

## In honor of

# BLACK HISTORY Month



Photos Courtesy of Harry Cutting



Photo Courtesy of Petty Officer 1st Class Ted Banks

The end of segregation in the armed forces strengthened the military by allowing it to draw from the greater diversity and variety of its service members. Above, Marines and Sailors from the 13th Marine Expeditionary Unit and Expeditionary Strike Group 1 take a well-earned break from live-fire training exercises at the Central Command Area of Responsibility.

**Cpl. Jason E. Miller**  
Combat Correspondent

February is Black History Month, a time of appreciation set aside by the federal government to honor the advancements and achievements of African Americans throughout the course of U.S. history. This year, the military is observing the theme of "Brown vs. the Board of Education" in its celebration of diversity and ethnic advancements.

2004 marks the 50th anniversary of the famed Supreme Court ruling on *Brown v. the Board of Education of Topeka, Kansas*. The decision allowed a young African-American girl to attend an all-white school at a time when such a thing was unheard of, and marked a major turning point for the U.S., as public schools could no longer be segregated under state or federal law.

"Just as the ruling marked the end of segregation in our public schools,

it also marked the end of segregation of all organizations, including the military," said Master Sgt. Milton White, equal opportunity advisor for Marine Corps Base Hawaii, Kaneohe Bay. "As I observe the diversity and variety of today's Marine Corps, I am elated at the results that the ruling yielded."



Photo Courtesy of About.com

This picture was taken at a school in Fort Myer, Va., shortly after the school was desegregated under the mandate of *Brown v. Board of Education of Topeka, Sept. 8, 1954*.



Blacks, whites, Asians, Hispanics, Native Americans and other races have significantly contributed to the American experience, as well as fought side by side in defense of freedoms during the course of our history.

Marine Corps Base Hawaii has scheduled several events in celebration of Black History Month to commemorate African-American culture and achievements.



In 1943, Rome, Georgia, a sign at the Greyhound bus station directs African Americans to a separate waiting room.



In September 1962, a federal court ordered the University of Mississippi to accept James Meredith, an Air Force veteran. After days of violence and rioting by whites, Meredith, accompanied by federal officials, enrolled on Oct. 1, 1962.



The NAACP and its Legal Defense Fund attorneys worked on school desegregation cases originating from South Carolina, Delaware, Virginia, Kansas and the District of Columbia under the collective title *Brown v. Board of Education of Topeka*. In this 1954 photograph, (from left) George E. C. Hayes, Thurgood Marshall and James M. Nabrit, congratulate each other following the Supreme Court decision.

Historical Photos Courtesy of Library of Congress

### Timeline of events leading to *Brown v. Board of Education*

1857

#### **Dred Scott v. Sanford**

Supreme Court denied citizenship to Blacks, setting the stage for treatment as second-class citizens.

1865

#### **Bureau of Refugees, Freedmen, and Abandoned Lands**

Set up first African-American schools, among them Howard University.

#### **Black Codes**

Beginning of segregation: laws barred voting, jury duty, work in some occupations, testifying against Whites.

1866

#### **Civil Rights Act**

Gave basic economic rights to contract, sue, own property to all persons.

1868

#### **14th Amendment to the Constitution**

Overruled *Dred Scott*; said all born in the U.S. are citizens with rights to life, liberty, property, equal protection of the law.

1875

#### **Civil Rights Act**

Prohibited discrimination in public places.

1883

#### **Civil Rights Act**

Court overturned Civil Rights Act of 1875, paving way for segregation.

1887

#### **Jim Crow**

Racial segregation is practiced.

1896

#### **Plessy v. Ferguson**

Established the "separate but equal" doctrine.

1908

#### **Berea College v. Commonwealth of Kentucky**

Court upheld Kentucky law forbidding interracial instruction.

1909

#### **NAACP**

National Association for the Advancement of Colored People was founded to eliminate lynching and racial and social injustice.

1938

#### **Gaines v. Canada**

Precedent case for states to "equalize" Black schools, rather than integrate them.

1948

#### **Sipuel v. Board of Regents of University of Oklahoma**

Court ruled race-based denials to state law school unconstitutional.

1951

Feb. 28

#### **Brown v. Board of Education**

Filed in federal district court in Kansas.

1952

#### **October bundling of cases**

Court agreed to hear all five pending desegregation cases, showing that injustice was a national issue, not just a southern one.

1954

May 17

#### **Court overturned Plessy v. Ferguson**

Declared racial segregation in public schools violated the Equal Protection clause of the 14th Amendment; *Bolling v. Sharpe* is overturned based on Due Process of 5th Amendment for D.C. public schools. Alabama, Georgia, Mississippi, South Carolina and Virginia declared the Court's decision to be "null, void, and no effect."

## Schedule of Events

**Feb. 1 - 29**

- Heritage displays, artwork and artifacts will be placed around MCB Hawaii, Kaneohe Bay and Camp H. M. Smith.
- Mega Video will offer discounted prices on all movie rentals that highlight African-American culture, struggles and artists.

**Feb. 17, 6 - 7 p.m.**

**Feb. 19, 10:30 - 11:30 a.m.**

**Feb. 21, 1 - 2 p.m.**

- Cultural readings for children under 10 years old at the base library.

**Feb. 20,**

**11:30 a.m. - 12:30 p.m.**

- Black History Month Luncheon and guest speaker presentation at the Anderson Hall dining facility.

#### **Stay tuned for more:**

- Guest appearances by Pro Bowl football players at Kaneohe Bay.
- Comedy show featuring local talent at the K-Bay enlisted club.
- The K-Bay base theater presents "Boycott," a dramatization of the historic mid-50s, public bus boycott that played a pivotal role in the civil rights movement.

# MCCS

MARINE CORPS COMMUNITY SERVICES

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## POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

### February

#### 6 / Today

**Staff NCO Newlywed Game** — Find out how well you know your mate by attending the Staff NCO Club's Newlywed Game, today. All contestants will receive prizes, and the grand-prize winner will receive a Valentine's dinner for two at the Staff NCO restaurant. For more information, call 254-5481.

