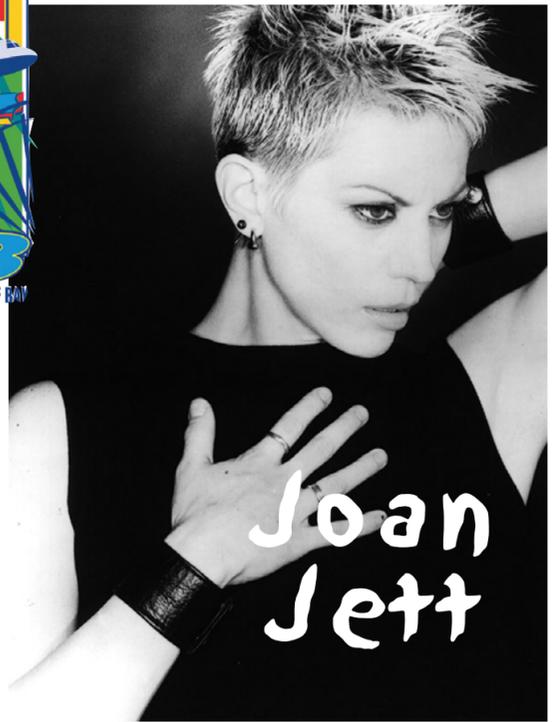


BayFest has planned an exciting musical lineup with alternative rock masters Everclear headlining, as well as the "queen of rock n' roll" Joan Jett and honky tonk star Neal McCoy joining in the celebration. Don't miss a minute of the action at BayFest July 4, 5, and 6 aboard MCB Hawaii, Kaneohe Bay.



Everclear headlining BayFest music lineup

Story and photos by
Marine Corps Community Services
Press Release

McKenna Motors BayFest will be booming this year with an abundance of mind-blowing bands screaming music to the heavens. Headlining this exclusive line-up is the multi-platinum rockers Everclear, bringing their own style of aggressive rock to BayFest crowds.

Platinum heartland honky-tonk star Neal McCoy will storm BayFest's opening night, kicking off this massive musical 4th of July weekend celebration. McCoy will take the main stage on July 4 at 9:30 p.m.

There's "No Doubt About It" Neal McCoy will put the twang in your two-step. Named "Entertainer of the Year" by TNN Music City News for two consecutive years, McCoy is sure to be a crowd-pleaser among Country fans and fair-goers alike. He has had his share of platinum albums and chart topping hits including "The City Put The Country Back In Me", "Then You Can Tell Me Goodbye", "The Shake", and "If I Was A Drinking Man".

"When the audience is really into it, it just doesn't get any better. On stage is where I belong," said Neal McCoy. So country fans and the like can count on a stellar performance.

The music is always the constant at BayFest, so come early and check out the Marine Forces Pacific Band. If you think all these guys can do are chin-ups and push-ups, think again. The MARFOR-PAC band is composed of the best musicians in the Marine Corps and you can hear their amazing performance at 4 p.m. as they warm up the main stage.

Don't miss Hawaii's own country sweetheart Dita Holifield at 6:15 p.m., toting her own special twist of country music to BayFest, with a guaranteed boot stomping performance.

Stay tuned to the main stage for SugahDaddy at 7:15 p.m. These local boys have years of production experi-



Prior to the shows, catch the Grucci Brothers fireworks each night of BayFest.

ence and have done shows from Las Vegas to Carnegie Hall.

This truly diverse mix of Adult Contemporary, Surf Rock and Hawaiian will add to the "mixed plate" of live entertainment throughout the evening.

And if that isn't enough to keep your ears ringing, nobody lays down the reggae beat better than Natural Vibrations. These local-raised rasta-rockers have made a name for themselves on the Mainland by being the only Hawaiian band invited to California's Reggae on the River, the premier national reggae festival. Check them out live at 8:15 p.m. on the BayFest main stage.



Crowds at last year's BayFest went wild during the headlining concert by Collective Soul. This years headliners, Everclear, promise to be unforgettable as well. Get there early for the best view.

