Hawaii Marine
LIFESTYLES
Hawaii Marine B Section February 27, 2004

KILAUEA MILITARY CAMP ROCKS

Big Island resort offers great resource to service members

Cpl. Jason E. Miller
Combat Correspondent

KILAUEA, Hawaii — Spending your vacation at a military camp on a steaming volcano probably doesn't sound like a lot of fun, but Kilauea Military Camp on the Big Island is just that, and it's not only a great time, it's also an experience that a visitor will likely never forget.

Located in the federally protected Hawaii Volcanoes National Park, a tourist destination unto itself, KMC is a unique getaway for anyone, and getting there is quick. The flight from Oahu to Hilo International Airport lasts only about 45 minutes.

The advantage of having such a military friendly resort so close to service members stationed on Oahu is great because one doesn't have to travel to the mainland for a real "getaway." A vacation to KMC can be had for a fraction of the cost of visiting a similar resort in the continental United States.

The camp houses its guests in rustic cabins, which are fully furnished and offered in numerous sizes to accommodate any number of people a party wishes to bring. Brick fireplaces — handy at KMC's cabins 4,000-feet above sea level — offer a sense of coziness one wouldn't expect to find at a resort here in the tropics.

Kilauea Military Camp is located about 45 minutes from downtown Hilo, so shopping and sight-seeing are easy to come by, as no vacation would be complete without souvenirs. But perhaps the most attractive feature of KMC is its convenient location within Hawaii Volcanoes National Park.

Driving through the park, at times, is like tearing pages out of a history book. The geologically active site makes for interesting visuals, with rising steam and cragged rock that seem to transport viewers back to the beginnings of this island. The marked lava flows, from eruptions within the past 100 years, actually give evidence of when the land was created, and add a sense of perspective to the geological marvel.

The miles of formerly molten rocks seem to flow until they meet the crashing Pacific at the park's edge on Hawaii's western shore. The park boasts a large welcoming facility, full of information to make a visit to the park's numerous craters, lava tubes and past and present flows an interesting and educational visit.

Tours of the Big Island through KMC are a must-add for most camp visitors. Instead of heading to Hilo to book guided tours, many staying at KMC decide that KMC Tours is the way to go. The camp provides several tour packages that can accommodate those wishing to learn more about the island such as the Mauna Loa macadamia nut farm; numerous natural wonders like waterfalls, lava tubes, black and green sand beaches; and a ton of other photo-friendly sites guaranteed to impress your family and friends back home.

Back at KMC, there are also several amenities to take advantage of, including a bowling alley, a karaoke bar, a restaurant, a game room and other activities in which to unwind after a day of exploring Hawaii's biggest and most diverse island — offering everything from rain forests, to beaches, to snow-covered mountain tops, and even barren, desolate deserts.

Kilauea Military Camp is a true resource that

*See **KMC**, B-10*

Cpl. Jason E. Miller

Kilauea Military Camp is located on 50 acres, within the confines of Hawaii Volcanoes National Park. Established in 1916, it is one of Hawaii's most unique military resorts and has hosted millions of service members, their families and guests since it first opened.

Cpl. Jason E. Miller

Set 4,000 feet above sea level, every apartment and cabin at Kilauea Military Camp offer amenities such as a mini-refrigerator, coffee maker, electric heater and a fireplace. Other amenities on the property include a fitness center, bowling lanes, basketball and tennis courts.

Cpl. Jason E. Miller

A hike through the Chain of Craters Road will bring visitors across miles of beautiful and almost alien landscape, touched by past and present lava flows. Be sure to bring sturdy shoes; lava can be very sharp!

Courtesy of P.F. Bentley

Visitors get up close and personal with Hawaii's spectacular scenery on one of the many stops while on a Hawaii Forest & Trail Valley Waterfall Adventure tour.

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@hawaiimarine.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

27 / Today

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 and so is the fun! For more information, call 254-5481.

Father-Daughter Dance — Available now through March 5, all fathers can get 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 is $16, daughters 4 and under is $7; daughters 5-11, $14; and daughters 12 and older, $16. Dads or accompanying adults must wear military dress or black tie. Girls or daughters should wear formal or party dress.

