

# LIFESTYLES

## Great Escapes



Bobbie Brock

The Beach House Restaurant, on the Island of Kauai, offers gorgeous ocean and sunset views to diners and passersby who linger to catch a glimpse of a Hawaiian sunset.

## Let Leisure Travel help you isle hop

**Bobbie Brock**  
MCCS Public Relations

**W**e live in a paradise that many of us take for granted. Many people only dream of traveling to Hawaii. They save for years for a two-week trip to the islands, and before they know it, their dream has come to an end.

You and I call this place home and go about our busy lives with our 9-5 jobs, running the kids to their practices, shopping for groceries and paying bills. We forget the beauty that surrounds us, and often take it for granted.

Whether you consider yourself lucky to be a resident or not, it's undeniable that this place is one of the most gorgeous destinations on the map. From pristine beaches to sunsets with brilliant hues of red and orange, you'll find natural beauty, unique history and culture in all of Hawaii.

It would be a shame not to venture out to experience some of these beauties here on Oahu



and on the other Hawaiian islands. Island hopping provides a great opportunity to take a break from the day-to-day grind. So, for a relaxing vacation, with very little hassle, head to the Information, Tickets and Tours Leisure Travel Office, part of Marine Corps Community Services.

As active duty personnel, family members and DoD civilians stationed here, it is especially easy and inexpensive to travel to another island. Let the ITT Leisure Travel staff worry about planning and booking your trip. All it takes is a simple phone call, or a quick stop by the offices at Mokapu Mall aboard MCB Hawaii, Kaneohe Bay, or Bldg. 1 at Camp H. M. Smith.

Leisure Travel sells all-inclusive packages that include two roundtrip-air tickets, two night's hotel accommodations and a two-day car rental. Interisland packages are offered at three levels: value, superior and luxury.

If Maui is your final destination, prices start at \$571 per person, for accommodations at Maui Lu, to \$822 per

person, for accommodations at the Sheraton Maui.

See the Napali Coast and the Grand Canyon of the Pacific — Waimea Canyon — on Kauai, and stay in "superior" accommodations at the Sheraton Kauai for \$692 per person. If you're a bargain hunter, "value" accommodations start at \$522 per person at the Kauai Coconut Beach Resort. "Luxury" accommodations at the Kauai Marriott are priced at \$978 per person.

Fly to the Big Island of Hawaii, and experience volcanic eruptions and black sand beaches. Leisure Travel sells packages for accommodations in both Hilo and Kona. Packages range from \$512 to \$988 per person.

Additionally, ITT Leisure Travel at Kaneohe Bay can arrange mainland flights, Las Vegas packages and cruises from Norwegian Cruise Lines. The K-Bay location is open Monday – Friday, 10 a.m. – 6 p.m.; the Camp Smith office is open Monday – Friday, 7:30 am. – 4 p.m.

If travel is in your future, look to ITT Leisure Travel to book your next trip. Call 254-7413 at Kaneohe Bay or 477- 5143 at Camp Smith.



