

# LIFESTYLES

## A walk on the wild side

Enjoy one of Oahu's most beautiful, well-maintained and popular hikes on the Manoa Falls Trail

Story and Photos by  
**Cpl. Monroe F. Seigle**  
Combat Correspondent

Did you know the traditional "grass" skirts often worn by hula dancers are not made from grass? They are made from the Ti plant, which is a nonnative plant of Hawaii that was brought over from the Samoan Islands in 1850 as part of a reforestation project.

This is just one of the many interesting facts you will learn on the Manoa Falls Nature Tour through the Oahu Nature Tours Company.

The falls is located a few miles from the heart of Waikiki and is also located in the heart of a tropical rain forest.

The tour, which is offered twice per day Mondays through Fridays, begins at 8 a.m. and 2 p.m. After a driver picks up the hikers from their desired location anywhere in Waikiki, they are bussed to Manoa to begin the hike.

From there, a trained and certified tour guide leads the adventurers into the vast wilderness of the rain forest on an easily navigated, well-maintained trail leading into Manoa Valley.

Along the way to the falls, several stops are made to observe various species of wildlife, including African Tulip Tree blossoms, mountain apples, bamboo forests and animals that call the rain forest their home.

"All the tourists that come along for the tour find the scenery to be amazing," said Mike Edralin, a trained and certified tour guide for Oahu Nature Tours. "What many people do not realize is that a lot of the plants they see in Hawaii are not indigenous to the islands. They get to learn about the wonders of nature around them, and some history of the islands."

After hiking just under one mile into the rain forest, the trail abruptly stops in front of the breathtaking 150-foot waterfall. At this point, hikers can break out their cameras and video recorders to capture the beauty of nature.

"The rain forest is quite unique," continued Edralin. "Many of the hikers have never been into the woods,



A hiker picks a delicate hibiscus flower, one of a number of beautiful and unique examples of flora that grace the trail.

let alone the rain forest. Once they see the waterfall, many of them are speechless for a few moments. Then they ask me several more questions about the waterfall, which I am happy to answer."

The return trip is on the same trail. Along the way, several tips are taught about surviving in the wild, such as how to use a bamboo stick to cook rice, which plant can be used as a shampoo substitute and which have antibacterial properties.

"We learned a lot on this tour and had no idea that a rain forest was that close to a big city," said Justin Landers, a native of Cheyenne, Wyo., who was on his honeymoon with his wife Laureen. "The waterfall was absolutely amazing. The pictures we took in front of that waterfall are something we are going to show our kids many years from now."

The price for the Manoa Falls Nature Tour is \$37 per person. Insect repellent, water and wet-weather gear are provided.

Those interested in visiting Manoa Falls on their own, can hike free of charge during daily trail hours from dawn to dusk. Be sure to bring water, and dress in comfortable clothing and sturdy shoes for hiking as the hike can be hot and humid and the trail, muddy and slippery with boulders and tangled roots underfoot.

For more information on Oahu Nature Tours, visit their Web site at [www.oahunaturetours.com](http://www.oahunaturetours.com) or call 924-2473.



Above — Several adventurous hikers venture into the cool, refreshing waters of the waterfall at the end of the Manoa Falls Trail. The enticing waters of the 150-foot waterfall flows year-round but visitors are cautioned about the possible presence of leptospirosis, a bacterial disease, within it.



Right — The flourishing creeks that meander through Manoa Valley to feed various wildlife are evident throughout the Manoa Falls trail.



Bottom — Mike Edralin, a tour guide for Oahu Nature Tours, explains the properties of the Awapuhi, or "Shampoo Ginger" plant, that contains antibacterial properties and can be used as a shampoo. Some may recognize the name Awapuhi as an essential ingredient in a number of popular shampoos.



Trees form a natural arch over the Manoa Falls Trail, which winds deep into Manoa Valley. This shady trail is one of Oahu's most popular and well-maintained.

# Summer reading program draws to a close

Edward Hanlon V  
MCCS Marketing

If Sir Richard Steele is correct in saying "reading is to the mind what exercise is to the body," then the children who earned McDonald's Gold Star Certificates during the base library's Summer Reading Program, are marathon runners.

At the program's wrap-up party on Aug. 18, children from the base community were rewarded for their reading habits in a tangibly tasty way — McDonald's Gold Star Certificates. This year, more than 90 children up to age 15, filled out a total of 334 reading logs throughout the summer. These logs account for 2,780 books read in a total of 709 hours, an increase from last year's totals.

