



Hawaiian spirit

Ranch style



Visitors can explore the network of scenic trails spanning Kualoa Ranch from horseback.

Kualoa Ranch entertains, offers a unique glimpse of Hawaii

Photos and Story by Pfc. Len Cutler
Hawaii Army Weekly

KAAAWA — Kualoa Ranch is a sprawling expanse of scenic real estate, located on Oahu's windward side, with a spate of outdoors activities for visitors and residents alike. The backdrop of green-covered mountains and miles of sparkling ocean make Kualoa an excellent opportunity to glimpse a version of Hawaii rarely seen on its most densely-populated island.

Paul Brewer, a tour guide for the ranch, said Kualoa is the perfect spot to get away, or to introduce newcomers to Hawaii's charms.

It's so lush and beautiful, in fact, that it's chosen regularly by movie producers looking for that special location. "Jurassic Park," "The Rundown," "Along Came Polly," "Tears of the Sun," "Pearl Harbor" and "Windtalkers" are just a few of the movies that featured the Kualoa landscape.

"It has everything — mountains in the background, the views, the ranch, a petting zoo and all the activities," Brewer said. "I think this is the only place on the island where you can ride ATVs [all terrain vehicles]."

"We have horseback riding, which lets you see the real Hawaii. It's a ranch setting, with the

Hawaii spirit."

John Morgan, president and general manager of the ranch, said the friendly atmosphere is perfect for families, and single service members.

"We get a lot of locals and military members too. Families love the activities because everyone can participate," he said.

In addition to the petting zoo, horseback riding and ATVs, Kualoa also boasts two features that are seemingly tailor-made for service members: an outdoor shooting range and a paintball course that accommodates up to 24 participants. Spread over approximately four acres, Morgan said the paintball range is a popular attraction.

Visitors can also enjoy snorkeling and scuba diving at the ranch, as well as volleyball and other outdoor activities. Visitors are encouraged to make a reservation before they arrive at the Kualoa Ranch, but Morgan welcomes anyone who just wants to stop by too.

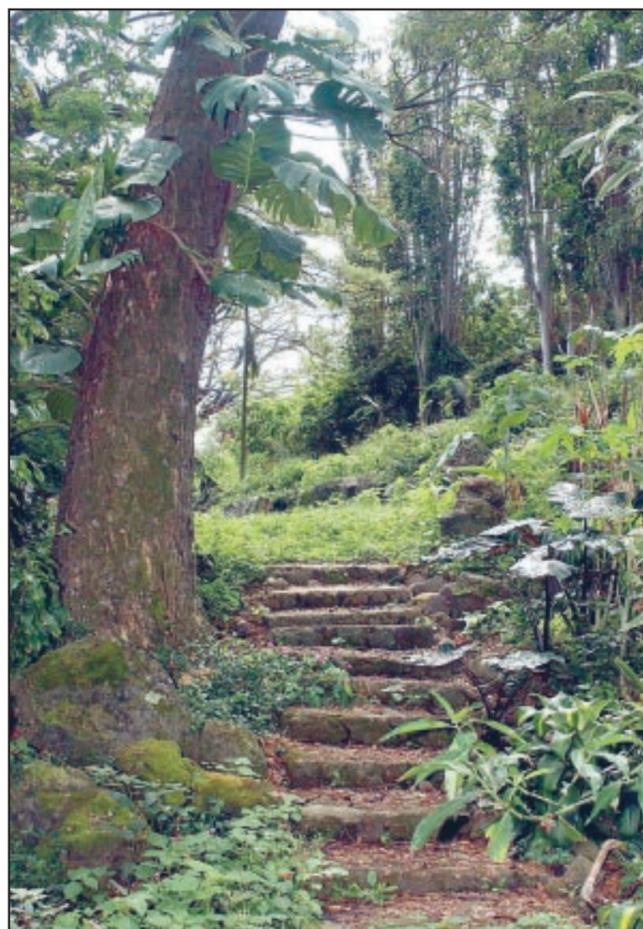
Rates for activities vary from \$15 for a tour of the ranch and movie production sets used by Hollywood, to \$47 for horseback riding, ATV riding and the shooting range. Paintball is \$25 per person, and groups are recommended.

For more information or to make a reservation for a Kualoa Ranch activity, call 237-7321.



Above — Residents of Kualoa Ranch's petting zoo check out the day's batch of visitors.

Below — A stone walkway leads visitors through the mountain, under a vast canopy of Hawaiian flora.



The island known as "Chinaman's Hat" is one of the many natural landmarks that await visitors.



