

LIFESTYLES

Hawaii Marine B Section

July 23, 2004

Hoofin' it

Kahuku Kai offers a horseback ride to remember

Lance Cpl. Michelle M. Dickson
Combat Correspondent

KAHUKU, Hawaii — When taking a trail ride at the Kahuku Kai Horse Ranch here, the jaunt isn't like any other trek one might encounter on the island of Oahu. The rider doesn't mosey the entire trail while his or her steed slowly plods along a well-beaten path traveled a thousand times before.

Kahuku's trail rides resemble the scenery from the 1979 hit film "The Black Stallion." If you are willing, your horse will gladly take you on a run through sands you'll not soon forget.

Roughly 10 acres of beach and forest nestled in the heart of Kahuku is where owner Linda Blagrove has set up her ranch with 10 horses and a German Shepherd by her side. When the Indiana native first opened her stables, after finishing an enlistment in the Navy, she purchased two Arabian horses. Within time, five foals were born and the number of animals added up significantly, she said.

"The horseback rides began originally so the horses could earn their keep," said

a laughing Blagrove. "Now, I also do it because I love giving people a trail ride that they'll remember when they leave."

While taking in the breathtaking scenery that surrounds the ranch during a ride, Blagrove's horses are anything but lazy. If you're feeling up to more than a leisurely trot, you are free to encourage your mare or stallion to let loose. You can experience nothing but the sound of hooves beating the ground as your horse gallops along the coast. He or she will take you through sand and shaded forests, with the cool ocean breeze blowing the entire time — to experience what a real ride is like.

The Kahuku Kai Horse Ranch is open for rides by appointment only. Groups of four to five people are the limit at any time, and costs are \$45 for adults and \$35 for children. However, punctuality is extremely important to Blagrove as her horses are tacked and ready to go upon arrival.

For more information on rides or to make an appointment, call Blagrove at 293-8081 or 222-9544, or review the advertisement at www.horses-hawaii.com.



Riding along the beautiful windswept coast of Kahuku through pristine sands is just one of the many scenic experiences enjoyed by numerous visitors on the trail ride at the Kahuku Kai Horse Ranch.



Photos by Lance Cpl. Megan L. Stiner

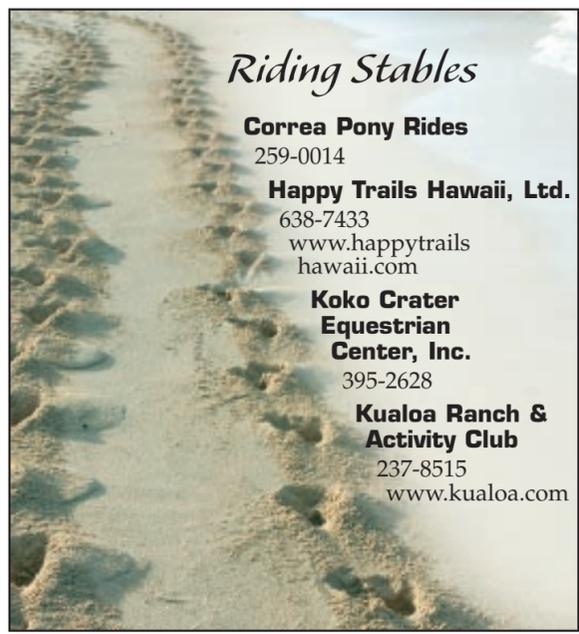
Riding Stables

Correa Pony Rides
259-0014

Happy Trails Hawaii, Ltd.
638-7433
www.happytrails-hawaii.com

Koko Crater Equestrian Center, Inc.
395-2628

Kualoa Ranch & Activity Club
237-8515
www.kualoa.com



Polo season comes 'full swing'

Lance Cpl. Michelle M. Dickson
Combat Correspondent

WAIMANALO, Hawaii — "The Sport of Kings," it is said, describes what puts both power and beauty into motion: a horse and rider joined in action, the sport of polo.

Arguably the oldest recorded team sport in known history, the first matches were played in Persia more than 2,500 years ago. Polo was used by elite cavalry as a battle training method, before it became a noble pastime of kings.

Polo became an official Olympic sport in 1936 and has since become more recognized as a sport.

Today, in Hawaii, the experience of history in action can be enjoyed by all here at the Honolulu Polo Club.

"This is a sport that should be shared by all," said Allen Hoe,

president and director of the Honolulu Polo Club. "It's something that the family can all do together and enjoy everything there is to see."

To show their appreciation of the military, admission for all service members and their families will be free — when a military ID card is presented — until the end of this year's polo season.

