

LIFESTYLES

‘Uh ... you want me to do what?’

J
A
N
E



Above — Second Bn., 3rd Marines, spouse Nicole Bowen tries to make her way down the bars of the ‘O’ Course safely.

Left — Private First Class. Jucian Vargas, a rifleman with Echo Co., 2/3, flips over the bars to demonstrate how it’s done for family members.

WAYNE DAY

2/3 families ‘get some’

Story and Photos by
Lance Cpl. Jessica Mills
Sports Editor

Forty-one Marines and their spouses from 2nd Bn., 3rd Marine Regiment, participated in Jane Wayne Day — an event that periodically gives each spouse the opportunity to experience a variety of training — June 15, aboard MCB Hawaii, Kaneohe Bay.

“The training we do is a mystery to many of the Marines’ family members,” said Maj. David Bradney, operations officer for 2/3. “A day like this provides them with a chance to see what we do every day.”

In the spirit of the event, many of the participants arrived dressed in camouflage utilities.

Their day began with an explanation of the obstacle course, then the option to try to navigate the series of challenges. Marines assisted them with the more demanding obstacles.

“I’ve been waiting for this for over a year. It’s so exciting,” said Julie Barrett, head

swim instructor at K-Bay’s base pool. “It’s especially motivating for spouses. Being able to work with your husband for the day can really help improve the communication in a marriage.”

After family members tackled the course, 2/3 gave them a period of instruction in Marine Corps martial arts.

They travelled to Range 5 at the Range Training Facility and attended a weapons demonstration on the M-240G and the MK-19 automatic grenade launcher.

There, family members received a brief on the basic rules and procedures for firing weapons at the range. Marksmanship instructors also provided them information about the M16-A2 service rifle, the M-203 grenade launcher and the M-249 squad automatic weapon (SAW).

Then, with coaches overseeing the line, family members took turns familiarizing themselves with each weapon.

“I had so much fun, especially with the SAW,”

said spouse, Charlotte Berry. “Now I’m a little jealous that my husband gets to do this.”

The leathernecks from 2/3 escorted their family members to Landing Zone Eagle, where they observed and learned the functions of a Command Operations Center, a Battalion Aid Station and weapons such as the M-224 60mm mortar system and the shoulder-launched multi-purpose assault weapon.

At the end of the day, family members relaxed in tents provided by 2/3 and enjoyed a tasty and “educational” lunch, consisting of Meals-Ready-to-Eat and water. Several Marines showed them how to prepare the “sumptuous” meal.

“They don’t realize what we have to eat when we’re in the field. It’s a lot different when you eat them every day for a couple of weeks,” said Lance Cpl. Nathan Overman, a rifleman with Echo Co., 2/3, laughing as he instructed his wife, Mamii,

See 2/3, B-4



Above — Julie Barrett, a 2/3 spouse, climbs the rope to the very top during Jane Wayne Day.

Above Right — Second Bn., 3rd Marines, spouse Sarai Garrett covered herself in a guillie suit and aimed in.



“I’m a little jealous that my husband gets to do this.”

Charlotte Berry
Family member



Above — Second Lt. Neil Berry, platoon commander for Golf Co., 2/3, gives his wife Charlotte Berry a leg-up over the ‘O’ Course wall.

Below — Marines with 2/3 instruct family members like spouse Julie Barrett on the different firing positions used on the range.



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POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JULY

5 / Friday

Floral, Fauna & Fountains — Due to renovation, the Officers Club pool is closed until mid-August. Once open, all members and guests will enjoy a tropical atmosphere complete with exotic floral, fauna and fountains.

Club members and guests should enter the club for all events through

the temporary Mongolian Barbecue Pit entrance.

For more information, call 254-7649.

7 / Sunday

One with Nature — Break away from the daily grind and head outdoors.

Make the most of summer and pack up family and friends for a weekend camping excursion.

The Outdoor Recreation Center (ORC) has everything you'll need from tents, grills, lanterns and more.

Camping sites at the Hale Koa Beach may also be reserved on a first-come, first-served basis.

The ORC is located at the Base Marina.

For additional details, call 254-7667.

8 / Monday

Money, Money, Money — It's a double coupon craze at the 7-Day Store. Hurry in to save twice the face value on most coupons.

