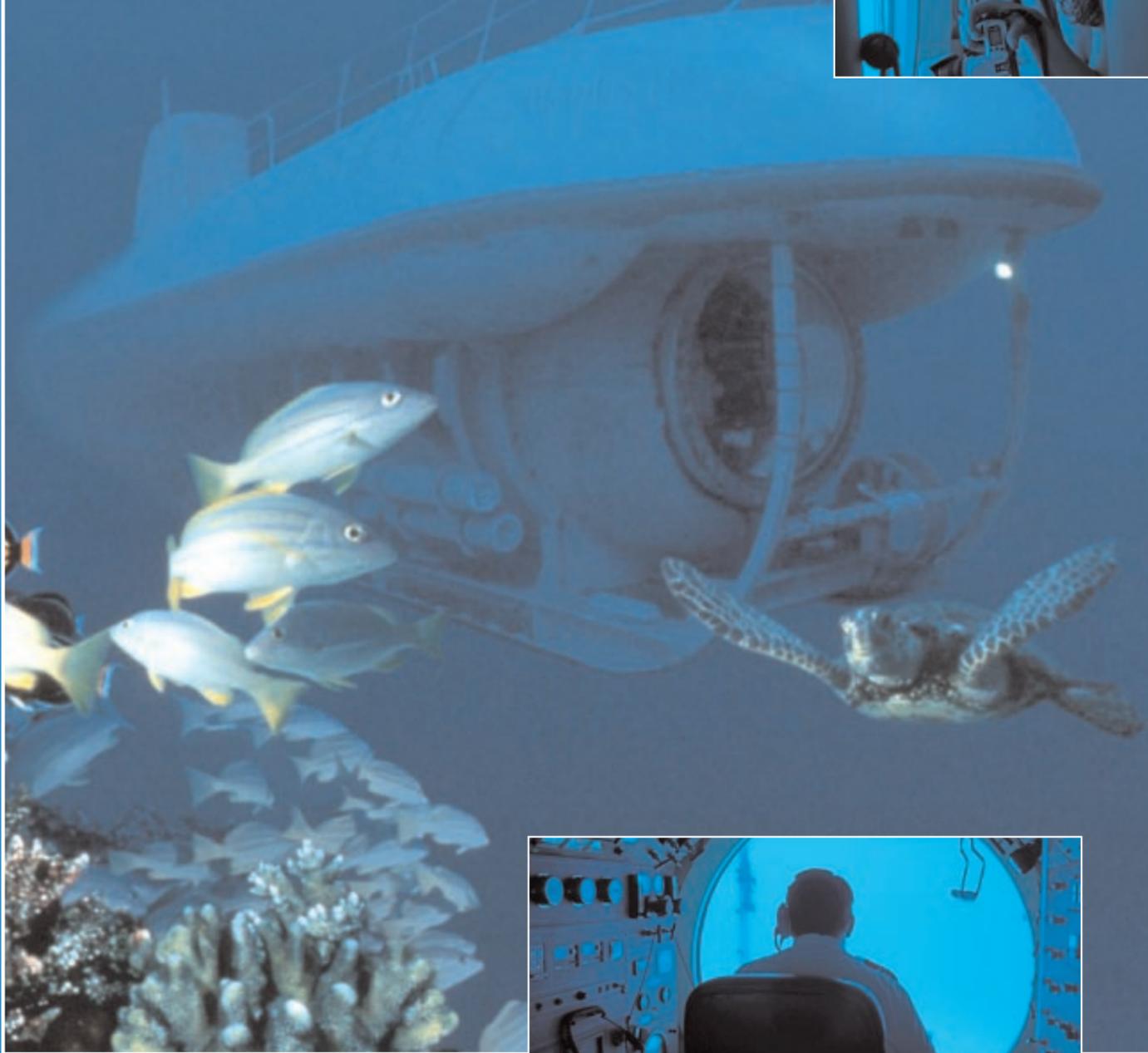


LIFESTYLES

Journey...



to the bottom of the sea

Submarine rides offer up close look underwater

Story and Photos by
Petty Officer 2nd Class
Jim Williams
Editor, *Hawaii Navy News*

WAIKIKI — Snorkelers and scuba divers aren't the only ones who can see the colorful coral and wide variety of tropical fish in Hawaii's oceans firsthand. You too can enjoy a safe, comfortable dive into the depths of Hawaii's oceans and observe local sea life in their natural habitat.

The Marine Corps Community Services' Information, Tickets and Tours Office provides tickets for a journey aboard Atlantis Submarines where the underwater ocean adventure actually begins — pier side of Hilton Hawaiian Village.

