

LIFESTYLES



Guides attack fear of sharks

Lance Cpl. Megan L. Stiner
Combat Correspondent

HALEIWA — For hundreds of years, sharks have struck fear into the hearts of millions of people. That's why two men have dedicated their lives to reversing the notion that sharks are to be feared, by showing residents and visitors of Hawaii that sharks are no more dangerous than our minds lead us to believe.

The duo is comprised of the captains of the *Kainani*, a boat that launches from historic Haleiwa Harbor and takes the adventurous out into shark-infested waters, then drops them into the middle of between 15 to 20 sharks. The tour reveals what beautiful creatures sharks really are.

The team of Chris Lolley and Jimmy Hall make up the most experienced shark-sighting team in Hawaii. Combined, they have more expertise when it comes to sharks than any other competitor Hawaii has to offer.

Lolley has guided more shark dives than any one in the state. As a certified scuba diving instructor, he has taught hundreds of people how to dive. Hall, on the other hand, is an adventurer who enjoys surfing, paragliding, skydiving and base jumping. He is an experienced ocean guru who has made a living from the ocean for nearly 20 years.

The two met as captains of two different shark diving boats, and then became good friends. Two years ago, they decided to create Hawaii Shark Encounters.

The three-mile trip on the *Kainani* to the shark site is only 15 minutes. After a short brief about the shark cage, a lesson on how to use a snorkel, and a reminder that animal cookies are provided to all after the experience, then the fun begins.

A cage of Plexiglas windows is dropped into the deep ocean waters, so the venturesome feel as though they are right in the water with the sharks.

See *SHARK*, B-10

Shark bites

- Hawaii is home to nearly 40 species of sharks. The size difference between the largest and smallest shark is almost 50 feet.
- The smallest known shark in Hawaiian waters is the pygmy shark, which is about 8 inches long and is found in deep waters.
- The largest is the whale shark, which can grow to nearly 50 feet long. It is also the largest fish in the world.

- The most commonly seen sharks are the sandbar, reef whitetip, reef blacktip, blacktip, scalloped hammerhead and tiger sharks.
- There are a few sharks that have been known to attack and be aggressive to humans.

See the chart at far right for a roster of the most common inshore sharks in Hawaii.



Tiger Shark

Aggressive to humans
Identification: Short vertical bars on side, fading with age to tan or dark gray; broad, blunt snout
Length: 18 feet or more; averages 12-13 feet
Habitat: Deep coastal waters during daylight, nearshore waters at night



Galapagos Shark

Aggressive to humans
Identification: Large first dorsal fin with nearly vertical rear edge
Length: Up to 10-12 feet
Habitat: Outer reef to deep water, occasionally inshore areas near drop offs



Scalloped Hammerhead Shark

Aggressive to humans
Identification: Front margin of head has four shallow lobes
Length: Averages 5-7 feet but can reach 15 feet
Habitat: Inshore and far at sea; more common in shallow waters during spring and summer



Gray Reef Shark

Aggressive to humans
Identification: Pelvic and caudal fins have dark margins, second dorsal and anal fins dark, pectoral fin tips dark
Length: Up to 7 feet; averages 3-5 feet
Habitat: Deeper waters on outer edge of the reef



Blacktip Shark

Not aggressive to humans
Identification: Fins dark at tips, conspicuous white band extends forward from anal fin into gray area on side
Length: Up to 8 feet
Habitat: Open ocean and coastal waters



Reef Blacktip Shark

Not aggressive to humans
Identification: First dorsal fin with large black blotch at tip and cream-colored band below, other fins with black tips, caudal fin with black margin, conspicuous white band extends forward from anal fin into tan area on side
Length: Usually less than 4 feet; maximum of 6 feet
Habitat: Shallow waters



Reef Whitetip Shark

Not aggressive to humans
Identification: Conspicuous white tip on first dorsal fin and upper lobe of caudal fin, second dorsal fin and lower caudal lobe sometimes white-tipped
Length: Up to 6 feet; averages 2-3 feet
Habitat: Shoreline; shallow reefs



Sandbar Shark

Not aggressive to humans
Identification: Large erect dorsal fin set forward on body, sloping forehead
Length: Up to 5-6 feet
Habitat: Shoreline, harbors and bays

Compiled and used with permission from www.aloha.com.

The art of the shark encounter

Lance Cpls.
Michelle M. Dickson
and **Megan L. Stiner**
Combat Correspondents

"Well, this is not a boat accident. It wasn't a propeller, it wasn't any coral reef, and it wasn't Jack the Ripper. It was a shark!"

— Richard Dreyfuss, as Hooper, an ichthyologist, in the movie "JAWS"

HALEIWA — When sitting on the beach one day, we thought it would be extremely fun to have a shark encounter, because, honestly, what were the chances that we would get our legs eaten like the late Robert Shaw, who played Quint the shark hunter in the always



Lance Cpls. **Michelle Dickson** (left) and **Megan Stiner** find time to commune with some of the ocean's more infamous residents.

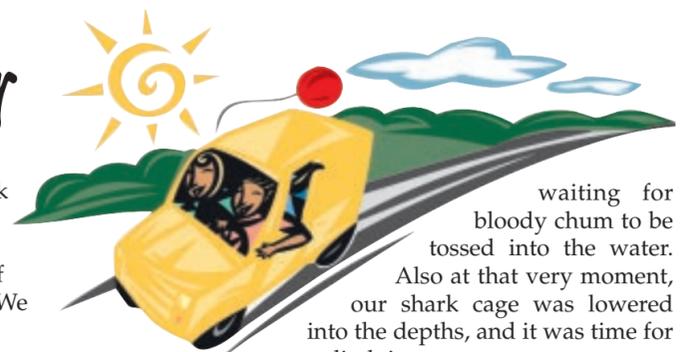
memorable, always scary, "JAWS"?

