

LIFESTYLES

15 CareFREE things to do around Oahu

Story and Photos by Lance Cpl. Megan L. Stiner
Combat Correspondent

To plan a fun-filled day on Oahu, one might ponder what Hollywood celebrities such as Paris Hilton, Tom Cruise and Gwyneth Paltrow would do to occupy their time in the Great Aloha State. But let's get real. Who really cares?

The average person bringing in a regular paycheck, let alone a military paycheck, can hardly afford contemplating a millionaire's agenda of activities — not to mention doing them.

Being a little more intelligent and monetarily shrewd (basically known as smart

and cheap), let's consider what the island of Oahu offers for the absolutely perfect price of absolutely nothing.

Anyone looking for an inexpensive, good time should look into this list of 15 activities, which begins with the most obvious.



Ala Moana is one of the many beautiful beaches to learn how to surf or scuba dive.

1 Do the beach thing

Take advantage of the warm Hawaiian waters, year-round tropical weather, and the fact that because we live on an island, we're surrounded by beachfront. The many picture-perfect beaches of Oahu offer a splendid selection of endless fun and excitement, with numerous activities for beachgoers of all interests, ranging from surfing and playing Frisbee, to the more relaxed pastime of sun bathing and snorkeling.

A trip to the beach can be an all-day event, but don't forget to put the suntan lotion in the basket; this Hawaiian sun can be quite relentless.

4 Go fly a kite or have one fly you

Made more famous by a delightful woman in a wondrous children's movie, but in keeping with the sandy coastline, take flying a kite to a different level. As the locals do, go "kite surfing."

High Performance Kites sets up kites for folks to try out at Sandy Beach every weekend. For a cheap thrill and to maybe catch some air, test drive one of their larger kites — on a windy day.

The ever-sweet and all-knowing Mary Poppins (when burdened with what to do with the Banks children), quickly, cleverly and appropriately said, or rather sang, "Let's go fly a kite."

5 Park yourself

Parks, they are America's favorite pastime. OK. Perhaps that's said of baseball, but the United States is full of parks and Hawaii is no exception. Oahu is home to some of the most beautiful ocean views park-goers could ever hope to experience.

From native Hawaiian plants to consistently warm tropical breezes, a stroll through a park may be just the perfect, no cost thing to do on an otherwise boring day.

6 Go fishing, or better yet, ankle fish

Yes, it is true. Things here on the island are always a bit more intriguing than normal. And what would arouse an adventurous person more than, yes, you guessed it, ankle fishing?

Well, the concept is really all about the normal hook, line and sinker fishing of which you already know about — but with a slight twist. To add to the interest factor of the sport, you simply tie a line

around your ankle instead of holding the line in your hand.

It's one of those "Don't dis it, until you've tried it" activities. And don't lie. You are interested, aren't you?

7 Take a hike

Hiking Oahu is one of the most interesting, no fee, and rewarding activities on this woman's list. You get physical benefits, while also enjoying the island's scenic landscapes.

Once you reach your final destination, there may even be a breathtaking waterfall to welcome your so tired body.

8 Cruise "the strip"

For the more socially inclined, cruising the strip of downtown Waikiki might be in order. Its colorful shops are filled with bustling tourists, the white sandy beaches are filled with sunbathers, and the roadways are packed with super cool vehicles of every make and model to be admired, as you join the mix with a smile.

Do you need a reminder as to why this is such an enjoyable experience? It costs nada. Zip! Zilch! Nothing!

9 People watch

If enjoying tourists and Waikiki from an automobile is not your particular cup of tea, well, then by all means, stop and get a closer look. The streets are a jumble of visitors from around the world — shoppers looking for the best deal, locals preparing to get their surf on, and let's not forget the most interesting of all individuals, street performers displaying their talents.

There's no doubt about it, if people watching is one of your favorite activities, anywhere on Oahu is the best place to obtain pure satisfaction.

