

LIFESTYLES

Hawaii Marine B Section

July 16, 2004



Above — Kawika, the well-known fire-knife dancer, displays his skill to the awe and amazement of those gathered for the luau feast. Fire-knife displays have long been a part of Polynesian culture. Bottom left — A dancer eloquently tells a story through the ancient Hawaiian art of hula.

WAIKIKI — Considered spiritually and physically filling, traditional feasts have been part of the Hawaiian culture for centuries. Called a luau, they have become one of the most identifiable symbols of Hawaiian culture throughout the world.

Though not as magnificent as the 50th birthday luau feast — when guests were served in shifts of 500 — thrown by former monarch King Kamehameha III in 1843, modern luaus are still a time of celebration and good eating.

Each year, millions of visitors and tourists flock to the Hawaiian islands in anticipation of such a feast, anxiously awaiting the aroma of succulent pit-barbecued pork wafting in between the sounds of a strummed slack guitars. As well, visitors to the luau at the Hale Koa Hotel can expect a celebration that rivals the ones of ancient Hawaiian times.

From ono or delicious food to diverse entertainment, the Hale Koa continuously scores hits with military families and their guests here, whether they are visiting Hawaii or stationed aboard one of the many military installations that support the islands and Pacific arena.

The Hale Koa, Hawaiian for “House of the



Luau!

Luau provide a colorful, tasty glimpse of Polynesian foods and cultures

Story and Photos by Pfc. Rich Mattingly

Combat Correspondent

Warrior,” is an armed forces recreation resort, which caters specifically to active duty, reserve and retired service families.

When guests arrive at the hotel’s luau, they receive welcome leis made of sea shells and then are led inside the luau garden.

Dancers perform slow hula twirls and make flowered leis to the lilting sounds of the traditional slack guitar and ukulele duo. Soon after visitors have relaxed and the day moves into dusk, festivities begin.

Having roasted about 3 to 5 feet deep underground throughout the day, complete with its own ceremony, a pig is removed from its fire pit — called “removing the kip from the imu.”

Next, visitors step back in time as an announcer introduces the arrival of the royal court, donned in their finest, regal garments. Soon after, guests are asked to find their dinner tables for the meal fit for kings and queens.

The Hale Koa serves up a daz-



zling selection of entrées that complement the sizzling kalua pig main dish, teriyaki beef, shoyu chicken and mahi mahi, including Polynesian foods such as poi, lomi lomi salmon, haupia, fried bananas, fresh fruit, as well as other side dishes.

“It’s just how I thought it would be, the singing and the pig and all that,” said Susan Traynor of Colorado, a spouse visiting Hawaii for the first time with her husband and family.

After each guest has been served, the lights under the lanai dim and all attention is directed toward center stage.

Like most modern luaus, the Hale Koa’s enjoys a master of ceremonies who introduces and leads onstage entertainment. Glenn Medeiros, a singer most well-known for his international smash hit, “Nothing’s Gonna Change

My Love For You,” keeps the mood light and refreshing with jokes, quips and asides.

The Hale Koa luau represents much of the broad spectrum of Polynesian culture that has traditionally celebrated with a luau meal.

“During the luau, guests are taken from the soothing strums of the ukulele and dancers in holoku [traditional Hawaiian dress] and ti leaf skirts, to the islands of Samoa with the sasa and the princess dance, the poi balls of New Zealand, and the rhythmic drums and fast-moving hips of Tahiti,” said Lucy Moss, Hale Koa’s marketing director.

Perhaps the most visually stunning portion of the luau comes during the fire-knife display. Accompanied by pounding drums, Kawika, the Hale Koa’s resident fire-knife expert, performs a tribute to the Samoan art of battle preparation.

“The fire guy was amazing,” said excited 14-year-old Mike Mardsen, who was visiting Oahu with his parents, Marsha and Peter of New York.

Other entertainment includes limbo contests and special tributes such as one to the oldest couple in attendance.

Medeiros ends the evening with a special salute to all military that could only come from a military hotel such as the Hale Koa. With veterans and active service families standing, he sings “God Bless America” to a captivated house.

Visitors interested in attending the Hale Koa luau can purchase tickets by calling 955-0555 or visiting military ticket outlets. The cost is \$33.50 for adults and \$20.95 for children 11 and under.



The imu (fire pit) ceremony involves placing a whole pig in a pit filled with heated stones before it is covered with ti leaves.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

July

16 / Today

Latin Night — Kahuna's is turning it up with El Conjunto Tropical and a little salsa at 10 p.m.

25 / Sunday

Pool Party — Tired of being the lifeguard, chef and entertainment coordinator on the weekends? Head up to the Officers' Club pool and enjoy an afternoon in the sun.

A lifeguard will be on duty and the barbecue grill will be fired up. Enjoy chicken tenders, hot dogs, french fries and more.

Cost is \$8 for adult club members, \$5.50 for children 12 years and older, \$9.25 for non-member adults and \$6.25 for nonmembers' children.

