

# LIFESTYLES



Morpho Blue Tang



Sea Jelly



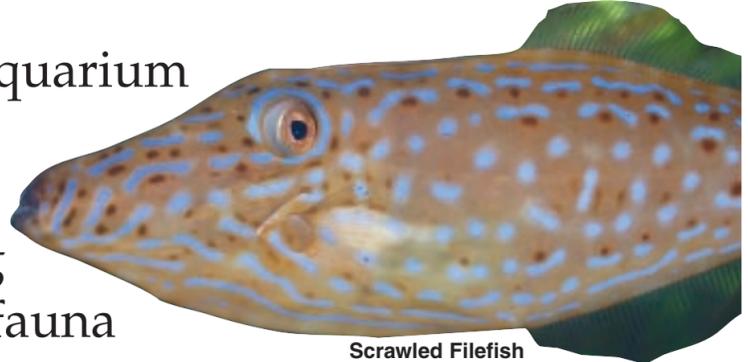
Mimic Tang



Shark Exhibit

## Wet 'n' Wild

Waikiki Aquarium celebrates 100 years of alluring flora and fauna



Scrawled Filefish

Story and Photos by  
**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

Mere inches separate you from a cascade of brilliantly colored reef fish, menacing toothed sharks and endangered Hawaiian monk seals. Those creatures are just a few of the encounters that you can experience at the Waikiki Aquarium.



Leather Coral

This year, the Aquarium celebrates its 100-year anniversary by continuing to be true to its mission statement: to help people of all ages understand, love, care for and work to protect the life of the ocean through a commitment to excellence in educational and entertaining experiences, research and conservation.

"The staff is very committed to the mission," said Cynthia Hunter, interim director of the aquarium. "We work very hard to provide the best exhibits and educational attractions for visitors to experience."

Exhibits primarily focus on different aquatic, shoreline and coral reef habitats of Hawaii and the tropical Pacific. It features aquarium attractions including native Hawaiian plants, miniature marine life, night creatures, camouflage artists and Hawaii's unofficial state fish — the Humuhumunukunukuapuaa, or Hawaiian triggerfish.

An audio tour is available for visitors to guide them through the various exhibits. The audio gives educational facts and fun trivia about the creatures and habitats found in the aquarium.

According to Caroline Witherspoon, media contact for the Waikiki Aquarium, the facility offers many activities for aquarium-goers. Tours such as "Aquarium After Dark," "Exploring the Reef at Night" and "Family Overnights" are wonderful opportunities for families to spend quality time together. Day and night reef walks and Pacific diving and snorkeling trips in addition to the overnight aquarium adventures are also available.

Another way to view creatures is

through three live Web cams. The cameras are active 24 hours a day, seven days a week, and capture images of marine life ranging from the endangered Hawaiian monk seal to the blacktip reef shark.

The shark cam focuses into the "Hunters on the Reef" tank, the largest exhibit at the aquarium. Sharks, rays, jacks, snappers and groupers coexist peacefully inside the 35,000-gallon tank.

The seal cam serves as a window into the endangered Hawaiian monk seal habitat, where they lounge around the pool, swim in the water, sleep in the sun and play with the trainers.

The third camera is the coral cam. It provides an educational view of coral in

their natural habitat, competing for space, growing and even splitting in two as they reproduce.

The aquarium has the oldest and possibly largest collection of living coral in the United States.

"We would really like to invite Marines, Sailors and family members to come and experience the Waikiki Aquarium," Hunter said. "It is really a great experience for people of all ages and interests."

For more info, call the aquarium at 923-9741, or visit <http://waquarium.mic.hawaii.edu>.

### Family Oriented Activities

#### Exploring the Reef at Night

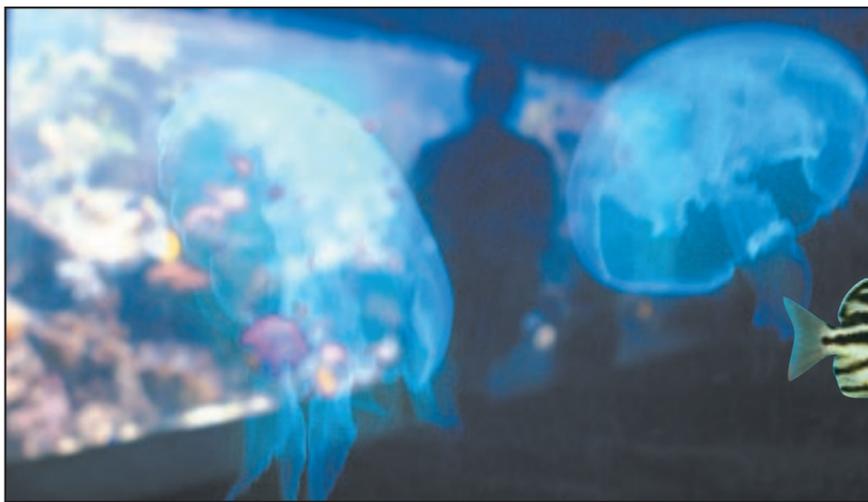
During this hands-on activity, aquarium naturalists escort participants to explore the creatures that come out when the sun goes down. Participants wade up to their knees on the reef beyond the aquarium and discover the nightlife of marine creatures.

#### Aquarium After Dark

During this flashlight tour, participants decipher whether or not fish, snails and sea dragons catch "Zs" once the moon comes up. The guide begins with a lesson on the reef's night ecology, followed by a stroll through the aquarium by flashlight.

#### Family Overnights

After a night filled with theme-oriented entertainment ranging from "Secrets of the Sea Jellies" to "Mysteries of the Nautilus," participants rise and shine to a colorful array of reef fish and coral. Breakfast is included.



Live sea jellies reflect the actinic blue lights within their display in striking indigo hues.



This living reef display showcases a myriad of tropical fish, coral and plant life, as well as a giant clam (center), one of the largest living bivalves found in the ocean today.

# MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

### March

26 / Today

**Kahuna's Sports Bar & Grill** — Rock out at Kahuna's with live entertainment by Sugah Daddy. The band will kick off at 10 p.m., and the club won't close until 2 a.m. All E-5 and below, DoD civilian equivalents and sponsored guests are welcome.

**Teddy Bear Round Up** — In preparation for Child Abuse

Prevention Month in April, Counseling Services is accepting teddy bear donations at Marine and Family Services, Bldg. 216, and at the Semper Fit Center, now through Wednesday.

Show a child you care and share a huggable bear by donating a new or gently used teddy bear.



By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources, 24 hours a day, seven days a week. Registration is easy too; create your own personal profile by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name. Enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at 800-433-6868 in the continental United States, at 800-237-42374 for the overseas CONUS universal free phone, or at 484-530-5908 OCONUS collect. A TTY/TDD access is available at 800-346-9188.

**Staff NCO Saturdays** — Every Saturday night in the Staff NCO Club's Rocker Room, join your buddies for karaoke and pool tournaments. The club opens at 6 p.m.

**Family Child Care** — Family Child Care is a home-setting child care service provider operated by MCCS' Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a Family Child Care provider, call the Children, Youth and Teen programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call 257-7030.

### 29 / Monday

**Got Coffee?** — Get your morning started on the right track with a tasty brew from the new Starbucks location by the base theater. A variety of your favorite espresso drinks, coffee and pastries will be served Monday through Friday from 6 until 11:30 a.m.

**Right Hand Man** — Calling all officers to the club on Mondays through Thursdays for the Corps, camaraderie and chow from 11 a.m. to 1:30 p.m. Invite up to three of your E-6 and above staff noncommissioned officers, too, and show them your appreciation with selections from the club's extensive lunch menu.

**ETAP Seminar** — Senior active duty who are within 24 months of their retirement date should see their unit transition counselor to schedule attendance at a mandatory Executive Transition Assistance Program briefing. The seminar is designed to assist you in making the transition to civilian life. The seminar will be held in Bldg. 279. Call the Marine and

Family Services' Transition Program at 257-7790, for more information.

### 31 / Wednesday

**Mongolian Barbecue** — Don't feel like cooking dinner? Then hasten to the Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat, including chicken, shrimp, pork and beef, then pile your bowl high and kick it up a notch with a sauce of your choice. Watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday. Call 254-7649 for more details.

### Mega Video

— Check out these weekly rental specials at Mega Video, located in Mokapu Mall aboard Kaneohe Bay.

•Mondays, rent one new release and get one category movie free.

•Tuesdays, rent a video game at regular price and rent a second one for \$2.50.

•Wednesdays, rent three new releases (VHS or DVD) and receive an extra day rental.

•Thursdays, rent one DVD at the regular price; rent the second one for \$1.75 (which includes new releases).

•Fridays, rent family and children's movies for 75 cents. Sorry, no new releases with this bargain.

•Saturdays, rent any basic stock movie (sorry, no new releases) for regular price and rent the second stock movie for \$1.25.

•Sundays, rent any Sunday Special movie for \$1. Each week, a different section goes on special; see the store calendar for the selected section.

## April

### 1 / Thursday



**Storytime** — Children and parents are invited to a fun-filled hour of stories, activities and special events, every Thursday at 10 a.m. at Bldg. 219. Come down and spend some quality educational time with your children.

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

### Celebrating Children

April is the Month of the Military Child and Child Abuse Prevention Month. Call Marine and Family Services at 257-7787 for information and activities highlighting children's issues throughout the month of April.

### 2 / Friday

**Salsa Reggae Fest** — Los Reyes Del Sandungeo, M.C. Cejas, DJ Casper, M.C. Junico and M.C. Jan will be mixing it up for a night of salsa and reggae, directly from Puerto Rico, when they perform in the Kahuna's ballroom. Oahu's very own El Conjunto Tropical will help them heat up the night.

This concert is open to E-5 and below, DoD civilians and sponsored guests. Festivities will kick off at 9 p.m., but get your tickets in advance for \$20 because they'll be \$25 at the door.

For more information, call 779-6782 or 375-5997.

### 3 / Saturday



**Easter at Manana** — Manana Youth Activities presents an Easter Egg-stravaganza from 10 a.m. – 1 p.m. at the Manana field and courts. Bring the entire family for a colorful day of fun with games, crafts, water balloon tosses, Easter egg hunts, great prizes and more.

For more info, or to volunteer to assist, call 456-1662.

### 6 / Tuesday

**Expecting Parents** — "Dad's Baby Boot Camp" and "Mom's Basic Training" classes will be held from 8:30 a.m. to 4:30 p.m. on April 6 and 7. Topics to be covered include third trimester birth preparation, breathing and relaxing techniques, pain management, infant care and breast-feeding, post-natal resources, and much more.

Classes are free and seating is limited. For more information or to register, call 257-8803.

**Youth Activities** — The Home School Network is an excellent opportunity for home schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions will be scheduled every Tuesday starting April 6.

Teens will enjoy destinations such as the Kualoa Ranch, a hike up Diamond Head and Hawaiian Waters Adventure Park. For more details, call the Youth/Teen Club at 254-7648.

## SM&SP



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

The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

### Upcoming Events

•**Tuesday:** Here's your last chance to catch the SM&SP Golf Clinic at \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the next Shank & Slice tournament.

•**April 3:** Save the date for a Hawaiian Waters Adventure Park excursion where you can spend a day of fun in the sun with SM&SP. Cost is only \$25 per person, and activities will last from 10 a.m. until 4 p.m.

•**April 17:** The 3-on-3 basketball tournament is on for this Saturday, from 8 a.m. until 5 p.m. The tourney still needs volunteers, so if you have basketball or tournament experience, call SM&SP to discover how you can assist.

•**May 29-31:** Visit Maui without breaking the bank this Memorial Day weekend. Cost is \$350, and includes airfare and shared accommodations for all unaccompanied Marines and Sailors E-5 and below. This trip is limited to the first 16 people who sign up, so register today.