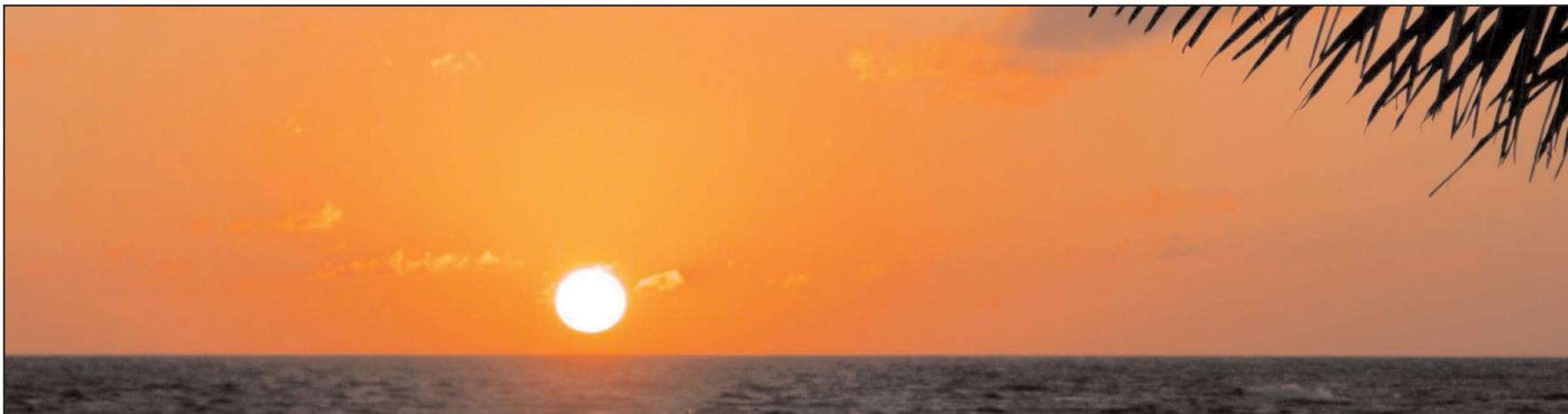
Sgt. Joe Lindsay

Above — Steve DiPietro, native of Oakland, Calif., chills poolside at the Maui Prince Hotel with his daughter, Ella, 3, during their family's most recent annual vacation to Makena, Maui.

Below — The luxurious and tropical setting of the Sheraton Kauai in Poipu is an example of the "superior" accommodations offered by ITT Leisure Travel.



Bobbie Brock



Bobbie Brock

Watching a Hawaiian sunset on the beach is one of the many seductions that lure travelers to return to or make Hawaii their home — permanently.

# MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

### February

#### 14 / Saturday

**Base Theater** — Tell us about your worst first date, and you will have a chance to win a Marine Corps Community Services gift certificate valued at \$50. Draft a one-page essay and tell us about your worst first date and drop it off at Bldg. 244 or the base theater. Essays must be turned in by today.

Also, come to the sneak preview of "50 First Dates," at 2:30 p.m., and find out if your experience was the worst.

For more information, call 254-7639.

**Decadent Dinner** — The Staff NCO Club is hosting a steak and shrimp Valentine's Dinner complete with four courses and champagne, followed by dancing. The cost is \$19.95 for members and \$24.95 for nonmembers.

For reservations, call 254-5481.

**Sweetheart Dinner** — The Officers' Club Valentine's

Dinner will be a four-course dinner starting with champagne and topped off with a heart-shaped strawberry shortcake filled with amaretto strawberry mousse.

The cost is \$70 per couple. Reservations are required; call 254-7650.

**Eight-Minute Dating** — Kahuna's Sports Bar & Grill is setting you up. Meet that special someone in eight minutes flat!

Activities heat up at 7:30 p.m. for two age groups, 18-25 and 26-35. This event will be fast, fun, safe and set in a comfortable atmosphere.

Raffle prizes, free pupus and a DJ will follow. Preregister online at 8minuteDating.com.

Cost is \$27 per person. For more information, call 254-7660.

**Joint Education Center** — The Joint Education Center has moved from Bldg. 219 to Bldg. 220.

For more information, call 257-2158.

#### 15 / Sunday

**"The Lord of the Rings" Marathon** — Is the weather not treating you right? Head on over to the base theater for the showing of the "Lord of The Rings" Trilogy.

See the "Movie Time" schedule below for times.

All movies are rated PG-13.

For more information and to purchase tickets, call 254-7641 or 254-7642.

#### 16 / Monday

**LINKS Workshops** — All military spouses are invited to get to know more about the Lifestyle Insights, Networking and Knowledge Skills program and network with other military spouses Feb. 16 – 18 from 5:30 to 9 p.m.

Attendees will learn about the military lifestyle and services that MCB Hawaii offers.

For more information, call 257-2368.