Contest entries sought in recognition of Women's History



Chances are, we've all had people in our lives who picked us up when times were tough, or stood beside us in support, or gave us a kind word and pat on the back when we were down. Be they family, friends, co-workers or complete strangers, we would like to give recognition to

three women, living or working on MCB Hawaii, who have made positive contributions to others.

Take this opportunity to help recognize that special female who has made a positive impact in someone's life — large or small — by submitting a 300-word-or-less essay.

Submissions may be hand delivered or e-mailed to editor@hawaii.marine.com, and must be received at the *Hawaii Marine* office in Bldg. 216 by March 5 at 1 p.m. Winning entries will be printed in the *Hawaii Marine* in the March 12 issue. Call 257-8836 for more information.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

February

20 / Friday

Father Daughter Dance — Available now through March 5, get your tickets to the 5th Annual ASYMCA Father Daughter Dance, which will be held in the Lanai Ballroom of the Officers' Club from 5 to 8 p.m. on March 13. Ticket cost for dads with daughters who are 4 and under is \$7; with daughters 5-11, \$14; and with daughters 12 and older, \$16. Dads or accompanying adults must wear military dress or black tie, and girls or daughters should wear formal or party dress.

For more information or to purchase tickets, call the Armed Services YMCA at 254-4719.

Latin Night — Salsa your way down to Kahuna's Sports Bar & Grill for Latin Night, and enjoy 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.

Las Vegas — Have I got your attention? Kahuna's Sports Bar is giving away a Las Vegas trip to hear Metallica and Godsmack in concert. Every Friday, jam with 97.5 KPOI, live from 9 to 11 p.m. When KPOI plays two songs by Metallica or Godsmack back-to-back, be the ninth caller and qualify for the drawing on March 5 at Kahuna's.

For more information, call 254-7660.

Auto Auction — The Auto Skills Center will host an auto auction on cars it has acquired and fixed up to good working condition. Interested parties can inspect the vehicles and place their bids in the ballot box inside the Auto Skills Center.

The next time you are on the market for a new vehicle, don't pay those high prices. Instead, visit the Auto Skills Center to see if it has just what you are looking for.

To find out what is on the lot, call the shop at 254-7675.

21 / Saturday

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

Festivities will begin at 1 p.m. For more info, call 254-7624.

24 / Tuesday

Fat Tuesday — Party Mardi Gras style at your club. Forget about the traffic, big crowds and potential mishaps and head to your club for beads, beverages, party favors and pupus.

The Officers' Club will kick off at 4:30 p.m., and Kahuna's Sports Bar & Grill will celebrate at 6 p.m.

25 / Wednesday

Mardi Gras — The Staff NCO Club is celebrating Mardi Gras in style. Enjoy Cajun pupus, beads, party favors, 25-cent wings and free fun!

The club will open at 4:30 p.m. For more info, call 254-5481.

Mongolian Barbecue — Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals. Select your favorite veggies and meat including chicken, shrimp, pork and beef, then pile your bowl high, and kick it up a notch with a sauce of your choice in the buffet-style atmosphere.

Enjoy watching the grill masters flip, sauté and grill your dinner to perfection when Mongolian Barbecue is served every Wednesday and Friday.

For more details, call 254-7649.

26 / Thursday

Story Time — Catch the base library's Story Time in Bldg. 219, any Thursday at 10 a.m. Children and parents are invited to this fun-filled hour of stories, activities and special events.

Come down and spend some quality educational time with your children. For more information, call 254-7624.

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

Cost is \$5 to enter, and Dream Cruises Hawaii, Walter's Karaoke Shop, Subway at MCB Hawaii and the Hale Koa Hotel will provide great prize giveaways.

For more info, call 254-7660.

27 / Friday

Ladies' Night — All ladies are welcome to the Staff NCO Club for pau hana Friday. Enjoy thirst-quenching beverages, free pupus and free admission. For more information, call 254-5481.

28 / Saturday

Family Child Care — Family

Child Care is a home setting child care service provider operated by Personal Services of Marine Corps Community Services and certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a Family Child Care provider, call the Children, Youth and Teen programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call the FCC Office at 257-7030.

March

3 / Wednesday

Country Night — Check out local country music sensation Dita Holifield and The Next Big Thing featuring Charlie Garrett at Kahuna's Sports Bar & Grill. Hear her live from 8 p.m. to 12 a.m.

4 / Thursday

Right Hand Man Night — Calling all officers! Invite your staff noncommissioned officers to the club and show them your appreciation. Toast the Corps, camaraderie and chow, all at the Officers' Club, from 4:30 to 6:30 p.m.

For more info, call 254-7650.

