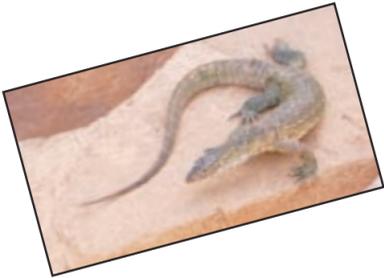


LIFESTYLES



A spotted cheetah lurks in the grass of his home at the Honolulu Zoo.

Sights and sounds dominate at the Honolulu Zoo



Story and Photos by
Lance Cpl. Monroe F. Seigle
Combat Correspondent

Of all the tourist attractions in Waikiki, only one offers sights and sounds from all over the world at affordable prices.

The attraction also offers quality entertainment for the whole family.

Located at the end of Kalakaua Avenue in tourist mecca, the Honolulu Zoo is home to more than 1,230 mammals, birds and reptiles.

Within its boundaries teem all varieties of exotic flowering plants, trees and gardens, in addition to wildlife.

From the popular long-necked giraffes to the powerful lion, visitors can see firsthand the diverse animals the Honolulu Zoo supports.

For as little as \$6 and a military I.D. card, service members and their families can escape into the world where lions, tigers and bears bask

in the sun while fascinating and mysteriously colorful birds sing their songs of joy from a few feet away.

A few of the attractions at the Honolulu Zoo include the black rhino from the jungles of Africa and the mountain zebra, whose stripe formations are as unique as the fingerprints on a human.

After visiting all manner of species from the world over, visitors have the chance to explore a "hands on" petting zoo, with animals such as the llama, sheep and cow.

The Honolulu Zoo is open from 9 a.m. until 4:30 p.m., seven days a week.

For more details about the zoo, call the Honolulu Zoological Society at 971-7171 or surf the Web site at www.honolulu-zoo.org.

Take a walk in the wilds.



(Clockwise from left) A pink flamingo cools his feet in the duck pond at the Honolulu Zoo, while a crocodile monitor basks in the warm Hawaiian sun in his home. Japan, a white-haired gibbon (at the middle of the page), takes a break from swinging in the branches of trees, while the siamang gibbon (above) swings from a pole in his zoo home.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JANUARY

10 / Today

24/7 Hits the Streets — Be on the lookout for your 24/7. It's everything you need for resources and special events in one publication.

This monthly piece will be mailed to each base resident as well as be available at most Marine Corps Community Service facilities.

Take a peek inside to discover club happenings, coupons and upcoming events.

Call MCCS Marketing at 254-7679 for details.

13 / Monday

JEC Empowers Minds — It's not too late to further your education. The winter semester at Kaneohe Bay military col-

leges runs Jan. 13 – March 26, so stop by the JEC, in Bldg. 219, for enrollment and tuition assistance or information.

For more information, call 257-2158.

Sharkey's Quick Bite Opens — Recharge your midday with a quick meal at Sharkey's, now open Monday through Fridays, 10:30 a.m. - 1:30 p.m., near the Base Marina.

Call 254-7641 for more.

15 / Wednesday

Right Hand Man Night at the O'Club — They ensure mission readiness. They foster shop cohesiveness. They deserve a reward!

Bring in your "right hand person," to the Officers' Club's Kauai Room for Right Hand Man Night from 4:30 –

6:30 p.m. Call 254-7650 for details.

22 / Wednesday

Spouses' Leadership Seminar Planned — Stay active and inspired as a military spouse.

Involvement within your community and your spouses' unit fosters a sense of accomplishment and gratification.

All military spouses are invited to attend the free "Spouses' Leadership Seminar," on the Officers' Club lanai Jan. 22 and 23 from 9:30 a.m. – 2:30 p.m.

Topics to be discussed include organization, successful leadership, delegation, listening skills and more.

Spaces are limited, and reservations are required.

Call 257-2410 for more details.

'Extra! Extra! 24/7 debuts!'

Marine Corps Community Services will debut its new publication entitled 24/7 this month. The newsletter will be delivered to all homes aboard MCB Hawaii, as well as be available at MCCS outlets. Patrons may also feast at a new restaurant aboard Kaneohe Bay called Sharkey's, located near the Base Marina.



Courtesy of MCCS

Careers await child care providers

Susan Cleveland

MCCS Children, Youth & Teen Program Administrator

If you are a spouse living on base at MCB Hawaii, Kaneohe Bay, and interested in earning some extra income while helping children grow and learn, the Family Child Care Office would like you to consider becoming a Family Child Care Provider.

This career opportunity allows wives or husbands to work from home.

Parents with young children are always looking for viable childcare options, and the Child Development Center often has a long waiting list and may not offer the in-

home atmosphere some parents desire.

