

LIFESTYLES

Hawaii Marine B Section

August 22, 2003



Above — Dr. Robert Braun oversees Marines and volunteers lifting one of the 400-plus-pound whales into a utility truck using a giant stretcher at Hau'ula Beach Park.

Below — Upon arrival to the Marine Corps Base's holding tank, Braun weighs the animals before letting them swim free inside the tank. The two had a combined weight of more than 800 pounds.



Above — Braun (far right) and Sgt. Michael Sloan (left) approach the first of the two whales to be rescued. The whales were accompanied by local citizens while rescue workers made their way to the scene.

Left — Marlee Breese, animal care specialist with the University of Hawaii's Marine Mammal Research Program, helps Cpl. Steven Sparks, a motor transport operator at MCB Hawaii, prepare the whales to be off-loaded into a holding tank at the installation.

Marines help aid beached whales

Story and Photos by
Sgt. Joseph A. Lee
Combat Correspondent

Marines from Headquarters Bn., MCB Hawaii, Kaneohe Bay, assisted in the rescue of two apparently injured or sick whales attempting to beach themselves at Hau'ula Beach Park Tuesday.

The two adult, male, melon-head whales were transported by the Marines with lights and sirens blazing along the Kamehameha Highway in a convoy of cargo trucks, with veterinarians and marine biologists following closely behind.

"The whales needed to be stabilized," said veterinarian Dr. Robert Braun, "The faster we can get these whales into an isolated area, the faster we can do some blood tests to figure out what is wrong with them."

Upon arrival at the Hau'ula Beach Park, the Headquarters Bn. Marines met up with local volunteers and veterinarians, who worked quickly together with the Marines to load the whales into a truck and transport them back to the base.

"One of the whales was particularly worse off than the other," said Braun. "They could have both had something wrong with them initially, or perhaps the weaker one became ill or injured, and the second whale is exhausted from helping the other cope."

"There are many possibilities, and we won't really know



Three major players in the whales' rescue (from close to far) were volunteer Dera Look; Brad Ryon, National Marine Fisheries Service liaison; and Dr. Braun. Look and Ryon are bringing the whales face to face for the first time since their rescue, after entry into the tank.

what's wrong with them until we get the blood test results back."

Braun, also the president of the Hawaiian Islands Stranding Response Group, coordinated the volunteers' efforts on the beach while keeping the growing and concerned audience informed during the rescue of the two whales.

"These whales normally live 10 to 15 miles off the coast, so it is unlikely that they just wandered in to shore," said Braun to the gathered crowd. "One possible explanation is that there is

something wrong with one or both of the whales, and the problem doesn't seem to be on the exterior, so testing will need to be conducted to determine the best course of action to take once we get them to the research center."

Staff Sgt. Frank Benevente, the road master for Base Motors, escorted the convoy to and from Hau'ula Beach Park, and was quick to jump in the water on-scene to help lift the 400-pound whales from the sea.

"Being a part of saving animals' lives is very gratifying,"

said Benevente. "When an opportunity like this comes along, it is our responsibility as Marines to help out in any and every way we can. I'm glad my Marines could be there for this."

Volunteer Dera Look rode in the back of the truck with the whales to assist in keeping them moist with a spray hose.

"It is really important to keep their fins [particularly the tail] wet at all times," said Look, "because that's where the whale can lose most of its body temperature, because it has no blubber insulation there."

When the convoy crossed the gates of Kaneohe Bay, military police were in position to continue the escort to an on-base, University of Hawaii, Marine Mammal Research Program holding tank — where the whales were stabilized and blood samples were taken.

"We have to keep in mind the best interest of both the whales and the fishery services at the same time," said Brad Ryon, protected resource management liaison with the National Marine Fishery Service. "While it is unfortunate to see these creatures ill or injured, the safety and health of other whales in the region must also be protected by determining the cause of these whales' attempted stranding, and taking whatever course best suits the individual whales and the rest of the species in the region at the same time."

The marine biologists, local citizens and the Marines on-scene were very happy to see the whales reach the Marine Corps base safely.

