

## Women Warriors

Marines from Marine Corps Air Station Miramar, Calif.; Marine Corps Recruit Depot, San Diego; and MCRD's Weapons and Field Training Battalion (located at Camp Pendleton, Calif.) pose during a celebration of women in the Corps. Though women didn't officially join until 1918, some displayed their esprit de corps by donning uniforms dating as far back as the War of 1812.



Official USMC photo

This World War I recruiting poster is now a collectible.

## 'These girls are 100 percent Marine'



Sergeant Alma Fragoso, the G-4 administrative chief at Marine Forces Atlantic, fires a Benelli automatic shotgun at the MCLB Barstow rifle range. Women Marines are expected to be proficient with weapons they may use in the line of duty.

Sgt. Joseph Lee

**Sgt. Joe Lindsay**  
Combat Correspondent

(Editor's Note: March is Women's History Month, a time designated to honor and celebrate the contributions of women to our nation.

Since 1918, women have claimed the title United States Marine, and have played significant roles throughout our Corps' history.

As in the past, women are continuing to demonstrate their ability to meet any challenges that come their way, and are helping to shape the future of the Marine Corps.)

It wasn't until November 1942 that women were once again permitted to join the Marines.

The first enlisted class of 722 women completed training at Hunter College, N.Y., on April 25, 1943, and the first officer class of 75 women finished their training at Mount Holyoke College, Mass., on May 11, 1943.

Women have continuously served with the Marine Corps since then, and they have definitely come a long way since the early days when only clerical jobs were open to them.

In the Vietnam War, women Marines served in combat zones for the first time, and in the 1970s women Marines were assigned to Fleet Marine Force units for the first time.

The 1990s brought even more responsibilities and changes for women Marines, including the flying of combat aircraft.

Approximately 1,000 women Marines served in Operation Desert Shield and Operation Desert Storm, which saw Brig. Gen. Carol Mutter become the first woman of any service to take command of a major operationally deployable unit.

Mutter later went on to become the first woman Marine lieutenant general in 1996.

Today women Marines undergo the same training as their male counterparts at boot camp, and make up over five percent of all active duty enlisted personnel and over four percent of all Marine officers.

Women are no longer referred to as Marionettes, and though 93 percent of all occupational fields are open to them, women are definitely 100 percent Marine.

The role of women in the Marine Corps all began on Aug. 13, 1918, when Opha Mae Johnson enlisted as a private.

Since that time, the role of women in the Marine Corps has continued to grow, and they now serve alongside men in 93 percent of all occupational fields.

There was a time, though, when many probably felt that would never happen.

Following Johnson into the Marine Corps were 304 other women, who served as reservists under the World War I recruiting campaign of "Free a Marine to fight."

These women were not referred to as Marines, but rather as "Marionettes," and they did not attend boot camp.

All Marionettes served in clerical capacities, and less than a year after joining, though they had served with distinction, all women were discharged from the Corps.



Steve Bonstedt



Staff Sgt. Cindy Fisher

Above — Norris Deem Zabriskie, who served from 1944-47, poses next to the recruiting poster that led her to be known as the Marine Corps Cover girl from 1945-46. Zabriskie presented this original reenlistment print to Gen. Michael W. Hagee, the 33rd Commandant of the Marine Corps, during a recent ceremony at the Women in Military Service for America Memorial.

Left — A Molly Marine statue now stands outside of the Marine Corps Research Center at MCB Quantico, Va. Quantico's Molly Marine statue is a bronze replica of the original, which stands on the corner of Elk and Canal streets in New Orleans. The Molly Marine statue is an enduring symbol of the sacrifices women have made to earn the title Marine.

## Hale Koa Hotel honors children, preps for Easter

**Maureen Kinsey**  
Hale Koa Hotel

Ever been to 17 different countries, 13 different schools, moved seven times, and seen some of the greatest things in the world before you even turned 18?

Join the Hale Koa Hotel in honoring military children and the special part they play in our lives.

Bring your children to the Hale Koa's mind-boggling "Magic in Paradise Show," April 1 and 8. Children ages 4-11 will receive discounted pricing,

goody bags, door prizes and a family photo at this event.

The ticket price includes an all-you-can-eat buffet and the show.

Parents and children can also "eggs-perience" fine dining for Easter. Whether it's the lavish Easter Brunch in the beautiful

Banyan Tree Showroom, the Easter Buffet in the Koko Cafe, or the special Easter Menu in the Bibas restaurant, you can eggsperience a memorable holiday meal.

Reservations for Easter

Brunch, which is traditionally a sell-out, begin March 24.

Call the Hale Koa Activities Desk at 955-0555 to make reservations for either event.

The Hale Koa Hotel, an Armed Forces Recreation Center, is located at 2055 Kalia Road in Waikiki.



# MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Edward Hanlon V and Bobbie Brock, MCCS Public Relations

### MARCH

#### 15 / Saturday

**St. Patty's Day at the O-Club** — Celebrate St. Patrick's Day at the Officers' Club where it's all about the luck of the Irish. Head over to the Koa Bar for free pupus and an acoustic guitar performance by Larry McKenzie from 5 - 8 p.m. Plus, enjoy green beer!