We looked around and decided the most wondrous place to go would be

Hawaii Shark Encounters, located in the historic town of Haleiwa. We headed out, in search of excitement, in search of danger, in search of sharks!

Once we reached our destination, our captains invited us aboard the shark boat "The *Kainani*," and we were in good spirits that the boat wasn't called "The Orca."

We took a 15-minute boat ride out into the dark blue waters of the North Shore, and almost instantaneously, sharks emerged from the deep, circling the boat,



waiting for bloody chum to be tossed into the water. Also at that very moment, our shark cage was lowered into the depths, and it was time for us to climb in.

One cannot really describe what it feels like to be lowered down into the ocean in a shark cage. We weren't really nervous, but it was a weird situation to have roughly 20 sharks racing around and fighting over chum about us. We were right in the middle of it all!

Naturally, as we're sure any shark enthusiast would do, we proceeded to

See *ENCOUNTER*, B-10

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

March

5 / Today

Father Daughter Dance — All fathers, today is your last chance to purchase your tickets to the 5th Annual ASYMCA Father Daughter Dance, which will be held in the Lanai Ballroom of the Officers' Club from 5 to 8 p.m. on Saturday, March 13. Ticket cost for dads is \$16. Tickets for daughters 4 and under is \$7; daughters 5 - 11, \$14; and daughters 12 and older, \$16.

Dads or accompanying adults must wear military dress or black tie. Girls or daughters should wear formal or party dress. For more information or to purchase tickets, call the Armed Services YMCA at 254-4719.

Ladies' Night — All ladies are welcome to the Staff NCO Club for Pau Hana Friday. Enjoy thirst-quenching beverages and free pupus.

Admission is free and so is the fun! For more information, call 254-5481.

Las Vegas — Got your attention? The radio station KPOI is giving away a Las Vegas trip to

hear Metallica and Godsmack in concert.

Tonight, jam with 97.5 KPOI, live from 9 to 11 p.m. When KPOI plays two songs back to back by Metallica or Godsmack, be the ninth caller and qualify for the drawing at Kahuna's Sports Bar & Grill.

For more information, call 254-7660.

Auto Auction — The Auto Skills Center holds an auto auction on cars that they acquire and fix up to working condition. Interested parties can inspect the vehicles and place their bid in the ballot box inside the Auto Skills Center.

The next time you are on the market for a new vehicle, don't pay those high prices until you first visit the Auto Skills Center to see if it has what you are looking for.

There are currently no vehicles for auction, but to find out when the next bidding session will be, call the shop at 254-7675.

6 / Saturday

One Source — The MCCS One Source Web site provides active duty and their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of life.

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.

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 for MCCS One Source. To create your own personal profile, log onto the MCCSOneSource.com Web site, and 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, or at 800-237-42374 for OCONUS Universal Free Phone. Call OCONUS collect at 484-530-5908.

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

For more information, call 254-5481.

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 the FCC

Office at 257-7030.

10 / Wednesday

Bosses' Night — Move the workplace to the club and bring the best of the best to the Rocker Room for a beverage, pupus and 25-cent wings from 4:30 to 6:30 p.m.

For more info, call 254-5481.

Mongolian Barbecue — Don't feel like cooking dinner? Head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals. Buffet-style, select your favorite veggies and meat including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice. Then, watch the grill masters flip, sauté and grill your dinner to perfection.

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

11 / Thursday

Right Hand Man Night — Calling all officers! Invite your staff noncommissioned officers to the club and show them your appreciation. Enjoy the Corps, camaraderie and chow, all at your Officers' Club from 4:30 to 6:30 p.m.

Kahuna's Karaoke — Take your singing from the shower to the club. Kahuna's Karaoke Contest preliminaries will be held Thursday at 9 p.m. The finalists from each preliminary

will compete in the contest on March 18.

The entry cost is \$5, and Dream Cruises Hawaii, Walter's Karaoke Shop, Subway at MCB Hawaii and the Hale Koa Hotel will provide great prize giveaways.

For more info, call 254-7660.

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

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

17 / Tuesday

Marriage Skills Workshop — Thinking about marriage? Get in the know and attend the next Marriage Skills Workshop, March 17 and 18. You'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success.

Call 257-7780 or 257-7781 to register.

St. Patrick's Day — All three clubs (Kahuna's Sports Bar & Grill, the Staff NCO Club Rocker Room and the Officers' Club) are hosting St. Patrick's Day celebrations. Show your spirit, put on your green, and head to your favorite watering hole for food and beverage specials. Look for details in next week's paper.

SM&SP



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

The SM&SP Office is located in Bldg. 1629. Call 254-7593 for more info.

SM&SP Online

Get more on SM&SP at www.MCCSHawaii.com under the "Semper Fitness" icon.

Upcoming Events

Your SM&SP continues to deliver quality activities such as the below:

- **Tuesday, and March 16 & 23:** Save these dates for the Golf Clinic, which is every Tuesday in March. The SM&SP is hosting the clinics for \$40 per person.

Come learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament, which will be held March 24.

- **March 24:** Join SM&SP on March 24 for the Shank & Slice Golf Tournament. Best-ball action will begin at 12:30 p.m., and costs only \$25 for E-5 and below, and \$33 for E-6 and above. Players can bring their boss (one boss per player, and sponsor must play with guest).

Aloha Fair to showcase services

Bobbie Brock

MCCS Public Relations

Marine Corps Community Services will continue to support the readiness of Marines, Sailors and their family members at MCB Hawaii with the Community Aloha Fair on Tuesday, March 16. Residents, new and seasoned, are invited to the Kahuna's Ballroom from 5:30 to 7:30 p.m., to explore the activities and services offered aboard base and in the surrounding community.

