

LIFESTYLES

Hawaii Marine B Section

August 20, 2004



Pandji and Djelita are the Honolulu Zoo's resident Sumatran Tigers. With males averaging 8 feet in length, these endangered tigers are the smallest of the tiger subspecies, but don't let their small size fool you; they use it and their patterned coloring to their advantage to move quickly and stealthily through the jungles of their native Sumatra.

Lions, Tigers, Bears, Oh my!



There are numerous places for tourists and residents to go on the island of Oahu to see many breathtaking sights that are exciting for the entire family; however, there is only one that brings fun and excitement from an array of other exotic places around the world.

More than 750,000 people visit the Honolulu Zoo annually. The zoo, located at the end of Kalakaua Avenue in Waikiki, is the largest within a radius of 2,300 miles and the only zoo in the United States originating from a King's grant of royal lands to his people. King David

Kalakaua, Monarch of Hawaii from 1874 to 1891, made lands from the Leahi Land Holdings available in 1876 to the people of Hawaii with a thirty-year lease.

"The Honolulu Zoo has a beautiful, tropical garden setting and is wonderful for people of all ages," said Victoria Stein, general manager for the Honolulu Zoo Society. "We have animals from all over the world that many people did not know even existed. Many families from all over the world have visited this zoo on their vacation and local residents

The Honolulu Zoo helps visitors foster an appreciation of wildlife and conservation

Story and Photos by
Cpl. Monroe F. Seigle

Combat Correspondent

frequent the zoo year-round."

Also in 1876, a "Kapiolani Park Association" of 200 subscriber-members assumed the administration of the park's 300-acre site. The parcel was a conglomeration of marshes, fishponds, lagoons and islands where King Kalakaua maintained his collection of exotic birds. In 1877, the area was named after the King's wife and opened as Queen Kapiolani Park.

Today, visitors come to the Honolulu Zoo to get a first-hand look at the Black Rhinoceros from the woodlands of Africa and Grant's Zebras from the African mountains, whose stripes are as unique as one individual's fingerprints.

Unlike many other zoos around the world, visitors to the Honolulu Zoo get a chance to explore a petting zoo, where several animals, such as llamas and sheep, are eager to get attention from curious visitors.

"The Honolulu Zoo provides

hours of quality entertainment for the family and that is hard to find," said Stein. "We welcome everyone to come and visit the beautiful scenery and explore some of the most amazing creatures nature has to offer."

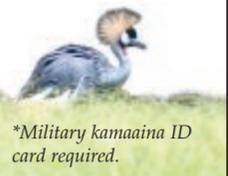
For as little as \$4, with a military identification and military kamaaina cards, service members can embark on an adventure with their families to see the lions, tigers and bears they read in storybooks with their children while several colorful species of birds chirp their songs of joy from only a few feet away.

Free military kamaaina identification cards are available at the MCCA Family Services office. For more information about the Honolulu Zoo, call 971-7171 or visit www.honoluluzeo.org.

Admission

Open Mon. - Sun., 9 a.m. - 4:30 p.m.

General: 13 and older, \$6
***Kamaaina:** 13 and older, \$4
Children: 6 - 12 years with adult 18 years and older, \$1
Children: 5 years and under with adult, free
Family Pass: \$25



*Military kamaaina ID card required.

From the exotic White-Handed Gibbon to the stern-faced warthog to the more familiar giraffe and zebra, the Honolulu Zoo's wild and exotic residents entertain and educate visitors year-round.



Coffee acquaints new arrivals with local services

Edward Hanlon V
MCCS Public Relations

If you're the spouse of a Marine Corps officer and new to Kaneohe Bay, allow the Key Officer Spouse Club to key you into the many local opportunities and activities available to you at the annual Aloha Coffee

to be held at the Officers' Club on Aug. 31.

"The Aloha Coffee is an amazing way to acquaint oneself with the products and services available on base and in the local community," said KOSC President Jennifer Wilson. "New arrivals to the island can immediately find a contact for

any number of services from beauty to local artists, even ballet lessons and religious services," claims Wilson.

