

Remember! Celebrate! Act!

“A day on ... Not a day off”

Lance Cpl. Rich Mattingly
Combat Correspondent

Monday marks the 18th annual federal celebration of Dr. Martin Luther King Jr.'s life and work. Marine Corps Base Hawaii is making special arrangements to honor the great strides made by King in the advancement of American civil rights.

Master Sgt. Milton D. White, base equal opportunity advisor, said today at 6 a.m. in Anderson Hall a prayer breakfast will kick off a weekend of celebration and community volunteer involvement in honor of King.

Speaking at the prayer breakfast is Jerome B. Harris, a retired soldier who is well known for his presentation of King's speeches. Harris has been recognized for reciting King's famous and powerful message and for his commitment as his battalion's equal opportunity representative. He has been delivering King's words for nearly three decades.

King's life was marked by empowered,

socially conscious action. His commitment to the end of segregation and racial persecution is reflected by this year's Martin Luther King Jr. Day slogan, "Remember! Celebrate! Act! A day on ... not a day off."

Born in 1929 to Alberta Williams King and Reverend Martin Luther King Sr., King attended Morehouse College, Crozer Theological Seminary, Boston University and Harvard. King's career as a minister at Ebenezer Baptist Church in Atlanta, Ga., led him into activism and a socially conscious ministry.

Without losing focus on his interest in nonviolence and peaceful protests, King revolutionized political activism and galvanized America toward the goal of racial equality. King is widely recognized as a leader in the civil rights movement of the 50s and 60s and remains an inspiration for social reform.

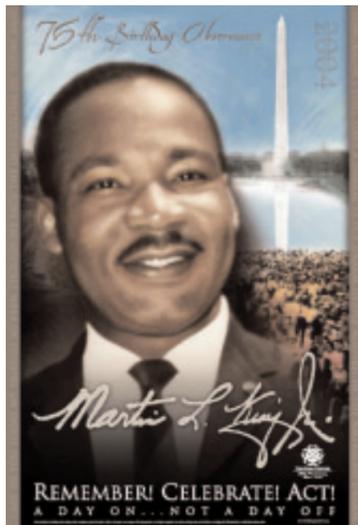
White says that Marines and Sailors aboard MCB Hawaii can take the initiative this weekend to get out around the

island and make a difference in honor of King's struggles and triumphs. According to www.mlkhawaii.com there is a "Living Harmony" art exhibit at the Honolulu Hale Civic Center. On Sunday, a Candlelight Bell Ringing Ceremony at the Nagasaki Peace Bell is scheduled for 6:30 p.m. The celebration weekend will conclude on Monday with the Martin Luther King Jr. Holiday Parade in Waikiki at 9 a.m. A unity rally is scheduled following the parade in Kapiolani Park.

The King Center, founded by the late King's widow, Coretta Scott King, also encourages those afforded a day off from work to make a difference in their community.

"This is not a black holiday," said Coretta Scott King, "Martin Luther King Jr. Day is not only for celebration and remembrance, education and tribute, but above all, a day of service."

For more information on King and the American civil rights, the King Center site or lib.lsu.edu/hum/mlk/srs218.html.



In this year's MLK Jr. Day poster, the theme reiterates the importance of remembering Dr. King's work and legacy, celebrating his birthday as a national holiday and acting on his teachings, principles and methods of nonviolence as applied to civil and human rights issues. It also serves as a reminder that the holiday is a day on for community service, not just a day off from work or school.

From the wisdom of Dr. Martin Luther King Jr.

In the End, we will remember not the words of our enemies, but the silence of our friends.

He who passively accepts evil is as much involved in it as he who helps to perpetrate it.

Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.



Photo montage by Cpl. Jessica M. Willis

Take time to give back to your community. Visit www.thekingcenter.org for information on volunteer opportunities.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers. I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the

"I Have A Dream"

By Dr. Martin Luther King, Jr

Excerpt delivered on the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963.



