

LIFESTYLES

Hawaiian Humane Society

Organization promotes bonds, provides care resources, and shelter



Story and Photos by
Staff Sgt. Robert Carlson
Press Chief

One of the best public services in Hawaii — one that brings joy to the lives of young and old alike, and helps thousands of animals every year — is actually not a public service at all.

The Hawaiian Humane Society is a private, independent organization that, through the help of more than 10,000 caring people, has made giant leaps to improve the welfare of animals in Hawaii.

While the Society has done a lot to help animals, it has also done a lot for the human population as well. Marines stationed in Hawaii have an excellent resource and hundreds of opportunities to give something back to the community through the Humane Society.

Since 1897, the Hawaiian Humane Society, along with its hundreds of volunteers and thousands of donors, has been promoting the human-animal bond and the humane treatment of animals.

One of the best services the society provides to the public is the pet adoption program. Prospective pet owners would be hard pressed to find a pet store that has such a wide variety of dogs, cats and other animals available for adoption.

While helping take care of more than 30,000 animals a year, the Humane Society offers selection like no one else.

Looking for a pet that's already trained, housebroken and past the chewing stage? Don't look in the local pet store. Worried about costs associated with getting a pet from someone "free"? Check the Humane Society.

Not only does the Society offer a wider selection than your neighbor giving away dogs for free, it also includes all of the services that will take the bill for that "free" to a few hundred dollars or more.

Temperament screening, spay and neuter surgery, health examinations, vaccinations, worming, the heartworm test, microchip, and post-adoption care are all services you will pay for if you do not adopt from the Humane Society.

For about the same amount of money that it takes to fill up the gas tank in a truck, prospective pet owners can adopt a pet from the Humane Society that has



Above — The dog park on the Hawaiian Humane Society grounds allows everyone in the community a chance to socialize their animals. Rolling hills, plenty of shade, and benches scattered around the park make McInery Park a great place for both dogs and humans.

Left — This black labrador is waiting for someone to take him home and love him.

issues regarding pets and other animals.

Working on pet-friendly legislation, community outreach, and education programs is important work, but the most visible benefit for the community is that the Humane Society helps people find loyal, loving pets, and then helps keep the relationships healthy.

Visit the Humane Society's website at www.hawaiianhumane.org for more information about the programs offered, and for information about the hundreds of opportunities to work with animals while volunteering at the Society.

Seeking a loving home

everything it needs to have a fighting chance.

Since the selection at the Humane Society is constantly changing, if someone doesn't find an animal that is a perfect fit, the Society will file an adoption profile and will call when a promising match is found.

A Pet Hotline is also available at 946-2187, ext. 780, with recorded information about new arrivals.

The Humane Society is there to help, and its volunteers help increase the services offered to the community.

Outreach programs like the Pals Program help pet owners in need when they temporarily can't provide all of the care their pet needs.

The McInery Dog Park is a huge community park where pet owners can let



Above — In addition to dogs and cats, the Humane Society has other furry creatures available for adoption.

Right — This cuddly puppy wants to play outside the confines of his cage.



their furry friends roam off of the leash with other animals in a safe and friendly environment.

Education is another service the Humane Society provides that helps animals and humans live happily together. An extensive series of programs for students through high-school-age, and for teachers, help everyone understand the



Above — Collars, food, supplements, toys and leashes are all available at the Hawaiian Humane Society's shop.

Left — The first stop for first-time visitors to the Hawaiian Humane Society should be the information desk.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

FEBRUARY

21 / Today

LINKS Seeks Team Leader

— Are you a self-starter? Are you comfortable in social settings? Are you a natural leader? If so, Lifestyles, Insights, Networking, Knowledge and Skills is looking for you.

This position is volunteer, and the incumbent agrees to serve a one-year term. The mentoring program introduces many new spouses into the unique military lifestyle.

Designed as a networking setting, many members make lasting friendships.

The LINKS team leader is responsible for running the day-to-day program operations and manning the volunteer team.

All interested parties should contact Chief Warrant Officer 2 Robert Dempsey at 257-7782. All applications must be turned in by Feb. 28.

Seven Habits of Highly Effective Families — Ever wonder how some families seem to get along so well? How do parents of today get their teenagers to communicate openly with them? It's not luck and it's not easy.