"We want to offer them [military members and families] something they can do and take their families to on Sundays, and know that they'll have a good time," explained Hoe.

Hoe is a native Hawaiian and has been taking part in polo for more than 15 years.

"Many of my ancestors were Paniolos

(Hawaiian cowboys), and I was always aware of this," said Hoe. "I would watch polo matches at Kapiolani Park, and had the opportunity to first experience it about 20 years ago. I was hooked ever since."

A game of polo usually runs for a length of four chukkers (periods), which last for seven minutes each. Usually, four players are on each team, and their mission is to get the ball down to the opponent's side on horseback, and score in the goal by hitting the ball through the goal posts with their mallets.

A post-match trophy presentation follows each match, and spectators are welcome to speak to the riders and pet their horses.

"They don't have to sit in the stands either. People bring trucks in and have little tailgate get-togethers here. It's meant to be fun," said Hoe. "People are more than welcome to come to the barn to visit the horses and speak to the competitors, as



Photos by Lance Cpl. Michelle M. Dickson

Once a pastime of kings, polo has evolved to become a sport of the masses. Locally, competitors come from around the world to take part in the polo experience at the Honolulu Polo Club in Waimanalo.

well, before the matches."

A polo horse generally must be trained for roughly three to five years before really being experienced enough to take to the field, Hoe explained.

"We have a few older horses on the field because they possess the experience and trust the rider needs to perform at the highest level," added Hoe. "Some horses just can't get accustomed to running towards

other horses at great speeds, and the constant swinging of mallets."

The public can enjoy polo every Sunday afternoon through Oct. 17 at the Honolulu Polo Club. Gates open at 1 p.m. and games begin at 2:30 p.m. Admission is \$3 for adults, and free for children 12 years and younger.

For more details, visit www.honolulu-polo.com.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

July

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 will be fired up, so you can enjoy chicken tenders, hot dogs, french fries and more. Adult club members cost \$8, children 12 years and older \$5.50. Nonmember costs are \$9.25 and \$6.25.

August

4 / Wednesday

Bosses' Day — You actually do have the coolest club on this side of the Koolaus, and now is the time to show it off. Active duty E-5 and below can invite the boss to the club for lunch from 11 a.m. to 1:30 p.m. If lunch isn't a good time, grab a cold one and pupus from 4:30 to 6:30 p.m. Plus, check out free bull rides and entertainment, and a fashion show by Sensually Yours.

7 / Saturday

Model Search — Venus Swimwear Catalog will be at Kahuna's Sports Bar & Grill on Saturday, searching for women to don and model its stunning line of swimwear for an upcoming catalog. Any female can enter the contest, which begins at 8 p.m.



Then, following the model search, attend the DJ dance party from 10 p.m. to 1 a.m. For more information, call 254-7660.

Poker Night — If Texas Hold'em has got you hooked, stop watching it on television and get in the game at the Staff NCO Rocker Room.



The cost is \$5 for members and \$8 for non-members, and plenty of food and prize giveaways will also be on hand. All players must be present by 6 p.m., and more dealers are needed. Call 254-5481 for more information.

domly chosen for prizes such as MP3 players, DVD recorders and more.

The membership drive started June 1, and the final grand prize drawing will be held Sept. 3. Grand prizes include a 42-inch plasma TV, a Bose Lifestyle system and a digital camcorder and camera. For more details, call 254-7650.

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.

Salsa Lessons — Learn to impress with 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 could be set to hit the town. Lessons are only \$2. For more details, call 254-7660.



favorite grilled New York Strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon.

The fixings will be served from 5 to 9 p.m.; call 254-5481 to make reservations.

Hourly Child Care — Join us for some fun summer activities. The Hourly Child Development Center provides child care by reservation for children, 6 weeks to 5 years.

Call 257-8354 for more information about how to register your child.

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.

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.

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.

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 information, call 254-6588.



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.

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.

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.

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

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At K-Bay Lanes: Score with games at \$1.50 each, free shoe rental (Mondays through Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.
- At the Base Marina: Enjoy free, unit-sanctioned "Adventure Training" with classes in scuba, power boating, water skiing and much more.

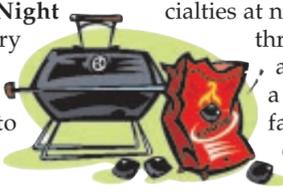
Ongoing

Membership Drive — Club membership drives are still underway at the Officers' Club and the Staff NCO Club, and proving that membership pays, Marine Corps Community Services awarded prizes to Lt. Cmdr. Jack S. Thomas, Capt. Kirby J. Goggans and Ms. Elizabeth T. Rogers, July 23.

