

LIFESTYLES

Hawaii Marine B Section

August 13, 2004



Above — The “magical dolphins” celebrate the defeat of the ‘nasty’ Pirate Captain in a show of acrobatics during the Dolphin Cove show. Below left — A trainer and sea lion entertain the audience by dancing cheek to cheek at one of Sea Life Park’s many educational programs.

Dancing with sea life

Sea Life Park’s interactive programs allow for a close and personal look at marine life

Story and Photos By
Cpl. Jessica M. Mills
Sports Editor

WAIMANALO, Oahu — One of Hawaii’s greatest attributes is its abundance of marine life, but seeing and interacting are two totally different animals. With the crowded beaches and expensive diving programs in Oahu, interacting with life below the waterline may be out of reach for many families and service members.

As a less expensive, exciting, and more educational alternative, Sea Life Park, located in Waimanalo, offers many educational and interactive programs, as well as open exhibits for their patrons.

People may recognize Sea Life Park as the setting for many breathtaking scenes in the Adam Sandler movie, “50 First Dates,” which was released in theaters in May 2003. Many of the park’s talented marine animals stole the limelight for this romantic comedy, but much of



the park’s beauty and charisma stayed behind-the-scenes.

“There are a lot of fun exhibits and great entertainment for children and adults of all ages. You can spend an entire day here and still not see every-

thing we have to offer,” said Loreen Matsushima, director of public relations for Atlantis Adventures. “You can swim with the dolphins, go snorkeling with our Hawaiian Brown Stingrays, all the while learning about these animals and getting an educational, hands-on experience.”

Throughout the day, shows are offered as part of the general admission, introducing park-goers to the many talents and antics of marine mammal life.

At the Hawaiian Ocean Theatre, a talented cast of bottle-nosed dolphins, wad-



Photo Courtesy of Sea Life Park

Keiki spend time with park trainers to help train a dolphin at Splash University.

dling penguins, and comical sea lions exhibit awe-inspiring stunts in the open-air aquatic theatre. Trainers incorporate the newest training techniques and Sea Life Park’s conservation efforts into the show and guests

are even able to hear the dolphins’ underwater sonar, known as echo location, while they retrieve plastic rings for their trainers.

“Our shows totally vary, we are always working on something new, you will never see the same show twice,” said Kiana Pugh, the senior trainer for the Hawaiian Ocean Theatre.

“All the dolphins’ behaviors are based on a stimulus, or cue. We use both visual signals and underwater sounds. We work with the dolphins every day between shows,

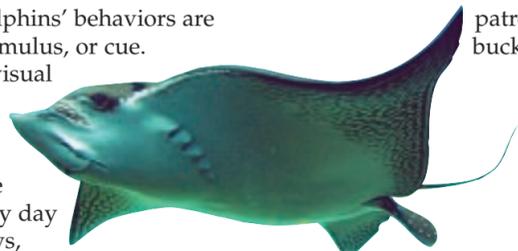
we are always teaching them and they are always teaching us.”

Another imaginative and entertaining show, especially for children, is the Dolphin Cove Show. The show includes a fairy tale story line including dastardly pirates, beautiful princesses and magical dolphins that save the day. The dolphins complete stunning performances, including jumps, dives and an acrobatic feat with the “nasty” Pirate Captain.

The Hawaiian Reef, a 300,000 gallon reef tank, may tickle the minds and create wonder in the eyes of children and adults alike, as they observe how over 1,000 reef animals and organisms, including sharks, sting rays, turtles, and various schools of fish, behave in their own environment.

For a small fee, patrons can also buy a bucket of fish and glory in the frenzy of feeding time at the sea lion community pool. Adventure-seek-

See *SEA LIFE*, B-6



Discover exotic sea life off the coast of Waianae

Cpl. Monroe F. Seigle
Combat Correspondent

When you are swimming with dolphins off the coast of the beautiful island of Oahu, it is important to remember you must swim alongside the dolphins, not toward them.

“If you swim toward the dol-

phins, they will consider you a threat and will swim away,” preaches Tori Cullins, founder and owner of Wild Side Specialty Tours.

This is the first thing tour guides explain to the eager adventurers before they plunge into the waters near the Waianae Boat Harbor and swim side-by-side with a number of playful and curious dolphins.

Since founding Wild Side in 1996,

Hawaiian Sea Turtles are just one of the many species of sea life you can experience, snorkeling or scuba diving off the Waianae coast.

Cullins spends her days on her 42-foot long catamaran boat taking tourists and residents of Oahu out to swim with dolphins and Hawaiian Sea Turtles along with Marine Biologist Crews.