More than ever, military families need to possess the skills necessary to function and thrive in a family setting, and the Personal Services department is assisting families to do just that.

All authorized military patrons are invited to attend the next free "7 Habits of Highly Effective Families" March 1 from 8 a.m. – 4 p.m. at the CRE-

DO Compound.

Brown bag lunches are preferred, and childcare may be available if requested at the time of placing your reservation.

This free brief will help family members move from a "me" attitude to "we."

Spaces are limited, so call 257-7780.

MARCH

7 / Friday

"Beads & Beverages" — The Rocker Room will host Mardi Gras beginning at 4:30 p.m.

This event is free for members, and all non-members get into this gala for just \$2.

For more Mardi Gras information, call 254-5592.

16 / Sunday

Lazy Day Sunday Picnic — Soak up some sun, and grill your own steak to your specifi-

cations from noon – 5 p.m.

The Kahuna's crowd may enjoy a few beverages and great company during Kahuna's first, "Lazy Day Sunday Picnic." You're invited to spend your Sunday afternoon appreciating grilled cuisine, the Corps, and Hawaii.

For more details, call Kahuna's at 254-7661.

17 / Monday

Rocker Room's Posh St. Patty's Day Celebration — Feeling lucky? Sport your favorite green garment and get ready to put away some "green beverages," and delicious pupus at the Rocker Room, as it hosts a St. Patrick's Day celebration from 4:30 – 10 p.m.

For more details, call 254-5592.

18 / Tuesday

Ready for an Affair? — All

base families are invited to the free MCCS Aloha Fair inside the Windward Enlisted Club's ballroom from 5:30 – 7:30 p.m.

Several base and community businesses will be onsite to offer guests product samples, resources and services.

The Aloha Fair is the ideal information expo for all new base families.

All guests will experience a lei greeting and ample opportunity to win many door prizes. Also, free pupus and beverages will be served.

Meet your new neighbors. Meet some new friends. Start living aloha at the Aloha Fair.

Mahalo to the MCCS Aloha Fair sponsors: AAA Hawaii, GEICO, Creative Memories, Mary Kay Cosmetics, Taco Bell and Pizza Hut.

Look for your personalized mailed invitation that will be sent to every base residence. Contact the MCCS Marketing office at 254-7679.



SM&SP



Mahalo to AT&T In-Room Service for supporting the Single Marine & Sailor Program.

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

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more information on any program or activity.

Program Review

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Mark your calendars now for the following 2003 SM&SP Island Get-Aways:

• **Saturday – Monday:** Kauai at \$250.

• **May 24 – 26:** Maui excursion at \$270.

• **Aug. 30 – Sept. 1:** The Big Island of Hawaii at \$270.

Fees cover airfare, transportation and accommodations.

Feb. 22: Enjoy a four-hour deep sea fishing excursion. Cost is only \$40 per person.

March 21: The next Shank & Slice Golf Tourney will be a Best Ball at 12:30 p.m. at the Kaneohe Klipper.

SM&SP Goes Online

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

Serving a fast food lunch

Nettie Kalima of Marine Corps Community Services works on the grill at Sharkey's Quick Bite, which is located at the Base Marina. Sharkey's serves up hamburgers, cheeseburgers, hot dogs and chili dogs for lunch appetites. The newest eatery aboard MCB Hawaii, Kaneohe Bay, Sharkey's is open Monday through Friday from 10:30 a.m. to 1 p.m.



Staff Sgt. Robert Carlson

Credit problems can be prevented

NAPS

Featurettes

Do you know if you have a credit problem? To find out, leading consumer lender Household (parent company of Household Finance Corp. and Beneficial) suggests asking yourself the following questions.

- Have you reached or are you close to the limit of your lines of credit?
- Are you only able to make the minimum payments on your credit cards?
- Is the size of your new bills a surprise each month?
- Are you frequently taking cash advances on your credit cards?
- Are you chronically late paying your bills?
- Are you borrowing to pay for items you used to pay for with cash?
- Are you tapping into your savings to pay current bills?
- Do you put off medical or dental visits because of lack of money?
- Do you only have savings equal to less than three months of income?
- Is an increasing percentage

MANAGING YOUR MONEY

of your income going to pay debt?

- Are you unsure of how much you owe?