All nonmembers who sign up as members will receive two complimentary lunches at the Officers' Club and one month free membership at the Staff NCO Club. Also, both new and existing members will be ran-

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 the kids down and enjoy a poolside barbecue with hot dogs, hamburgers, chips and drinks from 11 a.m. to 1:30 p.m.

Friday Night Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your



Hoopla reinforces fun without alcohol

Edward Hanlon V
MCCS Public Relations

The Kahuna's Recreation Center, the Single Marine & Sailor Program, and the "101 Days of Summer" team are all uniting this weekend for the first-ever, 48-Hour-Long Hoopla, an alcohol-free weekend filled with fun that is guaranteed to keep everyone engaged and amused.

This weekend will be packed with events, beginning today and ending Sunday, both at 6 p.m.

Although the event will be based at the Kahuna's Recreation Center, located in Bldg. 1629, activities will take patrons throughout the base.

You'll find participants at the Semper Fit Center, Riesley Field and at numerous other spots throughout the weekend.

The Hoopla is part of the 101 Days of Summer program, and everyone who shows up and registers has numerous opportunities to gain points for his or her unit (up to a maximum of 300 points, E-1 through E-5 only).

Points will be incorporated into the CG's Fitness Series totals at the end of the year, and units will be rewarded for participation, which includes monies for unit party funds.



Therefore, commanders, if your unit is behind, here's

your opportunity to catch up, so encourage your junior enlisted Marines and Sailors to register at the Hoopla, as they're guaranteed to have a blast.

Designed to reinforce the fact that Marines and Sailors can have fun without drinking alcohol, this weekend's Hoopla has crammed as many events as possible into 48 hours. Activities include cards, LAN video games, board games and other tournaments; sports tournaments from bowling to softball; a free Papa John's pizza party; a kick off barbecue;

breakfast meals; a "poker scavenger hunt" (you definitely have to see or try this one); tri-cycle races; and many more games and activities.

If 101 Days of Summer points aren't motivating enough to attend, then come by for the prizes and giveaways from the Kilauea Military Camp, the Polynesian Cultural Center and others, and of course, camaraderie.

The 48-Hour Hoopla is brought to the MCB Hawaii community compliments of the Military Service Organization, Taco Bell and Coca-Cola.

To register, call Kahuna's at 254-7661, or stop by on any day of the event, as staff will be available all weekend.

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. Admission and hotdogs are \$1 on Thursdays. 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.

Shrek 2 (PG)	Today at 7:15 p.m.
Troy (R)	Today at 9:45 p.m.
Raising Helen (PG-13)	Saturday at 7:15 p.m.
Day After Tomorrow (PG-13)	Saturday at 9:45 p.m.
Harry Potter and the Prisoner of Azkaban (PG)	Sunday at 3:30 p.m.
Day After Tomorrow (PG-13)	Sunday at 7:15 p.m.
Troy (R)	Wednesday at 7:15 p.m.
Garfield (PG)	Thursday at 7:15 p.m.
The Chronicles of Riddick (R)	July 30 at 7:15 p.m.
Harry Potter and the Prisoner of Azkaban (PG)	July 30 at 9:45 p.m.

211 information service grows nationwide

Aloha United Way Press Release

HONOLULU, Hawaii — The Aloha United Way, or AUW, recently celebrated its second anniversary for the 211 service, a free statewide information and referral service available 24 hours a day. In its second year, 211 answered 60,640 calls for help, a 29 percent increase over the first year.

"General awareness of 211 has increased significantly in the past year," explained Irving Lauber, AUW president. "We know that as 211 becomes more well-known nationwide, it will be as recognized [as] 911. It's exciting because it's helping to make the delivery

of health and human services more efficient and effective."

Aloha United Way 211 has a database of 4,000 programs and services statewide. Its most requested services in 2003 were food, shelter, health services, financial assistance and mental health care. This data helps with community planning by providing statistical information on the needs of Hawaii's residents and the service gaps in the health and human services network.

"The fact that food and shelter are consistently the top requests makes it clear that many Hawaii families are not



earning wages enabling them to afford basic needs," Lauber added. "That's one of the reasons helping families become self-sufficient is one of AUW's community impact initiatives."

In addition to the Department of Health, 211 has partnered with a number of organizations to provide people with a simple way to access information about government and nonprofit programs and services.