Some restrictions may apply.

Call the 7-Day Store for details at 254-7645.

Transition Assistance Program Seminar — July 8 - 11 at the Base Theater from 8 a.m. - 4 p.m. attend the Transition Assistance Program Seminar.

Service members who are separating from the military within six months must attend this brief.

Spouses are welcome to attend.

For more information, call 257-7790.

Rendezvous at the Rocker Room — All Staff NCO club members, bring yourself and your guests to the Rocker Room for dancing, billiards, good food and great company.

The Rocker Room is open six days a week: Monday, Tuesday and Thursday, 4:30 - 7:30 p.m.; Wednesday, 4:30 p.m. - midnight; Friday, 4:30 p.m. - 2 a.m.; and Saturday, 6 p.m. - 2 a.m.

For more Rocker Room details, call 254-5592.

9 / Tuesday

Babies, Bottles & Booties — If you're expecting, the New Parent Support Program invites you and your spouse to attend the next Dad's Baby Boot Camp and Mom's Basic Training seminar July 9 and 10 from 8:30 a.m. - 4:30 p.m. at the CREDO Compound.

Reservations are required.

Call 257-8803 for more information.

11 / Thursday

Key Volunteer Refresher Training — Get up-to-date with the latest information and resources through the Key Volunteer Center during this brush-

up brief scheduled from 5:30 - 8:30 p.m. at the KV Center, Bldg. 3022.

Call 257-2410 for more details.

12 / Friday

Around the Rock — It's informative. It's cultural. It's free! Bring the family on the free guided bus tour around Oahu.

The tour lasts from 7:30 a.m. - 4:30 p.m. Get acquainted with your new home in paradise.

To make reservations call 257-7790.

22 / Monday

L.I.N.K.S. Evening Session — If you're a busy spouse who would like to get involved with Lifestyles, Information, Networking, Knowledge and Skills, you're invited to attend the next evening session July 22 - 25 from 6 - 8:30 p.m. at the L.I.N.K.S. House, Bldg. 3074.

Call 257-2368 for reservations and information.

23 / Tuesday

The American Dream — Create a little piece of history for yourself. Become an entrepreneur.

All authorized base patrons are invited to attend the free "Starting Your Own Business" workshop from 9 - 11 a.m. in Bldg. 3096, Room 1.

This comprehensive business session is brought to you from the Transitional Assistance Management Program, the Small Business Administration, the Internal Revenue Service and the Hawaii Business Development Center.

Reservations are required and space is limited.

For more information and to make reservations, call 257-7790.

Key Volunteer Training — Get in the "command-know," and become a Key Volunteer. If you'd like to train to become a liaison between the command and family members, please join the KV staff July 23 - 25 from 5:30 - 9 p.m. at the KV Center, Bldg. 3022.

Call Toni Spofford at 257-2410.

Deals on Wheels — The Auto Hobby Shop, located in Bldg. 3097, hosts a weekly auto auction where wheels get new owners for as little as \$100.

Here are the latest Deals on Wheels up for auction.

Year	Make	Lowest Bid
1986	Corolla	\$300
1989	Grand Am	\$600
1998	Civic LX	\$4,400
1994	VW Golf	\$700
1989	Maxima	\$500

For more information, call 254-7674.

SM&SP



All events are open to single, active duty military.

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

Program Review

BayFest Volunteers Sought: It's not too early to be thinking about Windward Oahu's largest water sports festival. Many volunteer positions are available. Call SM&SP for information.

Saturdays: Ocean-side Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. - 4 p.m. and Sundays, noon - 5 p.m. Call SM&SP for information on equipment rental fees.

Aug. 5 - 9: Sailing classes get underway at the Base Marina. Classes are convenient and inexpensive. You'll be captain after your first lesson.

SM&SP Benefits

Single Marines and Sailors enjoy these:

- At the Klipper Golf Course — free range balls, club rental at \$5 and 18 holes of play for \$8.

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

We Got It Goin' On

Have your voice heard. Make a difference. Get involved. Grow. Have a blast.

The Single Marine & Sailor Program is all about that and more.

NAPS Featurettes

Learning a few key facts about car rental can help you get on the road to getting back on the road.

Renting a car can be confusing and expensive if you don't understand industry terms and how fees are calculated. If you have a poor driving record, renting a car may be next to impossible.