Ongoing

Lava Java — Located next to the base theater, Lava Java is proudly brewing Starbucks specialties at new hours. Mondays through Fridays from 6 a.m. to 2

p.m., enjoy a variety of your favorite espresso drinks, coffee and pastries.

7-Day Store — Located on Lawrence Road, the 7-Day Store is open 24 hours. Alcohol, however, is not sold between midnight and 6 a.m.

Staff NCO Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your favorite, grilled New York Strip, pork chops, chicken or fish, and a full buffet of all the fixings, which include grilled corn and vegetables, mixed green salad and watermelon.

This Staff NCO Club barbecue is served up from 5 to 9 p.m. Call 254-5481 to make reservations.

Swing Lessons

— The Kahuna's Ballroom staff is teaching patrons how to dance the swing. Every Monday, swing dance lessons are offered from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready to twist, twirl, spin and sweat the night away.

For more information, call 254-7660.

Splash Tuesdays — Take the kids out for an afternoon of fun in the sun at the Officers' Club pool. Every Tuesday during the summer months, cool them down and enjoy a poolside barbecue with hot dogs, hamburgers, chips and drinks from 11 a.m. to 1:30 p.m.

Salsa Lessons — Impress with your fancy foot and hip action, when you take a few salsa lessons at Kahuna's Ballroom any Tuesday from 7 to 9 p.m. You can be set to hit the town.

Lessons are only \$2. For more details, call 254-7660.

Mongolian Barbecue — If you don't feel like cooking dinner, head out to the Officers' Club for Mongolian barbecue, and leave the work to the professionals. Served buffet style, you can select your favorite veggies and meat including chicken, shrimp, pork and beef, then pile your bowl high and "kick it up a notch" with a sauce of your choice.

Watch the grill masters flip, sauté and grill your dinner to perfection. Mongolian barbecue is served every Wednesday and Friday. Call 254-7649 for more information.

Latin Night — Check out Hot Latin Nights the last Saturday of each month at the

Staff NCO Club. Listen to the sounds of Son Caribe as the group performs a collaboration of Latin music. Learn the salsa, merengue, bachata, the cha-cha and more.

The club opens at 6 p.m. and the band performs at 8:30 p.m. Cost is \$5 for members and \$8 nonmembers.

Hourly Child Care — A real complement so that you can enjoy some fun summer activities, the Hourly Child Development Center provides child care by reservation for children 6 weeks to 5 years.

For more info about registering youngsters, call 257-8354.

Cage the Rage — Learn to understand and control your anger Thursdays from 1 to 3:30 p.m. Offered in a series of eight weekly sessions, "Cage the Rage" allows you to start and complete the course at any time.

To schedule a brief orientation appointment, call 257-7780 or 257-7781.

From You For You — Marine Corps Community Services is your way of life, and our mission is to contribute to the readiness and retention of Marines and Sailors and their family members here by providing great programs, preferred goods and excellent services in garrison and deployed environments.

From the 24-hour 7-Day Store to the brand new equipment and classes at the Semper Fit Center, to the adventuresome Youth Activities programs, MCCS is here to serve you.

Every cent you spend on MCCS programs, goods or services is reinvested back into the facilities and programs that you, the consumer, rely upon. Every cent spent is an investment in your community and your Corps.

Quality of life is not a buzzword; it's our mission.

Mega Video — Check out these weekly rental specials at Mega Video, located in Mokapu Mall aboard Kaneohe Bay.

•Mondays, rent one new release and get one category movie free.

•Tuesdays, rent a video game at regular price and rent a second one for \$2.50.

•Wednesdays, rent three new releases (VHS or DVD) and receive an extra day rental.

•Thursdays, rent one DVD at the regular price; rent the second one for \$1.75 (which includes new releases).

•Fridays, rent family and children's movies for 75-cents. Sorry, no new releases with this bargain.

•Saturdays, rent any basic stock movie (sorry, this doesn't

include new releases) for regular price and rent the second stock movie for \$1.25.

•Sundays, rent any "Sunday Special" movie for \$1. Each week, a different section goes on special; see the store calendar for the selected section.

Looking for a Job? — 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 located in Bldg. 219 to get a job or career that suits your skills, schedule and style.

Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html to find the position that's perfect for you.



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

Visit the Auto Skills Center to see if it has just the deal you've been looking for.

Year Make/Model	Min. Bid
1994 Chevy/Corsica	\$600
Runs, but needs pulley tensioner, right wing window and right turn lens replaced.	
1994 Dodge/Shadow ES	\$500
Runs, but needs key made. Right window track and valve cover gaskets need replacing.	
1994 Honda/Civic	\$1,300
Needs a key made and has minor damage to front end and hood.	
1993 Nissan/Sentra	\$150
Needs timing belt and keys made.	
1990 Mitsubishi coupe	\$50
Runs, but needs key made and transmission replaced.	
1990 Nissan/Pulsar NX	\$300
Needs key made and timing chain replaced.	
1987 Toyota/Tercel	\$200
Runs, but needs key made. Struts and water pump need replacing.	

For more information, call the Auto Skills Center at 254-7675.



Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip.

Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruises and even a five-night Sydney, Australia, package.

Tradewind Travel is open Monday through Friday from 10 a.m. to 6 p.m., and Saturday from 9 a.m. to 2 p.m. For more information, call 254-7413.

A New Do — Still offering the lowest price on Oahu for a regulation haircut, three conveniently located barbershops aboard MCB Hawaii give patrons their money's worth at \$6.

The Mokapu Mall barber is in the mall next to the main exchange. However, if you find the lines a bit too long there, head over to the base theater courtyard, in Bldg. 244, to a smaller barber shop with equally talented barbers. And for those who work closer to the flight line, a shop is located in Bldg. 301.

For more info, call 254-6588.

MCCS One Source — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding information, guidance and answers.

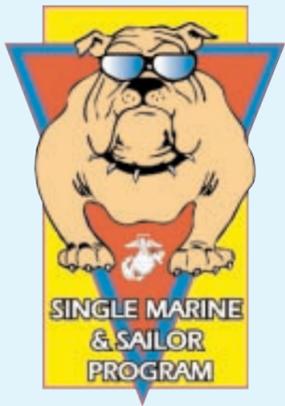
By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources, 24 hours a day, seven days a week. Registration is easy too; create your own personal profile by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name. Enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at 800-433-6868 in the continental United States, at 800-237-42374 for the overseas CONUS universal free phone, or at 484-530-5908 OCONUS collect. A TTY/TDD access is available at 800-346-9188.

Family Child Care — Family Child Care is a home setting child care service provider operated by the Marine and Family Services Division of Marine Corps Community Services, with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule, including evenings, weekends and overnight care. To find a Family Child Care provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at Marine Corps Base Hawaii, call the FCC Office at 257-7030.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS.Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

July 23-25: SM&SP, Kahuna's and the "101 Days of Summer" campaign will host "48-Hour Hoopla," an alcohol-free weekend event at the Kahuna's Recreation Center. The party will begin Friday and end at 4 p.m., Sunday. Participants will earn points in the 101 Days of Summer program. For more details, contact your SM&SP representative or call the SM&SP office.

Future Activities Interest List

Have your say, by telling SM&SP what you'd like to see next. Contact the office if you'd like to add to the following Activities Interest List:

- Golf Clinic
- Scuba Certification Class
- Hawaiian Luau
- Shark Cage Adventure
- Sailing Classes
- Deep Sea Fishing Trip

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card 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.

Van Helsing (PG-13)	Today at 7:15 p.m.
Breakin' All the Rules (PG-13)	Today at 9:45 p.m.
Troy (R)	Saturday at 7:15 p.m.
Soul Plane (R)	Saturday at 9:45 p.m.
Shrek 2 (PG)	Sunday at 3:30 p.m.
Van Helsing (PG-13)	Sunday at 7:15 p.m.
Breakin' All the Rules (PG-13)	Wednesday at 7:15 p.m.
Van Helsing (PG-13)	Thursday at 7:15 p.m.
Shrek 2 (PG)	July 16 at 7:15 p.m.
Troy (R)	July 16 at 9:45 p.m.

Veterinary clinic cares for critters of all sizes

Staff focuses on health and happiness of every person and pet on base

Lance Cpl. Megan L. Stiner
Combat Correspondent

For hundreds of years, humankind has held pets with the highest amount of respect and gratitude. From gerbils to horses, animals have become companions bringing joy to the lives of countless people.

Gandhi once said, "The greatness of a nation and its moral progress can be judged by the way its animals are treated."

The veterinary experts at the Kaneohe Bay Veterinary Treatment Facility are ensuring the health and well-being of pets here, with the hope they will continue to bring happiness to the service and family members who live on base.

"We are involved in like a public health program," said Army Capt. Rachel Moulton, officer in charge of the Kaneohe Bay Veterinary Treatment Facility. "By keeping the animals healthy, we keep families healthy and happy."

She explained, the animals carry some illnesses that can affect humans. Lyme Disease is a common disease carried by ticks. The pet that carries ticks puts the owner in harm's way. If the tick falls off the pet, it could reattach to the pet owner and possibly others.

At the clinic, the main concern, according to staff, is prevention first. Staff sup-

ply products that ensure the disease-carrying infesters cannot survive on pets, which keeps the owner safe as well.

The K-Bay vet clinic takes patients ranging from mice and rabbits to cats and dogs. However, the clinic requires all dogs to have a microchip inserted between their shoulders for identification and safety purposes, and the clinic performs the insertion on all pets (from rabbits to dogs) in a quick and painless procedure, explained Moulton.

"Animals can lose their collars and that may be their only link to getting safely back home," explained the Connecticut native. "By inserting the microchip, we can easily identify the pet and who it belongs to, which enables it to be brought home faster."

Although the veterinary clinic does provide annual pet exams, microchip insertions and pet care products, its main focus and number one mission occurs off base: food safety. All the food and water materials that come onto base must be inspected to meet the Federal Code of Regulations for food sanitation. Staff members at the veterinary clinic are the personnel in charge of that mission.