### Inflatable Game Rentals

Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.

### Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events. To discover how you can get involved, and also possibly garner a letter of accolade or appreciation in the process, contact SM&SP now.

**Auto Auction** — The Auto Skills Center holds an auto auction on vehicles that it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs, and place their bids in the ballot box inside the Auto Skills Center.

The next time you are on the market for a new vehicle, don't waste your cash paying those high prices; visit the Auto Skills Center to see if it has the bargain you're looking for.

Bidding on the following vehicles closes April 5.

Year	Make/Model	Min. Bid
1992	Mazda/Mx-6	\$1,600
	Runs, needs windshield	
1992	Nissan/Sentra	\$1,000
	Runs, needs minor work	
1989	Nissan/Sentra	\$50
	Runs, needs work	
1988	Acura/Legend	\$50
	Runs, needs work	
1987	Nissan/Stanza	\$500
	Runs, needs tune-up	
1972	Dodge/Dart	\$250
	Runs, needs starter	

For more information about the above vehicles or the Auto Skills Center, call the shop at 254-7675.

### 27 / Saturday

**Texas Hold 'em** — Head over to the Staff NCO Club for a shufflin' showdown. Texas Hold 'em Poker Tournament rules will apply, and the top three players will win prizes and go on to play the best of the rest from other clubs in the finals.

Dealers and a pit boss are also needed. Call the club today and sign up at 254-5481.

**MCCS One Source** — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding information, guidance and answers.



## MOVIE TIME

*Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and 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 ID card at the box office. Call 254-7642 for recorded information.*

*Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

The Big Bounce (PG-13)	Today at 7:15 p.m.
My Baby's Daddy (PG-13)	Today at 9:45 p.m.
The Perfect Score (PG-13)	Saturday at 7:15 p.m.
Cold Mountain (R)	Saturday at 9:45 p.m.
Catch That Kid (PG)	Sunday at 3:30 p.m.
Win a Date With Tad Hamilton! (PG-13)	Sunday at 7:15 p.m.
Catch That Kid (PG)	Wednesday at 7:15 p.m.
The Big Bounce (PG-13)	Thursday at 7:15 p.m.
Barbershop 2 (PG-13)	April 2 at 7:15 p.m.
The Perfect Score (PG-13)	April 2 at 9:45 p.m.

# Family puts struggle with cancer behind

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

"Just be brave," he said, with a thoughtful look in his eyes, offering advice to children and adults who are suffering from the same sickness he had struggled with during the past two years.

Medullablastoma was the diagnosis for Tavis Hall, the 8-year-old son of Lisa Hall and Staff Sgt. William G. Hall, staff noncommissioned officer in charge of the Aviation Information Systems Department for Marine Aviation Logistics Squadron 24.

"He began showing signs that something was wrong in August of 2002," said Lisa Hall. "We didn't realize how severe it was until he was diagnosed in November."

Medullablastoma is a cancerous brain tumor that always targets the cerebellum. The fast-growing tumor most commonly spreads to other parts of the central nervous system via spinal fluid. The treatment for this type of tumor requires surgically removing as much of the tumor as possible, then following up surgery with other treatments.

According to William Hall, Tavis was in surgery for more than twice as long as he was supposed to be.

"Doctors told us the operation should

take between seven and eight hours," he said. "Tavis was in surgery for 18 hours."

Following his operation, which was a success, Tavis began an extensive chemotherapy regimen. In December, he was going to Tripler Army Medical Center seven days a week for treatment.

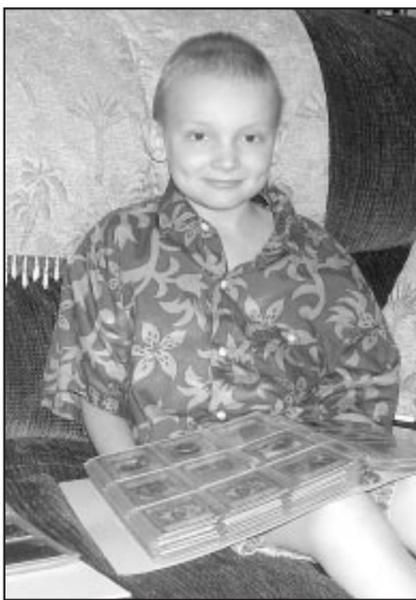
"Tavis had the hardest time not being able to go to school on a regular basis," said Lisa Hall.

During the chemo treatments, Tavis lost his hair and received four blood transfusions. He couldn't go to school because he was too tired, experienced frequent headaches and was required to meet a busy hospital schedule.

Then in February of 2004, Tavis received a Magnetic Resonance Imaging (MRI) test to check on his progress from the treatment. The results were a relief — all clear. No signs of tumor showed in his brain.

Throughout the entire chemotherapy process, both parents were physically, mentally and emotionally tested on a daily basis, and they found it hard to juggle everything at home, at the hospital and at work, said William Hall.

According to Lisa Hall, since the treatments have ended, her husband has been the primary caretaker of their two other children at home. She has been the one who runs Tavis to and from the hos-



Petty Officer 1st Class William Goodwin

**Tavis Hall, a victim of a cancerous brain tumor, is finally able to return to a more normal home life with his cancer seemingly in remission.**

pital for unscheduled visits, and for monthly check-ups to defend against concerns that the tumor could grow back in the next seven years, she said.

Through these trials, the Hall family has made many friends during the past two years. People from doctors to sup-

port group members to other patients have brought joy into their lives, explained William Hall. But one person in particular holds a special place in the hearts of the family: a young man by the name of Josh, a leukemia patient at Tripler.

The two boys shared a great deal in common in their struggle with cancer. Not even a 10-year age difference stood in the way of their friendship, explained Lisa Hall. Unfortunately, Josh was not as lucky as Tavis in his recovery from his disease. On New Year's Day 2004, Josh passed away.

"It was really hard for us," said Lisa Hall. "The boys were diagnosed around the same time, and they became really good friends."