"The Aloha Fair provides a wonderful opportunity for base residents to familiarize themselves with the abundance of services offered to them right out their back door," said Debbie Bookatz, sponsorship coordinator.

Numerous businesses from MCB Hawaii and the community will be available to provide information and answer questions about the services they offer. Attendees will enjoy free pupus and exciting prize giveaways, including two nights at the Waikiki Royal Suites, compliments of Marc Resorts, as well as a Pleasant Island



Edward Hanlon V

Community Aloha Fair patrons visit with Mahalo, the Marine Corps Community Services mascot, during last year's fair.

Holidays neighbor island room and car package!

Kicking things up a bit, the Dance Movement Academy will entertain fair-goers from 6 to 6:15 p.m. Other participating

organizations include Independent Beauty Consultant; Gretchen Simpkins; Mary Kay Cosmetics; Vanpool Hawaii; Dr. Jeffrey Sonson, D.D.S.; Taco Bell and Pizza Hut; the University of

Phoenix; Hale Koa Hotel; and Ocean Concepts Scuba.

For more information, call the Marine Corps Community Services' Marketing Department at 254-7679.

MOVIE TIME

Prices: Adults (12 and older) \$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 at the box office. Call 254-7642 for recorded information.

* **"Advanced Screening" Policy:** Call 254-7642 for the movie title. 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.

House of Sand and Fog (R)	Today at 7:15 p.m.
Chasing Liberty (PG-13)	Today at 9:45 p.m.
The Butterfly Effect (R)	Saturday at 7:15 p.m.
Cheaper By the Dozen (PG-13)	Saturday at 9:45 p.m.
Teacher's Pet (PG)	Sunday at 3:30 p.m.
Torque (PG-13)	Sunday at 7:15 p.m.
House of Sand and Fog (R)	Wednesday at 7:15 p.m.
Torque (PG-13)	Thursday at 7:15 p.m.
Along Came Polly (PG-13)	March 12 at 7:15 p.m.
House of Sand and Fog (R)	March 12 at 9:45 p.m.

Base library operates in spite of damage

Lance Cpl.
Megan L. Stiner
Combat Correspondent

The base library aboard MCB Hawaii, Kaneohe Bay, is patiently awaiting roof damage repair from January's high windstorms that caused the base nearly \$3.6 million in damage. Library staff members, however, are doing their best to provide the base with as many of the same services they offered before the storm.

Nearly 90 percent of the library is currently closed off for patrons' safety due to the possible disturbance of asbestos from its damaged roof. The other 10 percent that is still available to library patrons consists primarily of periodicals: newspapers and magazines. As well, audio-language cassettes, Internet access, a typewriter and a new copier are available to patrons. Further, any materials that are stocked at other bases can be



Lance Cpl. Megan L. Stiner

Despite closing 90 percent of its collection, base library patrons still have access to more than 4,500 periodicals, and some books.

shipped to K-Bay for patrons.

"If we don't have a book that someone needs, we can check our database to see if another base has it. We can get it sent here in less than two weeks," said Lori Zuttermeister, library technician. "It works just like a regular book check out. They keep it for the three-week loan period, free of charge, then we

just ship it back."

Although the base library's main collection of books can't be reached right now, some materials from the now-closed section will become available.

"There were some books that were checked out when the storm hit," explained Zuttermeister. "When those materials are brought back, they will be

set in a temporary area for other people to check out."

She explained that not a lot of people are aware of how extensive the magazine selection is at the library. Although it is a shame that the main collection is off limits, said Zuttermeister, there are still more than 4,500 magazines to choose from.

"We carry everything from military and sports, to fashion and home decorating," she emphasized. "We also hold all our magazines for at least six months."

Zuttermeister said that although the restriction of materials is a major issue for the library, it hasn't kept staff members from performing their routine activities. Every week the library holds Story Time for children, to help emphasize the importance of reading. The staff also provides special treats to children on holidays and during special events, such as bringing

in foods from different countries to help teach kids about cultural awareness.

Still, librarians are concerned because the group that is being affected the most by the restricted materials is the children, but there is no set date as to when repairs to the damaged roof will begin.

"We hope everything can be re-opened by the children's Summer Reading Program," said Zuttermeister.

Even with their lack of resources, the base library staff are keeping their spirits high, and have been very impressed with the cooperation of library users.

"We are thankful of how understanding everyone has been about our situation, and we look forward to being able to provide the community with the full amount of resources once everything is back to normal," Zuttermeister added.

Students consider future in military

Cpl. **Monroe F. Seigle**
Community Relations Clerk

Several freshmen participating in the Junior Pacific Century Fellows Program from Farrington High School in Kalihi came aboard MCB Hawaii, Kaneohe Bay, Feb. 26, to get a first-hand look at what future service in the armed forces could offer them.

The JCPF was founded in Washington, D.C., and is designed to expose promising students to all forms of government work such as corrections, military, education and health care, to name a few.

The students talked with academy representatives from all five branches of the armed forces and discussed what qualifications they must have to be accepted into the prestigious academies, during a luncheon at the Officers' Club.

"We wanted to show these promising students what the military has to offer them as far as an education and a career," said Navy Capt. Alma Grocki, area coordinator for Gold and Blue Officers with the U.S. Naval Academy in Annapolis, Md. "These students have a lot to offer regardless of what they decide to do in life."



In the strictest sense, the word cognac describes a brandy distilled from wine that comes from the area in and around the French village of Cognac.