#### 18 / Wednesday

**Kahuna's Bosses' Day** — Bring your "head honcho" to the club for lunch from 11 a.m. to 1:30 p.m., then for a cold one and pupus after work from 4:30 to 6:30 p.m.

**Marriage Skills Workshop** — Thinking about marriage? Get in the know and attend the next Marriage Skills Workshop, where you'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success.

Classes will be held Feb. 18 from 8 a.m. to 2:30 p.m. and Feb. 19 from 8 a.m. to noon. Call 257-7780/7781 to register.

#### 19 / Thursday

**Staff NCO Call** — Join the base sergeant major, Sgt. Maj. Anthony Franks, and all staff noncommissioned officers in the Rocker Room at 4:30 p.m. Pupus and entertainment will be provided.

#### 20 / Friday

**Latin Night** — Salsa your way down to the Kahuna's Sports Bar & Grill for Latin Night. Catch live music by El Conjunto Tropical at 10 p.m.

This event is open to E-5 and below, DoD civilians and sponsored guests.

For more information, call 254-7660.

#### 21 / Saturday

**Base Library** — Bring your children to the base library at 1 p.m. to learn about Black History Month. Listen to stories, learn about African-American culture, make crafts and enjoy treats.

For more info, call 254-7624.

#### 24 / Tuesday

**Fat Tuesday** — Party Mardi Gras style at your club. The Officers' Club and Kahuna's will be kicking off Mardi Gras right — with beads, beverages and pupus. Look for details in next week's "Possibilities in Paradise" column.

#### 26 / Thursday

**Kahuna's Karaoke** — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held Feb. 26, March 4 and 11 at 9 p.m. Finalists from each preliminary will compete in the final contest on March 18.

The cost is \$5 to enter. For more information, call 254-7660.

#### 27 / Friday

**Ladies' Night** — All ladies are welcome to the Staff NCO Club for pau hana Friday. Enjoy thirst-quenching beverages and free pupus. Admission is free.

For more info, call 254-5481.

### March

#### 5 / Friday

**Father Daughter Dance** — Tickets are available through March 5 for the 5th Annual ASYMCA Father-Daughter Dance to be held in the Lanai Ballroom of the Officers' Club from 5 to 8 p.m.

Ticket cost for dads with daughters 4 and under is \$7; with daughters 5-11, \$14; and with daughters 12 and older, \$16. Adults must wear military dress or black tie; girls or daughters should wear formal or party dress.

For more info, call 254-4719.

## SM&SP



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

The SM&SP Office is located in Bldg. 1629. Call 254-7593 for more info.

#### SM&SP Online

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

#### Upcoming Events

Your SM&SP continues to deliver quality activities such as the below:

- **March 2, 9, 16 & 23:** Save these dates for the Golf Clinic, which is every Tuesday in March. The SM&SP is hosting the clinics for \$40 per person. Come learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament, which will be held March 24.

- **March 12-15:** Reserve these days for a trip to Las Vegas.

#### Inflatable Game Rentals

Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for your unit functions on MCB Hawaii, for \$100 per game.

#### Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events. To discover how you can get involved, and also garner a letter of accolade or appreciation in the process, contact SM&SP now.

## AAFES offers best calling card deal

**Marine Corps Community Services**  
Press Release

**DALLAS** — Reports from the United States Central Command (CENTCOM) indicate that deployed military personnel experienced difficulty when using phone cards in Operation Iraqi Freedom and Operation Enduring Freedom theaters. Because of this, the Army & Air Force Exchange Service (AAFES) is "reaching out" to let service members know the dollars and cents of international telephone services, as well as the benefits AAFES' global, prepaid phone cards offer.

Examples CENTCOM has furnished illustrate that making international calls through third party phone platforms can be unreasonably expensive. In some cases, as many as 58 minutes of a 60-minute prepaid phone card have been charged just to connect the call.

Phone cards purchased at local post or base exchanges, tactical field exchanges and Impress Fund sites (unit-run exchanges) are not subject to any connection fees or other hidden charges, which can be a large percent of the card's total value!