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

Las Vegas — Got your attention? Kahuna's Sports Bar & Grill 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 97.5 plays two songs back to back by Metallica or Godsmack, be the ninth caller to qualify for the drawing on Monday at Kahuna's.

For more information, call 254-7660.

Auto Auction — The Auto Skills Center will hold an auto auction on cars that it acquires and fixes up to working condition. Interested parties can inspect these vehicles and place their bids in the ballot box inside the Auto Skills Center.

Visit the shop the next time you are on the market for a new vehicle. Don't pay those high prices elsewhere because the Auto Skills Center may have just what you are looking for. To find out what is on the lot, call 254-7675.

28 / Saturday

Staff NCO Saturdays — Every Saturday night in the Staff NCO Rocker Room, join your buddies for karaoke and pool tournaments. The club opens at 6 p.m.

Game On — Head to the Recreation Center for the latest in XBox gaming. Join the four-on-four Halo tournament by Lanvision, and vie for cool prize giveaways.

Registration begins at 5 p.m., start time at 6 p.m. and the cost is $12 per person. For more information, call 254-7660.

Family Child Care — Family Child Care is a home-setting child care, service provider operated by Personal Services of Marine Corps Community Services with 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

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 in the buffet-style atmosphere; pile your bowl high, and kick it up a notch with a sauce of your choice. Then, watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian barbecue is served every Wednesday and Friday. Call 254-7649 for more information.

4 / Thursday

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

Kahuna's Karaoke — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held 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, and Dream Cruises Hawaii, Walter's Karaoke Shop, Subway at MCB Hawaii, and the Hale Koa Hotel will provide great prize giveaways.

For more information, call 254-7660.

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

Come down and spend some quality educational time with your children. For more details, call the library at 254-7624.

10 / Wednesday

Bosses' Night — Move the workplace to the club and bring the best of the best to the Rocker Room for a beverage, pupus and 25-cent wings from 4:30 to 6:30 p.m.

17 / Wednesday

Marriage Skills Workshop — Thinking about marriage? Get in the know and attend the 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 are scheduled for March 17 and 18. Call 257-7780 or 257-7781 to register.

St. Patrick's Day — All three clubs (Kahuna's, the Rocker Room and the Officers' Club) are hosting St. Patrick's Day celebrations. Show your spirit, put on your green and head to your favorite watering hole for food and beverage specials.

Look for details in next week's paper.

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.

•*March 24:* Join SM&SP on March 24 for the Shank & Slice Golf Tournament. Best-ball action will begin at 12:30 p.m., and costs only $25 for E-5 and below, and $33 for E-6 and above. Players can bring their boss (one boss per player, and sponsor must play with guest).

Register by March 17 at the Semper Fit Center or at SM&SP, Bldg. 1629. Mega mahalo is extended to the Windward Community Federal Credit Union for helping to sponsor this tourney.

Facilities urges all to save energy

John Dunbar
Resource Efficiency Manager
Energy Office, Facilities Department

NAVY / MARINE CORPS ENERGY EFFICIENCY

Improving energy efficiency and reducing energy waste at Marine Corps Base Hawaii by just 10 percent could generate nearly $1.3 million in savings each year — savings that would help secure jobs and fund facility repairs and improvements.

To achieve these savings, the Facilities Department has underway an aggressive energy program emphasizing energy awareness, a Utility Conservation Monitor (UCM) program, training of UCMs and energy personnel, and energy-smart facilities.

Integral to the MCB Hawaii energy program is a commitment to improving workplace comfort and quality of life.

"We want personnel to understand that energy efficiency does not mean going without; it means learning about opportunities to be more efficient and changing wasteful practices and habits," says Bill Nutting, base energy manager.

Major energy-saving initiatives such as lighting retrofits, cooling system improvements, water conservation programs, and prioritizing the use of energy-efficient materials and systems in new construction and renovations have been and will continue to be implemented at MCB Hawaii.

True success, however, can only be achieved if all military and civilian personnel make energy efficiency a part of their daily lives. It should be just as routine as safety awareness with these simple steps.

Turn off task lighting and overhead lights when leaving an area.