**K-Bay Clubs** — Marine Corps Base Hawaii boasts three newly renovated clubs with the below hours of operation.

•At Kahuna's Sports Bar & Grill:  
(For E-5 and below, DoD civilians and sponsored guests)  
Monday – Wednesday,  
6 p.m. – 12 a.m.  
Thursday, 6 p.m. – 1 a.m.

Friday, 6 p.m. – 2 a.m.  
Saturday, 6 p.m. – 1 a.m.

•Lunch at Kahuna's:  
Monday – Friday,  
11 a.m. – 1:30 p.m.

•At the Staff NCO Club Rocker Room:  
(For E-6 through E-9, DoD civilians and sponsored guests)  
Monday & Tuesday, Closed  
Wednesday, 4:30 – 10 p.m.  
Thursday, 4:30 – 8 p.m.  
Friday, 4:30 p.m. – 2 a.m.  
Saturday, 6 p.m. – 2 a.m.

•At the Staff NCO Club Restaurant:  
Monday – Friday,  
11 a.m. – 1 p.m.  
Sunday, 8 – 11 a.m.

•At the Officers' Club Koa Lounge:  
Wednesday – Thursday,  
4 – 9 p.m.  
Friday, 3 – 11 p.m.  
Saturday, 5 – 8 p.m.

•Lunch at the Officers' Club:  
Monday – Friday,  
Buffet from 11 a.m. to 1 p.m.  
Monday – Friday, À la carte  
from 11 a.m. to 1:30 p.m.

•At the Officers' Club Main Dining Room:  
Thursday – Saturday,  
5:30 – 8 p.m.  
Sunday Brunch,  
10 a.m. – 1 p.m.

#### 7 / Saturday

**Sweet Treats** — The base library invites children and parents to a pre-Valentine's Day celebration at 1 p.m. Hear sweet stories, make a lovely Valentine and enjoy a tasty treat. For more information, call 254-7624.

#### 11 / Wednesday

**Bosses' Night** — Treat the boss right; bring him or her to the Staff NCO Rocker Room

from 5 to 7 p.m. for refreshments, pupus and live entertainment by mainland jazz group Kenney Polson.

**Base Library** — Bring the children to learn about Black History Month at the base library. Listen to stories, learn about African-American culture, make crafts and enjoy treats. The festivities will begin at 6 p.m.

For more info, call 254-7624.

#### 12 / Thursday

**Kahuna's Karaoke** — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held Thursday, Feb. 19 and 26, and March 4 and 11 at 9 p.m. The finalists from each preliminary will compete in the final contest on March 18.

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

#### 14 / Saturday

**Base Theater** — Tell us about your worst first date, and you will have a chance to win a Marine Corps Community Services gift certificate valued at \$50.

Draft a one-page essay and drop it off at Bldg. 244 or the base theater. Essays must be turned in by Friday, Feb. 13.

Also, come to the showing of "50 First Dates" on Feb. 14 at 2:30 p.m., and find out if your experience was the worst. For more information, call 254-7639.

**Decadent Dinner** — The Staff NCO Club is hosting a steak and shrimp Valentine's Dinner complete with four courses and champagne, followed by dancing.

The cost is \$19.95 for members and \$24.95 for nonmembers. For reservations, call 254-5481.

**Sweetheart Dinner** — The

Officers' Club Valentine's Dinner will be a four-course dinner starting with champagne and topped off with a heart-shaped strawberry shortcake filled with a special strawberry shortcake dessert.

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

**Eight Minute Dating** — Kahuna's Sports Bar & Grill is setting you up. Meet that special someone in eight minutes flat! It's fast, fun, safe and set in a comfortable atmosphere. Preregister online at 8minute Dating.com.

Activities will heat up at 7:30 p.m. for two age groups: 18 – 25 and 26 – 35. Cost is \$27 per person, and raffle prizes, free pupus and a DJ will follow.

For more info, call 254-7660.

#### 15 / Sunday

**"The Lord of the Rings" Marathon** — Is the weather not treating you right? Head on over to the base theater for the showing of the "Lord of the Rings" trilogy. The marathon will begin with "The Lord of the Rings: The Fellowship of the Ring" at 1 p.m., followed by "The Lord of the Rings: The Two Towers" at 5 p.m., and ending with "The Lord of the Rings: The Return of the King" at 8 p.m.

All movies are rated PG 13. For more information and to purchase tickets, call 254-7641 or 254-7642.

#### 16 / Monday

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

offers.

For more information, call 257-2368.

#### 18 / Wednesday

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

**Marriage Skills Workshop** — Thinking about marriage? Get in the know and attend the 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.

This workshop will run Feb. 18 and 19. Call 257-7780 or 257-7781 to register.

**Joint Education Center** — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the "College 101" Workshop that is available each Wednesday at the Joint Education Center in Bldg. 220 from 11:35 a.m. – 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities also have on-base offices in Bldg. 220.

Civilians are welcome. For more info, call 257-2158.

**Job Search** — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration.

Stop by the MCCS Personnel Office in Bldg. 219 to get a job or career that suits your skills, schedule and style. You can also call 254-7619 or visit [www.mccshawaii.com/jobs\\_listings.html](http://www.mccshawaii.com/jobs_listings.html) and find the position that's perfect for you.

## 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](http://www.MCCSHawaii.com) under the "Semper Fitness" icon.

#### Upcoming Events

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

•**Saturday:** Make plans to go deep-sea fishing tomorrow from 6:30 a.m. until noon. All E-5 and below, single, active duty members should meet SM&SP at the base marina. Cost is \$50 per person and includes lunch. Call 254-7636 or 254-7593 for more details.

•**Feb. 14-16:** Mark your calendars for a Kauai island trip during the holiday weekend, which includes airfare, hotel and ground transportation to the airport and back, as well as rental vans on Kauai. The cost for this trip is only \$350 per person, with a \$100 deposit due by Sunday. Call 254-7636 or 254-7593 to register.

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

#### Inflatable Game Rentals

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

#### Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events. To get involved, contact SM&SP now.

## Kahuna's rocks with free live music

**Lance Cpl. Rich Mattingly**  
Combat Correspondent

Want to go out and have a good time this Friday night? Don't want to spend a lot of money or worry about going out to Waikiki or Honolulu? Why not stop by Kahuna's Sports Bar & Grill at Kaneohe Bay for a free show every Friday night?