Here are some important considerations, courtesy of the Federal Trade Commission.

Choosing a Rental Company

Before you reserve a car, think about the size you need and how much you're willing to spend. At the same time, be aware that vehicle classification systems vary.

The terms "compact," "mid-size" and "luxury" sometimes differ among companies.

Call several rental companies for price estimates, or check rates through your travel agent.

Ask about specials geared to the length of time you need the vehicle. Many companies offer weekly or weekend deals.

If your plans are flexible, you may be able to save money by renting a car when price breaks

are available. But be sure to ask about restrictions on special offers, including blackout dates when an advertised price may not be available.

Ask if there may be charges that could increase an advertised base rate such as Collision Damage Waiver (CDW) fees, a deposit or refundable charge, airport surcharges and drop-off fees, fuel charges, mileage fees, taxes, additional-driver fees, underage-driver fees, out-of-state charges and equipment-rental fees.

Charges and Fees

The CDW is an optional charge of \$9 to \$13 a day. Rental agents may urge you to buy this option.

Although they call it "collision damage" coverage, it's not technically collision insurance. Rather, it is a "guarantee" that the rental company will pay for damages to your rented car.

By declining the waiver, you accept responsibility for any damages. However, under CDW, the company will not pay for bodily injuries or damages to your personal property.

The coverage offered by rental companies may duplicate insurance you have through your auto

Know the tricks of car rentals, says FTC



NAPS

Before you rent a car, make sure you understand all the terms of the rental agreement.

and homeowners policies. If you're not sure about coverage, call your insurers.

A fuel charge is the amount many rental car companies add to your bill for gasoline.

Some companies give you a half-tank at a charge of \$10 to \$15 and tell you to return the car empty; others fill the tank and charge for the amount of gas you use.

Companies that do not charge for the initial tank may ask you to return the car with a full tank. If you don't, you'll be charged the

rental company's price for gasoline. It's often much higher than what you would pay at a local station.

Mileage fees usually are assessed on a cents-per-mile basis or as a flat fee when you exceed the allotted free mileage cap. Knowing approximately how far you will drive will allow you to select the company that offers the most favorable mileage terms.

For more information, call toll-free 1-877-FTC-HELP or visit www.ftc.gov.

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 and \$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.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

- Scorpion King (PG13)
- Murder by Numbers (R)
- Changing Lanes (R)
- High Crimes (PG13)
- Scorpion King (PG13)
- Changing Lanes (R)
- Spiderman (PG13)
- Life or Something Like it (PG13)
- Changing Lanes (R)
- Jason X (R)
- Scorpion King (PG13)

- Today at 7:15 p.m.
- Today at 9:45 p.m.
- Saturday at 7:15 p.m.
- Saturday at 9:45 p.m.
- Sunday at 3:30 p.m.
- Sunday at 7:15 p.m.
- Wednesday at 7:15 p.m.
- July 5 at 7:15 p.m.
- July 5 at 9:45 p.m.
- July 6 at 7:15 p.m.
- July 6 at 9:45 p.m.

Suicide devastates everyone concerned

In the military, suicide commands an unfortunate position as the second leading cause of death

Sara Davis

Lifelines Services Network

Sailors and Marines understand that the military life is inherently dangerous. When they serve their country, sacrifice can be the harsh reality for their patriotism.

No one wants it. No one expects it or even embraces it. Yet death is ingrained into the thoughts, the actions, the core of warriors. To avoid death in a military action, they must train for contingencies and forge on — even through the terror death can bring.

When death comes at one's own hand, however, no amount of training and no amount of preparation will provide respite for the enduring emotional trauma inflicted on the survivors — the family members, colleagues and friends of the suicide victim.

These survivors often live for years with the pain, anger and guilt that suicide brings.

Sometimes they never recover.

Suicide is typically a result of a treatable medical condition, not a result of character weakness or defect. Yet, survivors may spend years analyzing what went wrong. They may blame themselves for their loved one's actions and struggle to rebuild their shattered lives and emotions.

There is no doubt that a person contemplating suicide is in extreme pain and turmoil. Many times signs are apparent that someone is contemplating suicide, but not always. These signs may be difficult to spot in a Sailor or Marine, especially because of the stereotypical strength of mind, body and spirit that Sailors and Marines are expected to possess.