Lord shall be revealed, and all flesh shall see it together. This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring." And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snow-capped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!"

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JANUARY

16 / Today

Kahuna's Latin Night — Live La Vida Loca at Kahuna's Sports Bar & Grill with a live performance by El Conjunto Tropical, plus dancing. The club will open at 4:30 p.m. and entertainment will start at 10 p.m.

For more information, call 254-7661.

20 / Tuesday

LINKS Session — Learn to manage the demands of Marine Corps life, learn about local MCB Hawaii services and enjoy great food while networking with other spouses, Tuesday through Thursday at the Lifestyle Insights, Networking,

Knowledge and Skills seminar. Free on-site childcare will be provided, and the sessions will run from 9 a.m. to 12:30 p.m.

For more details, call Shawna Wentlandt at 257-2368.

22 / Thursday

Back in the Saddle — The holidays are over and it's time to get back to the grind. Take a break and head to the Officers' Club for live entertainment and free pupus at 4:30 p.m.

Call 254-7650 for more information.

23 / Friday

Trolley for the Troops — All E-5s and below are invited to take a ride on the trolley and tour a few new establishments in Kailua. The tour starts with a 6:30 p.m. pick up at Kahuna's, and is free and open on a first come, first-served basis. Beverage samplings and a concert by Mixed Nuts will be tour highlights.

For more information, call 254-7660.

24 / Saturday

Hypnosis Show — Catch the live Hypnosis Show with Casey St. Jones in the Kahuna's Ballroom at 10 p.m. This event is open to all ranks.

For more information, call 254-7660.

30 / Friday

Officers' Club MatchMate — Are you single? Jump start your love life, meet a new workout partner or just make a new friend at the Officers' Club's dating game. Lucky couples will win Valentine's dinners for two at the club on Feb. 14.

Sign up to be a contestant at 254-7650.

NCO Appreciation Night — The Staff NCO Club is hosting an NCO Appreciation Night. Start the grooming process and invite your young devil dogs to the club for a bit of camaraderie from 4:30 – 6:30 p.m. Show them your appreciation and start them on the climb to becoming a successful staff non-commissioned officer.

31 / Saturday

KOSC Art Auction — All hands are invited to the Art Auction hosted by the Kaneohe Officers' Spouses Club from 6 - 10 p.m. Pictures Plus will provide artwork, and proceeds will go toward KOSC scholarships and charities.

Tickets are \$9 in advance and \$12 at the door. Call 234-5662 or see your KOSC unit representative.

Latin Night — The Staff NCO Club will cha-cha the night away with the hottest Latin music from 4:30 – 6:30 p.m.

For more info, call 254-5481.

Embroidery Services — Personalize that special gift at Taylour Made Embroidery located in Mokapu Mall. Purchase any item from the Main Exchange and have it personalized by the professionals, any Monday – Saturday between 10 a.m. and 6 p.m. or Sundays between 11 a.m. and 4 p.m.

Joint Education Center — The Defense Commissary Agency's scholarship program awards \$1,500 in scholarships to children of military parents. Applications are being accepted now, and they are available online at any commissary worldwide or at www.militaryscholar.org.

The submission deadline is

Wednesday, Feb. 18.

Auto Skills Center Car Auction — The Auto Skills Center will be accepting sealed bids on the below vehicles.

Year	Model	Minimum	Bid
'89	Nissan Sentra	\$450	
'93	Ford Probe	\$550	
'88	Acura Legend	\$1,000	
'91	Ford Escort	\$500	

(Note: All the above vehicles are running, but all except the Sentra need body work.)

ASYMCA Playmornings — Parents, day care providers and children under 5 years are invited to Armed Services YMCA Playmornings, Mondays – Fridays from 9 – 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blossom, confidence is created and fun is mandatory.

For details, call 254-4719.

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After a hectic day, enjoy panoramic views of the Leeward Coast, free pool, free darts and free pupus. The club is open to all ranks Monday, Wednesday and Friday at 4 p.m.