Big Kahuna's proves to be a delicious lunchtime getaway

From the time I arrived in Hawaii, a co-worker raved on and on about a little "hole-in-the-wall" called Big Kahuna's Pizza-n-Stuffs that he claimed was the island's best-kept secret.

I decided quickly this was something I needed to investigate for the column.

From the outside, the simple green building at 833 Puuloa Road, off of Nimitz Highway, blends in to its surroundings. In fact, if it weren't for the sign, surfboards and packed parking lot, you could easily look right over it.

But when you step inside, see the place filled with people, and sample the food, you won't overlook it again.

Serving a wide selection of pizzas and sandwiches, this is a must-stop for anyone looking for a terrific (and big) meal at a reasonable price.

First opened nine years ago by Kelly Suchotzki, Big Kahuna's has combined several styles of pizza, including New York and Chicago deep-dish, creating what it refers to as a "local-style" pizza, found nowhere else on Oahu.

Its most popular pizza is the "Da Sumo" special (around \$6 for a six-inch, personal size, and about \$17 for the large, 12-inch one) piled high with pepperoni, ham, Italian sausage, Kalua pork, Portuguese sausage, bacon, onions, olives, mushrooms and chopped fresh tomato.

The slightly cheaper Kalua pork or "Kanaka" pizza comes in a close second, bursting with spicy flavor, fresh oven-roasted Kalua pork in a sweet barbecue sauce, and green onions on a thick crust.

For the seafood lover, there is the scampi delite pizza, topped with fresh shrimp in garlic lemon-butter, chopped tomatoes, black olives and cheese. Cheese lovers can try the white pizza, which blends Ricotta, mozzarella, Monterey Jack, cheddar, Romano and Parmesan, and Kahuna's tops it with basil, oregano, garlic, parsley and chopped tomato.

For the health conscious, there is the vegetarian pizza, overflowing with fresh tomatoes, onions, green pepper, black olives and mushrooms.

Though Big Kahuna's namesake is pizza (justifiably so, as it is some of the best in our area), it also offers "stuffs" (\$6.35), or sandwiches, which are just as popular.

According to manager Glen Kanahale, the Kalua pork sandwich, offering moist, shredded pork piled between two thick delicious pieces of bread, is one of Kahuna's best sellers.

Another popular sandwich is the Surfer Sub Combo/Grinder with your choice of two meats (ham, pastrami, corned beef, roast beef or turkey), Monterey Jack and cheddar cheese, finely cut cabbage, tomatoes, mild red

onions, mayo and mustard, drizzled with an olive oil vinaigrette.

The one drawback I found with Big Kahuna's is its small dining area. There are only six tables — which are difficult to get during the lunch rush — so, I would recommend that you order your food to take out. In fact, since everything is made to order, I suggest you call or fax in your order in advance and have it waiting for you when you arrive.

I also highly recommend the garlic cheese balls, my wife's favorite menu item, as an appetizer. It's a dozen hot bread rounds, topped with butter, garlic

Commentary

Island Flavors

Jim Williams

christopher.j.willli2@navy.mil



Big Kahuna's serves great food at low prices.

Big Kahuna's Pizza-n-Stuffs

833 Puuloa Road, Honolulu
Voice: 833-5588; Fax: 833-5098

Overall, I find that Big Kahuna's Pizza-n-Stuffs offers great food, low prices and friendly service. It's a relaxing atmosphere that provides a real lunchtime getaway (if you can get a table), or a great pick up for dinner when you don't feel like cooking.

Also, how could I forget this, Big Kahuna's offers all newcomers a free order of garlic cheese balls, when you say it's your first time to visit.

(Editor's Note: If you have a recommendation for "Island Flavors," e-mail christopher.j.willli2@navy.mil with the name of the food establishment, what you think makes it good and your favorite dish.)

and a melted layer of five cheeses.

Big Kahuna's also offers a few desserts, but I've found it difficult to fit in dessert after a pizza or sandwich because as some put it so well, "Da' 'buggahs are loaded!"

Organic fruits, veggies gain in popularity

Elizabeth Pivonka, Ph.D., R.D.,
NAPS Featurettes

More and more people are buying organic fruits and vegetables every day in stores across the country. But until recently, there was no clear understanding of what was really meant by organic, and rules and regulations varied throughout the nation.

The U.S. Department of Agriculture has recently issued National Organic Standards. This marks the beginning of consistent certification and labeling of organic products. The USDA developed these strict labeling rules to apply to raw, fresh and processed foods that contain organic ingredients. Before any product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to ensure the grower is following all rules.

Companies that handle or process organic food also must be certified. The USDA defines "organic" food as food grown and processed without using most conventional pesticides, without fertilizers made with synthetic ingredients or sewage sludge, and without biotechnology and ionizing radiation.

The Produce for Better Health Foundation has a simple way to choose five to nine colorful servings of fruits and vegetables every day, called The Color Way.

Foods are divided into five color groups — blue/purple, green, white, yellow/orange and red. Choose an item from each group to fulfill your daily intake of fruits and vegetables.

For more about Five A Day and The Color Way Guide, visit www.5aday.org and www.aboutproduce.com.

Chef Martin Yan's Chinatown Broccoli & Cauliflower Medley

1 ½ teaspoons cooking oil
1 medium organic carrot,
thinly sliced diagonally
1 organic red bell pepper,
seeded and cut into bite-
sized pieces
½ organic yellow onion,
cut into 1-inch pieces
2 ounces baby corn
¼ cup organic broccoli
florets
½ cup organic
cauliflower florets
½ cup snow peas

Sauce

¼ cup vegetable broth
1 tablespoon dark soy
sauce
1 tablespoon oyster-
flavored sauce
1 teaspoon sesame oil

Combine sauce ingredi-
ents in a bowl. Then place
a wok or wide frying pan
over high heat until hot.
Add oil, swirling to coat
sides.

