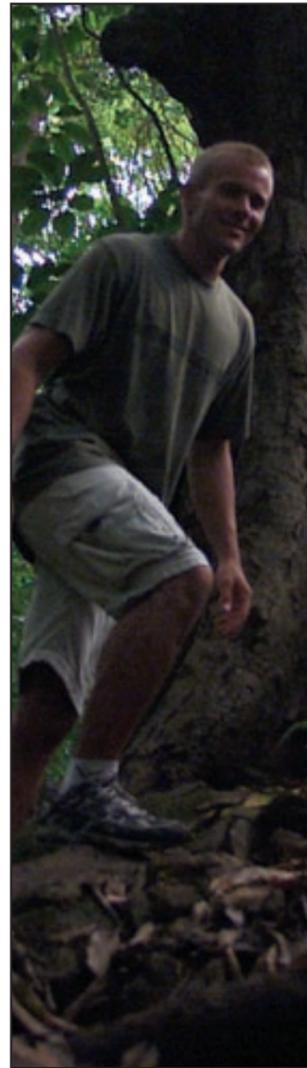


# LIFESTYLES



Top — At the end of the trail, hikers bask in the wilderness and swim in the natural pool formed by Maunawili Falls.

Above — Island residents and tourists both make use of the trail. It is a popular attraction for nature lovers who visit the island.

Above — The terrain of the Maunawili Falls Trail can be slippery and rough. Hikers are urged to take caution when traversing the tropical landscape.

Left — Signs on the trail keep hikers on the right track to finishing.

## Windward trail takes adventurers to hidden secrets

STAY ON THE TRAIL. USING ANY OTHER ACCESS IS UNLAWFUL.  
NO LITTERING. CARRY OUT AT LEAST WHAT YOU CARRY IN.  
STATE OF HAWAII  
DEPARTMENT OF LAND AND NATURAL RESOURCES



With the trail's rough terrain, many hikers carry walking sticks to steady their pace. Hikers should remain vigilant to avoid accidents while in the wilderness, and should bring plenty of water.

Falls trail provides close-to-home adventure

Story and Photos by  
Cpl. Jason E. Miller  
Press Chief

This weekend, instead of spending time off at the beach or in front of the television, why not get off base and explore some of the natural scenic beauty that Oahu has to offer?

Just off base, lie miles and miles of untapped wilderness waiting to be explored by anyone who dares.

The Maunawili Falls Trail, located just past Kailua, off of the Pali Highway, offers base residents a chance to experience a different side of Hawaii.

The three-mile trail, which is managed by the Na'a'hele Trail Management Group, lies just at the base of the Ko'olau Mountain Range, and awards hikers with a real taste of the



without heading too far from outdoors home.

The trailhead starts near a subdivision just past Kailua. From MCB Hawaii, Kaneohe Bay, simply head up the Pali



Above — The trail's scenic beauty provides a good educational and physically challenging resource for families who visit. Creek crossings are common on the trail.

Left — Steps etched into the landscape by trail maintenance crews provide a safer way up intimidating slopes.

Highway and take a left at the first traffic light past Castle Medical Center. Then, take the second left, and follow the street for three miles until the yellow gate and brown sign that mark the trailhead are visible.

Hiking out, the trail has a generally upward trend, as patrons saunter through the jungle. Several creek crossings, large rooted areas and rock gardens clutter the trail and make the path more than a simple walk through the woods.

Hikers should wear shoes with good grip and rugged

clothing, as the trail tends to stay moist and slipping may occur. However, the trail is always kept in immaculate condition and safe for even novice hikers to use.

Once the trail nears completion, the path opens up to what looks like a creekbed. Further down, hikers are finally rewarded for the miles on foot.

A natural swimming hole, at the base of the large cliff, provides an excellent area for visitors to swim, dive or picnic before turning around and heading back to Kailua or Kaneohe.

Also near its end, the trail links up with the Maunawili Trail, which can take hikers back to the Pali Highway or all the way to Waimanalo for those hikers who wish to spend more time in the woods.

# MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

### JULY

#### 25 / Today

**Base Library Summer Reading Program** — Through Aug. 9, get in the know with a little summer reading and earn special awards.

Children of all ages are welcome to participate in this program. As always, parents are encouraged to read with their children.

For more information, call the base library at 254-7624.