The Dance Movement Academy, Military Council of Catholic Women, Boutiki Gift Shop, Longaberger Baskets and the New Parent Support Program are just a few of the

organizations that will be attending.

Admission to the Aloha Coffee is free and will be held in the Lanai Ballroom of the Officers' Club from 7 to 9 p.m.

There will be door prizes including Starbucks Coffee and Jamba Juice gift certificates, free dance lessons, prints by local

artists and more. Dessert and coffee will be provided and an honor bar will be available.

Vendors are welcome to call and reserve a space for KOSC's Aloha Coffee.

For more information about the event, or to reserve a vendor space, call Jennifer Wilson at 254-2491.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCS.HAWAII.COM

Possibilities in Paradise

August

20 / Today

Poolside Barbecue — Cool down your Friday afternoon at the O'Club pool, when a poolside barbecue party will kick off at 6 p.m. Grill your own New York steak, chicken breast or mahimahi, and relax to music and beverage specials.

Prices will range from \$12 to \$15 for members.

Latin Night — El Conjunto Tropical is turning it up with a little salsa and merengue at Kahuna's Bar & Grill at 10 p.m. Call 254-7660 for more info.



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 pupus 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 Monday. The workshop will be held from 6:30 to 8:30 p.m. in the Religions Education building located behind Dunkin' Donuts.

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 conglomeration of Latin music. Feel the beat and move your feet to the 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. 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. to 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.

September

4 / Saturday

Comedy Night — Laugh it up at the Staff NCO Club with Bo Irvine. The cost is \$10 for members and \$15 for non-members. Get your tickets from the Club at 254-5481. A pupu and drink menu will be available until 8 p.m.



6 / Monday

Labor Day — In observance of the holiday, the Officers' Club and Staff NCO Club will be closed.

9 / Thursday

NFL Pre-Season — All Clubs, Kahuna's, the Rocker Room and the Officers' Club, will host kick-off parties with pupus, 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.



15 / Wednesday

NCO Appreciation Night — Bring your young devil dogs to the Rocker Room for refreshments and camaraderie. NCO Appreciation Night begins at 4:30 p.m.

16 / Thursday

Right Hand Man Night — Bring the best of the best to the club for pau hana pupu and beverage specials from 4:30 to 6:30 p.m. Get a game of darts, shuffleboard or cards going, or just hang out and watch your favorite sports team on the plasma television.

Ongoing

Joint Spouses' Conference —

The 10th Annual Joint Spouses' Conference will be held Oct. 15 & 16 at the Hickam Air Force Base Officers' Club. This is a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard to come together as one family to learn and share experiences from military life. The conference is anchored with popular workshops from its own publication "Armed for Entertainment 'At East' A Creative Guide." Registration will open Sept. 1. Forms will be picked up at base exchanges, commissaries, support centers, thrift shops, and chapels. The cost is \$25 for both days or \$15 Friday or Saturday only. All forms must be postmarked by Sept. 30. Children are not permitted to attend. Childcare is not available and must be prearranged.

Swing Lessons — Kahuna's wants to get everyone in the groove with swing-dance lessons every Monday from 7 - 9 p.m. for only \$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 details, 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. to 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 to 9 p.m. To make reservations, call 254-5481.



Hourly Child Care — Join us for some fun summer activities.

The Hourly CDC provides childcare by reservation for children 6 weeks - 5 years. Call 257-8354 for more information about how to register your child.

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.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free.

Tuesday — Rent a video game at regular price and rent a second one for \$2.50.

Wednesday — Rent three new releases (VHS or DVD), receive an extra day rental.

Thursday — Rent one DVD at the regular price, rent the second one for \$1.75 (includes new releases).

Friday — Rent family and children's movies for 75-cents (no new releases).

Saturday — Rent any basic stock movie (no new releases) for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1.00. (Each week is a different section. See store calendar for selected section.)

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruises and most recently, a five-night Sydney, Australia package. Tradewind Travel is open Mondays - Fridays, 10 a.m. - 6 p.m. and Saturdays, 9 a.m. - 2 p.m. For more information, call 254-7413.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Building 219. Get a job or career that suits your skills, schedule and style. Call 254-7619 or visit www.mccs.hawaii.com/jobs_listings.html and find the position that's perfect for you.