If you answered "yes" to any one of these questions, it may be time to reassess your credit use. If you answered "yes" to two or more questions, it's time to take steps to actively improve your current financial situation.

To correct minor credit issues, Household recommends taking the following steps.

- Stop impulse buying. Only go to the store when you need something specific. Try not to go shopping when you're looking for a "pick me up," as you'll tend to buy things you don't really need.
- Pay with cash or checks only. People who use cash to pay for everyday expenses generally spend less than they would using credit cards.
- Put your credit cards away. To avoid the risk of charging

even more money to your credit cards, take them out of your purse or wallet and put them away. Once your credit card debt is paid off, try to pay all new credit card charges in full, and on time, each month.

• Track monthly spending. To become aware of how you manage your money, start keeping a daily diary of everything you spend. At the end of the month, analyze your spending habits and identify ways you can cut back.

• Prioritize debt payments. Calculate how much money you owe. Make up a spending plan that includes payments to cover at least the minimum amounts due on all your loans and credit cards.

To correct major credit issues, Household recommends that you perform the following.

- Talk with your creditors. Responsible lenders want to help when you have financial

difficulties. If you cannot make payments or are going to be substantially late paying a bill, talk to your creditors. Let them know you're having problems but fully intend to pay.

Most creditors will work with you to come up with a reasonable plan, allowing you to repay your bills over time.

• Seek credit counseling. Experienced credit counselors can help you begin to figure out where to cut costs, how to deal with your debts and how to plan a reasonable budget.

Two sources of free credit counseling are the National Foundation for Consumer Credit (at Web site www.nfcc.org) and the Association of Independent Consumer Credit Counseling (at www.aiccca.org).

For more about repairing credit and other important financial issues, log onto www.household.com and www.yourcreditcounts.com.

You can also write to Household Corporate Communications, 2700 Sanders Road, Prospect Heights, IL 60070-2799, for complimentary booklets on how to manage credit, spending and savings.

MOVIE TIME

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

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

Show your I.D. at the box office, Bldg. 219. Phone 254-7642 for record-info, 254-7641 for the theater manager.

Two Weeks Notice (PG13)
Star Trek: Nemesis (PG13)
The Wild Thornberry's (PG)
Drumline (PG13)
The Wild Thornberry's (PG)
Two Weeks Notice (PG13)
Solaris (PG13)
The Wild Thornberry's (PG)
Two Weeks Notice (PG13)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 3:30 p.m.
Sunday at 7:15 p.m.
Wednesday at 7:15 p.m.
Feb. 28 at 7:15 p.m.
Feb. 28 at 9:45 p.m.



Sgt. Alexis R. Mulero

Colonel Paul Adams, former commanding officer of Combat Service Support Group 3, who now works as Chief of Logistics, Plans and Exercises at U.S. Pacific Command, gives remarks at the 2003 National Prayer Breakfast at Anderson Hall dining facility Feb. 13.

National Prayer Breakfast seeks guidance from on high

Sgt. Alexis R. Mulero
Combat Correspondent

Six decades after the first prayer breakfast group was inaugurated in the Senate and in the House of Representatives, our nation's president, members of his cabinet, the Supreme Court of the United States, the Congress, the Diplomatic Corps, and military leaders from each service still celebrate this tradition.

This tradition, known as the "National Prayer Breakfast," brought nearly 100 Marines, Sailors and civilians to the Anderson Hall dining facility at MCB Hawaii, Kaneohe Bay, Feb. 13.

The theme of this year's annual observance was to seek divine guidance for America's national, state and local leadership, including military leaders, and to reaffirm faith and dependence on God.

After several tunes from the

Marine Forces Pacific Band's Brass Quintet, Chaplain (Capt.) Joseph Estabrook, command chaplain of MCB Hawaii, welcomed all guests and provided the invocation.

When Estabrook had completed the prayer, Chaplain (Lt.) Winnie J. Walmsley of MCB Hawaii sang "If my people pray."

On the last note of the song, Estabrook introduced the guest speaker Col. Paul Adams, the former commanding officer, Combat Service Support Group 3, who currently serves as Chief of Logistics, Plans, and Exercises at U.S. Pacific Command, Camp H. M. Smith.