Beyond connection fees, service members, friends and family should be aware that price-per-minute charges can also be much higher when placing a call using a credit card, calling card or other prepaid phone cards.



The myriad of phone options available can be very confusing. Many prepaid phone cards sold in the United States are designed for use within the 48 contiguous states.

However, AAFES' prepaid phone cards are designed for use on a "global platform." This platform, according to AAFES spokesperson Fred Bluhm, "is tailored to the unique needs of mobile service members."

Before they even pick up the phone, Bluhm cautions military personnel to, "read the fine print." Many "domestic" or "per-minute" phone cards contain the phrase "international flat rates vary." These rates can vary widely. For example, AAFES' 550-unit card is available for \$39 while its closest competitor's 500-minute

card sells for \$25. While the competitor's card looks like a bargain, it is actually more expensive to use.

Service members who use the AAFES prepaid card receive three times as many minutes for calls placed from Kuwait to the United States. In this case, the "variation" is 21 cents per minute versus charges of 40 cents per minute. (For more information on per-minute charges, see the chart below.)

The bottom line, said Bluhm, is that "all phone cards are not created equal. It is important to let the troops and their loved ones know that cards from home may be subject to unforeseen charges."

The Army & Air Force Exchange Service remains committed to keeping the lines of communication open and affordable for all service members during their deployment.

The AAFES prepaid phone card is available worldwide, at any AAFES retail location, through the AAFES Catalog or at aafes.com. Further, AAFES prepaid phone cards are welcome at any of the 30 call centers AAFES operates in O I F / O E F regions — currently five call centers in Iraq, eight in Afghanistan and 19 in Kuwait.



	AAFES/\$39/550 Units	Closest Competitor/\$25/500 Min.
Kuwait	\$0.21/min. — 183 min.	\$0.40/min. — 62 min.
Afghanistan	\$0.35/min. — 110 min.	\$0.40/min. — 62 min.
Iraq (call center)	\$0.35/min. — 110 min.	\$0.40/min. — 62 min.
Iraq (satellite phone)	\$0.85/min. — 46 min.	\$1.00/min. — 25 min.

\*All calls are from country to U.S. and measured in total talk time minutes.

## MOVIE TIME

**Prices:** Adults (12 and older) \$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 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.

Shattered Glass (PG-13)	Today at 7:15 p.m.
Paycheck (PG-13)	Today at 9:45 p.m.
50 First Dates (PG-13) ( <i>Sneak Preview</i> )	Saturday at 2:30 p.m.
Something's Gotta Give (PG-13)	Saturday at 7:15 p.m.
Love Don't Cost a Thing (PG-13)	Saturday at 9:45 p.m.
<b>The Lord of The Rings Trilogy:</b>	
The Fellowship of The Ring (PG-13)	Sunday at 1 p.m.
The Two Towers (PG-13)	Sunday at 5 p.m.
The Return of the King (PG-13)	Sunday at 8 p.m.
The Fellowship of The Ring	Wednesday at 7:15 p.m.
The Two Towers (PG-13)	Thursday at 7:15 p.m.
The Return of the King (PG-13)	Feb. 20 at 7:15 p.m.

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# WORD TO PASS

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## Bishop Museum Hosts Family Sunday

•One of Honolulu's most popular family activities, Family Sunday, returns to the Bishop Museum, Sunday from 9 a.m. to 5 p.m. Enjoy an ocean-inspired day of fun complete with live entertainment by Frank Delima and other local favorites, arts and crafts, great food and admission to the museum's newest exhibit, "Savage Ancient Seas." Cost is \$3 for kamaaina and military, free for members and children under age 4.

•Through Sunday, enjoy "Flying the Child's Hope," a Chinese children's art exhibit at the Hall of Discovery, featuring various works of art that express concern for the environment, targeted for American kids ages 5-13, as well as the general public.