"The whales really didn't seem to be doing all that well out there at the beach, but looked a lot better once they got into the holding tank," said Sgt. Michael Sloan, motor vehicle operator with Base Motors.

"I was really impressed with the concern the local public and the Marine Corps had in saving the lives of these whales," he continued. "It makes me proud to be a Marine stationed here in Hawaii."

MCCS

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POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

22 / Today

Party at Kahuna's — Kahuna's Sports Bar & Grill will be partying every weekend in August. Every Friday, join the crew for a "Poi Hana" party from 6 – 10 p.m.

Also, don't miss Tsunami Surf Saturdays, Hawaii's only indoor surf meet from 10 p.m. – 2 a.m. Catch a big one on the surf simulator and win a brand new surfboard from Local Motion.

For more information, call 254-7660.

23 / Saturday

International Venus Swimsuit Model Search — Saunter over to Kahuna's at 9:30 p.m. and help the judges choose the girls in the running for the next group of Venus Beauties.

There will be a \$5 cover after

7 p.m. and a DJ dance party following the contest until 2 a.m.

Officers' Club Escoffier Dinner Tickets — Fine dining has grown to be a favorite pastime for many Americans. Whether it is the quality of the food, the impeccable service or the luring ambiance of a five-star establishment, there are many reasons diners enjoy the experience.

On Saturday, Aug. 23, the Officers' Club will open its doors to an evening of elegance with Chef Renato's Escoffier Dinner from 6 to 8 p.m.

This seven-course dinner will feature Euro-Asian-Pacific Rim cuisine and a complementary wine or champagne served with each course. Also, guests will be pampered with personal tableside service and after-dinner cordials.

Setting the mood for the evening will be sounds of pianist Les Peetz.

Evening dress is required, so add a touch of class and dress in your very best.

Tickets are on sale now and can be purchased at the club, or by calling 254-7650. Seating is limited, so get your tickets now.

Elvis Dinner Show — If

Elvis is "Always on Your Mind," then rock and roll over to Kahuna's ballroom where everyone is invited to the Elvis dinner show starring Elvis-impersonator Jay Barnes.

Cost is \$30 for members, \$40 for nonmembers and \$70 for couples.

The show begins at 6 p.m. and reservations are strongly recommended.

Call 254-0841 for more information.

Officers' Club Champagne Sunday Brunch — Treat yourself to a bit of decadence at the Officers' Club Champagne Sunday Brunch from 10 a.m. – 1 p.m.

The Club hosts a buffet that appeals to all senses, and you can complete your weekend with stunning views of the Pacific Ocean and an elegant dining ambiance, while you're enjoying the assortment of palate-pleasing cuisine.

24 / Sunday

Officers' Club Membership Sundays — Every Sunday in August, all nonmembers who apply for a First USA membership will receive \$5 off their Sunday brunch per immediate

family member.

For more, call 254-7650.

25 / Monday

Officers' Club Right Hand Man Lunch — Call it a working lunch or just show your appreciation and invite your "right hand man" to the Officers' Club for lunch.

Pay grades E6 and above are welcome every Monday from 11 a.m. – 1:30 p.m.

26 / Tuesday

KOSC Aloha Coffee Membership Drive — From 7 – 9 p.m., the Kaneohe Officers' Spouse Club invites all officers' spouses to a coffee hour in the Lanai Ballroom of the Officers' Club.

When you attend you'll learn loads of information about on- and off-base businesses and services, as well as the KOSC and how to become a member of this great network of individuals.

For more information, e-mail kosc@hawaii.rr.com.

28 / Thursday

Bargain Thursdays at the Base Theater — Are you look-

ing for something to do Thursday evenings? Well, you're in luck because the base theater is now showing Thursday evening movies.

Admission is \$1 for all ranks. Grab a quick snack and enjoy \$1 hot dogs, too.

Call 254-7642 for the movie schedule and times.

30 / Saturday

"Lan Slam Lock-In" — Calling all players to the X-Box Tournament and Lan Gaming from 12 p.m., Saturday until 10 a.m., Sunday at Kahuna's Ballroom.

The grill will be open until 1 a.m. and the bar until 3 a.m. A breakfast buffet will be served at 7 a.m.