"In spite of the closure of our main collection, due to storm damage earlier in the year, the overall program was a great success, signifying that this program is sure to stay at K-Bay," said Lori Zuttermeister, library technician at Kaneohe Bay.

All the readers received certificates for their participation, but the big winners were the five participants ranked first by filling out the most reading logs for their respective age group.

This year's top readers are; Emily Kallus with 11 logs and 165 picture books (ages 0 – 3), Jayden Mouawangyee with 18 logs, 28 chapter books and 18 reading hours (ages 4 – 6), Malik Davis with 14 logs, 28 chapter books and 56 reading hours (ages 7 – 9), Max Swaby with four logs, 13 chapter books and 20 reading hours (ages 10 –



Children and parents get comfortable at the Kaneohe Bay base library's Summer Reading Program wrap-up party.

Photo Courtesy of Merrie Han

12), and finally Kieran Davis, with 12 logs, 34 chapter books and 117 reading hours (ages 13 and older).

These participants received Gold Star Certificates as well as

certificates from the base library and book prizes.

The library also hosted a book drawing contest and for every log entry turned in, the child was given a contest entry

form. The winners of the book drawing were; 0 – 3 years old, Rachel Barr, 4 – 6 years old, Joshua Barr, 7 – 9 years old, Nathan Sattler, 10 – 12 years old, Jake Kesterson, and 13 – 18 years old, Michi Nagy.

The All Enlisted Spouse Club donated books to ensure everyone in attendance went home with a prize. The AESC also donated the story time rug used as the center of attention during the program.

"I am grateful to McDonalds, AESC, MCCS, and the families of MCBH for supporting and participating in our program. This just proves that when we all work together, great things happen for our children," furthered Zuttermeister.

For more information about the base library or library events, call 254-7624.

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise

#### Kahuna's Bar & Grill

**Texas Hold'em, Saturday** — Has Texas Hold'em got you hooked? Stop watching it on television and get in the game.

There will be food and prize giveaways. All players must be present by 6 p.m. and admission costs \$5 for members and \$8 for nonmembers. Dealers are needed. Call 254-7651.

**Football Sunday, Sept. 12** — Check out all the Sunday NFL games live on DIRECTV. The club will open at 7 a.m. and

breakfast will be available for purchase.

**Championship Wrestling, Sept. 18** — It's fight night at the ballroom with Hawaii Championship Wrestling from 7 – 9 p.m. Active duty military \$8 all others are \$10.

#### Staff NCO Club

**Latin Night, Saturday** — Son Caribe is back, performing a mix of Latin music. Feel the beat and move your feet to the salsa, merengue, bachata, the cha-cha and more.

The 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.

**Comedy Night, Sept. 4** — Laugh it up with Bo Irvine. The cost is \$10 for members and \$15 for nonmembers. Get your tickets from the club at 254-5481. A pupu and drink menu will be available until 8 p.m.

**Labor Day** — The Staff NCO Club will be closed.

**Football Sunday, Sept. 12** — Check out all the Sunday NFL games live on DIRECTV. The club will open at 7 a.m. and breakfast will be available for purchase.

**NCO Appreciation Night, Sept. 15** — Bring your young devil dogs in for refreshments and camaraderie. NCO Appreciation Night starts at 4:30 p.m.

#### Officers' Club

**Officers' Club Pool, Sunday** — Bring the kids in for the keiki Back to School Pool Party from 11 a.m. – 2 p.m. There will be games, prizes and a delicious lunch including chicken nuggets, hot dogs, pasta salad, carrots and celery and much more.

The cost is \$5.50 for children and \$8 for adults. For reserva-

tions, call 254-7650.

**KOSC Aloha Coffee, Tuesday** — All Officers' and their spouses are invited to the KOSC 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 to disseminate information about new business locations, hours of operation, and future special events.

**Labor Day** — The Officers' Club will be closed.

**Right Hand Man Night, Sept. 16** — Bring the best of the best to the club for pau hana pupus and beverage specials from 4:30 – 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.

#### All Hands

**Football 101** — Ladies, get in the game and learn more about what's going on out there. The first in a three-part series, the football 101 workshops will be hosted at Kahuna's, the Staff NCO Club and the Officers' Club.

