagne at \$15.

14 / Monday

Officers' Club Right Hand Man — You have one, maybe two guys or gals that go the extra mile for you. Show your appreciation and bring them over to the club for the "Right Hand Man Lunch."

Ranks E-6 and above are wel-

come every Monday, 11 a.m. – 1:30 p.m. with a sponsoring member.

17 / Thursday

Library Storytime — Every Thursday from now until June 5, the Base Library, Bldg. 219, will host a delightful Storytime at 10 a.m.

Children and parents are invited to have a fun-filled hour of stories, activities and special events.

Come on down and spend some quality educational time with your children.

For more Storytime information, call the Base Library at 254-7624.

19 / Saturday

Easter EggStravaganza — Hop on over to the Child Development Center from 9:30 to 11:30 a.m. for the Easter EggStravaganza in celebration of the Month of the Military Child.

There will be an Easter egg hunt for the kids, art in the park for everyone, and many more egg-citing activities.

For more details, call 254-7610.

Base Library Easter Egg-Stravaganza — The Base Library will host children and parents at its Easter Egg-Stravaganza.

Everyone is invited to come hear heartwarming stories, make memorable crafts and enjoy some Easter treats at 1 p.m. in Bldg. 219.

For more information, call 254-7624.

Mokapu Mall Brings Fun to

All — Mokapu Mall will celebrate its fifth anniversary with an abundance of exciting activities, a craft fair and prize giveaways for children, their parents and our young troops from 10 a.m. – 3 p.m.

"This is an excellent opportunity to unite the base and express our gratitude to our military families, our children and our troops," said Len Ambrosio, contracts specialist. "There really couldn't be a more appropriate time."

Children will enjoy a fun-filled day of train rides, the bouncy house, a variety of games, camouflage face painting by the Single Marine and Sailor Program and much more.

Even mom and dad can jump in on the fun and win prizes for the little ones, during the musical chairs contest.

The celebration includes live performances such as a dance recital from the Dance Movement Academy and a martial arts demonstration.

Parents and children won't be the only one's getting in on the fun. The Single Marine and Sailor Program will be duking it out in the "Big Boxing" contest, the "Gladiator Joust" and "Sumo Wrestling."

And, if that isn't enough activity, check out the craft fair where numerous vendors will be selling a variety of unique handmade specialties.

Plus, there will be Taco Bell burritos and a Baskin' Robbins ice cream eating contest. The grand prize giveaway is a Roberts Hawaii neighbor island getaway. Other prizes include a dinner cruise for two from Paradise Cruises, tickets to Laugh Factory Hawaii, a Waikiki weekend for two at the

Island Colony, free key coupons and assorted engraved gifts from Aloha Key, and annual passes and luau packages to the Polynesian Cultural Center.

Whether you're a kid or a child at heart, you won't want to miss out on an afternoon of fun and excitement at Mokapu Mall's fifth anniversary celebration.

20 / Sunday

Officers' Club Easter Brunch — Treat the family to an Easter Champagne Sunday Brunch. Two seatings are available, the first at 9 a.m. and the second at noon.

Reservations are required and can be made by calling 254-7650.

New Hours at Kahuna's — You've got the same awesome club, with even better hours. The Kahuna's Sports Bar and Grill will open as follows:

Sundays: Closed
Mondays: 6 p.m. - 12 a.m.
Tuesdays: 6 p.m. - 12 a.m.
Wednesdays: 6 p.m. - 1 a.m.
Thursdays: 6 p.m. - 12 a.m.
Fridays: 4:30 p.m. - 2 a.m.
Saturdays: 6 p.m. - 2 a.m.

Helping Children Learn and Grow — Family Child Care is a home setting child care service provider operated by Marine Corps Community Services' Personal Services department, with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a Family child care provider, Children, Youth and Teen Programs at 257-7430.

SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details on any program or activity.

*Upcoming Activities

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Saturday: Catch the Paintball Tournament from 9 a.m. to 5 p.m. Cost is \$50 per three-person team and includes all day air, equipment and field fees. Register at SM&SP or at the event. Contact Roland at 265-4283 for more details.