#### 16 / Sunday

**Lazy Day Sunday Picnic** — Soak up some sun, and grill your own steak from noon - 5 p.m.

The Kahuna's crowd may enjoy a few beverages and great company during Kahuna's first "Lazy Day Sunday Picnic."

Spend your Sunday afternoon appreciating grilled cuisine, the Corps and Hawaii.

For more details, call the Kahuna's Sports Bar and Grill at

254-7661.

#### 17 / Monday

**St. Patty's Day at the Rocker Room** — Feeling lucky? Sport your favorite green garment and get ready to put away some "green beverages" and delicious pupus at the Rocker Room when it hosts a St. Patrick's Day Celebration from 4:30 - 10 p.m.

For more details, call 254-5592.

#### 18 / Tuesday

**Ready for an Affair** — All base families are invited to the free MCCS Aloha Fair inside the Windward Enlisted Club Ballroom from 5:30 - 7:30 p.m.

Several base and community business will be on-site to offer guests product samples, resources and services. The Aloha Fair is the ideal information expo for all new base families.

All guests will experience a lei greeting and ample opportunity to win many door prizes. Plus, free pupus and beverages will be served.

Meet your new neighbors. Meet some new friends. Start living aloha at the Aloha Fair.

Mahalo to the MCCS Aloha

Fair sponsors: AAA Hawaii, GEICO, Creative Memories, Mary Kay Cosmetics, Taco Bell and Pizza Hut.

Look for your personalized mailed invitation sent to every base residence.

For more information, contact the MCCS Marketing department at 254-7679.

#### 19 / Wednesday

**Alooha!** — If you are a spouse and new to MCB Hawaii, come check out the Spouse Aloha Orientation at the Hale Akoakoa in Bldg. 579.

Familiarize yourself with everything you need to know to make life a little easier for you and your family while stationed at such a beautiful base.

Reservations are required, so call 257-7790 or 257-7787. Free childcare is provided with your reservation.

**Taking a Bite Out of Lunch** — Are your jaws getting hungry? Head over to the new mobile lunch unit, "Sharkey's Quick Bite," located near the Base Marina.

Sharkey's is open Monday through Friday from 10:30 a.m. to 1:30 p.m., and you can feast

on its Quick Bite menu of hot dogs, hamburgers, sandwiches, chips, soda and more.

For Sharkey's information, call the Food & Hospitality Department at 254-7641.

**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 stock movie at the regular price and rent the second stock movie for \$1. (Sorry, no new releases with this deal.)

#### 20 / Thursday

**Storytime at the Base Library** — Every Thursday from now until June 5, the Base Library, which is located in Bldg. 219, will host a delightful Storytime at 10 a.m.

Children and parents are invited to a fun-filled hour of stories, activities and special events.

Come on down and spend some quality educational time with your children.

For more Storytime information, call the Base Library at 254-7624.

#### 28 / Friday

**Rockin' Kingpins** — The Kingpins will rock the Staff NCO Rocker Room with a free concert in honor of the military.

Doors open at 6 p.m., with entertainment kicking off at 8 p.m. Enjoy pupus, live entertainment and dancing until 11 p.m.

Call 254-5592 for more information.

## 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 on any program or activity.

#### Upcoming Activities

**Thursdays:** Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

**March 21:** The next Shank & Slice Golf Tourney will be a Best Ball with a shotgun start at 12:30 p.m. at the Kaneohe Klipper.

**March 23:** Take the "Shark Cage/Hummer Island Excursion" to cruise around Oahu in a Hummer and get in the cage and experience a shark's world.

This trip is limited to five people; the cost is \$140.

**March 29:** Participate in the 3-on-3 Basketball Tournament, a food drive event that requires registrants to donate food goods as their registration fee. Sign up by March 21.

**April 12:** Catch the next Paintball contest. Cost is \$50 per three-person team and includes all day air, equipment and field fees. Register by April 9; call 265-4283 for more details.

**April 19:** Save this date for the Hawaiian Water Park day trip at \$25. Cost includes return transportation from base and the water park ticket. Sign up by April 16.



Courtesy of Medehania Baheta

Several devil dogs from MCB Hawaii landed supporting roles as rebel Nigerian militia soldiers in "Tears of the Sun," which hit theaters nationwide March 7. While on the set, the Marines took a moment to pose for a photo with one of the film's major stars, Eamonn Walker (male pictured with cross chain).

## Local Marines debut on the silver screen

**Cpl. Luis R. Agostini**  
Marine Forces Pacific

**CAMP H. M. SMITH** — Several Marines from Headquarters and Service Bn., Marine Forces Pacific, can now add "mega-action movie star" to their resumes, for their roles in the upcoming movie, "Tears of the Sun," which hit theaters nationwide March 7.