According to William Hall, both the military and the community have also been an overwhelming support throughout their struggles. The cost of the surgery alone would not have been possible for the Hall family to afford without the aid of TRICARE medical coverage.

With the struggles and suffering of the cancer behind them for now — hopefully behind them forever — the family is trying to get back to normal at home, at work and at school. Tavis has begun attending classes on a regular basis, and things are finally beginning to look up for him and his family.

## Donations sought for Cancer Society's Relay For Life

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

Relay for Life is an American Cancer Society activity that brings people together to promote cancer awareness, celebrates survivorship and raises money for cancer research. During the all-night celebration, members from teams around the island take turns walking or running to support the society's mission of eliminating cancer as a major health problem.

However, the costly entry fee for team members sometimes spur supporters to participate in fundraisers or ask for donations to come up with the funds needed to take part in the event.

The Hall family plans on setting up a bake sale outside of the commissary Saturday (March 27) to help raise funds for the Relay for Life.

"Any donation or purchase will be greatly appreciated," said both Lisa Hall and her spouse Staff Sgt. William G. Hall, staff noncommissioned officer in charge of the Aviation Information Systems Department for Marine Aviation Logistics Squadron 24.

"We hope that by participating and donating money to the foundation, eventually research will make the advances necessary for the cure to be discovered, [then] no one will have to suffer from cancer anymore," explained Lisa Hall.

### *American Cancer Society's Relay For Life*

An American Cancer Society signature activity, Relay For Life offers everyone a chance to participate in the fight against cancer.

Relays are overnight events that bring together teams of people to camp out at designated locations and take turns walking or running around a track or path. Though the relays can last up to 24 hours, the three scheduled in July are set from 7 p.m. to 7 a.m.

Because Relay For Life is a community gathering rather than an athletic event, anyone and everyone can participate.

Relay For Life also raises funds by soliciting donations, holding garage sales and car washes, and more. For more information about Relay For Life, contact the American Cancer Society by calling 595-7500 or visiting [www.cancer.org](http://www.cancer.org).



#### *Scheduled Relay For Life events*

- 1) **April 23, 7 p.m.** — Hawaii Pacific University, 45-045 Kamehameha Highway, Kaneohe
- 2) **May 14, 7 p.m.** — Sandy Beach Park, Honolulu
- 3) **July 10, 7 p.m.** — 526 Kawaioloa Road, Kailua
- 4) **July 17, 7 p.m.** — Magic Island, Ala Moana Beach Park, Honolulu
- 5) **July 17, 6 p.m.** — 41-741 Kalaniana'ole Hwy, Waimanalo
- 6) **July 10, 7 p.m.** — 526 Kawaioloa Road, Kailua

Information compiled from ACS Web site.

# Skills, smarts tested at Electron Marathon

## Hawaiian Electric Company

Press Release

**FORD ISLAND** — A crowd of more than 3,000 turned out to enjoy the food and live musical entertainment, and cheer on 24 teams from across the state who were competing on a closed, half-mile racecar course here Saturday, amidst alternately misty and sunny skies.

Of the 35 military and civilian teams that originally took up the challenge for the 9th Annual Hawaiian Electric Electron Marathon, 24 made it to the starting line and 12 cars — one-third of the original fleet — made it to the finish line.

The testing of endurance and skill was first created "to give high school teens a real challenge to design and engineer and build an electric racecar," explained HECO spokesman Bruce Benson.

"What they have to do is put together a team with kids that can do a lot of different things: people good with their hands, good in math, engineering, writing ... and speaking. [The coordination and individual skills,] that's really what you need to succeed in the workplace, and they rise to the occasion."

The marathon challenged participants to cross



Petty Officer 1st Class William Goodwin  
A Navy entry (foreground) and Cpl. Amaddona Garcia's car (far right) leave the pack behind as they race neck and neck down the straight-away at Ford Island, Saturday. Below — Jiminy Cricket hitches a ride with Sgt. Scott Momper.

over from theory to real-life application.

To aid the high school teams, each year HECO and its neighbor island subsidiaries provide parts kits and stipends (valued at \$1,650) to schools that elect to enter the contest. Students are allowed to raise outside funds and solicit parts and equipment, with a ceiling valuation not to exceed \$3,000, including the kit value (\$900) and \$750 from the electric companies, for each vehicle.

Their military counterparts are not so fortunate in this aspect. Funding for their electric cars

come from either fundraising they organize or sponsorship they solicit.

Locally, the Marine's team reconstructed this year's cars from last year's, thereby saving time and money. The team was comprised of Marine Corps Base Hawaii's John Dunbar, Paul Tomita, Sgt. Scott Momper, Cpl. Amadonna Garcia and Staff Sgt. Manuel Curielmillan, who provided technical expertise, fabrication assistance and vehicle testing.

This year, military and high school participants brought their vehicles to Ford Island to compete at the closed-loop LeMans-type track, a course made up of right and left turns and straight-aways.

The Marines fielded two of the 10 entries in the 10-lap interservice race among the Air Force, Army, Marine Corps and Navy.

Driving for the Marines were section noncommissioned officer Sgt. Scott Momper and communications technician Cpl. Amaddona Garcia, both attached to Marine Corps Air Facility's Aircraft Rescue and Firefighting unit.

Starting from the last position, Sgt. Scott Momper, reached speeds of up to 39 mph, and led for a lap before finally being overtaken and finishing in third.

Corporal Garcia's vehicle experienced electrical problems but still managed to take fifth place.

Though the Marines gave a good showing, for the second time in as many years, the Navy sailed in to grab first place, the Air Force flew in a couple of seconds later to clinch second, and the Marines followed in hot pursuit to nail third.

Unlike the military race, the high schools competed to complete the greatest number of laps in 60 minutes on a single electric battery charge. But like their military counterparts, the top three high school racers finished within seconds of one other.

Representing MCB Hawaii at the final awards ceremony, Deputy Director of Facilities Lt. Col. Robert Lottie praised the team's efforts and vowed his support to bring home the trophy next year.