Kahuna's is quickly becoming known as the best place to catch a show on the Windward side of Oahu.

"If you don't feel like going over the mountain, or spending a ton of money out in Waikiki, then Kahuna's is the place," said Alexis Swenson, general club manager of Kahuna's.

Since its opening last year, Kahuna's has become well known for its quality food and relaxed atmosphere. It's become more of a destination than just a spot to hang out until Marines and Sailors find a way to get off base, said Swenson.

With a better reputation and higher

attendance, Kahuna's has started to attract the same caliber of bands that play in the clubs and bars around Waikiki and Honolulu.

"The free shows every Friday make it an awesome place to hang out with your friends," said Lance Cpl. Carlos Suarez, base motor transport dispatcher.

"The bands are actually pretty well known, and Latin Night is the bomb."

Every third Friday of the month is "Latin Night" at Kahuna's, featuring El Conjunto



Lance Cpl. Rich Mattingly

**One World Tribe entertained patrons of Kaneohe Bay's enlisted club, Kahuna's Sports Bar & Grill Friday. The band plays original funk and roots reggae classics like Bob Marley's "Redemption Song" and "Johnny Too Bad." Kahuna's features live bands every Friday and there is no cover charge.**

Tropical, an eight-piece salsa and merengue band.

See **LIVE MUSIC**, B-3

## 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 I.D. 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.

Stuck on You (PG-13)	Today at 7:15 p.m.
The Human Stain (R)	Today at 9:45 p.m.
Something's Gotta Give (PG-13)	Saturday at 7:15 p.m.
The Missing (R)	Saturday at 9:45 p.m.
Paycheck (PG-13)	Sunday at 3:30 p.m.
The Last Samurai (R)	Sunday at 7:15 p.m.
Something's Gotta Give (PG-13)	Wednesday at 7:15 p.m.
Stuck on You (PG-13)	Thursday at 7:15 p.m.
Shattered Glass (PG-13)	Feb. 13 at 7:15 p.m.
Paycheck (PG-13)	Feb. 13 at 9:45 p.m.

# Magician melds magic with humor

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

WAIKIKI — Throughout history, magicians like Harry Houdini and David Copperfield have invented thousands of new and exciting tricks to amaze magic showgoers. Yet, the Hale Koa Hotel's Magic in Paradise show has come up with another interesting twist to keep audiences entertained.

Mark Allen Mauricio, magician at the Hale Koa Hotel, not only uses modern day music and illusions in his magic act, he has also incorporated his own style of humor to keep spectators amused.

"I enjoy making people laugh," said Mauricio. "Being able to amaze people is nice, but hearing them laugh is the best part of my job."

Mauricio has performed magic for 28 years. He began his magic career at 5 years old, by showing his tricks to friends and family as a hobby. Since then he has performed in front of crowds with as many as 1,600

people at Japanese Conventions in Las Vegas, Nev.

Mauricio came to work at the Hale Koa in June 2003. The show he performs combines famous illusions, unique special effects and humor for all ages. In addition to performing, Mauricio teaches his passion for magic to local children.

He competes in many local and international competitions, winning many awards such as Magician of the Year, Most Outrageous Magician, Most Entertaining Magician, International Magic Champion and the Award of Excellence, in addition to being the first-ever champion of the "Laugh-Off" at the Laugh Factory.

Preshow festivities at

**Mark Mauricio holds up a white dove that seemingly materializes out of thin air. Many of his magic tricks are created through illusions that make objects appear and disappear.**

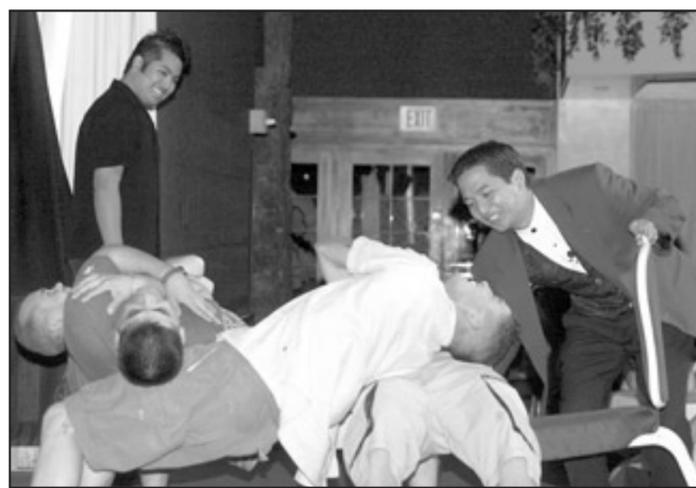


the Hale Koa begin with a full, all-you-can-eat dinner buffet including beverages and desserts. The seating starts at 6 p.m. in the Banyan Tree Showroom at the hotel.

"This show is very different from the previous one at the Hale Koa," explained Mauricio. "It has taken more than nine years to put together."

Trial-and-error efforts have progressed Mauricio to the level of performance he has achieved. He said it is an ongoing challenge to continuously keep audiences at the edge of their seats with new tricks and jokes.

"The show is still



Photos by Lance Cpl. Megan L. Stiner

**During a balancing trick, Mauricio attempts to steady Cpl. Ryan K. Martel, military working dog handler, who attended the show and volunteered to participate on stage.**

changing and improving; it gets better all the time," he said.

The Hale Koa Hotel is excited about the new show and wants to spread the word that the Magic in Paradise event is very different than the previous magic demonstration performed at the hotel, said Lucinda K. Aina Moss, marketing coordinator for the Hale

Koa Hotel.

Shows are performed every Tuesday night. Tickets and information are available at the Hale Koa Activities Desk, military ticket outlets and over the telephone at 955-0555.

"Don't come to the magic show to be fooled," Mauricio advises. "Come to be entertained."

## Fathers invited to escort their daughters to dance

**Edward Hanlon V**  
*MCCS Public Relations*

On March 13 from 5 to 8 p.m., fathers are invited to share a very special evening with their daughters at the Armed Services YMCA's 5th Annual Father-Daughter Dance.

This formal evening of father-daughter bonding will be held at the Officers' Club, inside the Lanai Ballroom. The evening's affairs include a buffet dinner, door prizes and entertainment throughout the night.