#### 27 / Sunday

**Officers' Club Children's Pool Party** — During the hot days of summer, cool the kids down at the Officers' Club Pool.

Snacks and exciting entertainment for your children will be provided by Marine Corps Community Services from 1 - 3 p.m.

#### 28 / Monday

**Officers' Club Right Hand Man Lunch** — Call it a working lunch or just show your appreciation and invite your "right hand man" to the Officers' Club for lunch.

Pay grades E6 and above are welcome every Monday from 11 a.m. - 1:30 p.m.

#### 30 / Wednesday

**Eliminating Stress and Anxiety** — Hosted by Personal Services in Bldg. 216, you can attend the "Eliminate Stress and Anxiety" Workshop from 1 - 2:30 p.m.

Learn exciting new techniques that work with people of all ages to help them proceed stress-free.

To register, call 257-7780.

#### 31 / Thursday

**Bargain Thursdays at The Base Theater** — Are you looking for something to do Thursday evenings? The base theater is now showing Thursday evening movies.

Admission is \$1 for all ranks. Grab a quick snack and enjoy \$1 hot dogs.

Call 254-7642 for the movie schedule and times.

### AUGUST

#### 1 / Friday

**Officers' Club Escoffier Dinner Tickets** — The Officers' Club will host a seven-course dinner with a featured wine or champagne to compliment each course, Saturday evening, Aug. 23. However, get your tickets now for this event.

Enjoy cordials and the sounds of pianist Les Peetz following dinner. Evening dress is required, and seating is limited.

Call the club at 254-7650.

**Kahuna's NCO Appreciation Night** — Bring your right-hand man to Kahuna's Sports Bar & Grill for free food and enter-

tainment by Blue Fuse from 4:30 - 6:00 p.m.

Hang out until 10 p.m. and catch Sugah Daddy performing live until 2 a.m.

#### 16 / Saturday

**Staff NCO Club Biker Bash and Chili Cook Off** — Cruise over to the Staff NCO Club and show off your toys. There will be contests with prizes, a static display of bikes, a chili cook off and more!

The fun will start at 3 p.m. and continue until 8 p.m.

Look for more details next week.

**Aloha Key and Award** — Aloha Key and Award is expanding. Check out its new location at Mokapu Mall.

Across the hall from the old location, Aloha Key and Award can do it all from engraving to key replication.

For more information, call 254-2909.

**Information, Tickets and Tours** — School is out and summer is here! This is the perfect time to take that much needed hiatus.

Plan an outer-island excursion or take in some of the sites and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations.

Stop by the office at Mokapu Mall or call 254-7563

**Joint Education Center** — Registration is underway for College 101 classes. 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 to attend this workshop.

**Operation Enduring Free-**

**dom** — Funds are available for free short-term childcare through certified Family Child Care providers.

The active duty family member must be deployed or working extended hours in support of Operation Enduring Freedom.

For referral and more information, contact the New Parent Support Program at 257-8803 or your Key Volunteer.

**Family Child Care** — Family Child Care is a home setting child care service provider operated by MCCS' Personal Services department 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 provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call 257-7030.

**Auto Skills Bargains** — The Auto Skills Center will be accepting sealed bids on the below vehicles starting Monday. Closing bids will be accepted until the close of business on Aug. 11.

*Model	Minimum Bid
92 Nissan Maxima	\$1,800
95 Mazda B2300P	\$1,700
95 Mercury Mystique	\$1,600
91 Grand Prix	\$50

(\*Note: All above vehicles are in good condition; however, the Pontiac Grand Prix is in fair condition, as it requires electrical trouble shooting.)

The Grand Prix has been online for three months. This is the reason for the minimum bid being so low. If the vehicle is not sold in the bidding process, it will be salvaged out.)

For more information about placing a bid, call the Auto Skills Center at 254-7654.

**Mega Video's Weekly Specials** — Mega Video has a

deal a day, so stop by and get your favorite flick. The friendly staff is always on hand to help, and has an expansive knowledge of movies.

Check out these specials:

• **Mondays:** Rent one new release, get one category movie free.

• **Tuesdays:** Pick five titles for half price.

(Sorry, accumulated movie credits are not valid on Tuesdays.)

• **Wednesdays:** Rent three new releases (VHS or DVD) and receive an extra day rental.

• **Thursdays:** Rent one DVD at the regular price and rent the second one for \$1.50.

• **Fridays:** Rent family and children's movies for 50 cents. (Sorry, no new releases on this deal.)