10 Ride a bike

For an intense tour of the island, and to gain more ideas for what to do in the sunny state, bike riding is an exhilarating freebie. A well-thought-out route

can take you past some of the best scenic and provocative sties, plus it provides a workout fit for a gladiator.

Here's a tip: Don't forget a camera and a bot-

tle of water. Both are recommended to successfully finish and capture the full experience.

11 Take a road trip

Want a less intense form of touring the island? Take a road trip to the various scenic points along and just off the major thoroughfares. Signs point the way to the best lookout spots Oahu has to offer, but don't hold back, many interesting areas beckon you to venture off the well-trodden road.



12 Pitch a tent

Where's the best place to tell ghost stories? At a campout. Oahu is full of campsites bidding night owls and spooks.

13 Star gaze

For the budget-conscious (yet romantic) couple looking for an unforgettable evening out after a long day of beach Frisbee playing, park strolling and ankle fishing, slow the pace down a bit by driving or walking to an area without a lot of street lights.

Watch the sun set together. No, this is not your ultimate freebie. The best is yet to come.

Once the sun has disappeared, and the moon rises, pull out that astrology book for a memorable night of stargazing.

14 Window shop

True, for most areas of the world, window-shopping may sound more glamorous than it really is. In Hawaii, though, the shops are so decorative and creative, simply bursting with artfully showcased wares, that it's truly a fun thing to partake in.

Along with aloha attire and surf gear, a splendid array of authentic Hawaiian artifacts and unique architecture fill the streets from Waikiki to Haleiwa.

15 Volunteer

Last but not least, this list would not be complete without a selfless activity that comes straight from the heart. Volunteering is the ultimate no-cost, yet thoroughly rewarding, way to pass the hours, while helping others.

The options for where and how to volunteer are as endless as the benefits are numerous. You only have to go as far as the Aloha United Way or the Single Marine and Sailor Program to get started on your way.



2 Catch a Sunset on the Beach

Beach related, but a complete experience in itself, is any Sunset on the Beach weekend. At 4 p.m., nights come alive with a variety of different foods and live musical entertainment. Once the sun sets across the Pacific waters, around 7:45 p.m., no entrenching tools are required, just simple flip-flops will do quite nicely for anyone who cares to dig a seat in the sand to enjoy a recently released movie on the 30-foot screen.

3 Crash Kahuna's

For the service or family member who just doesn't want to travel off base, but still wants to have a fun evening, what better place to visit than the ever-popular Kahuna's Sports Bar & Grill. Spend a night conversing with friends, laughing when others get thrown off the mechanical bull, singing your heart away to the karaoke machine, or just watching diverse sporting events on Kahuna's various big screen, plasma televisions.



Waikiki is a great place for people watching, such as this local resident and his exotic parrots.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

April

9 / Today

Now Open! — The Morale Welfare and Recreation (MWR) boarding kennel located at the Halawa State quarantine site in Halawa Valley is now open for cats and dogs. The cost to board a dog is \$12, and a cat is \$10 per day.

Limited spaces are available for eligible patrons that include active duty, DoD civilian, retirees and reserve personnel who are deploying, await-

ing housing or just going on vacation. Call 368-3456 for more information or reservations.

Celebrating Children — April is both the Month of the Military Child and Child Abuse Prevention Month. Call Marine and Family Services at 257-7787 for information about activities highlighting children's issues throughout April.

Auto Auction — The Auto Skills Center holds an auto auction on vehicles that it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle, don't pay those high prices; visit the Auto Skills Center to see if it has just the deal you've been looking for.

For more information, call the Auto Skills Center at 254-7675.

10 / Saturday

MCCS One Source — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to find-

ing information, guidance and answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources, 24 hours a day, seven days a week. Registration is easy too; create your own personal profile by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name. Enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at 800-433-6868 in the continental United States, at 800-237-42374 for the overseas CONUS universal free phone, or at 484-530-5908 OCONUS collect. A TTY/TDD access is available at 800-346-9188.

Family Child Care — Family Child Care is a home-setting child care service provider operated by MCCS' Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, week-ends and overnight care.