You'll board a boat for a short ocean cruise out to the dive site. During the ride, you can enjoy spectacular views of the Waikiki coastline.

From there you will descend

down a ladder for a 35- to 45-minute adventure aboard one of the state-of-the-art, air-conditioned Atlantis submarines.

The 48- and 64-passenger subs dive down approximately 100 feet to the ocean floor off Waikiki. There a tour guide narrates your trip and points out and identifies the wide array of coral reefs, exotic fish, lazy turtles, and perhaps a reef shark or two. All this is viewed through the many large view ports surrounding the sub.

"Our sub rides are really for everybody, both kids and adults," said Atlantis Senior Pilot Capt. Bob Thain. "To scuba dive, you need a license, and you have to take classes and buy a lot of gear. It's not easy, so this keeps a lot of people from diving.

"Snorkeling can also limit you. You can't go very deep, so these sub rides are the answer for everyone else."

Atlantis staff meet many Sailors

with Navy submarine ratings, according to Thain. Sailors have explained they seldom get the chance to see outside windows or even to know what's going on in the waters surrounding them.

One of the highlights of the undersea tour is a giant World War II oil tanker lying dormant at the bottom of the ocean and now serving as home for countless fish and turtles. Nearby it are the remains of a smaller boat and a couple of old aircraft also serving as man-made reefs for sea life.

For many, the Atlantis Submarines tour is the only opportunity to experience the unusual world of Hawaii's oceans and to see coral formations and marine life. As many as 30 percent are found nowhere else in the world.

"People seem to get especially excited when we see the large, endangered Hawaiian sea turtles or small sharks", said Thain. "Our professional marine life narrators are here

to tell you all about what you're looking at, making the tour educational as well as entertaining and fun."

Currently, Atlantis Submarines has more specials to make the experience better for both military and kamaaina. After riding one of its subs your first time, visit the ticket office or the on-board gift shop and pay only \$25 more for an annual pass. This entitles you to ride the submarines at any of three Hawaiian Atlantis sites: in Waikiki, on Maui and in Kona on the Big Island, an unlimited number of times throughout the following year.

Another special provides a 50 percent discount for two guests, which can be especially nice when friends and family visit from the mainland.

Begin your journey to the bottom of the ocean by making reservations at Kaneohe Bay, 254-7563, or at Camp H. M. Smith, call 477-5143.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Jim Bocci, MCCS Marketing

MAY

Today

You Are Appreciated — May is Military Appreciation Month and some of Oahu's hottest attractions are offering military discounts to show theirs.

The Information, Tickets and Tours office has deals on Atlantis Submarines, Navatek Dinner Cruises, Sea Life Park, Battleship Missouri

Memorial, Waimea Falls Park, Paradise Cove Luau, Germaine's Luau, the Polynesian Cultural Center, and more. Call ITT at 254-7563, or stop by Mokapu Mall.

12 / Sunday

Don't Forget Mom — The Officers Club will be offering what has become an annual tradition, their Mother's Day Brunch, Sunday.

Two seatings will be available: 10 a.m. and 12 p.m.

Chef Renato's cuisine for the day includes roast pig, crab legs, sushi, grilled ham, eggs Benedict with Kalua turkey, pan-fried Atlantic salmon and baked chicken florentine.

The club member price is \$21.50 per person. Call 254-7649 or 254-7650 to make your reservation.

15 / Wednesday

Who Says SNCO's Can't Cook? — You've

got one more chance to plop down a plump, juicy eight ounce New York steak at the Fairways Sports Grill & Lanai, and grill it to personal perfection. We'll even throw in twice-baked potatoes to go with your medium-rare masterpiece.

The grill gets fired up at 6 p.m., and Rocker Room members pay just \$6, non-members \$8.

Call 254-5592 for more information.

18 / Saturday

Can You Dig It? — Are you still fired up from the Warriors' NCAA volleyball title?

Here's your chance to dust off your dig and show off your spike.

The Pyramid Rock Beach Volleyball Tournament and Sand Sculpture Competition is going down at 10 a.m., Saturday, May 18, and you're invited.

This military challenge is billed as a unit versus unit and jungle rules com-

petition. Get your four-person team together and sign up now.

Call Water Safety at 254-7655 for registration information.

Bring the family and make a day of it.

A free Sand Sculpture Contest goes on at the same time. Sand Sculpture teams are limited to 15, so register as soon as possible.

Call Water Safety at 254-7655.

24 / Friday

MCBH Job Fair — The Joint Employment Management System (JEMS), MCB Hawaii and the MCCS Family Member Assistance Program will hold their 6th Annual MCB Hawaii Job Fair May 24, from 9 a.m. to noon at the E'Club.