Not only will you be blasted with live musical entertainment you'll also be blown away by the World famous Grucci Brothers fireworks at 9 p.m.

Have no fear, Everclear is here! The alternative rock veterans Everclear will headline July 5th live on the McKenna Motors' BayFest main stage.

After the release of their 6th album, *Slow Motion Daydream*, Everclear has been on tour, and will be playing new songs and crowd favorites, only at McKenna Motors' BayFest 2003. Look for new titles such as "Volvo driving Soccer Mom," and classics such as "Father of Mine" and "Everything to Everyone."

"This one is the best record, by far, we've ever done," stated singer Art Alexakis. Critics have hailed their new album as "emotionally complex" as well as "a blend of personal pain and power-chord pleasure," so don't miss your opportunity to see them live.

Opening up the evening will be the Big Island boys of Pepper with new hits from their album "Kona Town."

Everclear takes the stage at 9:30 p.m. following the fireworks set for 9:15 p.m. and Pepper at 8 p.m.

Come early for the Star 101.9 True Music Challenge winning band. These musicians have battled it out with other bands and have earned their claim to

fame on the BayFest Main Stage at 7 p.m. Stay tuned to Star 101.9 to follow the progress of the contest.

Who better to wrap up a weekend of live musical entertainment and American patriotism than the "Queen of Rock and Roll," Joan Jett?

Joan will take the stage July 6th at 9 p.m., immediately following the grand finale of the Grucci Brothers fireworks at 8:30 p.m.

Joan has been referred to as the backbone of today's rock 'n' roll feminist revolution. She has six USO tours under her guitar strap and has worked with the Sex Pistols, the Beach Boys, and Bikini Kill to name a few. Joan Jett and The Blackhearts have a number one hit with "I Love Rock'n'Roll", and numerous Top 40 Hits. It won't be your "Everyday People" at Sunday's BayFest as the crowd can anticipate smashing hits including, "I Hate Myself For Loving You", "Bad Reputation"; and more recently "The Sweet Life", "Science Fiction", "Don't Surrender" and "Androgynous", to name a few.

Warming up the main stage for Joan and The Blackhearts will be Hawaii's own musical celebrities. Getting the crowd into the groove blues band, Blues Fuse will perform at 5:30 p.m., Revolution will kick the beat up a bit at 6:30 p.m. and then local favorite, ska-rock group Go Jimmy Go will groove at 7:30 p.m.

While you enjoy this smashing line-up of musical genius, don't miss Fernandez Events, Inc. carnival rides and midway, an Island Lifestyle Expo with McKenna Motors Humvee giveaway, Nutri-Fit BodySearch Contest, and so much more that adds to this three-day bash on the bay.

The McKenna Motors BayFest is an annual event organized by Marine Corps Community Services (MCCS) and is open to the public. Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard MCB Hawaii.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JUNE

20 / Today

MCB Hawaii Annual JEMS Job Fair – Going from 9 a.m.-noon at Kahuna's Ballroom today. The job fair is open to all military and DoD/Coast Guard identification card holders with base access, this includes spouses and family members, active duty personnel, retirees and reservists.

This is a great opportunity for those seeking local or federal employment to network with employers and other job seekers. Bring your resumes and dress accordingly. Children will not be admitted. For more information, call 257-7790.

Adult Golf Clinic Begins Today – Drive out to The Klipper for a five-week clinic with Golf Pro Leland Lindsay.

Classes meet every Friday 5-6 p.m. The clinic is designed to improve technique and basic

skills for beginner to advanced golfers.

Golfers will learn golf etiquette and rules, as well as skills to improve their long game, short game, pitching and putting. Call 254-3220 for space availability.

21 / Saturday

Kahuna's transforms into a Roman Empire – You know the saying, "When in Rome, do as the Roman's do."

Follow this rule, wear your toga to Kahuna's and receive 50 percent off of your food bill. Kahuna's toga party will begin at 9 p.m. until it's fall at 2 a.m.