MCCS Information, Tickets and Tours — Information, Tickets and Tours is your one stop entertainment shop. Discounted tickets are available for just about every major attraction in Hawaii. Book tickets for everything from whale watching tours to dinner cruises to luaus.

For more info, call 254-7563.

MCCS Leisure Travel — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your

next trip. Located in Mokapu Mall, Leisure Travel can arrange mainland flights, interisland packages and most recently, Norwegian Cruises. Leisure Travel is open Monday – Friday from 10 a.m. – 6 p.m.

For more information, call 254-7413.

Need a New Do? — Kaneohe Bay has three conveniently located barber shops and a beauty salon. The Mokapu Mall Barber is in the mall next to the Main Exchange. Located right next door is a full service beauty shop.

If you find the lines a bit long, head over to the Base Theater courtyard, Bldg. 244, to a smaller yet equally talented barber. For those that work closer to the flightline, a shop is located in Bldg. 301.

For more info, call 254-6588.

Joint Education Center — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the "College 101" Workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220.

Civilians are welcome.

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

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

SM&SP



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

The SM&SP Office is located in Bldg. 1629. Call 254-7593 for more info.

SM&SP Online

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

SM&SP has relocated!

The new office is located inside the recently opened Kahuna's Recreation Center in the Enlisted Club facility. Come by and check out the activities and events available to all active duty Marines and Sailors aboard MCB Hawaii and Camp Smith.

Upcoming Events

•Feb. 8: Join the SM&SP for some all-star football fun at the Pro Bowl Tailgate Party. Tickets are only \$40 each and include food, transportation and admission to the game. This all-day event will begin at 7:30 a.m. and last until 4:30 p.m.

Tickets are for active duty only; single and E-5s and below will receive first priority.

There are only 50 tickets, so call today to reserve yours!

Call 254-7593 for more information.

•Feb. 14 – 16: Mark your calendars for a Kauai Island Trip during the holiday weekend.

•March 12 – 15: Also, reserve these days for a trip to Las Vegas, Nev.

Inflatable Game Rentals

Sumo Suits, Gladiator Joust, Big Bouncy Boxing Ring are available for your unit functions on MCB Hawaii for \$100 per game.

Review your insurance coverage regularly

A quick review can save you money and keep you protected

NewsUSA Featurettes

Do you know how well your auto insurance policy would cover you, your vehicle or a third party if you were involved in an accident? Are you carrying enough or even too much coverage?

According to a survey done by the Progressive group of insurance companies, most consumers don't take time to regularly review their auto insurance policy to be certain that it still reflects their needs. Having a better understanding of some basic auto insurance principles and terms could help you be certain you're protected — and could even save you money.

However, auto insurance is complicated. Here are five things you should know.

1) Types of coverage. There are two general "types" of coverage available to you. One, generally referred to as first-party cov-

erages, protects you and your vehicle.

First-party coverages include comprehensive, collision and primary medical, including medical payments and, in some states, Personal Injury Protection (PIP). The second type, called third-party coverages, protects those to whom you might cause injury. Third-party coverages provide protection for bodily injury and property damage you cause to others.

2) Use your deductible to save money. If you purchase comprehensive and collision coverage, you'll be asked to select a "deductible" amount, that is, the amount you'll pay on a claim before the insurance company begins paying. When selecting your deductible level, consider how much you could afford in the event of a crash. Most people select \$500 deductibles because a higher deductible helps to keep the overall cost of auto insurance down.

According to the Insurance Information Institute, increasing your deductible from \$250 to \$500 can save you up to 20 percent on comprehensive and collision coverage.

3) Make sure your policy reflects your

needs. Have you recently married, divorced, moved, or have a teenage son or daughter who is now driving? Speak with your independent agent or insurance company to be sure that the coverage you purchased still reflects your needs.

4) Prices vary. Auto insurance rates are based on each company's expected cost of doing business, which includes the cost of paying claims. The claims data used by each company generally includes the number of accidents and the cost of those accidents. And, the claims data used varies from company to company, which leads to a large spread in rates available to the same consumer for comparable coverages.