It's hard to admit weakness for most, but it's even more difficult in a culture of toughness.

But the Navy and Marine Corps team is made up of human beings — people who experience ranges of disappointments, financial troubles, relationship failures,

substance abuse, depression, illness and everything else that life can bring. For some, suicide seems like the answer to these problems.

As the second leading cause of death in the military (after accidents), suicide is a regrettable choice too many Sailors, Marines and their family members make.

Because of the short- and long-term devastation a suicide brings, the Department of the Navy has developed an extensive suicide-prevention program to provide options for those contemplating taking their own lives.

The most important aspects of any prevention program are awareness and action. Resources exist on every base and station and on every ship in the fleet to help a man or woman in distress.

The chaplain, the Fleet and Family Support Center (FFSC), Marine Corps Community Services (MCCS), the chain of command, medical personnel, and the military police can all provide immediate assistance and support.

What Can You Do? "Aid Life"

- **Ask** questions about suicide. "Are you thinking about suicide?" "Are you thinking about hurting yourself?"

- **Intervene.** Immediately take action and give help.

- **Do not** keep a secret. Tell others immediately.

- **Let** the watch, duty, medical or a chaplain help.

- **Inform** your chain of command. Let it know so someone can help.

- **Find** someone to stay with you, if you are contemplating suicide, or with anyone you know who may be contemplating suicide. Do not be alone.

- **Expedite.** Get help immediately.

Who is at Risk?

Anyone in the following categories is at risk: the young, marrieds, the old, sin-

See SUICIDE, B-7

'Top-Up' tuition assistance is available



'Education Matters'

from the desk of the
Joint Education Center

By **Loretta Cornett-Huff**
Education Services Officer

On Oct. 30, 2000, then President Bill Clinton signed into law an amendment to the Montgomery G.I. Bill (MGIB) — the bill the active duty education program that permits the Veterans Administration (VA) to pay a tuition assistance "Top-Up" benefit.

The amount of the benefit can be equal to the difference between the total cost of a college course and the amount of tuition assistance that is paid by the military for the course.

To be eligible for the Top-Up benefit, the person must be approved for federal tuition assistance by a military department and be eligible for the MGIB - Active Duty benefits.

To be eligible for MGIB benefits, the person must be an active duty MGIB participant who has served at least two full years on active duty. The amount of the benefit is limited to the amount that the person would receive for the same course if regular MGIB benefits were being paid.

In no case can the amount paid by the military combined with the amount paid by VA be more than the total cost of the course.

If a person receives the Top-Up benefit, his or her regular MGIB benefits will be reduced. The amount of entitlement charged for Top-Up payments is determined by dividing the amount of the payment by the claimant's full-time monthly rate.

The benefit is available for all courses that began on or after Oct. 30, 2000.

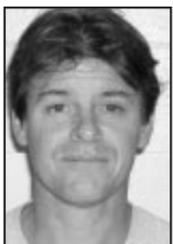
A copy of the tuition assistance authorization form for the course, which has been signed by an authorized military official, will be required.

People who have not requested MGIB benefits before should submit a VA Form 22-1990 to establish eligibility.

The application and other evidence should be sent to one of VA's four education processing offices in Atlanta, Buffalo, Muskogee (Ola.), or St. Louis.

The application form and the addresses of the offices are available on the Internet at www.gibill.va.gov/. Review the links on the left of the home page. Claims should specify that tuition assistance Top-Up is being claimed. At this time, the Top-Up program is not available to persons who are eligible for the MGIB Selected Reserve program.

Rock 'n Roll legends dazzle, recall times



"Take a walk down memory lane with me..."

Story and Photos by

Steven Kalnasy

Special to the Hawaii Marine

Remember when you were a kid and your parents told you to "turn that music down," or asked "what is that junk you're listening to?" and said "that noise is going to rot your brain?"

I find myself saying the same things to my kids when they turn on the radio or play in their favorite compact discs by Aaron Carter, Brittany Spears or N'Sync.

The difference, I suppose, is that the music I was listening to was Grand Funk Railroad, Cream, the Raspberries, and other such rock bands from my youth.

Music restores memories, and we all have a different, personal account of its impact on us.