23 / Monday

MCB Hawaii, Kaneohe Bay, Technology Expo – The MCB Hawaii, Kaneohe Bay, Technology Expo is going to be held on Monday June 23 from 10 a.m.-2 p.m. There will be many different exhibitors on hand demonstrating their latest technologies. For more information, email Leslie Listwak at Listwak@ncsievents.com.

24 / Tuesday

Kids Splash Day at the Officers' Club Pool – School is out and summer is heating up!

Headquarters Bn. will sponsor games and races for the kids

to enjoy from 10 a.m. to 4 p.m.! Kids' Splash Day will be hosted every Tuesday until the end of the Summer.

25 / Wednesday

Thinking About Marriage? – Get in the know and attend the marriage skills workshop. You'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success. Call 257-7780/7781 to register.

Mongolian Barbecue at the Officers' Club – Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice.

Then watch the grill masters flip, sautee and grill your dinner to perfection. Mongolian Barbecue is served every Wednesday and Friday from 5:30 to 8 p.m. For more, call 254-7649.

27 / Friday

O'Club Kids Pool Party – Cool the kids down at the Officers' Club pool from 1-5

p.m. Free snacks for the kids and exciting entertainment. For more information, call 254-7650.

28 / Saturday

Kahuna's Presents Hawaii Championship Wrestling – Live fighting action in Kahuna's Ballroom takes over from 7-9 p.m. Cost is \$8 for military and \$10 for all others.

JULY

3 / Thursday

Bargain Thursdays at The Base Theater – Are you looking for something to do Thursday evenings? Beginning Thursday, July 3 come out to the base theater and catch a movie.

Every Thursday is \$1 admission for all ranks and \$1 hot dogs. Call 254-7642 for the movie schedule and times.

9 / Wednesday

Staff NCO Club Grand Opening Golf Tournament – A 4-man scramble open to all SNCOs of all services, family members and equivalent.

The cost is \$40 for SNCO Club members, \$45 for non-members, \$50 for DoD/Field Grade and \$55 for invited guests.

Included in the fees are greens fees, golf cart, heavy pupus and prizes. For more infor-

mation, call 254-1745/3220.

Staff NCO Club Spouse Sneak Preview – Immediately following the golf tournament, at 5 p.m., spouses are invited to the awards ceremony and their first glimpse at the renovated Rocker Room. Pupus will be provided!

New Hours at the Staff NCO Rocker Room – The Rocker Room is getting a facelift, so until renovations are complete, make a note that new hours of operation are in effect. (The renovation completion date has yet to be determined.)

Sundays through Tuesdays: Closed
Wednesdays: 4:30 - 8:30 p.m.
Thursdays: Closed
Fridays: 4:30 p.m. - 2 a.m.
Saturdays: Closed

New Hours at the Officers' Club – Off duty hours are for relaxing, so stop by the Officers' Club and enjoy fantastic food and panoramic views of the Pacific during these hours:

• "Champagne Sunday" Brunch from 10 a.m. to 1 p.m., for \$18, or without champagne at \$15.

• "Right Hand Man Monday" lunch buffet from 11 a.m. to 1 p.m., with a la carte from 11 a.m. to 1:30 p.m.

• Daily (Mondays – Fridays) lunch buffet from 11 a.m. to 1 p.m.; a la carte from 11 a.m. to 1:30 p.m.; dinner Thursdays - Saturdays from 5:30-8 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

July 4, 5, 6: BayFest events sponsored by SM&SP include striker, the Hooter's dunk tank, sumo wrestling, bull riding, the Strongman Competition, jousting and Big Bouncy Boxing. Enjoy some fun in the sun and meet new people.

July 7-11: Mark your calendars for sailing lessons from 5-7:30 p.m. The cost is \$20 for E-5 and below.

July 25: 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 (priority for singles).

Prizes, food and sodas supplied.

Volunteer Opportunities

Make a difference by lending a helping hand. The Single Marine & Sailor Program is actively looking for volunteers for the following events:

Kailua July 4th Parade: Volunteers needed to ride on the MCB Hawaii parade float. Dress Blues required.