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 weekend trip to Las Vegas. Cost is only \$350 for individuals 21 years and older, which includes air, hotel and meals.

SM&SP Has Relocated

The new SM&SP Office is located inside the newly opened Kahuna's Recreation Center, in the Enlisted Club facility.

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.

Navy lodge provides alternate choice

Petty Officer 3rd Class Devin Wright
Hawaii Navy News

FORD ISLAND — Naval Station Pearl Harbor hosted a ribbon-cutting ceremony for a long-awaited grand opening here, recently. Building 78 on Ford Island is now home to the Navy Lodge.

The historical landmark building was first erected in 1941 and served as a bachelor officers' quarters until 1984. The building was also used as an emergency medical center during the attack on Pearl Harbor, as well as was featured in the film "Tora! Tora! Tora!"

Preserving the building's 1940s design, both inside and out, was a main priority during the renovation period.

During the ceremony, Rear Adm. Bernard J. McCullough III, Navy Region Hawaii commander, said the opening of the lodge should greatly improve the quality of life for service members stationed on Oahu.

"When service members first arrive to the island, historically we've booked them in hotels down in Waikiki," said McCullough. "Typically, the service member can only afford to buy one rental car ... for his or her transportation to their respective duty station, [which leaves] their spouse without transportation to gainfully seek employment. Now, with the lodging opportunities in this historic building ... the spouse is free to use the rental car to find a job and take the family around to see the island.

"Some might view this as an economic detraction from commercial ventures in Waikiki. I would tell you that our Sailors' per diem rates are much less than what you

can get for an average hotel room in Waikiki," McCullough added, "so, I think this is a win-win situation for the local business community and the Navy."

The \$22 million renovated lodge comes equipped with 55 two-room suites.

"Being two room suites, there is more room for families who are in a permanent change of station status, or temporary assignment duty, or the occasion when a service member wants to sponsor family or friends, things like that," said Steve Tolliver, Navy Lodge assistant manager. "They also come with complete kitchenettes, cookware and a dinette set. These are things that the military service members didn't have before. They had to go out in town, and it was costing them a fortune." The new lodge hopes to help service members and their families who are provisioning, arriving and departing, by providing convenient access to Pearl Harbor and accommodations while they are looking for an apartment or waiting to move into base housing.

"We are centralized, in as far as Pearl Harbor is just up the road, as well as Hickam, Ft. Shafter, the commissary — all in a very short commute," Tolliver explained.

For Lt. j.g. Patrick Sullivan, who served



Petty Officer 1st Class William R. Goodwin

The newly renovated \$22 million lodge comes equipped with 55 two-room suites and will help provide service members and their families with a place to live while looking for a residence in the local area or waiting to move into base housing.

as the auxiliaries officer aboard USS O'Kane (DDG 77), the new lodge eases some of the financial burden that comes with transferring from Hawaii.

"When we first arrived here three years ago, we were staying downtown. It was nice, but it was so far from base and you end up paying Waikiki prices for the majority of stuff," he said. "Staying at the Navy Lodge has worked out great for us financially. It was easier to move out of housing, and we can buy food at the commissary and just eat here."

In addition to the financial benefits, there is the added comfort of feeling safe.

"This is a gated area, and there are a number of security measures to get on the island. You know the type of people you are staying with," said Sullivan. "That's comforting for me and my wife and kids."

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.

| | |
|--------------------------------|------------------------|
| The Return of the King (PG-13) | Today at 7:15 p.m. |
| Mona Lisa Smile (PG-13) | Saturday at 7:15 p.m. |
| Shattered Glass (PG-13) | Saturday at 9:45 p.m. |
| Peter Pan (PG) | Sunday at 3:30 p.m. |
| Stuck on You (PG-13) | Sunday at 7:15 p.m. |
| Cheaper By the Dozen (PG) | Wednesday at 7:15 p.m. |
| Mona Lisa Smile (PG-13) | Thursday at 7:15 p.m. |
| Torque (PG-13) | Feb. 27 at 7:15 p.m. |
| Cheaper By the Dozen (PG) | Feb. 27 at 9:45 p.m. |

Marines take time out for Career Day

Photos and Story by
Cpl. Monroe F. Seigle
Community Relations Clerk

WAIMANALO — “My name is Sergeant Stokley, and I am a scout sniper in the United States Marine Corps!” barked a Marine to a group of first graders while he was covered from head to toe in camouflaged material. However, none of the students from Blanche

Pope Elementary School in Waimanalo, Hawaii, seemed scared of him.