In fact, in a study of rates provided to more than 100,000 consumers, Progressive found that the average difference in premium based on a six-month policy for the same driver with comparable coverages was nearly \$600 from company to company.

5) Go online. Much information is available on the Internet at sites like www.progressive.com, www.consumer-guides.info/Automobiles/auto-insurance/.

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. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Gothika (R)	Today at 7:15 p.m.
Timeline (PG 13)	Today at 9:45 p.m.
Master & Commander (PG 13)	Saturday at 7:15 p.m.
Veronica Geurin (R)	Saturday at 9:45 p.m.
Looney Tunes: Back in Action (PG)	Sunday at 3:30 p.m.
The Haunted Mansion (PG)	Sunday at 7:15 p.m.
Veronica Geurin (R)	Wednesday at 7:15 p.m.
Gothika (R)	Thursday at 7:15 p.m.
The Missing (R)	Jan. 23 at 7:15 p.m.
Veronica Geurin (R)	Jan. 23 at 9:45 p.m.

Corporal inspired to donate lost locks

Lance Cpl. Megan L. Stiner
Combat Correspondent

A corporal with Marine Aircraft Group 24 took the simple task of changing her appearance to a whole new level.

Though getting a hair cut is a pretty routine activity — especially for Marines — fortunately for children involved with Locks of Love, Cpl. Lisa C. White, a nuclear, biological and chemical defense specialist decided to put a little more thought behind her actions.

Inspired by the history of cancer in her family, and her sister's involvement in contributing to Locks of Love, White looked up information on the official Web site to figure out how to go about helping. Soon after, she was on her way to the Paul Brown Salon, located at the Victoria Ward Centre in Honolulu, to make her thoughtful contribution.

"The Web site lists local salons to go to in your area that help provide hair replacements for children," said White.

There are two salons in Hawaii that donate hair to Locks of Love — The Paul Brown Salon and the salon Bobbi N' Guy at Victoria Ward Warehouse, also in Honolulu.

Donations made to these salons go



Courtesy of Corporal Lisa C. White

Corporal Lisa C. White, a member of MAG-24, donated 13 inches of hair to the Locks of Love charity with the help of the Paul Brown Salon. Her hair will be used to make wigs for children with a common skin disease that results in hair loss.

toward helping financially disadvantaged children who are suffering from medical conditions. The most common of these is Alopecia Areata. This illness is a skin disease that results in hair loss on the scalp and body. Almost 4.7 million people in the United States are affected by the disease.

Locks of Love began as a small charity in 1997 and flourished to the organization that it is today to help the increasing number of cancer and skin disease patients. It currently helps children under the age of 18 in all 50 states and

Canada.

White had a lot of support from her friends, family and husband, who have helped push her to be more active in volunteering. In addition to helping out by donating to Locks of Love, White also supports her local community by participating in Relay for Life, a fundraising race that promotes cancer awareness. She also enjoys helping out in environmental activities.

White said if you're thinking of making a change like cutting your hair, you should donate it to a good cause. Look into doing something that will benefit children in need.

The donation path White chose to take had her cut off a good portion of her locks. Her contribution came to a total of 13 inches. Her hair now falls just above her shoulders on her neckline.

"I have never had my hair this short before, but it is worth it. It is a good feeling to know you're helping people you don't even know," said White.

There are many ways to help out underprivileged children, and donating hair is just one way to contribute to Locks of Love. Donated hair at least 10 inches long is used to make wigs, shorter hair is usually sold to offset wig-making costs. The organization also accepts financial contributions and encourages volunteering.

If you or anyone you know is interested in volunteering or making a hair or monetary donation or just want to learn more about the organization, the official Web site is www.LocksofLove.org.