Turning off 1,000 watts of lighting for 10 hours per week will save 520 kilowatt hours and $52 each year when electricity costs 10 cents per kilowatt hours. It currently costs the base 10.4 cents per kilowatt hours.

Set air conditioning thermostats at 76 degrees or higher.

For every degree you lower the temperature, the energy costs rise by 6 percent. A temperature setting of 75 degrees costs 18 percent more; a 72-degree setting costs 36 percent more.

Keep air-conditioned space boundaries secure.

Close doors and windows when the air conditioner is running. On hot days, draw the curtains and/or shades to keep the sun out. Turn off the A/C at night or when the space being cooled is unoccupied for longer than an hour.

Be energy smart with office equipment.

Turn off office equipment or set it to "power down" when not in use. Setting computers, monitors and copiers to use sleep-mode when not in use helps cut energy costs by approximately 40 percent. Remember to turn equipment off at the end of the workday.

Base Energy Manager Bill Nutting says energy efficiency doesn't mean going without, but rather, simply replacing wasteful habits to energy-saving ones.

Repair or report report leaking plumbing fixtures at once.

A dripping faucet can waste six – 10 gallons of water a day. The cause is most often a worn-out washer. Replacing it takes just a few minutes.

Turn off outside lights during the day.

If there is no switch, check for a faulty photocell or timer and have it repaired/replaced. A typical outside security light wastes approximately $44 per year in electricity costs when left on all day long.

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.*

** **"Advanced Screening" Policy**: Call 254-7642 for the movie title. 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.*

Torque (PG-13)	Today at 7:15 p.m.
Cheaper By the Dozen (PG)	Today at 9:45 p.m.
Chasing Liberty (PG-13)	Saturday at 7:15 p.m.
Mona Lisa Smile (PG-13)	Saturday at 9:45 p.m.
Teacher's Pet (PG)	Sunday at 3:30 p.m.
**Advanced Screening (PG)*	Sunday at 7:15 p.m.
Peter Pan (PG)	Wednesday at 7:15 p.m.
Teacher's Pet (PG)	Thursday at 7:15 p.m.
House of Sand and Fog (R)	March 5 at 7:15 p.m.
Chasing Liberty (PG-13)	March 5 at 9:45 p.m.

Club gets word out on blood shortage

Pfc. Bernadette L. Ainsworth
U.S. Marine Corps Forces Pacific

CAMP H. M. SMITH — There is always a shortage of blood in the United States, but for the military there is virtually no spare blood supply.

Recently, members of the Camp Smith Military Spouses Club attended a meeting at Tripler Army Medical Center and were surprised at what they learned there.

"If Tripler doesn't have blood to supply to the military, then we have to buy it from the Red Cross. Right now, they [Tripler] are dangerously low on blood," said Cathy Coffee, a member of the spouses club.

In response to the shortage of blood, the spouses club put together a blood drive at the Pollack Theater on Feb. 18.

"Camp Smith is not well known and we want to be recognized and remembered for doing a real community service," said Rae-Ann Bonilla, acting presi-

See ***BLOOD,*** *B-9*

3rd Fleet to sponsor bone marrow drive

U.S. Navy 3rd Fleet
Press Release

HONOLULU — Did you know that there are nearly 500 military personnel and family members in DoD alone who need a bone marrow transplant? You could be the miracle match for someone diagnosed with diseases that have no other effective treatment. All it takes is a simple blood test to register.

Commander 3rd Fleet will be hosting the following series of bone marrow donor drives on the island of Oahu:

•March 10, 10 a.m. – 4 p.m. at Schofield Barracks Post Exchange,

•March 11 & 12, 9 a.m. – 4 p.m. at the Navy Exchange, Pearl Harbor,

•March 11, 10 a.m. – 3 p.m. at Hickam Air Force Base Exchange, and

•March 12, 10 a.m. – 3 p.m. at MCB Hawaii, Kaneohe Bay.

Any DoD employee, military and family member over the age of 18, and under the age of 60, can be tested. You can also register even if you have taken antimalaria medication, obtained a recent tattoo or served in the United Kingdom, Europe, Iraq or Africa.

"Bone marrow type is different than blood type, so even if you've been told you can't give blood, you can most likely still join the bone marrow registry," said Navy Lt. Fred Dini of San Diego, Calif., whose daughter has been diagnosed with a rare form of leukemia.