Adams began his speech by playing a scene from the movie "Patton." In the movie, the commander of troops asks his chaplain to come up with a prayer to improve the weather conditions. The chaplain does, and the cold weather disappears.

"This is what a chaplain is all about," said Adams, "providing faith when it is most needed."

Adams spoke to the crowd about how faith in a supreme being has impacted his life, both personally and professionally.

He talked about how God has helped him and his family move on after his wife passed away several months ago.

The colonel read the "Rifleman's Prayer" and explained why it's important for Marines and Sailors to be prepared for any type of future conflict dealing with the war on terrorism.

After enjoying the food, music and Adams' visit, guests enjoyed Lance Cpl. Juan C. Marquez, read "A Prayer for America," written by Dr. Lloyd Ogilvie, chaplain for the U.S. Senate. Ogilvie wrote the poem shortly after the Sept. 11, 2001, terrorist attacks.

2003 brings new sets of tax laws

NAPS
Featurettes

Perhaps the only thing more certain than taxes is the fact that each year brings changes to the tax laws.

For example, did you know that tax rates were lowered by one-half percent across the four highest income tax rates? Plus, a new 10 percent tax rate is now applicable to the first \$6,000 for singles, \$10,000 for heads of household and \$12,000 for married persons filing joint returns.

There's also a new tuition deduction that applies to students and others who pay for college or other post-secondary education.

Qualified persons may now deduct up to \$3,000 in expenses for tuition and fees, if

their modified adjusted gross income is at or below \$130,000 (if married) or \$65,000 (all others). However, married persons filing separate returns are not eligible at all for the deduction.

A new educator's deduction of \$250 applies to elementary and secondary school teachers, counselors, principals and aides. Qualified persons may now deduct up to \$250 in expenses for books, classroom supplies and computer equipment, regardless of whether deductions are itemized.

A new minimum allowable contribution has been established for taxpayers who participate in a 401(k) or 403(b) plan at work. The maximum contribution to these plans is now \$11,000 for 2002 or \$12,000 for those persons age 50 or older by the end of the year.

There's also an increase in the maximum deductible contribution for individual retirement accounts, or IRAs, to \$3,000 or \$3,500 for persons age 50 or older by the end of the year.

Consumers need only inquire to get loads of complimentary items

NAPS
Featurettes

If you're information deprived, simply write or e-mail the following organizations for plenty of free advice.

- Preparing for military duty requires more than getting immunized against possible biological hazards. In addition, military personnel may want to immunize their families against possible financial hazards.

As part of a pre-deployment checklist, military personnel should evaluate their life insurance coverage. The Armed Forces Benefit Association is one of a few organizations to provide life insurance protection with no war, terrorism or area restrictions.

For more than 50 years,



AFBA has provided life insurance to combat personnel. The insurance was created to ensure that military families would be taken care of if their loved ones died in defense of their country. To find out how to supplement SGLI, talk with an AFBA representative toll free at 1-800-776-2322, or surf www.afba.com.

- Sixteen-year-old drivers have nearly 300 percent more crashes per miles driven than do 18-year-olds. There are steps parents can take to improve the odds of their teen's driving safely.

For a free brochure titled "Sixteen-Year-Old

Drivers," write to: AARP Auto and Homeowners Insurance program, 200 Executive Blvd., Southington, CT 06489.

- To prevent grease fires, safety experts at The Hartford Financial Services Group, Inc., suggest taking extra care when frying or deep frying food with grease products. A free booklet called "Fire Sense: A Smart Way To Prevent, Detect and Escape Home Fires" is available at www.thehartford.com/firesense.

- The next time you feel sick and tired of being sick and tired, it may be time to see your doctor.

It's easy to attribute fatigue and lack of energy to stress but extreme fatigue could be a symptom of anemia.

People with a chronic disease such as kidney disease, HIV, lupus or cancer, may find their lack of energy is due to anemia and not the disease.

Fortunately, anemia can be treated. If you think you have anemia associated with chronic kidney disease, call the National Kidney Foundation toll free at 1-800-622-9010 for a free copy of "What You Need to Know About Anemia and Chronic Kidney Disease," sponsored by Amgen's Anemia LifeLine program. Or, write to the National Kidney Foundation, 30 East 33rd Street, New York, NY 10016.