To find a Family Child Care provider, call the Children, Youth and Teen programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call the FCC Office at 257-7030.

Got Coffee? — Get your morning started on the right track with a tasty brew from the new Starbucks location by the base theater. A variety of your favorite espresso drinks, coffee and pastries are now being served Monday through Friday

from 6 until 11:30 a.m.

Right Hand Man — Calling all officers to the club on Mondays through Thursdays for the Corps, camaraderie and chow from 11 a.m. to 1:30 p.m. Invite up to three of your E-6 and above staff noncommissioned officers, too, and show them your appreciation with selections from the club's extensive lunch menu.

11 / Sunday



O'Club Easter Brunch — Guests can enjoy a variety of entrees including create-your-own omelettes, the waffle station and hot cakes, carved roast leg of lamb, honey basted roast ham, a variety of cold salads, hot entrees and assorted pastries, pies, cakes and an ice cream bar, all at the O'Club Easter Brunch.

The club will accommodate two seatings: the first at 8:30 a.m., the second at 1 p.m. Cost is \$22 for members, \$25 for non-members and \$14.50 for children 6-12 years. Add \$3 if you want champagne. Call 254-7650 for more details.

Staff NCO Easter Buffet — Pianist Matt Leon Hart will set the ambiance while the entire

family enjoys crab legs, shrimp and more at the Easter seafood buffet. Beforehand, let the kids work up their appetites in the bouncy house that will be set up on-site.

The cost for this Easter seafood buffet is \$19.95 for members and \$24.95 for non-members; add \$3 for champagne. Call the Staff NCO club at 254-5481 for more information.

13 / Tuesday

Youth Activities — The Home School Network is an excellent opportunity for home schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions are underway.

Teens will enjoy destinations such as the Kualoa Ranch, a hike up Diamond Head and Hawaiian Waters Adventure Park.

For more, call the Youth/Teen Club at 254-7648.

14 / Wednesday

Mongolian Barbecue — Don't feel like cooking dinner? Then hasten to the Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat, including chicken, shrimp, pork and beef, then pile your bowl high and kick it up a notch with a sauce of your choice. Watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served Wednesday and Friday. Call 254-7649 for details.

SM&SP



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

The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

TBD: If you're interested in taking a North Shore shark cage adventure or a scuba diving certification course, call SM&SP and say these would be great future activities.

April 17: The 3-on-3 basketball tournament is on for this Saturday, from 8 a.m. until 5 p.m. The tournament still needs volunteers, so if you have basketball or tournament experience, call SM&SP to discover how you can assist.

May 29-31: Visit Maui without breaking the bank this Memorial Day weekend. Cost is \$350, and includes airfare and shared accommodations for all unaccompanied Marines and Sailors E-5 and below. This trip is limited to the first 16 people who sign up, so register today.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the tennis courts: You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. - 12 p.m. Call 258-8081 to make your reservations.

- At the base marina: Enjoy free, unit-sanctioned "Adventure Training" with classes in scuba, power boating, water skiing and much more.

Edward Hanlon V

MCCS Public Relations

Marine Corps Base Hawaii is searching for a Marine spouse to volunteer as the next Lifestyle Insights, Networking, Knowledge, Skills (LINKS) team leader, to help enrich the lives of service families here.

The LINKS team leader is a volunteer position that oversees the MCB Hawaii LINKS program that supports families. Support in turn leads to greater motivation, retention, unit morale and combat readiness for Marines and Sailors at Kaneohe Bay and Camp H. M. Smith.

The potential LINKS team leader must be committed to helping other military spouses with getting oriented and adjusted to military life in Hawaii, and must be available for an average of 20 hours a week as the LINKS team leader.

Duties will include participation in, supervision of, and organization of monthly LINKS training sessions. With that in mind, the ideal candidate is a spouse who has been a Marine spouse for at least four years, and who is energetic and resourceful, with solid communication skills, as well as a strong desire to share his or her experiences and knowledge for the benefit of other MCB Hawaii families.