ON THE MENU AT ANDERSON HALL

Today

***MLK Jr. Luncheon**
 Grilled T-bone Steak
 Barbecued Spareribs
 Catfish Fillets
 Southern Fried Chicken
 Baked Macaroni & Cheese
 Candied Sweet Potatoes
 Baked Potatoes
 Corn on the Cob
 Collard Greens
 Blackeyed Peas
 Sauteed Mushrooms & Onions
 Chicken & Rice Soup
 Cream of Broccoli Soup
 Asst. Salads w/Dressings
 Hot Dinner Rolls
 Cornbread
 Carrot Cake w/
 Butter Cream Frosting
 Boston Cream Pie
 Sweet Potato Pie
 Pecan Pie
 Asst. Fruit Pies

Asst. Beverages

Dinner

Ground Beef Tacos
 Chicken Enchiladas
 Chili Conquistador
 Burritos
 Refried Beans
 Mexican Rice
 Raisin Drop Cookies
 Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)
 Pasta Bar

Saturday

Brunch/Dinner
 Turkey A La King
 Baked Stuffed Pork Chops
 Steamed Rice
 Boiled Egg Noodles
 Spice Cake w/
 Lemon Cream Frosting

Sugar Cookies
 Asst. Fruit Pies

Sunday

Brunch/Dinner
 Swiss Steak w/
 Mushroom Gravy
 Rock Cornish Hens
 Rice Pilaf
 Cornbread Dressing
 Mashed Potatoes
 Yellow Cake w/
 Butter Cream Frosting
 Asst. Fruit Pies

Monday

MLK Jr. Holiday
Brunch/Dinner
 Beef Stew
 Baked Fish Fillets
 Baked Macaroni & Cheese
 Steamed Rice
 Oatmeal Cookies
 Asst. Fruit Pies

Tuesday

Lunch

Southern Fried Chicken
 Beef Ball Stroganoff
 Parsley Buttered Potatoes
 Boiled Egg Noodles
 Oatmeal Raisin Cookies
 Asst. Fruit Pies

Dinner

Braised Beef Cubes
 Cajun Fish Fillet
 Boiled Egg Noodles
 Steamed Rice
 Oatmeal Raisin Cookies
 Asst. Fruit Pies

Specialty Bar

(Lunch &
 Dinner)
 Taco Bar



Wednesday

Lunch

Chili Macaroni
 Roast Turkey
 Grilled Cheese Sandwich
 Mashed Potatoes
 Brownies
 Asst. Fruit Pies

Dinner

Meatloaf
 Pork Ham Roast
 Mashed Potatoes
 Tossed Green Rice
 Brownies
 Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)
 Country Bar

Thursday

Lunch

Salisbury Steak
 Barbecue Chicken
 Rice Pilaf
 Oven Browned Potatoes
 Corn on the Cob
 White Cake w/
 Lemon Cream Frosting
 Asst. Fruit Pies

Dinner

Beef Yakisoba
 Pork Adobo
 Pork Fried Rice
 Steamed Rice
 Brown Gravy
 White Cake w/
 Lemon Cream Frosting
 Asst. Fruit Pies

Specialty Bar

(Lunch & Dinner)
 Taco Bar

**(Note: The MCB Hawaii community is invited to enjoy the Martin Luther King Jr. Luncheon, to be celebrated today from 11 a.m. until 1 p.m. at the*

Anderson Hall dining facility, Bldg. 1089. The attire is aloha casual and meal prices are as follows: \$2.85 (discount meal) for families of author-

ized E-4s and below and \$3.30 for all active duty service members, DoD employees, retirees, civilians and family members of E-5s and above.

Anderson Hall will be open for breakfast from 8-11 a.m. and for brunch/dinner from 3-5 p.m., Monday. The Satellite Facility will be closed Monday.)

Parents must teach kids Internet safety

NewsUSA

Featurettes

The Internet is an educational, fun and exciting tool for kids to learn and explore, but it also has potential dangers that adults can reduce through education and communication.

The National Crime Prevention Council notes that although many schools and homes use technical methods such as blocking software, no single approach is more effective than adult supervision and communication of safety tips and strategies.