All eligible Kahuna's patrons are invited to the ballroom Sept. 9 from 7 – 8:30 p.m. for a little football instruction.

The Rocker Room will host the workshop on Sept. 13 at 4:30 p.m. Both workshops will cost \$10 and includes light pupus, prizes, a playbook and completion identification card that can be used at the clubs for discounts.

The Officers' Club workshop will be held on Sept. 9. The cost will be \$20 and includes a full lunch served from 12 – 1 p.m., prizes and a playbook.

**Aloha Fair, Sept. 14** — Marine Corps Community Services is hosting the Fall

Community Aloha Fair open to all active duty and their family members from 5:30 to 8:30 p.m.

Approximately 40 businesses from MCB Hawaii and the Windward community will be present to provide information and answer questions about the services they offer. Attendees can enjoy free pupus and exciting prize giveaways. Join us and meet your new friends and neighbors and local businesses that will help make your transition easier.

**Job Fair, Sept. 15** — Looking for a job? The Joint Employment Management System will hold its 17th annual job fair at the Banyan's Club on Pearl Harbor from 10:30 a.m. – 3 p.m. More than 100 local businesses, mainland companies, and federal/state/county government agencies will be recruiting to fill their job vacancies.

The job fair is open to military family members, active duty personnel, military retirees and reservists, and DoD, Coast Guard employees with base access. No children will be admitted. Also, dress accordingly.

This is a great opportunity to talk to recruiters, drop off résumés, pick up applications and research the job market. For more information, visit the JEMS Web site at [www.JEMS.Hawaii.com](http://www.JEMS.Hawaii.com) and click on Job Fair/Events.

**Texas Hold'em, Sept. 18** — First, there was the Staff NCO tournament, then the Officers' Club tournament, Kahuna's tournament and finally a civilian tournament. Now, check out the finals at the Fairways Ballroom where the top three players of each aforementioned tournament will compete for title of K-Bay Texas Hold'em Champion, at 6 p.m.

#### Ongoing

**Joint Spouses' Conference** — The 10th annual Joint Spouses'

Conference will be held Oct. 15 & 16 at 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.

Registration will open on Wednesday. Forms may be picked up at base exchanges, commissaries, support centers, thrift shops, and chapels. The cost is \$25 for both days or \$15 either Friday or Saturday. All forms must be postmarked by Sept. 30. Children are not permitted to attend. Child care is not available and must be pre-arranged.

**Swing Lessons** — Kahuna's Ballroom is teaching you how to dance. Every Monday, Swing Dance Lessons will be taught from 7 – 9 p.m. The cost is \$2. So grab a partner and get ready to twist, twirl, spin and sweat 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 – 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 – 9 p.m. To make reservations, call 254-5481.

#### 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](http://www.MCCS.Hawaii.com) under the "Semper Fitness" icon, or call 254-7593.

#### Upcoming Events

**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.

#### Upcoming Events

**Youth Sports Coaches needed:** Coaches are needed for youth softball, baseball, basketball, soccer, in-line hockey, cheerleading, and football. Contact the Youth Activities Sports Coordinator at 254-7610/7611.

### MOVIE TIME

*Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.*

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

King Arthur (PG-13)	Today at 7:15 p.m.
Spider-Man 2 (PG-13)	Today at 9:45 p.m.
Anchorman (PG-13)	Saturday at 7:15 p.m.
I, Robot (PG-13)	Saturday at 9:45 p.m.
Sleepover (PG)	Sunday at 2:00 p.m.
Two Brothers (PG)	Sunday at 6:30 p.m.
Sleepover (PG)	Wednesday at 6:30 p.m.
I, Robot (PG-13)	Friday at 7:15 p.m.
Anchorman (PG-13)	Friday at 9:45 p.m.

# Save energy and keep cool naturally

**John Dunbar**  
Base Facilities

Keeping cool indoors when it is hot outdoors is a problem. The sun beating down on our homes causes indoor temperatures to rise to uncomfortable levels. Air conditioning provides some relief, but the initial cost of installing an air conditioner and monthly electricity costs can be high.

There are alternatives to air conditioning such as maintaining a cool house with natural or passive cooling. Passive cooling uses non-mechanical methods to maintain a comfortable indoor temperature.

The most effective method to cool your home is to keep the heat from building up in the first place. The primary source of heat buildup is sunlight absorbed into your house through your roof, walls and windows. Secondary sources are heat generated by appliances in the home and air leakage.