“Our tours give adventurers the chance to watch natural dolphin behaviors seen in only very few places worldwide,” explained Cullins. “Not only do these trips offer ‘edutainment,’ but proceeds go to Oahu’s Wild Dolphin Foundation for conservation activities.”

The four-hour tour begins sharply at 7 a.m. when the catamaran departs from the Waianae Boat Harbor and heads out to sea. Once afloat, adventurers are provided with snorkel gear and taken to a feeding ground for Hawaiian Sea Turtles. This is where several turtles can be found swimming in their

natural habitat with many species of beautiful fish. The turtles come to the feeding ground so the fish can eat the algae growing off their shells and necks. Although adventurers are able to get within arms distance of the beautiful turtles, they are warned not to get too close or touch the turtles because federal law protects them.

After swimming with the turtles, adventurers are then taken to another location where several “pods” of spinner dolphins can be seen swimming about and jumping in and out of the water. Once again, the adventurers submerge into the waters and swim along side the dolphins just as they were taught moments before.

See *WILD SIDE*, B-7



Cpl. Monroe F. Seigle

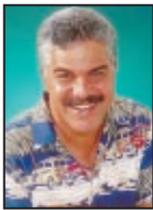
Comedian Irvine to perform at Staff NCO Club

Bobbie Brock

Marine Corps Community Services

Comedian Bo Irvine will be entertaining Staff NCOs, their families and guests with his local humor. Irvine will take the stage at the Fairway's Ballroom at 8 p.m.

Longtime local comedian, Irvine got his start with a weekly comedy contest run in Honolulu. He won five times and was hooked. Irvine served as host for 12



IRVINE

Sons of Niihau, Cecilio & Kapono,

years at the old Honolulu Comedy Club at the top of the Ilikai Hotel.

Irvine has opened for George Carlin, Howie Mandel, the Righteous Brothers, Garry Shandling, Bobcat Goldwaite, the Makaha

Bruddah Walter, and George Wallace.

This past June, Irvine opened Hawaii's newest comedy nightclub, Sharkey's, located inside All-Star Hawaii Restaurant and Bar, where he hosts mainland and local stand-ups. Show times are Wednesday through Saturday from 8 - 10 p.m.

The old adage "laughter is the best medicine" is proving to be factual, as many hospitals and universities have

done several studies on this very concept. So, laugh your way to better mental and physical health with Bo Irvine at the Staff NCO Club.

Pupu and beverages will be available for purchase. Tickets cost \$10 for members and \$15 for non-members and can be purchased from your unit representative or by calling 254-5481. For every ticket sold, \$1 goes toward that unit's Birthday Ball fund.

MARINE CORPS COMMUNITY SERVICES

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Possibilities in Paradise

August

14 / Saturday

USA Boxing — It's fight night in Kahuna's Ballroom. Cost is \$12 in advance and \$15 at the door. Food and beverages will be available for purchase. Boxing begins at 6 p.m.



Chili Cookoff — The Staff NCO Club is hosting their third annual Chili Cook-off and Biker Bash. All ranks are invited to enter their chili in the contest.

Trophies will be awarded for first, second and third places in the chili cook-off. Winners of the bike contest at the Biker Bash will be awarded trophies for Best Custom Bike, Best Fat Bike and People's Choice.

Enjoy games, beverage specials, door prizes and more. The contests begin at noon and judging takes place at 3 p.m.

20 / Friday

Poolside Barbecue — Cool down your Friday afternoon at the O'Club pool, and don't forget your suit. The party starts at 6 p.m. Grill your own main course with a buffet of all the sides. Choose from New York Steak, Chicken Breast or Mahi Mahi. Prices range from \$12 - \$15 for members. There will be music and beverage specials.

Latin Night — Kahuna's is turning it up with El Conjunto Tropical and a little salsa at 10 p.m. in the ballroom.

Texas Hold'em — The Staff NCO Club is hosting a poker tournament for all civilians. The dealin' will start at 6 p.m. and the entry fee is \$8. Door prize giveaways and pupu will be provided. The top three players will move on to represent in the base tournament to be held on Sept. 18.

21 / Saturday

Wrestling — Hawaii Championship Wrestling is back. Check it out in Kahuna's Ballroom from 7 to 9 p.m.

Country Western Night — A Country Western themed evening is in store for all Staff NCOs. There will be a costume contest and prizes for the best Country Western outfit and Big Hat contest. Listen to your favorite Country music tunes starting at 6 p.m.