Our on-base providers receive free training, including child growth and development, guidance techniques, nutrition, safety and more. The FCC Office provides support and advice, as well as performs monthly inspections to ensure regulations and quality.

Becoming a Family Child Care Provider is a great opportunity to gain experience and knowledge working with young children. For families with young children, the extra income — while allowing one parent to stay at home — should come in handy.

Your child can have playmates in the comfort of a home setting.

Further, the quality education these infants, toddlers and preschoolers gain in a safe, warm environment, prepares them for their future schooling.

Family Child Care Providers must have a high school diploma (or their general equivalency diploma, or G.E.D.) and reside in a downstairs unit with at least two fire exits.

After the initial interview and background checks, the FCC Office provides a one-week orientation. An additional two-weeks of training are required for certification.

For more information, call the Family Child Care Office at 257-7030.

SM&SP



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

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

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

Program Review

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

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

- Jan. 18 – 20 & May 24 – 26: Maui excursion at \$270.
- Feb. 15 – 17: Kauai at \$250.

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

Fees cover airfare, transportation and accommodations.

Jan. 23, 30 - 31, and Feb. 1 - 3: Volunteers are needed to assist with the Pro Bowl halftime show, stage prep, rehearsal, support and breakdown.

Feb. 8: Enjoy deep sea fishing; however, space is limited to six people. Make your reservations now.

SM&SP Goes Online

Get more details on SM&SP activities on the Web. Surf www.MCCS Hawaii.com under the "Semper Fitness" icon.

Taking a whack

The holidays saw units, service members, families and civilian employees aboard MCB Hawaii take some well deserved leave (or vacation) time from work. Several units and offices celebrated the diverse holidays with organizational gatherings. Here, Alexander Wilson, age 4, takes a swing at a pinata erected during a family picnic for Marine Aviation Logistics Squadron personnel.



Lance Cpl. Monroe F. Seigle

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 and \$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.

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

Spirited Away (PG)	Today at 7:15 p.m.
I Spy (PG13)	Today at 9:45 p.m.
Ghost Ship (R)	Saturday at 7:15 p.m.
My Big Fat Greek Wedding (PG)	Saturday at 9:45 p.m.
Spirited Away (PG)	Sunday at 3:30 p.m.
Punch-Drunk Love (R)	Sunday at 7:15 p.m.
The Emperor's Club (PG13)	Wednesday at 7:15 p.m.
8 Mile (R)	Jan. 17 at 7:15 p.m.
Ghost Ship (R)	Jan. 17 at 9:45 p.m.

MCCS MISSION

The MCCS Mission: To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.

(For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

TRICARE updates the cost of hospital stays

Health Net Federal Services Press Release

Effective Oct. 1, 2002, the daily costs for TRICARE beneficiaries' hospital stays were revised.

Costs for inpatient stays are listed below:

TRICARE Prime

For active duty family members, there is no copayment for

hospital stays, either at a Military Treatment Facility or at a civilian hospital.

For retirees and others, the daily cost at an MTF is \$12.72 per day. At a civilian hospital, the cost is \$11 per day, or \$25 minimum charge per admission, whichever is greater.

TRICARE Extra

Under TRICARE Extra, active

duty family members pay \$12.72 per day for care at an MTF or, at a civilian hospital, \$12.72 per day or \$25 minimum charge per admission, whichever is greater.

For retirees and others, the cost per day at an MTF is \$12.72. For hospitalization at a civilian facility, the cost is \$250 per day, or 25 percent cost share of the total contracted rate charges for institutional services, whichever

is less, plus 20 percent cost share of separately billed professional charges based on the contracted rate.

TRICARE Standard

For TRICARE Standard active duty family members, care at an MTF is \$12.72 per day. At a civilian hospital, the cost is \$12.72 per day or \$25 minimum charge per admission, whichever is

greater.

For retirees and others, the cost per day at an MTF is \$12.72. For hospitalization at a civilian facility, the cost is \$417 per day, or 25 percent cost share of the billed charges, whichever is less, plus 25 percent cost share of the maximum allowable charge for separately billed professional charges.

For more information, contact Karl Kiyokawa at 840-4703.

America's Defenders

Project urges U.S. citizens to get involved in saving history

NAPS
Featurettes



Part of America's history is on the verge of disappearing. It's estimated 1,600 American war veterans die each day. There is an urgent need to tell and collect personal wartime accounts while the veterans are still among us.

Fortunately, the Library of Congress's Veterans History Project has responded by involving Americans of all ages and backgrounds in the preservation of our national collective memory.

This ongoing program calls for everyone to help collect oral histories, along with letters, journals and photographs from veterans who served in World War I, World War II, the Korean, Vietnam and Persian Gulf Wars, as well as from those who served in support of them.

The Veterans History Project is part of the Library of Congress' American Folklife Center. The American Association of Retired Persons is the sole founding private-sector sponsor.