•Through April 15, catch the "Savage Ancient Seas," which transports guests to a North America of 70 million years ago, when the last of the great dinosaurs roamed the Earth. The 8,000-square-foot exhibit also features fossil skeletons suspended from the ceilings. Enjoy displays in Castle Hall.

•Bishop Museum is open daily from 9 a.m. to 5 p.m. and is located at 1525 Bernice Street. Regular admission is \$14.95 for adults, and \$11.95 for military and youth from 4-12 years old. Children under 4 are free. For more details, call 847-3511 or visit [www.BishopMuseum.org](http://www.BishopMuseum.org).

## Friends of Heeia Post Upcoming Events

•Sunday, you are invited to the Heeia

State Park "Open Market" from 9 a.m. to 3 p.m. Enjoy the beauty of the park while shopping for arts, crafts, fruits, veggies, plants and more.

•Mark your calendar for "In the Garden," a series of Hawaiian gardening workshops with experts in the field, tomorrow, March 13 and April 10. Discover the best techniques for pruning, mulching, transplanting and more, to pot and propagate plants for your own backyard.

## Commissary Scholarship Applications Due Wednesday

Time's running out to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Wednesday, Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link at [www.commissaries.com](http://www.commissaries.com). Copies of the application are also available at commissaries worldwide, but must be turned in to the commissary by Wednesday.

## 'Real Men,' Ladies Needed to Square Dance

Even real men can enjoy square dancing in the new Square Dancers class that started on Wednesday from 8 to 9:30 p.m. at the Ala Wai Community Recreation Center, at McCully and Kapiolani Blvd.

No experience or dancing ability is

required. Couples, singles, families and teens are welcome and casual dress is suggested.

Register by Feb. 25.

For more information, call David Lemon, federation chair, at 456-8465.

## African-American Heritage Committee Hosts Dinner, Feb. 20

Come one, come all! The Banyan's Club is the place to be on Friday, Feb. 20 at 6:30 p.m., when the Joint Intelligence Center Pacific's African-American Heritage Committee hosts its celebration of Black History Month in the Banyan's Club Ballroom at Naval Station Pearl Harbor.

This year's celebratory theme is the 50th anniversary of "Brown v. Board of Education." All military, DoD civilian personnel and family members are cordially invited to attend, and will be admitted at no charge to the formal program that begins at 7:30 p.m.

Social hour will begin at 6 p.m.; dinner will be served prior to the beginning of the formal program, and costs \$25 for E-6 and above and civilian equivalents, \$20 for E-5 and below and civilian equivalents. For dinner reservations, contact Petty Officer 1st Class Cynthia Dodd at 473-6443 or Sgt. 1st Class Jannece Lawson at 473-6451, by close of business Wednesday.

In addition to the program, the National Association for the Advancement of Colored People (NAACP) will be conducting a nonpartisan voter registration at the event. For more informa-

tion, call Alphonso Braggs at 783-8969.

## FBI Holds Seminar, Feb. 20

If you're interested in a career with the FBI, learn about special requirements during the FBI Career Seminar at the Pearl Harbor Fleet & Family Support Center, Bldg. 193, Room 205, Feb. 20 from 10:30 to 11:30 a.m. Entry-level salary is \$45,735, and from \$56,240 to \$61,045 upon graduation from the academy.

For more details, call 473-4222 or Special Agent Kal Wong at 566-4488.

## Arts Council Seeks Student Applications by March 1

Windward area high school students who excel in the arts are invited to apply for the Windward Arts Council's annual \$300 Arts Achievement Awards. The six award categories are instrumental and vocal music, theatre, dance, creative writing, visual arts and Hawaiian music, and dance and chant.

To be eligible, students must attend high school, live on the Windward side of Oahu and be recommended by their arts discipline teacher. Applications will be accepted until March 1.

The Windward Arts Council will present awards and award checks to recipients in a public concert and exhibition on Sunday, April 25.

For more information or an application, call Anne at 254-1147, e-mail [annemkay@worldnet.att.net](mailto:annemkay@worldnet.att.net), or write to Windward Arts Council at Box 1704, Kailua, HI 96734.