"We take great pride by being able to provide a very special evening for our service member fathers and their

daughters," said Nicole Ferguson, ASYMCA outreach director. "Moments like these are especially important in times such as these, when increased and extended deployments remind us to cherish time with our families," she added.

Fathers' attire is military dress or black tie for the dance; daughters should wear either formal or party dress.

Tickets are on sale now through March 5, and can be ordered by calling the ASYMCA at 254-4719. Costs are \$7 for daughters 4 years and younger, \$14 for girls ages 5-11, and \$16 for girls 12 and older, as well as for fathers.



Photo Courtesy of ASYMCA

**Fathers and daughters shared a very special evening as they danced the night away during last year's Armed Services YMCA's 4th Annual Father-Daughter Sweetheart Dance, aboard MCB Hawaii, Kaneohe Bay's Officers' Club.**

## Author shares how to avoid life's major mistakes

**NewsUSA**  
*Featurettes*



Your tassel has long been turned and your diploma's in hand. Now, author J.R. Parrish has one message for you: Learn from the mistakes of others, because you can't afford to make them all yourself.

In his book "If I'd Known Then What I Know Now," Parrish shows the reader how this advice rings true — whether you're a grade school student, a recent graduate or well into retirement.

According to Parrish, there are three keys to success and contentment in life.

1) Know that the greatest need of everyone after food, clothing and shelter is the need to feel important. Eighty percent of failure is inability to deal effec-

tively with people, not inability to do the job. If you make other people feel important, success will follow.

2) Accept the "Better World Theory," which says if you want a better life for yourself, it's up to you to make it happen. By acknowledging this fact, you stop blaming others and realize that you are where you are in life because of your own choices.

Your motto should become "If it's to be, it's up to me." When you eliminate blame from your life, you also eliminate anger, because all anger distills down to blame.

3) Realize that your success or failure is determined largely by your habits. Bad habits invite failure, but good habits unlock the door to success and happiness.

A milkman turned millionaire who retired at age 55, Parrish attributes his success to following the good advice of

his mentors. Compiled from his own life experiences and the knowledge he gained from listening to others, Parrish's book is filled with common sense advice on topics such as finance ("It's not how much you make, but how much you keep."); success ("Overnight success usually takes about 15 years."); and marriage ("Marry your best friend.").

The lessons in the book are divided by age group and cover life's most important subjects including family, school, relationships, career, health, parenting and aging.

Parrish believes that human relations are the "fourth R" and should be taught in school curriculums alongside spelling and math. In doing so, he says, we have the ability to help society become happier and less violent in one generation.

"If I'd Known Then What I Know Now" is available in bookstores and online, and has a cover price of \$12.95. For more information, log on to [www.learnfromanother.com](http://www.learnfromanother.com).

### LIVE MUSIC, From B-2

Bands playing Kahuna's range in style from reggae to rock to roots, and all E-5s and below are welcome.

The club observes an 18 and older policy.

For details about upcoming shows, Kahuna's can be reached at 254-7661.

### PLAY LIST

**Feb. 6** — 8mm Overdose slams Kahuna's with a unique take on hard rock tonight. Three other bands fill out the bill.

**Feb. 13** — Slug will be jinxing and jamming away on Friday the 13th.

**Feb. 20** — Latin Night, El Conjunto Tropical adds a swing to salsa that will get your body moving.

**Feb. 27** — The alternative rock of Sugah Daddy hits Kahuna's. Don't miss this band! Last year the "Daddy" won the Hard Rock Café Challenge and even played K-Bay's own BayFest.

# Mavro expresses passion for food

HONOLULU — This week's "Island Flavors" takes you to an intimate little place perfect for that special occasion like Valentine's Day, an anniversary dinner or a romantic, special date.

Nestled in Honolulu at the intersection of King Street and McCully (across from Jack in the Box) is Chef Mavro.

While prices are high (but comparable to other local fine dining establishments), you'll find masterfully prepared cuisine featuring a fusion of French and Hawaiian flavors served in a soft-lit dining room.

From the moment I walked in, I found the service quick, but unobtrusive. The servers are happy to describe the dishes in detail and quick to recommend a matching wine.

While they do offer an "à la carte" menu, I would recommend trying one of the special "degustation" or tasting menus (selected by the proprietor and Chef George Mavrothalassitis, "Mavro" for short).

These menus come with the option of getting perfectly paired wines with each course. The wines have been selected after a special tasting by the restaurant staff and other special guests. The tasting menus offer the choice of three courses (\$56, \$76 with wines), four courses (\$65, \$95 with wines) or six courses (\$93, \$132 with

wines).

My wife and I decided to order two different tasting menus, so we could sample more dishes.

We began with the roasted Kahuku prawns served on Quinoa salad with basil and a curry vinaigrette dressing (\$17 on the à la carte menu) and sautéed foie gras served with Hirabara Farm baby spinach, Maui onions, Poha berries (gooseberries) in a warm apple-balsamic vinegar dressing (\$19).

The next course of delectable dishes were the Yukon Potato-Crusted Opakapaka, served on bacon-braised chiffonade of baby Romaine lettuce and fennel shavings (\$35), and (my personal favorite) an incredible Keahole lobster served over an asparagus risotto, flavored with truffle oil and crustacean coulis (\$39).

After finishing this, as if on cue, the main course was served. My wife enjoyed a roasted Maple Leaf Farms duck in a five-spice citrus sauce. The breast is sliced into medallions, and the leg minced in a mango and frisée endive salad (\$32). I had the Prime Strip Loin crusted with pancetta. It came with North Shore sweet corn, young spinach and an anchovy-tarragon tomato sauce (\$37).

Eventually, this meal had to come to an end. But what an ending.

Commentary



## Island Flavors

Jim Williams  
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Yukon Potato-Crusted Opakapaka

I took pleasure in a slice of Vanilla Cheesecake, topped with a sour apple filling (\$8), and my wife sampled Mavro's famous Lilikoi Malasadas, with pineapple-coconut ice cream in a guava coulis (\$10).

If during your meal you are lucky enough to meet Mavro, you will quickly realize preparing food is more than just a job. It is his passion. He will tell you all about the ingredients and flavors, his favorite wines, and both Hawaii and France — with a big, contagious smile.