The Veterans History Project has already received 3,000 submissions. But,

there is still a need for more Americans to contribute by recording their wartime experiences or volunteering to take a veteran's story. It can be an excellent opportunity for a child to learn more about his or her father or grandmother or uncle.

The Veterans History Project has over 420 partners from a wide range of veterans' organizations, military installations, civic and youth groups, museums, libraries, historical societies and educational institutions.

If you are a veteran of World War I, World War II, or the Korean, Vietnam or Persian Gulf Wars, or if you supported on the home front, the Veterans History Project wants your story.

If you know a veteran, the Veterans History Project needs you to take his or her oral history.

To learn more, visit the Web site at www.loc.gov/veterans or call 1-888-371-5848 toll free.

Candidates should sharpen their image to land *the job*

NAPS
Featurettes

Whether you're a college graduate entering the job market, a seasoned pro looking for a new challenge, or a soccer mom yearning to revive her former career, one factor can make or break your job interview: your image.

Once you polish the resumé, experts agree, the next order of business is sharpening your image.

"Your image is a powerful communication tool," says Diane Parente, author and image consultant to Fortune 500 companies, who recommends her clients follow several tips:

- Demonstrate your expertise and credibility by learning as much as possible about the company and position prior to the interview.



Standing and sitting tall convey confidence and trust.

- Don't forget the details. Cambridge, the most recognized brand in business accessories, recently commissioned a survey in which it asked which accessories gave the impression of success. The number one answer was "nice shoes," followed by an expensive watch and business accessories such as organizers and journals.

If you're in the job market, paying attention to these details can pay off when it comes to salary negotiations.

People who present a professional image earn in excess of 10 percent more than those who don't.

- Research the company dress code by visiting the Web site or by talking with the human resources department.

- To avoid wrinkles, hang your jacket if you're driving to the interview, or stand if you're taking public transportation.

- Once the interview begins, remember the importance of good posture.

COMMENTARY

'Freedom is preserved, secured by patriots'

Kathryn Ghormley*Trinity Christian School, Kailua*

(Editor's Note: The following letter to the commanding general of MCB Hawaii is shared with the Marines, Sailors, family members and civilian employees of the installation by permission of Brig. Gen. Jerry C. McAbee and Ms. Ghormley.)

I am a second grade teacher at Trinity Christian School in Kailua. I believe you know my dad, Tim Ghormley.

I wanted to extend my gratitude to you for the outstanding job your Marines did in hosting an excursion to Marine Corps Base Hawaii, Kaneohe Bay, on Dec. 6, 2002.

The Provost Marshals Office and Marine Heavy Helicopter Squadron 362 gave my students, and their parents, an incredible introduction to the Marine Corps and exceeded every expectation I had for the excursion.

While teaching a unit on Veteran's Day in November, I realized that many of my students had no real understanding of the importance of honoring those men and women who serve and protect the citizens, and their freedoms, of our great nation.

Growing up as a Marine Corps dependent, the value of liberty and sacrifice was instilled in me at a very young age.

I spent Christmases in hangars, watching Santa Claus ride in on an F-4, Thanksgivings in barracks, and Easters with the squadron families.

We lived in bachelor officer quarters and the same off-white-walled, faux

"Growing up as a Marine Corps dependent, the value of liberty and sacrifice was instilled in me at a very young age."

Kathryn Ghormley
2nd Grade Teacher

marble tile, base house on about a dozen different bases ... the smell of the paint will always remind me of home.

My family spent weekends at air shows, parades and more squadron parties.

My brothers and I would camp out in the same room falling asleep to the soundtrack of "Patton."

I do realize that this is not normal! Needless to say, the military life was all I knew.

Before my dad would deploy, or before we would move, he would tell my brothers and me about how great our nation is, and how one day we would understand that it was because of his love for us, and his desire for us to have a future with no boundaries, that he was a Marine.

I must admit, at times I hated that speech. I saw my mother's strength in each move and each deployment, and I knew she must have fallen for the speech too, and loved my dad for it.

My childhood was never dull, and if I could relive it all, I would.

The community in which I grew up

left a lasting admiration for those who serve in the military. And, as far back as I can remember, my dad has been my hero.

I don't ever recall learning these values in school. In fact, in high school and college, I listened to classmates and teachers complain about the problems with our military and its imperialistic oppression; I learned that Vietnam was an embarrassment to our nation.

It was always interesting when I shared that my father was not only a Vietnam Vet, but a fighter pilot in the Marine Corps as well.

I am proud of what you Marines do, and I wanted to instill that value in my students, our future.

Students today are taught that liberty was won with the Declaration of Independence, the Revolutionary War and the Constitution. While this is true, those things did not "secure the blessings of liberty to ourselves and our posterity."