Base officials said the LINKS team leader

is an extremely important position. The MCB Hawaii commanding general supports the position, and the team leader's initiatives often positively impact not only base families, but also, the Corps in general.

As an official Marine Corps family readiness program, LINKS is a major component of the Marine Corps Family Team Building program that (according to Marine Corps Order 17545.6) "enables our Marine Corps families to be armed with the vital knowledge and essential leadership skills necessary to attack and prevent situations before they develop into serious problems."

The Marine Corps Order further states that married, first-term Marines are especially "subject to many unique challenges. Of particular concern is the welfare of young Marines and Sailors as they balance the demands of family and career.

"The vast majority of new spouses do not receive education in the skills and attitudes needed to help them cope with the unique

stresses of a Marine Corps lifestyle," the order explains. "The presumption is often that the Marine is taking on the responsibility of providing information that will help the couple succeed as a family. [A]gency representatives who work with these clients indicate Marines are often not well versed in their benefits and sources of support."

The LINKS program was established to address all of these concerns, and the LINKS team leader will be appointed by the MCB Hawaii commanding general to work under the supervision of the Marine Corps Family Team Building director for a one-year term, to fulfill the objectives of the directive.

Those interested in applying for the LINKS team leader vacancy, should submit a résumé by April 16 to Capt. Zachary Rogers, MCFTB director, via fax at 257-1808. E-mail the director at rogersz@mcbh.usmc.mil.

An alternate point of contact regarding LINKS applications is Staff Sgt. Luis Valdespino, Marine and Family Services staff noncommissioned officer in charge, at 257-7774 or at valdespinolp@mcbh.usmc.mil.



MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and 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 ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

50 First Dates (PG-13)

Today at 7:15 p.m.

Miracle (PG)

Today at 9:45 p.m.

Eurotrip (R)

Saturday at 7:15 p.m.

Barbershop 2 (PG-13)

Saturday at 9:45 p.m.

Against the Ropes (PG-13)

Sunday at 3:30 p.m.

Miracle (PG)

Sunday at 7:15 p.m.

You Got Served (PG-13)

Wednesday at 7:15 p.m.

50 First Dates (PG-13)

Thursday at 7:15 p.m.

The Cooler (R)

April 16 at 7:15 p.m.

Against the Ropes (PG-13)

April 16 at 9:45 p.m.

Spring Festival celebrates kids, Saturdays

Edward Hanlon V
MCCS Public Relations

April is the "Month of the Military Child" and Marine Corps Community Services will launch its campaign "Celebrating Children" and the "Spring Festival & Craft Fair" at Mokapu Mall, Saturday from 10 a.m. until 3 p.m.

The mall will be teeming with games, fun, demonstrations, events and prizes for kids of all ages. The entire base community can laugh away at a game of

musical chairs, enjoy heartwarming tales with Storytime (presented by the base library), shake its groove thing during a performance by the Dance Movement Academy, or enter the Taco Bell Burrito Eating Contest or Baskin Robbins Ice Cream Eating Contest during the Spring Festival. Plus, children can romp around in the bouncy house, ride the Xpress train from the Child Development Center (Bldg. 6111) to Mokapu Mall, or even get a cammie face painting,

compliments of the Single Marine & Sailor Program.

Are you a little too big for the bouncy house? Well, parents and adults, check out Island Crafters and other exhibitors including Roberts Hawaii (tours and transportation company), Usborne Books, Mary Kay cosmetics, and Northern Lights at Home candle packages.

Before departing, be sure to enter the prize drawing at the Spring Festival. Lucky winners will take home a color televi-

sion, compliments of First Command Financial Planning; a child's bicycle from United Beneficial Financial Services; Magic of Polynesia shows; dinner cruises on the Alii Kai catamaran; and goodie bags from the Bank of Hawaii, the Mauna Loa Macadamia Nut Company, and Dream Cruises.

The Spring Festival & Craft Fair celebration will occur in collaboration with numerous other "MCCS Celebrates Children" events aboard MCB Hawaii. On the same day, the

Child Development Center will host the "Easter Eggstravaganza," which includes "Art in the Park" at the CDC from 9:30 to 11:30 a.m.