Sergeant Tucker Stokley, a scout sniper with Weapons Co., 3rd Battalion, 3rd Marine Regiment, stood in front of them and explained the functions of an M40A1 sniper rifle during the school’s Career Day program Feb. 12. Part of the Adopt-a-School program, the Marines from 3/3 often spend

time with the school children, in and out of the classroom, to provide a source of guidance for them from outside the school setting.

“The students love it when the Marines show up to talk to them,” said Nicole Perreira, a counselor at Blanche Pope Elementary. “They are nothing but smiling faces, and they just seem to attach to the Marines.”

Along with the Marines comes many pieces of tactical equipment. Several students said they found it quite amusing to crawl into a High Mobility Multipurpose Wheeled Vehicle for the first time. Others stood anxiously in line to get their faces donned with camouflage paint.

During the Career Day presentation, Marines taught students about the infantryman’s specific duties, as well as what all Marines do on a daily basis. When asked if they would like to ask any questions about life in the Marine Corps, many children responded quickly with numerous questions.

“The time we spent out here today was time well spent, because these kids look up to us,” said Stokley, “and by just being here, we make an everlasting impression on them in such a positive way.

“It’s not the weapons and the equipment that are most interesting to these children; it’s the Marines themselves who are out here to spend time with them and explain to them how the equipment works, which captures their attention.”

As the Career Day presentation continued, students received more hands-on time with more equipment, including binoculars used as a laser range finder, the MK19 automatic grenade launcher, and a ghillie suit, which covers the

entire body and is used by snipers when they stalk targets.

The 3/3 Marines said they were quite impressed when many of the students remembered the names of the equipment from last year’s visit.

“What we really wanted to do was give the students the opportunity to see what is out there in terms of career opportunities,” said Perreira. “They got a whole lot more than that this year. They also got to learn what the Marines themselves

are like, and they all agree that the Marines are really good people.

“The kids can see the Marines genuinely care about them.”



Sergeant Tucker Stokely, a scout sniper with 3rd Battalion, 3rd Marine Regiment, shows off an M40A1 sniper rifle to a group of curious first graders.



Above — Malachi Akau, 7, a first grader at Blanche Pope Elementary School, enjoys having camouflage paint applied to his face just like Marine Corps snipers do when they track targets.



Left — Paea Mokiao, 7, a first-grader, gets a first-hand look at a M224 60mm lightweight mortar during the school’s Career Day.

WORD TO PASS

African-American Heritage Committee Hosts Dinner, Tonight

Come one, come all! The Banyan's Club is the place to be today 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. All military, DoD civilian personnel and family members are cordially invited to attend.

Social hour will begin at 6 p.m.; dinner at 6:30 p.m. at \$25 for E-6 and above and civilian equivalents, \$20 for E-5 and below and civilian equivalents; and all will be admitted at no charge to the formal program that begins at 7:30 p.m. For dinner reservations, contact Petty Officer 1st Class Cynthia Dodd at 473-6443 or Sgt. 1st Class Jannece Lawson at 473-6451.

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 details, call Alphonso Brags at 783-8969.

Environment & Dogs Top WAA Weekend Activities

•The Windward Ahupuaa Alliance needs about 50 volunteers, 12 years and older, to assist with the quarterly Great Kapaa Quarry Road Cleanup/out Community Stewardship Day, tomorrow.

Registration is scheduled from 7:45 to 8:15 a.m.; work hours from 8:15 a.m. to 11:30 p.m.; and lunch, a marsh mini-tour and more from 11:40 a.m. to 1:30 p.m. For more details, contact John at 261-8991, ext. 236.

•Supporters of a Windward Dog Park will meet on Sunday from 3:30 to 5 p.m. at the Kailua YMCA, 1200 Kailua Rd., to plan and coordinate the next series of steps in their campaign to get an off-leash dedicated dog park facility in Windward Oahu.

For more information, call 223-5535 or 791-0517.

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.

•March 13 and April 10, mark your calendar for "In the Garden," a series of Hawaiian gardening workshops with experts in the field. Discover

the best techniques for pruning, mulching, transplanting and more, to pot and propagate plants for your own backyard.

'Real Men' & Ladies Needed to Square Dance

Even real men can enjoy square dancing in the new Square Dancers class that recently started from 8 to 9:30 p.m. at the Ala Wai Community Recreation Center, at McCully and Kapiolani Blvd. Couples, singles, families and teens can still register — no later than Wednesday. No experience or dancing ability is required, and casual attire is OK.

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

Aloha Chapter Posts Scholarship Program

This spring, the Aloha Chapter of the Military Officers Association of America (MOAA) will award one \$1,000 scholarship for the inaugural 2004-2005 academic year. Any Hawaii service or family member under 24 may apply, and forms may be obtained by calling 488-7013, e-mailing takyosh@aol.com, or mailing a request to Aloha Chapter MOAA; ATTN: Scholarship Fund; P.O. Box 19267; Honolulu, HI 96817-0267.