"Each person in the clinic is required to have a medical background," said Moulton, who graduated college from the University of California, Davis.

"We all know what we are looking for when we inspect the food and water that travels on base."

Despite all



Photos by Lance Cpl. Megan L. Stiner

Biscuit, a female Chihuahua and Fox Terrier mix, receives an examination from Army Sgt. Chet Stugus, a veterinary technician at the K-Bay Veterinary Treatment Facility.

the responsibilities, the veterinary facility is still open five days a week from 8 a.m. to 4 p.m. to provide customers with reasonably less-costly pet supplies.

Pets are seen by appointment only, but there is no fee for examinations. Pet owners may schedule exams, shots and review of injuries on Tuesdays and Thursdays from 8 a.m. to 4 p.m.

Due to safety concerns and the size of the waiting room and the number of animals present each day (mainly dogs), children under the age of 12 are not allowed in the vet clinic, said

Moulton. All rules and regulations aside, the clinic staff is more than happy to answer any questions about pet care or products, or even what to do with pets when transferring to another country.

"One of the best aspects of my job is not only dealing with the animal patients, but the human clients as well," said Moulton. "We like to establish a good relationship with our pet owners because we are here to help them."

K-Bay's Veterinary Treatment Facility is located in Bldg. 455, next to the Family Housing Office. For more information, call the reception desk at 257-3643.



Lance Cpl. Megan L. Stiner

Road to fame

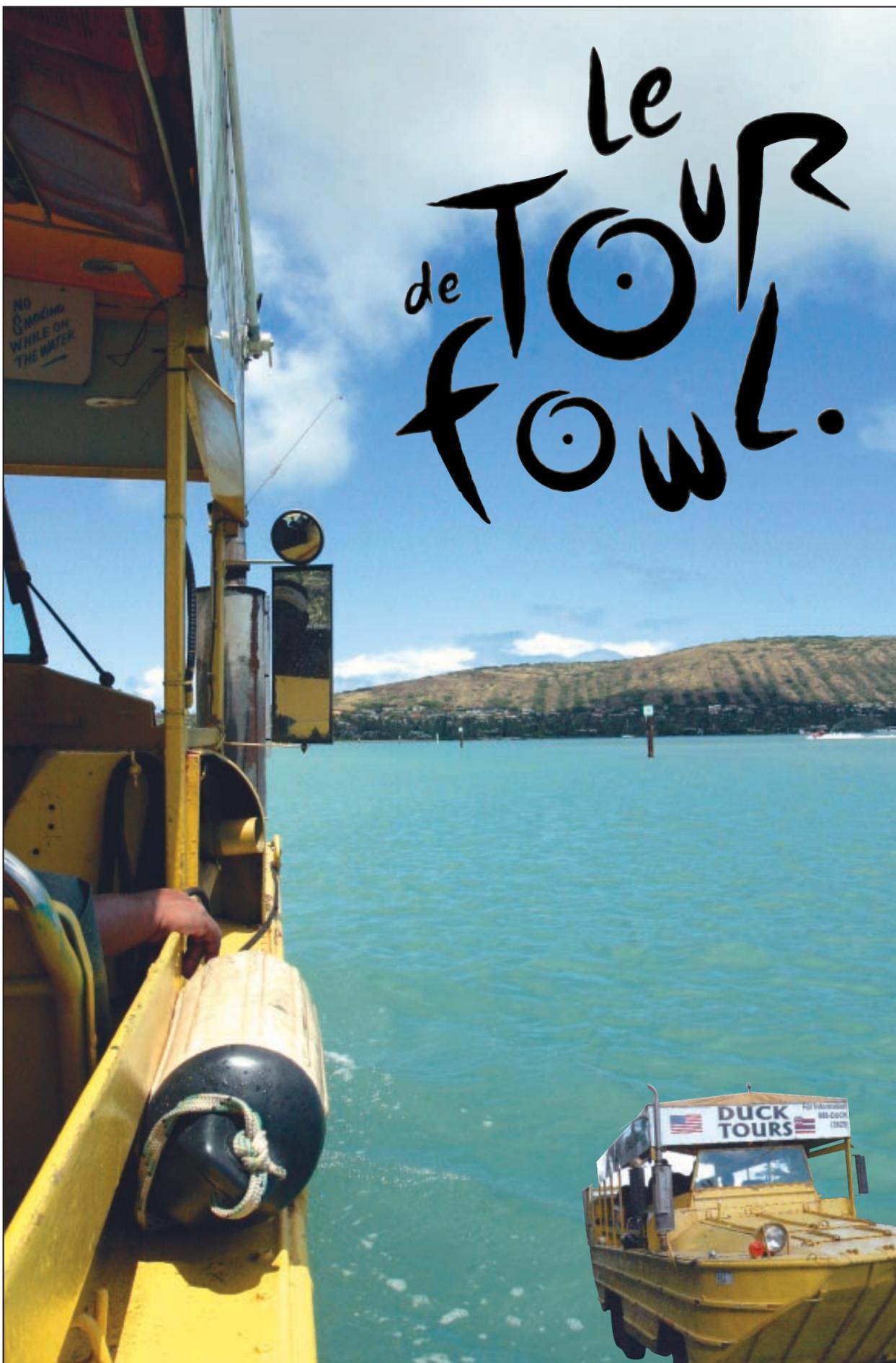
Petty Officer 2nd Class Corey A. Climer (right) an aviation electrician technician with Marine Aviation Logistics Squadron 24, works side by side with other volunteers and school custodians to pour cement for a new sidewalk and basketball court, Friday, at Kainalu Elementary School, the adopted school of MALS-24.