When I heard about a show that was coming to town that would be made up of all my favorite acts from a bygone era — the 70s — I couldn't resist the opportunity to get in my way-back machine and remember when.

The show I am referring to was "A Walk Down Abbey Road," which featured Jack Bruce (Cream), Todd Rundgren, Alan Parsons, Christopher Cross, Mark Farner (Grand Funk Railroad) and Eric Carmen (The Raspberries).

The show was billed as a tribute to the Beatles, with the added benefit of these rock legends performing some of their own songs as well.

The Blaisdell Arena was the venue for my trip down memory lane. The show proved well worth the cost of the ticket.

The show began with each of these men performing selections of their own work, interspersed with their favorite Beatles tunes.

We were serenaded with songs like "Hello, It's me," by Rundgren; the Crosses' "Sailing" and Carmen's "All by Myself." We were rocked by Grand Funk's "I'm your Captain" and "Some Kind of Wonderful," and Cream's 60's anthem "Sunshine of Your Love," by Jack Bruce.

Bruce's performance brought the house down and caused a rush on the stage by the audience, by young and old alike.

As advertised, the show was broken



Above — Mark Farner, guitarist and vocalist for 70s supergroup Grand Funk Railroad, was just one of the special guests playing tribute to that decade. Below Left — The second half of the show was a tribute to the Beatles. Below right — Jack Bruce goes over the song order before his set.



into two sets — the first playing original works by the musicians, and the second doing Beatles' covers.

During the intermission, I spoke with Navy Capt. Ted Algire, assigned to the Commander in Chief, U.S. Pacific, here in Hawaii. I asked what compelled him to come out to the show.

"These were the bands that I grew up with," he said. "I never had the chance to see them back then." Echoing my sentiments, he explained that he may never have the opportunity again, as the guys aren't getting any younger and the chance to see the legends of rock & roll is fast diminishing.

As lights came down, the second half of this spectacle was about to start. I wondered how the second half of the show could compare to what I had just witnessed.

Every song played that night was as billed. All six of the talented music greats played tribute to the "Fab Four" with their electric and unplugged rendi-

tions of Beatles' favorites like "Paperback Writer," "I Wanna' Hold Your Hand," "Birthday" and "Norwegian Wood."

The show was highlighted with a special tribute to George Harrison, who passed away earlier this year.

As follow up to an outstanding show, I was fortunate to be able to interview Eric Carmen and Mark Farner.

Not knowing what to expect from these classic rockers, I was both surprised and impressed by their wit and character.

These two men are very aware of the world around them, and they have strong opinions of the events that are shaping our world.

Mark Farner, who was the guitarist, lead singer, and writer of nearly all of the songs for the 70's super group Grand Funk Railroad, was the first to speak with me.

Farner grew up in Flint, Mich., where his dad was a fireman. His father lost his

life when Mark was just 9 years old.

"My dad served in the Army during World War II," he said. "Even though I lost my dad when I was so young, I felt a connection to those firefighters who lost their lives on September 11th."

A thoughtful, serious, determined man, Farner was also lighthearted in his conversation with me. He talked about the days when he toured with Grand Funk, about how it felt to receive the red carpet when they played in New York, and lamented the soured reunion tour with his old band, which was due to conflicts with his former band mates (Don Brewer and Mel Schacher).

"I didn't want to do it unless it would be good for the fans," he said. "This is a lot of fun, and I love playing the Beatles' songs," he added, speaking of the current tour.

This past October, Farner participated in Volunteers for America.

"America had lost her identity, and we wanted to raise awareness of that fact," he explained. "By raising that awareness of where we were, we wanted to bring the Nation closer together," he continued, "to restore the values that America was founded upon."

Carmen echoed the sentiments of Mark Farner. He explained his experience getting drafted in 1968 — Number 349 — during the Vietnam War, and how he was declared "4-F," which disqualified him from service.

Although disqualified, he continued to participate in the ROTC program at John Carroll University.

"At that time, I was a Kennedy Democrat," said Carmen. "Today, I am more of a Reagan Republican," he laughed, intrigued with the irony of being a rock & roll musician from the liberal 1960s to a conservative today.

There's more to Carmen than meets the eye. He is the youngest person to be trained at the Cleveland Symphony. When just 2 years old, he began to play the piano.