April 19: Save this date for the Hawaiian Water Park day trip from 10 a.m. to 4 p.m. Cost is \$25 and includes transportation, snacks and the water park ticket. Enjoy a day in the sun and keep cool with all the different types of slides in this theme park. Sign up by Wednesday, as space is limited.

April 19: Volunteers are needed to support the Mokapu Mall's anniversary activities.

May 4: Mark your calendar for the "Day on the Docks" event, from 9 a.m. to 1 p.m. at the Base Marina. Volunteers are needed.

May 18: Stay tuned for more details about the Windward Marathon, which will take place from 4:30 to 9:30 a.m. Call Bill Stone at 261-0808 for more information or to volunteer.

*(Transportation is provided to all events scheduled above.)

NAPS Featuring

Lately, it seems not a day goes by without talk of war in the news.

If all the war talk has been worrying you, you may be wondering how it is affecting your child.

Helping children deal with their reactions to scary news can be challenging, especially when adults themselves are uneasy.

"Children develop their emotional reactions in part by observing adults," said Barbara Anderson, Ed.D, vice president of education for KinderCare Learning Centers, which operates more than 1,250 early childhood education and childcare centers nationwide.

"If you don't talk about it [war], your child may get the idea that the subject is too terrifying to speak of."

Children should not be pressured, Anderson said, but talking with a grown-up can help them clarify their feelings and keep things in perspective.



Cpl. Jessica M. Mills

Helping children deal with their reactions to scary news can be challenging. Recently, Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, spoke with students at Mokapu Elementary School aboard the installation, to help them understand the war in Iraq.

Anderson has some suggestions on ways to keep these discussions from becoming too frightening.

- Start by using words children can understand and gear your explanations to the child's age and developmental level.

- Preschoolers may hear things they don't understand and become frightened, so keep the television and radio turned off when they are near, and don't talk about war unless they ask. If they do, only answer the question they asked, and use clear and sim-

ple language.

- Above all, let them know that they are safe.

For school-age children, Anderson said it's best to ask questions to find out what they have heard or how much they know.

Ask open-ended questions that will encourage them to talk such as "How do you feel about what you see on the news?"

Try to provide honest answers in simple terms, and correct any misinformation.

Again, assure them that they are safe.

- While it is fine to share your own feelings, do so with children in a reassuring way. For example, you might say, "I was scared when I heard them talking about war on the news, but I knew it was happening very far away."

- Avoid lectures about the issue. Strongly voiced opinions on the subject may inadvertently overshadow your child's thoughts and feelings.

- Don't make unrealistic promises.

"It's fine to let children know that they are safe in their home or school," Anderson explained, "but you can't promise them that nothing will ever happen here at home."

Anderson recommends supporting children by helping them understand that it's natural to feel afraid.

Encourage children to talk about their feelings and make sure they know that you will do everything in your power to keep them safe.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Show your I.D. at the box office, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.

Shanghai Knights (PG-13)

The Recruit (PG-13)

How to Lose a Guy in Ten Days (PG-13)

About Schmidt (PG-13)

The Jungle Book 2 (G)

*Malibu's Most Wanted (PG-13)

How to Lose a Guy in 10 Days (PG-13)

Daredevil (PG-13)

Shanghai Knights (PG-13)

Today at 7:15 p.m.

Today at 9:45 p.m.

Saturday at 7:15 p.m.

Saturday at 9:45 p.m.

Sunday at 3:30 p.m.

Sunday at 7:15 p.m.

Wednesday at 7:15 p.m.

April 18 at 7:15 p.m.

April 18 at 9:45 p.m.

*Note: This showing is a free sneak preview.

Couple shows visitor the meaning of 'aloha'

Cpl. Jason E. Miller
Press Chief

During the annual 3rd Marine Regiment 10-mile, 10 kilometer run aboard MCB Hawaii, Kaneohe Bay, recently, hundreds of competitors joined the field to push their limits and compete for awards.

The oldest competitor at age 78, John Robertson of Lynn, Ma., managed to finish with a very respectable time in his age category, but inadvertently ended up spending more time than he planned aboard the base.