In the past year, 211 has directed callers to locations offering free tax preparation assistance, free children's health insurance and flu/pneumonia shots. The telephone number also serves as the hotline for hepatitis prevention, and the Hawaii Coalition for Dads. In

addition, 211 works closely with the Honolulu Police Department, FEMA and Civil Defense.

"A majority of the calls that come into 911 are nonemergency, many of which are human service related calls," explained Lt. Charles Chong of the Honolulu Police Department Communications Division. "Oftentimes, 911 operators direct people to 211. It's a vital service for our community."

Nationwide, a 211 service is also growing. Currently, 211 is available to approximately 88 million Americans — more than 32 percent of the U.S. population.

Hawaii is one of just five states where 211 service is available statewide.

U.S. Treasury to withdraw Series HH Savings Bonds

U.S. Department of Treasury Press Release

The Bureau of the Public Debt has announced that Series HH Savings Bonds will no longer be offered to the public after Aug. 31. HH bonds issued through August 2004 will continue to earn interest until they reach final maturity 20 years after issue. HH bonds, issued since 1980, may be exchanged for Series E or EE bonds.

HH bonds are current-income securities that pay interest to their owners semiannually. The current annual interest

rate paid on new HH bonds, or HH bonds entering a 10-year extended maturity period, is 1.5 percent. There are \$13.3 billion worth of Series HH bonds outstanding.

The Treasury is withdrawing the offering due to the high cost of exchanges in relation to the relatively small volume of transactions. After the HH offering is withdrawn, holders of eligible E and/or EE bonds may choose to invest the proceeds of maturing issues in marketable Treasury bills or notes at auction, or new Series EE or I savings bonds.

Owners of Series E or EE bonds want-

ing to complete an exchange prior to the withdrawal date should complete a Form PD F 3253, "Exchange Application for U.S. Savings Bonds of Series HH," and submit it with the bonds being exchanged to a qualified savings bonds agent.

Financial institutions that serve as agents can help customers fill out the application form and forward appropriate materials to a Federal Reserve processing site or the Bureau of the Public Debt.

The E/EE bonds being exchanged must have a minimum redemption value at the time of the exchange of \$500; there

is no maximum. Details about Series HH bonds and the exchange transaction can be found at www.treasurydirect.gov.

TreasuryDirect offers Series EE and I savings bonds only in electronic form (that is, no paper bonds are issued), with purchases and redemptions made through electronic payments to or from a checking or savings account designated by the account holder. Investors can track and manage their holdings online — 24 hours a day, 7 days a week — from anywhere they have Internet access.

For more details, visit www.publicdebt.treas.gov/sav/sbhelim.htm.

Mendel moves to HPU Military Campus

Hawaii Pacific University Press Release

Dr. Phill Mendel, a Hawaii Pacific University adjunct faculty member here at Marine Corps Base Hawaii, Kaneohe Bay, has been hired for the recently created assistant dean-academics position with the HPU Military Campus Program.

Since joining the Military Campus Program at HPU, Mendel has been working with HPU program representatives at the six military installation offices and with faculty who teach classes on Oahu's military bases.

During the past decade, he has taught writing, computer science, and human resource management classes here, at Hickam Air Force Base and Pearl Harbor Naval



MENDEL

Base. Dr. Mendel earned his doctorate in education degree from the University of Oregon in educational policy and management, with an emphasis in educational pro-

grams evaluation. Before moving to Oahu, he worked as the Educational Programs Evaluator in the Federal Programs Office for the Guam Department of Education.

After arriving in Hawaii, he worked as the computer trainer for the 14th Coast Guard District in the Federal Building and on Coast Guard Base, Sand Island.

HPU is the state's largest private university with nearly 9,000 students from all 50 states and more than 100 countries. The university offers more than 50 undergraduate and graduate degrees and is fully accredited.

Thinking about a degree?

Contact your local K-Bay representatives.

Central Texas University
624-0198

Chaminade University
254-1256

Coastline Community College
e-mail coastlinerephi@hotmail.com

Embry-Riddle Aeronautical University
254-2106

Hawaii Pacific University
254-2687

University of Maryland's University College
223-3741

Wayland Baptist University
254-6264

Windward School for Adults
254-7955

Informative sites fuel kids with hours of fun

A host of interactive Web sites help keiki grow outside of school

John Dunbar
Base Facilities

Parents who are looking for something to keep their children busy during the remaining days of summer can allow them to explore some fun learning activities about energy on the Web. Your keiki will discover what they can do to help conserve our precious energy resources.

The Internet provides a wealth of Web sites devoted to energy information and education, but the following are my takes of several interactive sites with learning value.