Staff Sgt. Marcus Daniel, Sgts. Sherman Lessane and Douglas Haynesworth, and Cpl. Medehania Baheta joined several other service members across the island for supporting roles as members of a Nigerian rebel militia in pursuit of a Navy SEAL team, and the American doctor and refugees they attempt to escort out of central Africa.

The actors were selected during an islandwide casting call, which called for black males who could portray a military look and feel.

Retired Master Sgt. Duwayne Keyes, former Equal Opportunity Advisor for MCB Hawaii, Kaneohe Bay, was the Marine

Corps' point of contact for the casting call.

During the casting call, the actors auditioning for the roles had to suit up in the proposed rebel Nigerian uniforms and were judged on how well they were able to blend in as rebel soldiers.

Despite the preconceived notions of a typical movie set, the Marines felt right at home.

They had the chance to handle a variety of weapons, including AK-47s and rocket launchers, and were also exposed to multiple explosions, all within a jungle-simulated environment.

"There were explosions everywhere," said Baheta. "There was so much stuff going on all at once that you felt like you were really at war."

The Marines also interacted with the film's main star, Bruce Willis, both during filming and downtime.

"Bruce Willis came up to us and said, 'Lemme hear your war cry!'," said Lessane, "and we gave it to him."

The Marines said that they adapted well

to their roles, which required a constant display of discipline, toughness and bearing.

"The director and casting crew loved us," revealed Lessane. "For us, it only took a few takes to complete the scenes, where as for the civilians, they'd have to shoot over and over again, because they'd be running through the jungle with their weapons, laughing."

Production began on Oahu in late March 2002, and wrapped up in early July.

During his stay on the island for filming, Bruce Willis became a frequent visitor to MCB Hawaii, Kaneohe Bay, and could be found anywhere from the Ulupa'u Crater rifle range, handling M16A2 service rifles, to the softball field, diving for ground balls in intramural softball games with resident Marines and Sailors.

The Marines-turned-actors are pleased with their experience, which will last them a lifetime.

"There aren't too many times that you get to say that you're in a movie," said Baheta.

## 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, Bldg. 219. Phone 254-7642 for record-info, 254-7641 for the theater manager.

A Guy Thing (PG-13)

Just Married (PG-13)

Kangaroo Jack (PG)

A Guy Thing (PG-13)

Pinocchio (G)

Just Married (PG-13)

Narc (R)

National Security (PG-13)

Kangaroo Jack (PG)

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.

March 21 at 7:15 p.m.

March 21 at 9:45 p.m.

# How can parents help kids stand up to bullies?

## NAPS

### Featurettes

Bullying is defined as constantly saying or doing nasty or unpleasant things, or teasing in a way someone doesn't like. Bullies are many a kids' nightmare.

KidsPeace, a 120-year-old children's crisis charity, offers parents some tips to help their kids deal with the schoolyard or neighborhood bully.

#### What to Lookout For

- Sudden fear or reluctance to go to school.
- Ripped or torn clothing at the end of the school day.
- Frequent cuts or bruises and excuses to explain them.
- Lost lunch money or possessions and excuses you have trouble believing.
- Spending more time alone.
- Grades that begin to fall.
- Spending less time doing activities once enjoyed.
- Changes in sleeping or eating.
- Physical complaints.
- Looking and acting sad.

#### What to Do

Pay attention to the problem, says KidsPeace President & CEO C.T. O'Donnell II. Parents need to help their child deal with bullying, and, in some cases, to protect the child from emotional and physical harm.

- **Talk.** Let your child know you know something's wrong.
- **Listen.** Encourage your child to talk.
- **Support.** Let your child know it's not his fault.
- **Protect.** If your child is in physical danger, talk to the school authorities.
- **Encourage.** Suggest your child talk to the bully (only if he is not in physical danger).
- **Reach out.** Tell a teacher or guidance counselor, if necessary.

#### What if My Child's the Bully

"Bullying can be serious — for the bullier and the child who is bullied," says Alvin Poussaint, M.D., professor of Psychiatry at Harvard Medical School and National Director of the KidsPeace Lee Salk Center for Research. "It's important to address the underlying reasons before they lead to even more harm."

#### Why do Kids Bully

- They need to be in control.
- They're jealous, but have trouble sharing with others.
- They learned threats or violence get them what they want.
- They've seen those close to them bully someone else.
- They've been bullied and may be trying to get



Lance Cpl. Monroe F. Seigle

**Bullying creates a negative atmosphere in a school setting. In the photo above, children at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, enjoy themselves while they play on a bully-free playground during a scheduled recess.**

back at somebody without realizing it.

- They have trouble controlling their anger.
- They don't know how to talk about how they feel.

• They're used to getting what they want.

- They have low self-esteem.
- They see a lot of violent shows or games.

#### How do Parents Help

Parents should try some of these suggestions.