MCBH Tax Center posts daily hours

- Open 9 a.m. to 7 p.m. Mondays through Thursdays
- Open 9 a.m. to 4 p.m., Fridays
- Walk-in service is available.

- Open to all MCB Hawaii service members, their families & retirees.
- Service is free of charge, and allows income tax returns to be di-

- rect deposited into accounts.
- Call 257-1026 for appointments.
- Located in Bldg. 455, adjacent to the 7-Day Store.

WORD TO PASS

FBI Seeks New Agents

Interested in a career with the FBI? Learn about requirements for applying by attending the FBI career seminar Feb. 28 from 10 a.m. - 12 p.m. at the Prince Kuhio Federal Bldg., Room 5-208, located at 300 Ala Moana Blvd. in Honolulu.

For reservations and additional information, contact Special Agent Kal Wong at 566-4488.

Big Brothers, Sisters Wanted

Volunteers are needed to enroll as Big Brothers and Big Sisters, then to spend one hour per week with their assigned Little Brother or Little Sister.

The main focus of this program is to build a friendship and serve as an adult role model for a child who doesn't have a mother or father role model.

Typically, volunteers help kids work on class assignments, enjoy activities, play board games, or simply converse about what's on their mind.

Little Brothers and Sisters are between the ages of 5 and 12 years. They are selected by their teachers and school counselors.

If you'd like to get involved and make a difference in a child's life, call Eva Garcia, a case manager at the Big Brothers Big Sisters of Honolulu, at 521-3811, ext. 234.

'Iolani Palace Hosts Next Kama'aina Sunday, March 2

Local residents and active duty military families can walk in the footsteps of kings and queens at any free tour of 'Iolani Palace, offered the first Sunday of each month, with presentation of military I.D.

Located at 364 South King St. in the heart of downtown Honolulu, the 'Iolani Palace is the majestic symbol of Hawaii's monarchy era, and the staff has enhanced the tour selection with a new comprehensive, 90-minute, guided

Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

Kama'aina and active duty military families may enjoy discounted admission during regular Palace hours. Call 522-0832 to make reservations or for more information.

HBB Talks About Benefits

The "Hawaii Bulletin Board" is a radio talk program that currently airs every Saturday on KWAI, 1080 AM, from 2:05 - 3 p.m.

Many of the topics discussed include current information regarding benefits and legislative matters of interest to veterans and active duty military.

Listeners are encouraged to call in and respond to matters, or to share information about activities in their community or organizations, which may be of interest to others.

Mall Hosts Recreation

Catch any one of the following activities at Windward Mall. For more information on any activity, call 235-1143.

• *Wednesdays at 6 - 9 p.m.* enjoy free chess lessons and tournaments at center court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

• *Thursdays at 6:30 p.m.*, learn country line dancing at center court.

Women Marines Plan Reunion

It's not too soon to dust off your tattered *Guidebook for Marines* and prepare for a trip down memory lane.

The Tarheel Chapter, NC-1, Women Marines Association is planning its "Step Back in Time" reunion, May 5 - 8 in North Carolina in commemoration of the women Marines' 60th anniversary.

The reunion is open to all former and

retired women Marines who want to recollect a distinctive period in their lives. The itinerary will include events at MCB Camp Lejeune, MCAS Cherry Point and New River, N.C., as well as excursions to post exchanges for souvenirs.

For more details, email robinl@gibraltar.net or call 1-910-346-6553.

WAVES Open Membership

Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii.

Local chapter meetings are held every second Saturday.

For more information and directions to meetings, call Eugenia Woodward at 623-4735.

Mustangs Schedule Reunion

The Marine Corps Mustang Association was founded on Nov. 10, 1985, and is "an organization dedicated to the preservation of the history and accomplishments of all Marines who have risen from the enlisted to officer ranks ... thereby earning the title 'Mustang.'"

You are invited to join the ranks of this 1,600 member organization, as well as to attend the next reunion Oct. 12 - 16 at the Marines' Memorial Club & Hotel in San Francisco.

For complete information, email top mustang@aol.com. Or, write Bill Max; Marine Corps Mustang Association; P.O. Box 1314; Delran, NJ 08075-0142.

Word to Pass Receives Faxes

If you have Word to Pass items you would like published, which are of general interest to a military community, fax them to the *Hawaii Marine* at 257-2511, at least two weeks prior to the date of your event.