Specific methods to prevent heat gain include reflecting heat away from your house, blocking the heat, removing built-up heat, and reducing or eliminating heat generating sources in your home.

Shading devices block the sun's rays and absorb or reflect the solar heat. Shading your home can reduce indoor temperatures by as much as 20 percent. Trees, other vegetation and window shades can help shade your home. Besides providing shade, trees and vines create a cool climate that dramatically reduces the temperature in the surrounding area.

During photosynthesis, large amounts of water vapor escape through the leaves, cooling the passing air. Generally, dark and course leaves absorb solar radiation.

Roughly 40 percent of the unwanted heat builds up in your home comes in through the windows. Venetian blinds, although not as effective as draperies, can be adjusted to let in some of the light and air while reflecting the sun's heat. Some newer blinds are coated with reflective

finishes.

Nothing feels better on a hot day than a cool breeze. Encouraging cool air to enter your house forces warm air out, keeping you house comfortably cool. However, this strategy only works when the inside temperature is higher than the outside temperature.

Natural ventilation maintains indoor temperatures close to outdoor temperatures and helps remove heat from your home. If you ventilate your home during the coolest parts of the day, or at night, you can then seal it off from the hot daytime sun. When it becomes windy, open the windows and allow the cool air to push out the warm unwanted air.

Often overlooked are heat generation sources, such as lights and household appliances. Items like ovens, dishwashers, and clothes dryers can add to the heat and humidity in your home.

To gain the most amount of benefit, seal off your laundry room and water heater from the rest of the house.

Most of the energy given off by incandescent lamps is heat. Use them only when necessary. Take advantage of the daylight to illuminate your home. Also, consider switching to compact fluorescent lamps, which use about 75 percent less energy than incandescent lamps and emit 90 percent less heat for the same amount of light.

New, energy efficient appliances generate less heat and use less energy. When it is time to purchase new appliances, make sure they are energy efficient and EnergyStar rated. All refrigerators, dishwashers and window-type air conditioners display and Energy Guide label indicating the annual estimated cost for operating the appliance or standardized energy efficiency ratio. Compare appliances and buy the most efficient models for your needs.

If you have questions about energy conservation, contact Base Facilities, Resource Efficiency Manager, John Dunbar at 257-2171 ext 251.

# SM&SP change out leaders and refocus priorities for program

**Pfc. Rich Mattingly**  
Combat Correspondent

The Single Marine & Sailor Program is changing gears aboard Marine Corps Base Hawaii as it gets a new coordinator and committee, refocusing on the program's goals.

With the recent arrival of coordinator Christianna Haberman, and a new board of over 20 unit representatives, the SM&SP is looking like a brand new ball game for the junior enlisted Marines and Sailors it's designed to serve.

The SM&SP is based on a founding principle, "to provide a forum that inspires, informs and unites the Navy and Marine Corps Team in the spirit of aloha, by improving quality of life and morale, for both the military and civilian communities."

Since its inclusion in base programming aboard MCB Hawaii, the SM&SP has been successful in its mission. The new leadership hopes to continue the tradition.

"We really want to build off of what's already in place," said Haberman. "We have a new council and new officers who are ready to step up and provide great new opportunities for the Marines and Sailors here."

The advisory board meets with the base sergeant major every two weeks to address and discuss SM&SP issues and concerns for future programs and activities.

The committee tries to make sure they keep a finger on the pulse of what activities the Marines and Sailors want to do, and what changes around base will make their lives easier, said Haberman.

Ongoing activities of the SM&SP

are the quarterly Shank and Slice golf tournaments, year-round paintball competitions, Aloha Fairs at Kahuna's Bar & Grill and life and career skills workshops.

According to Haberman, the base should soon be rocking now that the SM&SP is organizing "barracks bashes" to be held starting late this summer to early fall.

Haberman said it's important for Marines and Sailors to remember the SM&SP has an open door, and will always take suggestions for improving the program and its benefits.

"People can always come up and say, 'Hey, this is what I think,'" said Haberman. "There's always someone around."

For more information, call 254-7593, or stop by the SM&SP office in the Recreation center next to Kahuna's Bar & Grill.