BayFest July 4-6: The SM&SP has over 50 volunteers who work a variety of different shifts.

Volunteers still welcome to sign up at Bldg. 219 or call 254-7593.

Continuing: For Youth Sports and tutors at Mokapu Elementary School.

BayFest presale tickets offer more value

Press Release
MCCS

Where else can you see chart-topping mainland entertainment, watch three nights of fireworks, hop on hair raising carnival rides and enjoy an array of military displays and contests for only \$8?

Only at McKenna Motors BayFest, July 4, 5, and 6 aboard MCB Hawaii, Kaneohe Bay!

Beat the lines and get extra value when you purchase your tickets in advance. On sale Monday, June 2, each pre-sale ticket includes one adult admission, three Fernandez Events Inc., carnival rides and two Papa John's Pizza coupons for \$8, an estimated value of \$33.

Tickets are available at all O'ahu Papa John's locations. Pre-sale tickets can also be purchased at the Kaneohe Bay Information, Tickets and Tours Office at 808-254-7563, and at the Marine Corps Exchange Cash Office. General admission tickets may also be purchased the days of the event.

BayFest 2003, Oahu's biggest summer carnival, will be open to the general public. This three-day event features musical performances by Everclear, Pepper, Joan Jett, Neal McCoy and several other top local performers.

Other events of interest include; fireworks each night, Fernandez Events, Inc. Carnival Rides, an Island Lifestyle Expo, a Boxing Challenge, All Hawaii Cruises Coconut Island Boat Rides, Food Booths,



Courtesy of MCCS

If you purchase your tickets in advance, you get three Fernandez Events Inc., carnival rides.

McKenna Motors New Car Show, Hooters' Dunk Tank, Bathtub Regatta, Paddleboard Competition, Papa John's Pizza-Eating Contests and countless more.

The McKenna Motors BayFest is an annual event organized by Marine Corps

Community Services that is open to the public.

Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard MCB Hawaii.

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 info.

Bullet Proof Monk (PG 13)	Today at 7:15 p.m.
Anger Management (PG 13)	Today at 9:45 p.m.
Holes (PG)	Saturday at 7:15 p.m.
Bullet Proof Monk (PG 13)	Saturday at 9:45 p.m.
Holes (PG)	Sunday at 3:30 p.m.
Anger Management (PG 13)	Sunday at 7:15 p.m.
It Runs In The Family (PG 13)	Wednesday at 7:15 p.m.
X2 - X-Men United (PG 13)	June 27 at 7:15 p.m.
Bullet Proof Monk (PG 13)	June 27 at 9:45 p.m.

MCCS MISSION

The MCCS Mission: To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments. (For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

Knowledge helps protect children from abductions

As kids grow more independent, parents can teach their children to stay safe and alert

NAPS
Featurettes

While most parents teach their children not to talk to strangers, safety experts say that's less than half the battle — parents should also be focused on teaching children what to do if a stranger approaches and/or actually grabs them. Studies show once an abduction moves from verbal to physical, the vast majority of children simply don't know what to do.

The news may seem particularly unnerving considering each year, the Department of Justice reports about 69,000 children are abducted — 1,000 of them every month by people who are not family members.

According to child psychologist Arthur H. Brand, empowering children to rescue themselves from abduction scenarios will not only help keep them safe, it could have a positive, anxiety-reducing effect as well. He says, parents should not be concerned that discussing abduction and teaching escape techniques will unduly frighten children.

Dr. Brand works as a consultant for a group that produces a new video and DVD called Give Your Kids A Fighting Chance. The program teaches children age 5 to 18 how to avoid and, if need be, es-

cape from an attacker.

"Somewhere between 'don't talk to strangers' and placing a child's photo on a missing poster, there exists a painful gap," says Paul Stanley, a father who helped create the video after his son was nearly abducted by a stranger. "As a society, we're focused on collecting finger prints and DNA samples, but we've never prepared our children to rescue themselves should they be grabbed by an abductor. And that's what's missing! Parents need to teach their children how to fight back and get away when an abductor approaches and grabs them so we don't have to hang posters and submit prints anymore."