Upon finishing and being awarded a trophy, Robertson misplaced his race T-shirt and the rest of his personal belongings, including his driver's license, when he went to leave the base. Once Robertson realized his mistake, he returned to the Semper Fit Center to search for his belongings.



Cpl. Jason E. Miller

Sergeant Bret Conklin and his wife Amanda, two of the people responsible for locating Robertson's personal items, said they helped because it was the right thing to do.

"I came in and told them my situation," said Robertson. "The young lady who worked there took time out of her schedule to try and help me locate my things. We looked for a very long time, through all the items

that were present at the race, but didn't end up finding my things."

Robertson then decided on the next logical conclusion, that his things had probably been thrown away during the

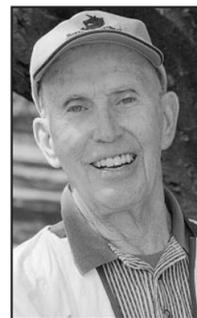
cleanup.

"I began searching through all of the trash barrels, when I noticed someone was going through them as well, with a flashlight. It ended up being the fitness center lady's husband."

Sergeant Bret Conklin of 3rd Marine Regiment's Combat Support Co. joined in the search for Robertson's lost items. Even after hours of searching through the trash with a flashlight, though, still nothing turned up.

The next day, Mr. Robertson was contacted by Steve Kalnasy, the varsity sports coordinator for MCCA, who had recovered Robertson's items and stored them in a safe place while awaiting the owner's return.

Robertson returned to pick up



ROBERTSON

his items and thank everyone for helping him in his search. He went an extra step and sent a personal thanks, in the form of a letter to Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, recognizing those who helped him.

"I just really appreciate the help they gave me on base there," said Robertson. "I wouldn't have been able to fly home without my I.D. or anything, and I didn't want to become a permanent resident."

"I'd definitely want someone to help me if I was in that situation," said Sgt. Conklin. "Maybe it was just the way I was brought up, but I think it's always good to try and help someone in need."

Investors should proceed wisely

NAPS
Featurettes

Regardless of your financial status or station in life, there are always smart ways to invest and save money. Even in today's volatile market, there are investment solutions.

Americans for Financial Security offers these practical solutions to smart investing:

- 1) Have a savings goal.
- 2) Research a variety of investment types and opportunities.
- 3) Do some quick preliminary calculations of your own.
- 4) Interview more than one financial advisor.
- 5) Closely read statements from your investment company.
- 6) Review your investment progress annually.
- 7) Consider changes to investment strategies in response to market trends.
- 8) Consult your finan-

cial advisor before you make a change.

To help in the decision-making process, AFS offers free online investment calculators at www.afs.website.org. The

easy-to-use calculators will answer many preliminary questions about investment finances, making it easier to set goals.

The AFS helps members by monitoring cru-

cial small business legislation, supplying free tax and business information, granting thousands of dollars in scholarships, and offering money- and time-saving benefits.

MCB Hawaii Tax Center

- Located in Bldg. 455, next to the 7-Day Store.
- Open until April 17, 9 a.m. to 5 p.m., Mondays through Thursdays, and 9 a.m. to 1 p.m., Fridays.
- Walk-in service is available for service members, their families & retirees, free of charge.
- Call 257-1026 for more information.

CHILD ABUSE PREVENTION MONTH

‘Would you, have you, turned a blind eye to crime?’

DoD charges all to take action and help prevent child abuse and neglect

Army Staff Sgt. Alicia K. Borlik
American Forces Press Service

WASHINGTON — I caught part of a news show about heroes recently. It was refreshing to see this approach when so many times we just hear about the “bad guys” and the “bad things” people do.

But, the most interesting part of the show came when it asked, “What would you do if someone committed a crime right in front of your face?” Studies found that most turned a blind eye.

In two test cases, hundreds passed by a suspicious-looking man trying to jimmy a car door open. Even more passers-by looked away after seeing a man pick-pocket a woman’s wallet in broad daylight.