Applications must be received by April 30, and will be judged on the basis of financial need, scholastic ability or potential, and character qualities.

Arts Council Seeks Student Applications

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 a 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 info or an application, call Anne at 254-1147, e-mail annemkay@worldnet.att.net, or write to Windward Arts Council at Box 1704, Kailua, HI 96734.

Tech Shows Planned in March

All are welcome to attend Hawaii IT 2004, which will showcase demos of the latest in technology, March 9 at the Hickam Air Force Base Officers' Club, March 10 at Camp H. M. Smith's Pollock Theatre in Bldg.

4, and March 11 at Pearl Harbor's Banyans Club. All times are from 10 a.m. to 2 p.m., with free, on-site registration.

Be sure to talk to knowledgeable industry reps who will be on hand, plus enjoy extensive catering. For more details, call 1-888-282-2262 or visit www.atc-expo.com/shows.

Bishop Features Sea Creatures

Through April 15 at the Bishop Museum, 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.

Aquarium Celebrates 100 Years

Sunday, March 14, from 9:30 a.m. until 4:30 p.m., island residents and visitors are invited to join in on celebrations at Waikiki Aquarium that will honor its 100th anniversary. Family Fun Day will include games, crafts, ono food, mega fun, live Hawaiian entertainment and much more. Admission is \$1.

The Waikiki Aquarium is the third oldest public aquarium in the United States, and is located at 2777 Kalakaua Ave.

Scout's honor



Photos by Lance Cpl. Rich Mattingly

Above — (From left) Scouts Adam Marino, Ben Roberts, and Adam Taraschke, from Den 4, "the Mighty Cobras," blast off, giving their best "satellite cheer" to a speaker at Pack 225's annual Blue and Gold Banquet in Kahuna's Community Ballroom, Sunday. The Blue and Gold Banquet, named after the official colors of the Boy Scouts of America, is held once a year to commemorate the history and "birth" of scouting. Scouts have celebrated the birthday of scouting with the Blue and Gold Banquet for more than 66 years.

Left — Tiger Cubs from Den 2 of Pack 225, delighted the crowd at the Pack's annual Blue and Gold Banquet, with their "Scout Kettle" skit. Each Tiger Cub represented an essential ingredient in the making of a good scout.

Youth at Risk program seeks volunteers

Cpl. Monroe F. Seigle
Combat Correspondent

Today's youth are tomorrow's future. Many adults realize this, but figure that there is nothing that they, as individuals, can do to make a difference in the life of one of the many youth who are walking down the wrong path.

In reality, it is just one person who can possibly take one of these youths under his or her wing, and show a little compassion, setting youths on the right path to success.

The Breakthroughs for Youth at Risk program is on a mission. It needs to recruit 70 volunteers who are willing to dedicate their time to wayward youth for a period of approximately 10 months. The at-risk teenagers attend Castle, Kailua, Kalaheo and Olomana High Schools on the Windward side of Oahu.

Currently, the Breakthroughs

for Youth at Risk program is comprised of volunteers from all walks of life in the local community, who dedicate their time to change the lives of at-risk children. The program consists of several parts.

First, "Intensive Care" is provided to youths eight to 10 hours per day in a guided group discussion designed to alter their attitudes and core beliefs about themselves, others and life itself.

Next, a "Ropes Course" aids developing a life distinctly different from the troubled past.

Finally, youth follow through in an "Aftercare Program."

In the Aftercare Program, youth are paired with mentors for approximately 10 months. They meet and discuss their progress in reaching the goals that they had set in intensive care.

"I got hooked on

Breakthroughs for Youth at Risk when I watched a girl go from Fs to Bs and As," said Sharon Lester, a veteran mentor; "she also managed to graduate on time while she worked 32 hours a week."

Breakthroughs for Youth at Risk will be visiting Marine Corps Base Hawaii, Kaneohe Bay, in March, and is looking for volunteers to mentor these high school students. Adults are encouraged to be a part of the solution as these youth strive to become responsible, productive members of our community.

For more information or to volunteer to make a difference in the lives of these youth, contact Joan Villanueva at 486-7185, Sharon Lester at 235-2547, or Breakthroughs for Youth at Risk at 671-7988.



Sgt. Joe Lindsay

Youth at Risk mentors can find fulfillment and satisfaction by taking a youth under their wing and setting him or her on the path to success. Above, martial arts instructors aboard MCB Hawaii, Kaneohe Bay, volunteer their time to teach youth hand-to-hand combat skills.