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 also 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.

Sept. 4 - 6: Join other Marines and Sailors on a long weekend of relaxation and exploration at SM&SP's Big Island excursion. The cost is only \$350 total, and includes airfare, a deluxe two-bedroom condo, and seven-person van. 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 as 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 Notebook (PG-13)	Today at 7:15 p.m.
White Chicks (PG-13)	Today at 9:45 p.m.
Spider-Man 2 (PG-13)	Saturday at 7:15 p.m.
The Notebook (PG-13)	Saturday at 9:45 p.m.
Sleepover (PG)	Sunday at 3:30 p.m.
Two Brothers (PG)	Sunday at 7:15 p.m.
White Chicks (PG-13)	Wednesday at 7:15 p.m.
The Notebook (PG-13)	Thursday at 7:15 p.m.
King Arthur (PG-13)	Friday at 7:15 p.m.
Spider-Man 2 (PG-13)	Friday at 9:45 p.m.

Contributions of women recognized

Day celebrates women's varied, important roles in American society

Pfc. Rich Mattingly
Combat Correspondent

National Women's Equality Day is Thursday, and Marine Corps Base Hawaii and the Base Equal Opportunity Office are asking Marines and Sailors to celebrate the important role of women in the American society, workplace and political arena.

"Women's Equality Day is celebrated to commemorate the tremendous positive change brought on by the Women's Movement during the early part of the 20th century," said Master Sgt. Milton D. White, base equal opportunity advisor.

On Aug. 26, 1970, in honor of the 50th anniversary of the ratification of the 19th Amendment of the Constitution, leaders of the Women's Rights Movement, including the National Organization of Women, called for women nationwide to strike for equality. In more than 40 cities across the country, women gathered to protest the lack of equal pay in the workplace and the lack of female representation in the government.

Perhaps the clearest sign showing the Women's Movement had really begun to make an impact in the political sector was when Congress voted in 1971 to officially recognize Aug. 26 as Women's Equality Day, upon the urging of Representative Bella Abzug of New York.

Now, Women's Equality Day is a day when Americans are asked to take some time to honor and appreciate the accomplishments of women in the United States.

"The day marks what was really just the beginning of the seemingly endless struggle of women to be treated as equals in a gender-sensitive society," added White.

The Base Equal Opportunity Office suggests that an observation

in the workplace would be an appropriate celebration of the holiday, one that recognizes the contributions of women to the unit or command.

"Women and men in the military today should be proud of the advances and achievements that sprouted as a result of the early Women's Rights Movement. It is because of these struggles that we have female Marines working and fighting side-by-side with their male counterparts," continued White.

According to the Defense Equal Opportunity Management Institute Women's Equality Day pamphlet during the Gulf War, when Marines deployed in support of Operation Desert Storm, the decision was made to leave female Marines back at the unit commands. Within a week, units realizing they could never function without the invaluable assistance of their female components, asked they be sent to the Middle East.

White added the importance of recognizing the struggle of military women for equality, as well as their accomplishments. He pointed out, more than 10,000 women presently serve in 35 of the 38 occupational fields in the Marine Corps.

"Today we must remember to celebrate and cherish the past and present accomplishments which have contributed to making the work we do in the Marine Corps possible," concluded White.

19th Amendment served as a major step toward women's equality

Pfc. Rich Mattingly
Combat Correspondent

Many historians have mused it was most likely the participation of women in World War I that prompted

the ratification of the 19th Amendment to the Constitution, guaranteeing women the right to vote.

In September of 1918, President Woodrow Wilson addressed the Senate, urging them to pass the amendment that had just made its way through Congress. His speech was impassioned with the belief that if women could go to war, they had every right to be a part of a government that would send them there.

"We have made partners of women in this war; shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?" asked the president during his address to the Senate.

Statistically, since 1920, it has been women who have decided elections, often weighing opinions and suggestions until very close to election time and frequently voting across party lines to support specif-

ic issues rather than platforms.