• **Saturdays:** Rent any basic movie at the regular price and rent the second choice movie for \$1. (Sorry, no new releases with this deal.)

• **Sundays:** Rent any Sunday special movie for \$1. (Each week is a different section. See the store calendar for selected sections.)

Call 254-7560 for more info.

**Staff NCO Club's New Hours** — The Staff NCO Club has posted the following hours of operation:

- **Rocker Room**  
Sundays: Closed  
Mondays: 4 p.m. - 8 p.m.  
Tuesdays: 4 - 8 p.m.  
Wednesdays: 4 - 10 p.m.  
Thursdays: 4 - 8 p.m.  
Fridays: 4 p.m. - 2 a.m.  
Saturdays: 6 p.m. - 1 a.m.
- **Dining Room**  
Sunday Breakfast:  
9 a.m. - 1 p.m.
- **Lunch:**  
Sunday through Tuesday:  
Closed  
Wednesday through Friday:  
11 a.m. - 1 p.m.
- **Dinner:**  
Sunday through Tuesday:  
Closed  
Wednesday through Friday:  
5 - 9 p.m.

## SM&SP



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

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

#### Upcoming Activities

**Today:** Enjoy the Shank & Slice Golf Tournament from 12:30 - 6 p.m. Cost is \$22 for E-5 and below, and \$30 for E-6 and above.

Prizes, food and sodas will be supplied.

#### SM&SP Goes Online

Get more on SM&SP at [www.MCCSHawaii.com](http://www.MCCSHawaii.com) under the "Semper Fitness" icon.

#### SM&SP Benefits

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

- At the Kaneohe Klipper Golf Course — Drive over to practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- Get into the swing of things with free tennis lessons Thursdays from 11 a.m. - 12 p.m. Call 258-8081 to reserve your spot.

- At K-Bay Lanes — Score with games at \$1.50 each, free shoe rental (Mondays - Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.

- At the Base Marina — Enjoy free, unit "Adventure Training" with classes in scuba and much more.

## Investing 101 begins with knowing terms



#### NAPS

Featurettes

One of the most exciting parts of any financial plan is watching investments grow-and thinking about how you will use the money you earn — whether it's to finance a dream home, college education or your retirement.

According to the National Association of Insurance and Financial Advisors, accumulating assets is the second step in a sound financial plan that you should think of as a pyramid.

Once you have built a strong financial foundation in which you have enough cash for an emergency and enough insurance to protect against life's financial uncertainties, several ways exist to grow

your savings.

- Stocks are defined as shares in the ownership of a company. Today, over half the U.S. population is invested in the stock market in one way or another. To minimize your risk, experts recommend you diversify your investments in a variety of sectors.

- Bonds are debt investments that can be used in your portfolio to balance the financial risks inherent in investing in stocks. A bond is a loan to an entity that needs funds for a defined period of time at a specified interest rate. In exchange, you get a certificate stating the interest rate you are to be paid when your loaned funds are returned.

See **INVESTING, B-4**

## 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.

The Italian Job (PG 13)	Today at 7:15 p.m.
Wrong Turn (R)	Today at 9:45 p.m.
Finding Nemo (G)	Saturday at 7:15 p.m.
The Italian Job (PG 13)	Saturday at 9:45 p.m.
Finding Nemo (G)	Sunday at 3:30 p.m.
The Italian Job (PG 13)	Sunday at 7:15 p.m.
Dumb and Dumberer (PG 13)	Wednesday at 7:15 p.m.
Finding Nemo (G)	Thursday at 7:15 p.m.
2 Fast 2 Furious (PG 13)	Aug. 1 at 7:15 p.m.
The Italian Job (PG 13)	Aug. 1 at 9:45 p.m.

# 1st Rad. families reunite at Ft. Hase Beach

Story and Photos by  
**Sgt. Joseph Lee**  
Combat Correspondent

Marines and families from 1st Radio Bn., MCB Hawaii, Kaneohe Bay, enjoyed a day of fun in the sun Friday at Fort Hase Beach, as the



A 1st Radio Bn. Marine dangles the remainder of a pinata leaking a stream of candy onto children at Family Day.

command put on a "family fun day" to celebrate the early-July return of some of their deployed Marines.

As the disc jockey kept the music pumping with a variety of tunes, children bounced to the beat inside a bouncy house and could be seen atop their fathers' shoulders for a quick dance.