Only one man took action, and when asked if he thought before he acted, he

said no, he just did it. No thought, just a natural reaction, he said.

The tests were conducted in 16 cities across the United States with the same results. So, what does it say about us as a country? Could we care less what happens to others? Or, maybe we justify turning a blind eye instead of putting ourselves in harm’s way.

What if that pickpocket had a gun? He could have. Yet, with no thought to his own safety, that one man stood up for what was right. How many of us can say the same thing — that when we see a wrong, we say something or do something.

Or, is the real question ‘what will we tolerate?’

Take child abuse and neglect. A child is at stake, not just a wallet, yet only half of child abuse and neglect cases are reported, according to the National Committee to Prevent Child Abuse.

In 1996, more than 3 million cases were reported to U.S. child protective service agencies. The agencies substantiated

about 1 million of those cases as victims of child maltreatment. That’s 14 out of 1,000 U.S. children.

And, if those statistics aren’t alarming enough, neglect was the culprit in 60 percent of those cases. Physical abuse accounted for 23 percent, sexual abuse nine percent and emotional maltreatment accounted for four percent.

The good news is that child abuse reporting levels have increased 45 percent in the past 10 years. This increase is attributed to better education.

April is National Child Abuse Prevention Month. The theme for this year’s observance is “Nurturing Family Growth ... Planting Seeds for Future Generations.”

The Department of Defense sent teaching packets out to each military child development program. The packets include many learning materials to raise

public awareness of child abuse and its prevention, such as lesson plans, information booklets and stickers.

The National Committee to Prevent Child Abuse put the packet together to encourage families and communities to work together to prevent abuse. Detailed ideas are provided for families, community members and child care providers to use in their regular care programs.

One great tragedy is when a child dies because of abuse and neglect. In 1996, 1,046 children were fatal victims of maltreatment — three children every day. According to information from 16 states, 41 percent of the children who died between 1994 and 1996 had prior or current contact with child protective agencies.

The National Committee to Prevent Child Abuse website, at www.child-abuse.org, provides more information so you can reach out to the children’s program in your community.



Values of Kailua Marine still guide his family

Steven Kalnasy

Special to the Hawaii Marine

With the war to liberate Iraq in full swing, our Marines and their families are challenged to support America's goals around the world, and to maintain as much normalcy as possible back home.

Yet, it often helps to look back to those who came before us, those who faced similar struggles, to get perspective on the future.

To see the impact of a career Marine on his family, you only need to go as far as Kailua, Hawaii.

Marie Phelps Peyton is the daughter of retired Master Gunnery Sgt. Jerry Phelps, formerly assigned to the 1st Radio Bn. (in '66 - '68 and in '76 - '79) at what was then Marine Corps Air Station, Kaneohe Bay.

Phelps is still scarlet and gold, through and through, but he provided an enduring legacy for his family, despite the challenges of war and deployments.

The Wife

In their home, life was hard. With Phelps often deployed, life could be daunting.

Raising three small children alone was a challenge for wife Anne, but she knew her husband was doing his duty to defend the country.

Anne was a Marine's wife and she knew what was required of her. With her mate away so often (Phelps was gone more than 400 days between '76 and '79), the kids looked to their mom for support and guidance.

The hardship of being alone created a strong bond between Anne and the kids.

The support that she received from Marine Corps units of which Jerry was assigned to made the separation tolerable for them all. His units were like an extended family for them.

The Daughter

Like her father, Marie displays a high degree of confidence, pride, dedication to work, and loyalty to her family and friends that transcends her.

Her father instilled the Marine Corps' core values of honor, courage and commitment in all the kids at an early age. Marine Corps values were the codes to live by in the Phelps household.

Today, along with her hus-



Courtesy of the Phelps Family

Retired Master Gunnery Sgt. Jerry Phelps poses with Gen. Alfred Gray, former Commandant of the Marine Corps, in Washington.

band, Marie runs one of the top Pacific Rim entertainment promotion companies. She has produced such acts as Stevie Wonder, Journey, The Police, and a host of others, and has garnered a solid reputation for taking care of business while taking care of those around her.