Freedom was not won forever in the 18th century, but rather it is preserved and secured every day by patriots and heroes, our government leaders, our mil-

itary and our citizens.

It is essential that our future leaders understand that there are men and women who will fight today for the same values and principles fought for by our founding fathers, whose lives are committed to the same ideals.

The students, parents (many of whom had never been on the base or met a Marine — even some who were indifferent toward the military), teachers, and our bus driver, came away from the excursion with a respect and admiration that can't be taught, but can only be learned.

I have never taken students on an excursion that was talked about incessantly for weeks after the fact.

I received letters and phone calls of appreciation from parents who attended. Over half of my class of boys and girls now aspire to be one of the few and the proud. Good recruiting age!

"Operation Enduring Freedom" is the favorite recess game now. Everyone wants to be a Marine, so there is no real point to the game, other than pretending to be a Marine and destroying the swing, which is Osama himself.

Anyway, by making themselves available, taking the time to answer questions, your Marines became heroes to my 26 seven and eight year olds — and to me.

And, I was reminded once again of how grateful I am for you Marines, who like my dad, secure for us a bright and limitless future in a great nation.

So thank you, sir, for commanding an excellent group of Marines. Thank you for your service, and thank you for giving us the privilege to come to your base.

Skinny Dragons Sailor becomes a citizen of U.S.

Morada completes the naturalization paperwork at the City and County of Honolulu Courthouse that officially makes him a U.S. citizen. The mess specialist is the leading petty officer at Patrol Squadron 4 and proud of this milestone.



Petty Officer 1st Class Richard Estep

Lt. j.g. Jason Gaudett
Patrol Squadron 4

HONOLULU — A petty officer with Patrol Squadron 4, which is located at MCB Hawaii, Kaneohe Bay, signed the naturalization papers that certified he is now an American citizen, recently, at a courthouse in the City and County of Honolulu.

Petty Officer 2nd Class Enrico Morada is originally from the Province of Batangas in the Republic of the Philippines. He's the

leading petty officer for the First Lieutenant Division at VP-4.

At the age of 20, Morada migrated to the United States with his father.

Morada's father was a World War II veteran, and he was granted citizenship in the United States for his service in the Philippine Army during the war.

After spending two years in San Diego, Calif., Morada decided to serve his country and followed in his father's patriotic footsteps.

"I decided to join the

Navy because I wanted direction in my life," explained Morada. "The Navy was my first choice because it offered me options that I was not afforded in other military branches."

After attending boot camp the U.S. Navy's Great Lakes recruiting installation, Morada served on the USS Haly Burton (FFG 40) as an undesignated seaman.

"I worked in the galley on board the ship and enjoyed cooking so much that I decided to choose mess spe-

cialist as a career path," said Morada.

Three years later, Morada decided to re-enlist.

"I decided to re-enlist because I was able to give something back to the Navy," he explained.

Morada's hopes and dreams are still unfolding. Next he aids his family.

"Now that I am a United States citizen, I have the opportunity to bring my family over from the Philippines in the hopes that they too can become a part of this great nation."

3/3 promotes fitness, health in Waimanalo

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

Children from Blanche Pope Elementary School in Waimanalo, were treated to a healthy surprise when more than 20 Marines from 3rd Bn. 3rd Marine Regiment, showed up for a physical fitness field day recently.

The Marines helped children in all grades go through several stations of exercises, including sit-ups, dead-arm hangs, a 50-yard dash, long jumps and a 50-yard relay race.

"We've been here for a few different events already," said 1st Sgt. George Espinosa, battalion sergeant major of 3/3. "We helped put benches in their library on one visit, and on another, we had Marines install some donated computers."

The field day exercises were designed to mimic the important aspects of the Marine Corps' physical fitness test. Children pitted themselves in stiff competition with one another while trying to attain the highest score.

Maury Reimel, a kindergarten teacher at Pope Elementary School, was one of several teachers out to oversee the day's events.

"I think it's absolutely wonderful to have the Marines out here with the chil-



Third Marine Regiment devil dogs help children at a Waimanalo school to work through a series of exercises during a field day.

dren," Reimel said. "A lot of them have no idea what the Marines are even about, so this is a good experience for them."

Throughout the long day on the playground at Pope Elementary, children from around the school seemed to be

having a great time with the activities and the Marines, but they weren't the only ones enjoying themselves.

"It's really a nice break to be able to come out here and spend some quality time with the community off the base,"

said Cpl. Steve Steif, a team leader from Kilo Co., 3/3. "I think events like this really are good for the relationship between the community and the Marine Corps."

Base Chapel

Bldg. 1090
 MCB Hawaii, Kaneohe Bay

Catholic Services

Sunday Mass	9:30 a.m.
Holy Days of Obligation	11:45 a.m. and 6 p.m.
Daily Mass	11:45 a.m. (Tuesdays thru Fridays)
Adult Choir Rehearsal	6 p.m., Tuesdays
Saturday Mass	5 p.m.

