

LIFESTYLES

Welcome to the Jungle



Nairobi, a male giraffe, takes a snack break at the Honolulu Zoo. Giraffes are the tallest animals in the world, measuring between 16 - 18 feet. A giraffe's powerful kick can kill a lion.



All Photos Courtesy of Honolulu Zoo

Above — Two zebras try to show each other who's the boss during a sparring session.

Below — Apollo, a male lion, frolics under the shade of a tree in his enclosure.



Honolulu Zoo is exciting for kids, relaxing for parents

Sgt. Joe Lindsay
Combat Correspondent

(Editor's Note: This is Part One of a two-part series on the Honolulu Zoo, which sits on 42 shady acres at the Diamond Head end of Waikiki and is home to more than 200 different species of exotic animals. Look for next week's story on the Honolulu Children's Zoo in your *Hawaii Marine*.)

There is little arguing the Honolulu Zoo's claim that it is the "best zoo found within 2,300 miles in any direction."

And though competition might be lacking in this sector of paradise, the zoo doesn't let that stop it from creating the best possible wildlife experience, both for the more than 200 animal species that call it home, and for those living on and visiting the island of Oahu.

From the Karibuni Reserve, where visitors can trek through recreations of the African Savanna, to the South American Aviary and lush Tropical Forest, where bird life and flowering plants flourish, the Honolulu Zoo seems to offer something for just about everybody.

"The Honolulu Zoo is extremely diverse," said Dwain Uyeda, animal keeper supervisor and a native of Honolulu,

"both in the people who visit, from locals to tourists to military members stationed here, and in the different species of animals at the zoo."

According to Uyeda, one of the best benefits of visiting the zoo is the feeling of peace and tranquility that it brings to visitors.

"The Honolulu Zoo is shady, has a lot of lush vegetation, and the atmosphere is very relaxing," said Uyeda. "Coming here is a great stress reliever, especially for service members who are constantly under pressure. I see a lot of Marines here with their families on weekends."

Staff Sgt. Aundrey Salter, Headquarters Bn., MCB Hawaii, funds administrator and native of Port Arthur, Texas, said he couldn't agree more.

"I've taken my family to the zoo four or five times already since coming to K-Bay from MCAS Iwakuni in 2001," said Salter. "My kids [Aundrey Jr.,

8, and Anniya, 2] love seeing all the different animals, from lions to tigers to zebras, and everything in between, and I really enjoy the tranquility and peace of mind the zoo brings to me.

"People always associate Waikiki with crowded beaches, hustle and bustle, and the nightlife," added Salter, "but the zoo is right there, too. It's a great place to just kind of get away from it all."

The zoo charges \$6 for civilian adult admissions, but offers discounts to military members and their families. Those with identification cards are admitted for just \$4, while children ages 6 - 12 get in for \$1, and children ages 5 and younger are admitted free.

"I've been sort of planning on going to the zoo here for a long time, but now that I know how cheap it is, I definitely am going to go check it out," said Sgt. Kevin Jamison, adjutant noncommissioned officer-in-charge with

Headquarters Bn., MCB Hawaii, and a native of Hopewell, Va. "The thing I love about zoos is that they make you feel like a kid again."

The Honolulu Zoo offers patrons a chance to recapture that young-at-heart feeling every day of the year, with the exception of Christmas and New Year's Day, when it is closed.

The zoo is located at the east end of Waikiki, at the corner of Kapaehulu and Kalakaua Blvds., and is open daily from 9 a.m. to 4:30 p.m.

For more information on the Honolulu Zoo, call the zoo's 24-hour information line at 971-7171.

"A lot of Marines stationed in Hawaii might not know there is this great place to take the family right under their noses," said Salter. "The zoo is exciting for the kids, yet relaxing for the parents. "It's the best of both worlds."



Whoop, a spotted hyena, checks out the surrounding area.



Kruger, a white rhinoceros, gets up close and personal with the camera.



Louis, a hippopotamus at the Honolulu Zoo, swims across his enclosure. Hippopotamus is Greek for "river horse," and hippos spend the vast majority of their lives in the water to prevent dehydration.

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POSSIBILITIES IN PARADISE

By Edward Hanlon V and Bobbie Brock, MCCS Public Relations

MARCH

27 / 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. So, come on down and spend some quality educational time with your children.

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

28 / Saturday

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

Doors will open at 6 p.m., with entertainment kicking off at 8 p.m. Enjoy pupus, live en-

tertainment and dancing until 11 p.m.

Call 254-5592 for more information.

APRIL

19 / Saturday

Mokapu Mall's Five Years of Memories — As the wise maxim exclaims, "Time flies when you're having fun."

Five years later, the fun continues at the Mokapu Mall's Fifth Anniversary Celebration, April 19 from 10 a.m. until 3 p.m. The mall will be teeming with games, fun, demonstrations, events and prizes for everyone of all ages.

Numerous Marine Corps Community Services activities will be represented such as the Main Exchange, Mega Video, Youth Activities, and many more.

The celebration will occur in a collaborative effort with the "MCCS Celebrates Children" events in Bldg. 6111.

Easter EggStravaganza — Hop on over to the Child Development Center from 9:30 to 11:30 a.m. for the Easter EggStravaganza in celebration of the Month of the Military Child.



Sgt. Jerome Edwards

Sergeant Chris Monarque, a scout sniper with 3rd Bn., 3rd Marine Regiment, chooses a movie from Mega Video's vast selection.

There will be an Easter egg hunt for the kids, art in the park for everyone, and many more egg-citing activities.

For more details, call 254-7610.

Base Library Easter Egg-Stravaganza — The Base Library will host children and parents at its Easter Egg-Stravaganza.