Accompanying "Easter Eggstravaganza" fun at the CDC will be entertainment provided by the Marine Forces Pacific Band, crafts, an Easter egg hunt for 4 years and below, and another egg hunt for kids ages 5 years and above. Children of all ages are welcome to come and catch a glimpse of the Easter Bunny.

Red Cross reaches out to military

Lance Cpl. Michelle M. Dickson
Combat Correspondent

Clara Barton founded the American Red Cross in Washington, D.C., on May 21, 1881. It is considered as one of the nation's premier humanitarian organizations, dedicated to helping people in the United States and throughout the world.

The American Red Cross reaches out and keeps pace with the ever-changing military too. Here aboard MCB Hawaii, Kaneohe Bay, the ARC offers a variety of services to military members and their families such as disaster assistance, volunteer courses and communications.

"I can't put words into what I've felt when helping a family through a time of need or a crisis," said Christine E. Maly, chairman of volunteers for the Red Cross on base. "It's just so rewarding to know that you are helping someone; it helps you grow as a person and allows you to develop so many new skills.

"Volunteering is my life; that's what I get out of it."

The Kaneohe service center falls under the Hawaii State Chapter, which services the entire state. The state chapter comes into action in a time of need to assist when the military is not able to.

"If there is a fire, and the family is in desperate need — of perhaps clothing — we are there to give a voucher for that clothing or whatever other items the family may need to help them get through that time," said Maly. "If there is a national disaster, that may be too big for us to

handle. We can provide them with numbers on who they would need to contact."

The Red Cross provides Family Disaster Preparation. It teaches what families can do to help themselves in a time of crisis, said Maly. The ARC comes up with family disaster plans, to include a kit filled with not only first aid equipment, but also flashlights and meals.

Maly said there is always a spot open to volunteer with the Red Cross on Kaneohe Bay; however, volunteers must attend an orientation and submit an application. If selected, the volunteer is trained in first aid, CPR, lifeguarding, baby-sitting, and instructor duties.

"The volunteers we train work at the pool, beaches, library, marina and even in dental," said Maly. "If volunteering for dental, you will learn complete dental assistant curriculum after 500 volunteer hours."

Providing the armed forces with communication links are also a big part of the services provided. If a family member is deployed and needs to reach home, the Red Cross can provide the information on what can be sent and who is eligible, said Maly. The commands are informed of this, as well, so word can be passed along and the service provided.

"We are everywhere that there are troops," said Maly. "The commitment of the Red Cross is demonstrated in the fact that wherever you go, you will find us.

"Although we may report to other bosses, we all work under one cross together."

For more information, call 734-2101.



Lance Cpl. Michelle M. Dickson

A band of brothers

Friends and supporters of 3rd Marine Regiment's Sgt. Chris Montez, the Combat Assault Company Marine who was severely paralyzed after a helicopter accident in late February, hosted a car wash and bake sale fundraiser, on his behalf, Wednesday at the Enlisted Club aboard MCB Hawaii, Kaneohe Bay.

ON THE MENU

AT ANDERSON HALL

Today
Lunch
 Beef Balls Stroganoff
 Baked Fish Fillet
 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
 Pasta Bar

Saturday
Brunch/Dinner
 Turkey À La King
 Baked Stuffed Pork Chops
 Steamed Rice
 Boiled Egg Noodles
 Spice Cake w/
 Lemon Cream Frosting
 Sugar Cookies
 Asst. Fruit Pies

Sunday
Brunch/Dinner
 Swiss Steak w/
 Mushroom Gravy

Glazed Rock Cornish Hens
 Rice Pilaf
 Cornbread Dressing
 Mashed Potatoes
 Yellow Cake w/
 Butter Cream Frosting
 Asst. Fruit Pies

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

Dinner
 Italian Veal Steaks
 Braised Pork Chops
 Boiled Egg Noodles
 Steamed Rice
 Oatmeal Cookies