The Single Marine & Sailor Program recently held its Annual Executive Council Elections at the Enlisted Club Ballroom. The new council stands as such:

**President**

Cpl. Rachel Richey, Aircraft Rescue and Firefighting, MCAF

**Vice President**

Petty Officer Second Class Melissa Wilson, Air Traffic Control, MCAF

**Secretary**

Petty Officer First Class Melissa Deherrera, Commander Patrol Reconnaissance Wing Two

**Treasurer**

The position remains vacant.

# OLELO gives Mokapu Elementary outside outlet

**Sgt. Jereme L. Edwards**  
*Combat Correspondent*

Students from Mokapu Elementary here have been taking advantage of a unique opportunity to be the stars of their own 30-minute monthly television show.

The chance to be stars came from a partnership with OLELO-Cable TV channel 52, the Hawaiian affiliate of the Public Broadcasting Service, sparked by Colette Young-

Pohlman the Mokapu music teacher.

"The show is called Na Keiki Hauoli o Mokapu, which means the happy children of Mokapu and will run for the next year," said Young-Pohlman.

The show airs 12:30 to 1 p.m. the first Wednesday of every month, and has been doing so since July 7.

"We requested that time slot in order to ensure the children would be able to watch it and to give them a chance to critique

their performances and discuss ways to make the show better," said Young-Pohlman.

"The basis for this project actually began in 2000. A few of the other faculty members and I put together a Native American musical Cinderella play. We got the theme for the play from two books: 'Little Firefly, an Algonquian Legend' and 'The Rough Face Girl,'" said Young-Pohlman. "We translated those books into a play with Native American music. The students

worked very hard learning the script and dances. As the time approached for the students' performance we contacted OLELO and asked if they would like to come and film the performance and they did. Subsequently, they aired the play five or six times."

According to Young-Pohlman, the lights of broadcast are nothing new to the students of Mokapu Elementary.

"Every other week during the school year our students pro-

duce a 10-minute school news report that runs on the base channel called The Mokapu Kids Broadcast. The students are the anchors, reporters and camera people. They do all the interviews and stories themselves," said Young-Pohlman.

"The experience from the Mokapu Broadcast has been great for Na Keiki Hauoli o Mokapu production. The next episode will air Sept. 1 on OLELO channel 52," said Young-Pohlman.

## Prepare for your deployed spouse's return with patience

**Kelli Kirwan**  
*LIFELines Services Network*

Deployment happens. It is inevitable it will occur during your spouse's military career at least once, if not several times. One way to get through a deployment is to focus on a goal: the reunion!

You will have certain expectations and needs as you plan the day your Sailor or Marine returns to you. But while you're picking out the perfect reunion outfit, don't forget your spouse's needs as well.

If you've experienced deployment before, you may think it's old hat. Don't believe it. Every deployment is different and you should give each reunion the consideration and time it deserves. Here are some things to keep in mind for your next reunion.

### Be Patient

When your honey returns, you can't just pick up where you left off six months or a year before. Having your spouse home again will bring your lives back into harmony with each other eventually, but it is not an overnight task. In fact given the circumstances that are evolving as a result of the attacks on our country, it may take more time and patience on everybody's part than what you may have experienced previously.

### Don't Change Everything

New hairstyle, wardrobe, vehicle, and furniture all at once may cause your Sailor or Marine to think they're in the wrong house. They want to come home to the same person they left. Your spouse needs to come back to some things that remain unchanged from when he or she left. Sailors and Marines think of home the way it was when they deployed, and they need that familiarity when they return. It may have been the very thought of home, as they remembered it, that got them through some tough or challenging times.

### Give 'Em Space

Make sure when your wife or hubby returns it looks like they still live there. If you have taken over the entire closet, give them their space back before they arrive home. Don't put their stuff in the very back of the closet with the Christmas decorations. If you do stow away some favorite items while they are gone, make sure you pull them out before the homecoming.

### Honey Dos and Don'ts

"Honey-do" lists never receive a round of applause, especially when presented within 48 hours of your spouse's return. Wait a while before hitting them with a list longer than the kids'

Christmas wish list. On the same note, keep up the routine tasks during the deployment. Six months of lawn growth in the backyard or mold in the bathroom is not a very nice welcome home gift.

### A Sense of Loss for Moments Missed

Service members may grieve for what they missed. Given the world climate now, those missed moments may be even more tender for your Sailor or Marine. First words, first steps, or first prom are all big moments in children's lives that can happen while the Sailor or Marine is deployed. Children may begin driving or dating during the time the deployed parent is gone. These things are landmarks by which you remember your children's childhood, and the service member may feel the loss of these events acutely. Deployed parents who miss these moments need time and understanding to adjust to the growth and changes in the family.