"My aunt played the piano with the orchestra, and I guess it rubbed off on me," he explained.

Carmen is a thoughtful, deep thinking man, with a passion for life. At the center of his life is his son Clay and his wife Susan. "I love being a dad," he said.

One thing became very clear to me from my interviews with these two music legends. Their love for their families, their music and their country are the foundations of their lives.

I was very fortunate, indeed, to be briefly associated with them. If you want to see a great concert this summer, take "A Walk Down Abbey Road."

"You will be glad you did."

2/3: Jane Wayne events captivate, motivate spouses

From B-1

on cooking with the MRE's portable heater.

"Participating in a day like this helps family members appreciate their Marines and what they do," said Bradney.

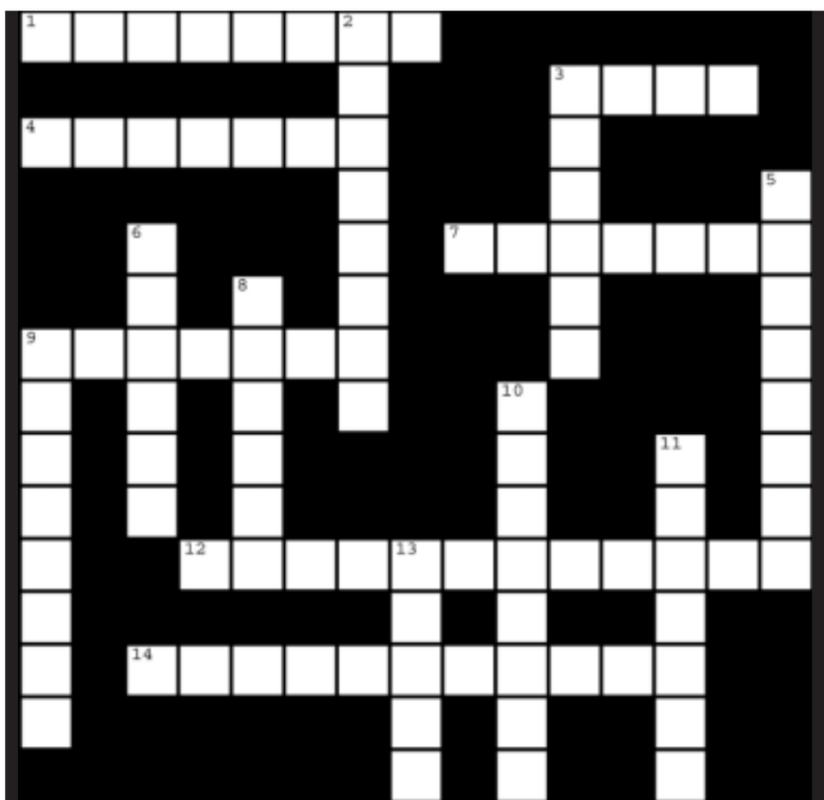
"Now, when these Marines come home and talk about their day, their families will understand what they are talking about. It really helps readiness."



Far Left — Lance Cpl. Cesar Cortes and Lance Cpl. Sergio Correa, both squad leaders with Echo Co., 2/3, demonstrate the two ways to climb a rope.

Left — Corporal Ryan Pusins, an assaultman with Weapons Platoon, 2/3, instructs his wife Jessie on how to handle the SMAW.

Build Your Vocabulary



ACROSS

1. A detective
 3. A long detailed account
 4. To damage the quality of
 7. A procession or group of attendants
 9. Of or pertaining to rain; rainy
 12. A preference
 14. Notably or brilliantly

outstanding because of dignity or achievements or action; eminent

DOWN

2. Liable to be brought to account; answerable
 3. Smug; flattering, oily, gushing
 5. Speech or action causing discontent or rebel-

- lion
 6. Keeness of perception; sharpness
 8. A nervous state of indecision
 9. Emotionally moving
 10. The act of making a conscious choice
 11. To deny or contradict
 13. Praise highly
(Stumped? See page B-6)

Web watch: Sites to help inform

- √ Federal Trade Commission at www.ftc.gov.
- √ NASA at www.nasa.gov
- √ The Money Pit radio show at www.888moneypit.com.
- √ National Kidney Foundation at www.kidney.org.
- √ National Highway Traffic Safety Administration at www.nhtsa.com.
- √ Institute for Business & Home Safety at www.ibhs.org.
- √ National Institute of Mental Health at www.nimh.nih.gov.
- √ Asthma options at www.MyHealth.com.