The Atoms Family

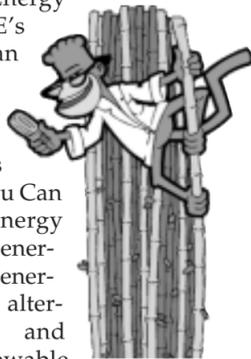
Visit the Atoms Family for energy information and great projects for kids of all ages.

In the Mummy's Tomb learn about energy conservation, as well as kinetic and potential energy; in Phantom's Portrait Parlor, the principles of atoms

and matter; in Dracula's Library, about the properties of light, waves and particles; in Wolf Man's Ghostly Graveyard, about fuel conservation and energy transfer; and in Frankenstein's Lightning Laboratory, about different forms of electricity and electrical safety at www.miamisci.org/af/sln.

Dr. E's Energy Lab

The U.S. Department of Energy's Office of Energy Efficiency and Renewable Energy maintains Dr. E's Energy Lab, an energy learning portal for kids. Visitors can explore topics such as "How You Can Be More Energy Efficient," wind energy, geothermal energy, solar energy, alternative fuels and general renewable energy at www.eren.doe.gov/kids.



Energy Ant

On the Energy Information Administration Web site follow the travels of Energy Ant to learn about energy and how to use it wisely at www.eia.doe.gov/kids/.

Energy Hogs

Become an Energy Hog Buster. An

Energy Hog Scavenger Hunt gets kids and parents working together to discover ways to save energy in their own homes at www.energyhog.org.



Funergy

Visit Lolly's kitchen, living room and bedroom and stop the "energy monkeys" from wasting energy by clicking on energy wasting objects.

Goldie Baker hosts a quick-fire round of energy related questions between one of the energy monkeys and Web surfers. If you get them all right, you win a mystery star prize at www.cwndesign.co.uk/funergy/.

Kids School House

In the Kids School House, youth can learn all about energy and electricity, and discover how things like power plants and batteries work. They will also meet some energy pioneers, the people who made the big and little discoveries that we take for granted (like electric lights and motors and computer

chips).

If your kids like to "do" things, the schoolhouse is filled with activities, experiments, games, projects and quizzes to test your energy know-how at www.energymatch.com/kidsgateway.asp.

Kids Zone

Kids Zone contains art, contests, games and more to learn about energy resources. Information is viewed through the eyes of Electra (who loves to read), the hands of Geo (who likes to use his hands to work on projects) and Windy's patterns (she excels at finding patterns related to energy) at www.energy.gov/engine/content.do?BT_CODE=KIDS.



PowerHouse Kids

Alliant Energy's PowerHouse Kids is a comprehensive energy education program for students in kindergarten through sixth grade. This Web site includes more than 50 pages of energy information just for kids, including games, puzzles and activities, and articles for older students researching school reports, at www.powerhousekids.com.

John Dunbar is the Resource Efficiency Manager here.

Working smoke detectors play a critical role in saving lives

Victor M. Flint

Federal Fire Department

PEARL HARBOR, Hawaii — Most people have a natural fear of fire, and statistics show that more than 5,000 Americans die every year because of fire.

But, we are under a misconception that fire is the big killer during blazes. Rather, the by-products of fire are actually the big killers: choking thick smoke, deadly poison gases and super-

heated air.

Where smoke goes, death and destruction follow. Since smoke is lighter than air, it rises. Even if you are on upper floors, the smoke will rise and find you.

We do have a way to protect ourselves. Before there's fire, there's smoke. That's why the Federal Fire Department recommends that every home have a smoke detector installed.

The sound of the smoke detector is our first line of

defense against fire.

But, half the time, our smoke detectors don't work, and we don't discover this until it's too late. That's why it's important to test your smoke detector once a month.

Simply push the button or turn the knob on your detector to check its operability. When you hear the beeping sound, you know that your smoke detector is good to go.

If you don't have a smoke

detector in your home, then get one. You can find inexpensive, easy to install, smoke detectors at any hardware store.

An installed, operational smoke detector in your home can actually lower your homeowner's or renter's insurance rate. Call your insurance agent to get more details.

If you find yourself in a situation where there is smoke, stay cool and stay as low as possible by crouching or crawling.

Remember, you will not have much time. Just get out!

It's also good to know more than one way out of your home, building or facility.

Make sure that you have smoke detectors installed in your home or apartment, and that they are working properly.

When it comes to smoke, it ain't no joke.

For more, contact Pearl Harbor's Federal Fire Department at 474-7783.