Talking with children about safety strategies on the Internet will provide them with necessary skills to make smart decisions outside of the home.

According to the Census Bureau, six out of 10 school-age children have access to the Internet either at home or at school. Although parents and caregivers can not always control what children see and who attempts to speak to them online, they can protect kids by taking some simple steps:

- Become familiar with the Internet and discuss with children what is considered unacceptable and unsafe.

- Keep computers in a common area of the household, such as the family room or den, where children can be monitored while online.

- Ask your children about the sites they visit and people they talk to online. Encourage them to tell you if they encounter anything online that makes them feel uncomfortable.

- Agree on times and places for your children to use the Internet and what content are appropriate for them to view.

- Insist that children not disclose any personal information such as their full name, phone number or home address without your specific permission.

By encouraging children to make smart online choices, parents can feel more comfortable about their children using the Internet.

To learn more about Internet safety for children, log on to www.mcgruff.org.

Expert tips help cooks create perfect pasta

NAPS

Featurettes

Chocolate and strawberries, champagne and caviar, fine wine and gourmet cheese — all celebrated food pairings. Yet, the most enduring pairing took place in the 17th century, and the two foods are still happily united.

The great culinary marriage of pasta and pasta sauce is widely revered throughout Italy and aims to harmonize the shape and surface of pasta with the color, consistency and flavor of the sauce.

James Beard, award-winning Chef Roberto Donna, and Barilla foods have joined together to offer tips, guidelines and recipes showcasing this pairing art form.

“It all starts with considering the size and texture of both the pasta and the pasta sauce,” said Donna. “For example, angel hair pasta, which has a light, delicate surface texture, doesn’t have the strength to hold chunky sauce, so it’s best paired with less dense sauces like pesto, tomato and basil, and béchamel [white] sauces.”

Jumbo shells (conchiglioni), manicotti (cannelloni) and lasagne are the best choices to stuff with cheese, hold meat-based sauces (ragú) and vegetable fillings, or coat in meat, mushroom or béchamel sauce. The deep ridges and curves of elbow macaroni (called chifferi in Italian) and pipette can hold a double dose of a chunky, meat-based sauce.

Here are two delicious examples of perfect pairings:

Lasagne Alla Salsiccia E Porri

1 pound pork sausage
1 tablespoon olive oil
5 medium leeks, thinly sliced using white part (about 4 cups)
1 cup dry white wine
1 cup chicken broth
1 cup half & half or whipping cream
12 Barilla Oven Ready Lasagne sheets
2 cups Barilla Italian Baking Sauce
1 ½ cups shredded Swiss cheese

For sauce:

In a large skillet over medium heat, cook sausage in olive oil, breaking up meat into small pieces and stirring occasionally (about 15 minutes). Add leeks; continue cooking three minutes, then add wine and broth and bring to boil.

Reduce heat to medium-low and simmer 20

minutes, or until liquid is reduced by almost half. Reduce heat to low; stir in half & half. Simmer for five minutes.

To assemble lasagne:

Preheat oven to 375 degrees. In 9x13 inch baking dish, spread 1 cup of sausage mixture. Cover with four lasagne sheets and another cup of sausage mixture. Top with ½ cup Italian Baking Sauce, ½ cup cheese, four lasagne sheets, and 1 cup sausage mixture. Repeat layers once. Pour remaining 1 cup Italian Baking Sauce over lasagne; sprinkle with remaining ½ cup cheese. Cover with foil. Bake 50 minutes; let stand 10 minutes. Makes eight servings.

Tip: Substitute veal stock for chicken broth.