Protestant Services

Liturgical Worship	8 a.m., Sundays
Children's Sunday School	9:30 a.m.
Adult Sunday School	9:30 a.m.
Contemporary Worship	11 a.m., Sundays
Adult Choir Rehearsal	7 p.m., Tuesdays

For more information about Protestant Adult Sunday School, contact Chaplain Thornton at 257-3552, ext. 5.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090, behind Dunkin' Donuts.

Religious education programs are held in the new Religious Education Facility (formerly the Wiki Wiki), also in Bldg. 1090.

Contact the Base Chapel at 257-3552, for more information about programs or services.



Above — Kindergarteners from Blanche Pope Elementary wait in line for a chance to do pull-ups with Marines.

Right — Students at the Waimanalo school participated in a relay race during the Marines' visit.



RECIPES



NAPS

These Grab & Go Muffins are a delicious way to get your day off to a great start.

Breakfast remains best bet to begin your day charged

NAPS Featurettes

There's no doubt breakfast is an important meal for both kids and adults.

Dieticians agree that breakfast supplies energy to start your day off right and may help you concentrate so you can be more productive throughout your day.

Still, often there's not enough time in the morning to sit down and eat at the table. These food ideas can be especially handy for today's grab-and-go family eating habits.

Grab & Go Muffins

- 1 cup flour
- 1 cup oats cereal
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 cup peanut butter
- 1 cup milk
- 1 egg

Stir flour, cereal, sugar and baking powder together in a large bowl. Then mix peanut butter, milk and egg in a small bowl.

Stir into flour mixture with a few handfuls of add-ins such as chopped and peeled apples or pears, frozen berries, mashed bananas, drained pineapple tidbits, dried cranberries, dates, apricots or raisins, until just moistened.

Divide mixture in 12 muffin cups and bake at 400°F for 20 minutes or until golden. Cool.

The basic recipe, without addins, nets 230 calories per muffin.

Breakfast Munch Mix

- 2 cups shredded wheat
- 1 cup dried pineapple
- 1 cup toasted almonds and shredded coconut

Mix all together in a large, resealable plastic bag or container (which can keep for one week).

A one-half cup serving nets but 180 calories.

Travelin' Cream of Wheat

- 1 packet instant cream of wheat
- 1/2 cup milk
- Raisins or dried cranberries

Empty cereal into travel mug or thermos, then heat milk in microwave until steaming.

Stir into cereal, adding a handful of raisins or dried cranberries.

Cover and don't forget to take a spoon.

One serving totals 270 calories.

Tips For a Headstart

To help start your day with a wholesome breakfast, consider these tips:

- Combine the above recipe ideas with a piece of fruit and a carton of milk or yogurt for a well-rounded meal.

- To make more time in the morning, go to bed 15 minutes earlier and set the alarm 15 minutes earlier than normal.

- For a quick and easy morning snack, grab an energy bar on your way out the door.

- If you eat on the run, stock up on specially designed containers and plastic eating utensils.

ON THE MENU

Anderson Hall will prepare the following this week:

<p>Today</p> <p><u>Lunch</u> 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</p> <p><u>Dinner</u> Roast Pork Loin Barbecued Chicken</p> <p>Steamed Rice Chewy Nut Bar Yellow Layer Cake w/Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p>Saturday <u>Dinner/Brunch</u> Rock Cornish Hen Grilled Strip Loin Steak</p>	<p>Rice Pilaf Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies</p> <p>Sunday <u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Chocolate Layer Cake w/Chocolate Frosting Asst. Fruit Pies</p> <p>Monday <u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Turkey & Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u></p>	<p>(For Lunch and Dinner) Pasta Bar</p> <p>Tuesday <u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Chocolate Pudding Asst. Fruit Pies</p> <p><u>Dinner</u> Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Chocolate Pudding Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p> <p>Wednesday <u>Lunch</u> Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Oatmeal Cookies Asst. Fruit Pies</p>	<p><u>Dinner</u> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Country Bar</p> <p>Thursday <u>Lunch</u> Baked Lasagna Chicken Parmesan Asst. Pizza Slices Garlic Toast Brownies Asst. Fruit Pies</p> <p><u>Dinner</u> Chicken Vega Simmered Corned Beef Parsley Butter Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p>
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Developing healthy eating habits is a worthy New Year's resolution

NAPS Featurettes

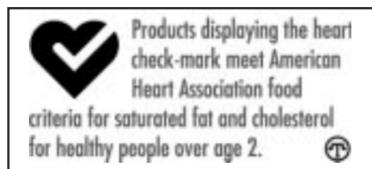
What's the best time to start New Year's nutrition resolutions? The answer, say dietitians, is today.