When the rubber meets the road

Speedfest exhibits expected to quench the need for speed

Susana Choy
Lifestyles Editor

If the sound of gunning engines, the smell of exhaust and the impending sound of squealing tires get your blood pumping, you're in for quite a treat.

Get the family packed and ready for a day of jaw-dropping stunts and adrenaline-packed races at this Sunday's Speedfest 2004, at the Hawaii Raceway Park in Kapolei, from 11 a.m. to 8 p.m.

Speedfest will feature a bevy of motorcycle races, a motorcycle stunt exhibition by the Usual Suspects, a Formula Hawaii vs. sport bike exhibition race, a drifting session, a car and motorcycle show, and a number of prize giveaways.

H a w a i i Road Race Association, formed in 1973 to provide a safe, legal avenue

for motorcyclists to race their motorcycles, will be sponsoring the motorcycle races. The races are part of the HRRRA's annual sport bike series where riders accumulate season points for each race they participate in. The total cumulative points for all races determine the class winner at the end of the season.

In between motorcycle racing heats, the Usual Suspects will treat attendees to motorcycle stunts.

"These guys are awesome — the stuff they can do on a bike," said an enthused Justin Henson, event promoter with 808exchange and DFX entertainment. "These guys are doing wheelies at two miles an hour. I don't know how they keep the bikes up. It's impressive. [They'll sit] on handle bars and they do wheelies."

The Formula Hawaii car vs. sport bike race is sure to be a crowd pleaser.

"Everybody likes their cars or likes their bikes, so they'll have someone to root for. It should be pretty good," Henson said with a wide grin.

Henson describes the Formula Mirage as an Indie car with a smaller four-cylinder motor.

"[It] probably only weighs 500 or 600 pounds more than a motorcycle. The car is really light and really fast. It can out-corner and out-brake a bike."

The fairly new and unusual spectator sport of "drifting," scheduled to follow, may not only raise a few eyebrows, but also attract new devotees to the sport. Drifting is a driving technique that began on the race tracks in Japan, and according to driftsession.com, drifting occurs when "a driver exceeds the amount of available traction and causes his vehicle to per-



Photo Courtesy of Yourlastingimage.com

Above — A group of riders vie for season points during April's HRRRA's race day.

Bottom left — This Formula Hawaii racecar will be holding its own against a 750cc sport bike in Sunday's car vs. bike race exhibition.



Photo Courtesy of Zenpan Sakurai

form a controlled slide across the roadway."

Locally, drifters have taken the sport to the racetrack and created the

first scheduled competitions within the United States.

"These guys go around the turns flying and their tires are just smoking. It looks like they're out of control but those guys know what they're doing,"

explained Henson.

Off the track, Henson has invited anyone who has "a nice fixed-up car or bike," to show it off at the car and bike show. Entry forms can be found online at www.808exchange.com and completed forms should be e-mailed to speedfest@808exchange.com.

The ultimate prize giveaway at Speedfest 2004 will be the Extreme Motor Sports package from Cycle City that includes a Kawasaki ZX6RR sport bike, a Kawasaki KX250 dirt bike and a Kawasaki Jet Ski personal watercraft, totaling \$35,000. Giveaways will also be provided from Dave & Buster's, GCI Wireless, Skin Industries, Castrol Motorcycle Oil, Endless Garage and Grip Video.

Gates open at 10 a.m. and the racing begins promptly at 11 a.m. Tickets are \$7 presale or \$10 at the gate, and children 6 and under are free. Tickets are available at Cycle City, GCI Wireless, Island Car Audio, Hypersports, RevTek, Endless Garage, or online at www.groove.tickets.com.

For more information about Speedfest 2004, call 864-8104 or visit 808exchange.com/speedfest. For directions to Hawaii Raceway Park, visit www.hawaii.racewaypark.com/directions.html.

Eating healthy can be simple

Kelli Kirwan
LIFELines

One of the casualties of deployments is often the evening meal. School, work, household chores and other commitments can consume all of your time as you take on double duty while your Sailor or Marine is pulled away to some distant land.

If you find yourself eating cereal and sandwiches for dinner, ordering pizza more often than you used to, or wondering what you can throw in the microwave, you may need a little dinner intervention.

With a few minor adjustments, some preplanning, and a little creativity, you can provide nutritious meals for your family.

Know what your body needs

Become knowledgeable about what your body needs nutritionally to stay healthy. Familiarize yourself with the USDA's Food Guide Pyramid and then teach your kids as you shop for and prepare meals.

Nutritional meals will help your family stay healthy, an important ingredient to successfully living through a deployment.