For more information and to preregister, go to www.lanvision.net.

Youth Activities Piano Lessons — Get the youngsters involved in extracurricular activities by signing them up for piano lessons.

Thirty-minute classes are available for children 9 years and older. Classes are \$19 for a month of classes once per week on Tuesdays or Thursdays.

To sign up, call 254-7610.

SM&SP



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

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Sept. 13: From noon until 5 p.m., you're invited to come on down to Pyramid Rock Beach for the Single Marine & Sailor Beach Bash. This event is free to single Marines and Sailors as well as their guests.

Part of the "101 Days of Summer Campaign," units will get points by helping to set-up and by participating at this event.

The beach bash includes a volleyball tournament, surfing lessons, a sand sculpture contest, food, refreshments and entertainment with prizes and guaranteed fun.

Mahalo to AT&T In-Room Service for making this event possible.

Aug. 30 - Sep. 1: Sign up now for the Big Island Bash. Fly off Oahu on this interisland, bargain trip and explore the island of Hawaii for only \$300.

SM&SP Goes Online

Get more on SM&SP at www.MCCSHawaii.com under the "Semper Fitness" icon.

SM&SP Benefits

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

- You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 for reservations.

Tips help school-age kids get organized

NAPS Featurettes

Life is full of challenges around school time. From waking up early to make the kids' lunches to racing to a soccer game after a sales meeting, the reality is that the back-to-school season affects both parents and children.

In order for kids to be successful in school and in life, good family communication is key. Maria Bailey, Office Depot's family organization expert, offers innovative tips for families to stay on track throughout the school year.

Five Tips for Getting Kids Organized

Tip #1: Establish a routine. Whether your child is going to school for the first time or moving up a grade, it's important for parents to review their child's school and extracurricular commitments early for the upcoming year.

Plan out a weekly schedule and try to stick to it.

Tip #2: Get organized early. Last-minute book reports and science fair project deadlines can be trouble-free if you have all the school supplies you'll need ahead of time.

Whether you are a stay-at-home or working parent, be sure to "take a day off" to get the family organized, now at the beginning of the school year, and again after the holidays.

Many retailers let you buy in bulk and save on the basics such as pens, notebooks and construction paper.

Tip #3: Create a "Family Communication Station." A new school year means new schedules, project deadlines and time requirements for the entire family. Avoid missed deadlines and morning chaos by



Lance Cpl. Monroe F. Seigle

Christal Bennett, an eighth grader at Kailua Intermediate School, prepares herself to go back to school, as she decides which school supplies will best suit her needs for the new year.

creating this station, which keeps students and parents on the same page.

For under \$50, you can easily assemble the station by hanging a large cork bulletin board, small dry erase board or monthly calendar in a high traffic area of your home, such as the kitchen. Keep this item updated with activities and deadlines for each child.

Tip #4: Make kid-friendly in/out boxes. How many times has your child lost a permission slip before you got a chance to sign it? Assemble in/out boxes for the constant flow of papers and permission slips that

you must review and sign.

Have each child decorate their own personalized box with stickers, markers and glitter.

Tip #5: Try to keep some consistency in your child's schedule. Be sure to leave one night free for the whole family to dine together.

Talk with your kids about how they are balancing homework and extracurricular activities and listen carefully to what they say. Not only will this bring you closer, but knowing what the kids are up to can keep you even more organized.

MOVIE TIME

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

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

Show your I.D. at the box office. Call 254-7642 for recorded information.

Terminator 3 (R)	Today at 7:15 p.m.
Charlie's Angels (PG 13)	Today at 9:45 p.m.
Legally Blonde 2 (PG 13)	Saturday at 7:15 p.m.
Terminator 3 (R)	Saturday at 9:45 p.m.
Sinbad: Legend of the 7 (PG)	Sunday at 3:30 p.m.
Legally Blonde 2 (PG 13)	Sunday at 7:15 p.m.
How to Deal (PG 13)	Wednesday at 7:15 p.m.
Terminator 3 (R)	Thursday at 7:15 p.m.
The League of XG (PG 13)	Aug. 29 at 7:15 p.m.
Legally Blonde 2 (PG 13)	Aug. 29 at 9:45 p.m.