However, despite the important role women play in our country's elections, women are still not proportionally represented in the government.

According to the Inter-parliamentary Union, the international organization of parliaments and congresses of sovereign states, the United States ranks 58th out of 121 countries in terms of female representation in government. While women make up 50 percent of the voting population, women comprise only 14 percent of Congress.

The 19th Amendment, though, continues to be a force that is slowly leveling the political playing field.

Female service members have regularly voted at a much higher rate collectively than their civilian counterparts, perhaps thanks to the more gender-equal environment the military strives to provide.

"The fact that being a woman might get me treated differently never crosses my mind," said Lt. Col. Laura J. Sampsel, director of retail operations, naval inventory control point Philadelphia. "Maybe it was after maturity and receiving a few knocks that I realized that there were really people out there who felt I couldn't do the job as a female. But that's okay, because they really stick out as the shallow, insecure people they are in any sector of society," she continued.

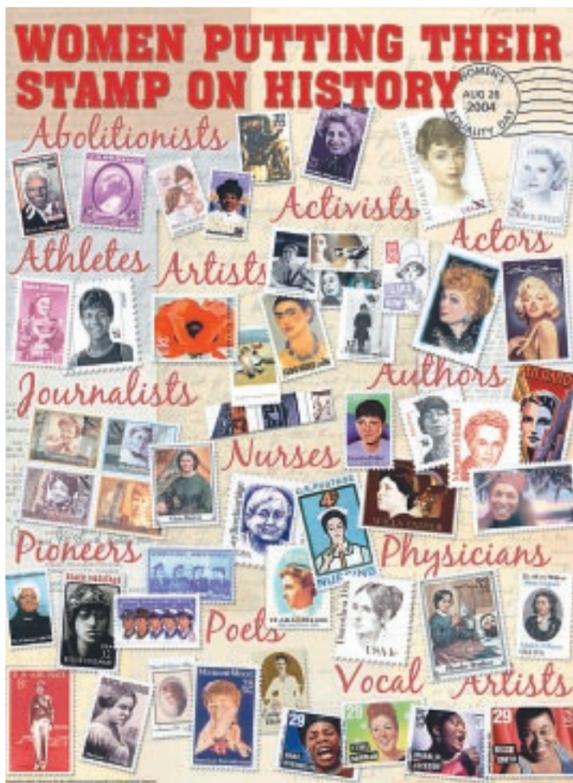
In this election year, the Department of Defense has intensified efforts to make sure all service members are registered to vote and participate in elections.

The military continues to lead the way in insuring all women of voting age have the opportunity to select who is representing them.

With dedicated women in both the civilian and military sectors of American life urging other women to vote, it is only a matter of time before the balance of power is equal.

For more information on getting registered to vote, see your voting assistance officer or visit the Federal Voting Assistance Program's Web site at www.fvap.gov.

Equal



Women have struggled — and continue to struggle — to make numerous and important contributions to change the political and social landscapes of American society.

rights

Club puts cooking, riding skills to test

Sgt. Joseph A. Lee
Press Chief

The Staff Noncommissioned Officers' Club was the site of the 3rd Annual Chili Cookoff and Biker Bash, which gathered a crowd on a sweltering Saturday to enjoy some good chili and motorcycle competitions.

With a turnout of more than 250 people, Dickson Alvarado, Staff NCO Club manager, was pleased to be a part of this year's festivities, which included the Chili Cookoff, Tire Toss, Slow Ride, Bike Wash and Weenie Bike competitions.

"We had 11 very good entries for the chili competition this year," said Alvarado. "It was extremely close in the judging, and we had a delicious meal at the end, which is always worth it."

Judged on taste, texture, consistency, blending, aroma and color, these 11 entries were scrutinized by a panel of judges.

Placing third, with his "Triple T" chili, was Staff Sgt. Luis Valdespino, SNCO-in-charge of Personal Services. Placing second, was Staff Sgt. Jim Dabney, of the Pistol Range. The first place winner, with a tad bit of irony, was Gunnery Sgt. Rich Bean, bandmaster with the Marine Forces Pacific Band.