Asst. Fruit Pies

Specialty Bar
 Pasta Bar

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

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

Specialty Bar
 Taco Bar

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

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

Specialty Bar
 Country Bar

Thursday
Lunch
 Salisbury Steak
 Barbecued Chicken
 Rice Pilaf
 Oven Browned Potatoes
 Corn on the Cob
 White Cake w/
 Lemon Cream Frosting
 Asst. Fruit Pies

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

Specialty Bar
 Taco Bar

Cars of the future will be highly intelligent

NewsUSA
Feaurettes

Even the Batmobile was not equipped with this: an airbag that receives sensory data from the car's on-board electronic system, prompting it to inflate over the hood and windshield in the split seconds before a collision with a pedestrian.

The external airbag is one in a range of new and powerful, intelligent systems that could soon find their way into passenger vehicles as automobile manufacturers, technical researchers and government agencies focus their collective energy and resources on technologies that promote greater driving safety.

Safety has always been a priority for auto companies and their engineers. First came seat belts, then antilock brakes and traction control. Today, how-

ever, automobile safety is becoming truly high tech.

Using advances in sensors and semiconductors, engineers are developing and testing on-board, knowledge-based technologies for collision avoidance, as well as systems that stabilize vehicles in crash scenarios.

For instance, a firm in Germany has built a system that receives feedback on the automobile's lateral acceleration, movement of the steering wheel and other factors. When the system detects deviation, it automatically throttles the engine, applies the brakes and corrects steering to bring the vehicle under control and avoid a crash.

Other research on intelligent vehicles is focused on knowledge-based systems that monitor the driver's level of attention while operating a vehicle. These

telematic systems, currently in the experimental stage, can monitor a driver's hand and foot positions, body posture and even eye movement.

Some collision-warning devices have already entered consumer markets. For example, the 2003 Jaguar features a system that advises a driver to brake in the approach of slow-moving traffic. It also tells the driver whether the cruise control function is on or off.

Engineers are at the forefront of these technologies for intelligent vehicles and intelligent highway systems. The American Society of Mechanical Engineers provides a useful forum for information exchange in automotive technology and

many other areas.

Visit the ASME Web site at www.asme.org for more information.



The Jaguar X-type may not have the aggressive profile of the Batmobile; however, it is one of the many vehicles using the latest in sensor technology to ensure a safe driving experience.

Base Marina offers chance to have fun in the sun

Lance Cpl. Megan L. Stiner
Combat Correspondent

An array of sail, pontoon and powerboats are currently swaying back and forth on the crystal blue waters of Kaneohe Bay, patiently awaiting the arrival of eager water sports and recreation enthusiasts. For anyone who enjoys sailing, water skiing, kayaking or perhaps windsurfing, the base marina at MCB Hawaii, Kaneohe Bay, is the place to go for all water sports equipment.

Recreational water activities, however, are only a small fraction of what the Outdoor Recreation Equipment Center and base marina offers to service and family members at K-Bay and Camp H. M. Smith. These Marine Corps Community Services activities offer a

myriad of recreational equipment from picnic canopies and boogie boards to sailing lessons for campers, beach bums and aspiring boat captains alike.

“Every year we expand what we have to offer,” said Neil Morgan, outdoor recreation manager, “whether we add a pontoon boat or new camping equipment.”

According to Morgan, who has been working at the base marina for more than 10 years, some of the most popular activities include scuba diving, water skiing and just lounging around and tanning on a 10-passenger pontoon boat. Licenses for almost any type of boat range in price from \$10 to \$25.

Outdoor Recreation can assist with more down-to-earth activities including swimming, fishing, bicycling, and camp-

ing. According to Morgan, swimming and snorkeling are most common at Hale Koa Beach, and nearby Pyramid Rock Beach is perfect for boogie boarding and surfing. Shore fishing is permitted at Hale Koa, but netting is not allowed. Also, rods and reels can be rented for a minimal fee, as well as gear for other outdoor activities.