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# Retroreflective materials mandated



Lance Cpl. Rich Mattingly

Staff Sgt. Robinson Merchan (front) and Lance Cpl. Adam Trevino wear their reflective belts for visibility during early morning runs.

**Sergio Pablo**  
Base Safety Center

Thousands of people are injured or killed every year as a result of collisions with automobiles. Therefore, pedestrians and bicyclists must do everything possible to ensure that drivers can see them, especially during the evening and early morning hours.

Base Order 5500.15A Ch 9 requires retroreflective gear to be worn after evening colors and before morning colors.

In the past, it was thought that wearing white or light-colored clothing made pedestrians visible at night. But recent studies show this is not the case.

Drivers approaching people wearing white must be within 180 feet to see them. However, tests show under ideal, flat road conditions, a driver traveling at 60 mph needs 260 feet to stop. Add darkness, fog, smoke or rain, and the time needed to react

increases significantly.

Retroreflective materials enhance the wearer's visibility by returning more light than it absorbs or scatters — as regular fabrics would — back to the light source. Studies show fluorescent-colored fabrics create no greater visibility at night than white ones.

Pedestrians and bicyclists can greatly improve their visibility by wearing clothing that incorporates reflective materials — either sewn onto or woven into the fabric — and not just light or fluorescent-colored clothing. Because the eye is attracted to motion, wearing reflective articles on parts of the body that move more than others, such as the end of limbs, is particularly effective.

Manufacturers produce many different items including reflective vests (similar to the kind worn by traffic crossing guards), reflective arm/ankle bands, shoes and backpacks with reflective patches, and even T-shirts and men's suits that use reflective fab-

ric. Clothing that incorporates reflective materials is available at most sports stores in the bicycling and running sections.

So, the next time you walk, run or bicycle during the hours of darkness, take steps to improve your visibility to drivers, and follow these tips:

#### For pedestrians

- If there is a sidewalk, use it.
- If you're on foot and there is no sidewalk, use the shoulder of the road facing the traffic.

#### For pedestrians and bicyclists

- Use well-lit routes.
- Wear light-colored clothing or reflective garb, in addition to some sort of reflective device.
- Wear reflective wrist and ankle bands.
- Carry a small flashlight.
- Don't use headphones or devices that will impair hearing.
- Don't travel alone in strange, deserted areas.

## Pet proof your home to save your pet a trip to the vet

**NAPS**  
Featurettes

If you knew how dangerous the average home can be for a pet, you might consider making tracks to pet proof your house. Many hidden dangers in the home go unnoticed until it's too late.

Consider the dog that ate a pound of wire while the owner was standing nearby in the garage, the cat that was playing with a thread laying on the table and swallowed it with a needle at the end, the bird that took flight in the house and tragically got mixed up with a ceiling fan, and the cat that jumped into the clothes dryer.

While these circumstances may seem uncommon, similar incidents happen all too often in households across the nation.

According to data just released by Veterinary Pet Insurance (VPI), claims have increased over the last few years. In 2002 alone, Americans spent \$18 billion on veterinary care for their dogs and cats, and

that doesn't include care for exotic pets.

Homeowners are familiar with some hazards in the home; they know about locking up the antifreeze, rodent and snail baits and being mindful of poisonous plants such as lilies, poinsettias and mistletoe. But learning more about less-common hazards can help avoid some tragic scenarios.

According to Dr. Aine McCarthy, director of veterinary marketing at Veterinary Pet Insurance, "Pets have become such an integral part of the American household. Unfortunately, many people aren't aware of the less-publicized dangers in their home that veterinarians see daily, harming pets. As a veterinarian, I know many worst-case scenarios could have been avoided."

According to claims data from VPI, the nation's largest insurer of pets, these are the greatest household threats:

- Electric shock — Chewing on electrical cords, especially during the holidays when

extension cords are used for decorations. It is best to hide these cords so they are not so accessible.