- **Awareness.** Let your child know you're aware of bullying behavior.
- **Stick to it,** even if he or she denies it.
- **Show real concern.** Let your child know you want to help and are concerned about his or her behavior.
- **Talk.** Talk about what you've seen or heard, but don't judge.
- **Teach.** Your child may not know how to talk about feelings. Be open about the importance of talking, especially about upsetting things.
- **Be careful.** Bullying or frequent yelling or violence at home can affect younger children.

#### Is there a Resource

KidsPeace — dedicated to giving help, hope and healing to children facing crises such as traumas, depression, and the stresses of modern life — offers parents useful information about growing up at [www.kidspeace.org](http://www.kidspeace.org). Older children and teens can visit [www.TeenCentral.Net](http://www.TeenCentral.Net).

# RECIPE CORNER

## Flap jacks can make a good power breakfast

### NAPS

#### Featurettes

It may be easier than you think to start your day with a "power breakfast" — a nutritious, well-balanced meal other than cereal, fresh fruit and orange juice.

The U.S. Council for Nutrition ranked the sweet potato the number one vegetable in nutritional value and a wonderful source of vitamins A, C and E. Plus, it's fat-free, cholesterol-free, low in sodium and high in fiber.

Use this mix to whip up a sweet breakfast smoothie, by blending your choice of fruits, apple juice, vanilla yogurt and Sweet Potato Pancake Mix for an extra boost of flavor and nutrients.

### Strawberry Banana Breakfast Smoothie

1 cup apple juice  
1 banana, sliced  
2 cups strawberries, sliced  
1/2 cup Bruce's Sweet Potato Pancake Mix (which is certified by the



NAPS

**A delicious smoothie and a stretch can be an easy way to start your day on a healthy note.**

American Heart Association)  
1 cup vanilla yogurt

Add all the ingredients to a blender or food processor; blend until smooth. Makes 4 8-ounce servings.

Nutrition Information: 200 calories; 2 grams fat, 5 milligrams cholesterol, 45 milligrams sodium; 15 percent calcium; 90 percent vitamin C.

## ON THE MENU

Anderson Hall will serve the following this week:

### Today

**Lunch**  
Beef Ball Stroganoff  
Baked Fish Fillets  
Macaroni & Cheese  
Steamed Rice  
Raisin Drop Cookies  
Asst. Fruit Pies

**Dinner**  
Ground Beef Tacos  
Chicken Enchiladas  
Chili Conquistador  
Burritos  
Refried Beans  
Mexican Rice  
Raisin Drop Cookies  
Asst. Fruit Pies

**Specialty Bar**  
(For Lunch and Dinner)  
Pasta Bar

### Saturday

**Dinner/Brunch**  
Turkey A La King  
Stuffed Pork Chops  
Steamed Rice  
Boiled Egg Noodles  
Spice Cake w/  
Lemon Cream Frosting  
Sugar Cookies  
Asst. Fruit Pies

### Sunday

**Dinner/Brunch**  
Swiss Steak  
w/Mushroom Gravy  
Rock Cornish Hens  
Rice Pilaf  
Cornbread Dressing  
Mashed Potatoes  
Yellow Cake w/

Buttercream Frosting  
Asst. Fruit Pies

### Monday

**Lunch**  
Beef Stew  
Baked Fish Fillets  
Macaroni & Cheese  
Steamed Rice  
Oatmeal Cookies  
Asst. Fruit Pies

### Dinner

Italian Veal Steaks  
Braised Pork Chops  
Boiled Egg Noodles  
Steamed Rice  
Oatmeal Cookies  
Asst. Fruit Pies

**Specialty Bar**  
(For Lunch and Dinner)  
Pasta Bar

### Tuesday

**Lunch**  
Southern Fried Chicken  
Beef Ball Stroganoff  
Parsley Buttered Potatoes  
Boiled Egg Noodles  
Oatmeal Raisin Cookies  
Asst. Fruit Pies

### Dinner

Braised Beef Cubes  
Cajun Fish Fillet  
Boiled Egg Noodles  
Steamed Rice  
Oatmeal Raisin Cookies  
Asst. Fruit Pies

**Specialty Bar**  
(For Lunch and Dinner)  
Taco Bar

### Wednesday

**Lunch**  
Chili Macaroni  
Roast Turkey  
Grilled Cheese Sandwich  
Mashed Potatoes  
Brownies  
Asst. Fruit Pies

### Dinner

Meat Loaf  
Pork Ham Roast  
Mashed Potatoes  
Tossed Green Rice  
Brownies  
Asst. Fruit Pies

**Specialty Bar**  
(For Lunch and Dinner)  
Country Bar

### Thursday

**Lunch**  
Salisbury Steak  
Barbecue Chicken  
Rice Pilaf  
Oven Browned Potatoes  
White Cake w/  
Lemon Cream Frosting  
Asst. Fruit Pies

### Dinner

Beef Yakisoba  
Pork Adobo  
Steamed Rice  
Pork Fried Rice  
White Cake w/  
Lemon Cream Frosting  
Asst. Fruit Pies

**Specialty Bar**  
(For Lunch and Dinner)  
Taco Bar

## Time is available for anyone to enjoy breakfast

### NAPS

#### Featurettes

America's desire for the traditional breakfast is increasing, that's why foods such as eggs, toast, sausage and bacon are making a comeback, according to the NPD Group Inc.'s 2002 "Eating Patterns in America" survey.