Elvis impersonator to entertain, raise funds for AESC scholarships

Lance Cpl. Monroe F. Seigle
Combat Correspondent

The All Enlisted Spouses Club aboard MCB Hawaii, Kaneohe Bay, will be hosting an Elvis Presley dinner show at Kahuna's Sports Bar & Grill Saturday at 6 p.m. to raise money for the AESC College Scholarship Fund.

In the last year, the AESC raised and gave away more than \$8,000 in college scholarships to spouses and family members of Marines and Sailors aboard MCB Hawaii.

Jay Barnes, an Elvis impersonator and pastor of the Jacksonville New River of Life Four Square Church in Jacksonville, N.C., has performed in many concerts and for the United Service Organizations.

Barnes now performs "Elvis Memories" concerts to honor the "King of Rock and Roll" and to give Elvis fans a chance to relive the king's great moments.

"Jay Barnes is not just another Elvis impersonator," said Mary Pratt, president of the AESC and manager of the Thrift Shop aboard K-Bay. "This is going to be a great night of entertainment, and I hope that Marines and Sailors will support this event so we can raise money for the AESC college funds."

"All the money we raise is going right back to support the Marines and Sailors and their family members' education."

Barnes will be performing numerous hits throughout the show while fans enjoy a delicious steak and chicken dinner with plenty of sides and drinks, according to the AESC.

The cost for admission for members of the AESC is \$30 and nonmembers,



BARNES AKA "ELVIS"

\$40. The admission for couples will be \$75.

"This is going to be a great night for all those that decide to come and support the AESC," said Pratt. "Jay Barnes is an astronomical person, and he is going out of his way to help our military community."

"He is not earning anything for this performance."

For more information on the Elvis dinner show, or about AESC scholarships or other activities, call Mary Pratt at 254-0841 or 282-7894.

Biking to the chili cookoff

The Staff NCO Club aboard MCB Hawaii, Kaneohe Bay, hosted a motorcycle show and chili cook-off Saturday that attracted motorcycle enthusiasts and chili lovers from around the island to a day of outdoor fun and food. Live music, custom cycles, games and entertainment for the kids animated the club parking lot for the entire afternoon.



Photos by Cpl. Jason E. Miller



Instant messages can pose instant menaces

(Editor's Note: Marine Corps Base Hawaii users are reminded to run scans of their computers at least once a week, and to keep their virus definition files updated.)

NAPS Featuring

If you know someone who owns a computer, he or she is likely using this feature. You may even be using the feature yourself. "Instant messaging" programs let millions of personal computer users all over the world use the Internet to communicate any hour of the day.

E-mail has generally been the tool of choice for electronically

sending longer communications and documents, but instant messaging applications are ideal for quick "real-time" communications-like e-mail on steroids.

The appeal of instant messaging lies in its ability to let users send and receive messages as fast as they can type and read. Although developed primarily for personal use, instant messaging applications are making their way into business because they provide lightning fast communications at the desktop.

However, many users don't know that instant messages can pose a computer security risk because of their ability to spread so-called computer

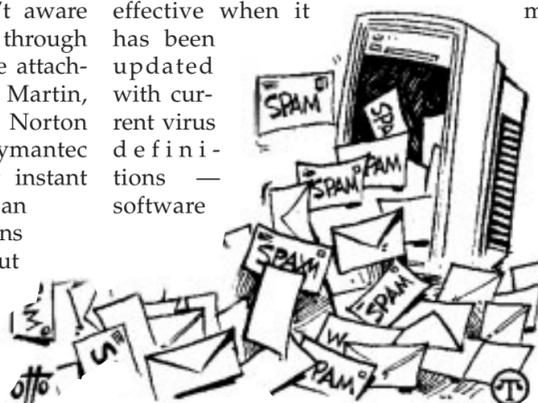
viruses, worms or other "malicious" programs.