The Fighting Chance method was created by the Israeli military for their citizens and is taught by specialists, Rick Seid and Guy Dar, on the video.

The instructional video enlists several youngsters to teach techniques that empower children to recognize and avoid dangers and for the first time, how to disable an abductor and rescue themselves if need be. It's actually easy and fun to learn.

The New York Times reported that the tactics covered in the video make it possible for a 5-year-old to get away from a full-grown man.

"Our kids are unprepared for what could be the most terrifying experience of their lives," says in-

A Fighting Chance Child Safety Tips

- Always let parents know where you are going, who you'll be with and what time you'll be home.
- Do not answer the door if you are home alone.
- Never open the door to a stranger.
- Never say you are home alone when answering the phone.
- Never play in isolated areas or inside/near deserted buildings.
- Never enter any car unless a parent has said it is OK.
- Never take gifts or candy from strangers.
- Always go with your instincts and go somewhere safe if you feel fearful of someone.
- Never stop fighting back and look for an escape route.

structor Rick Seid. "Should the unthinkable occur, we can instruct the child on how to escape a dangerous situation!"

Parents can download 50 safety tips by visiting the video's Web site at www.kidsfightingchance.com. DVD/VHS copies of Give Your Kids A Fighting Chance can also be purchased on the site.



Petty Officer Donna Liggins

Experts say parents should teach their kids what to do in case of an abduction, and always keep watch.

ON THE MENU

Anderson Hall will serve the following this week:

TODAY	Baked Turkey & Noodles Steamed Rice Ginger Molasses Cookies Spice Cake w/Butter Cream Frosting	Parsley Buttered Potatoes Egg Noodles Peanut Butter cake w/Peanut Butter Frosting Asst Fruit Pie	Potatoes Steamed Rice Oatmeal Cookies Strawberry Shortcake Asst Fruit Pie
LUNCH			
Pepper Steak Southern Fried Catfish Rice Pilaf Potatoes Au Gratin Sugar Cookies Asst Fruit Pie			
DINNER			
Beef Pot Pie Roast Turkey Paprika Butter Potatoes Steamed Rice Sugar Cookies Asst fruit Pie			
SPECIALTY BAR			
Pasta Bar			
SATURDAY			
DINNER BRUNCH			
Baked Lasagna Chicken Parmesan Pizza Slices Garlic Bread Marble Cake W/ chocolate icing Asst Fruit Pie			
SUNDAY			
DINNER BRUNCH			
Barbecue Beef Cubes			
	MONDAY	DINNER	SPECIALTY BAR
	Meat Loaf Pork Ham Roast Steamed Rice Mashed Potatoes Chocolate Chip Cookies Asst Fruit Pie	Turkey Pot Pie Sweet & Sour Pork Steamed Rice Parsley Buttered Potatoes Peanut Butter Cake w/Peanut Butter Frosting Asst Fruit Pie	Hot Dogs
	LUNCH	SPECIALTY BAR (LUNCH AND DINNER)	THURSDAY
		Taco Bar	LUNCH
			Turkey A La King Beef Porcupines Mashed Potatoes Boiled Egg Noodles Marble Cake w/Chocolate Cream Frosting Pineapple Upside Down Cake Asst Fruit Pie
		WEDNESDAY	DINNER
		LUNCH	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
		Pork Adobo Beef Yakisoba Steamed Rice Pork Fried Rice Oatmeal Cookies Strawberry Shortcake Asst Fruit Pie	
	TUESDAY	DINNER	
	LUNCH	Steak Smothered w/Onions Southern Fried Catfish Mashed	
	Simmered Corned Beef w/Mustard Sauce Honey Glazed Cornish Hens		



NAPS

Mushrooms gives you full-meal satisfaction without weighing you down.