Photo Courtesy of Navy Lt. Fred Dini

The best hope for Chiara, the daughter of Navy Lt. Fred Dini — as well as tens of thousands of others with leukemia and other fatal blood diseases — is a bone marrow transplant from the generosity of an unrelated marrow donor.

"The test is easy to do; it's just a tablespoon of blood. All it takes is about ten minutes and you're done," said Navy Lt. Cindy Campbell, Commander 3rd Fleet's bone marrow donor coordinator. "If you're ever called to be a donor, the procedure to remove bone marrow is very simple. It takes less than sixty minutes.

"There is a lot of misinformation about this minor procedure. It's a small thing to do to save a life; that's the point that I want people to remember. Think about your own children or how you would feel if you had leukemia and someone could match you, but didn't bother to register."

An estimated 30,000 children and adults in the U.S. are diagnosed each year with leukemia, aplastic anemia or other fatal blood diseases. For many, the only hope for survival is a marrow transplant because nearly 70 percent of these patients cannot find a match within their own family. They must find unrelated marrow donors.

On the day of the drive, blood will be drawn and tested to determine the donor's Human Leukocyte Antigen (HLA) type. After typing, the donor's name will be placed on the National Bone Marrow Donor Registry.

The DoD Bone Marrow Center maintains a military contingency mission, to provide immediate donor searches and donor follow up in the event of a mass casualty incident involving chemical or radiation exposure or related industrial accidents.

"This is the first drive held in over three years in Hawaii. All personnel should take a few minutes to stop by one of the locations to get tested. I can't stress how important this is. You may be able to save someone's life. Imagine how wonderful it would be to have the chance to give someone with leukemia, a chance for full recovery," emphasized Campbell.

"I urge everyone to look into their hearts and ask themselves what they can do now to never let this happen again. You can never know when your family will be the next in need," added Dini.

Donors can find out more information at www.dodmarrow.com, or by contacting Lt. j.g. Erin Bailey at Naval Station Pearl Harbor, 473-2883.

Platelet donors sought

Compiled by
Hawaii Marine Staff

HONOLULU — Tripler Army Medical Center's blood and platelet supplies are low, so TAMC needs donors.

Thousands of lifesaving medical treatments require patients to receive platelet transfusions such as victims of cancer, organ or bone marrow transplants, trauma and open-heart surgery. However, since platelets can only be stored for five days, the need for these donations is vast and continuous.

Platelets are necessary because they are the blood cells that help control bleeding by promoting blood clots.

During apheresis (ay-fur-ee-sis), the special kind of blood donation that allows donors to give specific blood components, only two tablespoons of platelets are collected from the whole blood donation; the remaining components — red cells and plasma — are returned to the donor.

The donation process is safe and painless. Platelet donors are not at risk of bleeding problems or contracting diseases from the donation process because the equipment is sterile and discarded after each

See ***PLATELET,*** *B-9*

2nd Fisher House opens at Tripler

Margaret Tippy
Tripler Army Medical Center
Public Affairs Office

HONOLULU — Tripler Army Medical Center celebrated the opening of its second Fisher House on the grounds of Tripler Army Medical Center Feb. 19.

The house is located directly across the street from the first Fisher House on the Tripler campus. It has room for 11 family suites, and is approximately 7,700 square feet, said Robin Renee Strader, Tripler's Fisher House manager. Now, accommodations provide for 18 eligible families receiving medical care at Tripler, with two rooms in the first home handicapped accessible, six in the new home.

In some of the most traumatic times a family can face, the Zachary and Elizabeth Fisher House is there to provide comfort and an affordable place to stay while loved ones receive care at Tripler. The value of Fisher Houses has such a positive impact on the families who are guests in these homes throughout the world, said Strader.

Photo Courtesy of George M. Kurisu Jr.

The Fisher family, friends and VIPs pose in front of Tripler Army Medical Center's second Fisher House after the dedication Feb. 19. To the far right is Maj. Gen. Joseph G. Webb Jr., commander of Tripler; U.S. Senator Daniel K. Inouye, of Hawaii; Lt. Gen. James B. Peake, the Army Surgeon General; and Admiral Thomas B. Fargo, commander, U.S. Pacific Command.