"With a name like Bean, it's no wonder I can make a good chili," said Bean after collecting his first place trophy.

During the chili judging, spectators were invited to judge the displayed bikes for Best Custom Bike, Best Rat Bike, and People's Choice. The winner for Best Custom Bike was a custom Harley Davidson owned by Gunnery Sgt. Richard Suniga, assistant operations chief with base training. The Best "Rat Bike" was owned



Sgt. Joseph A. Lee

Chili judges, 1st Sgts. John Weis (right) of Headquarters and Service Company, and Gustavo Cagigas of Military Police Company, happily do their duty at Saturday's Chili Cookoff.

by a civilian rider by the name of "D-Day," and the People's Choice Award went to a patriotic Ultra Fat Pounder ST, owned by Gunnery Sgt. Doug Peercy, company gunnery sergeant for Headquarters and Service Company, Headquarters Battalion.

The Slow Ride competition invited competitors to ride side-by-side, but in this race, passing your opponent is not a winning strategy. Testing the motorcyclist's riding skill, the race attracted a large crowd curious to see how slow they could go. The final match-up paired a 2003 Harley Davidson Anniversary Fat Boy against a 1993 Honda CBR600FZ. In the end, two feet from the finish, the Harley rider, Master Sgt. Jim Butcher of the Pistol Range, proved his skills as Staff Sgt. Jesus E. Vega-Montigo, engineer maintenance chief for CSSG-3 and owner of the Honda CBR, lowered his foot for balance, losing the race.

"It was a great environment out there this year," said Peercy. "With all of the support from the civilian riders that were able to come aboard to celebrate and join in the crowd, it turned out to be a really good time, and we're definitely planning to do it all over again next year."



Sgt. Joseph A. Lee

Master Sgt. Jim Butcher (left), truckmaster with 1/12, completes his slow ride to victory over Staff Sgt. Jesus E. Vega-Montigo, engineer maintenance chief with CSSG-3 during the Slow Ride competition at the Staff NCO Club, Saturday. The two were just moments away from the finish line when Vega-Montigo lowered his foot, losing the race.

Heartworms can kill your pet, pocketbook

Army Capt. Rachel Moulton
Veterinary Treatment Facility

What is Heartworm disease and how does my dog/cat get it?

Heartworm disease is a 100 percent preventable fatal disease. It is the result of an infestation of the main blood vessel leading from the heart to the lungs by a worm called *Dirofilaria immitis*. These worms are transmitted to dogs and cats by mosquitoes — a Hawaii tradition.

A mosquito becomes a carrier of heartworms by biting a dog that is already infested with them. The mosquito picks up immature stages of the heartworm, known as microfilaria, during feeding. The microfilaria changes within the mosquito over a two-week period. When the mosquito injects this larvae into another animal, during feeding, the injected larvae mature into adult worms as they make their way to the animal's heart.

It takes about six to seven months for these adult worms to arrive in the heart. Disease onset and severity is a reflection of the number of adult worms present. Cats are usually affected much more severely by a small worm burden than are dogs. The most common clinical signs associated with the disease are coughing, exercise intolerance, and lethargy. However, many dogs show no clinical signs until the infection is very far progressed.

How do I know if my dog/cat already has heartworms?

There is a test that will detect the presence of adult worms (already living in the heart) in dogs. The test requires a small amount of blood, takes approximately 10 minutes, and the cost at a U.S. Army Veterinary Treatment Facility is about \$15. Here in Hawaii, all dogs should be tested every year, as early detection can save a dog's life. Cats are not routinely tested for the presence of heartworms because there is no effective heartworm treatment for them. Heartworms usually prove fatal for cats.

How do I prevent my dog/cat from getting heartworms?

The bad news: we can't keep mosquitoes from biting our dogs or cats. The good news: we can easily kill larval heartworms before they make it into the heart as adults. There are many products available that will kill the larval



Lance Cpl. Megan L. Stiner

Darla, a Shepherd mix, shies away from Army Sgt. Chet Stugus, veterinary technician, as he tries to give her a dose of dewormer.

stages of heartworms, products much less expensive than treating a dog infected with heartworms.