"Most people are aware that you can pick up a computer virus or worm through e-mail attachments or software downloads, but many aren't aware that they can also come through instant messages as file attachments," says Kelly Martin, product manager for Norton AntiVirus 2003 at Symantec Corp. "People using instant messaging can receive an attached file that contains a worm that can wipe out their files, steal personal information or generally just wreak havoc on their computer."

What's the best way to combat these threats? The first step is an antivirus program that automatically protects against infected files, says Martin. Antivirus software is most effective when it has been updated with current virus definitions — software

updates that allow the application to identify and fix the newest viruses based on a digital "description" contained in the definition.

"Norton AntiVirus 2003 automatically retrieves the updates when you are online, so you don't have to remember to go out and get your updates," Martin says. "It's perfect for people who love instant messaging because it lets them focus on chatting with their friends, without compromising their safety and security," he explained.



Does your e-mail traffic use trendy 'IM netiquette'?

NAPS Featuring

Instant messaging, "IM," is an instantaneous alternative to e-mail and great for quick questions, timely responses, casual chats and short dialogues.

With its growing popularity, IM is developing its own set of etiquette rules. Unfortunately, many people are unfamiliar with proper online communication etiquette, known as "netiquette," and are unaware that they are committing IM gaffes.

You can test your own IM netiquette by answering five questions.

IM Netiquette Quiz

True or False 1) In instant messaging, there is no difference between using ALL CAPITAL LETTERS and using all lowercase letters.

True or False 2) If you are going to state your opinion, it's a good idea to begin your message with IMHO.

True or False 3) It is acceptable, even encouraged, to use "emoticons" (smiley faces, wink faces, etc.) in IM correspondence.

True or False 4) If you wanted to be flirtatious, you might send a message that includes ;-)

True or False 5) Displaying "Idle" next to your I.D. is the best way to let people know you are not available on IM.

(Editor's Note: Stumped? See below right for answers to the IM Netiquette Quiz.)

Some Popular IM Language

ATB all the best	LOL laugh out loud
B4N bye for now	OTL out to lunch
BIL boss is listening	OTP on the phone
BTW by the way	PLZ please
CYA see ya	PRL parents listening
GR8 great	THNQ thank you
GTG got to go	W8N waiting
L8R later	XLNT excellent

KISS keep it simple stupid
ROFL rolling on the floor laughing

Paying bills online saves many consumers the monthly hassle

NAPS Featuring

Here's an idea to think about: Instead of spending hours hunched over a desk writing out paper checks each month, what if there were a better way to pay your bills quickly and easily? And, what if it that method was as close as your own PC?

Would the pie sweeten if the method was easier, quicker, and more convenient, and you could use it at one Web site — anywhere, any time, and with payments to anyone?

This better way is called online bill payment, and it offers you an easier way to pay your bills safely and

securely from one Web site — typically your bank's.

There are many ways to pay your bills electronically, but only online bill payment at your bank's Web site offers you the convenience, control, and flexibility you want and need when managing your finances.

Now, don't be confused. Online bill payment is not when a biller that may automatically take money out of your checking account every month. When a biller takes money out of your checking account, they may call it online bill payment, but it is really an automatic debit.

Online bill payment also is not when a biller automatically charges your credit or debit card each month to settle your bill. This is called a recurring payment.

With online bill payment, you visit a single Web site, such as your bank's, where you can pay all of your bills. It eliminates the need for you to remember multiple logins, I.D.s and passwords or visit multiple Web sites.

Many times, you can conduct other transactions from this site as well, such as checking your balances, reviewing your transaction history, and transferring money between your accounts.

With online bill payment, you have complete control of your payments, and only you can access your funds and deposit account information.

Unlike other automated payments, such as an automatic debit, which give billers access to the account information you provide when you enroll, online bill payment keeps the control over payments firmly in your hands.

A recent Vision Report published by Jupiter Research found that consumers prefer to pay their bills through a single location, such as their bank's Web site, rather than make individual payments at each biller's Web site.

The majority of those surveyed cited various key benefits of this method, including saving time, better control over their finances, and the ability to pay anyone from one source.

Online bill payment offers you the ease and convenience of 24-hour access. You also enjoy the speed and enhanced control of the point-and-click process to pay all your bills. You can even get an online payment history, and you save money by not having to buy stamps, envelopes, and checks.