## WORD TO PASS

### Food Bank Launches 'Sea of Tuna' Collection

Restaurant Row at 500 Ala Moana Blvd. will be the major drop-off site for the 2004 Food Bank Drive, currently underway and seeking cans of tuna to feed the islands' needy. Your help is needed to net a giant catch, so drop off tuna cans and monetary contributions now at the Waterfront Plaza Security Office.

On April 24, make plans to attend the 2004 Food Bank Drive festivities, including a live broadcast by Perry & Price on KSSK, a visit by the cast of "Rock Legends" and other continuous entertainment.

Each week, the Hawaii Food Bank aids 118,000 needy individuals.

### Bishop Plays Host to Planets, Storytelling & Sea Creatures

Bishop Museum, located at 1525 Bernice St., is open daily from 9 a.m. to 5 p.m. and offers discounted admission of \$11.95 for military and youth from 4-12 years. (Members and children under 4 are free, regular admission is \$14.95.)

•Today at 5 p.m., visitors are invited to view the spectacular parade of planets

— Mercury, Venus, Mars, Saturn and Jupiter — from the Great Lawn of the museum. Beyond late March and early April, the next five-planet grouping will not occur until the year 2016. Admission to "Planets on Parade" is \$3.

•Saturday from 11 a.m. until 7 p.m., catch the "4th Annual Storytelling Festival," when tales that capture the love of the language and culture of Hawaii are presented by storytellers from the Hawaiian Islands, Alaska and Massachusetts. This event will also feature musical performances and coincide with the temporary opening of a native Hawaiian whalers exhibit. Admission is \$3.

•For more information, call 847-3511 or visit [www.BishopMuseum.org](http://www.BishopMuseum.org).

### Windward to Host Grammy-Winning Guitarist, Sunday

Windward Community College presents acclaimed classical guitarist Sharon Isbin at its Paliku Theatre on Sunday at 7:30 p.m. This multiple Grammy award winner will be in town for a one-time performance of Baroque and Spanish-Latin to jazz-fusion selections.

As always, military receive a dis-

counted ticket price of \$25; regular tickets are \$30 for adults. For more details, call the theatre at 235-7330.

### Landfill Brief Set for Kailua, Tuesday

The Honolulu City Council's Committee on Public Works & Economic Development will hold a Windward Oahu community informational briefing on the Landfill Site Selection Process, Tuesday at 7 p.m. in the Multi-Purpose Room at Kailua District Park. (A similar meeting will be held in Leeward Oahu on Monday.)

One of the proposed sites that will be discussed is the Ameron Quarry, located slightly more than one mile mauka of Kawai Nui Marsh.

For more information, contact Kathy Bryant-Hunter at 262-6012, or e-mail her at [kathybryant@dpr4adr.com](mailto:kathybryant@dpr4adr.com).

### Alliance Sponsors Grassroots Talk, Wednesday

"Discussion Over Dinner," the second in a series of six informal seminars designed to help grassroots activists tap into their strengths and skills, as well as feel more comfort-

able about money issues, will be held Wednesday from 6 to 8:30 p.m. in Hale Kuhina 107, at Windward Community College. "Idealism, Money, & Meaningful Social Action: Not Just Another Oxymoron" will be the topic of this month's discussion.

A list of Windward Ahupuaa Alliance's remaining 2004 seminars, all of which will develop upon the theme "How to Raise Money for Fun & Your Nonprofit," follows.

• May 8, Entrepreneurial Secrets from the World of Business

• July 29, Planning a Successful Special Event

• Sept. 11, Creating a Strong Asking-for-It Campaign

• Nov. 30, How Will November 2 Impact our Nonprofit

The informal seminars cost \$3; however, the charge is waived for people who help with setup, registration or cleanup.

See WTP, B-7

# E-filing may ease the stress of tax season

**NAPS**  
*Featuring*

For some, filing taxes is the year's most unpleasant chore.

Yet, by waiting until the last minute to prepare their taxes, many Americans make filing more difficult and worrisome than necessary. By planning ahead and getting a jumpstart on the filing process, taxpayers can avoid the stress and anxiety of last-minute tax filing.

The Internet is rapidly growing as a tax filing resource, allowing millions of consumers to significantly reduce the time spent on planning and filing. In fact, according to the Internal Revenue Service, more than 53 million taxpayers filed their taxes electronically last year.

By tapping into helpful online resources like the IRS Web site ([www.irs.gov](http://www.irs.gov)) or the Yahoo! Finance Tax Center (<http://taxes.yahoo.com>), consumers can find a wealth of tax tools and services designed to make tax filing simple and stress-free.

"We strongly encourage people to avoid waiting until the last minute to do their taxes," said IRS Commissioner Charles O. Rossotti. "Our advice to taxpayers is easy: start early, get organized and try e-filing."

As the April 15th deadline draws ever closer, consider the following

checklist to keep organized:

•**Choose the best way to file.** Congress mandated that by 2007, 80 percent of all tax returns should be filed electronically. However, why not get started now? By using an online tax filing service, taxpayers can prepare and submit tax returns electronically to the IRS quickly and easily.

Eligibility requirements for free electronic filing services are available at [www.irs.gov](http://www.irs.gov).

Programs such as TurboTax for the WebSM on Yahoo! Finance Tax Center ask users 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.

•**Watch for employer tax forms in the mail (W-2s).** Keep an eye out for tax forms and information from employers for the previous calendar year. All of these forms are necessary to prepare your taxes. If you haven't received them yet, contact your employer.

•**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, for free. Online tax filing programs, such as those available through the Yahoo! Finance Tax Center, save you valuable time as taxes are automatically calculated based on the most recent laws.

•**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, certain online services provide a safe, secure and convenient means of

submitting payments via the 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. Keep copies of your expenses together, in one place. In addition, online tax filers can automatically store their returns on their personal computer for quick reference, but you should always keep a hard copy on hand, just in case.