Corporal Peter L. Pohl, electronics intelligence operator for Headquarters and Supply Co., had a moment between dousing steaks with marinade to reflect on his time away from his wife, Hope.

"It's just nice to be back where there is water to go with the sandy beach," said Pohl. "We're enjoying our time together again, though the real celebration took place shortly after I returned."

Pohl reminisced when he and his wife threw a party to celebrate his return.

His wife elaborated about what it took to keep her mind focused while her husband was deployed.

"I made sure to stay busy with church, my job, and my neighbors," she said. "I was ecstatic to have him back, and the support I had from my close friends went a long way to help."

Marines took turns showing off their strength with the use of a strongman hammer, until the weight — which rung the bell repeatedly early in the day — was somehow hindered, inviting the children to point and laugh with their colored snow cones at the waling Marines.

The Marines continued to play volleyball and toss footballs back and forth until the children instigated the use of the dunk tank. Junior Marines had their shot at dunking their employers until the water fun broke out into an all-out water balloon fight at the end of the day.

"We came out here to have a good time," said Sgt. Maj. Juan D. Williams, 1st Radio Bn. sergeant major. "These families are deserving of a 'thank you' from us."



Above — Kids scoop handfuls of candy into bags, trying to gather as much as possible. Right — Lorie Avalos plays cards with her husband, Cpl. Victor Avalos of Headquarters and Service Co.'s Supply Administration.



## Dog Park Survey

1) Do you know that we have a Dog Park located on Marine Corps Base Hawaii?

No, I had no idea there was a Dog Park on base.

Yes, I know we have a Dog Park.

a) If yes, have you ever used the Dog Park?

Yes  No

b) If yes, how often do you use it?

1-2 times/week  2-5 times/week

2) Now that you know about the Dog Park, do you plan to use it?

Yes  No

a) If no, please indicate why.

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Courtesy of Facilities Department, MCB Hawaii, Kaneohe Bay

## Pets walk their owners

**Public Affairs Office**  
Press Release

In response to a concern addressed in the "CG Mail" column in March of this year, MCB Hawaii reopened a 30-foot by 80-foot dog park along the stream behind Pop Warner Field, between Alpha Co., 1st Battery, 12 Marine Regiment's Headquarters Building, and Barracks 7005.

At the site, pets can run and play together in the park, at the same time, under the supervision of

their owners. Also, benches and trash receptacles are provided for the convenience of patrons.

To determine if there is enough interest for the base to install a park in a more convenient location, MCB Hawaii is conducting a survey of dog owners who live on base regarding the dog park.

Patrons are encouraged to complete and return the survey at left and drop it off in the box located outside the Veterinarian Clinic aboard MCB Hawaii, Kaneohe Bay.

## FINANCES

INVESTING, From B-2

•Mutual funds are collections of stocks or bonds, which by definition create instant diversification in your portfolio. Plus, they are professionally managed. A fund manager's job is to create a portfolio that blends different types of stocks and bonds to achieve the maximum return for a given level of risk. As with stocks, you can certainly do your homework and save on commissions and fees by picking your own mutual funds. But with over 8,000 mutual funds from which to choose, you may want to seek the advice of a financial advisor.

•401(k) plans are voluntary retirement plans offered to employees of a growing number of companies. These plans allow employees to set aside and invest a certain percentage of their pre-tax income. Many companies offer a percentage match as an incentive to participate.

For more details, visit [www.naifa.org](http://www.naifa.org) and click on Consumer Info.

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# WORD TO PASS

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## Kaneohe 'Day on the Bay' Goes Tomorrow

Billed as an event to inspire and encourage healthy families and friendships, "Day on the Bay 2003" will be held Saturday from 9 a.m. to 3 p.m. at the Kokokahi YWCA located at 45-035 Kaneohe Bay Drive.

The community is invited to enjoy free family activities, live entertainment, Xtreme fun, craft fairs, pony rides, the petting zoo, food vendors, free kayaking and sailing, numerous resources, and much more at the YWCA's scenic Kaneohe Bay location.

Additionally, 150 volunteers are needed to help make this event a success. Volunteers are needed to assist with event set-up and cleanup, parking and traffic control, information, entertainment and stage support, and more.

To volunteer for Day on the Bay, contact Jennifer at the Kaneohe Community Family Center, 235-7747.

This event is sponsored by the Department of Parks & Recreation, the Honolulu Community Action Program, Kamaaina Kids, the Salvation Army, the YWCA of Oahu, and several other civic-minded organizations.