Everyone's invited to come hear heartwarming stories, make memorable crafts and enjoy some Easter treats at 1 p.m. in Bldg. 219.

For more information, call 254-7624.

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 more 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.)

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

Call 254-7560 for more Mega Video details.

SM&SP



SINGLE MARINE & SAILOR PROGRAM

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.

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

Sunday: Take the "Shark Cage/Hummer Island Excursion" to cruise around Oahu in a Hummer and get in a 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 today.

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. (Rides are provided to all events.)

Bobbie Brock MCCS Public Relations

In today's fast-paced and high-speed world, it can be a challenge to stay in the know. However, aboard MCB Hawaii, Marine Corps Community Services keeps you posted on community happenings with its new information publication, 24/7.

This monthly piece contains a comprehensive list of the activities and services offered aboard MCB Hawaii, and includes a directory of important telephone numbers.

You will find event calendars and coupons for the Officers' Club, the Rocker Room and the Kahuna's Sports Bar & Grill. As well, a sched-



ule of Personal Services classes and workshops is provided complete with brief explanations of the specific classes offered during the month.

If you are into team sports and staying fit, Semper Fit also provides organized schedules for intramural sports and group exercise classes in the publication.

Whatever your pleasure, you will be sure to find it in 24/7.

Making its debut in January 2003,

24/7 is mailed to all military family housing residents in Kaneohe Bay,

Camp H. M. Smith and Manana housing areas.

The publication can also be found in high traffic areas throughout MCB Hawaii, including at the K-Bay and Camp Smith Main Exchanges, at the Manana 7-Day Store, at Mokapu Mall and at the Base Theater.

For more information, or to be placed on the mailing list, call MCCS Marketing at 254-7679.



Photos Courtesy of MCCS

(Above and Left) The MCCS 24/7 guide features coupons and mega information.

Software is available to protect consumers

NAPS Featurettes

Internet security is a critical issue these days, but figuring out how to protect your computer, your data and your privacy can be overwhelming in the sea of confusing options available on many stores shelves.

Consider some of these powerful, yet easy-to-use technologies, that can protect you against online threats such as viruses, hackers and offensive Web site content.

Here are some of the features you should look for:

• **Anti-Virus:** Blocks and de-

COMPUTER

stroys malicious viruses sent to destroy your data, like the recent "I Love You" and "Anna Kournikova" viruses, and automatically updates for continued protection.

• **Firewall:** Serves as a barrier to hostile attempts to access your computer, and your personal and financial information

• **Privacy Protection:** Prevents critical data, such as your name, address or credit card

numbers, from leaving your personal computer without your authorization.

•Parental Control:

Filters inappropriate content so kids are blocked from Web sites in categories such as sex, gambling and drugs; limits Internet access hours; and monitors the sites that children visit.

Additional computer tools can speed up your Internet

Security

browsing. These include advertising blockers that eliminate annoying pop-up ads, form fillers that store and automatically enter your information in online forms such as store shopping carts, and password managers that store, encrypt and organize your various Web site log-in information, so you don't forget your passwords.

Arm yourself against Internet invaders.

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- ed info, 254-7641 for the theater manager.

- National Security (PG-13)
- Kangaroo Jack (PG)
- A Guy Thing (PG-13)
- Narc (R)
- Kangaroo Jack (PG)
- Narc (R)
- National Security (PG-13)
- Final Destination 2 (R)
- National Security (PG-13)

- 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 28 at 7:15 p.m.
- March 28 at 9:45 p.m.

RECIPE CORNER

Tasty, 30-minute casserole is crunchy, cheesy all over

NAPS

Featurettes

Americans love cheese, and the original Green Bean Casserole serves up two great tastes in one.

Double Cheddar Green Bean Casserole

(Makes 6 servings)

- 1 package (1.8 ounces) white sauce mix
- 2 1/4 cups milk
- 1 1/2 cups shredded Cheddar cheese
- 1 package (16 ounces) frozen cut green beans, thawed
- 1 1/3 cups Cheddar French fried onions

Prepare white sauce mix according to package directions using 2 1/4 cups milk. Add 1 cup cheese and stir until melted.

Place beans and 2/3 cup French fried onions in 1 1/2-quart baking dish.



**Double Cheddar
Green Bean Casserole**

Pour cheese sauce over beans and mix gently to combine.

Bake at 350 degrees for 25 minutes, or until heated through; then, stir.

Sprinkle casserole with remaining cheese and onions. Bake five more minutes, or until onions are golden.

ON THE MENU

Anderson Hall will serve the following this week:

Today

Lunch
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

Sauerbraten
Knockwurst
w/Sauerkraut
Boiled Egg Noodles
Cottage Fried Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Saturday

Dinner/Brunch
Grilled Steak
Pork Chops Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday

Dinner/Brunch
Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies

Monday

Lunch
Teriyaki Chicken
Salisbury Steak

Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner

Baked Meat Loaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch
Barbecued Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Devil's Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Dinner

Swiss Steak
w/Brown Gravy
Baked Fish Fillets
Lyonnais Potatoes
Steamed Rice
Devil's Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Dinner

Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Hot Dog Bar

Thursday

Lunch
Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Cornbread Dressing
Pineapple Cake
Asst. Fruit Pies

Dinner

Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Pineapple Cake
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

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.

Real Estate

For Rent, partly furnished studio w/private entrance, five-minute walk from Kailua Beach. Rent \$850 monthly. Call 262-8212 for details.

Miscellaneous

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

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.

WORD TO PASS

Food to be Distributed, Today 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

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 details, contact Kim Gates at 257-7786.

Medical Inspector to Hear

Concerns, Thursday

A team from the Office of the Naval Inspector 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.

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.

Contact Senior Chief Burdious at 257-3365, ext. 113, for more info.