Need a place to stay?

The Army's Morale, Welfare and Recreation Pet Kennel, located in Halawa, is available for cats and dogs. Call 368-3456 for reservations. For info, logon to mwrarmyhawaii.com and access kennel information via the "leisure activities" link.



Lance Cpl. Megan L. Stiner



Above — The Hanauma Bay Duck Tour transports riders over land and sea, aboard amphibious World War II-era DUKWs originally commissioned by the Marine Corps and Army.

Right — Passengers are dropped off at the Bay for time to snorkel and frolic in the sand before being picked up and whisked through Kahala and Maunaloa Bay.



Touring Oahu on a duck fits the bill

Story and Photos by
Pfc. Rich Mattingly
Combat Correspondent

If you think all ducks are small, feathered waterfowl, more at home in a tranquil pond than at sea, then seeing some two-and-a-half ton, steel-girdered “ducks” doing more rumbling than flapping around Oahu might make you think twice.

The “ducks” are World War II-era Marine Corps and Army DUKWs (the acronym comes from the “D” model year of 1942, the vehicle’s amphibious nature, and all-wheel drive and dual rear-axle components) currently being piloted around some of Oahu’s pre-eminent tourist attractions on one-of-a-kind sightseeing trips.

Family members just visiting the island for a few days or families that think they’ve experienced everything Oahu has to offer can all enjoy the unique tour, according to Hawaii Duck Tours owner, Miles Needham.

“I just think people are tired of riding around on air-conditioned buses. The duck tours are infinitely more exciting,” explained Needham, whose father used to drive a duck around England when Needham was a child.

There are currently two tours being offered by Hawaii Duck Tours, and hosted aboard the rugged amphibious vehicles by knowledgeable local historians.

Both tour packages include pick up from several different Waikiki locations. The first sends riders to Hanauma Bay, then through Kahala before heading out into Maunaloa Bay. After a morning introduction and snorkeling gear issue, those on the tour can enjoy a few hours snorkeling at Hanauma Bay before being picked up by the ducks.

Duck riders are provided “duck whistles” to blow on at passersby as they cruise through Kahala and splash down in beautiful Maunaloa Bay in the shadow of Diamond Head.

Local guides regale riders with the legends and history of Waikiki and Honolulu as the duck exits the bay and tours Waikiki.

The second tour visits the USS Arizona Memorial, Keehi Lagoon and downtown Honolulu. After the traditional viewing of the Arizona Memorial from the very vehicles

used to land on the beaches at Normandy, and on islands in the Pacific, the ducks make their way through Honolulu to see the sights.

Originally produced by the tens of thousands, the ducks have become

increasingly rare and sought-after vehicles by collectors and tour promoters. Needham says his tours appeal to the young and to older military members who might remember riding on the ducks in far-off lands when they were younger.

“These vehicles aren’t just useful for the tour; they have real history. That appeals to everyone,” said Needham.

All of the ducks have been updated from the time when they held 25 – 30 Marines and thousands of pounds of artillery and equipment. Now the ducks have the latest amenities and all the safety equipment required by the Coast Guard for a vessel to operate in coastal waters.

The ride is smooth on land and water, and Hawaii Duck Tours has added cushioned seats — something certainly no Marine enjoyed during the island-hopping campaigns.

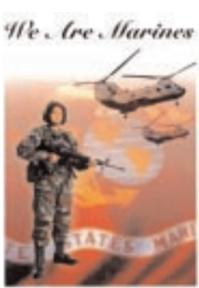
Duck tours cost \$36 each for adults and \$29 for keiki under 10 years old. Make reservations by calling 356-1800, or online at www.hawaiiducktours.us.

Both tours begin at 8 a.m. and end between 1:30 and 2:30 p.m.

Book chronicles women in the Marine Corps

Sgt. Christine C. Odom
Combat Correspondent

**MARINE CORPS AIR STATION
 NEW RIVER, N.C.** — “We are Marines!”



by Linda Cates Lacey, a retired Marine Corps major, highlights the significant obstacles women in the Marine Corps have encountered and overcome, and the achievements that have secured their place in the most feared fighting force known to the world.

The book opens with “free a man to fight,” which was the primary reason Maj. Gen. George Barnett, the 12th Commandant of the Marine Corps,

secured permission from the Secretary of the Navy in 1918 to enlist a limited number (305) of women reservists to free men from clerical duties for combat duty in France.

Little did Barnett know his decision would mark the beginning of a story that would take nearly a century to be told.