Tips aside, the best way to lessen the burden of tax season is to prepare early. With Web sites that allow you to prepare, file and pay your taxes all at once, it's never been easier.

## Tax Center serves military

Located next to the 7-Day Store in Bldg. 455 on Lawrence Road aboard MCB Hawaii, Kaneohe Bay, the Tax Center will be open for walk-in appointments through April 30 from 8 a.m. until 4 p.m., weekdays, except Wednesday.

The Tax Center is open from 9 a.m. until 6 p.m. on Wednesdays, and it remains open during lunch hours all weekdays.

Military, their families and retirees

can make appointments to complete their 2003 federal and state tax returns, as well as get questions answered concerning tax issues — all free of charge. Simply bring all W-2s, account and routing numbers, your 2002 tax returns, and any other form required to complete your return(s) with you to the Tax Center.

For more details, call 257-1534, or visit the tax center site at [www.mcbh.usmc.mil/sja/sjatax.htm](http://www.mcbh.usmc.mil/sja/sjatax.htm).

# Patrons rate commissary benefit No. 1

**Bonnie Powell**

*Defense Commissary Agency*

FORT LEE, Va. — “No pain, no gain” is a common expression. However, though bargain hunters may go from grocery store to grocery store seeking the best buys, they may end up paying more for other items that aren’t on sale. Despite a lot of pain, they don’t realize much gain.

The Defense Commissary Agency, on the other hand, provides groceries at cost. Authorized customers save time and money over commercial grocery prices.

“Commissaries are a benefit, not a business, and sometimes people lose sight of that,” said Maj. Gen. Mike Wiedemer, DeCA director. “It’s true we operate in a businesslike fashion, but our sole reason for being here is to deliver the benefit. Our cost is your cost.”

Since commercial stores are profit-motivated, they can offer popular items at below cost to

get customers in their store. Often, they make up below-cost offers on other items that are priced much higher. There’s nothing wrong with that, said the director, and it has a name: loss leader.

“Because we sell at cost, and the U.S. government covers the expenses associated with providing the benefit, that allows us to achieve an overall average customer savings of 30 percent or more over commercial grocery stores,” Wiedemer said.

The commissary benefit is now worth about \$2,700 a year to a military family of four that shops regularly at a commissary — savings that add up.

Like any commercial grocery store, commissaries also have unadvertised “sales” on hundreds of products on any given day, according to Scott Simpson, chief operating officer at DeCA.

“One of the many reasons we don’t have a ‘frequent shopper’ card is simply that everything we sell is already at cost,” said Simpson. “If a manufacturer

offers us a special sale, we pass it on. Your military ID is the only ‘special card’ you need.”

Sometimes getting information to customers about what’s on sale at the commissary is difficult. Commissaries are not allowed to advertise product prices, but private vendors and manufacturers doing business in the commissary system can.

Increasingly, private vendors and manufacturers are advertising their products and prices. Many installation newspapers now carry monthly commissary shopping circulars; other vendors distribute sales information direct to the doorways of military families in housing areas. Still more, hand out circulars and coupons readily available at the door of your local commissary.

Customers can also find out



what’s on sale at their local commissary by accessing the savings aisle in the shopping section of DeCA’s Web site: [www.commissaries.com](http://www.commissaries.com). Prices aren’t listed, but it’s

a safe bet that if the items are on sale, the prices are going to be below average commissary prices, as well as below commercial grocery store prices.

Commissary customers get an additional break by not paying any sales tax when shopping at the commissary. In some locations, that can amount to sizeable savings.

There is, however, one cost borne by customers. A 5-percent surcharge, mandated by Congress, is added at the register on the total grocery bill before coupons are deducted.

“We’re frequently asked about the surcharge because people feel like that’s part of the

cost of the groceries or some sort of profit,” said Wiedemer. “But the surcharge funds have nothing to do with making a ‘profit.’ The 5-percent surcharge goes right back into the military system to fund the building of new commissaries and the improvement of existing stores for our customers.”

Commissary customer satisfaction surveys consistently rank the commissary as the No. 1 military benefit, and military quality-of-life surveys consistently rank commissaries among the top two benefits, said Wiedemer.

“Our intention is to spread the word and make sure the commissary benefit is being fully used by active duty, Guard and Reserve, and retired military families,” Wiedemer added. “It simply doesn’t make sense for anyone to spend valuable time and gas running all over town to save on a few items when shopping regularly at the commissary can result in savings of 30 percent or more!”

## Deployment favors ‘GI Gingerbread’ cookies

**Kay Blakley**

*Consumer Advocate*

*Defense Commissary Agency Europe*

If you’re holding down the fort these days while your service member is deployed, I’ll bet you’ve almost reached “expert” status regarding 1) the comfort items a desert dweller desires; 2) the true meaning of the term “hand-packed with pride,” once a care package has made it to its final destination with all contents still intact, i.e., with no leaks, spills or crumbs; and 3) the fact that all the ready made goodies in the world are very nice, but they can’t hold a candle to something freshly made at home, and carefully shipped with love.

Now, for those homemade goodies you’ll want to occasionally send down-range. Certain cookies travel better than others. The best travelers are small-to-medium sized cookies of a firm consistency and thickness. Brownies and other bar cookies also travel well, especially if you wrap each one individually.

However, extremely thin, tender, and those with a sticky glaze, or with moist fillings like jam or butter cream, don’t travel well. Chewy soft or fragile meringue kisses, and other egg white cookies, are also poor choices because they are likely to disintegrate completely from being bumped and thrown about.

So what choices are you left with? Give our “GI Gingerbread” recipe a try. It’s quick and easy to make, will keep for months in an airtight container, and is actually at its best if you let it age for about two weeks while the spices mingle to perfection.



**GI Gingerbread**

NAPS

That’s right, it will keep for months. Even if your care package takes two weeks to get to your sweetie, it will be perfect timing!