Mushrooms add a new spin to old chef's salad

NAPS Featurettes

When the weather is warm and the idea of cooking leaves you cold, stock your refrigerator with basics for main-dish salads—fresh white mushrooms, crisp cucumbers, sweet red peppers, a variety of greens, and a few ready-to-eat ingredients from the deli.

Chef's Salad Italiano combines sliced white mushrooms, smoked turkey strips, provolone cheese, tomatoes, romaine and other tasty ingredients, giving a new twist to this traditional favorite. Choose from prepared

roasted garlic or Caesar salad dressing to top off this meal-in-a-bowl.

There's a nutritional bonus when you toss mushrooms into a salad. They are great sources of B-vitamins and other essentials such as heart-healthy potassium and the antioxidant selenium.

For more creative salad recipes, send a stamped, self-addressed envelope to: Mushroom Salads, P.O. Box 636, New York, NY 10159-0636.

CHEF'S SALAD ITALIANO

8 cups romaine lettuce in bite-sized

pieces
1 pound fresh white mushrooms, thickly sliced (about 6 cups)

8 ounces sliced smoked turkey, cut in strips

4 ounces sliced provolone cheese, cut in strips

1 medium tomato, cut in 8 wedges
1/2 cup thinly sliced red onion

1/2 cup prepared roasted garlic or Caesar dressing

In a large salad bowl, place lettuce, mushrooms, turkey, cheese, tomato and red onion. Add dressing; toss well.

YIELD: 4 one-cup portions

WORD TO PASS

MALS-24 Family Day

Marine Aviation Logistics Squadron 24 will be hosting a MALS-24 Family Day at Riseley Field June 27. The event will kick-off at 11:30 a.m. until 3 p.m. All MALS-24 Marines and Sailors are invited to attend.

2003 FBI Recruitment

Are you interested in a career with the FBI as a Special Agent?

Learn about the requirements for applying to the FBI by attending the FBI career seminar on June 27 from 10 a.m. to noon at the Prince Kuhio Federal Building, Room 5-208, located at 300 Ala Moana Blvd.

For reservations and additional information on future seminars, contact FBI Special Agent Kal Wong at 566-4488.

Zanzanbar Presents Country Music and Dancing

Willie Nelson's Old Whiskey River presents country music and dancing at Zanzabar in the Waikiki trade center.

Military members get in free before 9 p.m. Coupon available in all of the military newspapers around Oahu.

Free dance lessons every wednes-

day from 7-10 p.m. \$3 all night parking on seaside.

Hosted by KHCM AM 940's Charlie Garrett.

Prizes will be available to win throughout the week. Such as free dinner at Longhi's or a 3-month membership to Golds Gym.

Girl Scouts Now Accepting Applications

Girls entering the first through 12th grade this fall are invited to participate in the Girl Scouts' "Summer Fun" activities, in and around their neighborhoods, including within military family housing areas.

Scheduled activities are designed to help girls explore and discover their abilities, make new friends, and become a self confident young lady.

Girls who are not Girl Scouts can join for the summer at \$7. Prices of activities range from \$3 to \$25; however, spaces are limited.

To receive information, send your name, address and phone number to the following e-mail address: jareilly@girlscoutshawaii.org.

Mail correspondence to Summer Fun, Girl Scout Council of Hawaii, 420 Wylie St., Honolulu HI 96817.

Sempertoons

www.sempertoons.com



"COOKS having FUN!"

MARINE MAKE-PONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

year warranty, \$400. Call 253-0657.

2001 Intrepid, fully loaded, air conditioning, in great condition, 16K miles, \$12,000 OBO. Call 778-3979.

2000 Volvo V70 Wagon, excellent condition, \$16,600. Call 254-7175.

2000 GSX-R 750, 1,600 miles, garage kept. Moving off island, need to sell. Many extras, bra, bike cover, alarm. \$7,500 OBO. Call Rico at 222-9146.