She, and her siblings, have achieved success beyond what was ever expected of young ones back in the 1970s.

"I attribute it [success] to my father," she said. "He always told me that the key to success is in how you treat others."

"I never really appreciated how he influenced me until I was older."

Marie's no-nonsense approach to life has served her well, and it reflects directly on the former Marine she admires most — her dad.

The Marine

Phelps often felt like he was abandoning his family.

"I regret missing time with them, but I loved my life as a Marine," he recalled.

Phelps served in Vietnam — three times, between '66 and '68. Although he saw no direct action during the war, he and his unit played an invaluable role as part of I Corps in places like Phu Bai and Dong Ha.

Along with his fellow Marines in 1st Radio Bn., Phelps

provided important cryptologic intelligence support to the Army and Marine units that were on the front lines.

When he was home, Phelps took every opportunity to bond with his kids and the Marines under his leadership.

"We were a really tight group," he said about the relationship that was fostered between his family and his Marines. "There were always a lot of people around."

"The kids were about the same age as the young Marines with 1st Radio, so we would invite them on family outings."

"It was a fun time," he remembered.

If speaking with Jerry Phelps, his passion for his family and in the Marines who now follow in his footsteps may most impress you.

"We [Radio Bn.] were the first to go, to support the mission," he said. "That was our marquee, and it stands today."

A simple man of honor, Phelps offers solid advice to the Marines who are in action around the world supporting the idea of freedom and democracy.

"Do the job well and stay the course," he explained, providing advice that surely stands the test of time.

RECIPE CORNER

Favorite lunch snacks also excellent for dinner

NAPS

Featurettes

Potato chips and peanut butter sandwiches are favorite quick snacks of Americans, but they aren't limited to the lunch box. For a different twist on dinner, try these recipes that lend variety.



Potato Chip Chicken

Potato Chip Chicken

- one 20-ounce bag potato chips crushed
- one 16-ounce container sour cream
- two half-pound chicken tenderloins
- 1 tablespoon garlic powder
- 1/2 cup butter (1 stick)
- Salsa (optional)

Preheat oven to 450 degrees. Place sour cream in a medium bowl, dip chicken tenderloins in sour cream, then coat with potato chips. Place coated chicken on greased cookie sheet. Bake chicken 5 minutes, then reduce heat to 375 degrees and bake 10 - 12 minutes.

While chicken is baking, melt butter; add garlic powder. Return oven to 450 degrees and brush garlic butter over each piece of chicken, baking for an additional 5 minutes, or until chicken is

golden brown.

Serve with salsa, if desired. Serves 12.

Peanut Butter and Fruit Pita Pockets

- 1 large crisp apple, peeled, cored and finely diced
- 1 medium pear, peeled, cored and finely diced
- 1 1/2 tablespoons raisins
- 2 teaspoons orange juice
- 3 tablespoons super chunk peanut butter
- 4 large lettuce leaves or 8 large spinach leaves
- 2 whole wheat pitas (2 ounces each)

Combine diced apples, pears and raisins with orange juice, and let stand for 5 minutes. Add peanut butter and mix well.

Wash and dry lettuce or spinach leaves. Tear lettuce into pita-size pieces. Warm pita in toaster on lowest setting. Cut pita in half, and carefully open each half to make a pocket.

Line each pocket with lettuce or spinach leaves, and spoon in equal portions of fruit mixture. Serve and enjoy.

Serves four as a snack or two as a meal portion.



Peanut Butter and Fruit Pita Pockets

ON THE MENU

Anderson Hall will serve the following this week:



Today

Lunch
Beef Balls Stroganoff
Baked Fish Fillets
Macaroni & Cheese
Steamed Rice
Raisin Drop Cookies
Asst. Fruit Pies

Dinner
Ground Beef Tacos
Chicken Enchiladas
Chili Conquistador
Burritos
Refried Beans
Mexican Rice
Raisin Drop Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Saturday
Dinner/Brunch
Turkey a-la-king
Stuffed Pork Chops
Steamed Rice
Boiled Egg Noodles
Spice Cake w/
Lemon Cream Frosting
Asst. Fruit Pies