Born and raised in Marseilles, Mavro is of both Greek and French descent.

Trained in Roanne and Paris,

France, he owned two award-winning restaurants in his home country before moving to the United States.

In 1988 he came to Hawaii where he worked as chef of the acclaimed restaurant La Mer. There, he earned the restaurant the coveted AAA five-diamond rating (the only one in Hawaii). He also worked at the Four Seasons on Maui before opening his own restaurant in 1998.

He soon gained more recognition along with such chefs as Sam Choy, Roy Yamaguchi and Alan Wong, as one of the originators of "Hawaiian Regional Cuisine," a movement that promotes and uses fresh local

**Chef Mavro**  
1969 S. King St.  
Honolulu, HI  
944-4714

ingredients in cooking.

Mavro earned national recognition in "Bon Appetit," "Gourmet," "Esquire" and travel and leisure magazines, as well as has made dozens of television appearances on CNN, the Food Channel, and the PBS series "Great Chefs in America."

Most recently, he won the 2003 James Beard "Best Chef" award (in the Northwest/Hawaii region). This was his third nomination in the awards often referred to as the "Oscars" of the nation's culinary profession. But these are just accolades. The proof, as they say, is in the pudding (or malasadas in this case).

Chef Mavro's boasts an incomparable menu featuring some of the most innovative food I've tried in Hawaii.

In the hands of a very capable chef, the French/Hawaiian cuisine is well worth the price.

*(Editor's Note: Chef Mavro changes his menu regularly; dishes listed in this article may have changed.)*

## ON THE MENU

### AT ANDERSON HALL

**Today**

**Lunch**  
Seafood Platter  
• Fried Fish Nuggets  
• Fried Shrimp  
• Fried Scallops  
• Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni & Cheese  
Chewy Nut Bar  
Yellow Layered Cake  
w/Butter Cream Frosting  
Asst. Fruit Pies

**Dinner**  
Roast Pork Loin  
Barbecued Chicken  
Mashed Potatoes  
Steamed Rice  
Chewy Nut Bar  
Yellow Layered Cake  
w/Butter Cream Frosting  
Asst. Fruit Pies

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

**Saturday**

**Brunch/Dinner**  
Herbed Rock Cornish Hens  
Grilled Strip Loin Steak  
Rice Pilaf  
Mashed Potatoes  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Sunday**

**Brunch/Dinner**  
Yankee Pot Roast  
Baked Ham  
Mashed Potatoes  
Candied Sweet Potatoes  
Chocolate Layered Cake  
w/Chocolate Cream Frosting  
Asst. Fruit Pies

**Monday**

**Lunch**  
Meatloaf  
Creole Pork Chops  
Mashed Potatoes  
Pork Fried Rice  
Apple Crisp

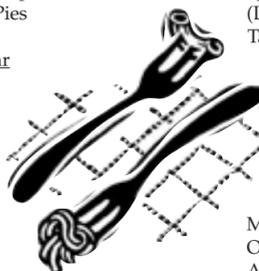
Chocolate Chip Cookies  
Asst. Fruit Pies

**Dinner**  
Baked Turkey & Noodles  
Baked Fresh Fish  
Rice Pilaf  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

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

**Tuesday**

**Lunch**  
Beef  
Sukiyaki  
Pork Chop Suey  
Egg Foo Young  
Chinese Fried Egg Roll  
Steamed Rice  
Pork Fried Rice  
Chocolate Pudding  
Asst. Fruit Pies



**Dinner**

Creole Macaroni  
Baked Fish Fillet  
Mashed Potatoes  
Noodles Jefferson  
Chocolate Pudding  
Asst. Fruit Pies

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

**Wednesday**

**Lunch**  
Barbecued Spareribs  
Country Style Steak  
Steamed Rice  
Mashed Potatoes  
Oatmeal Cookies  
Asst. Fruit Pies

**Dinner**

Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes  
Brownies

Asst. Fruit Pies

**Specialty Bar**  
(Lunch & Dinner)  
Hot Dog Bar

**Thursday**

**Lunch**  
Baked Lasagna  
Chicken Parmesan  
Asst. Pizza Slices  
Garlic Toast  
Brownies  
Asst. Fruit Pies

**Dinner**

Chicken Vega  
Simmered Corned Beef  
Parsley Buttered Potatoes  
Steamed Rice  
Apple Pie  
Oatmeal Cookies  
Asst. Fruit Pies

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

# Key Volunteer graduates contribute to readiness



Edward Hanlon V

Col. Roten, guest speaker at Key Volunteer Network's graduation, complimented Key Volunteers for their tireless contributions to the families of service members.

**Edward Hanlon V**  
MCCS Public Relations

"When I was deployed, people asked me what they could do for me. They asked me what I needed and what I wanted. I responded, 'Ask my spouse what she needs,'" quoted Col. Richard C. Roten, deputy commander of Marine Corps Base Hawaii, at the Key Volunteer Network graduation, Jan. 28.

The Key Volunteer Network is designed to help give deployed service members peace of mind — knowing that their families are well taken care of. Key Volunteers contribute to family readiness by keeping family members informed about the missions and tasks of their spouse's unit while they are deployed. Key Volunteers are also empowered to refer families to a wide range of services and organizations and

they assist families with any challenges that may arise.

"The contributions you tirelessly make, greatly contribute to readiness," said Roten, complimenting the graduates. Readiness is a not necessarily a term only attributed to active duty personnel, explained Roten.

Ten graduates accepted their certificates from Roten, including Andrea Fulling, Lindsay McNabb, Chandler DeOrtiz, Amanda Nation, Sandi Moser, Isha Everly, Tess Mayer, Michael Lupient, Christina Shockey and Donna Murphy, during a ceremony held at the KVN office located aboard Kaneohe Bay.

Misty Stelly is the Key Volunteer trainer/program manager at K-Bay, and she may be contacted at 257-2410 for more information about the Key Volunteer Network.



## Reunions can help loved ones remain close despite distance

**NAPS**  
Featurettes

Because families connect us to our history, our culture and our community, family reunions are more popular than ever, according to a recent survey sponsored by the American Society of Travel Agents and Vacation.com. Many families separated by miles and mountains find they can reinforce their connections by gathering in one place. Family reunions can also let more distant relatives keep up with family events.