ON THE MENU

AT ANDERSON HALL



Today
***Black History Month Luncheon**
 Barbecued Spareribs
 Catfish Fillets
 Southern Fried Chicken
 Baked Macaroni & Cheese
 Candied Sweet Potatoes
 Baked Potatoes w/Sour Cream
 Corn on the Cob
 Black-eyed Peas
 Hot Dinner Rolls
 Cornbread
 Chicken & Rice Soup
 Cream of Broccoli Soup
 Asst. Salads w/Dressings
 Marble Cake w/Chocolate
 Chip Fudge Frosting
 Chocolate Chip Cookies
 Cherry Cheesecake
 Peach Pie
 Asst. Fruit Pies
 Asst. Beverages

Dinner
 Sauerbraten
 Knockwurst
 w/Sauerkraut
 Cottage Fried Potatoes
 Egg Noodles
 Chocolate Chip Cookies
 Asst. Fruit Pies

Specialty Bar
 Pasta Bar

Saturday
Brunch/Dinner
 Grilled Steak
 Pork Chop Mexicana
 Mashed Potatoes
 Spanish Rice
 Fruit Nut Bars
 Asst. Fruit Pies

Sunday
Brunch/Dinner
 Beef Pot Pie
 Baked Fresh Fish
 Steamed Rice
 Bread Pudding w/
 Lemon Sauce
 Peanut Butter Cookies

Monday
Lunch
 Teriyaki Chicken
 Salisbury Steak
 Steamed Rice
 Mashed Potatoes
 Apple Crisp
 Asst. Fruit Pies

Dinner
 Baked Meat Loaf
 Oven Roast Beef
 Parsley Buttered

Potatoes
 Pork Fried Rice
 Apple Crisp
 Asst. Fruit Pies

Specialty Bar
 Pasta Bar

Tuesday
Lunch
 Barbecue Spareribs
 Veal Parmesan
 Oven Browned Potatoes
 Buttered Egg Noodles
 Devil's Food Cake w/
 Mocha Cream Frosting
 Asst. Fruit Pies

Dinner
 Swiss Steak w/
 Brown Gravy
 Baked Fish Fillets

Lyonnais Potatoes
 Steamed Rice
 Devil's Food Cake w/
 Mocha Cream Frosting
 Asst. Fruit Pies

Specialty Bar
 Taco Bar

Wednesday
Lunch
 Baked Ham
 Chili Macaroni
 Candied Sweet Potatoes
 Grilled Cheese Sandwich
 Bread Pudding w/
 Lemon Sauce
 Peanut Butter Cookies
 Asst. Fruit Pies

Dinner
 Baked Stuffed Pork
 Chops
 Turkey Pot Pie
 Mashed Potatoes
 Steamed Rice
 Bread Pudding w/
 Lemon Sauce
 Peanut Butter Cookies
 Asst. Fruit Pies

Specialty Bar
 Hot Dog Bar



Thursday
Lunch
 Cantonese Spareribs
 Baked Tuna & Noodles
 Shrimp Fried Rice
 Pineapple
 Upside-Down Cake
 Asst. Fruit Pies

Dinner
 Swedish Meatballs
 Caribbean Chicken
 Steamed Rice
 O'Brien Potatoes
 Pineapple Upside-Down
 Cake
 Asst. Fruit Pies

Specialty Bar
 Taco Bar

**(Note: The MCB Hawaii community is invited to enjoy the Black History Month Luncheon, to be celebrated today from 11 a.m. to 1 p.m. at the Anderson Hall dining facility. The attire is aloha casual and meal*

prices are as follows: \$2.85 (discounted meal) for families of authorized E-4s and below, and \$3.30 (full rate) for all others, including retirees and DoD civilians.)

New Web site offers easy dinner ideas

NAPS Featurettes

If there is one word that can sum up what most hard-working parents want for dinner, that word might be "easy." The time-honored tradition of gathering around the dinner table as a family has fallen on hard times — the result of kids' extracurricular activities and parents working late.

While a recent survey found that 78 percent of parents feel eating dinner together as a family is important, the majority (55 percent) say they can only do so as a family four times or less each week. Many survey respondents simply did not have time to cook.

Fortunately, the new Web site DinnerMadeEasy.com helps to answer the age-old question, "What's for dinner?" with tips and simple equations for making fast, delicious dinners. Here are a few examples:

- Ask for help with the dinner decision. Ask each family member to choose one meal. You will get a bonus: Picky eaters won't have much to complain about when they've chosen the meal.