- Lacerations and Bruising — Injuries from jumping off beds (for small dogs) and fighting with other animals are all too common.

- Food and Poison — Cats and dogs may ingest varied toxic items, including insecticides, human medications, chocolate and pieces of dog toys, and bones that may splinter.

Pet owners need to be aware of other hazards in the kitchen, including things commonly found in the trash can, such as coffee grinds, old batteries and cigarette butts. Other hazardous items in the bathroom or linen closets include dietary supplements, nicotine gum, mothballs, soap and chemical cleaning agents.

"It's important for people to be aware of the hidden dangers around the exterior of their house as well," says McCarthy.

If you have a swimming pool that stays full during the winter, she suggests teaching your dog where the steps are so they won't panic and drown should they fall or jump in. Also, buy a self-closing door or gate to help thwart and protect the escape artist — your pet.

Finally, make sure your pet is insured. No matter how much you prepare, expensive accidents are bound to happen. After all, pets will occasionally be pets.



Following a few simple steps to keep your pet away from dangerous substances can help you avoid common reasons for emergency visits to the veterinarian.



## Student wins savings bond

**Marine Corps  
Community Services**  
*Press Release*

**MCB QUANTICO** — Five lucky students nationwide are the most recent winners of U.S. Savings Bonds in the Marine Corps Exchange Super Star Student Program, and there are still hundreds of prizes available to win.

Locally, Joshua Schaeffer, an eighth grade student at Kailua Intermediate School, won a \$500 U.S. savings bond.

"I saw the poster and went into the PX Customer Service Department with my report card, and used a penny to scratch and win the five-hundred dollar bond," explained Schaeffer, who typically maintains an A average. "After high school, I'll see what I'll do with that, maybe books for college."

Each of the 16 Marine Corps Exchanges are rewarding patrons in grades 6 through 12, who maintain a B average or better for the grading period. Since the program kicked off in September 2001, thousands of students have flocked to their local MCX to

participate.

Super Star Students receive one scratch-off card per grading period with the chance to win prizes such as MCX gift certificates, disposable cameras, phone cards, gum machines, portfolios and clothing. There are three grand prizes per main exchange to include a \$1,000 U.S. Savings Bond and two \$500 Savings Bonds.

To be eligible for the Super Star Student Program, youth must be authorized MCX patrons and visit their local exchange store manager with their report card within 30 days of receiving their report card. Prizes must be claimed within 30 days.

For more information, students should contact their local Marine Corps Exchange.



Lance Cpt. Megan L. Stiner

**Joshua Schaeffer is the winner of a \$500 U.S. Savings Bond from the exchange here at K-Bay.**

## Parental participation is key to getting good grades

**NAPS**

*Featuring*

For many parents, the first report card of the year can bring about feelings of pride and happiness. For parents who are surprised by their child's disappointing grades, it can produce feelings of anxiety and frustration.

Fortunately, there are steps parents can take to make that surprise a happier one.

"When a parent is surprised by a poor report card it often means they haven't been staying informed about their child's progress," says Richard Bavaria, Ph.D., vice president of education for Sylvan Learning Center. "A continuous and open dialog among teachers, parents and students will help alleviate any concerns."

Sylvan Learning Center offers the following tips to help parents maintain clear communication with their child:

- Teach your child that education is important to your family.

- Discuss goals and objectives for the school year.

- Talk about school every day. Make it a regular part of the family's routine.

- Don't wait for a report card to talk about school and grades. Frequently discuss how your child is doing in each subject and what grade he or she anticipates receiving.

- Talk with your child about study habits and develop a study plan. Set aside specific time for studying and make sure that your child has a properly equipped and well-lit area to work.

- Discuss extracurricular activities such as team sports or after-school jobs. Being over scheduled may affect your child's grades.

- Help your child get organized with a calendar and scheduling.

For more tips on making school fun, visit [www.educate.com/tips](http://www.educate.com/tips).