24 / Tuesday

Free ADHD Workshop — Learn about the signs of Attention Deficit Hyperactivity Disorder, the different symptoms, how a diagnosis is made and by whom, how it might

affect a child's learning and about treatment options and educational interventions. Reservations must be made by Aug. 23. The workshop will be held in the Religions Education building located behind Dunkin Donuts from 6:30 - 8:30 p.m.

26 / Thursday

SNCO Call — Join your fellow comrades in the Rocker Room for a base-wide Staff NCO Call at 3 p.m.

28 / Saturday

Latin Night — Son Caribe is back, performing a collaboration of Latin music. Feel the beat and move your feet to Salsa, Merengue, Bachata, the Cha-cha and more. The Staff NCO Club opens at 6 p.m. and the band starts at 8:30 p.m. The cost is \$5 for members and \$8 for non-members.

Texas Hold'em — Has Texas Hold'em got you hooked? Stop watching it on television and get in the game at Kahuna's Bar & Grill.

The cost is \$5 for members and \$8 for non-members. There will be food and prize giveaways. All players must be present by 6 p.m. Dealers are needed. For more information, call 254-7651.

29 / Sunday

Officers' Club Pool — Bring the kids to the Officers' Club for the keiki back to school pool party from 11 a.m. - 2 p.m. There will be games, prizes and a delicious lunch of chicken nuggets, hot dogs, pasta salad, carrots and celery and much more.

The cost is \$5.50 for children and \$8 for adults. For reservations, call 254-7650.

31 / Tuesday

KOSC Aloha Coffee — All Officers' and their spouses are invited to the Officers' Club for the Kaneohe Officers' Spouses' Club Aloha Coffee from 7 - 9 p.m. This is a great opportunity to meet new friends and neighbors and get acquainted with

local businesses.

There will be light desserts, coffee and an honor bar for beer and wine. The evening serves as an information event for what's new, business locations, hours of operation, and future special events.

For more information about the event, call 254-2491. Businesses interested in acquainting our membership with your products, opportunities or services, please contact KOSC President Jennifer Wilson at 253-0054 by today. An approximate 3'x3' table space with tablecloth will be provided at a cost of \$15 for your display.

Federal Food Surplus Distribution — MCCS Marine & Family Services in conjunction with the Honolulu Community Action Program Windward District Office are presenting qualified recipients with Federal food surplus goods.

Families that fall within the income guidelines will be given free food items from 11:30 a.m. until 2:30 p.m. at the Youth Activities Building (#5082).

For information about qualification, call 257-7786.

September

9 / Thursday

NFL Preseason — The Kahuna's, Rocker Room and the Officers' Club will host kick-off parties with pupu, giveaways and King & Queen of the quarter contests and loads of fun to start the season off right. This is an affair you can't afford to miss.

Ongoing

7-Day Store — The new hours of operation for the 7-Day Store are Monday - Friday, 6 a.m. - midnight and Saturday and Sunday, 7:30 a.m. - 10 p.m.

Swing Lessons — Kahuna's Ballroom is teaching you how to dance. Every Monday, Swing dance lessons will be taught from 7 to 9 p.m.

The cost is \$2. So grab a partner and get ready to twist, twirl and spin the night away. For more information, call 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip

action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town.

Lessons are \$2. For more information, call 254-7660.

Splash Tuesdays — Take the kids out for an afternoon of fun in the sun at the Officers' Club pool. Every Tuesday during the summer months, cool the kids down and enjoy a poolside barbecue with hot dogs, hamburgers, chips and drinks from 11 a.m. - 1:30 p.m.

Friday Night Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your favorite grilled New York Strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon. Served from 5 p.m. - 9 p.m. To make reservations, call 254-5481.



Hourly Child Care — Join us for some fun summer activities. The hourly Child Development Center provides childcare for reservation for children 6 weeks - 5 years.

Call 257-8354 for more information.

Cage The Rage — Learn to understand and control your anger with ongoing classes Thursdays, 1 - 3:30 p.m. There are eight weekly sessions in each series. Start anytime.

To schedule a brief orientation appointment call 257-7780 or 257-7781.

Mongolian Barbecue — Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals. Buffet style, select your favorite veggies and meat, pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. Call 254-7649.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Aug. 20 - 22: You can participate in the softball tournament to earn points in the 101 Days of Summer Program. Quinton Redmon is your point of contact at 257-3900.

Aug. 31: Catch the Golf Clinic from 5 to 6 p.m. A total of four lessons cost \$40 for E-5 and below. You'll be ready for the next Shank & Slice Golf Tournament on Sept. 22. Sign up at the Kaneohe Klipper Pro Shop or at the SM&SP Office.