Add vegetables and
stir-fry for one minute.
Add sauce and bring to a
boil. Reduce heat to
medium-high; cover and
cook for three minutes.

Recipe serves four and
totals 67 calories, 3.2
grams of total fat, .4
grams of saturated fat.

There are countless
ways to include colorful
organic fruits and vegeta-
bles in your daily diet.
Try a fruit smoothie with
organic bananas, man-
goes, and kiwi fruit in the
morning or try a salad
with organic leaf lettuce,
carrots, grape tomatoes
and cucumbers for lunch.

ON THE MENU

AT ANDERSON HALL



Today
Lunch
Seafood Platter
-Fried Fish Nuggets
-Fried Shrimp
-Fried Scallops
-Breaded Oysters
Lasagna
Baked Ravioli
Macaroni & Cheese
Chewy Nut Bar
Yellow Cake
w/Butter Frosting
Asst. Fruit Pies

Dinner
Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Cake
w/Butter Frosting
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Saturday
Brunch/Dinner
Herbed Rock Cornish
Hens
Grilled Strip Loin
Steak
Rice Pilaf
Mashed Potatoes
Chocolate Chip
Cookies
Asst. Fruit Pies

Sunday
Brunch/Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet
Potatoes
Chocolate Cake
w/Chocolate Frosting
Asst. Fruit Pies

Monday
Lunch
Meatloaf
Creole Pork Chops
Mashed Potatoes

Pork Fried Rice
Apple Crisp
Chocolate Chip
Cookies
Asst. Fruit Pies

Dinner
Baked Turkey &
Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip
Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Tuesday
Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Roll
Steamed Rice
Pork Fried Rice
Chocolate Pudding
Asst. Fruit Pies

Dinner
Creole Macaroni
Baked Fish Fillet
Mashed Potatoes
Noodles Jefferson
Chocolate Pudding
Asst. Fruit Pies

Specialty Bar
Taco Bar



Wednesday
Lunch
Barbecued Spareribs
Country Style Steak
Steamed Rice
Mashed Potatoes
Oatmeal Cookies
Asst. Fruit Pies

Dinner
Baked Chicken
Beef Pot Pie
Boiled Egg Noodles

Mashed Potatoes
Brownies
Asst. Fruit Pies

Specialty Bar
Hot Dog Bar

Thursday
Lunch
Baked Lasagna
Chicken Parmesan
Asst. Pizza Slices
Garlic Toast
Brownies
Asst. Fruit Pies

Dinner
Chicken Vega
Simmered Corned Beef
Parsley Buttered
Potatoes
Steamed Rice
Apple Pie
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
Taco Bar

Association builds rolling brotherhood

Cpl. Jessica M. Mills

News Editor

Many bikers stand by the belief that riding a motorcycle is more than a fact or a hobby, but a way of life. So when the MCB Hawaii Motorcycle Association was created two years ago, it was fitting that the members quickly bonded as a close-knit group of motorcycling enthusiasts.

Besides the social benefits, the motorcycle association has a much more important goal in mind. Its own mission statement declares that it wants to establish and maintain a spirit of camaraderie and "esprit de corps" that will enhance the prestige of all riders on MCB Hawaii. In layman's terms, this means the association wants riders to be safe, have proficient riding skills and still look good riding.

"The association has built that camaraderie that we talk about. We are friends," said Gunnery Sgt. Douglas Percy, company gunnery sergeant for Headquarters Battalion, MCB Hawaii, and vice president of the association. "We have also gotten the bullet-riders off the streets, and onto the track where it is legal and safe [to race]."

The association promotes motorcycle awareness, safety and ongoing rider education and skills development without forgetting that "the ride" is most important.

So far, the association is the proud parent of 158 members, military and civilian. "Joining our association is no way near mandatory," said Percy, "but the more people that are involved, the easier it is to spread the word about coming events or changes in base orders."

Every last Thursday of the month at 3 p.m., the association has a meeting that lasts about an hour to discuss any upcoming issues, projects or events it is involved with. The group also uses meeting time to pass along useful information from people's experiences in the hope that it will educate members.

The most recent meeting on Feb. 26 spotlighted guest speaker Rod Carr, avid cyclist and president of Carr's Insurance Agency in Honolulu. Carr shared his motorcycling knowledge with the audience and discussed different aspects of motorcycle insurance.

For those interested in riding, he explained that in Hawaii you need to purchase motorcycle insurance for your bike before a driving permit can be issued. However, before the insurance company will issue a policy, proof of enrollment in a state-approved motorcycle safety course must be verified. Recently, Carr worked with the legislature to have the state recognize the base safety course as one of the approved courses.

He also explained the importance of "shopping around" and finding an insurance company that fits the motorcyclist's needs best. He mentioned the importance of looking



Susana Choy

Members of MCB Hawaii Motorcycle Association get together for casual rides as well as organized charity events such as the annual Marine's Toys for Tots ride.

into "stacked insurance" coverage offered within the state of Hawaii, after the meeting.

Stacked coverage means that in the event of a covered, uninsured motorist (UM) or underinsured motorist (UIM) loss, your total coverage will be the sum of the UM or UIM coverage limits for all autos covered under your policy (even though only one covered auto was involved in an accident).

It also means that the individual is covered no matter what vehicle the individual is driving, whether it's a rental or a motorcycle borrowed from a friend in the event of

an accident.

Stacked UM and/or UIM coverage can be purchased if you insure more than one auto under your policy.