This recipe uses *zero* fat, which probably accounts for its very long shelf life. And if you’re not a fan of gingerbread, don’t be put off by its name; there’s actually not a drop of ginger in it, just a very pleasing combination of spices that I couldn’t think of any better name for.

### GI Gingerbread

1 cup honey  
3/4 cup packed light or dark brown sugar

1 large egg, lightly beaten  
1 tablespoon fresh lemon juice  
1 teaspoon grated lemon peel  
2 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1/2 teaspoon ground allspice  
1/2 teaspoon ground nutmeg  
1/3 cup chopped, blanched almonds (purchase slivered, blanched almonds and chop them with a chef’s knife or in a food processor)  
1/3 cup currants (optional)  
Whole blanched almonds (find these on a rack in the produce section)

### For Glaze

1 cup powdered sugar  
2 tablespoons fresh lemon juice  
1/2 teaspoon vanilla

Preheat oven to 400 degrees and position rack in the center. Line a 13 x 9-inch baking pan with aluminum foil, allowing it to overhang the two narrow ends of the pan by about 2-inches. Spray the foil with unflavored cooking spray.

Place the honey in a large, heavy saucepan and bring it to a boil. Immediately remove from heat, and set aside to cool completely. As honey cools, combine flour, baking soda and spices in a medium bowl and set aside.

Chop and measure out the almonds and set aside.

Stir the brown sugar, lightly beaten egg, 1 tablespoon lemon juice and lemon zest into the cooled honey until thoroughly combined. Add the flour mixture, a bit at a time, stirring until well

blended after each addition. The dough will be thick and stiff.

Stir in the chopped almonds and firmly press the dough into the pan to form a smooth even layer; bake until a toothpick inserted in the center comes out almost clean, about 18 – 20 minutes.

While the gingerbread is baking, stir together the powdered sugar, 2 tablespoons lemon juice and vanilla, adding a few drops of water, if necessary to reach a spreadable consistency.

When the gingerbread is done, remove the pan to a cooling rack. While the bar is still warm, spread the icing evenly over the top. Immediately mark into squares, with a sharp knife and decorate each square with four whole almonds arranged in an “X” shape originating from each corner.

Let stand until completely cool. Using the overhanging foil as handles, lift the bar to a cutting board, and carefully peel off the foil. Cut into bars with a sharp knife, using the guide marks you made earlier.

Makes 24, 2x2-inch bars.

### Helpful Hints

- Use less lemon juice in the glaze, if you want to, because although the lemon smooths out a bit as the bars age, it’s a little tart.

- These bars or any other cookies travel best wrapped individually in plastic wrap, foil or zipped into a plastic zip closure snack bag. Cushion the bottom, sides and top of the box with crumpled wax paper or paper towels, then place the cookie box inside a larger box insulated with plenty of cushioning material.

# ON THE MENU

## AT ANDERSON HALL

**Today**  
**Lunch**  
Pepper Steak  
Southern Fried Catfish  
Rice Pilaf  
Potatoes Au Gratin  
Simmered Black-Eyed Peas  
Sugar Cookies  
Asst. Fruit Pies

**Dinner**  
Beef Pot Pie  
Roast Turkey  
Paprika Buttered Potatoes  
Steamed Rice  
Sugar Cookies  
Asst. Fruit Pies

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

**Saturday**  
**Brunch/Dinner**  
Baked Lasagna  
Chicken Parmesan  
Pizza Slices  
Garlic Bread  
Marble Cake w/  
Chocolate Icing  
Asst. Fruit Pies

**Sunday**  
**Brunch/Dinner**  
Barbecue Beef Cubes  
Baked Turkey & Noodles  
Steamed Rice

Ginger Molasses Cookies  
Spice Cake w/  
Butter Cream Frosting

**Monday**  
**Lunch**  
Meat Loaf  
Pork Ham Roast  
Steamed Rice  
Mashed Potatoes  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Dinner**  
Beef Brogul  
Baked Cajun Fish  
Mashed Potatoes  
Steamed Rice  
Chocolate Chip Cookies  
Asst. Fruit Pies

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

**Tuesday**  
**Lunch**  
Simmered  
Corned Beef  
w/Mustard Sauce  
Honey Glazed  
Cornish Hens  
Parsley Buttered Potatoes  
Egg Noodles  
Peanut Butter Cake w/

Peanut Butter Frosting  
Asst. Fruit Pies

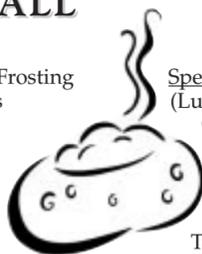
**Dinner**  
Turkey Pot Pie  
Sweet & Sour  
Pork  
Steamed Rice  
Parsley  
Buttered Potatoes  
Peanut Butter Cake w/  
Peanut Butter Frosting  
Asst. Fruit Pies

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

**Wednesday**  
**Lunch**  
Pork Adobo  
Beef Yakisoba  
Steamed Rice  
Pork Fried Rice  
Oatmeal Cookies  
Strawberry Shortcake  
Asst. Fruit Pies

**Dinner**  
Steak Smothered  
w/Onions  
Southern Fried Catfish  
Mashed Potatoes  
Steamed Rice  
Oatmeal Cookies  
Strawberry Shortcake  
Asst. Fruit Pies

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



**Thursday**  
**Lunch**  
Turkey A La King  
Beef Porcupines  
Mashed Potatoes  
Boiled Egg Noodles  
Marble Cake w/  
Chocolate Cream Frosting  
Pineapple Upside-Down  
Cake  
Asst. Fruit Pies

**Dinner**  
Braised Liver w/Onions  
El Rancho Stew  
Honey Ginger Chicken  
Steamed Rice  
Boiled Egg Noodles  
Marble Cake w/  
Chocolate Cream Frosting  
Pineapple Upside-Down  
Cake  
Asst. Fruit Pies

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



WTP, From B-4

Space is limited. For reservations, call 263-6001 or 791-0517.