Perhaps, we want hearty breakfast foods because they remind us of the "good old days" or maybe it's just the taste we crave. Whatever the reason, the time families have to prepare a full breakfast is limited.

The NPD survey shows that more 25 percent of Americans today are skipping breakfast, compared

with 30 years ago. With the pace of life accelerating daily, many families find it harder to fit in breakfast. Fortunately, there are now ways to make breakfast fast and satisfying.

Preparing breakfast in minutes on busy weekday mornings begins at the supermarket, where you can stock up on time-saving shortcuts to get your day off to a quick start:

- Buy presliced bagels (or slice them the night before) to save time in the morning.

- Wash fruit such as grapes or berries and place in a bowl on the table the night before.

- For a quick egg in the morning, with no skillet clean-up, simply crack an

egg into a microwave-safe cereal bowl, cover the top, and microwave on high for about a minute. You'll have a perfectly cooked egg you can eat right out of the bowl.

If you rinse the bowl before adding the egg, and it will ensure a no-stick clean-up.

- To complement your egg or toast, try new, convenient breakfast products such as precooked breakfast sausage or bacon that you can heat in the microwave in less than a minute with no mess.

By trying some of these shortcuts, families who like to start their day with a full, hearty breakfast will find it easier to do so following these tips.



Lance Cpl. Monroe F. Seigle

Lance Cpl. Chris Funk, a rifleman for Charlie Co., 1st Bn., 3rd Marines, must settle for a quick bite of pizza for breakfast at K-Bay's Mokapu Mall.

# Yes, dear, tax deadlines are but a month away

## NAPS Featurettes

The list of chores you can handle online continues to grow. They include shopping, paying bills, balancing checkbooks, ordering groceries, and now, filing your taxes.

Last year, nearly 47 million people filed their taxes electronically using IRS e-file, and the IRS expects this number will increase significantly each year.

"Much like electricity and ATMs [automatic teller machines], someday IRS e-file will be a convenience we can't recall being without," said Terence H. Lutes, IRS director of Electronic Tax Administration.

### IRS E-File is Available to All

Virtually all (99 percent) of individual tax forms are available through IRS e-file. You can e-file your own taxes or your tax preparer can do it for you.

The number of tax preparers offering IRS e-file has increased 26 percent during the last year, so there's an excellent chance your preparer offers the service.

If you do your own taxes, you have three options to complete the IRS e-file process:

- 1) Purchase tax preparation software at your local electronics retailer.
- 2) Download software from a vendor's Web site.
- 3) Complete and e-file your taxes on a Web site that uses IRS-authorized soft-

ware.

"IRS e-file offers individual taxpayers a way to file taxes with less hassles, far fewer errors, quick turnaround, and probably most importantly, fast refunds," said Lutes.

### Many Happy Returns are Provided

Within 48 hours of e-filing tax forms, you will receive a proof-of-receipt e-mail. It will either tell you that your form has been accepted for processing or alert you to any errors. E-filers typically experience an error rate of less than one percent.

E-filers also receive their refunds in about half the time as those who use paper forms, and as quickly as 10 days with direct deposit. If you owe taxes, you can file electronically at any time and delay payment until April 15.

Information security is a top priority for the IRS.

"When you use IRS e-file, your tax information is secure and only authorized users have access to the system," said Lutes. "We do not share the credit card or bank account information we receive with anyone."

### File for Free

Free File, new in 2003, will allow at least 60 percent of individual taxpayers to e-file their taxes for free. Check [www.irs.gov](http://www.irs.gov) or [www.firstgov.gov](http://www.firstgov.gov) to find out if you qualify for Free File.

*(Editor's Note: The IRS has never charged a fee to use e-file, but most Web sites and tax software programs customarily charge fees ranging from \$7 to \$30).*



## Tax time can be less taxing with online resources

### NAPS Featurettes

For most taxpayers, filing taxes ranks high on the list of life's unpleasant experiences. Yet, by waiting until the last minute to prepare to file their taxes, many Americans make filing more of a burdensome process than it needs to be.

By planning ahead and getting a jump-start on the tax filing process, taxpayers can avoid the stress and anxiety of last-minute tax filing.

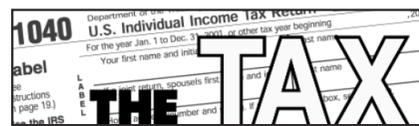
The introduction of the Internet as a tax filing resource has helped millions of consumers significantly reduce the time spent on planning and filing. By tapping into helpful online resources, like the IRS's Web site ([www.irs.gov](http://www.irs.gov)), consumers can find a wealth of tax tools and services designed to make tax filing a breeze.