Sept. 4 - 6: Join other Marines and Sailors on a long weekend of relaxation and exploring the Big Island for the weekend. The cost is \$350, and includes airfare, deluxe two-bedroom condos, and seven-person vans. The best thing about the excursion; you can be as active or relaxed as you desire. Sign up now with a \$100 deposit to reserve your spot. Space is limited.

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. Admission and hotdogs are \$1 on Thursdays. 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.

The Terminal (PG-13)	Today at 7:15 p.m.
Dodgeball (PG-13)	Today at 9:45 p.m.
White Chicks (PG-13)	Saturday at 7:15 p.m.
Around the World in 80 Days (PG)	Saturday at 9:45 p.m.
Two Brothers (PG)	Sunday at 3:30 p.m.
The Terminal (PG-13)	Sunday at 7:15 p.m.
Dodgeball (PG-13)	Wednesday at 7:15 p.m.
The Terminal (PG-13)	Thursday at 7:15 p.m.
The Notebook (PG-13)	August 20 at 7:15 p.m.
White Chicks (PG-13)	August 20 at 9:45 p.m.

Origin of Friday the 13th shrouded

Lance Cpl. Megan L. Stiner
Combat Correspondent

Ideas of bad luck connected to superstition may be forgotten or shrugged off most times of the year. But when Friday the 13th rolls around, even individuals who think they aren't superstitious could find themselves tossing salt over their left shoulder, just in case the tales are true.

Black cats, four-leaf clovers, broken mirrors, the number 13 and horseshoes are just a few things associated with superstition. Others include walking under ladders, saying "bless you" when someone sneezes, never opening umbrellas indoors and "knocking on wood."

Odd behavior is but one strange association of superstition, but another, even stranger one, may be the historical origin

of Friday the 13th.

If the mask wearing, nightmare inducing Jason Voorhees from the many fear-filled Friday the 13th movies was the first notion that came to mind to explain the superstition frenzy, one needs to go back a couple hundred years. Although the specific origin of Friday the 13th has not been established, many believe religion had a big influence in the creation of the superstition.

Signs supporting the theory consist of events that happened on a Friday, including; Eve giving the apple to Adam, the beginning of the great flood, the destruction of the Temple of Solomon and Good Friday (Jesus' crucifixion).

The number 13 also has some biblical ties. The Last Supper was comprised of 13 members; Judas, who betrayed Jesus, was the thirteenth apostle, and the

13th tribe of Israel was the only tribe left without land after the Exodus.

Other interesting stories pertaining to the superstitious Friday involve space shuttles, executions, currency and sailing.

The Apollo 13 space shuttle launched from pad 39 (multiple of 13) at 1313 hours (central time), and had to be aborted on April 13, 1970.

Throughout the history of executions, the most common day to have them was on a Friday. In both England and America, Friday became known as Hangman's Day.

Although neither President George Washington nor the one dollar bill have a wide reputation as having or being bad luck, there are those individuals who believe the bill couldn't possibly be good. This theory derived because on the side

opposite Washington's bust is a pyramid with 13 steps, an American Bald Eagle holding 13 arrows in one talon and an olive branch with 13 leaves and 13 berries in the other talon. Many believe those numbers on the bill represent the original 13 colonies, yet there are those who remain skeptical.

Sailors had a reputation as being highly superstitious in regard to sailing practices. It is supposedly bad luck to set sail on Friday, re-name a ship and select a crew on a Friday.

Although Friday the 13th holds a negative reputation, there are positive aspects of both the day and the number that could cause controversy over the superstition.

In Pagan times Friday was the day of the love goddess; today it is the end of the workday (T.G.I.F.). Actors believe it to be good luck to sign a con-

tract on a Friday and it is viewed as a lucky day in Scandinavia.

The number 13 also plays a part in good fortune that is most commonly overlooked due to its reputation. There are 13 doughnuts in a baker's dozen, thirteen colonies formed the Union, in Jewish tradition, a bar or bat mitzvah falls on the 13th birthday, and in Christianity the Ten Commandments plus the Trinity equals 13.

History aside, it seems as though for some, superstition is just a fun way to put a little excitement into everyday life.

To really test the theories, just try walking under a ladder indoors with an open umbrella as you cross the path of a black cat while you knock over a saltshaker onto a mirror, breaking the mirror, just before you set sail on a newly re-named ship on Friday the 13th.

West coast SM&SP meet their Hawaii cohorts

Cpl. Jessica M. Mills
Sports Editor

More than 60 Marines and Sailors from numerous West Coast military bases visited Oahu Aug. 2 - 6, as part of a Single Marine and Sailor Program event.