### Thursday is Due Date for KOSC Scholarships

The Kaneohe Officers' Spouses Club is offering an educational scholarship to qualifying candidates. Applications are available to family members of active duty, retired or deceased officers of the U.S. armed forces whose present or final duty station is/was MCB Hawaii (Kaneohe Bay or Camp H. M. Smith) through Thursday.

All applicants must have been accepted by, or currently enrolled in, an accredited college, university or technical/vocational school, and certain other qualifications must be met, including essay and letter submissions.

For more info or for an application, contact the KOSC office at 254-2491; e-mail [kosc\\_scholar@hotmail.com](mailto:kosc_scholar@hotmail.com).

### Celebrate Passover at the Hale Koa Hotel

In celebration of the Passover holiday season

— the eight days from sundown to sundown, April 5 – 13, Jewish military and family members are invited to participate in the following observances at the Aloha Jewish Chapel at the Hale Koa Hotel:

•April 5 at 7 p.m., Hebrew Study

•April 9 at 7:30 p.m., Kabbalat Shabbat

•April 10 at 9:15 a.m., Shabbat Morning Service

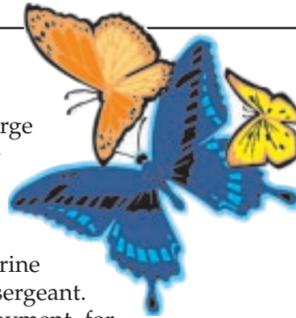
Sponsored by the Aloha Jewish Chapel Trust Fund, the Passover Seder will be held Monday, April 5, at 6 p.m. at the Hale Koa Hotel. The main entrée will be kosher turkey; however, a vegetarian option (eggplant) is also available.

Cost for this event is \$45 per person. Space is limited to 125 people, and reservations will be accepted on a first-come basis.

Priority will be given to active duty and retired military service members and their immediate family members. However, civilians will not be "bumped" to accommodate late requests by service members.

For more information, call 473-3971, ext. 5.

# Butterfly kisses



## Father-Daughter Dance helps bring loved ones even closer together

**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

The once dark and quiet ballroom filled with laughter and streaks of brilliant color as daughters of all ages danced the night away with their fathers at the 5th Annual Father-Daughter Dance aboard MCB Hawaii, Kaneohe Bay, March 13.



Lance Cpl. Michelle M. Dickson

Fathers looked on proudly in their dress uniforms and dinner jackets as their beloved daughters spun and twirled, waiting for the next song to sweep them off their feet. The dance warmed the hearts of hundreds in attendance at the Lanai Ballroom in the Officers' Club.

The evening began with the arrival of guests, who captured the memorable event with keepsake pictures, and was followed by exquisite dinner and dessert selections.

Fathers and their daughters, of course, saved time for plenty of fun and laughter as they scooted to the ballroom floor for everything from slow dancing to jiving to the funky chicken.

Roughly 300 people showed up this year, almost double last year's attendance, said Nicolette Ferguson, outreach director for the Armed Services YMCA.

"I think with the war, and with service members being deployed, time with family is so important," explained Ferguson. "Fathers want to take advantage of every opportunity to spend good quality time with loved ones. They don't know when they may get deployed [again]."

This year was the first opportunity to attend the dance for many of the dads and daughters.

"This is my first time going to the dance, and I really enjoyed it,"

**Left — There was plenty of fun, laughter and love evident at the 5th Annual Father-Daughter Dance at the Officers' Club.**

**Right — First Sgt. George Espinosa spins his daughter Liana on the dance floor at his first-ever Father-Daughter Dance.**

said 1st Sgt. George Espinosa, Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, first sergeant.

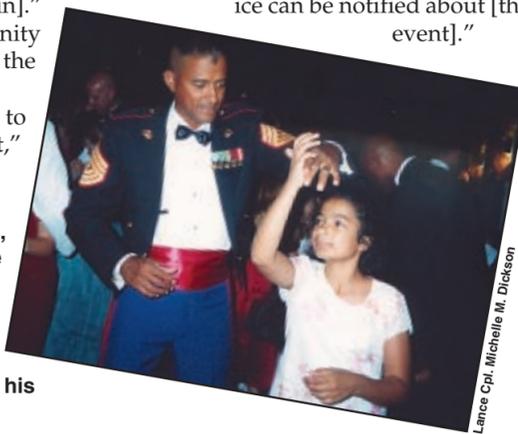
"I was on deployment for last year's, so I was really pleased that I could make it this time."

Daughters also enjoyed the opportunity to dress up and spend the evening with their dads.

"I think this is really fun," said 5-year old Karis Lee, daughter of Lt. Cmdr. James Lee, who is stationed at Pearl Harbor Naval Station. "I came because I love my dad."

Ferguson hopes that in the years to come, fathers will continue to take their daughters to the Father-Daughter Dance in celebration of their special bond.

"We are looking at having the dance in another location next year," said Ferguson, "because there were so many people. We'll have it in a more central location, so that more can attend and more branches of service can be notified about [the event]."



Lance Cpl. Michelle M. Dickson

## MARINE MAKEPONO

HAWAIIAN FOR  
"MARINE BARGAINS"

### Vehicles

**1993 Ford Ranger 4x4**, automatic, bed liner, new paint and tires, 90k miles. Great, reliable truck. Asking \$4,500 OBO. Call 253-0257.

**1998 Jeep Wrangler SE sport utility**, great condition, with CD, new carpet, brakes and tires, 58k miles. Very reliable. Asking \$9,000 OBO. Call 253-0257.

### Pets

**Easter puppies**, AKC Maltese, born Feb. 11, will be ready by Easter. Four to choose from. Call Dan at 741-7795.

**Labrador mixed female**, fixed, great with kids, 1 year old, dog house included. Asking \$200. Call 254-7181.

### Musical Instruments

**Piano**, upright, wood finish, good shape with bench. Asking \$200 OBO. Call Caryn at 253-0257.

### Miscellaneous

**Baby-sitting services**, I'll baby-sit your child full-time at my home. Please call Anny at 254-4272.