HPU offers EMSIS

Hawaii Pacific University
Press Release

Hawaii Pacific University is offering a cutting-edge degree program this fall for military and civilian personnel from all branches of government called the Executive Master of Science in Information Systems (EMSIS) at Hickam Air Force Base.

The program is a fast-paced, 20-month graduate degree program offered exclusively at Hickam. It will focus on advanced technology and leadership concepts and be the first to meet needs of military campuses.

Classes will be held Thursday nights from 5:30 to 9:30 p.m. and Saturday mornings from 8 a.m. till noon.

The program gets underway Oct. 3, 2002, through March 2004. Only 16 seats are available for the course.

Call 544-0278 for more details.

SUICIDE, From B-3

gles, males, officers, females, enlisted, active duty members, family members, reservists, and retirees.

What are the Warning Signs?

- Talks or hints of suicide.
- Depressed moods.
- Impulsive anger.
- Substance abuse.
- Relationship difficulties.
- Legal troubles.
- Financial problems.
- Performance and work difficulties.
- Isolation and withdrawal.

If you or someone you know is suicidal, it cannot be overstated to seek immediate action.

Again, suicide is not a result of a character weakness or defect. Neither is asking for help.

On the Menu at Anderson Hall

Today	Saturday	Dinner	(For Lunch and Dinner)	Friday
<p><u>Lunch</u> Seafood Platter ≈Fried Fish Nuggets ≈Fried Shrimp ≈Fried Scallops ≈Breaded Oysters Lasagna Baked Ravioli Macaroni and Cheese Chewy 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 Chewy 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>Dinner/Brunch</u> Herbed Rock Cornish Hen Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Sunday</u></p> <p><u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Chocolate Layer Cake w/Chocolate Cream Frosting Asst. Fruit Pies</p> <p><u>Monday</u></p> <p><u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Asst. Fruit Pies Chocolate Chip Cookies</p>	<p><u>Dinner</u> Baked Turkey and Noodles Baked Fresh Fish Rice Pilaf Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p><u>Tuesday</u></p> <p><u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Asst. Fruit Pies Chocolate Pudding</p> <p><u>Dinner</u> Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Asst. Fruit Pies Chocolate Pudding</p> <p><u>Specialty Bar</u></p>	<p><u>Wednesday</u></p> <p><u>Lunch</u> Barbecued Spareribs Country Style Steak Steamed Rice Mashed Potatoes Asst. Fruit Pies Oatmeal Cookies</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><u>Thursday, Independence Day</u></p> <p><u>Dinner/Brunch</u> Grilled Steak to Order Barbecued Chicken Baked Potatoes Rice Pilaf</p>	<p>Strawberry Shortcake Peach Pie Banana Cream Pie</p> <p><u>Friday</u></p> <p><u>Dinner/Brunch</u> Beef Balls Stroganoff Baked Fish Filets Macaroni & Cheese Steamed Rice Raisin Drop Cookies Asst. Fruit Pies</p>

*** The Anderson Hall dining facility will be running holiday meals from July 4 - 7, in recognition of the Independence Day holiday. Throughout this time period, the Satellite Facility (at the flight line) will be closed. Holiday meals hours will run:*

- During Breakfast/Brunch from 8 - 11 a.m.
- During Dinner/Brunch from 4 - 6 p.m.
- Normal hours of operation will resume July 8.

Worth Repeating: "Have regular hours for work and play, make each day both useful and pleasant, and prove that you understand the worth of time by employing it well."

—Louisa May Alcott

Water Conservation.

It's everyone's responsibility

Did You Know?



NAPS

A rhinoceros beetle can support up to 850 times its own weight on its back.

WORD TO PASS

FBI Recruits at K-Bay

Interested in a career with the FBI? Learn about requirements for applying by attending the FBI career seminar on July 8, at MCB Hawaii, Bldg. 267, Classroom 2, from 10 a.m. - 4 p.m. For additional information, contact 257-7790/7795.

Navy League Seeks TV Volunteers

A new monthly TV show called "Now Hear This," to be produced by the East Oahu Council of the Navy League of the U.S., will begin in September on Oahu's Olelo community access Channel 52.