Morgan suggested bicycling as a healthy alternative to explore the island while getting a good workout. Helmets, which are required when riding on base, are also provided with the rental of any bike.

Hale Koa Beach offers 16 campsites, each equipped with a picnic table and fire ring. Day-use picnic pavilions are

available by reservation through Outdoor Recreation.

“The base marina also offers special unit physical training opportunities,” said Morgan. For example, the OREC conducts Adventure Training — introductory lessons in skiing, power boating and scuba diving. Marine Corps Community Services offers the training at no charge to any Marine Corps or Navy unit aboard K-Bay.

“Adventure training is a great way to bring unit morale up, while keeping in shape,” he explained.

Morgan said that during his tenure he has witnessed a great amount of

See MARINA, B-8

WORD TO PASS

Locals Perform 'The Witness' in Kaneohe

Fifty local musicians, vocalists and performers will join Pacific Island Praise in a live, outdoor performance of "The Witness," a portrayal of the life, death and resurrection of Christ through drama and music. Performances are scheduled today and Saturday at 7:30 p.m. at 47-200 Waihee Rd. in Kaneohe. This performance is free.



horizon about 6 a.m. at Pavilion 5A of Bellows Air Force Station. Following the service, worshippers can feast upon the breakfast buffet (\$3) about 7 a.m. in the Recreation Center Lanai.

Children can enjoy the bouncery clown or the castle playground, plus get a picture with the Easter bunny. Keiki should be sure to bring their Easter baskets and join in on the grand finale: the Easter egg hunt that begins at 8:30 a.m. in the grassy area next to the playground, where candy-filled eggs may hold a miniature golf pass or a ticket for the grand prize.

One special egg in each of four age

groupings will claim a very large Easter basket filled with prizes.

For more information, visit www.bellowsaafs.com or call 259-4121.

Scholarship Deadlines Approach

•The All Enlisted Spouses' Club has raised a total of \$16,000 — through Thrift Shop sales, fundraisers and hard work — for its 2004 college scholarship award program, which provides financial assistance in the form of direct scholarships to family members of enlisted active duty personnel currently stationed at MCB Hawaii, or to family members of retired or deceased service members who were stationed here at the time of their retirement or death.

"This year's achievement doubles what we did last year," said Mary Pratt AESC president. "In 2003, we distributed \$8,000 in college scholarship awards."

The application deadline is Thursday.

Pick up an application at the Thrift Shop, the base education office or satellite colleges aboard K-Bay, or call Mary Pratt at 282-7894 for more details.

•The Fleet Reserve Association is accepting scholarship applications through Thursday. The competitive program awards various \$5,000 scholarships to military children based upon financial need, academic standing, and character and leadership qualities.

Download information at www.fra.org, or call 1-800-626-9071 for more details.

•The Aloha Chapter of the Military Officers Association of America will award a \$1,000 scholarship to a military or family member attending a college in Hawaii. The winning applicant will be selected based on financial need, scholastic ability or potential, and character and personal qualities. Appli-

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cations are due no later than April 30.

Obtain forms by calling 488-7013, or e-mailing takyosh@aol.com.

•Military Spouse Holds Book Signing,

The Navy Exchange at Pearl Harbor will be the location for a "meet and greet" book signing by Tracey Price-Thompson, author of "Black Coffee," "Chocolate Sangria," and "A Woman's Worth," which is her latest work, on Friday, April 16 at noon. The author crosses boundaries of sexuality, gender and culture in her latest book; previously, she explored the lives and loves of people of color in the military, and the challenges of intra-cultural relationships in her other national bestsellers.

Price-Thompson currently lives in the Red Hill area of Honolulu while she awaits the return of her husband, a Fort Shafter soldier, who is deployed to Iraq.

She will hold a second signing of her books at Borders Bookstore in Waikēle on April 17, also at noon.

