

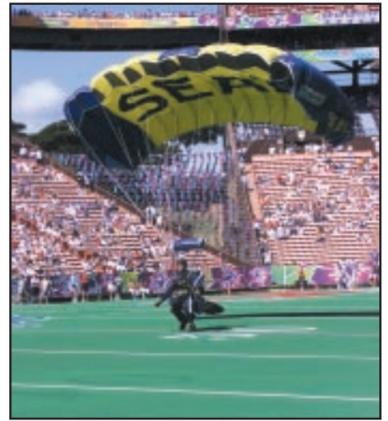
# LIFESTYLES

Hawaii Marine B Section

February 7, 2003



## Pro Bowl



Photos by Sgt. Alexis R. Mulero

Above — The Leap Frogs of the U.S. Navy SEALs sky diving team soared through wind and air to land atop Aloha Stadium's turf during the pregame ceremony.

Left — Admiral Thomas Fargo, commander, U.S. Pacific Command, flipped the coin toss during Pro Bowl 2003 Sunday.

## NFL All-Stars honor America's military

"We should all be very proud of our men and women who, in the time of need, are protecting our great country. Because of these courageous individuals, we enjoy the wonderful life we know today in our beloved and free country. May God protect them as they are protecting us."

— San Diego Chargers general manager and former Marine John Butler, prior to the 2003 NFL Pro Bowl.

**Steve Kalnasy**

Special to the Hawaii Marine

**HONOLULU** — The All-Star game was highly anticipated and warmly welcomed by the sellout crowd of 51,125 spectators who packed into the Aloha Stadium Sunday.



Sgt. Alexis R. Mulero

An American bald eagle gracefully glided the stadium and stirred football fans during the National Anthem.

— like the officers of Patrol Squadron 47 — proudly displayed their unit colors.

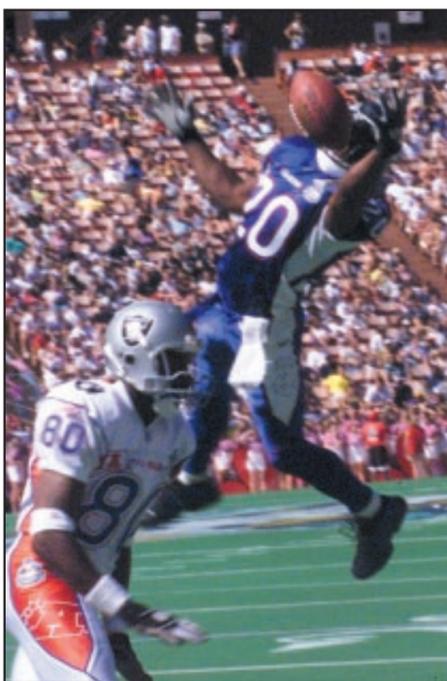
"The Pro Bowl gave my wardrobe and our spouses a great opportunity to build camaraderie and relieve some of the daily stress of our global war on terrorism," said Cmdr. Terral David, commanding officer of VP-47. The "Golden Swordsmen" just returned from a six-month deployment to 7th Fleet in December; now they're preparing for possible contingency operations that will require part of the squadron to deploy again.

Before the moment of truth between the American Football Conference and the National Football Conference arrived, all looked to the skies where the Navy SEALs' "Leap Frogs" parachute team glided in, carrying the service colors of the U.S. Navy and the black POW/MIA Recognition flag. The crowd welcomed them with cheers of support and solidarity.

Ceremonies continued with the call out of the All-Pro players and inductees into the 2003 class of the Football Hall of Fame.

Heavy emotion filled the air when Marcus Allen, Elvin Bethea, Joe DeLamielleure, James Lofton and Hank Stram walked out to center field to receive accolades and moments of tribute.

Hawaiian singer Henry Kaponu offered his rendition of "Hawai'i Pono'i," which was followed by the coin toss officiated by Admiral Thomas Fargo, com-



Photos by Sgt. Alexis R. Mulero

Top — More than 50,000 screaming fans filled Aloha Stadium for Sunday's game. Houston Texans mascot, "Toro", pleased the fans with his crazy stunts and also by sending them home with his signature.

Above — An all-service color guard kicked off the playing of the National Anthem.

Left — Philadelphia Eagles safety, Brian Dawkins, manages to swipe a throw intended for Oakland Raiders wide receiver, Jerry Rice.

mander, U.S. Pacific Command, and player representatives from each team. The AFC won the toss and chose to receive, possibly setting the pace for the day's blowout game.

Grammy Award winner Brandy performed the National Anthem with power and majesty. Well-placed and choreographed fireworks accompanied her rendition, and her performance was accentuated with a fly-by of four F-15 Eagles from Hickam Air Force Base and by "Challenger," the American bald eagle named in honor of the crew of the space shuttle of the same name.

As the eagle soared above the stadium, fans remembered the crew of the Space Shuttle Columbia.

Camaraderie, symbolism, and reflection, gave way to football.

No obvious support for one team or the other stood out; however, trademark icons of the teams in this year's match up were everywhere.

The 49ers, Eagles, Cowboys, Raiders, Buccaneers, and a host of other NFL favorites, were well represented on the

backs and heads of fans who came to witness their heroes in the throws of combat on the field of play.