Here are some tips to help make your family reunion a success:

- Start early. A large reunion can be complicated. Experts recommend planning as far as two years in advance.

- Give guests advance notice. Family members may need advance notice to take time off work or make other

arrangements.

- Be prepared for guests with special needs. Allow time to plan to accommodate health problems and other issues.

- Consult your travel agent. A travel agent can suggest dates, destinations and activities as well as help you manage things like accommodations, car rentals and emergency travel arrangements — and family contention, by being a neutral party.

- Choose a date that will work for as many people as possible. Avoid obvious busy times of the year.

- Don't change the date in mid-stream. People may plan other activities — and time off — around the scheduled date immediately.

- Have one person coordinate RSVPs and contact information. This minimizes the potential for miscommunication.

For more advice and tips, go to [www.astanet.com/travel](http://www.astanet.com/travel).

## Spouse support



Photo Courtesy of Master Sgt. Kelly Pratt

The All Enlisted Spouses Club recently donated three redwood picnic tables to the Armed Services YMCA. Mary Pratt, the club's president, said, "We are here to support several organizations aboard the base. The AESC thought it would be nice for everyone who uses the ASYMCA to have picnic tables to sit at while visiting the ASYMCA." If you would like more information regarding the All Enlisted Spouses Club, call the AESC Thrift Shop at 254-0841, or for information about the ASYMCA, call 254-4719. The AESC members (from left) Jenny Nauta, Lindsey Sandvol, Nichole Ferguson and Mary Pratt, are standing between two of three recently donated picnic tables.

# WORD TO PASS

## Commissary Gives Reminders

• *Scholarships for Military Children Due Feb. 18*

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

The application can be downloaded through a link at [www.commissaries.com](http://www.commissaries.com). Copies of the application are also available at commissaries worldwide.

• *DECA Becomes Cupid's Headquarters for Valentine's Day*

Commissaries have just oodles of Valentine's treats for shoppers playing Cupid. If chocolate is your passion, commissaries have got you covered with solid milk chocolate hearts and roses. If your sweetheart is watching his or her sugar intake, then give the gift of flowers instead.

Perhaps your Valentine likes eating healthy. A fruit basket might be just the answer! What's even sweeter is that many commissaries will create fruit baskets for you upon request.

Further, something sweet and special can always be found in the commissary bakery, or down the health and beauty products aisle, which boasts a large assortment of fragrant hand lotions and moisturizers, make-up and other beauty enhancers — all priced to suit your budget.

• *Promotions Abound at Commissaries*

This month commissary shoppers can check out the promotions area under the Shopping link at [www.commissaries.com](http://www.commissaries.com) for opportunities to win shopping sprees, a trip for two to Aspen and more through manufacturer's special events.

## American Legion Offers Scholarship Opportunity

• To say "thank you" in a very meaningful way to the nation's children who have lost a parent in the world's enduring struggle against the evil of terrorism, the American Legion has established the American Legacy Scholarship. Children of U.S. active duty military members, and of federalized Guard and Reserve personnel, killed on or after Sept. 11, 2001, are eligible.

To obtain an application, visit the Legion's Web site at [www.legion.org](http://www.legion.org) and click on "community."

The public may contribute to the American Legacy Scholarship fund by sending donations to The American Legacy Scholarship Fund, The American

Legion, P.O. Box 1055, Indianapolis, IN 46206.



## FRA Announces Priority Legislation, Scholarship Criteria

• The Fleet Reserve Association, the oldest and largest professional military association representing sea service concerns, has announced that it will be working with Congress and the DoD regarding funding for the Defense Health Program, access and funding for TRICARE, reform of the Survivor Benefit Plan and full-funding of military retired pay and VA disability compensation. The FRA also continues to press for pay increases to help close the gap between the military and the private sector, and opposes changes to the commissary benefit.

For more legislative priorities, visit [www.fra.org](http://www.fra.org).

• The FRA is accepting applications for its 2004 scholarship program, which includes 10 separate awards of \$5,000 and still others for college degrees.

The competitive FRA-funded scholarships are based on financial need, academic standing, character and leadership qualities. Preference is provided to FRA members and their families, and applications are due by April 15.

Get an application form (with a revision date beyond Oct. 1) at [www.fra.org](http://www.fra.org).

## Voting Guide Outlines State Elections

Because election laws vary from state to state, service members and their families should consult the recently distributed 2004/2005 Voting Assistance Guide for procedures to register or request an absentee ballot in local, state or federal elections. The Guide is available online at [www.fvap.gov](http://www.fvap.gov), and absentee voting materials may also be obtained through unit voting assistance officers.



## BISHOP MUSEUM

### Chinese Art, Dinosaurs Play at Bishop Museum

Located at 1525 Bernice Street, Bishop Museum is now hosting the following

exhibits:

• Through Feb. 15: "Flying the Child's Hope," a Chinese children's art exhibit at the Hall of Discovery, features various works of art that express concern for the environment, targeted for American kids ages 5-13, as well as the general public.

• Through April 15: "Savage Ancient Seas" 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. Admission is \$14.95 for adults, and \$11.95 for military and youth from 4-12 years old. Children under 4 are free. For more details, call 847-3511 or visit [www.BishopMuseum.org](http://www.BishopMuseum.org).

## Boutiki Seeks Donation Requests

The Boutiki Gift Shop is now accepting donation request letters from organizations seeking monies to help fund various programs or supplies. Nonprofit organizations that are directly involved in quality-of-life issues for military families may send in a request letter to the Boutiki Gift Shop, ATTN: Donation Request, Box 10, Naval Station Pearl Harbor, HI 96860. Letters must be post-marked by Feb. 17, and should include the name, address and telephone number of your organization, and specific details about what your donation will be used for.

The not-for-profit Boutiki retail store sells handcrafted Hawaiian, Americana and seasonal décor. Its all-volunteer staff is comprised of spouses from all branches of the military. Profits from the store go to organizations located on Oahu who have a direct impact on the military or their families such as the Navy Marine Corps Relief Society, the American Red Cross and the Armed Services YMCA, to name just a few.