Sunday
Dinner/Brunch
Swiss Steak w/
Mushroom Gravy
Rock Cornish Hen

Rice Pilaf
Cornbread Dressing
Mashed Potatoes
Yellow Cake w/
Butter Cream Frosting

Monday

Lunch
Beef Stew
Baked Fish Fillets
Macaroni & Cheese
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Dinner
Italian Veal Steaks
Braised Pork Chops
Boiled Egg Noodles
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch
Southern Fried Chicken
Beef Balls Stroganoff
Parsley Buttered Potatoes
Boiled Egg Noodles
Oatmeal Raisin Cookies
Asst. Fruit Pies

Dinner
Braised Beef Cubes
Cajun Fish Filets
Steamed Rice
Boiled Egg Noodles
Oatmeal Raisin Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch
Chili Macaroni
Roast Turkey
Grilled Cheese Sandwich
Mashed Potatoes
Brownies
Asst. Fruit Pies

Dinner
Meatloaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Brownies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Country Bar

Thursday

Lunch
Salisbury Steak
Barbecued Chicken
Rice Pilaf
Oven Browned Potatoes
White Cake w/
Lemon Cream Frosting
Apple Cobbler
Asst. Fruit Pies

Dinner
Beef Yakisoba
Pork Adobo
Pork Fried Rice
Steamed Rice
White Cake w/
Lemon Cream Frosting
Apple Cobbler
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Did You Know?

The pretzel was first made by monks in southern Europe as a reward for children who learned their prayers. It is shaped to represent the crossed arms of a child praying.



NAPS

WORD TO PASS

DEFY to Offer Excursion to Mighty Mo, Saturday

The DEFY program will be hold its next meeting, a community service project, at the Battleship Missouri memorial Saturday. Youth participating in the program will scrub decks, polish brass and complete other service projects at the Mighty Mo during a three-hour time frame.

Volunteer mentors should arrive at the Battleship Missouri by 7:15 a.m., and DEFY youth by 7:45 a.m. The clean up will begin at 9 a.m. and be followed by a pizza lunch.

Youth should bring a swimsuit, towel and sunscreen, as participants may travel to the beach or base pool, after the

community service project and before the 3:30 p.m. pick up time at the Provost Marshal's Office.

For more details, contact Daryl Picadura at 257-2103, ext. 313.

Habilitat Serves Up an Eight-Course Meal, Saturday

The public is invited to Habilitat, Inc.'s, 3rd Annual Luau, which will take place Saturday from 11 a.m. until 5 p.m. A fundraiser for the organization, the luau will consist of an eight-course Hawaiian meal, an auction and concerts featuring the groups "Typical Hawaiians," "No Limitz" and others. Keiki can enjoy inflatable bouncers.

This event will take place at

Windward Community College, and cost is \$30 for adults and \$15 for children. All proceeds will benefit Habilitat, a non-profit, two-year, residential substance abuse program.

KOSC Scholarships Due

The Kaneohe Officers' Spouses Club is now offering several scholarships to family members of active duty, retired or deceased officers of the military services whose present or final duty station is or was MCB Hawaii.

Applicants must be accepted by or currently enrolled in an accredited college, university, technical or vocational school, and they must complete an application form and provide offi-

cial education transcripts, two letters of recommendation and a brief personal essay by the application deadline, which is Tuesday.

Application forms are available at the Base Library and at the Joint Education Center aboard Kaneohe Bay.

For more information, contact Tammy Zeller at 254-4209.

Midwest Marines Sought

How would you like to earn a promotion while working in your hometown? Recruiting Station Louisville, Ky., is seeking Marines from Kentucky, Southern Indiana and the greater Cincinnati, Ohio, area to participate in the Permissive TAD Program, which allows

Marines to help recruiters in their hometowns up to 30 days. Privates and privates first class can get promoted to the next rank, while lance corporals and corporals can earn up to 100 points towards promotion.

If you're interested, contact Sgt. Maj. Leon Jordan, at (502) 582-6612, or via email him at jordanl@4mcd.usmc.mil.