Pipette di Piselli e Coda di Rospo

7 tablespoons olive oil, divided
1 clove garlic, minced
1 bay leaf
1 cup Barilla Roasted Garlic & Onion Sauce
1 ½ cups fresh or frozen peas, divid-



NAPS

For a marriage made in heaven, pair your pasta to your sauce.

ed (See note.)
1 package (12 oz.) Barilla Pipette
½ cup chicken or vegetable broth, heated

½ pound monkfish or other firm-textured fish, cubed
10 leaves fresh basil, torn into pieces

Heat 3 tablespoons olive oil, garlic, and bay leaf in large saucepan over medium-high heat until garlic turns golden. Remove bay leaf from oil, then add the roasted garlic & onion sauce, and heat to a simmer.

Add 1 cup of the peas, heat one minute over low heat. Remove from heat and keep warm.

Cook the pipette for seven minutes in boiling salted water; drain and return to pot. Meanwhile, bring the sauce mixture back to a simmer, add

fish and basil. Simmer two minutes or until fish is just cooked, stirring frequently, then pour sauce over pasta, and stir until blended.

Pour heated broth into blender container with the remaining 4 tablespoons olive oil and remaining ½ cup peas; blend until creamy. For each serving, place about ¼ cup of the blended pea sauce on the bottom of the plate and spoon 2 cups pasta mixture in the center.

This recipe makes four (2 cup) servings.

(Editor’s Note: If using frozen peas, blanch for 30 seconds in salted boiling water. If using fresh peas, cook in boiling salted water until tender.)

WORD TO PASS

FBI Seeks Agents

If you're interested in a career with the FBI, attend the FBI career seminar, Jan. 23 from 10:30 – 11:30 a.m. at the Pearl Harbor Fleet & Family Support Center in Bldg. 193 in Room 205.

Entry-level salary is \$45,060 (GS 10). Call 473-4222 for more information about the seminar or call Kal Wong at 566-4488 for info on future seminars.

Organizations Post Scholarship Opportunities

•The Fleet Reserve Association, the oldest and largest professional military association representing sea service concerns, has announced that it is accepting applications for its 2004 scholarship program, which includes 10 separate awards of \$5,000 and still others for college degrees.

"FRA is proud to sponsor a program that recognizes excellence in the classroom as well as active involvement in the community," said National Executive Secretary Joe Barnes. "FRA's

scholarship program is just one of several initiatives the Association employs to benefit our members, their families and their communities."

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

Get an application form (with a revision date beyond Oct. 1) at www.fra.org.

•Children of active duty, reserve, guard or retired military personnel may apply for the Defense Commissary Agency/Fisher House Foundation Scholars scholarship. The overall goal is to award at least one scholarship per commissary of at least \$1,500.

Applications can be downloaded at www.militaryscholar.org and need to be turned into a commissary customer service or cashier's office by Feb. 18.

•To say "thank you" in a very meaningful way to the nation's children who have lost a parent in the world's endur-

ing struggle against the evil of terrorism, the American Legion has established the American Legacy Scholarship. Children of members of U.S. active duty military, and of federalized Guard and Reserve personnel, killed on or after Sept. 11, 2001, are eligible.

To obtain an application, visit the Legion's Web site at www.legion.org and click on "community."

The public may contribute to the American Legacy Scholarship fund by sending donations to The American Legacy Scholarship Fund, The American Legion, P.O. Box 1055, Indianapolis, IN 46206.

Voting Guide Outlines State Elections

Because election laws vary from state to state, service members and their families should consult the recently distributed 2004/2005 Voting Assistance Guide for procedures to register or request an absentee ballot in local, state or federal elections. The Guide is available online at www.fvap.gov, and the Federal Voting

Assistance Program recommends military submit a new Federal Post Card Application form (SF-76) in January of every year, and whenever members and their families move locations.

Absentee voting materials may also be obtained through unit voting assistance officers. Remember, "It's your future. Vote for it!"

Mustangs Schedule Reunion

The Marine Corps Mustang Association will hold its annual reunion Sept. 13-17 at the Day's Inn at The Falls, 443 Main St., Niagara Falls, NY.

Membership is open to present, retired and former Marine officers, warrant and commissioned, who after serving on active duty in the USMC or USMCR, in an enlisted status, earned appointment to officer status in the USMC or USMCR.