Dogs and cats should be started on a heartworm preventative by the time they are 6 weeks of age. This ensures that there will not be any adult worms that make their way to the heart. Affordable heartworm prevention is available as a once-a-month topical or oral treatment.

What happens if my dog's heartworm test is positive?

Without treatment, heartworm disease is always fatal. However, because we are killing adult worms living in the heart, treatment can be dangerous. The treatment involves a series of two to three shots given in the muscle along the spine. It is very important that dogs treated for heartworm disease remain very calm and quiet throughout the treatment process, which could take four to eight weeks, and costs a lot of money. More importantly, heartworm disease is preventable. All dogs and cats should be on some form of heartworm prevention year-round.

For more information on heartworms, to schedule your pet for a heartworm test, or to obtain less expensive heartworm prevention for your dog and cat, call the Kaneohe Bay Veterinary Treatment Facility at 257-3643 or the Fort Shafter Veterinary Treatment Facility at 433-221.

WORD TO PASS

Headquarters Battalion to Hold Car Wash Fund-Raisers

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

Stay tuned to the *Hawaii Marine* for information about coupons offering 20-percent off Papa John's Pizza. The company will graciously donate the discount towards the birthday ball fund.

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 Momyer Chiropractic at 591-9339 for more details.

WAA Posts Agenda

The Windward Ahupuaa Alliance will host the Great Kapaa Quarry Road Community Stewardship workday on Aug. 28. Volunteers are needed to assist in a road litter pickup, off-road cleanup and removal, and Kawai Nui Marsh pond and ditch clearing.

A staging area will be located at the triangular lot opposite the Model Airplane Field

Entrance at 7 a.m. Look for the large tent.

Registration, a continental breakfast, safety and cultural protocol briefs will take place 7:30 – 8:15 a.m. A liability waiver also needs to be signed at that time. Work hours will be 8:15 – 11:15 a.m. and lunch will be served 11:30 a.m. – 12:30 p.m.

For more information and to sign up, call 247-6366 or send an e-mail to info@waa-hawaii.org.

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 about events, activities and religious programs.

Community Welcomed at Annual Summer Fest

The Ponds at Punaluu, retirement community at 53-594 Kam Hwy will host an annual summer fest event 10 a.m. – 3 p.m. Aug. 28. Free games for the keiki with prizes, a bouncy house, dunking booth, food booths will be available, as well as a raffle drawing and live entertainment with various local artists.

The center is located 10 minutes past Crouching Lion Inn and 10 minutes before Polynesian Culture Center. Bring the children

See *WTP*, B-8

Liberty Bus Schedule

(Runs Friday and Saturday evenings.)

Fridays

1st run to Waikiki

6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 – 7:35 p.m.,
Arrive Ft. DeRussy

2nd run to Waikiki

9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 – 10:25 p.m.,
Arrive Ft. DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 – 2:25 a.m., Arrive Ft. DeRussy

Saturdays

1st run from Waikiki

7:50 p.m., Depart Ft. DeRussy
8:30 – 8:50 p.m.,
Arrive MCX Annex

2nd run from Waikiki

12 a.m., Depart Ft. DeRussy
12:40 – 1 a.m., Arrive E-Club

Final run from Waikiki

3 a.m., Depart Ft. DeRussy
3:25 – 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex



ON THE MENU AT ANDERSON HALL

Friday
Lunch
 Seafood Platter
 — Fried Fish Nuggets
 — Fried Shrimp
 — Fried Scallops
 — Breaded Oysters
 Lasagna
 Baked Ravioli
 Macaroni and Cheese
 Chewy Nut Bar
 Yellow Layered Cake
 w/Butter Cream Frosting
 Asst. Fruit Pies



Specialty Bar
 (Lunch and Dinner)
 Pasta Bar

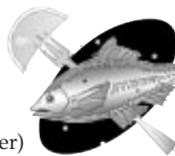
Saturday
Brunch/Dinner
 Herbed Rock Cornish Hens
 Grilled Strip Loin Steak
 Rice Pilaf
 Mashed Potatoes
 Chocolate Chip Cookies
 Asst. Fruit Pies