1999 Kia Sephia, 40,000 miles. Asking \$4,500 OBO. Call 254-3665 or 783-7662.

1999 RAV-4L, fully loaded, with warranty, 58K miles, \$11,000, 5-speed, call 254-2044.

1997 Dodge Neon, runs well, \$3,250 OBO, must sell. Call 254-2362.

1993 Ford Escort LX, 4-door sedan, 5-spd., power windows and locks, like-new interior, runs great. Original owner. \$2,000 OBO. Call 261-4867 or 256-8972.

1990 Honda Accord LX, air conditioning, PW/PD, great condition, \$3,700 OBO. Call 254-2350 or 721-7721.

1990 Jeep Wrangler, excellent condition, \$5000, contact 782-2575.

1987 Jeep Cherokee, excellent condition, \$2,500, contact 782-2575.

1983 Porsche 944, runs, but needs body work, \$1,200. Call 262-7953.

Appliances

Air conditioner, 20K BTU, w/3-

Miscellaneous

Officer's Evening Dress uniform, size medium-regular, \$200. Call 253-0657.

Treadmill, Proform 585 TL w/Pulse Meter, 18" belt, excellent condition, \$150.

Graco Pak and Play, play pen and bassinette, great condition, \$60. Call Nancy at 247-1882.

Free Makepono

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 information.

Incorporating learning into kids' summer fun

NAPS

Featuring

For children, learning is an ongoing process — one that continues even after the last bell of the school year. Just because families are gearing up for fun, sun and relaxation, that doesn't mean educational activities can't be incorporated into vacation plans.

Educators remind parents that time off from school shouldn't mean a vacation from learning. Research shows that the pre-frontal cortex of the brain is growing during the first 20 years of a child's life and so the child should always be nurturing, fueling and exercising his or her brain. A lack of learning activities during the summer months could result in lost stimulation during a critical development period.

"It is just as important for children to participate in learning activities that exercise their growing minds as it is to be involved in physical activities that keep their bodies healthy and strong," says Andrea Pastorok, Ph.D., education specialist for Kumon Math and Reading Centers.

Dr. Pastorok recommends the following activities that incorporate learning and engage a child's brain:

Reading and Writing

- Encourage your child to read aloud to a family member each day
- Write letters together and send to grandparents or friends
- Visit the library weekly, inquire about special events

Math

- Build a kite with your child, cut and measure shapes. Take the kite out for a test flight
- Teach your child to keep score. Review batting averages or other statistics from the sports pages

Science

- Help your child plant some flower or



Petty Officer 2nd Class Donna Liggins

Even during the summer months, parents should encourage their children to read.

vegetable seeds and chart their growth

- Take walks in the neighborhood or a park, learn about native plants and animals

History

- Share stories about the history of your family, and work together to draw a family tree

- Research the founders of your town, and visit historical sites

Art

- Tour an art museum or art exhibit at a county fair

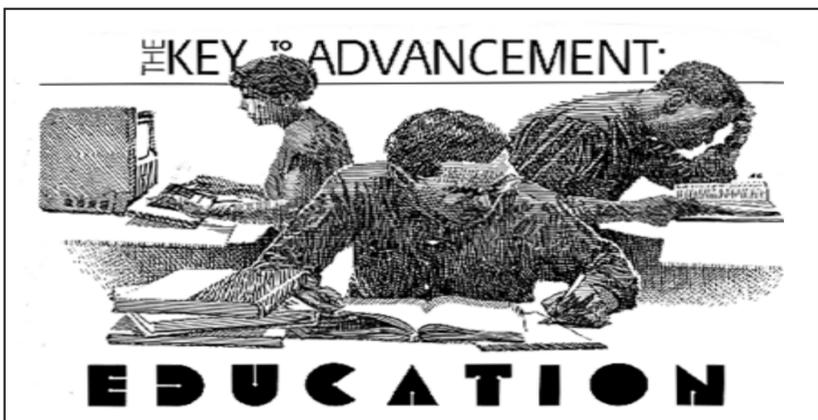
- Encourage your child to draw a picture and give it to a neighbor or friend

Music

- Provide children with household items and let them make their own instruments

- Help them write a song and perform it together

No matter what you do, always find something genuinely positive to say to your child every day.