Lacey compiled the book from the incredible accounts of female “trailblazers” in the Corps, initially identified as Marinettes, but who now proclaim the title of “Marine.”

Each story illustrates the personal experiences women faced as outsiders in a “Boys Club.” They challenged normalcy and set aside chivalry, she writes.

While reading the quaintly written anecdotes, and as corny as it sounds, I felt a sense of pride, not because I’m a female and a Marine, but because I have elected to commit to something many

would not have the courage to do.

Their commitment to the Corps, while brief, is what the majority of the book’s women speak most of. All loved being a part of this grand organization we know as the Marines, and never regretted enlisting even when asked to resign because of marriage or parenthood.

These Marines endured a constant double standard then, but, fortunately, their experiences paved the way for women who came after, to grow as leaders and advance in their careers.

One particular advancement Lacey highlights is the Women’s Armed Services Integration Act, which was passed in July 1946, authorizing women into the regular component of the Marine Corps and other armed services. Even though women were integrated, they still weren’t allowed to do many things during their enlistments, narrates Lacey.

Each chapter of “We are Marines!” highlights a particular “era” since women were first allowed to enlist. Also, the chapters list facts, names and other information pertinent to each era.

Today, women constitute 6.2 percent of the Corps’ end strength and are an integral part of the Marine Corps. They are required to meet the same standards as men in most of their annual training, as well as wear the same uniforms.

“We are Marines!” is a book with insightful stories from the women Marines of our past. Completely inspiring, it assures us that no matter what obstacle we may encounter, it won’t break us, but make us stronger.

I hope every female, who is a Marine or former Marine, reads this book and realizes that they are not alone.

All proceeds will go to the Women Marines Association.

ON THE MENU AT ANDERSON HALL

Today
Lunch
 Pepper Steak
 Southern Fried Catfish
 Rice Pilaf
 Potatoes Au Gratin
 Simmered Black-Eyed Peas
 Sugar Cookies
 Asst. Fruit Pies

Dinner
 Beef Pot Pie
 Roast Turkey
 Paprika Butter Potatoes
 Steamed Rice
 Sugar Cookies
 Asst. Fruit Pies

Specialty Bar
 Pasta Bar

Saturday
Brunch/Dinner
 Baked Lasagna
 Chicken Parmesan
 Pizza Slices
 Garlic Bread
 Marble Cake w/Icing
 Asst. Fruit Pies

Sunday
Brunch/Dinner
 Barbecue Beef Cubes
 Baked Turkey & Noodles
 Steamed Rice
 Ginger Molasses Cookies
 Frosted Spice Cake

Monday
Lunch
 Meat Loaf

Pork Ham Roast
 Steamed Rice
 Mashed Potatoes
 Chocolate Chip Cookies
 Asst. Fruit Pies

Dinner
 Beef Brogul
 Baked Cajun Fish
 Mashed Potatoes
 Steamed Rice
 Chocolate Chip Cookies
 Asst. Fruit Pies

Specialty Bar
 Pasta Bar

Tuesday
Lunch
 Simmered Corned Beef
 w/Mustard Sauce

Honey Glazed Cornish Hens
 Parsley Buttered Potatoes
 Egg Noodles
 Peanut Butter Cake
 Asst. Fruit Pies

Dinner
 Turkey Pot Pie
 Sweet & Sour Pork
 Steamed Rice
 Parsley Buttered Potatoes
 Frosted Peanut Butter Cake
 Asst. Fruit Pies

Specialty Bar
 Taco Bar

Wednesday
Lunch
 Pork Adobo
 Beef Yakisoba

Steamed Rice
 Pork Fried Rice
 Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Dinner
 Steak Smothered w/Onions
 Southern Fried Catfish
 Mashed Potatoes
 Steamed Rice
 Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Specialty Bar
 Country Bar

Thursday
Lunch
 Turkey À La King

Beef Porcupines
 Mashed Potatoes
 Boiled Egg Noodles
 Marble Cake w/
 Chocolate Cream Frosting
 Pineapple Upside-Down Cake
 Asst. Fruit Pies

Dinner
 Braised Liver w/Onions
 El Rancho Stew
 Honey Ginger Chicken
 Steamed Rice
 Boiled Egg Noodles
 Marble Cake w/
 Chocolate Cream Frosting
 Pineapple Upside-Down Cake
 Asst. Fruit Pies

Specialty Bar
 Taco Bar

PERSONAL TECHNOLOGY

SMART DRIVING

New generation of cars puts emphasis on safety

David Ho

Cox News Service

NEW YORK — It has been a long night behind the wheel. The blacktop seems never-ending, and the lights of oncoming traffic are like hypnotic fireflies.

You may be getting sleepy, but your car is wide awake. Its intelligent cruise control keeps a steady distance from the vehicle ahead. Its headlights adapt to illuminate turns and curves. Drifting from a lane triggers a warning buzzer.

The car even notices when your eyelids begin to fall, despite coffee and a blaring stereo. With the automotive equivalent of a slap in the face, the steering wheel vibrates and a heads-up display on the windshield flashes red.