## Hickam Air Force Base to Host Thunderbirds

Hickam Air Force Base will host the Thunderbirds — the U.S. Air Force's supreme aerial demonstration unit — along with entertainment, food booths, static displays and more, Aug. 9 - 10.

To find out all the exciting details, surf at [www2.hickam.af.mil](http://www2.hickam.af.mil) and click on "Friends and Neighbors Weekend."

## Haiku Stairs Remain Closed

The City and County of Honolulu is asking the public to be patient and refrain from climbing the newly renovated Haiku Stairs until the facility has reopened.

Officials warn that police will arrest hikers who prematurely enter the popular attraction, which

features 3,922 steps that lead to windswept ridge tops and breathtaking, panoramic views of Windward Oahu.

The stairs resemble a series of metal ladders, assembled end-to-end in 500 sections, and attached to the cliffs and ridge tops with long metal spikes.

Ascending these stairs is physically taxing, as hikers will climb roughly 2,400 feet and will be exposed to extremes of heat, wet and wind. The typical ascent can take two to two-and-a-half hours. However, the weather may be unpredictable, the mountains obscured by clouds, and the stairs extremely slippery when wet, adding hours to the climb.

Once the stairs reopen, hikers will again assume all risks of their own free will.

For more information, contact the Public Information Division at 523-4385, or log onto [www.co.honolulu.hi.us/newsroom](http://www.co.honolulu.hi.us/newsroom).

## Kailua Baptist Invites Worshippers

"Love Grows Here" is the slogan and heartfelt message of all who attend Kailua Baptist Church at 1080 Kailua Road on Highway 61.

You are invited to attend Sunday School at 8:45 a.m. and the worship celebration at 10 a.m. A Children's Church and Nursery ministry are also provided. Call 262-6938 for more details.

## MDA Seeks Telethon Volunteers

The Muscular Dystrophy Association is seeking volunteers to participate in the 2003 Jerry Lewis MDA Labor Day Telethon "Catch-a-Cure" program. Volunteers will be collecting funds Aug. 30 - 31 at various locations.

The Catch-a-Cure program will be highlighted during the telethon to raise additional funds to support research, public health education and services for people affected by any more than 40 neu-

romuscular diseases. The telecast will run from 10 p.m. to midnight, Aug. 31, and 8 a.m. to 5 p.m., Sept. 1 on KITV Channel 4.

To volunteer or for more details, call the MDA office at 548-0588.

## Hosts Needed for Hospitality Day

Volunteers are being sought to help provide a "Day of Hospitality" for the Mexican Navy, Saturday, when the officers and crew of the naval ship Usumacina dock for a one-day stop at Oahu.

The International Hospitality Center — a private, volunteer community organization that provides services for international exchange students, government and foundation grantees and foreign military — is sponsoring this event and asks volunteers to escort members of the crew

*See WORD TO PASS, B-9*

# RECIPE CORNER

## You can build a better burger with seasonings

**NAPS**

*Featurettes*

Once known as "hamburg steak," the hamburger made its debut in America at the St. Louis World's Fair of 1904. By the 1940s, hamburgers became America's most popular food. By 2002, more than 86 percent of Americans ordered a hamburger.

So, why is the hamburger so popular?

"Nothing is more American than the hamburger," says Mike Shumsky, chief executive officer of Johnny Rockets, the all-American diner. "Hamburgers appeal to people of all ages because they represent simple, wholesome food and can be customized to meet anyone's taste."

What are some hints for making a great hamburger? Shumsky offers the following twists on what's traditional:

- Use fresh, ground beef (never frozen).

- Hand-press seasonings into the meat. Different seasonings can create different flavors, so try adding oregano for an Italian twist, cayenne for a Cajun kick, or a dash of teriyaki marinade for an Asian flavor.

- Try alternative toppings such as chili for more zest, grilled onions and mushrooms for a gourmet flavor, or onion rings for an added crunch.

- Grill to your guests' preferences to bring out the most flavor.

- Involve the kids. Have kids help with the cooking by shaping the meat and buns into fun shapes such as hearts or stars.

- Be creative with the buns; different



NAPS

**A little imagination can help turn a great hamburger into something even better.**

breadings can add different flavors.

- For great cheeseburgers, always grill the meat with the cheese on top. A true cheeseburger connoisseur will wait until the meat is fully cooked, then add a slice of cheese and cover for 30 seconds so that the cheese melts perfectly.