"Since the first Fisher home opened up at Tripler in 1995, families have saved close to $3 million in expenses," she said. "Families have come from such places as Korea, Guam, American Samoa, the outer Hawaiian Islands, Okinawa, the Philippines, and many other areas in the Pacific."

Fisher Houses have all the conveniences of home, including Internet access and a sitting room and dining area. Hot meals are served to guests, the house is often decorated for the holidays, and drivers are available for quick runs to the commissary.

Yet, very few of these amenities would be available if it were not for volunteers.

"Volunteers are critical," Strader said, explaining that the Fisher Foundation builds and gives the Fisher Houses to the Army. Upon receipt, the gaining installation is responsible for operation and maintenance.

"It costs approximately $133,000 to run each house a year," Strader said, "and we run on donations and volunteers. Our volunteers are heaven sent and contribute a great deal of support to our families. Volunteers make the house a home."

The average length of stay at the houses on Tripler grounds is 12 days — one of the longest average stays of any of the Fisher houses.

Many members of the generous Fisher family — led by Kenneth Fisher, chairman of the Board of Trustees, Fisher House Foundation, Inc. — participated in the ceremony that honored

*See **FISHER**, B-5*

Students put face to Marines

Cpl. Monroe F. Seigle
Community Relations Clerk

Cpl. Monroe F. Seigle

Sergeant Chris Eastman, combat engineer with Combat Service Support Group 3, gave a greater understanding of what it is to be a Marine to the students at King Intermediate School.

KANEOHE — "What comes to mind when you hear the word 'Marine'?" asked a Marine of several young teenagers in a classroom setting. Many of the students from King Intermediate School, ranging from ages 12-15, only could come up with the fact that Marines fire several different weapons and do a lot of training in the water.

The curious middle school students spent close to an hour on Monday with Marines from MCB Hawaii, Kaneohe Bay, during the school's Career Day. They asked the devil dogs diverse questions regarding daily life, recruit training, and travel/educational opportunities in the Corps.

By the time the class came to an end, the students had learned that Marines, indeed, used to be students much like themselves, and Marines still enjoy several of the same hobbies they do in their spare time.

"The students can see MCB Hawaii from the school, and often wonder what goes on there," said Kris Jenness, guest speaker coordinator for King Intermediate School. "I thought it would be a good idea for the students to get a chance to meet some of the Marines firsthand and learn about what they do on a daily basis.

"I think military service is a great way for many students to begin their life after they graduate high school," added Jenness.

Sergeant Chris Eastman, a combat engineer with Combat Service Support Group 3 brought live, video footage of Marines working with explosives at the Pohakuloa Training Area on the Big Island of Hawaii during a recent training evolution. When the students got a glimpse of what hundreds of pounds of explosives looks like when it detonates, many agreed they thought being an engineer would be an interesting job.

"I was surprised at how excited the kids were when they saw the explosions on TV," said Eastman. "I guess that since I see that kind of stuff on a regular basis, I am used to it. I brought the tape just so they could get an idea of what I do; I had no idea they would get so excited, but I am glad they enjoyed it."

Before leaving the school, two Marines talked to students with behavior disorders, who had, had a few run-ins with the juvenile court system. One Marine explained to students that just because they make mistakes when they are young, they can still learn from their mistakes, recover and do great things with their life.

"I was impressed with how the Marines presented themselves to the students," said Jenness. "I hope the Marines will be able to return to our school again."

FISHER: Houses help ease financial burden

Photo Courtesy of George M. Kurisu Jr.

Hawaii Senator Daniel K. Inouye (left), autographs a book for Sgt. 1st Class Clayton Tremaini, a guest at Tripler's newest Fisher House.

FISHER, *From B-4*

the Fisher Family's dedication to providing "homes away from home" for active duty service members, their families, military retirees and their families, other veterans, and many Pacific Island families who receive medical care at Tripler.

Lieutenant Gen. James L. Campbell, commanding general of U.S. Army Pacific, hosted the ceremony. Senator Daniel K. Inouye, the third most-senior member of the U.S. Senate, spoke at the invitation of the Fisher family.