Any day of the year is a good day to improve your diet in ways that will benefit your health.

And, the best way to improve your diet for the long term is to make small, specific changes, according to registered dietitians.

The American Heart Association recommends eating a wide variety of foods that are low in saturated fat and cholesterol, to help reduce the risk of heart disease, the number one killer in this country.

Yet, sometimes, finding heart-healthy foods can be confusing. The American Heart Association has developed its heart check mark to help healthy consumers over age two quickly and reliably find foods that are low in saturated fat and cholesterol.



Shoppers can be assured that every product bearing the Association's familiar red heart with the white check mark meets the AHA's nutritional criteria.

In addition, the AHA offers these tips:

- Fill your shopping cart with plenty of fresh fruits and vegetables, which are naturally low in saturated fat and cholesterol.

Consider fruit that is frozen or canned in its own juice. Also, low-salt canned and frozen vegetables can help supplement what is available in the produce department.

Look for varieties without added butter or other high-fat sauces.

- Choose whole grain products,

including oatmeal, rice and whole grain breads.

- Include low-fat or no-fat dairy products on a daily basis.

- Choose lower-fat protein sources such as skinless poultry, fish, legumes and lean meat.

Limit the amount to four ounces of meat or poultry in a meal about the size of a deck of cards (no more than 6 ounces a day total).

To learn more about reducing the risk of heart disease and stroke through nutrition, visit the American Heart Association Web site at americanheart.org.

Call 1-800-AHA-USA-1 (i.e., 1-800-242-8721) for your free copy of the "Shop Smart with Heart" brochure.

(Editor's Note: As always, if you have a special medical condition, contact your physician or registered dietitian about your diet.)



Expert mechanics plug vehicle-saving tips

NAPS

Featurettes

While many Americans spend a great deal of money, time and energy maintaining their homes — from their lawns to their gutters — many are not paying nearly enough attention to another important investment — their cars.

According to a recent Valvoline/ASE Poll of the American Mechanic, most mechanics surveyed believe their customers do not treat their vehicles with the same loving care as they did 20 years ago, revealing a huge need for better interior and exterior vehicle maintenance among American car owners.

Keep Your Motor Runnin'

Maintaining a car's engine life over the years is not as difficult as it may seem.

The majority of the mechanics agreed that the top things a person can do to preserve engine life and keep a vehicle running



CAR CARE

Top Things A Person Can Do To Preserve Engine Life And Keep A Vehicle Running Great

- Change Oil Regularly/Frequently said 93%
- Regular Tune Ups/Plugs/Etc. said 71%
- Regular Cooling System Maintenance said 57%
- Change Air Filter Regularly said 54%

great include these easy steps:

- Changing the oil regularly.
- Receiving regular tune-ups.
- Receiving regular cooling system maintenance
- Changing the air filter regularly.

When asked if changing the oil regularly is one of the top things that a person can do to keep a vehicle running better after 75,000 miles, 62 percent of the mechanics agreed.

In addition, 83 percent of the

technicians agreed with bringing a higher mileage vehicle in for a check-up at least once a year, if not more often.

Wash and Wax to Perfection

Maintaining a vehicle's appearance can increase its value, yet the mechanics said that less than half (49 percent) of their customers' cars appear to have the exterior properly maintained.

The technicians agreed that washing and waxing on a regular basis are the two top things



Staff Sgt. Robert Carlson

The Auto Skills Center at MCB Hawaii, Kaneohe Bay, has 12 booths and four lifts, which support projects from basic tune-ups to full vehicle restorations. Also, the Center can evaluate vehicles the Provost Marshal's Office marks for auction.

a person can do to make the outside of a vehicle look as good as new.

"Mechanics understand that maintaining a car's appearance adds value in the long-term, but they still believe many people skip this process based on price

and time," said Chad Heath, detailing expert for Eagle One automotive appearance products.

Nonetheless, just these simple car care tips are as important as your other large investments, to ensure you have your vehicle around for as long as possible.

Drivers need to schedule auto insurance checkups

NAPS

Featurettes

Understanding your car insurance could save you some money down the road.

For example, many drivers are surprised to learn their insurance doesn't cover rental car costs, should their car need repairs.

After an accident, the average vehicle stays in the shop for two weeks. Rental costs for that amount of time can be more than \$500.

Other insured drivers pay little or nothing to rent a car because their policies include a little known option called rental reimbursement, available for only a couple of dollars a month.

The Insurance Information Institute and the Consumer Protection Association of America recommend people talk to their agents or read their

insurance policies once a year. The groups offer these tips from their public awareness campaign, "Wiser Drivers Wise Up."

- Do business only with a reputable company. Deal with companies, independent brokers or direct marketers that have proven track records of handling auto insurance claims effectively.