In honor of their arrival, MCB Hawaii Single Marine and Sailor Program unit representatives held a welcome barbecue at the base marina.

"We wanted to welcome our brothers and sisters to the island, and give our reps a chance to get to know one another," said Sgt. Wayne Twaddell, former SM&SP president. "We plan on getting them fed and relaxed, then showing them the new Single Marine and Sailor Recreation Center."

Twaddell said a surprise lei ceremony followed once the group arrived at the hotel.

Leaders from SM&SP joined together from many different Marine Corps bases including Marine Corps Air Station, Miramar, Calif.; MCB Camp Pendleton, Calif.; Marine Corps Air Ground

Combat Center, Twentynine Palms, Calif.; MCAS Yuma, Ariz.; and MCLB Barstow, Calif.

"The Single Marine and Sailor Program at Miramar had the idea to fund a trip to Hawaii for our Miramar representatives and members," said Alisa Hertzler, the MCAS Miramar SM&SP coordinator. "Then our sergeant major, Sgt. Maj. [Thomas] Howard, fragged a MAC Flight specifically for our trip and invited all the other west coast Marine Corps bases as a reward to our representatives."

Some of the bases opened the trip to their entire population of service members, but spaces were limited and SM&SP representatives were given priority.

According to Hertzler, during the trip the West Coast Marines and Sailors participated in a number of group outings, but they were also given some free time to wander about and enjoy Oahu on their own.

"I feel great to be in Hawaii. I mean come on ... it's Hawaii," said Cpl. George Horn, an SM&SP member from



Sgt. Wayne Twaddell, former SM&SP president here, welcomes Alisa Hertzler, the SM&SP coordinator for MCAS Miramar, Calif., after landing safely here.

Headquarters Bn., MCLB Barstow, Calif. "This is a great opportunity from the Single Marine and Sailor Program. It

gives us a chance to spend some time with fellow Marines. It is really good for troop morale."

Service members cope with separation

Lance Cpl. Bernadette L. Ainsworth
U.S. Marine Forces Pacific

U.S. MARINE CORPS FORCES PACIFIC, CAMP H.M. SMITH, Hawaii — Marines and Sailors are accustomed to being separated from their families, and in times like these, with the Global War on Terrorism, more and more single-parent service members are being separated from their children.

Chief Warrant Officer Lecia A. Negaard, the adjutant at U.S. Marine Corps Forces Pacific, knows this all too well.

Negaard, a single-parent reservist from Boise, Idaho, was called to active service after the attacks of Sept. 11, 2001, and has been here since March 2003. Negaard has a 12-year-old son at home in Boise.

This is not the first time Negaard has been separated from her son, but this has been the longest period of time they've been apart.

Although the separations are difficult, Negaard said it's like second nature.

"He doesn't know any different. His mom's a Marine and she goes away sometimes. We've been doing it since he was born," she said.

This is not the same for all single parents though.

Staff Sgt. Claudia Huizar, separations chief for Headquarters and Service Battalion, has a 7-year-old son she has been separated from in the past as well.

"Our first and only separation was for five months last year while I was at an advanced school for my MOS," said Huizar. "Being away from my son was extremely difficult, although I knew that he would be well taken care of since he was staying with my parents."

Lance Cpl. Irick W. Scott, a press operator for MarForPac, has been separated for the past eight months from his 3-year-old daughter.

"The separation is very difficult. I miss playing with her and seeing her beautiful face everyday," said Scott.

Even though he is away, Scott keeps in touch by calling his daughter every night.

When the separations allow, service members manage to visit their children on a regular basis. Since this has been the longest separation for Negaard and her son, she sees him quite frequently.

"We've worked it out so that we can see each other every three months," said Negaard.



Cpl. Jessica M. Mills

Master Chief Jeff Van Dyke, maintenance master chief for VP-47, greets and takes a good look at his son after returning from a six-month deployment.

The same is true for Scott, "Every three or four months she comes and stays here with me."

Although parenting is not an easy task, and even more so being a military parent, these parents find ways to cope with the

difficulties of being in the military and being a single parent.

Though separations can be difficult, these Marines find that everyday work and physical training keep their minds off being away from their loved ones.

“ quotable ”

The only way of discovering the limits of the possible is to venture a little way past them into the impossible.