The game would end up as the second highest scoring Pro Bowl in history.

From the start, it had the makings of a blowout.

After losing the Super Bowl to the Tampa Bay Buccaneers, League MVP Rich Gannon was out to make up for his loss the week before.

Gannon's stats for the Pro Bowl were good (12 of 18, for 102 yards passing and 2 touchdowns), but when compared to those of Rob Johnson of the Super Bowl Champion Buccaneers (13 of 18, for 119 yards passing and 2 touchdowns), he

still fell short of his goal to earn another Dan McGuire Award.

It was Ricky Williams of the Miami Dolphins who would be named MVP. With 11 carries for 56 yards, and 2 touchdowns, no other back on the field even came close.

When all was said and done, the AFC clearly dominated the NFC by making better use of the time they had to control the ball.

With a score of 45-20 the AFC secured its third consecutive year as Pro Bowl champions, leading the series, 17-16.

For Hawaii sports fans, the Pro Bowl provides an opportunity to witness the best players in football at the top of their game.

No one really expects a serious competition; the main focus is on having fun and putting on a good show.

That aside, perhaps the true value of this game is what it gives to the country — a showpiece of pride, camaraderie, loyalty and patriotism.

Especially now, during a time of turmoil in the world, with possible war on the horizon, the Pro Bowl is an opportunity to see what America is fighting for in the war on terror.

Kansas City Chiefs tight end Tony Gonzalez expressed his support for America's war on terror, after his practice for the All-Star game.

"A lot of people look up to us as heroes, but it's the men and women in uniform that are the true heroes.

"I'm proud of them, and behind them all the way."

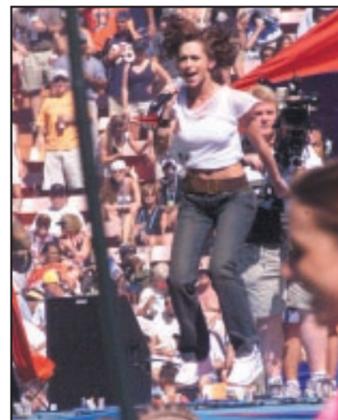
Ladanian Tomlinson of the San Diego Chargers echoed his sentiments.

"They [the military] are our future. They're the ones who are on the front lines sacrificing for us ... We look up to them to save our country and our way of life," he said. "My heart and prayers go out to them and their families."

In the end, that is what is important about the NFL All-Star game.

It's what it does for the morale of our troops and the message it sends to the world about the strength of the United States.

Especially during times of conflict and adversity, events like the Pro Bowl play an important role in defining our character and displaying our solidarity.



Sgt. Alexis R. Mulero

Hollywood heartthrob Jennifer Love-Hewitt entertained with her "bubble gum" music during the Pro Bowl halftime show.

## MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

## FEBRUARY

## 8 / Saturday

**Karaoke Contest at the Rocker Room**— Ready to make a little music medley and score some big prizes? All staff non-commissioned officers and their guests are invited to compete in the Karaoke Contest.

Doors open at 6 p.m., and contestants may sign up between 6 – 8 p.m. The contest will begin at 8 p.m.

The Karaoke Contest is free for club members and \$2 for nonmembers. Prizes first through third will be awarded.

First prize will be a DVD player, second prize a CD jogger and third prize a Rocker Room T-shirt.

The Rocker Room has changed its hours of operation on Wednesdays and Saturdays. The new club hours are Wednesdays, 4:30 – 10 p.m., and Saturdays, 6 p.m. – midnight.

For more Rocker Room infor-

mation, call 254-5592.

**Make a Treat for Your Sweet** — All base children and their parents are invited to get under the Base Library's love spell at 1 p.m., when a pre-Valentine's Day celebration complete with sweet stories, sweet treats and valentine creations gets underway.

The Base Library is located in Bldg. 219. For more information, call 254-7624.

**General Education Development Preparation** — The Joint Education Center, located in Bldg. 219, is eager to assist Marines, Sailors and spouses in earning their high school credentials.

Now through April 28, patrons may stop by the JEC to obtain an application and receive course information.

For more details, call the JEC at 257-2158.

## 11 / Tuesday

**A Family Guide to Second Step** — Tuesday evenings from 6:15 – 8:15 p.m., the Child Development Center will host a five-part series regarding parent strategies for a safer tomorrow.

This brief involves helping children to share feelings, solve problems cooperatively and manage anger in a positive manner.

For more information, contact the CDC at 257-1388.

**Seeking Employment?** — Get the knowledge, skills and information to land a part- or full-time position. Personal Services is offering three workshops designed to catapult you over the competition.

All authorized military I.D. cardholders are eligible to attend the following workshops.

- **Tuesday:** Resume Workshop
- **Wednesday:** Federal Employment Workshop
- **Thursday:** Interviewing Workshop

All workshops will take place from 9 – 11 a.m. in Bldg. 3096.

Spaces are limited, so guests should make a reservation.

Call 257-7790 for more details.

## 14 / Friday

**Valentine's Day Dance Party** — Treat your sweetie to a Valentine's Day Dance Jam at the Rocker Room. Doors will open at 4:30 p.m.