The official party also included Lt. Gen. (Dr.) James B. Peake, the U.S. Army Surgeon General, U.S. Army Medical Command, and Maj. Gen. Joseph G. Webb Jr., commanding general of the Pacific Regional Medical Command of which Tripler is an integral part.

Tripler's second Fisher House is the 32nd home built by the Fisher House Foundation. There are currently two homes in Germany, 17 homes on military installations and six Veterans Affairs medical center homes.

Lance Cpl. Megan L. Stiner

Chef du jour

Lance Cpl. David J. Washington Jr., a food service specialist with 3rd Battalion, 3rd Marine Regiment, won the first Chef of the Quarter competition of 2004. He spent 11 hours preparing his dishes entitled "Food from the Heart." The meal consisted of sautéed pork loins with grapes, spicy broccoli, special rice, maple mustard sauce, crisp toffee bars and roasted lemonade.

ON THE MENU
AT ANDERSON HALL

Today
Lunch
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

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

Specialty Bar
(Lunch & Dinner)
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
(Lunch & Dinner)
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
Lyonnaise Potatoes
Steamed Rice
Devil's Food Cake w/
Mocha Cream Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
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
(Lunch & Dinner)
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
(Lunch & Dinner)
Taco Bar

Eight tips help you eat 'just enough'

NewsUSA
Featurettes

Over the years restaurants have increased the portion size of their meals, and thus calories, which can lead to weight gain and risk for diseases like type 2 diabetes and heart disease.

For a healthier diet, it's important to know that your first step is to look at not only what you eat, but also how much and how often you eat.

The National Institute of Diabetes and Digestive and Kidney Diseases offers eight tips for controlling portion-sizes:

1) Eat healthy meals at regular times during the day and choose healthy snacks like fruit.

2) Don't snack in front of the TV or computer.

3) Eat meals slowly.

4) Freeze food that you will not serve right away.

5) Keep portions under control by measuring out one serving onto a dish and eating from the dish, not from the box.

6) Share, order less or wrap up half your meal to take home.

7) Stop eating when you begin to feel full.

8) Don't "super-size"; order smaller meals.

Lance Cpl. Rich Mattingly

Green berets

Colonel Richard C. Roten, deputy commander of MCB Hawaii, congratulates winners of the Yard, Command Area, and Command Barracks of the Quarter Award, Feb. 12 when he welcomed them to his home overlooking scenic Kaneohe Bay. The awardees received gift certificates and prime parking spaces reserved for them at the base commissary and Marine Corps Exchange.

Easy, elegant brunch can entertain

NewsUSA
Featurettes

Why not show your guests the warmth of your hospitality by hosting a brunch? By inviting family and friends for brunch, you can treat them to a memorable, comforting meal.

A mid-morning brunch usually features a relatively simple egg entree. To round out a satisfying menu, all you need to add is fruit, a vegetable and, perhaps, a dessert. Altogether, a brunch is an easy, but elegant, way to entertain and often, much more economical than other gatherings, too.

Among the many ways versatile eggs can be prepared, the layered casserole called a strata is one of the easiest dishes to make. If you add interesting ingredients, a strata can also be exciting enough for a special-occasion brunch.

NewsUSA

This simple custard is easy to plan and prepare.

Strata De Jonghe

Cooking spray
4 cups plain stuffing cubes (about 7 to ounces)
6 ounces tiny frozen, cooked shrimp, thawed and drained
¼ cup snipped fresh parsley
6 eggs
1 ½ cups skim or low-fat (1 percent) milk
1 ½ to 2 teaspoons garlic powder
½ teaspoon salt, optional
Cooked asparagus spears, optional

Evenly coat 8 x 8 x 2-inch baking dish with spray. In prepared dish, stir together stuffing cubes, shrimp and parsley.

In medium bowl, beat together eggs, milk and seasonings until well blended. Pour evenly over stuffing mixture, cover and refrigerate several hours or overnight.

Uncover. Bake in preheated 350-degree oven until golden brown and knife inserted near center comes out clean, about 50 to 60 minutes.

Garnish with asparagus spears, if desired.