— Arthur C. Clarke

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ON THE MENU AT ANDERSON HALL

Friday Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Black-Eyed Peas
Sugar Cookies
Asst. Fruit Pies

Dinner
Beef Pot Pie
Roast Turkey
Paprika Butter Potatoes
Steamed Rice
Sugar Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Saturday Brunch/Dinner
Baked Lasagna
Chicken Parmesan
Pizza Slices
Garlic Bread
Marble Cake
w/Chocolate Icing
Asst. Fruit Pies

Sunday Brunch/Dinner
Barbecue Beef Cubes
Baked Turkey & Noodles
Steamed Rice
Ginger Molasses Cookies
Spice Cake w/
Butter Cream Frosting

Monday Lunch
Meat Loaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies



Dinner
Beef Brogul
Baked Cajun Fish
Mashed Potatoes
Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Tuesday Lunch
Simmered Corned Beef
w/Mustard Sauce
Honey-Glazed
Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Peanut Butter Cake
w/Peanut Butter Frosting
Asst. Fruit Pies

Dinner
Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake
w/Peanut Butter Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar

Wednesday Lunch
Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner
Steak Smothered
w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice

Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Country Bar

Thursday Lunch
Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake
w/Chocolate Frosting
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Dinner
Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Steamed Rice
Boiled Egg Noodles
Marble Cake
w/Chocolate Frosting
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar



WORD TO PASS

FBI Seeks Special Agents

If you're interested in a career with the FBI, attend the next career seminar, Tuesday from 1 to 2 p.m. at the Hickam Family Support Center, in Bldg. 1105.

Call 449-0300 for more information.

Aug. 20, Headquarters Bn. Hosts Family Picnic

Marines, Sailors and family members of Headquarters Battalion, Marine Corps Base Hawaii, are invited to the battalion's annual Family Day celebration Friday, Aug. 20, from 11:30 a.m. to 4 p.m., at Riseley Field (across the street from the Semper Fit Center).

Participants can look forward to diverse activities, which include a military working dog demonstration, photo opportunities with "Danno" O'Blarney (the base mascot), McGruff the crime dog, a bouncy house, Striker, dunk tank, volleyball, horseshoes, face painting, balloon sculpting, food and more, all designed for camaraderie.

Also, picnickers can enjoy musical selections from the Marine Forces Pacific Party Band and DJ, as well as demos courtesy of DEFY and DARE program participants.

For more information, call Staff Sgt. Kahana Dobson, in S-3, at 257-9963 or 257-3207.

Yun Tau Zane Debuts at Rumours

The 4th Annual Yun Tau Zane Scholarship Gala will honor Hawaii's service men and women in a salute to the sights, sounds and culture of the '40s and '50s at Rumours, in the Ala Moana Hotel Aug. 25 from 5:30 to 10:30 p.m. Miss Hawaii 2004 will also be on hand for this scholarship benefit.

Cost is \$35 in advance, \$40 at the door. Guests with military ID only cost \$10; kids 3 and under are free. Call 591-9339 for more details.

Base Chapel Invests in Couples

Married or engaged couples are welcome to make an investment in their relationship at the "Couples Communication & Problem Solving Skills Workshop," Aug. 28 from 9 a.m. to 3 p.m.

Call the chapel at 257-3552, ext. 28 or 31, for more details.

Summerfest Set for Aug. 28

The Ponds at Punaluu, a retirement community at 53-594 Kamehameha Hwy., will hold its annual

Summerfest, Aug. 28 from 10 a.m. to 3 p.m. The public is invited to enjoy rides, games, the dunking booth, entertainment featuring local artists, a raffle drawing, and more, at this free community event.

Sure-fire fun is planned for all keiki, including prizes, a bouncy house, cotton candy and shaved ice. Also, all patrons may purchase barbecue plates and enjoy tours and community information booths like the "Keiki ID Center."

The Ponds at Punaluu are

located just 10 minutes past the Crouching Lion Inn, 10 minutes before the Polynesian Culture Center.

Headquarters Battalion Fund-Raisers

Marines and Sailors with Headquarters Battalion, MCB Hawaii, will host car washes to help raise funds for this year's Marine Corps Birthday Ball. Car washes are scheduled for today and Aug. 28.

Stay tuned to the *Hawaii Marine* for details about

coupons offering 20-percent off Papa John's Pizza. The company will graciously donate the discount towards the birthday ball fund.

Scout Round-Up

Cub Scout Pack 225 will be holding a Scout Round-Up at Mokapu Elementary School on Aug. 31 from 7 to 8:30 p.m. Boys 6 to 11 years-of-age are welcome to come and sign up.

For more information, call Kathy Aubuchon at 254-1259 or Sheila Gressner at 265-0588.