This cupid connection is free for all staff NCO Rocker Room members, and \$2 for all nonmembers.

For additional details, call the Rocker Room at 254-5592.

**Valentine's Day Salsa Celebration at Kahuna's** — Bring your valentine, or meet one at this Latin-style party at Kahuna's. No cover fee will be charged.

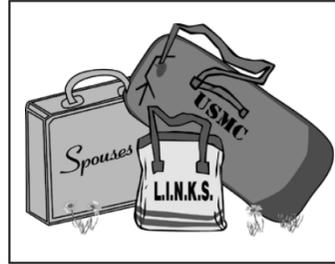
All ladies will receive free roses. Plus, "El Conjunto Tropical,"

a seven-piece Latin band, will perform at 10 p.m.

During this couples' connection, Kahuna's has prepared a special holiday menu, and the party will continue until 2 a.m.

It doesn't get sweeter than this.

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



## 17 / Monday

**LINKS** — The next Lifestyles, Insights, Networking, Knowledge and Skills group meeting is scheduled for Feb. 17 from 6 – 8:30 p.m. at the LINKS House, Bldg. 3074.

All interested military spouses may attend and arrange for childcare (but be sure to request child care when making your reservation).

For more information, call 257-2368.

## 20 / Thursday

**Government Job Fair** — Perfect and polish your resume; get ready to land your dream job at the Government Job Fair

at the Banyans Club at Pearl Harbor.

Fairgoers may meet with recruiters and company representatives from city, county, state and federal agencies from 9:30 a.m. – noon.

Attendees should dress accordingly, and children will not be permitted into the fair.

For more information, call Personal Services at 257-7795, or log onto www.jemshawaii.com.

## 22 / Saturday

**Fathers and Daughters Sweetheart Dance** — All MCB Hawaii daddies can celebrate their little angels during the Armed Services YMCA's Fourth Annual Fathers and Daughters Sweetheart Dance.

This sweetheart gala will take place at the Officers' Club's Lanai Ballroom from 5 – 8 p.m.

Tickets are on sale now through Feb. 14 at the ASYMCA, Bldg. 579.

The price for daughters four years and under is \$6.50; daughters ages 5 – 11, \$13; and daughters 12 and older, as well as all fathers, \$15.

Ticket prices include a buffet dinner, door prizes and entertainment. Professional pictures will also be available.

This gala calls for fathers to arrive in military dress or black tie. Daughters should don formal attire.

For more information, call the ASYMCA at 257-4719.

## SM&amp;SP —



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

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

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

## Program Review

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

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

• **Feb. 15 – 17:** Kauai at \$250.

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

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

Fees cover airfare, transportation and accommodations.

## SM&amp;SP Goes Online

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

## SM&amp;SP Benefits

Have your voice heard, make a difference, get involved, grow, and have a blast at SM&SP.

Contact program coordinator Leslie Graham at 254-7593, or stop by SM&SP for details.

## Job seekers should know the FAQs

NAPS  
Featurettes

Your shoes are shined, you've researched the company, and your résumé looks great.

The next step in preparing for a job interview is to prepare your responses to common questions that will be asked of you.

According to Andy Watt, the senior vice president at Kelly Services, a global staffing company, the keys are to be prepared, be yourself and make sure you're ready to answer some tough questions with effective responses.

Here is a sampling of subjects and questions you can expect to come up in a job interview:

**Tell me about yourself.**

You should be prepared to talk for two minutes about yourself. It's appropriate to mix highlights of your personal, educational and employment background.

**Why are you looking for a new job?**

This is a critical question. Don't bad-mouth your previous employer or coworkers. It's fine to mention major changes at the company or layoffs. You may be simply looking to grow your career.

**Why are you interested in this job?**

Relate two or three aspects of the job to your own relevant skills. You may mention a technical skill, a management skill or a personal success story.

**What is your most significant career accomplishment?**

"Among the things we have observed in placing 15 million people into jobs through Kelly since 1946 is that a solid discussion of



Sgt. Alexis Mulero

The Personal Services section of Marine Corps Community Services regularly provides brochures, workshops, seminars and self-help classes for service members and their families such as the three employment workshops that will take place Tuesday through Thursday in Bldg. 3096. Call 257-7790 for details, or see the "Possibilities" column above.

your achievements can be instrumental to your getting the position," said Watt.

**What do you like/dislike most about your current or last position?**

The interviewer is trying to determine if you are compatible with the open position. It's safe to say that you like challenges, pressure situations, opportunities to grow, or that you dislike bureaucracy.

**What are your strengths?**

Know your top attributes, and discuss the ones most relative to the job opening. Use specific examples.

**How would you handle problem "x" that we are experiencing?**

Think on your feet. Ask questions to get more details and display your analytical skills.

**What are your career goals?**

Be realistic in discussing short- or long-term goals.

**Why should we hire you for this position?**

This is a good chance to summarize how your skills match the specific position.

## MOVIE TIME

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

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

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

Die Another Day (PG13)

Extreme Ops (PG13)

The Hot Chick (PG13)

Analyze That (R)

Die Another Day (PG13)

Analyze That (R)

Drumline (PG13)

Maid in Manhattan (PG13)

Die Another Day (PG13)

Today at 7:15 p.m.