### She's Doing What Now?

Watching the local football hero hold the hand of your little girl as they walk to his sports car, or finding the phone constantly tied up while your son talks to young ladies who were previously considered gross can be unsettling for the returned parent.

Keep a scrapbook or journal of all the events, personal and public, so your

service member won't miss moments that were woven into your family while he or she was gone. Newspaper clippings, video recordings and mementos saved for their return can keep them from feeling like the world went on without them and nobody noticed. Sending clippings and videos to your Sailor or Marine throughout the deployment also helps prepare them for any changes while they were gone.

### Finding Your Family's Balance

Military families need to be independent and carry on with life while their Sailor or Marine is gone. When your spouse arrives home, he or she sees family routines that have been established without them. Events and activities go on without missing a beat. It could make them question where they fit in the family.

Our Sailors and Marines need reassurance they are needed, wanted, and appreciated. Conveying the message that life is much sweeter when they are home, while reassuring them that the family won't fall apart when they leave, may seem like walking a tight rope. However, could be as simple as saying, "We really missed you. It was fun, but it would have been perfect if you could have been here." Let your spouse know

See *RETURN*, B-8

# WORD TO PASS

## Scouts Looking to Recruit

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

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

## NMCRS Volunteers Needed

The Navy-Marine Corps Relief Society is looking for volunteers to fill receptionist and caseworker positions at the Kaneohe and Pearl Harbor offices. No experience is needed.

The receptionist will greet and confirm client eligibility, process and screen appointments, answer telephones, schedule appointments and prepare paperwork.

The caseworker will process client requests, verification, do budget analysis and review casework history, offer alternative solutions and give reference material. The caseworker will also determine whether or not a client's request falls within policy and make a decision to assist clients with loan and/or grant.

All volunteers will receive:

-Reimbursement for all child care costs while volunteering

-Reimbursement of mileage to and from office, child care and functions

Applications are available at your local NMCRS office.

## Military Invited to Job Fair

Joint Employment Management

System will hold its 17th annual job fair on Sept. 15 at the Banyans Club at 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 resumes, pick up applications and research the job market. For more details, visit [www.JEMSHawaii.com](http://www.JEMSHawaii.com) and click on Job Fair/Events, or call 257-7790.

## 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," Saturday 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.

## Summerfest Set for Saturday

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

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

The Ponds at Punaluu are located just 10 minutes past the Crouching Lion Inn, 10 minutes before the Polynesian Culture Center.

## Catholic Community Breakfast

The Catholic Community will be hosting a ham and egg breakfast on Sunday after the Catholic Mass. Everyone is invited to attend mass and then share in the food and fellowship.

For more details, call 257-3552 ext. 2.

## Local Theatres Celebrate the Arts

If the play's the thing for you, catch any one of the following performances:

•*Sunday*: At the University of Hawaii's Orvis Auditorium at 7 p.m., catch George Winston in concert. Proceeds benefit the UH Music Department, scholarships, research and guest artists. Cost is \$40 and guests are encouraged to bring a non-perishable, canned food for donation to the Hawaii Food Bank.

•*Upcoming*: At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden," all now available.

For more details, call 438-4480 or visit [www.HonoluluSymphony.com](http://www.HonoluluSymphony.com).

## Protestant Men's Breakfast Ministry

The Protestant men will be hosting a Men's Breakfast on Sept. 4 at 9 a.m. at the

See *WTP*, B-8

## Liberty Bus Schedule

Call Motor "T" at 257-2607 for more information.

### 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 Fort 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 Fort 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 Fort DeRussy

### Saturdays

#### 1st run from Waikiki

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

#### 2nd run from Waikiki

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

#### Final run from Waikiki

3 a.m., Depart Fort DeRussy  
3:25 – 3:35 a.m., Arrive E-Club  
3:40 a.m., Depart E-Club

# ON THE MENU AT ANDERSON HALL

**Today**  
**Lunch**  
 Beef Ball Stroganoff  
 Baked Fish Fillet  
 Macaroni & Cheese  
 Steamed Rice  
 Raisin Drop Cookies  
 Asst. Fruit Pies