Store hours are Mondays, Fridays, and Saturdays from 9 a.m. to 1 p.m. and Wednesdays from 3 to 7 p.m. For more details, contact Mary Nishioka, Boutiki publicity, at 623-0736 or 422-6662.

## WAA Hosts Stewardship Days

The Windward Ahupuaa Alliance has established a new way of communicating its activities and events by setting up a separate page on the "Koolau News" Web site at [www.koolaunews.com/waa](http://www.koolaunews.com/waa). Look for more information about the following upcoming events:

• Saturday from 8 a.m. to noon, participate in the Waikalua Loko Fishpond

Community Stewardship Day.

• Feb. 21 from 8 a.m. to noon, get involved in the quarterly Great Kapaa Quarry Road Cleanup/out Community Stewardship Day.

For more information, contact Shannon Wood at 263-6001.

## Friends of Heeia Post Upcoming Events

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

• Mark your calendar for "In the Garden," Feb. 14, March 13 and April 10, 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.

• Need a meeting place for your organization? Call 247-3156 for details about renting the hall on Fridays, Saturdays or Sundays.

## Hawaii Prince Hotel to Host Free Microsoft Seminar

Information technology professionals are invited to attend the Microsoft Security Strategies Roadshow, an educational seminar, that will discuss how enterprise IT professionals can secure servers, apply security best practices, learn the benefits of intrusion protection and implement security patch management.

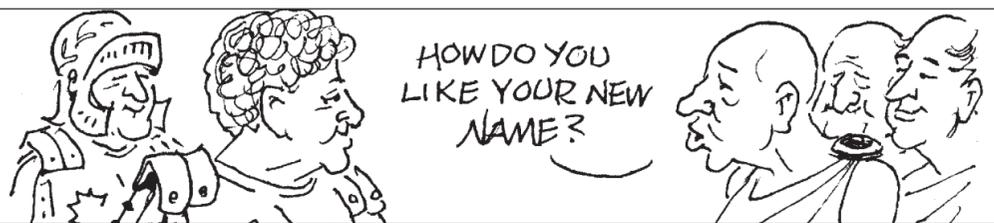
The seminar will take place Feb. 13 from 9 a.m. until 4:30 p.m. (breakfast and registration run from 8 to 9 a.m.) at the Hawaii Prince Hotel Waikiki and Golf Club, at 100 Holomoana St. in Honolulu. There is no cost for attending this full-day event.

For more information or to register for the seminar, visit or call Dave Bernard at 970-663-4700. Preregistration is recommended, but not required.

## Entertainment Abounds at Local Theaters

• At the Kennedy Theatre: Today, Saturday and Feb. 12 - 14 at 8 p.m., Feb. 15 at 2 p.m., "Betty's Summer Vacation." It's a rollercoaster ride that starts off seeming relatively normal, but almost immediately reveals that things are not as they seem. The play explores reality TV characters that perform extreme atrocities. Tickets are on sale at \$15 regular, \$12 military, \$10 non-UH students, \$3 UH students. Call 956-7655 for more information.

Did You Know?



The Roman emperor Augustus was born Gaius Octavius. "Augustus" was a title, bestowed upon him by the Roman senate in 27 B.C., meaning "exalted, sacred."

quotable

You can observe a lot just by watching.

— Yogi Berra

## Pint-sized racers

Right — Gunnery Sgt. Matt Torres prepares to begin the Annual Pinewood Derby Races, Saturday at Mokapu Elementary. The Cub Scouts-sponsored race has been an ongoing tradition since 1953 and was first created as an event to foster a closer father-son relationship for boys too young for soap box racing.

Photos Courtesy of Amy Roberts



Above — Pack champions, from left, Carter Hall, 7th place; Paulo Dabu, 6th place; Seth Wall, 1st place; Daniel Dabu, 2nd place; Michael Garrett, 3rd place; Gerard Dabu, 4th place; and Dakota Burch, 5th place, pose for a keepsake photo. The top four winners will compete in the island-wide finals in March.

Left — Imaginative car designs spanned the gamut, from snails to space shuttles.



# Procrastination wastes time and life

## NewsUSA

### Featuring

"Someday, I will organize my closet."

"Tomorrow, I will start my diet."

"I'll wash the dishes later."

"I have plenty of time to study for that exam."

These are all words you might hear from a procrastinator. But putting off inevitable tasks is a behavior that wastes your time and your life, according to BestSteps.com, an online self-help resource. No matter how big or small your impending projects are, if you procrastinate, your life may not be as fulfill-

ing as you'd ultimately like it to be.

If your life is full of things to do "someday" or "later," here are a few motivational tips to help you get them done, from the experts at BestSteps.com:

- Take a moment to think about everything you are putting off. Then, assign a priority to each task. Within 15 minutes of doing this, take action on the top priority. Do something, no matter how small, to begin working toward your goal.

- Divide large, intimidating projects into smaller, easier segments. Finishing these smaller tasks will give you the sat-

isfaction and confidence to continue.

- Start with something you enjoy. The first step is the hardest, so it should be something you find pleasant and easy to accomplish in 15 minutes or less.

- Set small deadlines. Focus on a series of small, realistic goals for finishing parts of a project, instead of one final date for the entire project.

- Start now. Don't wait until you think you will have a block of time to do the project in one sitting. Even if you only work on it for a few minutes, you will be that much closer to completion.

- Reward yourself for each accomplishment. Having something to look

forward to when you finish a chore is a great way to get things done.

- Think about how relieved you will be when your task is completed. Use that thought as a motivator to keep moving forward with your project.

For more advice, subscribe to BestSteps.com, an online collection of mini-seminars containing practical advice about success, relationships, communication, health and more.

The Web site contains a wide selection of motivational materials from leading self-help authors, with specific steps you can take to help achieve your personal and professional goals.

# MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

## Vehicles

**1991 Mazda RX-7**, convertible, white, power everything. Blue Book lists at \$5,300, but only asking \$4,000. Call 455-9785.

**2000 Ford Taurus**, A/C, ABS, PS, 69K miles, excellent condition, well maintained. Asking \$8,500 OBO. Call 306-6008.

## Appliances

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

## Miscellaneous

**Four Bose 601 speakers**, excellent condition. Asking \$100 each. Shoei full-face helmet, 7 1/4, white with red

and black. Asking \$100. Alpine Star men's motorcycle boots, 8 1/2, white with red. Asking \$50. Oldsmobile transmission with stall converter. Asking \$100. Diesel generator, 3500kw, needs a little work. Asking \$350. Call 222-4746 or 259-0348.