Personally, Carr loves and has been riding motorcycles for most of his life. "There is no better way to tour than on the back of a motorcycle." But on a more serious note, he stressed that motorcycles, though a great way of life, can be dangerous.

"Take it serious because it is serious and I'd like to see less people hurt. We lose an average of six mil-

See ASSOCIATION, B-10

Courses teach safety to riders

Lance Cpl. Michelle M. Dickson

Combat Correspondent

With the increased interest in motorcycles, the National Highway Traffic Safety Administration wants all motorists to be safety conscious. The Base Safety Center aboard MCB Hawaii walks in step with NHTSA's goals by offering two certified motorcycle courses at Kaneohe Bay.

The Base Safety Center gives courses on motorcycle skills and safety to help buck the rising trend of motorcycle fatalities.

One course offered is the Basic Rider's Course (BRC), a two-day class that evaluates a rider's ability to handle a motorcycle in a safe, successful manner.

Safety Specialist and Motorcycle Safety Rider coach Mario Diprete has been riding since he was 13 years old. He's been teaching the course at K-Bay since September, and tries to make it as laid back as possible, while keeping it interactive.

Riders who take the class must acquire five hours of classroom time and 10 hours of riding to successfully complete the course. A 50-question test at the end of the course evaluates the knowledge that riders have gained.

"You owe it to your relatives and friends to ride as well as they think you can," explained Diprete. "Choosing to ride safely is the motorcyclist's

See COURSES, B-10

Money management

Improving finances begins with planning

NAPS

Featuring

Each year, millions of Americans vow to improve their financial habits. And, often, this resolve slips.

"Making a firm plan is a good way to bring discipline to our best intentions," said Liam McGee, president, Bank of America Consumer Bank. "It jump-starts a process that inevitably leads us to decisions and actions that improve our financial well-being."

Here are examples of nonintimidating steps toward improved financial habits.

Take an inventory

According to financial planners at Bank of America, there is an easy, two-step process for taking a financial inventory.

Develop four lists:

1) What you have (savings, investments, assets).

2) What you make (all sources of income — wages, interest, dividends, pensions).

3) What you spend (every item you spend money on). Translate this into monthly line items; you may want to carry a notebook around for several weeks to gauge what your daily expenses are.

4) What you owe (all loans, credit card balances, debts).

Look at what these lists reveal to you. First, are you making more money than you are spending? Second, look at the lists to see what three to five financial goals you need to set for yourself for the year.

Contain your spending

Make sure that your level of spending is within your personal means. Consider the following to help you do so.

Create a budget. Use the list of your actual monthly spending (from your financial inventory) to develop what you want to be spending each month. This will yield your 2004 monthly budget. Be sure to figure in the money you'll need each month to meet your saving, investing and/or debt management goals.

Try on financial responsibilities. If you are thinking of financing \$3,000 at a rate of 15 percent, it might be helpful to know that it will take you approximately 24 payments of \$152 per month to pay off the principal and the interest.

Update your money management skills

Homeowners can use their homes to manage money. A home equity line of credit can fund home improvements, help pay credit card debt, pay for school tuitions, and much more. In most cases, the interest you pay can be tax-deductible.

Also, check your credit history for inaccuracies. Contact the three major reporting agencies.

Save for the unexpected and the expected

It's important to resolve to save for life's unexpected emergencies such as loss of a job, health emergencies and use of medical and auto insurance deductibles.

Consider the updated

guideline of saving six months of expenses, and don't forget to plan for the smaller items that also add up: groceries, gasoline and more.

It's also important to save for the expected or the inevitable such as retirement. With retirement, it's never too early to start to save.

If at age 35, you start saving \$100 per month at 6 percent interest, you will have saved \$101,000 by age 65. In contrast, waiting until age 40 will yield \$32,000 less — \$69,000 by age 65. Inflation only compounds the situation; in 10 years, a purchase that now costs \$1,000 will cost \$1,410.

Having good credit is key to achieving financial stability

NAPS

Featuring

In order to get credit where credit is due, it can help to follow this simple rule about money: Money rules.

The following tips can help you build, maintain and repair your credit:

1) Build good credit. Getting credit, depends on your track record of handling money, and your ability to repay your debts on time.

2) Develop a financial plan and stick to it. Get an accurate picture of your finances by making a budget.

3) You could be heading toward hot water if you are having difficulty, to make even minimum payments on what you owe; making payments late;

and/or borrowing from credit cards or other lenders to make ends meet.

4) If you find yourself in financial hot water for any reason — too much debt, loss or change of job, divorce, military deployment, etc., contact your creditors before you miss a payment and before they contact you.

5) There are a number of ways to put your finances in order, including modified loan terms, home equity loans, debt consolidation loans and assistance with financial counseling.

6) Don't get scammed. Don't pay to have your bad credit rating erased. It can't be done!

To learn more about how to handle credit issues, visit www.AmericasCommunityBankers.com.

Ratings, descriptors help parents make informed decisions

NAPS

Featurettes

Computer and video games make great gifts, but how can you be sure which games are right for your family? Here's one easy way — check the rating!

Almost every game sold today is independently rated by the Entertainment Software Rating Board (ESRB). Game ratings have two parts: rating symbols, which suggest what age group the game is best for, and content descriptors, which tell consumers about content elements that may be of interest or concern, and help explain why a game received a particular rating.

There are five rating symbols, one of which is always found on the front of the game box.

1) EC, or Early Childhood, means the game may be suitable for children ages 3 and older,

2) E, or Everyone, means the game may be right for kids 6 and older,

3) T, or Teen, is for ages 13 and up,

4) M, or Mature, means the game is intended for mature audiences and may be appropriate for players 17 and over, and

5) Finally, an AO, or Adults Only, rating means the game is not appropriate for children or teens. It's intended only for audiences 18 and older.