"We started IRS e-file in 1986, but in recent years there's been a phenomenal growth in electronic filing, said Bob Wenzel, acting commissioner of the Internal Revenue Service. "Millions of people recognize its convenience and security,"

As the April 15th deadline draws near, consider the following checklist to keep organized:

- Choose the best way to file. According to the IRS, more than 9.4 million taxpayers — an increase of 27.6 percent from 2001 — e-filed their returns from a home computer in 2001. By using an online tax filing service, taxpayers can prepare and submit tax returns electronically to the IRS, quickly and easily.

Taxpayers answer a series of easy-to-understand questions and the program



automatically completes required IRS tax forms, double checks for errors and missed deductions, and even guarantees accurate calculations.

In 2003, at least 60 percent (78 million) of individual taxpayers will be eligible for free electronic filing services.

- Watch for employer tax forms in the mail. These forms are necessary to prepare your taxes.

- Review the recent tax law changes. Hundreds of new laws are passed every year, many of which directly benefit consumers. Read up on just how these new laws will affect your filing and refund or amount of taxes owed.

Most updated tax information is available to consumers on the Internet, free of charge.

- Know what you owe. Online tax calculators offer easy-to-read tables and require no paper or guesswork. With just a few clicks, tax calculators accurately crunch numbers and provide you with an estimate of your refund or debt.

- Ensure your payment arrives safely. If you owe payment to the government, some services, more so than others, provide a safe, secure and convenient means of submitting payments over the phone or Internet directly to the IRS — whether you've filed online, by mail or by phone.

- Keep accurate records. It's never too early to start thinking about next year's return. Online tax filers can automatically store their returns on their personal computer for quick reference, but should always keep a hard copy on hand, just in case.

*(Editor's Note: The MCB Hawaii Tax Center, located in Bldg. 455, provides online filing, and it's open 9 a.m. to 7 p.m., Mondays through Thursdays, and 9 a.m. to 4 p.m., Fridays. Call 257-1026 for details.)*

## Automotive Answers

# Site offers largest online inventory of motor vehicles

**NAPS**  
*Featurettes*

A growing number of people are using the information superhighway to help them get going on the real highway.

Now, one of the top automotive Web sites is offering even more features for car shoppers — whether they are searching for a new vehicle or one that has been previously owned or leased.

Among the new features on the National Automobile Dealers Association site is a content-rich “Auto Shopping” section for consumers, including the following.

- A vehicle locator that allows car shoppers to search the world’s largest online inventory of vehicles from dealerships nationwide. More than one million new and used cars, light trucks, minivans and SUVs are listed. The customer then works directly with the online dealership, or by phone or in person to get additional information or to complete the transaction.

- A dealer locator with nearly 20,000 NADA dealers. Many listings allow visitors to click through to the dealership Web site or view inventory of new and used vehicles.

- A “Quick Search” feature enabling visitors to find a vehicle or a dealer directly from the nada.org home page.

- Links to MSRP and invoice prices, independent car reviews, consumer advice and access to used-vehicle values in the NADA Official Used Car Guide. The site also has a new design, enhanced navigation and helpful new features for the association’s dealer members.

The NADA represents more than 19,400 new car and truck dealers, with more than 49,300 separate franchises, both domestic and import. To learn more about the association, visit [www.nada.org](http://www.nada.org).



Lance Cpl. Monroe F. Seigle

**‘Okay,  
try it  
now...’**

Lance Cpl. Edgar Gonzalez, an airframer for Marine Heavy Helicopter Squadron 362, replaces the motor in his 1973 Plymouth Duster at the Auto Skills Center aboard MCB Hawaii, Kaneohe Bay. The Auto Skills Center is open Mondays through Fridays from 12 - 8 p.m., Saturdays from 9 a.m. - 4:30 p.m. and Sundays from 9 a.m. - 4 p.m.

# Lower automobile insurance rates are mere clicks away

Auto insurance buyers can use the Web to keep from being taken for a ride

**NAPS**  
*Featurettes*

An auto insurance tip unknown by many consumers is that the length of their policy could affect how much money they spend down the road.

For example, a recent study found converting from a one-year to a six-month policy could increase insurance rates by as much as 40 percent. And, statistics show that from 2000 to 2002, the percentage of price quotes issued by insurers for six-month policies increased by 28 percent.

The data comes from the InsWeb Auto Insurance Index, a quarterly study that tracks pricing trends of

auto insurance sold online. The index found that while auto-insurance prices rose nationwide (up seven percent from last year), they slowed in the third quarter of 2002, possibly indicating the price increase is stabilizing.

Perhaps surprisingly, the index also showed that consumers age 31 and over, who are considered by insurers to be “America’s safest drivers,” were hit hardest by the rate hikes.

Analysts say the study results clearly show the importance for consumers to understand their insurance policy.

“Now more than ever, consumers of all ages need to research offerings from competing providers to ensure

that they are getting the best possible rates and terms,” said Mark Guthrie, CEO of InsWeb Inc.

Auto insurance price increases in 2002 were driven by rising medical-claim costs, significantly higher vehicle repair costs, rising jury awards, and continued fraud and abuse. Additional causes include lower investment income generated by insurers, mainly due to the decrease in interest rates and decline in the stock market.