- Get a referral or contact the Better Business Bureau or State Department of Insurance.

- Report a car accident from the scene, if possible. If your car is not drivable, your agent or claims center could save you time and money by having the car towed directly to the repair facility instead of to a temporary storage facility.

In addition, arrangements may be made immediately to provide you with a replacement rental car.

- Know what your insurance covers. For example, don't wait to find out until after an accident that your policy doesn't automatically cover costs for emergency roadside assistance or a rental car.

- Know what your deductible is and any other additional charges before authorizing work. Expect your insurance adjuster, claims representative or repair facility appraiser to review the damage with you and explain the repair process, including the use of original or generic auto parts.

- Ask about warranties on repairs. Ask whether your insurer has a repair facility referral program that offers a written limited or lifetime repair warranty backed both by the repairer and insurer for as long as you own your vehicle.

For more information, surf this helpful Web site: www.wiserdrivers.com.

MANAGING YOUR MONEY

Saving money is always in season

NAPS

Featurettes

Though the holidays are over and many family coffers are at an all-time low, it's still the right time to think about creative ways to save money. Begin pinching now, to keep your footing throughout 2003, and beyond.

Practice price comparisons.

Every penny pincher should know how to use the Sunday circular and take advantage of sales.

Also, most stores will match a competitor's prices. If you find the store you're heading to beats competitors' prices and you've found a lower price in a circular, take the circular to show the lower price.

This practice saves more than just dollars; you also save time and gasoline by not visiting several stores to shop the sales.

Link to online savings.

Online shopping is not only easy, but it also can save valuable time and

money. For example, shoppers can now receive significant savings at their favorite dining spots, recreational venues, hotels and other merchants that reward online users surfing their Web site.

Link to online research.

When trying to save money, it's important to do research online for the higher-priced items. Sometimes your favorite store or catalog will have a cheaper online price than what is offered in the store.

Admittedly, this takes a little more planning, which can be difficult, but if you do your research it can really pay off.

Ask for substitutions and rain checks.

Because stores are competing for your attention, it is common to have items out of stock. Don't let that convince you to buy a higher-priced item you don't need. Instead, be sure to ask for a rain check, which extends the life of the sale and gives you more time to figure out how to save.

A couple minutes spent planning really stretches your money further, and even pennies can really add up.

WORD TO PASS

MCBH Receives Honors

Marine Corps Base Hawaii garnered an Honorable Mention in the "Best Small Base" category when the *Marine Corps Times* announced its winners in the 2nd Annual *Marine Corps Times* "Best Base" Award contest, sponsored by GEICO Direct. Taking top honors this year was MCB Camp Pendleton, Calif.

The grassroots award is unique as selections are made by subscribers and readers of the publication. *Times* staff judge the nominations from a broad set of criteria, and select a total of eight individual Honorable Mention winners, in addition to the Best Base, from reader recommendations.

See the Jan. 20 edition of any *Times* publication, on newsstands beginning Jan. 13, for winners in all the military branches. Details are also posted at www.MarineCorpsTimes.com/bestbase.

Deltas Observe Founders

The Hawaii Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will observe its 90th Founders Day with a lavish luncheon at the Hilton Hawaiian Village's Coral Sea Ballroom II, Saturday at noon. Tickets are \$35.

The keynote speaker is a noted past national president who now serves as senior associate with the Center for Educational Renewal at the University of Washington and the Institute for Educational Inquiry in Seattle.

Delta Sigma Theta is a private, nonprofit organization whose purpose is to provide services and programs to promote human welfare. The Hawaii Alumnae Chapter is composed of local and military pro-

fessionals.

Call Seanta Williams at 780-6813 for more details.

Retirement Seminar Scheduled

Edward Jones will host its next seminar, "Build your Financial Future Today: Personal Finance Education," Saturday at 10 a.m. at the Keolu Shopping Center in Enchanted Lakes, Kailua.

Topics to be discussed include retirement goals, considering one's taxes following a time-tested strategy, and allocating and protecting one's assets.

The seminar is free, but seating is limited. For reservations, call Sandara Cirie at 263-4784.

Windward Mall Hosts Recreation

Catch any one of the following activities at Windward Mall.

- 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.

- Saturday at 11 a.m. enjoy the Keiki Palaka Band of talented ukulele and vocal students at Center Stage, then at 1 p.m. catch the Windward Mall Teen Board 2002 Award Ceremony, where a recipient will receive a \$3,000 scholarship. At 2:30 p.m., the Royal Hawaiian Band will entertain.

- Jan. 17 at 6:30 - 7:30 p.m., the Ohana Concert will feature legendary Hawaiian entertainers Aunty Noelanie Mahoe and the Leo Nahenahe Singers, performing traditional Hawaiian music with their hula dancers at Center Stage.