Today at 9:45 p.m.

Saturday at 7:15 p.m.

Saturday at 9:45 p.m.

Sunday at 3:30 p.m.

Sunday at 7:15 p.m.

Wednesday at 7:15 p.m.

Feb. 14 at 7:15 p.m.

Feb. 14 at 9:45 p.m.



Above — Petty Officer 2nd Class Adam Stewart, an in-flight technician with Patrol Squadron 4, demonstrates the optical versatility of the P-3 Orion's visual imaging system to Petty Officer 3rd Class Danny Brown, an avionics electrician with VP-4.

Left — Seaman Matthew Reid, an aviation structural mechanic for VP-4, gets a view of the islands surrounding Oahu during his orientation flight aboard the P-3 Orion.

## VP-4 ground crews now get a bird's eye view

P-3 orientation flights will acquaint maintainers with the aircraft they service

Story and Photos by  
**Sgt. Jereme L. Edwards**  
*Combat Correspondent*

Most aircraft maintainers never get off the ground in the planes they work on, and once those planes take off, many may think that is where their mission ends.

However, Patrol Squadron 4 is taking its ground crew to all new heights — literally.

That's because orientation flights in P-3 Orion are now being offered to new and incoming unit ground personnel who have never flown in the plane before, according to Lt. j.g. Argus Cunningham, a VP-4 pilot.

The orientation flight is designed to give the aircraft maintainers an introduction to some of the aspects of in-flight air crew operations.

"The flight is something pilots used to do for the aircraft maintainers a long time ago, but due to oper-

ational tempo it was kind of put on the back burner," said Cunningham. "Now that we are pretty much caught up on everything, we are trying to fit the orientation flights back into the training schedule."

Many are glad they did.

"I thought the flight was real cool," said Seaman Joshua Allen, a VP-4 line-man. "I got to see a lot of the islands, which was real nice, but I also got see the

electronics and equipment aboard the aircraft at work.

"I believe the orientation is very beneficial and will get the new personnel more interested in their jobs."

Working on the aircraft on the ground can be tedious, monotonous and boring, noted Cunningham, while flying allows the maintainers to see all of their hard work in action.

"The training flight can also work as a

morale booster and help foster a good rapport with the ground crew and air crew," he said.

Petty Officer 3rd Class Danny Brown, a VP-4 electrician, said he couldn't agree more.

"We put in all the working hours on the ground, and just to see a bird take off makes me happy," said Brown. "But, when I rode in the P-3, it made it all worthwhile."



After completion of his orientation flight, Chief Petty Officer Ken Mathis, a flight engineer, trains Navy Airmen Micheal Snyder and Navy Airman Scott McKeiver, both avionics mechanics, on proper fueling procedures during a post-flight inspection.

## RECIPE CORNER

# Valentine's Day can be celebrated with a romantic meal & beverages

**NAPS**  
Featurettes

This Valentine's Day, you can fan the flames of romance by making an intimate dinner for two — or even by embracing the love of the entire family — when you serve this deliciously romantic meal.

To begin, set the ambience for this delicious, yet easy-to-prepare menu, by tuning on soft and soothing music, blending in candlelight, then dishing up a generous sprinkling of affection.



NAPS

**Chocolate Truffle Cups, with two kinds of chocolate, nestled side by side, can be a luscious ending to a romantic meal.**

19-ounce can of diced tomatoes, and half a tub softened spreadable cream cheese spread.

Stir and cook 3 - 4 minutes, or until sauce is blended and shrimp are cooked through.

Toss a large handful of spinach leaves into cooked pasta. Pour shrimp mixture atop; toss to coat.

Divide between two bowls, or share, by eating out of the same one.

### Chocolate Truffle Cups

Microwave two squares Baker's White Baking Chocolate with 1 tablespoon milk on High for 1-1/2 minutes; stir until melted and smooth.

Beat in two spoonfuls light cream cheese spread. Repeat first two steps, replacing white baking chocolate with Baker's Semi-Sweet Baking Chocolate and increasing milk to 2 tablespoons.

Spoon mixtures, side by side, into two dessert dishes; then chill 15 minutes.

### Passion Punch

Empty 1 tub Raspberry Ice Drink Mix in large pitcher.

Add 2 cups each of cold cranberry juice cocktail and water, stir well, then refrigerate until chilled.

Stir in half a bottle of sparkling water or club soda just before serving. Pour this over the frozen raspberries in champagne glasses.

### Shrimp in Love Pasta

Cook a large handful of linguine according to package directions. Drain and transfer the pasta to a large bowl.

Heat a skillet over medium-high heat. Add a cup of uncooked, peeled, deveined shrimp, half a

### Mood-Setting Tips

- Write a romantic invite such as "You have a reservation with your love" and slip it in your significant other's briefcase or gym bag a few days before the big night.

- A change of scenery can spice things up. Move the table to a cozy corner, in front of the fireplace, or simply throw a blanket and some cushions on the floor.

- Nothing casts a spell like gentle, flickering candlelight. Fill the room with votives or bask in the glow of a single pillar centerpiece.