Consumers can go to [www.insweb.com](http://www.insweb.com) to research and compare quotes for auto, term life, health, homeowners, renters and condominium insurance rates. The site also has interactive tools that can be used for research.

# WORD TO PASS

## Atlantis Submarines Hosts Family Events

The public is invited to enjoy any of the following activities sponsored by Atlantis Adventures.

• *Today:* Moon Walk at Waimea Falls Park. Stroll through lush Waimea Valley by the light of the full moon and experience the sights and sounds of the night. Check in at 8:15 p.m. Cost is \$3 per person, \$5 couples, and \$7 for families. Proceeds benefit the Waimea Arboretum Foundation, which conducts research on tropical plants. Call 638-6714 for more.

• *March 21:* Moonlight/Starlight Tour at Sea Life Park. Do seals snooze? Do dolphins doze? Find out what goes on at Sea Life Park when the sun sets and the stars rise. The tour goes 7 - 8:30 p.m., and costs \$7 for ages 4 - 12 and \$10 for ages 13 and above. Register at 259-2512.

• *March 26:* Preschool Pirates at Sea Life Park. Little pirates, bring your parents on an adventurous journey. This exciting expedition will include stops to visit sea turtles, penguins, sea lions and other Sea Life Park creatures. Plus, pirates will take part in treasure hunts, crafts and games. The fun runs 10 - 11:30 a.m.. Cost is \$15 per team of adult and child (1 to 5 years old). Strollers will be provided. Call 259-2512 to register.

## St. Patrick's Day Festival Supports Special Olympics

Monday, the annual St. Patrick's Day Irish Festival will begin at 11 a.m. in the downtown Honolulu Bank of Hawaii parking lot across from Murphy's Bar and Grill. Then at 5 p.m., patrons may attend the block party at Nuuanu and Merchant Streets in Honolulu.

The festival will include entertainment on three stages, plus plenty of food booths with oysters, steamed clams, fish and chips, and more than a ton of corned beef and cabbage.

This year, restaurateur Don Murphy and Compadres are donating a portion of their proceeds to help send local Special Olympians to Dublin, Ireland, for the 2003 World Summer Games in June. Thirteen athletes will make the trip to compete with more than 7,500 athletes from 160 nations.

For more details, call Melissa Blake at Special Olympics, 943-8808, ext. 24.

## Bishop Museum Celebrates Sun-Earth Day, Tuesday

A national observance, Sun-Earth Day will be celebrated with day-long activities at Bishop Museum.

Events include a spectacular planetarium show, "The Sun Show," which will feature discussions of the Northern Lights at 11:30 a.m. and 3:30 p.m. Also, patrons can participate in hands-on activities and experiments, to include observing solar energy at 9:30 a.m. and 1:30 p.m.

All Sun-Earth Day activities are included in the general admission price. The museum is located at 1525 Bernice Street. Call 847-3511 for more details, or surf [www.BishopMuseum.org](http://www.BishopMuseum.org).

## New Car Show Gets Underway, Thursday

Love that new car smell? Start your engines and head down to the 2003 First Hawaiian International Auto Show at the Hawaii Convention Center, Thursday through March 23.

Auto enthusiasts can enjoy viewing hundreds of the latest

cars, trucks, minivans and sport utility vehicles, all under one roof, in a no-pressure, non-selling environment.

Showgoers can purchase tickets online at [www.HawaiiAutoShow.com](http://www.HawaiiAutoShow.com). Admission is \$6 for adults (13 and over), \$4 for seniors (62 and over), \$4 for military (with I.D.), \$3 for kids (7-12) and free for kids under 7.

## Food to be Distributed, March 21 at Base Theater

In conjunction with the Windward District Office of the Honolulu Community Action Program, free federal food surplus items will be available and distributed to selected income households, March 21 between the hours of 11:30 a.m. and 2:30 p.m., at the WIC Office, Bldg. 244 in the base theater complex.

Items available will be applesauce, raisins, walnuts, rice, trail mix, corn, peaches, vegetarian beans and vegetable soup.

Income limits follow.

Household Size	*Annual Income
1	\$15,300
2	\$20,610
3	\$25,920
4	\$31,230
5	\$36,540

\*(Add \$5,310 for each additional family member.)

Eligible families must present a valid military I.D. card to participate in this federal food surplus distribution.

For more information, contact Kim Gates at Personal Services, 257-7786.

## Medical Inspector to Hear Concerns, March 24

A team from the Office of the Naval In-

spector General, Washington, D.C., will visit the Commander, Navy Region, Hawaii, Monday through March 28.

During this visit, the team will hold focus group discussions to gain more insight — from a customer's viewpoint — into readiness and quality of life in Hawaii.

One of the areas of interest to the Naval Inspector is medical care, and Navy spouses are invited to a focus group to be held at the base theater March 24 from 7 to 8:30 p.m., to discuss medical issues such as TRICARE, satisfaction with care received, access to primary and specialty care, continuity of care, services available and suggestions for improvement.