Ala Moana Center Now Offers Hourly Child Care

Ala Moana Center visitors can now drop off their keiki at the Ala Moana Kids Club, a flexible and convenient drop-in child care center, at the Ala Moana Center in Honolulu. The club is committed to safety, security and cleanliness, and allows parents to shop without guilt or stress, knowing their children are in good hands.

The club is located on the

See *WTP*, B-6

SEA LIFE, From B-1

ers who would like to get more up-close and personal with marine life can participate in any of the five daily interactive programs for a small fee. These programs allow guests to swim with the dolphins or get personal with a sea turtle.

Two of the most popular interactive programs are Dolphin Adventures, and Splash U. During Dolphin Adventure, participants have the opportunity to swim and interact with the dolphins one-on-one. The Splash U program teaches guests about dolphins, and includes a live training session with the dolphins and their trainers.

The Sea-Trek programs offers an opportunity to immerse yourself in the 300,000-gallon Hawaiian Reef Tank and go on an underwater photo safari. Participants don space-like helmets, and plunge into the world of the Hawaiian Reef. Underwater cameras are provided, and the photos are yours to keep.

Another activity great for families is the Hawaiian Ray Encounter, an educational and entertaining snorkeling adventure, which allows participants to glide along with more than a dozen Hawaiian Brown Stingrays.

According to Jean Navarra, the direc-



A diver immersed in the underwater world of the Hawaiian Reef Tank, draws out its denizens from their hiding places.

tor of business development for Sea Life Park, people are looking for an adventure when they go on vacation.

"When our parent's generation went on vacation, they went somewhere and they looked. They visited the Grand Canyon and they looked at it. Then they took pictures and showed everyone their slides of looking at it," said Navarra.

"People are more active now, they want participation. They don't just want pictures of the environment; they want pictures of themselves interacting with the environment. This is what Sea Life Park offers, interaction with our marine environment, where they can feel safe."

*Ticket information

General Admission

Adults – \$12.95
Children (ages 4-12) – \$6.50
Children under 4 years of age are free

Special Interactive Programs

- Splash University
 - Adults – \$47.95
 - Children – \$40.95
- Dolphin Adventure
 - 13 years and older – \$77.95
- Sea Trek
 - 12 years and older – \$53
- Hawaiian Ray Encounter
 - Adults – \$22.95
 - Children (4-12) – \$15.95

*General admission and program tickets must be purchased through IIT to receive a military discount. The annual pass must be purchased at Sea Life Park but military discount still applies.

WTP, From B-5

upper level, near Tommy Bahama, and is open Monday through Saturday from 9:30 a.m. to 9 p.m., and Sundays from 10 a.m. to 7 p.m. Kamaaina pay \$15 per hour, all others \$22 per hour. Shoppers with two or more children enjoy a 10-percent discount.

Reservations are not required; walk-ins are welcome. Call 942-9194 or visit www.AlaMoanaKids.com.

Aquarium Posts Remaining Summer Activities

Summer is here and the Waikiki Aquarium is celebrating with a wide range of activities and programs for youth and adults. Rediscover the Aquarium during the following events:

•*Today and Sept. 17:* From 7 to 9 p.m., discover if fish sleep, sea snails snooze or weedy sea dragons doze during the guided flashlight tour, "Aquarium After Dark." Cost is \$7 adults, \$6 children.

•*Thursday:* Beginning at 7 p.m., dance and make merry at Ke Kani O Ke Kai, the Sounds of the Ocean summer concert, back by popular demand. Offering a new twist on an old favorite, the concert will feature a showcase performance by Iona Contemporary Dance Theatre. Vibrant colors, opulent costumes and modern dance will salute you and the ocean breezes. Guests will also enjoy food booths from a variety of local restaurants to create the ultimate Oceanside picnic. Costs are \$18 for adults, \$10 for juniors 7 to 12, and free for keiki 6 and under. Members enjoy discount prices (\$15/\$7). However, due to space limitations, only the first 550 reservations will be accepted at 923-9741.

•*Friday:* From 7 p.m. to 8 a.m., spend "Overnight With the Sharks" at the aquarium during this family overnighter. Minimum age is 5 years, and adults must accompany youngsters. Evening refreshments and a continental breakfast are included. Cost is \$30 adults, \$25 children.

•*Aug. 29:* From 8 to 10:30 a.m. (7:30 a.m. on Aug. 31), take a walk on the

reef and explore the shoreline, reef flats and tide pool habitats during "Exploring the Reef by day." Cost is \$10 adults, \$8 children.

•*Ongoing:* See the fish with a beard, that's right, the bearded armorhead *Evisτίας acutirostris* on display now. Curious? Come see this rarely seen animal, donated by the aquarium in Tokyo.