Some of this technology is here, and some is on the way. Much of it was on display at the recent New York International Auto Show, where car makers rolled out competing visions of the future along with more than 1,000 of the latest cars and trucks.

The safety technology highlights converging trends, as cars become increasingly computerized and automakers search for new ways to protect occupants beyond traditional

seat belts and air bags. Some results are cars that are more aware of their surroundings and can react to changing road conditions and perceived danger.

The intelligent or "adaptive" cruise control feature has been spreading through the ranks of high-end luxury cars for a few years. The technology is meant to maintain the distance between cars.

It is an option on most Mercedes models, which can allow radar behind the grille to sense if a car in front changes speed, said spokesman Rob Moran. If a car ahead slows or pulls in front, the Mercedes can automatically apply its brakes.

The company's S-Class sedan provides technology to brace for accidents, with the car righting reclined seats if a crash seems imminent or shutting the moonroof if it senses a rollover.

Mercedes E-Class cars and vehicles from several other companies have headlights that can adjust to follow twists in the road.

A system that warns drivers when they move out of a traffic lane without signaling will reach North American cars later this year. Luxury carmaker Infiniti plans to offer the option this fall on



Photo Courtesy of Mercedes-Benz

An adaptive cruise-control system automatically maintains a safe distance from vehicles in front.

the 2005 model of its FX sport utility vehicle, and next year on the 2006 M45 luxury sedan.

The Infiniti system uses a video camera and software to recognize lane markings and a warning sound to alert drivers who drift too far.

Honda already sells a system in Japan that steers a drifting car back into a lane if the driver doesn't respond to a warning.

Carmakers clearly see many needs as more than half of fatal accidents occur when vehicles veer from their lanes unintentionally because of inattention, drowsiness or other factors, according to federal statistics.

Looking further into the future, Ford released a study at the New York show on drowsy drivers. The compa-

ny said new safety technology will be included in Volvo cars and SUVs by the end of the decade.

The tests used a camera to monitor drivers' eyes to sense if they were falling asleep. Ways to alert sleepy drivers and those drifting from their lanes included playing the sound of a car driving over highway rumble strips, projecting warnings on the windshield and vibrating the steering wheel. Another way was a steering wheel that actively turns itself to correct a car veering from its lane.

"What we discovered is that not every technology that helps combat drowsy driving is tolerated or well-liked by drivers," said Jeff Greenberg, a Ford technical specialist. "False alerts are considered annoying and could nag the driver to the

Other innovations



•Nissan's Actic concept car (above), with matching trailer, also includes an interior "sky theater" roof covered with video screens that can display shifting decorative scenes.

•Jeep brought the outdoors indoors, turning a 45,000-square-foot pavilion at the auto show into an obstacle course with tons of dirt, logs, grass and rocks, so visitors could go for off-road rides.

•The new Mercedes 2005 SLK sports convertible, due out this fall, aims to make driving with the top down a year-round activity. A neck-level heating system in the headrests blows warm air on occupants who want to feel the wind in their hair, even if it's chilly.

BILL HUSTED'S HELP DESK

Firewall will add to safety

Q: I recently installed a wireless router that allows my laptop and my desktop to share my DSL [Digital Subscriber Line] connection. I have had a firewall on my desktop since getting DSL.

However, I was told by the person who sold me the Linksys router that it has a built-in firewall and there's no need to install one on the laptop.

Additionally, I have the 128-bit encryption enabled on my laptop/router. Would it still behoove me to install firewall software on my laptop?

— Paul Rubin

A: You are doing a lot of things right. The short answer is that a software firewall adds more security, even when you use a router. But is it absolutely necessary to use both? That's a judgment call. The best I can do is offer an opinion. And my opinion is that it's best to use both. The router does offer a fine layer of security.

To oversimplify things, your computers hide behind that router. A hacker trying to break in is likely to see the router, instead of your computers

behind it.

If you want a more complete, accurate and technical explanation, look up "network address translation" using Google.

Routers, however, do not offer absolute security. Adding a software firewall provides another gatekeeper that monitors attempts to reach your computer, which also keeps an eye on data sent out from your computer.

Still, some intrusion attempts will not be stopped by a router. So, the good of using both a firewall and a router is added securi-

ty. The bad is added complexity. The more complex a system is, the more chances you have for problems.

I use both a router and a firewall program and have no problems. But early on, I tweaked and adjusted some settings of the software firewall so that I could access other printers and computers on my network.

Bill Husted writes about technology for Cox News Service, e-mail bhusted@ajc.com.

WORD TO PASS

Honolulu Offers Surefire Comedy

•*Tonight:* At 7:30 p.m. in the Neal Blaisdell Center's Pikake Room, enjoy the Laugh Factory's latest talent on display, comedian Ralphie May who played to sold-out audiences in Waikiki, last year.

May is best known for appearances on "The Last Comic Standing," "The Tonight Show with Jay Leno," "Jimmy Kimmel Live" and "the Late Show with Craig Kilborn." His show is open to the 18-years-and-older crowd, and tickets cost \$25 at the Blaisdell Box Office and all Ticketmaster locations including Times Supermarkets.