- Come up with a list of your family's favorite dinner menus. Pick six or seven meals you can prepare in less than 30 minutes and always keep trusted convenience products such as Hamburger Helper, Old El Paso, Green Giant, Progresso, Pillsbury and Betty Crocker in the pantry.

- Rely on teamwork. Assign mealtime tasks by age, skill level and time availability. Younger children can help clear or set the table, for example.

- Save time with bagged, frozen vegetables.

- When browning ground beef, cook more than you'll need for one meal. Put the extras in disposable storage containers and freeze until you need them.

- Cut down on cleanup hassles. Disposable plates and napkins can handle the messiest of meals.

- Wipe out greasy pots and pans with paper napkins and towels before washing.

For more info, visit www.DinnerMadeEasy.com.



Cooking dinner doesn't have to be a chore. Combine fresh and convenience food to create simple dinners.

Bargains found in Beppo's 'basement'

While I prefer to feature local establishments in my column, due to popular request, this time I made an exception and tried Buca di Beppo, a southern Italian restaurant that opened in Hawaii a year and half ago.

Located ground level below the Consolidated Ward 16 Theatre, Buca di Beppo — "Joe's basement" in Italian — presents a kitschy, Italianesque atmosphere, ideal for entertaining large parties and families. And you really do need to have a large family to finish the dishes, which are intended to make sure diners do not leave hungry.

What really sets Buca apart is the ambiance. The decor is intended to re-create a boisterous, celebratory environment that may have been found in the Italian-American clubs of the 1950s.

Covering almost every inch of the basement-like atmosphere are photos and artifacts of everything imaginable that is Italian and Italian-American. Whether a shrine to Sinatra or images of seductive women holding strategically placed loaves of bread, the decor alone can keep you entertained throughout your visit.

When you enter Buca's, on the way to your table, your host explains the restaurant's dining style on a mini-tour, which includes the kitchen, the Pope and Kitchen tables (I'll explain later), and the bar.

With the smells from the kitchen, the warm and lively ambiance, and the classic Italian background music, you'll soon "feel Italian, even if you aren't," according to Buca's unofficial motto.

Buca di Beppo's emphasis is on family, which is evident by the size of the portions served. Most dishes feed between four and six people, and you may

even leave with leftovers.

An example of this is its signature dish of spaghetti and meatballs that boasts baseball-sized meatballs on top of two pounds of pasta (\$17.95).

A majority of Buca's recipes are a marriage of Italian cuisine with American influences that come from southern Italy. They call it "la cucina povera" — "the kitchen of the poor" designed to leave no one hungry. I have now visited Buca di Beppo twice and can say this is indeed true.

I started out my last visit with an "antipasti," or appetizer. Meant to be shared, Buca's appetizer selections (prices range from \$6.95 to \$16.95) are varied, from garlic bread to mussels marinara.

We tried the "Bruschetta," which was crisp and flavorful and topped with tomatoes, basil and onions. However, the omission of mozzarella often found on bruschetta was a bit disappointing. Some of the other inviting-looking appetizers were the fried calamari, and the tomatoes and mozzarella.

While I haven't tried one, Buca also offers a variety of "insalate," or salads (ranging from \$10.95 to \$16.45). Some of its most popular ones are the Caesar salad, which easily serves four, and the signature "Di Beppo 1893" salad, topped with imported mortadella, pepperoni and pepperoncini.

We did, however, sample one of the one-by-two-foot Neapolitan pizzas on our first visit.

Served on a board almost big enough to be used for surfing, the pizzas (which range from \$9.95 to \$20.95) are all made with a Neapolitan thin crust. We tried the "spicy arrabiata" pizza, topped with sausage, pepperoni and onions. A word



"Buca per Due" specials are tailor-made for small parties.

of warning, this pizza does have a bit of a kick.

We also tried the "Rigatoni Positano," one of the many pasta dishes (which range from \$9.95 to \$24.95). All have daily-made sauces and imported, 100 percent durum semolina pasta.

The positano, made with chicken, eggplant and mozzarella, was a bit bland but offered enough to feed both my family and some friends for a few days.

One of the local top sellers is "Linguine Frutti di Mare" — "fruit of the sea" — made with shrimp, mussels, clams and calamari.

On our following visit, my wife and I decided to split one of their "Buca per Due" specials. These are smaller portions of an entrée and a pasta dish intended for small parties who don't want so much to eat.

We selected the "chicken with lemon" and "manicotti" combination. The chicken was coated in a lemon butter sauce (with a hint of Dijon) and topped with capers. The manicotti was beef,

spinach and spices served in individually stuffed pastas, baked and served on a bed of marinara on a piping hot platter.