A few minutes of your time

Taking time to plan your meals, which saves time and money, keeps you from emergency runs to the grocery store, and helps you to eat healthier. There are many different ways to preplan your meals. Ivillage.com has a great meal maker

to get you started.

Start dinner before breakfast

Crock-Pot cooking is a wonderful way to have dinner waiting for you when you arrive home at the end of the day. Recipes for cooking with a Crock-Pot cover everything from appetizers to wild game. And, almost every Navy exchange and Marine Corps exchange carries a variety of Crock-Pots in different sizes.

Freeze your way to healthy and happy dinners

Hot, nutritious meals are as close as your freezer. Create your own quick and delicious meals for a fraction of the cost of store-bought frozen dinners.

You can take several approaches to building a freezer full of dinners. One way is to double up several dinners when you prepare them for your family. Eat one that night and freeze one for later in the month, when you are crunched for time.

Another way is to set aside time each month to prepare several dishes and freeze them. Use those dinners to supplement your monthly menu or to feed your family on the nights you just don't have time to cook.

Beware, though, there are some things you should not freeze, such as certain dairy foods.

Don't forget leftovers

We have become a disposable society, and that has extended to our meals. Learn to look at leftover food

from the past week's meals as budget and time extenders. With proper storage of leftovers, you can create meals from leftover poultry, ham and bacon, veal and pork, or beef.

Kids in the kitchen

Get the kids in the kitchen with you. There are tons of kid-friendly recipes. You might be surprised to find that kids and food can be fun.

When kids help to create dinner, they are more willing to eat a nutritious dinner because they had some say in the menu. While you're cooking, you'll be amazed by what your children share with you.

The kitchen and the act of food preparation have a way of bringing out the philosopher in some kids. In addition to the quality time spent together, your children will learn how to shop for and prepare healthful meals, a skill that will last a lifetime.

Dessert, fun food, and comfort food

You don't have to totally eliminate desserts, fun foods and comfort foods from your diet — just don't abuse them.

Deployments can have some low moments for you or your kids. Have some fun food ideas on hand to cheer them up or comfort them when they're feeling a bit blue.

Whatever your circumstances, when deployments occur, you have to make mealtime adjustments. Look at the change as an opportunity to develop some new kitchen skills and some new family favorites.

Liberty Bus Schedule

Runs Friday and Saturday evenings.

1st run to Waikiki

6:15 p.m., Arrive Annex
6:20 p.m., Depart Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 to 7:35 p.m., Arrive Ft. DeRussy

2nd run to Waikiki

9:05 p.m., Depart Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 to 10:25 p.m., Arrive Ft. DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
1:15 a.m., Arrive Annex
1:25 a.m., Depart Annex
2 to 2:25 a.m., Arrive Ft. DeRussy

1st run from Waikiki

7:50 p.m., Depart Ft. DeRussy
8:30 to 8:50 p.m., Arrive Annex

2nd run from Waikiki

12 a.m., Depart Ft. DeRussy
12:40 to 1 a.m., Arrive E-Club

Final run from Waikiki

3 a.m., Depart Ft. DeRussy
3:25 to 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive Annex



ON THE MENU AT ANDERSON HALL

Today

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

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Cake w/
Butter Frosting



Asst. Fruit Pies

Specialty Bar

Pasta Bar

Saturday

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

Sunday

Brunch/Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Chocolate Cake w/

Chocolate Frosting
Asst. Fruit Pies

Monday

Lunch
Baked Meat Loaf
Creole Pork Chops
Mashed Potatoes
Pork Fried Rice
Apple Crisp
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

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

Specialty Bar

Pasta Bar



Tuesday

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

Dinner

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

Specialty Bar

Taco Bar

Wednesday

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

Dinner

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

Specialty Bar

Hot Dog Bar



Thursday

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

Dinner

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

Specialty Bar

Taco Bar

WORD TO PASS

Pipeline Café Serves Up Comedy

Today and tomorrow at the Pipeline Café, catch funny man Gabriel Iglesias, who will perform live in a two-night engagement. No stranger to the entertainment world, Iglesias has appeared on "The Tonight Show with Jay Leno," "Showtime at the Apollo," 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. Call 1-877-750-4400 for more details.

WAA Posts Agenda

The Windward Ahupuaa Alliance encourages you to get involved in the following community and environmental projects:

- Saturday:** From 9 a.m. to 4 p.m., attend "Kaneohe Day on the Bay" at the Kokokahi YWCA on Kaneohe Bay Drive. WAA will offer keiki-oriented environmental activities.