Items may be edited in the interest of good taste and space constraints. For more details, call 257-8836 or 257-8837.



ON THE MENU @ ANDERSON HALL

Today

Black History Luncheon
 Chicken & Rice Soup
 Cream of broccoli Soup
 Asst. Salads w/Dressings
 Country-Style Steak
 Barbecued Spareribs
 Catfish Filets
 Southern Fried Chicken
 Baked Macaroni & Cheese
 Candied Sweet Potatoes
 Baked Potatoes w/Sour Cream
 Corn on the Cob
 Blackeyed Peas
 Hot Dinner Rolls
 Cornbread
 Marble Cake w/
 Chocolate Chip Fudge Frosting
 Chocolate Chip Cookies
 Cheesecake w/Cherry Topping
 Peach Pie
 Asst. Fruit Pies
 Asst. Beverages

(Note: For this Black History Luncheon, the full meal rate is \$3.25; the discounted meal rate is \$2.80 for family members of E-4 and below who are authorized to pay the discounted meal rate only. All others must pay the full meal rate.)

Dinner

Sauerbraten
 Knockwurst w/Sauerkraut
 Cottage Fried Potatoes
 Boiled Egg Noodles
 Green Beans w/Mushrooms
 Asst. Fruit Pies
 Chocolate Chip Cookies

Specialty Bar
(For Lunch and Dinner)
 Pasta Bar

Saturday

Dinner/Brunch

Grilled Steak
 Pork Chops Mexicana
 Mashed Potatoes
 Spanish Rice
 Fruit Nut Bars
 Asst. Fruit Pies

Sunday

Dinner/Brunch

Beef Pot Pie
 Baked Fresh Fish
 Steamed Rice
 Bread Pudding w/
 Lemon Sauce
 Peanut Butter Cookies
 Asst. Fruit Pies

Monday

Lunch

Teriyaki Chicken
 Salisbury Steak
 Mashed Potatoes
 Steamed Rice
 Apple Crisps
 Fruit Bars
 Asst. Fruit Pies

Dinner

Baked Meat Loaf
 Oven Roast Beef
 Pork Fried Rice
 Parsley Butter Potatoes
 Apple Crisps
 Fruit Bars
 Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
 Pasta Bar

Tuesday

Lunch

Barbecue Spareribs
 Veal Parmesan
 Oven Browned Potatoes
 Buttered Egg Noodles
 Devil's Food Cake w/

Mocha Butter Cream Frosting
 Asst. Fruit Pies

Dinner

Swiss Steak w/Brown Gravy
 Baked Fish Fillet
 Lyonnaise Potatoes
 Steamed Rice
 Devil's Food Cake w/
 Mocha Butter Cream Frosting
 Asst. Fruit Pies

Wednesday

Lunch

Baked Ham
 Chili Macaroni
 Candied Sweet Potatoes
 Grilled Cheese Sandwich
 Peanut Butter Cookies
 Asst. Fruit Pies

Dinner

Baked Stuffed Pork Chops
 Turkey Pot Pie
 Steamed Rice
 Mashed Potatoes
 Peanut Butter Cookies
 Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
 Hot Dog Bar

Thursday

Lunch

Cantonese Spareribs
 Baked Tuna & Noodles
 Shrimp Fried Rice
 Cornbread Dressing
 Pineapple Upside Down Cake
 Asst. Fruit Pies

Dinner

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

RECIPE CORNER

Tomatoes boast minimal fat, flavor

NAPS

Featuring

1/4 cup sliced black olives
 1 teaspoon Italian seasoning

Tomatoes are in season and loaded with lycopene, a powerful antioxidant that helps keep us healthy. Try this colorful dish that's tasty and easy to make.

Fish Fillets with Tomato Sauce

4 flounder or other thin, mild-flavored fish fillets (about 6 ounces each)

1/2 teaspoon salt
 1/4 teaspoon ground black pepper

1 tablespoon olive oil

1 medium onion, cut in thin wedges (about 1 cup)

2 teaspoons chopped garlic

1 pound fully ripened fresh tomatoes, coarsely chopped (about 2 cups)

Sprinkle fish fillets lightly with half of the salt and black pepper; then set aside.