These rating categories provide quick insight into the age-appropriateness of individual games. But to take full advantage of the rating system, the ESRB recommends that parents turn the box over and examine the content descriptors — the short, standardized phrases printed on the back.

Content descriptors provide detailed information about what's in the game and fall into several categories including educational content, violence, sexual themes and bad language.

The Entertainment Software Rating Board recently changed the way content descriptors are displayed on game boxes to increase their visibility



and ensure that consumers can't miss the important information they convey.

Now, content descriptors appear alongside the rating symbol on the back of the game box, illustrating how rating symbols and content descriptors work together to help parents and other consumers make informed purchasing decisions.

"The best advice for parents is to check both the rating symbol and the content descriptors every

time they're shopping for computer and video games," said Patricia Vance, president of the Entertainment Software Rating Board.

The ESRB has created an interactive Web site (www.esrb.org) where parents can check the ratings of specific game titles before they go shopping.

The Entertainment Software Rating Board is a self-regulatory body established in 1994 by the Entertainment Software Association.

WORD TO PASS

Windward Youth at Risk Seeks Mentors

Mentors are needed for a 10-month-long Windward program starting this month. The Breakthroughs for Youth at Risk program, which helps turn around troubled high school teens who could be expelled from or drop out of school, will run March 12 – 14. Orientation meetings are scheduled for Monday and Thursday at 7 p.m. in Room 37 of Castle High School in Kaneohe.

Breakthroughs for Youth at Risk dates back to the '80s and has been called one of the most effective programs in turning around troubled youth. Teens participate in an intensive camp, which aims to change their negative attitudes, fears and anger — to guide them in creating new goals for their lives. Youth then are matched with volunteers who mentor them for the 10-month period.

Breakthroughs for Youth at Risk is volunteer intensive, but a cadre of coaches support volunteers. If you'd like to commit as a mentor, call Breakthroughs at 235-2547.

"Red, White and Mew" to Honor Military

On March 13, the Hawaii All Breed Cat Club will be sponsoring a cat show titled "Red, White and Mew — Hawaii's Cats Honor our Military Forces." Military families statewide are encouraged to either enter their cats in the show, or just support the cat

fancy by being a spectator.

As an added incentive to participate in this event, the club has received two roundtrip, inter-island airfares, donated by Aloha Airlines, which will be awarded by raffle to a military family.

The show will be held at the Ala Wai Golf Course Clubhouse in the second floor ballroom from 9:30 a.m. to 4:30 p.m.

For more information on entering the show, call Dr. Jennifer Brundage at 261-4473, or e-mail jbrundage@hawaii.rr.com.

Three Tech Shows Planned in March

All are welcome to attend Hawaii IT 2004, which will showcase demos of the latest in technology, Tuesday at the Hickam Air Force Base Officers' Club, Wednesday at Camp H. M. Smith's Pollock Theatre in Bldg. 4, and Thursday at Pearl Harbor's Banyans Club. All times are from 10 a.m. to 2 p.m., with free, on-site registration.

Be sure to talk to knowledgeable industry reps who will be on hand, plus enjoy extensive catering. For more details, call 1-888-282-2262 or visit www.atc-expo.com/shows.

Mokapu to Host March Book Fair

The Mokapu Elementary School PTA will host a Book Fair in the school library on the following dates:

- March 13 from 10 a.m. to 2 p.m.
- March 15, 16, 18 and 19 from 8 a.m.

See *WTP*, B-9

Did You Know?

NAPS

Featurettes

With concerns about children's safety and privacy, parents find they have to say "no" to many things children want to do online.

Fortunately, Disney has a 3D online game site for families at www.toontown.com.

To learn more about Internet safety visit Wired Safety at www.WiredSafety.org.

WORD TO PASS

WTP, From B-8

to 3 p.m.

- March 17 from 8 a.m. to 2 p.m.

April 1 is Due Date for KOSC Scholarships

The Kaneohe Officers' Spouses Club is serving the military community once again by 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).

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 information or to obtain an application, contact the KOSC office at 254-2491, e-mail kosc_scholar@hotmail.com.

The KOSC application deadline is April 1.

Aloha Chapter Needs Scholarships by April 30

This spring, the Aloha Chapter of the Military Officers Association of America (MOAA) will award one \$1,000 scholarship for the inaugural 2004 - 2005 academic year. Any Hawaii service or family member under 24 may apply, and forms may be obtained by calling 488-7013, e-mailing takyosh@aol.com, or mailing a request to Aloha Chapter MOAA; ATTN: Scholarship Fund; P.O. Box 19267; Honolulu, HI 96817-0267.

Applications must be received by April 30, and will be judged on the basis of financial need, scholastic ability or potential, and character qualities.

The MOAA is a non-profit dedicated to the well being of all military and their families.

JWC to Sponsor Chili Cook-off

Are you the best chili chef on Oahu, or do you boast the best recipe? The Joint Women's Conference is sponsoring a chili cook-off from 4 to 7 p.m. on Saturday, May 8, at the Makalapa Sports Complex on Pearl Harbor to crown the ultimate chili-making champion. Save the date so your taste buds can voice who makes the best armed forces chili.

The challenge is extended to culinary specialists to demonstrate their talents in this friendly interservice rivalry.

All participants are encouraged to proclaim their unit and service affiliation with signs and banners. Additionally, they should make 50, 4-ounce servings of chili, and decorate their own 8-foot table with a Cinco de

Mayo theme. As the complex has limited access to electricity, teams should prepare their brand of chili beforehand, and use a chafing dish to keep it hot.

A panel of chefs will judge all entries, and trophies will be awarded for the following categories: best chili, the people's choice and the best presentation.