- Thursday:** From 6 to 8 p.m., discuss how the community can "Give Illegal Dumpers the Boot," in the next "Creating A Solid & Sustainable Community" workshop at Hale Kuhina 109, UH-Windward Community College. Registration starts at 5:45 p.m., and a \$3 donation is requested.

- July 31:** From 7:45 a.m. to noon, make plans to participate in the Waikalua Loko Fishpond Community Stewardship Day, which also includes lunch for helpers.

For more information about any WAA activity, call Shannon Wood, interim president, at 247-6366, or send an e-mail to waa@hoku.com for more details.

Ala Moana Holds Baby Finals, Sunday

Moms and dads, see the final rounds of the 51st Annual Meadow Gold Healthy Baby Contest, which will take place Sunday at Ala Moana Center for babies born between Dec. 16, 2001, and Jan. 3, 2003. The contest is

designed to raise public awareness of health issues.

'Wildest Show' to Benefit Zoo, Wednesday

All of Oahu are invited to the 2004 AT&T Wildest Show to help support the Honolulu Zoo. Enjoy entertainment this Wednesday, by Kaena (Island Contemporary) and July 28 by Daniel Ho & Roy Sakuma's Ukulele Super Keiki.

Gates will open at 4:35 p.m., and the show will run from 6 to 7 p.m. on the stage lawn.

A dollar donation is requested to benefit the zoo. Call the Honolulu Zoological Society at 926-3191 for more details.

Navy League Hosts Benefit at K-Bay, Thursday

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, Thursday at the Kaneohe Bay Officers' Club. No-host cocktails will run from 6 to 6:30 p.m., the dinner/program from 6:30 to 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, e-mail navyleague@hawaii.rr.com, or surf www.navyleaguehawaii.org.

Pets Sought for Calendar

If you've got a pet with "pin-up" potential, then enter the Hawaiian Humane Society's "Pets in Paradise 2005 Calendar" contest. Entries are due by July 30 and can be downloaded at www.HawaiianHumane.org. Go to the "News and Events" section for details, or call 946-2187, ext. 225.

Hawaii State Farm Fair to Open in Kapolei

Next weekend, the Hawaii State Farm Fair will converge at the Kapolei fairgrounds (on the corner of Farrington Highway and Fort Barrette Road) with mega events and activities planned with the whole family in mind.

Be sure to catch E.K. Fernandez carnival rides and games, the "Hawaii Agriculture Experience," any one of numerous demonstrations and samplings, the country market, orchid and plant shows, sundry food booths,

livestock exhibits and the Meadow Gold's petting zoo, just to name an assortment of events planned.

The Hawaii State Farm Fair will be held two consecutive weekends, July 30 - Aug. 1, and Aug. 5 - 8. Event hours are Thursday and Fridays, 6 p.m. to midnight; and Saturdays and Sundays, noon to midnight.

Admission is \$3 for adults (ages 12 years and older); \$2 for children (4-11 years); and free for keiki 3 years and under. Parking is \$2.

For more information, call 682-5767, or surf www.ekfernandez.com.

Army Seeks Applicants for Civilian Intern Program

Every couple years, outstanding graduates are selected from universities to participate in the Department of the Army's Logistics Management Internship Program at Fort Lee, Va., as National Supply and Maintenance interns.

The program provides potential employees without Army working experience, the opportunity to start a career as a civilian with the Department of the Army. The entry requirement is a GPA of 2.95 or higher out of a possible 4.0, or applicants with a master's degree qualify without a specific GPA.

The intern program is a two-year paid program that targets grades of GS-7 to GS-11, with an automatic advance to the pay grade GS-9 after one year, and to pay grade GS-11 at the end of two years. Interns are hired into the U.S. government and report to the Army Logistics Management College at Fort Lee for six months.

Travel cost to the initial training site is the responsibility of the intern.

Candidates must be U.S. citizens, with good communication and analytical skills, and wholesome character traits to pass a routine background investigation for a Secret security clearance.

Interns must also sign a mobility agreement, as permanent duty location will be based upon the needs of the Army; interns will not return to where they are recruited.

To apply, call Jose Servida at 438-8650, or e-mail your resumé and a complete undergraduate college transcript that clearly shows your GPA, or graduate transcript, to servidajr@shafter.army.mil, or fax items to 438-2690.

The application deadline is Sept. 24.

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.

Furniture

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

Wanted

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

Miscellaneous

Four Winns Horizon boat, 18-foot, 190HP, V-6 engine, great for skiing and fishing, with Bimini top, all gear included. Asking \$13,000. Call 254-8363 or 779-1883.

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Free Makepono Ads

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

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