Recipe serves six. A single serving, using skim milk and without salt and garnish, totals 228 calories and 7 grams total fat.

Word to Pass

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 Monday.

Awards and award checks to recipients will be presented 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.

FBI Hosts Seminar, March 1

If you're interested in a career as a special agent in the FBI, make plans to attend the FBI Career Seminar, Monday from 10 to 11 a.m., in Classroom 2, Bldg. 267 at MCB Hawaii, Kaneohe Bay.

For more details, call 257-7790.

Three Tech Shows Planned

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.

For more info, call 1-888-282-2262 or visit www.atc-expo.com/shows.

Mokapu to Host March Book Fair

The Mokapu Elementary School PTA will host a Book Fair in the school library on the following dates:

- March 13 from 10 a.m. to 2 p.m.
- March 15, 16, 18 and 9 from 8 a.m. to 3 p.m.
- March 17 from 8 a.m. to 2 p.m.

April 1 is Due Date for KOSC Scholarships

The Kaneohe Officers' Spouses Club is offering an educational scholarship to qualifying candidates. Applications are available to family members of active duty, retired or deceased officers of the U.S. armed forces whose present or final duty station is/was MCB Hawaii (Kaneohe Bay or Camp H. M. Smith). Application deadline is April 1.

All applicants must have been accepted by, or currently enrolled in, an accredited college, university or technical/vocational school. Certain other qualifications must be met, including essay and letter submissions. For more information or to obtain an application, contact the KOSC office at 254-2491 or e-mail kosc_scholar@hotmail.com.

Aloha Chapter Needs Scholarship Applications by April 30

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.

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

JWC to Sponsor Chili Cook-off

The Joint Women's Conference is sponsoring a chili cook-off from 4 to 7 p.m. on Saturday, May 8, at the Makalapa Sports Complex on Pearl Harbor to crown the ultimate chili-making champion.

All participants are encouraged to proclaim their unit and service affiliation with signs and banners. Additionally, they should make 50, 4-ounce servings of chili, and decorate their own 8-foot table with a Cinco de Mayo theme. Teams should prepare their chili beforehand, and use a chafing dish to keep it hot.

Enter this cook-off by March 20, by sending your name, branch of service, unit and contact information to Joint Women's Conference; PO Box 854; Aiea, HI.

Call Darcy Collins at 422-4498, Nicole Antoine at 255-2216, or e-mail NicolePAntoine @aol.com for more details.

Marine Makepono

Hawaiian for "Marine Bargains"

Vehicles

1993 Honda Civic DX, 2DR hatchback, 5 speed, AC, CD/sounds, tint, alarm, runs excellent, 30-40 mpg, no rust. Asking $2,700. Call Ryan at 429-7444.

1990 Jeep Wagoneer 4x4, 4DR, less than 62,000 original miles. Asking $3,200 OBO. Call 254-1122 or 754-2452.

Furniture

Antiques from mainland, solid oak armoire, clock, ice box and much more. Great deals, no garage sale specials. Serious inquiries only. Call 216-7160 or 261-3144.

L-Shaped solid oak bar with six bar stools, custom mirror, neon beer lights and built-in refrigerator. Originally cost $10,000 but will sell for $2,200. Call 216-7160 or 261-3144.

Yard Sale

Today, tomorrow, multi-family garage/moving sale at Woodward Court from 7:30 a.m. to 2 p.m. Great deals on household and baby items, girl's clothing, toys, games, bicycles and much more! Take Dodson to Cochran and watch for signs off Mokapu Road.

Miscellaneous

Baby-sitting services, I'll baby-sit your child full-time at my home. Please call Anny at 254-4272.

BLOOD: Supply at Tripler is low

From B-3

dent of the Camp Smith Military Spouses Club.

The whole donation process for one service member to give blood took about two hours to complete.

Tripler personnel came out to the Pollack Theater to help run the blood drive, and when it was all over, the Camp Smith Military Spouses Club had helped to collect 49 units of blood.

Though the blood drive was the first of its kind for the club, the spouses "plan on doing this as often as we can," said Bonilla.

There are two weeks until the next scheduled blood drive. Until then, donors can prepare to give blood by:

•Taking good care of themselves.