- Red echoes its radiance on everything around it. Create that first blush of love with a red tablecloth, napkins and place mats.

## ON THE MENU

Anderson Hall will prepare the following this week:



**Today**

**Lunch**  
Seafood Platter  
Fried Fish  
Nuggets

Fried Shrimp  
Fried Scallops  
Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni & Cheese  
Chewy Nut Bar  
Yellow Cake Layer w/  
Butter Cream Frosting  
Asst. Fruit Pies

**Dinner**

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

**Specialty Bar**

(For Lunch and Dinner)  
Pasta Bar

**Saturday**

**Dinner/Brunch**  
Rock Cornish Hen

Grilled Strip Loin Steak  
Rice Pilaf  
Mashed Potatoes  
Asst. Fruit Pies  
Chocolate Chip Cookies

**Sunday**

**Dinner/Brunch**

Yankee Pot Roast  
Baked Ham  
Mashed Potatoes  
Candied Sweet Potatoes  
Chocolate Layer Cake w/  
Chocolate Cream Frosting  
Asst. Fruit Pies

**Monday**

**Lunch**

Meatloaf  
Creole Pork Chops  
Mashed Potatoes  
Pork Fried Rice  
Apple Crisp  
Asst. Fruit Pies  
Chocolate Chip Cookies

**Dinner**

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

**Specialty Bar**

(For Lunch and Dinner)  
Pasta Bar

**Tuesday**

**Lunch**

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

**Dinner**

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

**Specialty Bar**

(For Lunch and Dinner)  
Taco Bar

**Wednesday**

**Lunch**

Barbecue Cpareribs  
Country Style Steak  
Steamed Rice  
Mashed Potatoes  
Asst. Fruit Pies

Oatmeal Cookies

**Dinner**

Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes  
Brownies  
Asst. Fruit Pies

**Specialty Bar**

(For Lunch and 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**

(For Lunch and Dinner)  
Taco Bar

## Baking up hot, tasty, restaurant-style quesadillas is possible right at home

**NAPS**  
Featurettes

Piping hot from the oven, luscious Mexican avocados and chicken get together in a quesadilla — as delicious as one you can eat in your favorite restaurant.

If your family loves quesadillas when you eat out, there's no need to wait until your next restaurant meal. Making these Mexican-style tortilla fold-overs at home is really quite easy.

Further, you can load them with lots of good things such as scrumptious Mexican avocados, chicken and cheese. Or, you can add your own delights for an even more personal treat.

For authentic restaurant-style flavor, be sure to use Mexican Hass avocados — the dark green or black pebbly-skinned kind that you may find available in local stores.

Firm avocados should be ripened at room temperature, until



**Chicken and Avocado Quesadillas**

they're slightly soft. If they're ready before you are, just refrigerate them for up to three days.

### Chicken and Avocado Quesadillas

2 tablespoons olive oil, divided  
2 tablespoons lime juice  
1/2 teaspoon ground cumin  
2 cups cooked, diced chicken or prepared chili or shredded barbecued beef

1 fully ripened Mexican avocado  
pitted, peeled and cut in 1-inch cubes  
4 flour tortillas (7 to 8 inches each)  
1 cup shredded Jack or Pepper Jack cheese

Preheat oven to 450 degrees.

In a medium-sized bowl, combine 1 tablespoon of the oil, the lime juice and cumin.

Add chicken and avocado; then, toss gently.

Lay tortillas on a baking sheet; brush both sides with the remaining 1 tablespoon oil.

Spoon chicken and avocado mixture on one side of each tortilla, dividing evenly; top with cheese.

Fold tortillas in half, to cover filling. Then, bake until tortillas are crisp, for about 8 minutes.

If desired, serve with salsa or sour cream. Recipe yields four.

# 2002 taxes plump with ways to save & changes

Some new rules might help individual retirement accounts or IRAs

**NAPS**  
Featurettes

New changes to the tax code could help some people's IRAs grow and/or make saving for college much easier. That's why analysts say it's important to not only know what your IRA is up to, but to stay up-to-date on financial laws as well.

The news is significant, as millions of Americans use IRAs, or individual retirement accounts, to help finance their retirement.

The plans let people save pretax dollars in an account, where the money then earns tax-deferred interest.

No taxes are due on the



**Changes to the 2002 tax laws can help some IRAs grow bigger.**

money until it is taken out of the account, making IRAs an inexpensive and popular way to save.

According to experts, significant changes to 2002 tax law include the following.

**Traditional And Roth**

## IRAs

- The annual contribution limit has been raised from \$2,000 to \$3,000. Plus, a "catch up" feature for people who are over age 50 raises the limit to \$3,500.

- After-tax contributions can now be rolled over into a traditional IRA.

- This year, new contribution tax credits are now allowed for qualified individuals.

## SEP IRA

- Contributions of up to \$40,000 per participant, or up to 25 percent of compensation are now allowed.

- Employers may now deduct contributions of up to 25 percent.

- There's a new tax credit for qualifying employers.

## Qualified Plan

- Employers may deduct profit-sharing contributions up to 25 percent.

- New tax credits are allowed for qualifying small employers.