Many services let you enroll and set up online bill payment on their Web site. In most cases, you can begin paying bills immediately, and many banks will provide help over the phone if you need it.

To find out more about online bill payment, contact your bank about its service.



NAPS

With online bill payment that your financial institution may offer, no one has access to your funds and information but you.

IM Netiquette Tips

Keep e-mail messages short, wait for a reply before writing a series of rambling messages, use emoticons, and when away from your desk, change your status option — AFK (away from keyboard), BRB (be right back), etc. — to be netiquette savvy.

Answers to IM Netiquette Quiz

1) *False.* USING ALL CAPITAL LETTERS IS like SHOUTING. Using

all lowercase letters is very casual and best used between friends.

If you are IMing in a business setting, err on the side of tradition and write in proper sentences.

2) *True.* IMHO stands for "In my humble opinion."

3) *True.* Emoticons add personality to your correspondence and communicate sentiments.

4) *True.* This is a sideways "wink."

5) *False.* With IM you can cus-

tomize your availability status and let your friends know exactly why you're unavailable: OTL, etc.

Score Your IM Netiquette

0-2 — Time to brush up on your IM.

3-4 — You're okay but, IMHO could benefit from tips.

5-7 — GR8, but more IM language will boost your IM speak.

8 — XLNT!

WORD TO PASS

Waianae Hosts Shakespeare Play

“Much Ado About Nothing,” a Children’s Renaissance Faire production, part of the the Shakespeare Festival, plays today and Saturday in the Kahumana community of Waianae, beginning at 4 p.m., with showtime at 7 p.m., both days.

Games, activities, a town market, puppet shows, dancing, sword fighting, and much more entertainment will be available. Bring your favorite lawn chair for this outdoor production.

A \$5 donation is requested for admission, which includes a feast, green show and the play.

For more details, call 259-7062.

Bishop Museum Readies for ‘Mars’

Mars will be closer to the Earth than it has been in 59,617 years, and Bishop Museum will celebrate the milestone with “Mars Madness,” Wednesday from 8 p.m. till midnight.

A special planetarium show (“Red Planet Mars”), star-gazing atop the planetarium observatory and viewing Mars through giant telescopes on the Great Lawn are just part of the fun planned for this once in a lifetime event. Cool demonstrations featuring the Mars Rover and other fascinating gadgets are also scheduled.

Come celebrate “Mars Madness” at

the Bishop Museum. Admission is \$3 per person or \$10 for a family of four.

Call 847-3511 or visit [www.Bishop Museum.org](http://www.BishopMuseum.org) for more details.

Mighty Mo to Commemorate 58th Anniversary of World War II

As a tribute to the heroism of all U.S. war veterans, the USS Missouri Memorial Association, Inc. — caretaker of the battleship Missouri — will hold a commemoration ceremony marking the 58th anniversary of the end of World War II, Sept. 2 at 8:45 a.m., on the deck of the historic battleship.

The annual commemoration will last approximately one hour and is open to the public.

The ceremony will feature a traditional military salute, patriotic music by the U.S. Pacific Fleet Band, and a keynote speech from the 20th and 23rd captain of the USS Missouri (and the ship’s last commanding officer before its final decommissioning in March of 1992), Navy Capt. Albert Lee Kaiss.

Free trolley service to the memorial will be provided to the public from 7:45 - 8:45 a.m., Sept. 2.

Affectionately referred to as the “Mighty Mo,” the USS Missouri first captured worldwide attention, Sept. 2, 1945, when 2,000 Marines and Sailors stationed aboard the juggernaut jammed into every possible observation area to

watch when representatives of 10 nations — including U.S. Gen. Douglas MacArthur — assembled onto the deck in Tokyo Bay, Japan, to receive surrender documents from Japanese officials.

The USS Missouri Memorial Association was formed in 1994 and includes a cross-section of leaders from Hawaii’s business, civic, political and retired communities. Former President George Bush is the memorial’s honorary Chairman of the Board.

For more details about the commemoration, call 423-2263, or visit the USSMissouri.org Web site.