•Eating foods high in iron and high in vitamin C to allow the body to better absorb the iron.

•Drink lots of liquids.

•Cut back, especially the day before and on the day of the donation, on the consumption of coffee, tea and antacids.

•Spread the word. Tell your family and friends about the blood drive.

For more information or to make an appointment, call the Tripler Donor Center at 433-6148, or leave a message at 433-6779. More info can also be obtained at www.tamc.amedd.army.mil/services/bloodbank.htm.

*Upcoming Blood Drives

MARCH
1st U.S. Army Reserves, Kaala Recreation Center
3rd USS Lake Erie
5th 29th Eng. Bn., Ft. Shafter
8th Kaala Rec. Center
11th MCB Hawaii, Kaneohe Bay
15th Kaala Rec. Center
18th MCB Hawaii, K-Bay
22nd Kaala Rec. Center
25th Hickam Air

Who Can Donate Blood?

Anyone who is 18 years or older, weighs at least 110 pounds and is in good health is encouraged to donate blood.

The chart below describes some conditions that may temporarily or permanently prevent persons from donating blood. If you are unsure whether or not you can give blood, call the Tripler Blood Donor Center at 433-6148.

MEDICAL CONDITIONS	
AIDS — individuals at high risk and their partners	cannot donate
Colds and **Flu**	72-hour wait
Diabetes (on injectable insulin)	cannot donate
(on controlled oral medications)	can donate
Hepatitis and **jaundice** (after age 11)	cannot donate
Hepatitis B (if exposed only once)	12-month wait
New Variant Creutzfeldt-Jakob Disease (Mad Cow Disease)	contact Tripler
Pregnancy (after delivery, miscarriage, abortion)	six-week wait
Menstruation	can donate
MEDICAL PROCEDURES	
Surgery (without transfusion)	can donate
(with transfusion of blood or blood components)	one-year wait
MEDICATIONS	
Antibiotics (oral)	seven-day wait from last dose
(injectable)	seven-day wait from last dose
Allergy medications, diuretics, diet pills, sleeping pills, tranquilizers, aspirin, Tylenol	can donate
VACCINATIONS	
Measles, mumps, rubella	one-month wait
Flu (if no reaction)	can donate
Hepatitis B	one-day wait
OTHER POSSIBLE RESTRICTIONS	
Travel outside the United States	contact Tripler
Ear piercing (professionally done)	can donate
(not professionally done)	12-month wait
Tattooing	12-month wait
Body piercing	12-month wait
Anthrax shot (if no reaction)	12-month wait
Smallpox	21-day wait or after scab falls off, (whichever is longer)

PLATELET, *From B-3*

donation. The donor's body typically replaces the lost platelets within 72 hours.

You can donate platelets if you're at least 18, in good health, weigh at least 110, and have abstained from aspirin products within the 72 hours prior to donation. Depending upon your weight and height, the donation will take approximately 70 minutes to two hours.

For more information or to make an appointment, call the Tripler Blood Donor Center at 433-6148, or leave a message at 433-6779 (Transfusion Services), or surf over to www.tamc.amedd.army.mil/services/bloodbank. htm.

KMC, From B-1

military members and families should definitely consider when it comes time to spending some of their hard-earned leave and liberty.

To make reservations or to find out more information call 438-6707 from Oahu; from all other locations, call (808) 967-8333. Further, check out Kilauea Military Camp's Web site at www.kmc-volcano.com for tour, accommodations, restaurant information, and more. Call Leisure Travel at the Information, Tickets and Tours Office to make air and car reservations at 254-7413 for Kaneohe Bay, or 477-5143 for Camp H. M. Smith.

Cpl. Jason E. Miller

This old lava flow gives evidence of Madame Pele's gradual and unrelenting march toward the Pacific. Madame Pele, the goddess of fire in Hawaiian lore, purportedly resides in Hawaii's many active volcanoes.

Courtesy of United States Geological Survey

No trip would be complete without a visit to Kilauea Volcano, which has been erupting continuously since 1983.

Courtesy of Parker Ranch

Right — Parker Ranch offers horseback and all-terrain vehicle, or ATV rides through some of its 175,000 acres. Call (808) 885-7655 for more info.