•*July 23 - 24:* At the Pipeline Café, catch funny man Gabriel Iglesias, who will perform live in a two-night engagement.

Gabriel, a Latino who is often mistaken for Hawaiian (because

he frequently wears aloha shirts), is no stranger to the entertainment world; he's appeared on "The Tonight Show with Jay Leno," and "Jimmy Kimmel Live," among other television shows.

Complete with high energy, clean humor, vocal sound effects and great character voices (for 18 years and older), get tickets at Hawaii's Natural High, all



Ticketmaster outlets, the Blaisdell Box Office and Times Supermarkets for \$25 in advance, \$30 at the door.

Seating is limited and first come, first served. Doors open at 6 p.m. and the show starts at 7:30 pm. Visit www.onstagehawaii.com for more details, or call 1-877-750-4400.

CSSG-3 Wives host

Yard and Bake Sale, Saturday

Come out and help support American troops deployed to the Middle East by picking up baked goodies and other gems at the Combat Service Support Group wives' Operation Iraqi Freedom care package donation drive, tomorrow from 8 a.m. to 12 noon.

CSSG-3 wives will be at the pavilion on Reed Road, adjacent to the ASYMCA, to raise money for postage and care package items.

Are you interested in helping out? It's the perfect time to clean out your closets and donate items to this sale.

Have you just held a yard sale? Then bake some goods to sell at this bake sale. Drop off your donations at the pavilion between 7 and 7:30 a.m., Saturday.

Care package items are also sought, including nonperishable snacks, wet wipes, sunglasses, bandannas, sunscreen, batteries, CDs and DVDs.

All proceeds will benefit troops deployed to the Middle

East. For more details, call K.C. Humphries at 223-7029 or e-mail k_c_humphries@yahoo.com.

McKinley Book Sale Wraps Tomorrow

Hundreds of gently used books for readers of all ages, as well as sheet music, records, audio and videotapes, CDs, DVDs, puzzles, maps and tons of other worthy items are still available for a couple dollars at the 57th Annual Book Sale, hosted by The Friends of the Library of Hawaii. Shop today at the McKinley High School cafeteria from 10 a.m. till 9 p.m. and tomorrow from 9 a.m. till 2 p.m.

Call 536-4174 for more details.

Windward Mall Holds Baby Contest, Saturday

Moms and dads, you still have time to enter your healthy, bouncing baby in the 51st Annual Meadow Gold Healthy Baby Contest, which will take place tomorrow at Windward Mall and July 25 (finals) at Ala Moana Center. All times are from 10 a.m. to 3 p.m., and babies born between Dec. 16, 2001, and Jan. 3, 2003, are eligible to enter this contest.

The contest is designed to raise public awareness of health issues.

Anheuser-Busch Hosts

'Military Appreciation Days'

The Busch Entertainment Corporation (the family entertainment subsidiary of Anheuser-

Busch) has launched "Military Appreciation Days," which will run through Veteran's Day 2004, Nov. 11. During this promotion, members of the armed forces may purchase tickets to six of the company's theme parks at substantially discounted prices for themselves and immediate family members.

Parks include SeaWorld Orlando, Busch Gardens Williamsburg and Sesame Place in Langhorne, Pa. (near Philadelphia). Tickets may be purchased at any military ticket outlet; they will not be available at individual theme parks.

A valid ID card must be presented, and application forms are available online at each park's Web site.

Navy League Hosts Benefit

Retired Lt. Gen. Henry C. "Hank" Stackpole, the president of the Asia-Pacific Center for Security Studies and the former commander of Marine Forces Pacific, will be the guest speaker at a Navy League benefit, July 29 at the Kaneohe Bay Officers' Club. No-host cocktails will run 6 - 6:30 p.m., the dinner/program 6:30 - 8 p.m.

Patrick Brent, CEO of Baldwin Forrester & Co., will present a \$1,000 scholarship donation to the All Enlisted Spouses Club during the event.

Tickets cost \$30. Make reservations with the Navy League at 422-9404.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

'95 Buick Regal, gray, 91k miles, keyless entry, power package, A/C. Asking \$2,200 OBO. Call 218-0248.

'98 Plymouth Voyager Minivan, dark tan, seats seven, 83k miles, in good condition, great family van. Asking \$5,800 OBO. Call Jeff at 772-1028.

'02 Dodge Durango 4x4, V-8, automatic, A/C, power package, CD, cassette, 15k miles. Asking \$21,500 OBO. Call 254-3722 or 381-6589.

Yard Sale

Saturday, from 9 a.m. to 5 p.m. at 6267 Kaawa St. on MCB Hawaii. PCSing soon, have much to sell, including adult and children's bicycles, children's desk, scooters, and more.

Furniture

Country dining room table, with six chairs and matching hutch. Call 262-3229.

Wanted

Jack Johnson tickets (two), reasonably priced. Call 218-0248.

“ quotable ”

Art is the signature of civilization.

— Beverly Sills