This Job Fair is open to active duty members, their family members, retired, reserve, and DoD civilian employees, island-wide.

For more information,

call the MCCS Family Member Employment Assistance Program at 257-7790.

28 / Tuesday

Dance Movement Academy Recitals — Dance Movement Academy, the on-base studio for aspiring, young

Ginger Rogers and Fred Astaire wannabes, has two recitals scheduled: May 28 and May 30.

Both recitals will take place at 5 p.m. in the base theater.

Di Rodin's students will be showing off their best moves in ballet, tap, jazz and street.

Admission is free. For more information, call 479-3273.

Deals on Wheels — The Auto Hobby Shop currently has several vehicles up for auction.

Year	Make	Lowest Bid
1967	Mustang	\$300
1972	Challenger	\$700
1987	Corolla SR5	\$600

1988	Impulse	\$300
1989	Chevy S-10	\$250
1989	Pontiac	\$100
1990	Ford Escort	\$300
1990	Cavalier	\$100

For information on how to post a bid, call the Auto Hobby Shop at 254-7674.

JUNE

7 / Friday

Youth Activities Summer Adventure Registration — Sign the kids up for a summer they'll never forget.

The Youth Activities Summer Adventure Program will keep keiki busy with field trips, sports, arts and crafts and more.

The program runs from June 10 through Aug. 21 and is open to all kids in grades K-6.

To register your child for this summertime adventure, call Youth Activities 254-7610.

SM&SP



All events are open to single, active duty military.

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

Program Review

BayFest 2002: It's not too early to be thinking about Windward Oahu's largest water sports festival — BayFest.

Volunteers will be needed to help with events such as a new Sumo wrestling event, the inflatable boxing arena, the Bathtub Regatta and more.

Call SM&SP to get involved.

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

May 25-27: Start making plans to jet set to Maui during Labor Day weekend. The cost is only \$250 per person — which includes transportation — but space is limited to 20 people.

May 19: Volunteers are needed for the Windward Marathon to be held in the Kailua area.

Help support the community by contacting new SM&SP Coordinator Leslie Graham. She needs 15 - 20 course marshalls from 5:30 to 9:30 a.m.

Volunteers receive an event T-shirt.

June 17-21: Sailing classes get underway at the Base Marina. Classes are convenient and inexpensive. You'll be captain after your first lesson.

June 29: Slide into a softball tourney. Bring your best slow-pitch, screwballs and curve balls and compete. Call SM&SP.

Mayor, ASYMCA laud service members



Cpl. Jacques Rene Hebert

Lance Cpl. Elvia Cox, orders clerk, Headquarters Bn., MCB Hawaii, and Mayor Jeremy Harris, proudly display a proclamation May 3 that named May 17 through 24 as Hawaii Military Appreciation Week. "These men and women have shed blood, sweat and tears for their community," he exclaimed.

Press Release Armed Services YMCA

HONOLULU — The Armed Services YMCA presented its second annual Five Star Salute awards to five enlisted service men and women at an April reception at the Ohana East Hotel. The five — one each from the Marine Corps, Navy, Army, Air Force and Coast Guard — distinguished themselves both during and after duty hours.

Honorees included Lance Cpl. Elvia E. Cox, Petty Officer 1st Class Darcella E. Coopersanders, Army Staff Sgt. Antonio Adams, Tech. Sgt. Terry L. Whited and Petty Officer 1st Class Robert A. Benedict (of the U.S. Coast Guard).

Selections were made on the basis of outstanding perfor-

mance, exemplary character and leadership, and community involvement. Only enlisted personnel (E-6 and below) who had served a minimum of six months in Hawaii were eligible for consideration.

In addition to being honored at the reception, each of those recognized were provided with a two-night stay at an Outrigger or Ohana Hotel. Each also were guests at John Hirokawa's Magic of Polynesia and Society of Seven shows.

The Honolulu Armed Services YMCA provides social, recreational and educational programs and services to military personnel and their family members. Its focus is on serving junior enlisted personnel with quality programs that build character and strengthen communities.

HAWAII MILITARY APPRECIATION MONTH

Hawaii businesses express admiration for military

Press Release

The Chamber of Commerce of Hawaii

The Military Affairs Council and the Armed Services Committee of the Chamber of Commerce of Hawaii (the voice of 1,100 members employing over 200,000 people) present another full schedule of events to show Hawaii's deep appreciation for the U.S. military community in all that it does for the people of Hawaii, America and the free world.