### "The Original" Johnny Rockets

1/3 pound fresh ground beef, seasoned, hand-pressed and grilled

- Fresh lettuce
- Tomato slice
- Chopped onion
- Sweet relish
- Dill pickle
- Mustard
- Mayonnaise
- Fresh hamburger bun

This recipe makes one hamburger.

*(Editor's Note: Recipe is provided courtesy of Johnny Rockets restaurants.)*

## ON THE MENU

Anderson Hall will serve the following this week:

<p><b>Today</b></p> <p><u>Lunch</u> Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni &amp; Cheese Chewey Nut Bar Yellow Cake Layer w/ Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Dinner</u> Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewey Nut Bar Yellow Layer Cake w/ Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p><u>Saturday</u> <u>Dinner/Brunch</u> Rock Cornish Hens Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Sunday</u> <u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Chocolate Cake w/ Frosting</p>	<p>Asst. Fruit Pies</p> <p><b>Monday</b></p> <p><u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Turkey &amp; Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p><b>Tuesday</b></p> <p><u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Chocolate Pudding Asst. Fruit Pies</p> <p><u>Dinner</u> Creole Macaroni Baked Fish Fillet Mashed Potatoes Noodles Jefferson Chocolate Pudding Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p>	<p><b>Wednesday</b></p> <p><u>Lunch</u> Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Oatmeal Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Country Bar</p> <p><b>Thursday</b></p> <p><u>Lunch</u> Baked Lasagna Chicken Parmesan Asst. Pizza Slices Garlic Toast Brownies Asst. Fruit Pies</p> <p><u>Dinner</u> Chicken Vega Simmered Corned Beef Buttered Potatoes Steamed Rice Apple Pie Oatmeal Cookies Pies (For Lunch and Dinner)</p>
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## Did You Know?

Just because a storm forms over the ocean in the tropics doesn't mean that it's a tropical storm. A tropical storm is one that has a wind speed between 39 to 73 miles per hour.



NAPS



# MALS-24 adopts a school, lends support with ramp

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

Several determined warriors swinging hammers, sawing wood and working up a sweat set the scene at Kainalu Elementary School in Kailua, Tuesday



**Corporal Brian Perez, an aviation supply clerk for MALS-24, swings a pick while breaking the soil to lay the foundation of the ramp at Kainalu Elementary.**

through Thursday, in attempts to build a handicapped entrance for disabled children into a music room.

The Marines and Sailors from the Marine Aviation Logistics Squadron 24 aboard MCB Hawaii, Kaneohe Bay, were eager to volunteer for the three-day project in order to assist the children and the future of tomorrow.

"The Marines and Sailors know this is for a good cause, and it gives them a chance to break from their regular routine and do something positive," said Petty Officer 3rd Class Tonio Brooks, administrative supervisor with Marine Aviation Logistics Squadron 24. "The work is hard, but none of them mind because they know what they are doing is or a good cause."

The new ramp will enable the disabled children to access the music room and interact with other students positively.

The Marines and Sailors had quite a task ahead of them, but were more than eager to break the grounds and begin installing a ramp that would wrap around the building.

The service members first had to dig approximately 20 feet of trench to install the ramp, then lay the foundation of concrete, with the use of wheelbarrows and shovels. The second step was to construct the bridge from processed wood to piece together the actual ramp.

A local contractor was present to assist the Marines Sailors and to ensure the ramp was constructed safely.

The children of Kainalu Elementary School have had numerous positive ex-



**Above and Below — Marines and Sailors with MALS-24 work hand-in-hand with a local contractor to install a handicapped access ramp in order for children with disabilities to access a music classroom at Kainalu Elementary School.**



periences with the Marines and Sailors in the past and always look forward to visits with the service members.

"I feel the Marines enjoy working with the kids, and this is a way they can connect with the community," said Valerie

Okihara, principal of Kainalu Elementary School. "The Marines and Sailors have provided tremendous support to our school, which has made it possible to do the best we can for our children in support of their education."

Kainalu Elementary is expecting to open its doors to at least four children with disabilities during the 2003-04 school year. They will be the first students to access the music room with the use of the ramp, and the school is expecting many more students to explore the world of music with the new ramp.

"What the Marines and Sailors have done for this school is priceless," said Okihara. "You can't measure in dollar amounts what the Marines and Sailors have contributed to this school."