Enter this cook-off by Tuesday, March 20, by sending your name, branch of service, unit and contact information to Joint Women's Conference; P.O. Box 854; Aiea, HI 96701.

Call Darcy Collins at 422-4498, Nicole Antoine at 255-2216, or e-mail NicolePAntoine@aol.com for more details.

Voting Guide Outlines State Elections

Because election laws vary from state to state, service members and their families should consult the recently distributed 2004/2005 Voting Assistance Guide for procedures to register or request an absentee ballot in local, state or federal elections. The Guide is available online at www.fvap.gov, and absentee voting materials may also be obtained through unit voting assistance officers.



Lance Cpl. Megan L. Stiner

Chris Lolley and Jimmy Hall conduct shark tours to help people see what beautiful creatures sharks are, and that the danger a shark represents is mostly in our minds.

SHARK, From B-1

To lure more sharks closer to the cage, the crew drops bits of bloody fish into the ocean. Galapagos and Sandbar sharks usually arrive for the freebie meal.

"They are both unafraid of the boat and will swim right up to the glass," said Lolley. "It is a good experience for people who are afraid of the sharks."

Lolley explained that his goal is to turn the notoriety of sharks being ferocious, people-eating monsters into something positive.

According to Lolley, the more afraid people are when they get into the cage, the better they are in the long run.

"I have never had a customer say they were still frightened once they had been



down in the water with the sharks," he said.

The cage is big enough to submerge four people at one time; so, a family of four can see the sharks all together. The Kainani limits tours to 12 people at a time, so everybody will have plenty of time to experience the sharks.

When the fun ends, a hot water shower awaits customers, to get the salt off. Water and juice arrive to sip on, and animal cookies appear to indulge palettes on the way back to the docks.

"Everyone I have ever taken out ends up with a totally different perspective once the day is over," Lolley explained. "People that hated and feared sharks end up wanting to go back down in the cage. It is a great eye-opener for them."

ENCOUNTER, From B-1

take some of the chum into the cage with us. After all, there's no harm in having sharks bump the cage, right?

We let the chum float out.

No more than three seconds passed before a shark raced up to grab his meal.

Incredibly, in the midst of all this excitement and fun, we heard humpback whales. They were nearby, singing to each other and playing joyously in the water.

It gave us a wondrous experience, a feeling of being in tune with nature, that kind of "Gorillas in the Mist" feeling. Not, of course, the machete scenes, but the scene when Sigourney Weaver (who plays the anthropologist Dian Fossey) sits peacefully among the gorillas in the

Congo of Africa, which is breathtaking.

When all was said and done with humpback whales, then we returned to the shark boat. We realized we had, had one of the greatest experiences of a lifetime. We got to encounter some amazing creatures. And, yes, we both still had our legs!

People will always be afraid of sharks; that cannot be helped. But we surely recommend swimming with them, to help get over the fear of sharks.

Granted, there could always be that freak incident when a giant shark comes up, eats the boat, eats the captain, and eventually eats everyone else on board.

But then one can always find comfort in saying, "Hey, they will probably make a movie about me one day, and I like that."

ASSOCIATION, From B-6

itary [personnel] a year. Don't start out on a 1000cc motorcycle.

They're not for inexperienced riders. They have to work their way up to it."

Carr strongly emphasized that riders must have respect, and proper instruction to ride safely. Once the details have been taken care of, riders should take advantage of Hawaii's beautiful weather year-round and be active in the many clubs around the island.

The association has many different projects on the horizon including plans for a trip to the island of Hawaii — motorcycles and all. There's the possibility that BayFest 2004 will debut a bike show too. The association also makes frequent trips to Campbell Raceway



Park, to watch the bike races, and sometimes members "let it rip" themselves.

"Realistically, we want the public and base to realize we are the good guys," said Percy.

"If we all wear the proper PPE [personal protective equipment], including gloves, helmets and reflective gear, without it interfering with the wear of our uniforms, then that is one less thing to complain about.

"And that goes for at all times! What is required on base is also required off base," said Percy. "You don't step out of regulation's realm just because you are off base."

Get more details on the association at <http://forums.delphiforums.com/MCBHMA/start>, or contact Percy at peercydm@mcbh.usmc.mil, or call 257-1252.

COURSES, From B-6

decision alone; no one can make that final decision except yourself."

Nationwide, accident reports often state that the motorcycle rider is traveling "too fast for conditions." This happens when the rider attempts to exceed his or her own skill level — often resulting in tragic endings.

"The BRC is ... for people just starting out on motorcycles [who] need basic skills to be safe," said Diprete. "For the more experienced rider, we also offer the Experienced Rider's Course."

The ERC is a half-day course with no classroom time, and all riding time. It is a class comprised of nine exercises designed to elevate the skill level of riders.

"The more background knowledge you have when entering this course, the better," explained Diprete. "Even I learn a lot throughout these classes because everyone shares their experiences and

knowledge that they've learned over time."

Diprete said it's good to see people who have been riding for years come to the course for a refresher. Over time, riders can fall into old habits and develop problems with their riding, which the course can correct.

All motorcyclists registered at MCB Hawaii must complete either the BRC or the ERC. After successful completion of a course on base, riders are issued a certificate of completion card that is good for one year, and which may provide discounts on insurance premiums.

Department of Defense employees, however, must also renew their certification by taking a refresher course, every year.

"I think there has been kind of an awakening since the recent fatalities [on Oahu] dealing with motorcycles," said Diprete. "We usually run two classes a month for each course, but last month we had to bump it up."



USMC photo

During a rider's course, an instructor aboard MCB Hawaii demonstrates the proper technique for turning.