- Jan. 18 from 11 a.m. - 4 p.m., the mall will celebrate Hawaiian

Language Immersion Day with entertainment, informational exhibits and hands-on, interactive activities for all. For more details, call 433-0480.

Hospitality Center Seeks Volunteer Greeters

Volunteers are being sought to help provide a Day of Hospitality for the Spanish Navy, Jan. 18, when midshipmen and crew of the Spanish naval training ship Juan Sebastian Elcano will participate in a one-day opportunity to see Hawaii.

Hosts are asked to provide aloha with sightseeing, beach picnics and recreational activities.

If you're interested, call the International Hospitality Center at 521-3554 to volunteer.

Officers' Wives To Hold Art Auction

January 25th from 6 - 10 p.m. is your chance to collect diverse art from local Hawaiian artists and others when the Kaneohe Officers' Spouses Club holds its annual Art Auction in the downstairs lanai of the Kaneohe Bay Officers' Club.

Proceeds from this fundraiser will benefit scholarships and charities supported by the Kaneohe Officers' Spouses Club. You can preview items beginning at 6 p.m., and pupus and a cash bar will be provided.

All art work is being provided by Pictures Plus, and noted artist Gary Reed will be in attendance to sign his work.

The price is \$8 in advance, \$10 at the door.

For more details, contact Karen Wright at 261-5515 or Laura Castellvi at 254-1743.

MARINE MAKEPONO

"HAWAIIAN FOR 'MARINE BARGAINS' Vehicles

2001 Dodge Intrepid SE, fully loaded, automatic, air conditioned, new tires, mint condition, only 14K miles for \$13,000 OBO. Call 239-3973 or 778-3979.

2000 Dodge Stratus ES, V6, excellent shape, leather, Kenwood CD, new brakes and tires, power everything, auto stick transmission, plus security. Only 37K miles for \$12,500 OBO. Call 429-9116.

2000 Mustang convertible, black, loaded, leather, low miles, \$15,500 OBO. Call 254-8242.

1996 Dodge Caravan, runs excellent, good condition, 77K miles, \$4,400. Call 254-1779.

1988 Jeep Cherokee, 120K miles, \$3,000 OBO. Call Shawn or Shelly, 253-0691.

1986 Toyota pickup, five speed, no rust, very clean, runs great, all service records. Asking \$4,500 OBO. Call 561-5154.

Motorcycles

2000 Harley Davidson Sportster 1200, custom bronze pearl, low mag pipes, with cover and original warranty through September 2004. Asking \$10,000 OBO. Call 254-0075.

2000 Yamaha YZF R6, custom paint, carbon fiber, shield, spoket chain, jetted lights, euro tail, cover, K&N filter, alarm and solo seat. Only \$8,000 OBO. Call 429-9116.

1993 Yamaha WR200 Dirt Bike, great condition, fast and clean. First \$1,499 takes it. Call Shari at 262-2064.

Miscellaneous

Shed, 7 x 9, \$150; air conditioners, \$150 and \$125; washer, \$200; dryer, \$50; freezer, \$50; blinds, \$15; shades, \$20 and \$25; and outdoor furniture, \$20. Call 254-0225.

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*, if space is available.

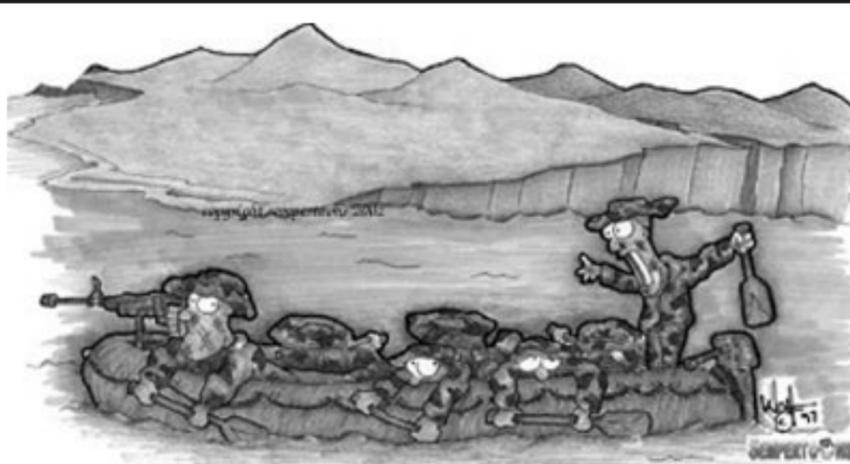
The deadline for submitting ads to the *Hawaii Marine* is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

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

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

For more information, call the *Hawaii Marine* at 257-8836 or 257-8837.



"THAT'S IT!!" THE NEXT PERSON THAT SING'S THE HAWAII 5-0 THEME IS SHARK BAIT!!!"

Sempertoons.com