# Former master forger answers questions about your security

**Frank Abagnale Jr.**  
NAPS Featurettes

Frank Abagnale Jr. is a retired master forger whose early life was the basis for the movie "Catch Me If You Can." He now assists companies and consumers in preventing fraud and offers the following advice regarding your personal security.

**Q:** Online identity theft has been referred to as the "crime for the new millennium." What can I do?

**A:** The Internet age makes identity theft much easier. There will always be people who are willing to use technology in a self-serving way.

One way to protect yourself on the Web is by using a protection service that provides both virus

scan online (including automatic service upgrades for ongoing protection) and personal firewall protection against computer hackers and identity thieves, as well as I.D. theft insurance.

**Q:** What do I do if I become an identity theft victim?

**A:** As soon as you realize it, immediately notify the credit reporting agencies (Experian, Equifax and TransUnion) to request notification if anyone applies for credit using your name, Social Security number and/or driver's license number. Ask these agencies to



**ABAGNALE JR.**

contact you before any new credit is extended.

Afterward, be sure to accomplish the following:

- Report the crime to the police immediately, and get a police report number.

- Keep a log of all conversations with authorities and financial institutions, including names, dates and time.

- Follow up with the credit reporting agencies, with a letter and the police report.

- Notify your bank.
- Consider a protection service that will alert you to inquiries or changes in your credit record. This

will let you quickly see if anyone is applying for credit in your name.

**Q:** What can I do to make the recovery process easier?

**A:** Being the victim of any crime is troubling, and recovering from identity theft can seem overwhelming.

An identity fraud resolution service will help guide you through the process, to include even providing letters you can send to the appropriate agencies.

Always report any identity theft to the police immediately and get a police report number.

If you have further questions about personal security, contact Abagnale at askfrank@privacy.trile-giant.com.

## MONEY TALKS



Courtesy of Dave Bell

Corporal George Benjamin Lilley Jr. of Golf Co., 2nd Bn., 3rd Marines, poses with his new bride for a wedding snapshot at Waimanalo Beach Park recently.

## Talking finances is a must *prior* to marriage vows

**NAPS**  
Featurettes

your new financial picture.

According to the Society of Financial Service Professionals, couples about to marry should spend more time planning their joint finances than choosing a china pattern. Couples who are combining their finances should accomplish the following prior to marriage:

- Set aside regular savings. Try to postpone big-ticket items such as a house or car, until you have saved at least 10 percent of your annual household income.

- Share good news and bad. Circumstances from previous relationships may make alimony, child support, loan payments, etc., part of

- Agree that financial decisions be joint decisions. Set financial goals that you are both comfortable with, so you will work together to achieve them.

- Consult with a credentialed financial adviser, who has the wisdom and experience to assess your situation, and who also can recommend the right financial and insurance options for your new family.

To receive a free guide, "Take the Mystery out of Financial Planning," and the names of some credentialed financial service professionals near you, call 1-888-243-2258, or visit [www.financial-pro.org](http://www.financial-pro.org).

## Answers to legal questions are just a couple of clicks away

**NAPS**  
Featurettes

It's the law. Whether buying a house, updating a will or starting a business, there are many life decisions where legal issues come into play.

A recent survey found that each year, about 20 percent of people encounter a legal issue involving areas of the law such as real estate, taxes, estate planning and family law.

Fortunately, people have access to information sources online that can help them navigate those potentially complex legal situations. For example, people who visit legal Web sites can often find everything from useful legal guides on a variety of subjects to informa-

tive articles written by lawyers and legal scholars.

Legal Web sites can be used to research helpful legal information, find a list of local attorneys, compare their credentials and experience and understand specific legal terms.

One site, called FindLaw.com is said to feature the largest online searchable lawyer directory, with more than one million lawyer listings.

Sites such as this can be of assistance for both individuals and small business owners.

For instance, when one small business owner started her own business, she was surprised by how many legal issues needed to be addressed before her business could get off the ground. She found that help was

available online.

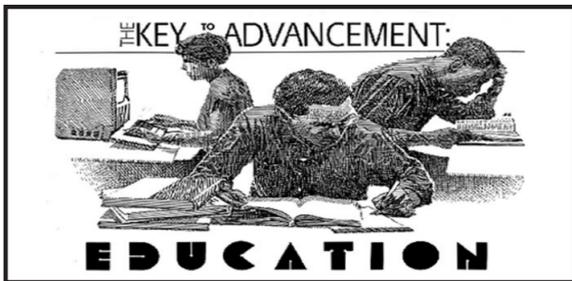
With the click of a mouse small business owner Karen Puentes joined the millions of people who are turning to legal Web sites for help and information on personal and business issues.