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

**For sale by sealed bid**, Whirlpool Jacuzzi (Platinum Series, Model #H860000), purchased in July 1998. Comes with stairs, leather cover, owners manual and complete service record to be sold as is. Bids start at \$1,500 and may be submitted in person from 7 a.m. to noon on Feb. 14 at

Bellows AFS, Bldg. 508, or by mail to: Bellows AFS (Jacuzzi Auction), 220 Tinker Road, Waimanalo, HI 96795.

All mail-in bids must be received by noon on Feb. 14 (Bellows AFS is not responsible for lost or stolen bids submitted by mail). Sealed bids will be opened at 10 a.m. on Feb. 16. Bidders are welcome to attend the bid openings.

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

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

## Free Makepono Ads

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*, on a space-available basis.

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 through Friday between 7:30 a.m. and 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. Call 257-8836 or 257-8837 for more info.

# Cupid matches mates at the O-Club

**Edward Hanlon V**  
*MCCS Public Relations*

inquiries of three ladies who were looking for a few good men.

January 30, Cupid made some friendly fire of a different kind, and got a taste of the Corps at the Officers' Club MatchMate game.

Captain Joe Silvio, 1st Lt. Ben Lubin and 2nd Lt. Nick Ludwig all sat down and answered questions from bachelorettes, as the three gentlemen did on the syndicated "Dating Game." Questions such as "If you were a fruit, what type of fruit would you be and why?" and "If you had \$20 to spend on a date, where would you go?" were some of the more abstract

Marcella Cisneros, Marianne Kuhr and Stacy Erler were the bachelorettes on the blind side of the screen who hailed from MCB Hawaii. Each contestant took time weeding through each of the bachelor's answers to find the perfect match.

The lucky winner of the evening was undeniably Silvio, the aide de camp. He received the winning vote from both Cisneros and Erler, and went home with two complimentary Valentine's Day dinners from the Officers' Club.



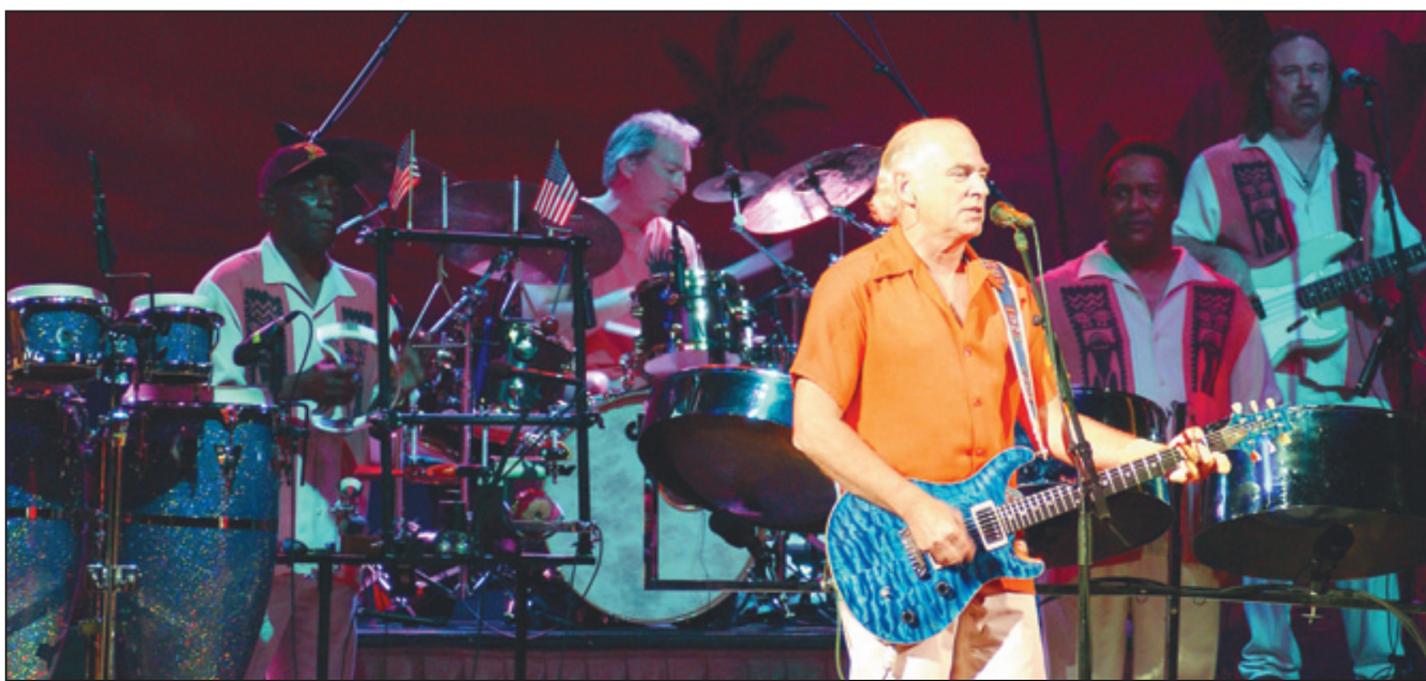
Edward Hanlon V

Marcella Cisneros, one of three bachelorettes who participated in the Officers' Club's version of the "Dating Game," questions the bachelors, hoping to find a right match.



Edward Hanlon V

(From left) Captain Joe Silvio, 2nd Lt. Nick Ludwig and 1st Lt. Ben Lubin joked their way through the Matchmate game at the O-Club recently. Silvio was the big winner, leaving with two complimentary Valentine's Day dinners from the Officers' Club.



Lance Cpl. Rich Mattingly

## It's Buffett time!

Jimmy Buffet and the Coral Reefer Band brought their blend of Caribbean-infused folk music to the Waikiki Shell Jan. 28 during their "Cheeseburgers in Paradise" show. The band was cheered through its popular songs by a sold-out crowd. Buffett invited several members of the armed forces to join him during the show as a salute to the military in Hawaii.