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

**Specialty Bar**  
 (Lunch and Dinner)  
 Pasta Bar

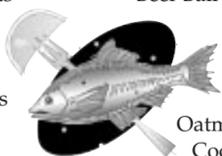
**Saturday**  
**Brunch/Dinner**  
 Turkey À La King  
 Baked Stuffed Pork Chops  
 Steamed Rice  
 Boiled Egg Noodles  
 Spice Cake w/Lemon  
 Cream Frosting  
 Sugar Cookies  
 Asst. Fruit Pies

**Sunday**  
**Brunch/Dinner**  
 Grilled Steak  
 Barbecue Chicken  
 Baked Potatoes  
 Sautéed Mushrooms &  
 Onions  
 Simmered Green Beans  
 Strawberry Shortcake  
 Banana Cream Pie  
 Salad Bar w/ Assorted  
 Dressing

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

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

**Specialty Bar**  
 (Lunch and Dinner)  
 Pasta Bar



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

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

**Specialty Bar**  
 (Lunch and Dinner)  
 Taco Bar

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

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

**Specialty Bar**  
 (Lunch and Dinner)  
 Country Bar



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

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

**Specialty Bar**  
 (Lunch and Dinner)  
 Taco Bar

## quotable

No great artist ever sees things as they really are.  
 If he did, he would cease to be an artist.

— Oscar Wilde

## Our Reputation Is Riding With You

Always respect fellow riders and the rights of others  
 by riding responsibly and within your skill limit,  
 obeying traffic laws and keeping the sound of your  
 bike to a reasonable level.

(800) 446-9227 • www.msf-usa.org



# Commissaries work to add services, value

## Internet coupons accepted again, with requirements to deter fraud

**Defense Commissary Agency**  
*Press Release*

**FORT LEE, Va.** — Commissaries are again accepting computer-generated Internet coupons with a couple of requirements to guard against fraud, Defense Commissary Agency officials announced.

This week all 273 commissaries around the world began accepting computer-generated Internet coupons that meet the following criteria: they must have a bar code that store checkouts can scan and they cannot be for free product. Photocopied or facsimile-generated coupons remain unacceptable at all commissaries.

"Internet coupons are a popular medium customers use to save money, so we wanted to work out a way to provide this service. We've analyzed this issue and these requirements

should adequately protect us against fraud while giving our customers the kind of the service they want," said Scott Simpson, DeCA's chief operating officer.

DeCA as well as other grocery retailers had stopped accepting home-printed coupons in September 2003 as an interim measure while the grocery industry grappled with losses incurred because of their fraudulent use. Analysts estimated the loss by coupon fraud to be millions of dollars to the grocery industry, which ultimately costs consumers in the form of raised prices to recoup losses.

Later this month, the agency's Web site, [www.commissaries.com](http://www.commissaries.com), will re-establish links to Internet grocery coupon sites for the convenience of commissary shoppers.



## Worldwide case lot sale in September aims to deliver additional savings to customers, business to installations

**Bonnie Powell**  
*Defense Commissary Agency*

**FORT LEE, Va.** — The September "World's Biggest Case Lot Sale" is just around the corner and the lines are forming for savings. Commissary shoppers normally save an average of 30 percent or more by using their commissary benefit regularly, but case lot sale shoppers are willing to get up before dawn, stand in line and brave the elements — all for savings of up to 50 percent on popular paper goods, canned goods, cleaning products and much more.

"During our last worldwide sale in May, customer savings topped over \$5 million on more than one million cases of product," said Defense Commissary Agency Chief Executive Officer Pat Nixon. "But, it's more than that. It's also a community event that gives neighbors a chance to have some fun, and it brings additional business and activity to the installations."

The worldwide case lot sale has been staged in September since 2001. The event proved so popular that the sale was expanded in 2004 to twice each year — May and September. Commissaries have the flexibility in choosing

which weekend during the designated month to hold their sale and nearly all of DeCA's 273 commissaries participate.

For September, a new feature is being added to the DeCA customer Web site. Shoppers can find out the dates of their nearest case lot sale by accessing the case lot sale link on the home page of DeCA's Web site at [www.commissaries.com](http://www.commissaries.com). All commissaries and their tentative sale dates will be listed in the new section. Each store location will also have a direct link to the store's "spotlighting" page where customers will find case lot sale hours for that particular store as the sale date draws near. Many commissaries also list a sampling of items they plan on having at the sale.