In a large skillet, heat oil over medium-low heat; add onion and garlic; cook and stir until tender, about five minutes.

Then, stir in tomatoes, olives, Italian seasoning, and the remaining salt and pepper.

Cover and simmer until tomatoes release their juices, about five minutes. Arrange fish fillets in a single layer on top; cover and simmer until fish is opaque in the center, about

five minutes.

With a spatula, transfer fish fillets to serving plates; spoon fresh tomato sauce on top. Serve over rice. Yields 4 servings, 239 calories, 7 grams of fat.



Fish Fillets with Fresh Tomato Sauce

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1992 Pontiac Grand Am, red, cool air conditioner, automatic transmission, CD player, runs great. Asking \$1,600 OBO. Call 254-1378 or 228-4069.

1988 Honda Accord LXI, new starter, premium sound system, great island car. Asking \$1,950 with system or \$1,500 without system. Call 254-1016.

1988 BMW 750iL, only 75K miles, great condition, clean, well maintained, leather interior, power everything, sunroof, A/C, CD, tint, chrome rims, \$10,000 OBO. Call 222-4775.

Motorcycles

1993 Yamaha WR 200 Dirt Bike, two stroke, runs

and looks great. First \$1,499 buyer scores this deal. Call Shari at 262-2064.

Pets

Parakeet wants a good home; found in a neighbor's garage. Call 253-0452 between noon and 8 p.m. for details.

AKC Labrador free to a good home, 79 pounds, 2 years old, male, housebroken and good with children. Call 254-1378 or 228-4069.

Boats

25 foot sailboat at Marina on MCBH, fixed keel, lots of sails, motor, life jackets, spinnaker and pole asking 4,900 obo call 253-0194 for more details.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of the Hawaii Marine, if space is available.

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

Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs

Office, located in Bldg. 216, aboard Kaneohe Bay.

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

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

For more details, call 257-8836 or 257-8837.

Country star Willie Nelson goes back on the road again

Steven Kalnasy

"Special to the Hawaii Marine"

As a young man in rural Texas during the 1950s, Willie Nelson learned what it means to be an American. Growing up in the heartland of the country, life was simple, but hard.

Along with his sister, he was raised under the strict hand and unconditional love of his paternal grandparents.

On his official Web site (www.willienelson.com), he describes the early influence of the African-American and Spanish-American community where he lived.

"I worked in the cotton fields around Abbott, Texas, there was a lot of singing that went on while we worked, and we listened to all their music," said Nelson when describing his marriage of country music and blues.

That influence was evident during his recent show at the Waikiki Shell on Feb. 8. In the five decades he has been writing and playing music, Nelson shared his most memorable offerings. Opening the show with his hit "Whiskey River Don't Run Dry," he displayed his prowess on the stage as the consummate entertainer.



Courtesy of Steven Kalnasy

Country star Willie Nelson sings some of his greatest hits.

In a rare appearance, Hawaiian music legend Don Ho sang a duet with Willie during his song "Night Life." The pairing of the two crooners was a natural, which was accepted with overwhelming approval of those present.

To an audience of some 6,500 fans, Nelson gave them their money's worth, playing many of his other favorites that have been part of the country music landscape for years such as "Help Me Make It Through the Night," "Will the Circle Be Unbroken," "Hey, Good Lookin'," and "Funny, How Time

Slips Away." After a restful vacation at his Maui home, Nelson played with a peaceful, comforting spirit that meshed perfectly with the cool, clear sky overhead.

Displaying a huge Texas State flag behind him, Nelson encouraged the throngs of Texans in the audience to show their colors. All around the audience shone the telltale flags of honor, transporting us to Galveston rather than Honolulu.

Willie played on for two hours, but not before warning the crowd about the life of a cowboy singing his hit "Mama, Don't Let Your Babies Grow Up to Be Cowboys." His humor was self-effacing considering the cowboys who were on hand to cheer him on.

Backstage after the show, Nelson expressed his support for America's efforts to protect the homeland. Offering words of encouragement and support to the troops who are preparing for battle in America's war on terror, he said, "You know, the whole country wishes them all the best while they go over there and do what they do to protect America. We wish them to come home safe."

Grabbing my hand firmly, he said "God bless the Marines and God bless America."