The Waikiki Aquarium is open daily from 9 a.m. to 4:30 p.m. Regular admission is \$7 tourists, \$5 residents and military, \$3.50 youth 3-17, and free to children 12 and under. Aquarium members enjoy additional discounts. Call 923-9741 or visit www.waquarium.org for more details.

Bishop Plans Diverse Entertainment

Bishop Museum is chockful of activities to engage youth, teenagers and adults throughout this summer, including the following.

•*Aug. 19:* One of Hawaii's hottest recipients of the Na Hoku Hanohano Award, the Makaha Sons, will converge on the museum's Great Lawn for a special pau hana concert dubbed "Moonlight Mele" at 7 p.m. Doors will open at 6 p.m., and costs are \$15 general admission, \$10 Bank of Hawaii employees and museum members, and \$5 for children 4 – 12 years.

•*Through Aug. 29:* As summer kicks off, islanders are invited to loop, spin and free fall with Bishop Museum's "Scream Machines: the Science of Roller Coasters." The 5,000-square-foot interactive exhibit brings visitors face-to-face with unruly, invisible G-Forces with 18-foot loops and drops in exploration of physics, physiology and psychology of thrill-seeking roller coasters.

•*Ongoing:* See "Dr. Hillebrand in Hawaii" on display in the Hawaiian Hall. This exhibit explores the botanist's contributions to the Hawaiian Kingdom, through April 2005.

The Bishop Museum is open from 9 a.m. to 5 p.m. daily. Military, youth (4-12) and senior admission is \$11.95; regular, \$14.95; and kids under 4 and museum members are free.

WILD SIDE, From B-1

As the 42-foot catamaran moves, the curious dolphins follow — swimming alongside — providing excellent photo opportunities for the adventurers.

"Dolphins are not only beautiful and fun to watch, they are an important part of a very complex and fragile ecosystem," explains Cullins. "As an indicator species, the dolphins are a barometer of the health of our coastal waters. Providing a safe and peaceful place to live and raise their young, sufficient natural food, clean water and air should be the main goal and

responsibility for all of us, whether residents or visitors. By working together we ensure that all dolphins will be here to delight us for generations to come."

For more information on Wild Side tours, call 306-7273, or visit the website at www.sailhawaii.com.



Cpl. Monroe F. Seigle

Sempertoons

By Staff Sgt. Charles Wolf

And your final question is:
"Why should you be selected as
Marine of the Quarter?"



Because,
I'm the.....

"Slaznit"

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HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

'95 Buick Regal, gray, 91k miles, keyless entry, power package, A/C. Asking \$2,200 OBO. Call 218-0248.

'97 Jetta GLX VR6, black, sunroof, 5-speed, sound system, cold A/C, new tires, good shape, engine needs work. Asking \$3,800 OBO. Call 265-3901 or 239-0345.

'98 Chevrolet Cavalier, automatic, CD, cold A/C, 75k miles. Asking \$3,250 OBO. Call 216-9290.

Appliances

General Electric washer and dryer, extra-large capacity. Asking \$200 for both OBO. Call 254-8363 or 779-1892.

Washer and dryer, large capacity, used three years, in good condition. Asking \$250. Call 254-7073.

Furniture

Executive oak desk, very nice, holds computer, with plenty of desk space. Asking \$200, firm. Call 781-5897 for more info.

Pets

Female terrier mix, about 18-months, medium-sized, short-hair, with all shots, microchipped, spayed, house-trained, great with kids, loves to play, never barks or digs, extremely gentle, very loving, free to a good home. Family is moving. Call 754-7154.

Yard Sale

Saturday, from 8 a.m. to noon at 2753A

Malabey Ct., multi-family sale. Everything must go: furniture, washer and dryer, books, toys, clothes.

Wanted

Kailua studio, or room with a bathroom, cool and quiet, for a non-smoking female. Excellent references will be provided upon request. Call 225-4330.

Administrative/secretary position in Kailua, sought for reliable person with extensive experience and excellent references. Call 225-4330.

Miscellaneous

Private school uniforms, boy's size 10/12 for St. Anthony's, girl's high school sizes for Sacred Hearts Academy. Call 262-8989.

Pool table, 6-foot, in good condition, \$150; Foosball table, like new, \$150; Pro-Form exercise bicycle, like new, \$100. Call 254-4790 anytime.

1999 Four Winns 18-foot boat, 19HP, V-6 engine, excellent for K-Bay and family outings fishing, includes all safety gear. Asking \$13k but will deduct for trailer. Call 779-1883.

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 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.

Call 257-8836 for more info.