For more info, call Bill Max at 800-321-8762, or e-mail topmustang@aol.com.

See *WTP*, B-7

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1990 Acura Integra LS Hatchback, in good condition with 98,000 mile, 2D, black exterior, tan interior, 4-cyl. engine, 1.8 liter, 5-speed manual transmission, front wheel drive, A/C, P/S, P/W, cruise control, CD, AM/FM, moon roof. Single owner. Asking \$3,175 OBO. Call 227-0342.

2002 Mazda MPV LX, sporty family van with 11,000 miles and in excellent condition. Asking \$19,500 OBO. Call Alex at 257-8833 or 254-4724.

1971 Classic MBG-GT, limited edition, restored, w/hard top. Asking \$6,900. Call 262-8789.

1993 Nissan 4x4 SE, only 58,000 miles, frigid A/C, straight, loaded. Leaving

soon, must see. Asking \$6,000 OBO. Call 741-7795.

Wanted

Roommate wanted, \$625/mo. and half electric, about \$50/mo. Apartment located near Windward Mall. Smokers welcome. Call 230-3825 to leave message.

Miscellaneous

Nagano guitar, student/beginner size in good condition. Asking \$60. Call 262-8789.

Bicycle/Moped

Quintana Roo Kilo, asking \$500. Trek 1000, asking \$400. Both 52 cm., in good condition. Call 780-7288 for details.

Appliances

Whirlpool range, electric. Asking \$200. Call 262-8789 for more information.

Yard Sale

Saturday, from 7 a.m. to 2 p.m. at 6337-B Foster Dr. on MCB Hawaii, multi-family sale. Lots of items. No early birds. Call 254-0867 for information.

Real Estate

For rent: Remodeled, partly furnished 2/1/1 townhouse, at Haiku Point in Kaneohe, close to MCBH/H3/Windward Mall, W/D, A/C, new appliances, lanai, ground end unit, no pets or smoking \$1,200 monthly. Call Dee at 234-1722 or 277-5435.

Free Makepono Ads

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

The ad submission deadline to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.

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

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

Call 257-8836 or 257-8837 for more information.

WTP, From B-6

'Remains of a Rainbow' to Open at Bishop Museum

•A stunning photographic collection of Hawaii's native species from acclaimed wildlife photographers David Littschwager and Susan Middleton will be on display Jan. 17 – April 11 in Bishop Museum's Hall of Discovery.

The exhibit documents some of Hawaii's vibrant wildlife and calls to attention their possible extinction in hopes that a solution can be found to prevent it.

The Bishop Museum is located at 1525 Bernice St., and admission is \$14.95 for

adults, \$11.95 for youth 4 – 12, and free for kids under 4. Military discounts are available.

•Tuesday, in celebration of the season of Lono, the Kupuna Lecture series at Bishop will feature a walk-through exhibit as well as a demonstration of the art form hue wai pawehe, the decorated water gourd. Renowned artisan Elroy Juan will talk story about the ancient art form.

Admission is \$5 for the general public, \$3 for students. Call 848-4191 for more details.

Entertainment Abounds at Kennedy Theatre

•Feb. 6-7 and 12-14 at 8 p.m., Feb. 15 at 2 p.m., "Betty's Summer Vacation." It's a rollercoaster ride that starts off seeming relatively normal, but almost immediately reveals that things are not as they seem. The play explores reality TV characters who perform extreme atrocities.

Tickets go on sale Jan. 26 at \$15 regular, \$12 military, \$10 non-UH students, \$3 UH students. Call 956-7655 for more details.

•Feb. 7 and Feb. 13-14 at 11 p.m., "The Most Massive Woman Wins." It's a late-night production that takes a bold look at the images of women's bodies in our society, which was first performed at New York's Playwright's Festival.

Tickets go on sale one hour before showtime at \$8 general admission, \$7 military and non-UH students, \$3 UH students. Latecomers will not be admitted once the performance begins. Call 956-7655 for more information.