**April 18 is Set for
'I Love Kailua' Party**

The 12th Annual "I Love Kailua" town party will feature "A Taste of Kailua," boasting a wide selection of food from local Kailua restaurants, live entertainment, handmade crafts from local artisans, live plants, numerous keiki activities by Kamaaina Kids, community information booths, health screenings from Castle Medical Center, and much more, Sunday, April 18 from 11 a.m. to 4 p.m. on Kailua Road.

Event buttons are on sale now for \$3 per person in advance and \$4 at the event. Children 12 and under are free. Buttons allow attendees to purchase scripts and participate in events; also, many local merchants will provide other

special offers and sidewalk sales (surf www.ILoveKailuaTown.com for a list).

According to the Lani-Kailua Outdoor Circle, traffic will be diverted from 9 a.m. to 5 p.m. on April 18, as all traffic lanes and sidewalk areas on Kailua Road — from Hahani Street to Kuilei Road — will be closed along Macy's, Longs and Kailua Shopping Center. Residents are therefore strongly encouraged to walk or bicycle to the event; the Outdoor Circle will be offering additional accommodations for securing bicycles.

The annual "I Love Kailua" town party helps raise funds for projects that include the landscaping and maintenance of public parks and roadsides.

For more details about this event, contact Amy Hammond at 234-0404. For "The Bus" schedules, call 848-5555.

'Kokua @ Kailua' Goes April 18

Earth Day events are just around the

corner, and Kailua will participate with a beach cleanup on April 18 from 10 a.m. till noon.

Numerous businesses and organizations including Castle Medical Center, the Girl Scouts of America, McKenna Ford, Honda Windward, Hardware Hawaii, Safeway, Maui Tacos, and the City and County of Honolulu, are graciously providing supplies, food and prize giveaways for volunteers.

All hope that there will be a big turnout for Earth Day activities.

"Keeping our beach a place of beauty, both for our enjoyment and for visitors, is important," said State Rep. David Pendleton who has successfully coordinated these events at Kailua Beach Park since 1998. 'Kokua at Kailua' gives people a chance to work together to improve their environment."

For more information on Earth Day, call 586-9490.

MARINE MAKEPONO

HAWAIIAN FOR
"MARINE BARGAINS"

Automobiles

'95 Nissan Pickup XE, red, CD, A/C, bed lining, truck cover, all new tires, 69k miles, in excellent condition. Asking \$5,995 OBO. Call 778-0720.

'93 Ford Ranger 4x4, automatic, bed liner, new paint and tires, 90k miles. Reliable truck. Asking \$4,500 OBO. Call 253-0257.

'82 Fiat Spider, does not run but great for parts, new top. Asking \$300. Call 542-9843.

Motorcycles

'99 Yamaha YZF-R1, red, powerful, matching full Yoshimura exhaust kit, jet kit, Toby dampener. Asking \$6,500 OBO. Leaving isle. Call 561-0877.

Bicycles/Mopeds

Cannondale R-100, 63cm frame, road bike, Look pedals with computer, good condition, good starter bike. Asking \$150. Call 235-1214.

Pets

AKC American Cocker Spaniel, 5-month-old female, affectionate, playful, good with children, needs companionship, loves people. No papers. Asking \$650. Call 372-7480.

Easter puppy, AKC Maltese, born Feb. 11. Call 741-7795.

Yard Sales

Friday and Saturday, from 8 a.m. to 1 p.m. at 1114 Lunahelu Pl. in Maunawili, Kailua. Massive moving sale with furniture, electronics and more. Call 371-9148.

Miscellaneous

Good job for a teen, with good pay. Need lawn mowed at Capehart area during May and June. Call Mike at 254-1645.

Murray 20-inch lawnmower, 3-in-1: mulch, bag or mow. Well maintained and barely used. Asking \$125 OBO. Call 488-1937.

MARINA, From B5

progress that better serves the military community here.

"We are constantly thinking of new equipment the base could use to increase the ease to participate in recreational activities," he explained. "Right now we are doing the best we can, and everything seems to be sailing smoothly."



Lance Cpl. Megan L. Stiner

The base marina offers a variety of boats. From power boats to sailboats it has everything to suit your needs for an enjoyable water experience.