## Coverdell Education Savings

- The annual contribution limit has been raised from \$500 to \$2,000.

- New "Qualified Education Expenses" include computers and Internet service.

- There's a new extended age limit for contributions for "Special Needs" individuals.

Employees can file a few dollars off their tax bills

**Jeff Schnepfer**  
NAPS

Follow these tips, from the experts, to save a little this tax season.

(1) Repay with generosity. Contribute old clothes and other items to charity, as you can deduct the wholesale fair market value of noncash contributions to any qualified charitable organization. You can also deduct your mileage — at 14 cents a mile — if you use your car for charitable purposes.

Keep receipts.

(2) Let the IRS subsidize your job search. Job hunting expenses such as résumés, phone calls, postage, travel costs and the like are deductible as miscellaneous itemized deductions.

(3) Invest some time in tracking investment expenses such as investment publications, payment for investment advice, calls to your broker and others related to pro-

ducing investment income, all miscellaneous itemized deductions.

(4) Keep receipts on any business supplies or business-related gifts you make. The key is that you use the items in the business, not that you necessarily need them.

(5) Save with home equity interest. Pay off debt with a home equity loan rather than credit cards. The interest on up to \$100,000 of debt is deductible as home equity interest.

(6) It's a healthy idea to deduct medical expenses for special equipment or treatments you receive.

If you have a medical condition that can be helped by a sauna or a whirlpool, those items are deductible. In addition, if you have a bad back and your doctor says you need a daily massage or other type of treatment, that's deductible, too.

Get a written note from your doctor, and keep it on file, saying you need these services.

(7) Get help with your future taxes. Tax planning advice is deductible.

## The MCB Hawaii Tax Center

(Bldg. 455, adjacent to the 7-Day Store)

- Open 9 a.m. to 7 p.m. Mondays through Thursdays

- Open 9 a.m. to 4 p.m., Fridays

- Walk-in service is available.

- Open to all MCB Hawaii service members, their families & retirees.

- Service is free of charge, and allows income tax returns to be direct deposited into accounts.

- Call 257-1026 for appointments.

# WORD TO PASS

## Big Brothers and Sisters Wanted

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

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

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

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

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

## FBI Recruits at K-Bay

Interested in a career with the FBI? Learn about requirements for applying by attending the FBI career seminar today at the Pearl Harbor Family Services Center, Bldg. 193, Room 205, from 10:30 - 11:30 a.m.

For reservations and additional information, contact the FSC at 473-4222.

## Kilauea Military Camp Offers Recreation Packages

Experience the Big Island's rest and recreational activities at Kilauea Military Camp, located in the Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach with KMC's professionally narrated tours at the most reasonable prices.

Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo

tour - all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp's renovated cottages are comfortably furnished, including a unique feature that's rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC's special packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC web site at [www.kmc-volcano.com](http://www.kmc-volcano.com).

## Women Marines Plan Reunion

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

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

The reunion is open to all former and retired women Marines

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

For more details, email [robinl@gibraltar.net](mailto:robinl@gibraltar.net) or call 1-910-346-6553.

## Mustangs Schedule Reunion

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

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

For complete details, email [topmustang@aol.com](mailto:topmustang@aol.com). Or, write Bill Max; Marine Corps Mustang Association; P.O. Box 1314; Delran, NJ 08075-0142.

## Military Widows Support

The Society of Military Widows invites widows and widowers to join the organization during any upcoming gathering, which provides informal and friendly fellowship.

The group meets at 6 p.m., the second Friday of every month at the Mongolian barbecue held at the Kaneohe Bay Officers' Club. It also meets the third Saturday of every month at different locations.

If you're interested in participating, contact Judith Breitwieser at 262-7953.

## WAVES Seeks Members

Active, retired and female reservists of the Sea Services are

invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii.

Meetings are held every second Saturday. For more information, call Eugenia Woodward at 623-4735.

## Mall Hosts Recreation

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

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

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

## NMCRS Scholarship Changes

The Navy-Marine Corps Relief Society regrets to announce that the Vice Admiral E. P. Travers Scholarship and Loan Program will not be available to dependent children of retirees or spouses of active duty personnel during the 2003-2004 academic year.

The change has come as a result of significant losses experienced in the financial markets. Those in need of financial assistance should refer to the American Legion Publication, "Need a Lift," and at [www.students.gov](http://www.students.gov).

For more information, call 254-1327.

## Economics Degree Offered

The University of Oklahoma offers a non-thesis Master's in Managerial Economics degree.

Located at Hickam Air Force Base's Hangar 2, the program only requires 32 semester hours, a comprehensive exam and a research paper — which all can be accomplished in 18 months.

Another benefit of attending the University of Oklahoma-Hickam — the program only meets weekly, making it TAD and TDY friendly for time-deprived students.

Call 449-6364 for more.

## Theater, Festivals Get Underway

If you want to be

entertained, catch any of the following performances.

• *Through Feb. 16* at Diamond Head Theater: "One Flew Over the Cuckoo's Nest," based on the novel by Ken Kesey. Performances run Thursdays through Saturdays at 8 p.m. and Sundays at 4 p.m. Tickets cost \$10 - 40, and discounts are available for military, children, students and seniors. Call 733-0274 for tickets or more information.