GUNG-HO



SALUTES

Marine Corps Air Facility



Air Traffic Controller of the Year

Petty Officer 1st Class Kenneth Patterson, was selected for Air Traffic Controller of the Year and Senior Sailor of the Quarter, 2nd Quarter.

Patterson, assigned to Marine Corps Air Facility, MCB Hawaii, Kaneohe Bay, was recognized for his outstanding professional achievements, superb leadership and dedication to the division as well as the Navy.

Air Traffic Controller of the Quarter

Petty Officer 2nd Class Zachary Hunziker,

was selected for Air Traffic Controller of the Quarter, 2nd Quarter.

Hunziker, assigned to MCAF, MCB Hawaii, Kaneohe Bay, was recognized for his outstanding duties as an Air Traffic Controller, and professionalism as well as getting fully qualified as a Facility Watch Supervisor.

Junior Sailor of the Quarter

Petty Officer 2nd Class Shawn Mulvaney was selected for Junior Sailor of the Quarter, 2nd Quarter.

Mulvaney, assigned to Air Traffic Control, MCAF, MCB Hawaii, Kaneohe Bay, was recognized for his distinguished performance as an Air Traffic Controller and his high degree of motivation and personal initiative toward his Air Traffic Control qualifications.

Prepare with proper car care

NAPS
Featurettes

Warmer temperatures mean it's time to check your car. According to the Car Care Council, nearly eight out of 10 vehicles on the road need maintenance or repair.

With a little maintenance now, it may be possible to prolong your car's life and prevent costlier repairs down the road. Here are answers to some common vehicle care questions:

Q: I didn't keep up with preventive maintenance during the winter. How will that affect my car in the long term?

A: Winter weather can be particularly taxing on your car. Increased stop-and-go driving can be tough on your motor oil and extreme temperature fluctuations can cause moisture accumulation in your fuel line. Have the car serviced, and consider having it inspected by a qualified repair shop if larger problems are discovered.

Q: How do I prepare my car for spring weather?

A: Some of the routine maintenance you should perform for spring includes inspecting belts and hoses for cracks or leaks; in-



Petty Officer 2nd Class Donna Liggins

Taking care of car maintenance now can prevent problems later on.

specting the air filter; checking tire treads and inflation; and changing windshield wiper blades if they are damaged.

Overheating also becomes a bigger problem in warmer weather, so pay particular attention to your car's radiator fluid level and coolant overflow reservoir.

Q: In cleaning my car, should I keep anything special in mind?

A: While washing your car, don't forget to spray underneath.

Road salts used during the winter may have accumulated under the steel frame, especially behind the rear wheels, and should be washed away before they corrode.

Also, wax your car and check the body for minor scrapes and paint loss. Where necessary, fill them in with touch-up paint so rust doesn't form or spread.

For more information on how to take care of your car, visit www.jiffylube.com.

Stay on the road with car safety

NAPS
Featurettes

Today's busy schedules and high-tech vehicles may discourage tinkering, but motorists can still be involved in car care. According to the National Institute for Automotive Service Excellence, good communication can help ensure satisfactory auto service.

Here's a checklist to help:

Before Taking Your Vehicle In For Repairs Or Service

- Read the owner's manual.

- Follow the recommended service schedules.

- Keep a log of all repairs and service.

- Don't ignore warning signals.

- Inspect your car frequently for: unusual sounds, odors, drips, leaks, smoke, warning lights, changes in acceleration, engine performance, gas mileage, fluid levels; worn tires, belts, hoses; problems in handling, braking, steering, note under what conditions the problem occurs.

At The Repair Establishment

- Be prepared to describe the symptoms.

- Bring a list of symptoms.

- Let the technician diagnose and recommend a remedy.

- Don't be embarrassed to request explanations.

- Don't rush the service consultant to make an on-the-spot diagnosis. Ask to be called about the problem before work begins.

- Be sure you understand all shop policies regarding labor rates, guarantees, and acceptable methods of payment.

- Leave a telephone number.