The program will highlight some of the more unique and often unpublicized activities of the Navy, Marine Corps and Coast Guard in Hawaii.

Volunteers are needed to help produce the show, which will be run entirely by volunteers and local residents who are interested in such TV production aspects as camera operations, audio engineering, videotape editing, directing and other critical areas like script writing.

Oleo will provide required training that qualifies volunteers to operate its equipment. Additionally, the Navy League will pay for volunteer training of anyone helping with the monthly production.

Give your time, learn new skills, and pick up certification, as well. Call local council president Bill Bigelow at 373-7867 to volunteer, or email him at alohabilly@aol.com.

Aquarium Hosts Tours

Each summer, the Waikiki Aquarium offers educational field trips, activities and special events for the community. Enjoy one of the following:

- Tuesdays, July 23 - Aug. 20, 8:30 - 10 a.m. or 10:30 a.m. - noon: Your youngest learners, from 1 to 3 years old, can make ocean discoveries of amazing undersea exhibits during "Small Fry." Through craft, play and guided exploration, this introduction to sea life can't be beat. Youngsters must be accompanied by an adult, and preregistration is required at \$70 for adult and child.

- Friday, 7 - 9 p.m.: Explore the night-time reef without getting wet. In this lights-out tour of exhibits, families and adults can discover the changes that take place when the sun goes down. Minimum age is 5 years old, and youngsters must be accompanied by an adult. Preregister for \$7 adults, \$6 children.

- Contact the Aquarium at 923-9741.

WAVES Seeks Members

Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii.

Meetings are held every second Saturday. For more information, call Eugenia Woodward at 623-4735.

Theater, Festivals Get Underway

If you want to be entertained, catch any of the

following performances.

- July 19 - Aug. 11 at Diamond Head Theater: "You Somebody," a world premiere musical by columnist Lee Cataluna. Performances are scheduled Thursdays through Saturdays at 8 p.m. and Sundays at 4 p.m. Tickets cost \$10 - \$40. Call 733-0274 for more details.

- July 26 - Aug. 4 at Hawaii Theater: "Once Upon One Kapakahi Time." Call 528-0506 for more information.

- Honolulu Theater for Youth: Stimulating and entertaining plays for children of all ages and adults are scheduled throughout the year by the Honolulu Theater for Youth. Call HTY at 839-9885 for a current schedule.

DOE Offers Job Fair

The Joint Employment Management System will be sponsoring a Jobs and Information Fair that offers information on various positions in the education field.

The fair will be open to active duty members, their spouses and family

members, retiree's and Department of Defense civilian employees.island-wide.

The fair will be held on July 30, at the Banyans Club on Pearl Harbor, from 3 - 5 p.m. For more details, call 473-0190.

Windward Community College Provides Computer Training

Microsoft has a testing center on the college campus and offers training in Word, Excel, Powerpoint, Access and Outlook 2000.

Anyone interested in attending may contact Diane Goo at 235-7364 for more information.

Hale Koa Offers Magical Birthdays

Make your child's next birthday magical at the Hale Koa's Magic in Paradise dinner show, and watch your worries disappear into thin air. With parties of 10 or more, you receive a free cake.

Magic and comedy for the entire family, see Magician Curtis Kam and juggler Greg Gabaylo perform magic and comedy while enjoying an all-you-can-eat din-

ner buffet, every Tuesday in the Banyan Tree Showroom. Price is only \$20.95 for adults and \$11.50 for children 4-11 years of age.

Call the Activities Desk to make your reservations, 955-0555, ext. 546.

Bishop Museum Goes Jurassic

Some of Hollywood's most famous movie critters will take center stage at the Bishop Museum on June 29. Explore the world of dinosaurs through a replica of the Jurassic Park entrance gate, taking you back millions of years in time.

Hours of operation 9 a.m. - 5 p.m daily Admission \$14.95 for adults and \$11.95 for youth 12-14 years, seniors and military. Children under 6 years are free.

For more information, call 847-3511.

Word to Pass Receives Faxes

If you have "Word to Pass," fax your items to the *Hawaii Marine* at 257-1289. Send notices of Oahu events of general interest to the military community — two weeks prior to the event date.