## MARINE MAKEPONO

HAWAIIAN FOR  
"MARINE BARGAINS"

### Vehicles

**2002 Mustang GT**, black w/tan convertible top, tan leather interior, upgraded sound system and exhaust, 11,000 miles. Asking \$22,000 OBO. Call 235-3389.

### Appliances

**Window unit A/C**, 17,800 BTU, 220v, works well. Asking \$150. Second A/C unit also available, 5,800 BTU. Asking \$75 OBO. Call 254-2660.

### Boats

**2003 Sea Ray Ski Boat**, 17 feet, yellow/red, engine used less than 20 hours. Located in Base Lemon Lot. Asking \$17,500 OBO. Call Andy at 254-8581.

### Yard Sale

**Saturday**, at 1919-B McLennan Dr., in Capehart Housing from 8 a.m. to noon. Furniture, art and more! Call 254-1214.

### Miscellaneous

**Girls' bikes**, 24 and 26 inches, both in good condition. Asking \$50 each. Full size folding lounge/beach chairs. Asking \$12 each or \$40 for four. Nintendo 64 game system with controls. Asking \$40. Call 262-8789 (days).

**Four Bose 601 speakers**, excellent condition. Asking \$100 each. Shoei full-face helmet, 7<sup>1</sup>/<sub>4</sub>, white with red and black. Asking \$100. Alpine Star men's motorcycle boots, 8<sup>1</sup>/<sub>2</sub>, white with red. Asking \$50. Oldsmobile transmission with stall converter. Asking \$100. Diesel generator, 3500kw, needs a little work. Asking \$350. Call 222-4746 or 259-0348.

**For sale by sealed bid**, Whirlpool Jacuzzi (Platinum Series, Model #H860000), purchased in July 1998. Comes with stairs, leather cover, owner's manual and complete service record to be sold as is.

Bids start at \$1,500 and may be submitted in person from 7 a.m. to noon tomorrow, at Bellows AFS, Bldg. 508.

Sealed bids will be opened at 10 a.m. on Monday. Bidders are welcome to attend the bid openings.

The highest bidder will be contacted if not present at the bid opening. Bellows AFS will not deliver, install or service the Jacuzzi. The high bidder assumes all responsibility for delivery, installation, maintenance and operation of the unit.

Sealed bid forms can be downloaded at [www.bellowsafs.com/jacuzzi.pdf](http://www.bellowsafs.com/jacuzzi.pdf). For more information, call 259-5926.

# ON THE MENU

## AT ANDERSON HALL



### Today

#### Lunch

Beef Balls  
Stroganoff  
Baked Fish Fillet  
Macaroni & Cheese  
Steamed Rice  
Raisin Drop Cookies  
Asst. Fruit Pies

#### Dinner

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

#### Specialty Bar

Pasta Bar

#### Saturday

Brunch/Dinner  
Turkey A la King

Baked Stuffed  
Pork Chops  
Steamed Rice  
Boiled Egg Noodles  
Spice Cake w/  
Lemon Cream Frosting  
Sugar Cookies  
Asst. Fruit Pies

### Sunday

#### Brunch/Dinner

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

### Monday, President's Day

#### Brunch/Dinner

Beef Stew  
Baked Fish Fillets

Baked Macaroni & Cheese  
Steamed Rice  
Oatmeal Cookies  
Asst. Fruit Pies

### Tuesday

#### Lunch

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

#### Dinner

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

#### Specialty Bar

Taco Bar

### Wednesday

#### Lunch

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

#### Dinner

Meatloaf  
Pork Ham Roast  
Mashed Potatoes  
Tossed Green Rice  
Brownies  
Asst. Fruit Pies

#### Specialty Bar

Country Bar

### Thursday

#### Lunch

Salisbury Steak  
Barbecued Chicken  
Rice Pilaf  
Oven Browned Potatoes

Corn on the Cob  
White Cake w/  
Lemon Cream Frosting  
Asst. Fruit Pies

#### Dinner

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

#### Specialty Bar

Taco Bar