Said Puentes, "I was very confused on several issues. I found all the answers I was looking for at FindLaw.com, plus a whole lot more. The Web site has a complete text for small businesses."

Other useful legal Web sites are The American Bar Association at [www.abanet.org](http://www.abanet.org) and the Legal Information Institute at [www.law.cornell.edu](http://www.law.cornell.edu).



**Know Your RIGHTS**



**KILL • A • WATT**

**WORD TO PASS, From B-5**

on sightseeing excursions, beach picnics, recreational activities and backyard barbecues.

To make "citizen diplomacy" a part of your weekend, call the International Hospitality Center at 521-3554.

**Hale Koa Hotel Lists Events**

Fort DeRussy's Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, will provide patrons a summer jam-packed with exciting, relaxing or adventurous activities — whatever's your pleasure.

Call the Activities Desk at 955-0555, ext. 546, to find out more details on this events.

•*Tuesdays*: Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a new Magic in Paradise show. Your evening will start with a bountiful all-you-can-eat buffet, and then it's show time with one of Hawaii's hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

•*Aug. 5 -12*: Back to School Magic Shows in the Banyan Tree Showroom will offer mind-boggling illusions by one of Hawaii's favorite musicians and an all-you-can eat buffet complete with fried chicken, pizza and spaghetti for little ones. Doors will open at 6 p.m.; the reduced kids' price is \$9.95 (under 12, excluding infants), adults \$20.95, plus 10 percent gratuities.

•*Aug. 25*: Tickets go on sale for Oktoberfest, happening Sept. 24 - 28. The traditional German event celebrates authentic food, drink, music and dancing. Admission will be \$8 per ticket, and the menu will be ala carte.

•*Daily*: Groups of 20 or more planning to use the park space need to contact Parks & Recreation. Park rules prohibit stakes, tents and tarps; alcoholic beverages or additional grills; bicycles, skateboards and rollerblades; and animals.

**Word to Pass Accepts Faxes**

If you would like to announce activities or events of general interest to the military or DoD community, fax them to the *Hawaii Marine* at 257-1289, at least two weeks in advance of the event.

For more details, call 257-8836.

# MARINE MAKEPONO

## HAWAIIAN FOR "MARINE BARGAINS"

**Vehicles**

**2001 SE Intrepid**, automatic, A/C, power windows & steering, excellent show-room condition. Asking \$11,000 OBO. Call 239-3973 or 778-3979.

**2000 Mazda MPV ES**, fully loaded, leather seats, multi-disc CD, only 47K miles, much more. Asking \$13,000 (\$2,000 below Blue Book). Call 254-9542.

**Motorcycles**

**1999 Kawasaki Ninja**, 250cc, green, runs great, excellent condition. Asking \$2,300 OBO. Call 778-3979 or 239-3973.

**Boats**

**Ski Boat**, 16-foot, with 48HP Evinrude motor, trail-

er, garage stored, many extras, you must see. Asking \$8,800 OBO. Call 254-8150 or 429-8150 (cell).

**Appliances**

**Whirlpool washer/dryer**, only two years old, with one-year extended warranty, only asking \$400 for both. Call 254-8526.

**Furniture**

**Dining room table**, solid oak w/four chairs. Paid \$500; asking \$250 OBO. Call 254-2350 or 721-7721.

**Real Estate**

**2/1 for rent in Kailua**, 10 minutes from MCBH, Kaneohe Bay, one parking, stove, refrigerator, washer, second floor unit. Available

Aug. 7. Call 261-1828.

**Wanted**

**Merchandiser**, part time, days only, 85 hours per month. Service MCCS retail outlets. Exchange knowledge a plus. Must have own transportation. Call Mark Douglass at 533-8825.

**Housekeeper** for house-keeping three hours, one day per week in Aikahi Park residence. Pay \$10 per hour. Call 254-3560.

**Miscellaneous**

**Kid's jeep wrangler**, never used, \$125 (retails at \$250). Call 254-8526..

**Scuba tanks**, regulators, weights, BCDs, lights and much more. Call 254-8150 or 429-8150 (cell).

## Free Makepono Advertisements

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free and will appear in two issues of the Hawaii Marine, if space is available.*

*The deadline for submitting ads 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 details.*