MDA Seeks Telethon Volunteers

The Muscular Dystrophy Association is seeking volunteers to participate in the 2003 Jerry Lewis MDA Labor Day Telethon “Catch-a-Cure” program. Volunteers will be collecting funds Aug. 30 - 31 at various locations.

The Catch-a-Cure program will be highlighted during the telethon to raise additional funds to support research, public health education and services for people affected by any more than 40 neuromuscular diseases. The telecast will run from 10 p.m. to midnight, Aug. 31, and 8 a.m. to 5 p.m., Sept. 1 on KITV Channel 4.

To volunteer or for more details, call

the MDA office at 548-0588.

Women’s Conference Begins Oct. 17

The ninth annual Joint Women’s Conference will gather 500 women from the military community to share their military life experiences.

This year’s conference will take place at the Hickam Air Force Base Officers’ Club, Oct. 17 - 18 and offer more than 50 workshops, in addition to keynote speakers.

Women who register to participate will enjoy a variety of workshops designed to educate, motivate, enlighten and strengthen their personal roles as spouses or military members.

Registration begins Sept. 2, and forms will be available at Oahu military exchanges, commissaries, libraries, thrift shops, chapels and support centers. Applicants may also download a registration form at www.JointWomensConference.org.

All forms must be postmarked by Sept. 30.

The cost to attend this event is \$25 for both days and \$15 for Friday or Saturday only. The fee includes workshops, keynote presentations, continental breakfasts, lunches and complimentary

See WORD TO PASS, B-7

RECIPE CORNER

A smart diet helps prevent diabetes

NAPS

Featurettes

Olives can a) make meals more delicious, b) be a healthy part of a weight loss diet, or c) all of the above? The answer is "c," and that's important health information because losing weight may help reduce a person's risk of type 2 diabetes, which the U.S. Centers for Disease Control and Prevention says affects 17 million Americans.

Some smart diet choices may help you reduce weight and your risk of diabetes. Use healthy types of dietary fats, such as monounsaturated fats and omega-3 fatty acids; avoid excessive saturated and hydrogenated fatty acids; eat more whole grains, beans and legumes and less refined carbohydrates; and develop meals that are moderate in calories and appropriate in portion sizes to maintain or reduce weight in a healthy manner.

This mouthwatering recipe shows how black, ripe olives can add healthy flavor. The recipe is suitable for diabetics.

Grilled Chicken, Fennel & Ripe Olive Skewers

1/3 cup each of olive oil, lemon juice and chopped oregano
 1/4 teaspoon salt
 1/2 teaspoon black pepper
 1 1/2 pounds boneless skinless chicken breasts, cut into pieces
 1 fennel bulb, wedged and blanched in boiling water
 1 1/2 cups gold potatoes, quartered and blanched
 1 red onion, cut into 1-inch chunks
 1 1/3 cups ripe olives, whole, drained
 1 cup nonfat, plain yogurt
 1 teaspoon lemon zest
 1 tablespoon chopped chives
 bamboo skewers

In a large bowl, whisk together the olive oil, lemon juice, oregano, salt and 1/4 teaspoon pepper. Add next four ingredients and toss gently to coat. Cover and refrigerate 1 hour.

Set aside 36 ripe olives. Place remaining olives in bowl of food processor; add yogurt, lemon zest and remaining pepper; and pulse until combined. Stir in chives, cover and refrigerate.

Soak skewers in water 15 minutes. Make kebabs by threading skewers with olives, chicken, fennel, onion, potato, and repeating to fill skewer. Grill over medium-high heat for 3 - 5 minutes per side.

Serve with yogurt olive dipping sauce.

Makes six servings of two skewers per serving.