• *Feb. 27 - March 1* at the Hawaii Theater: "Anything Goes," presented by the Iolani dramatic players. Performances run Thursday at 7 p.m. and Friday and Saturday at 8 p.m. Tickets cost \$8. Call 528-0506 for more details.

• *March 11 - 16* at the Hawaii Theater: "Spirit of the Dance," the powerful, show-stopping and heart-pounding Irish dance production returns. Call 528-0506 for specifics.

• *March 21 - April 6* at Diamond Head Theater: "Romance/Romance." Performances run Thursdays through Saturdays at 8 p.m., Sundays at 4 p.m. Tickets cost \$10 - \$40; call 733-0274 for reservations.

• *May 23 - June 8* at Diamond Head Theater: "Follies" will showcase many of Honolulu's best known and beloved performers. Catch performances Thursdays through Saturdays at 8 p.m., Sundays at 4 p.m. Tickets cost \$10 - \$40; call 733-0274 for more details.

• *The Honolulu Theater for Youth* offers stimulating and entertaining plays for children of all ages, and adults. Call 839-9885 for further details.

• *The Honolulu Symphony* provides a diverse schedule of sounds for all musical palates, from pop to local kine, to jazz or rock to classical. Call 792-2000 for details on its series, tickets or packages.

## Word to Pass Welcomes Faxes, E-mail

If you have information of general interest and relevance to Hawaii's military or Department of Defense community, fax it to the *Hawaii Marine* at least two weeks in advance of the event at 257-2511.

Email items to the *Hawaii Marine* at [HawaiiMarine@mcbh.usmc.mil](mailto:HawaiiMarine@mcbh.usmc.mil).

## Pizza with a purpose for kids



Jim Sibert

The MCB Hawaii Recycling Center made good on their promises to provide pizza and drinks for the Mokapu Elementary School class that collected the most aluminum cans for recycling. The seven kindergarten classes here, with the help of their preschool pals, collected an impressive 182 pounds of cans during the four-week contest. On Jan. 24th, Pizza Hut delivered 20 hot pizzas to the students, along with juice boxes. Jim Sibert, the Recycling Center manager, thanked the kids for a job well done and encouraged them to keep up the good work recycling. "The kids were really excited and proud that they had won," said Sibert. "They're looking forward to 'Part Two' of the prize — a field trip to the Recycling Center in February, to see what happens to recycling materials after they're collected."

# Diversity, equal opportunity issues to get spotlight

**Sgt. Jacques-René Hébert**

*Marine Forces Pacific  
Public Affairs Office*

**CAMP H.M. SMITH** —  
“Discrimination will not be tolerated in the Marine Corps.”

A bold statement.

But, coming from the mouth of Master Gunnery Sgt. Eugene Szakacsy, the new Marine Forces Pacific equal opportunities advisor, it's a statement that will be backed up with vigor.

A former infantry unit leader for 3rd Bn., 3rd Marine Regiment, at MCB Hawaii, Kaneohe Bay, Szakacsy replaced the former MarForPac EOA, Gunnery Sgt. Jessie Duff earlier this year.

With his infantry leadership skills, there's little doubt that Szakacsy's mission of upholding the Marine Corps' standard of equal opportunity will be successful.

“My first responsibility is to help people understand the meaning of equal opportunity through continual education,” Szakacsy stated.

In a society where complete equality is still a challenge, such a task may seem

**“As we continue to mature, media, school and peers have a significant impact on us, as well.”**

**Master Gunnery Sgt. Eugene Szakacsy**  
*Equal Opportunitie Advisor, Marine Forces Pacific*

daunting, if not impossible.

According to Szakacsy, he wasn't always so conscious of diversity and the ideals of accepting that diversity.

“Before becoming an equal opportunity advisor, I lived my life with eyes wide shut,” explained Szakacsy. “Though I didn't openly treat others with prejudice, I didn't realize the subtle ways that other people did.”

“I just assumed that recruit training took care of any moral imperfections I had grown up with.”

Unfortunately, the truth was much different, he discovered.

“We have become Marines through training,” Szakacsy explained. “Values

are instilled into us. Though, when we enter the Marine Corps we have our own set of values.

“Even after the intense training Marines receive in recruit training, they're still basically the same person inside that they were before entering the Marine Corps,” he said. “[That's because] our socialization process begins at birth with our families.”

“As we continue to mature, media, school and peers have a significant impact on us, as well.”

Despite the challenge of changing years of social conditioning, Szakacsy believes that he can help Marines learn to make the right leadership decisions in

equal opportunity situations.

“It's in the fleet where myself and other EOAs can make a difference,” Szakacsy explained. “As an equal opportunities advisor, it's my job to ensure that those leadership principles learned in recruit training are reinforced and upheld.”

“Equal opportunity training is a valuable and necessary continuation of equal opportunity and leadership training begun by the Corps' “Values” program in recruit training.”

According to Szakacsy, though of great importance, EO issues are not complicated. As he settles into his new position, the EO presence within the command need only be strengthened and bolstered.