Dinner
 Roast Pork Loin
 Barbecued Chicken
 Mashed Potatoes
 Steamed Rice
 Chewy Nut Bar
 Yellow Layered Cake
 w/Butter Cream Frosting
 Asst. Fruit Pies

Sunday
Brunch/Dinner
 Yankee Pot Roast
 Baked Ham
 Mashed Potatoes
 Candied Sweet Potatoes
 Chocolate Layered Cake
 w/Chocolate Frosting
 Asst. Fruit Pies

Monday
Lunch
 Baked Meatloaf
 Creole Pork Chops
 Mashed Potatoes
 Pork Fried Rice
 Apple Crisp
 Chocolate Chip Cookies
 Asst. Fruit Pie

Dinner
 Baked Turkey and Noodles
 Baked Fresh Fish
 Rice Pilaf
 Apple Crisp
 Chocolate Chip Cookies
 Asst. Fruit Pies



Specialty Bar
 (Lunch and Dinner)
 Pasta Bar

Tuesday
Lunch
 Beef Sukiyaki
 Pork Chop Suey
 Egg Foo Young
 Chinese Fried Egg Roll
 Steamed Rice
 Pork Fried Rice
 Chocolate Pudding
 Asst. Fruit Pies

Dinner
 Creole Macaroni
 Baked Fish Fillet
 Mashed Potatoes
 Noodles Jefferson
 Chocolate Pudding
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Taco Bar

Wednesday
Lunch
 Barbecue Spareribs
 Country Style Steak
 Steamed Rice
 Mashed Potatoes
 Oatmeal Cookies
 Asst. Fruit Pies

Dinner
 Baked Chicken
 Beef Pot Pie
 Boiled Egg Noodles
 Mashed Potatoes
 Brownies
Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Hot Dog Bar



Thursday
Lunch
 Baked Lasagna
 Chicken Parmesan
 Asst. Pizza Slice
 Garlic Toast
 Brownies
 Asst. Fruit Pies

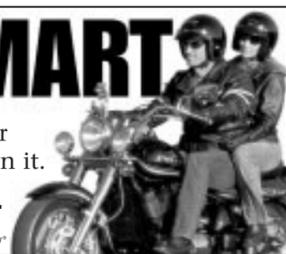
Dinner
 Chicken Vega
 Simmered Corned Beef
 Parsley Buttered Potatoes
 Steamed Rice
 Apple Pie
 Oatmeal Cookies
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Taco Bar

RIDE SMART

Play it smart. Know your skill level and ride within it.

(800) 446-9227
 www.msf-usa.org



WTP, From B-5

for a day of fun. This event is free to the community.

Scouts Looking to Recruit

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

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

Military Invited to Job Fair

Joint Employment Management System will hold its 17th annual job fair Sept. 15 at the Banyans Club on Pearl Harbor from 10:30 a.m. to 3 p.m. The job fair is open to military family members, active duty personnel, military retirees & reservists, and

DoD/Coast Guard employees with base access.

No children will be admitted so please plan accordingly. This is a great opportunity to talk to recruiters, drop off résumés, pick up applications and research the job market.

For more, visit www.JEMS.Hawaii.com and click on Job Fair/Events, or call 257-7790.

Hale Koa Holds Oktoberfest

Grab your “dirndil” and “lederhosen” and then head to the Hale Koa Hotel for Oktoberfest 2004, held from Sept. 29 through Oct. 3. Tickets

This traditional German celebration is filled with authentic German food, drink, music and dancing.

Admission tickets go on sale Aug. 30. and cost \$6 each. They can be charged by phone at 955-0555, ext. 546.

MARINE MAKEPONO

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, sun-roof, 5-speed, sound system, cold A/C, new tires, good shape, engine needs work. Asking \$3,800 OBO. Call 265-3901 or 239-0345.

Furniture

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

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.

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.

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.

Miscellaneous

1999 Four Winns 18-foot boat, 190HP, 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.

Call 257-8836 for more info.