Grilled Chicken Skewers

ON THE MENU

Anderson Hall will serve the following this week:



Today

Lunch

Seafood Platter
 Fried Fish Nuggets
 Fried Shrimp
 Fried Scallops
 Breaded Oysters
 Lasagna
 Baked Ravioli
 Macaroni & Cheese
 Chewey Nut Bar
 Yellow Cake Layer w/
 Butter Cream Frosting
 Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch & Dinner)
 Pasta Bar

Saturday

Dinner/Brunch

Rock Cornish Hens
 Grilled Strip Loin Steak
 Rice Pilaf
 Mashed Potatoes
 Chocolate Chip Cookies
 Asst. Fruit Pies

Sunday

Dinner/Brunch

Yankee Pot Roast

Baked Ham
 Mashed Potatoes
 Candied Sweet Potatoes
 Chocolate Layered Cake w/
 Chocolate Cream Frosting
 Asst. Fruit Pies

Monday

Lunch

Meatloaf
 Creole Pork Chops
 Mashed Potatoes
 Pork Fried Rice
 Apple Crisp
 Chocolate Chip Cookies
 Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch & 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 & 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 & Dinner)
 Country Bar

Thursday

Lunch

Baked Lasagna
 Chicken Parmesan
 Asst. Pizza Slices
 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 & Dinner)
 Taco Bar



MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

2001 Jeep Wrangler Sport, dark blue, automatic, 4WD, 6 cylinders, soft top, 31K miles. Asking \$14,000. Call Linsie at 222-2988.

1999 Nissan Sentra GXE, limited edition, 5-speed, PL/PW, A/C, new exhaust, well maintained, 65K miles. Asking \$7,000 OBO. Call 253-0334 or 386-0805.

1998 Ford Explorer, burnt orange (red in day and orange at night), V-6 engine, two 15-inch subwoofers, CD player, tinted windows, 2DR, great condition and smells good. Asking \$16,500. Call 780-9689.

1992 Chevy Cavalier, good condition, must sell, leaving island, 42K miles. Asking \$1,000 OBO. Call Tyler at 754-1560.

1992 Geo Storm, automatic, air conditioning. Asking \$1,200 OBO. Call 216-7193, 257-8839 or 253-0322.

Furniture

China hutch, black lacquer with matching dinette. Both for \$175. Call 254-8242.

Did You Know?



NAPS

"Row, row, row your boat!" If you want to be fit, take up rowing because it burns up 180 calories every 20 minutes.

Military, DoD can enjoy free Makepono Advertisements

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

The deadline for submitting ads to the *Hawaii Marine* is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30

p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

Call 257-8836 or 257-8837 for more details or assistance.

WORD TO PASS, From B-5

conference tote bags.

Seating is limited to the first 500 applicants, so mark your calendar to register Sept. 2.

Participants should arrange for daycare, as there will be none at the conference.

For more details, consult the Web site or contact Rae-Anna at 455-1744.

Thrift Store Now Open at Camp H. M. Smith

Patrons are invited to browse and/or make donations to the

new Military Spouses' Club Thrift Store, in Bldg. 366 at Camp H. M. Smith.

Located by the old stables, the 1,280-square foot facility is open for business Mondays, Tuesdays, Thursdays and Fridays from 11 a.m. to 5 p.m.

All items at the thrift store are acquired by consignments and donations. Items include books, men's and women's clothing, toys, furniture, and a great deal more. Pickup of your donations may also be possible.

Proceeds received by the thrift store benefit numerous charitable or nonprofit organi-

zations.

For more, call Denna Muncy, manager at 429-5755, or the 24-hour hotline at 271-9789.

Hale Koa Hotel Lists Events

Fort DeRussy's Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, will provide patrons a summer jam-packed with exciting, relaxing or adventurous activities — whatever's your pleasure.

Call the Activities Desk at 955-0555, ext. 546, to find out more details on this events.

•*Monday*: Tickets go on sale

for Oktoberfest, happening Sept. 24 - 28. The traditional German event celebrates authentic food, drink, music and dancing. Admission will be \$8 per ticket, and the menu will be ala carte.

•*Tuesdays*: Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a new Magic in Paradise show. Your evening will start with a bountiful all-you-can-eat buffet, and then it's show time with

one of Hawaii's hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

•*Daily*: Groups of 20 or more planning to use the park space need to contact Parks & Recreation. Park rules prohibit stakes, tents and tarps; alcoholic beverages or additional grills; bicycles, skateboards and rollerblades; and animals.

Word to Pass Receives Faxes

Fax items of interest to the military community to the Hawaii Marine at 257-1289.