Customers should always remember to check directly with their commissary before traveling, since dates or product selection may change due to unforeseen circumstances such as inclement weather or the occasional problem with product delivery. Store contact information and phone numbers can also be found on each commissary's Web page.

Military retirees near Army and Air Force installations should check the new case lot sale page at [www.commissaries.com](http://www.commissaries.com) to see if their commissary is having its case lot sale during the weekend of Sept. 17-19.

**WTP, From B-5**

Base Chapel. Come out to share the word of God and enjoy a hearty breakfast.

For more info, call 257-3552 ext. 2.

**Hale Koa Holds Oktoberfest**

Grab your “dirndil” and “lederhosen” and then head to the Hale Koa Hotel for Oktoberfest 2004. Tickets go on sale Monday for the armed forces recreation resort’s annual Oktoberfest, held from Sept. 29 through Oct. 3.

This traditional German event celebrates authentic food, drink, music and dancing. Guests can purchase a wide selection of fine foods, to include bratwurst and sauerbraten, along with a unique selection of German beverages.

Admission costs \$6 each, and can be charged by phone at 955-0555, ext. 546.

**Club Reaches Out to Japanese Wives**

Sakura-no-Kai, a Japanese military wives club, is reaching out to Japanese wives who are married to local service members. The organization helps with transition problems wives

may incur with the military and American culture. The club meets once a month and typically hosts guest speakers and activities. Lunch is provided and children are welcome.

There is no membership fee, and all ranks and military service wives are welcome, any time, to exchange useful information.

For more info, call 239-2308.

**HTY Invites Military Kamaaina**

To celebrate 50 years of quality children’s theatre entertainment and drama, the Honolulu Theatre for Youth will present six shows by esteemed local and national playwrights. Artistic Director Mark Lutwak said the shows offer “some compelling ‘message’ theatre, it boasts a few world premieres, and it’s a lineup that appeals to everyone from teachers to 2-year-olds, to teens and their families.”

A military special is available for all active duty, family members and retirees with a valid ID card of buy one ticket, get one of equal or lesser value free. Season tickets are \$16 for adults, \$8 for youth (18 and under) and seniors (over 60).

Visit [www.htyweb.org](http://www.htyweb.org) for details, or call 839-9885.

**RETURN, From B-4**

that they were dearly missed, but don’t dwell on the fact they weren’t there.

**The Husband/Wife Connection**

Reconnecting with a spouse on an intimate and sexual level is typically at the forefront of every Sailor’s or Marine’s thoughts — the spouse’s, too. Re-establishing intimacy is different from re-establishing a sexual relationship. Intimacy needs quiet time together to share personal thoughts and feelings. It takes time, patience, and understanding.

Some couples need more time to adjust than others. You need to get to know each other again. Sometimes physical feelings may have been suppressed. Help your partner understand what you’re feeling, so that he or she does not view this needed time as rejection. Marriage needs to be continually nurtured, and yours is six months to a year behind in that department.

**How the Navy Helps**

The Navy has a Return and Reunion program that it takes

out to Sailors and Marines as they return home. The briefing team tries to prepare the returning service members for the adjustments that they and their families will face. Discussing these subjects before the ship docks or the plane lands helps make the transition to home life a little smoother.

Here are some of the issues they’ll discuss in the briefing:

- Re-establishing intimacy and sexual relationship, and the difference between them.
- Returning home to children.
- Easing back into the established routine.
- Driving cautions: Giving themselves time to readjust to local driving rules.
- Alcohol tolerance.

**Communicate**

Talking and listening to the needs of your partner and adjusting to life with the family again may take a while, but it will happen.

Deployment is a part of military life. As each deployment ends with a reunion, together you will help your family find its stride. Life will once again take on a familiar, steady pace.

---

# MARINE MAKEPONO

---

HAWAIIAN FOR  
“MARINE BARGAINS”

**Appliances**

**Stereo system**, Marantz stereo receiver; Mirage bipolar subwoofer, satellite and center speakers; Kenwood 5-disc CD player; stereo and speaker stand; all cables. Asking \$335 OBO. Call 262-6533.

**Yard Sale**

**Saturday**, from 7:30 to 11:30 a.m. at 2708 B. Cushman Avenue., leaving-the-island sale. Everything must go: clothing, kitchen items, coffee table and end tables, small kitchen table and many more items. Call Karen 220-8918 for more information.

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

*Call 257-8836 or 257-8837 for more information.*

---