Both my wife and I were happier with the selections this time.

We also had a side order of green beans with olive oil and lemon, which was good, but seemed a bit pricey for a side item for just the two of us (it probably would be better for a larger party).

Most of the à la carte side dishes range from \$7.95 to \$11.45.

Buca also offers an array of large entrées, again, designed to feed an entire family (ranging from \$17.95 to \$29.95). A few of these include "eggplant parmigiana," "Veal Marsala," and "Chicken Cacciatore," which is a dish consisting of an entire chicken, served over garlic mashed potatoes, under a spicy cacciatore sauce.

If the size of the entrées seemed large, the dessert portions were shocking. The

Buca di Beppo

1030 Auahi St., Bay 1
(Beneath Ward 16 Theatre)
Honolulu, HI 96814
591-0800

tiramisu I tried came in a massive dish, overflowing with the flavors of espresso and rum. We also sampled the bread pudding, a nice finish to our gluttonous dining experience.

A few other desserts offered (ranging from \$7.95 to \$11.95) were spumoni, chocolate canoli, cheesecake and a homemade Limonella.

While prices seem high at first glance, I can't emphasize enough that these prices are for family-sized portions, so they are not a bad deal. Also, during the day, Buca's offers lunchtime portions (served from 11 a.m. to 4 p.m.) that are smaller and cheaper.

If you do have a large party, I suggest reserving the large circular "Pope's Table," a room capable of accommodating 12 to 18 people in "Sistine" splendor, full of papal photos and artifacts (not to mention a bust of the pope in the center of the table).

There is also the "Kitchen Table," for groups up to six. It is located directly in the heart of the kitchen for those who want to experience the "behind the scenes" of the restaurant. Both of these tables are usually occupied, so you will need to call in advance to reserve either.

Overall, I found that Buca di Beppo is a lively place where friends can have a good time enjoying large quantities of pretty good food at a very fair price.

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Marine re-enlists 20 feet under

Sgt. Joseph A. Lee
Combat Correspondent

HAWAII KAI — Scuba diving and the Marine Corps are the two biggest passions of one staff noncommissioned officer who went a few extra meters underwater to prove his dedication to the Corps. Gunnery Sgt. Daniel E. Blanchard, company gunnery sergeant for Kilo Co., 3rd Battalion, 3rd Marine Regiment, re-enlisted at a depth of 20 feet with more than 20 members of his command, as well as his son Thomas, during an underwater re-enlistment ceremony Feb. 11 at Hanauma Bay.

"The ceremony worked out really well," said Blanchard after surfacing. "I felt that after 20 years of service, I should do something spectacular to mark this occasion, and as far as I know, I don't think anyone has done this sort of thing before," he said of the monumental occasion in his life and career.

With waterproofed re-enlistment documents in hand, Capt. Rush Filson, commanding officer of Kilo Co., led Blanchard through his re-enlistment ceremony. Though the words were almost impossible to hear and all anyone could see were bubbles emitting from their mouths, the two were able to understand each other well enough to complete the ceremony.

"It is an honor and a privilege to retain one of the finest infantry staff noncommissioned officers I've had the pleasure of working with in my time in the Marine Corps," said Filson. "It is very fortunate [for Blanchard] to enjoy his service and to



Sgt. Joseph A. Lee

Gunnery Sgt. Daniel Blanchard (right) swims around the underwater formation of 3/3's Kilo Company Marines, shaking each one of their hands, to thank them for participating in his unique re-enlistment ceremony — a memorable moment in Blanchard's career.

re-enlist in a unique environment like this."

Blanchard's son Thomas, who has been scuba diving with his father for the past two years, was also excited to be a part of such an unusual event.

"Of course it's nice to be out here in the water, scuba diving, rather than in school. But, more importantly, it's nice to be able to be involved in my dad's memorable career experiences as well," he said.

Soon to be selected for first sergeant, Blanchard will be moving on to Camp Pendleton, Calif., and according to his wife, Saudra, he will be missed by many of the Marines in his unit.

"This was definitely a one-of-a-kind event," said Lance Cpl. Stuart Rogers, a rifleman with Kilo Co. "We saw all kinds of sea life down there, like octopus, sea turtles and a whole lot of beautiful fish. When I re-enlist, I will definitely want my reenlistment ceremony to be this fun."

After the ceremony, the scuba diving and snorkeling Marines were released to enjoy the coral reefs of Hanauma Bay, which are one of Oahu's finest underwater experiences.

"I'm really pleased with the way the ceremony turned out," said Blanchard. "This will definitely be an experience I won't soon forget."