With a nod of approval — for greater action — already provided from the commander MarForPac, Szakacsy will ensure EO representatives are better equipped for potential issues within their units, and that EOAs are communicating with their representatives.

“We have to learn to recognize destructive behaviors learned from our past and change them to an attitude of acceptance,” he emphasized.

## Leadership group offers direct ways for U.S. cities to ease differences

**NAPS**

*Featurettes*

Americans are finding new ways to get along these days, with the help of a unique program and a surprising study.

A recent poll says that a number of towns and cities have seen some improvements in race relations. However, the bad news is that more municipalities reported relations had not changed — some had even deteriorated.

There is some good news. Specifically, now there's a strong resource to help guide municipal officials, and the citizens they serve, toward new growth and community spirit.

The National League of Cities, the oldest and largest national organization representing municipal governments, has released a handbook entitled *Ensuring Race Equality: Resources for Local Officials*.

The publication presents descriptions of race problems and opportunities, guidelines for forming partnerships with youth, catalysts for action, and examples of lessons learned by cities and towns in race relations programs.

The handbook defines four routes for elected officials.

- Face the facts. Undoing racism is about getting past denial.
- Show what it takes.

See *LEAGUE OF CITIES*, B-8

## Civil rights champion gets honored on latest Black Heritage series stamp

**NAPS**

*Featurettes*

**T**hurgood Marshall, a famed civil rights lawyer and most notably the first African American to serve as a U.S. Supreme Court Justice, received one of the nation's highest honors when the U.S. Postal Service issued a new commemorative postage stamp in January.

The stamp is the 26th in the Black Heritage stamp series that began in 1978 with the issuance of the Harriet Tubman commemorative stamp.

Born in Baltimore, Md., on July 2, 1908, Marshall graduated in 1930 from Lincoln University in Pennsylvania, determined to become a lawyer. Later that year, he entered Howard University Law School in Washington, D.C.

Richly abundant with notable achievements, Marshall's career highlights included graduating first in his law school class and advancing to serve as chief counsel for the Baltimore branch of the NAACP by 1938.

In 1954, Marshall and his legal team prevailed in

the landmark Supreme Court case, “Brown v. Board of Education of Topeka, Kansas,” which struck down segregation in public schools.

He made history again in 1967, when he was sworn in as the first African-American justice of the U.S. Supreme Court. His 24-year tenure was marked by his commitment to defending constitutional rights and affirmative action, and by his strong opposition to the death penalty.

On Jan. 24, 1993, Marshall died in Bethesda, Md., at the age of 85. He was posthumously awarded the Presidential Medal of Freedom —

America's highest civilian honor — Nov. 30, 1993.

Other notable Americans in the stamp series are Martin Luther King Jr., Benjamin Banneker, Whitney Moore Young, Jackie Robinson, Scott Joplin, Benjamin O. Davis Sr., Madam C.J. Walker, Patricia Roberts Harris, Roy Wilkins and Langston Hughes.

Ask for the Thurgood Marshall stamp at any U.S. post office.

Visit the Collector's Corner at the Postal Service Web site — [www.usps.com](http://www.usps.com) — for more details about the stamp series.

### Receiving postal service honors



NAPS

Thurgood Marshall, a civil rights giant, is commemorated in the latest Black Heritage series stamp issued by the U.S. Postal Service in January. He joins 25 other distinguished African-Americans, to include Roy Wilkins, Patricia Roberts Harris and Madame C.J. Walker.

# MARINE MAKEPONO

"HAWAIIAN FOR "MARINE BARGAINS"

## Vehicles

**1999 Aero**, 43K miles, loaded, with extended warranty. Asking \$10,000 OBO. Call 253-0478.

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

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

## Motorcycles

**1983 Yamaha Midnight Maxim**, in mint condition, 4,600 original miles, \$2,500 OBO. Call 254-5293 and leave a message.

## Furniture

**Bar**, custom solid oak, L-shaped, with six barstools, mirror, fridge, overhead lighted glass holder, worth \$10,000. Asking only \$5,000. Call 216-7160.

**Pool table**, Olhausen 4x8, custom, includes accessories, pool table light and much more. Cost \$4,800. Asking only \$3,200. Call 216-7160.

## Free Makepono Advertisements

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the *Hawaii Marine*, if space is available.

The deadline for submitting ads is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m.

at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served basis. Call 257-8836 or 8837 for more details.

## LEAGUE OF CITIES, From B-7

- Make your community groups part of the solution.

- Reach out to others around the community, the region and the nation.

The handbook urges unbiased sifting of facts and frank admission that the problem does exist. It also warns that ignoring race problems only intensifies them. Further, the handbook advises city officials that their goal should be action, not reaction. And, city leaders are encouraged to speak out against racism and to involve the entire



community in the process.

Some of the more popular programs within cities have been poster contests in schools, training programs and unity rallies. Many cities set aside a day, week or month to intensify their equality efforts. The handbook gives these, along with many other, examples of what some cities have done or

are currently doing in the effort to inspire municipal leaders to involve their communities in solving this national problem.

Communities, organizations, institutions or citizens looking for additional guidance on how to raise awareness of ethnic fairness issues in their locality can turn to the NLC Web site at [www.nlc.org](http://www.nlc.org).