For more details, contact Senior Chief Burdious at 257-3365, ext. 113.

## March 31 Scholarship Deadline Nears

The application deadline for the 2003 Free Enterprise Scholars Award has been extended to March 31. High school seniors who have

demonstrated entrepreneurial spirit and initiative may apply.

The scholarship is open to students across the nation, and is sponsored by the National Federation of Independent Business. The NFIB hosts the award to encourage young people to consider a career in small business and to pursue their own entrepreneurial endeavors.

The Free Enterprise Scholars Award will present a minimum of 100 non-renewable scholarships for \$1,000. Eligibility is limited to students entering their freshmen year of an accredited two- or four-year university or college, community college, vocation or technical school. Each applicant must obtain the nomination of an NFIB member.

Interested students must also demonstrate their entrepreneurial achievement by answering a short, personal question defining their efforts. Applicants will also compose an essay about the importance of free enterprise and provide standardized scores, their GPA and class rank.

See WORD TO PASS, B-8

## Did You Know?

A single fiber optic cable can carry as many as 4,000 telephone conversations, as well as several television signals.



NAPS

# MARINE MAKEPONO

HAWAIIAN FOR  
"MARINE BARGAINS"

## Vehicles

**1994 Jeep Cherokee**, black, new tires, new battery, runs great, \$6,500 OBO. Call 254-0017.

## Motorcycles

**'99 Harley Davidson Sportster**, 1200 conv, 8K miles, crash bar and pipes. Asking only \$7,500 OBO. Call 261-8225.

## Miscellaneous

**Yakima Racks**, four locking railriders, barely used, great for kayaks. Only \$150 OBO. Call 261-8225.

**Sunbeam gas grill**, \$30. Call 253-0452.

## 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 is at 4 p.m. the Friday of the week prior to publication.*

*Forms may be filled out Monday - Friday*

*from 7:30 a.m. to 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.*

## WORD TO PASS, From B-7

Applications are available online at [www.NFIBEducationFoundation.org](http://www.NFIBEducationFoundation.org).

## Mighty Mo Hosts Inouye Biographical Film, April 5

The USS Missouri Memorial Association, Inc., will host the historic world premiere of "Daniel K. Inouye: An American Story," a biographical film by Hawaiian documentarian Heather H. Giugni, April 5 from 5:30 to 9:30 p.m., at the Battleship Missouri.

Attendees will be provided nearly full reign of the battleship, complete with a reception throughout the ship's decks, from bow to stern. The premiere will take place on the ship's pier, under the battleship's majestic profile.

Proceeds from this gala event will benefit continuing refurbishment of the Missouri. For ticket information, call 423-0012. To become a sponsor, call 423-0806.

## Restaurant Row Collects Spam Through April 19

The public is invited to do-

nate cans of Spam to the 2003 Hawaii Food Drive in a collection being sponsored by Restaurant Row and the Waterfront Plaza, in conjunction with its tenants, the *Honolulu Star-Bulletin* and *MidWeek*.

Contributions may be dropped off at the security office, April 19 from 8 a.m. to 5 p.m. The Hawaii Foodbank also welcomes donations of cash and other food items, with an emphasis on canned protein, soups, pork and beans, fruits, vegetables and peanut butter.

## WAVES Open Membership

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

For more information and directions to meetings, call Eugenia Woodward at 623-4735.

## Military Widows Give Support

The Society of Military Widows invites widows and w i d -

owners to join the organization during any upcoming gathering, which provides informal and friendly fellowship for attendees.

The group meets at 6 p.m., the second Friday of every month, at the Mongolian barbecue held at the MCB Hawaii, Kaneohe Bay Officers' Club.

The support group also meets the third Saturday of every month at different locations.

If you're interested in participating, contact Judith Breitwieser at 262-7953.

## HBB Talks About Benefits

The "Hawaii Bulletin Board" is a radio talk program that currently airs every Saturday on KWAI, 1080 AM, from 2:05 - 3 p.m.

Many of the topics discussed include current information regarding benefits and legislative matters of interest to veterans and active duty military.

Listeners are encouraged to call in and respond to matters, or to share information about activities in their community or organizations, of interest to others.

## Aloha United Way Launches Online Resource

Hawaii's Aloha United Way has launched a new Web site that provides current information for people searching for ways to become involved with nonprofits in the state.

The charitable organization invited 4,000 nonprofits to post their listings, free of charge, on its "211 Hot! List."

Categories include "Job Openings," "Donate Goods and Services," "Volunteer Opportunities," "Classes/Workshops," and "Free Events," with additional drop down menus under those categories.

To use the service, log on to [www.auw.org](http://www.auw.org).

Also, catch the television version of "211" on cable channel OC-16, Sundays at 5:30 p.m.

The new TV show features lively discussions about issues affecting Hawaii families and the quality of life in communities.

## WTP Receives Faxes

Fax general interest "Word to Pass" items to 257-2511.