GSA Hosts Conference

The General Services Administration will hold its 2nd annual "Build and Buy Green Conference," April 22 from 8 a.m. to 3 p.m. at the Ala Moana Hotel. Breakout sessions and exhibitors will discuss environmentally friendly products and services. Call 842-0129 for more.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

2001 Intrepid SE, in showroom condition, 15K miles, \$12,500. Call 778-3979.

1990 Jeep Wagoneer/Cherokee, fully loaded, 52K miles, asking \$3,000 OBO. Call 778-3979.

Appliances

Kenmore refrigerator, \$200. Call 253-0452.

Kitchen Aid mixer, 5-quart, heavy duty, 325 watts, brand new, never been used. Paid \$300, will sell for \$250 OBO. Call 254-2350.

Furniture

Mattress set and frame, twin long, \$100. Call 253-0452.

Burlington House bedroom set, pine, queen, with Cannonball bed frame, dresser, hutch, mirror, armoire, two night stands, \$800. Call 253-0452.

Dining room set consisting of bevelled 6-foot glass table with six chairs and a glass, lighted hutch, butter cream color. Set is only two years old and in impeccable condition. Cost was \$3,450; however, will sell for \$2,000. Call 253-0306.

Pets

Newborn Chihuahua puppy, black, tiny. Born March 10. Call 368-3790.

Real Estate

For Rent, partly furnished studio w/private entrance, 5-minute walk from

Kailua Beach. Rent \$850 monthly. Call 262-8212 for details.

Miscellaneous

Ryobi gas trimmer, \$40; Magnavox digital satellite system, \$50. Call 253-0452.

Logitech Quick Cam, Pro 5.3, Internet video camera, includes headset, microphone, 640x480 resolution, frame rate up to 30 frames per second. Never used, still in original box. Asking \$50. Call 254-0742.

"The Wave" PC Concepts keyboard, touch pad, for Windows 3.1 and 95. Never used, mint condition. Diskette included. Asking \$15. Call 254-0742.

Magnavox digital satellite system, \$50. Call 253-0452.

Wanted

Kids outdoor toys needed that are in good condition such as Little Tykes 8-in-1 playground, Little Tykes wagon, Cozy Coupe buggy car, Power Wheels car/jeep/motorcycle, and a table and chairs set. Name your price. Call 254-4898.

Dinette set needed. Prefer dark wood table with six matching, solid wood chairs. Also seeking desk with hutch in dark wood. Call 254-4898.

Housekeeper and baby-sitter wanted. Need occasional baby-sitter; must be dependable and responsible. Good pay for qualified individuals. Call 254-2656.

Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the *Hawaii Marine*, if space is available.

The deadline for submitting ads to the *Hawaii Marine* is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB

Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for non-commercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served basis.

Call the *Hawaii Marine* at 257-8836 or 257-8837 for more information about placing your ad in the paper.

LAHAINA, From A-1

Lahaina from India in 1873, when it was just eight feet tall. It now stands more than 50 feet high and provides shade for nearly two-thirds of an acre.

The Banyan is particularly welcomed on hot afternoons as a respite from the heat. Lahaina, after all, literally translates as "merciless sun."

"It's interesting they named the town that, because the weather has been perfect," chuckled DiPietro when told of the origins of the word



Above Photo Courtesy of Sgt. Joe Lindsay

Above — The Carthaginian is the only authentically restored brig in the world.

Below — Visitors to Lahaina now shoot whales with cameras instead of harpoons.



Courtesy of Whale Watch

Lahaina. "It was probably a reverse ancient

marketing ploy to keep this little chunk of paradise all to themselves."

For more information on trips to Lahaina, or other destinations in Maui, contact the Single Marine and Sailor Program at 254-7593; call Information, Tickets and Tours, or ITT, at 254-7563; or contact the Lahaina Visitor Center toll free at 1-866-511-4569.

"Lahaina is a great example of how progress — when done responsibly — doesn't have to destroy the ambiance and historical feel of a place," said DiPietro. "Lahaina is the perfect blending of the past with the present."