Normally a week long, this year's 17th annual celebration has been extended throughout the entire month of May.

The occasion allows Hawaii's businesses greater opportunities to extend their aloha to

active duty military, Army and Air National Guards, and reserve component members, and all military families.

Many events are funded largely by generous contributions received from Hawaii's business and civilian communities.

A sampling of some of the major activities and events featured follows.

- Saturday, Paradise Cove invites you to Military Appreciation Night from 5 to 8:30 p.m. Enjoy a buffet dinner, games and a Polynesian show at discounted prices. Tickets are only available through military Information, Tickets and Tours (ITT) offices and Information, Ticketing and Registration (ITR) offices at Marine Corps Community

Services (MCCS) or Morale, Welfare and Recreation (MWR) offices.

- May 17, participate in the 14th Annual Jack Baker ESGR Golf Tournament honoring the Guard, Reserve, and their employers at the Leilehua Golf Course. The event will be two person, best ball, with graduated fees. Admission includes golf and cart fees, a buffet dinner, a hole-in one, closest to pin contests and awards. Registration kicks off at 10:30 a.m., and the shotgun start at noon. Call 733-4228, 733-4113 or 733-4128 to register.

- May 18, the Honolulu Academy of Arts invites the military community to enjoy a free

See HMAM, B-3

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Time Machine (PG13)
Rollerball (PG13)
All About Benjamins (R)
John Q (PG13)
Time Machine (PG13)
All About Benjamins (R)
Ice Age (PG)
Showtime (PG13)
All About Benjamins (R)

Today 7:15 p.m.
Today 9:45 p.m.
Saturday 7:15 p.m.
Saturday 9:45 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.
May 17 7:15 p.m.
May 17, 9:45 p.m.

HMAM: Military will be honored throughout May

From B-2

admission day at Hawaii's premier art museum. For more information, call 532-8712.

- May 18, the Annual Combined Military Band Concert takes place at the Hawaii Theater from 7 - 9 p.m. The best musicians from the Marine Corps, Navy, Army, Air Force, Coast Guard and Hawaii Army National Guard will play American favorites, military marches and Broadway musicals. This year's theme is "Enduring Freedom" in tribute to America's fight against terrorism.

Get your free tickets at the Hawaii Theater or chamber of commerce, courtesy of AT&T Hawaii, the event sponsor. Contact the Chamber of Commerce at 545-4340 for details.

- May 18, the Mission House Museum, Honolulu Academy of Arts, the State Capitol, Washington Place, the Honolulu Police Department Museum, the Judiciary History Center, Iolani Palace, Honolulu Hale and many more organizations will host "A Capital Day Down Capitol Way" from 9 a.m. to 3 p.m.. This event features free on-street parking and open houses, and it is open to the public.

- May 18, "Living History Day" is sponsored by the Hawaii Army Museum Society at Ft. DeRussy from 10 a.m. - 3 p.m. It commemorates, educates, entertains and presents hands-on exhibits of weapons, equipment and insignia relating to different periods of history from the Civil War to the present.

See restored military trucks and jeeps and current Army Humvees and field artillery pieces. This event is free and open to the public.

- May 18 is "Military Day" at the Polynesian Cultural Center and features island shows, the IMAX theater, and the evening show complete with the annual fire knife dance championship. Discounted tickets are only available through military ITT and ITR offices.

- May 18, the Dole Plantation Maze kicks off its fourth birthday bash. Venture through the world's largest maze at the special "2 for 1" rate.

The Army will host static displays of military vehicles, and the birthday bash will include live entertainment such as Hawaii's Na Leo (and other entertainers), a Maze Challenge at noon, free keiki crafts, a dinosaur air bouncer, and balloons all day. The Plantation Center will discount goods by 15 percent all day.

- May 19 is Family Sunday and Military Day at Bishop Museum. From 9 a.m. to 5 p.m., enjoy live music on the great lawn, check out amazing life-size creatures dating back to the Ice Age, enjoy beautiful hula shows, the large collection of rare artifacts, and explore the depths of outer space at the planetarium.

Tasty American-cuisine, local favorites, military displays, demonstra-

tions and more will be on hand, courtesy in part by Papa John's Pizza. Admission is \$3 per person or \$10 per family of four.

- May 20 is Military Night hosted by the Hale Koa Hotel. Win a "Big Island Get Away" for two, including airfare and two nights in a deluxe cabin at Kilauea Military Camp. Also included are chocolates compliments of Hawaiian Host and a buffet followed by Danny Couch's fabulous All-Star Hawaiian Revue. Discounted tickets are available at ITT and ITR offices and the Hale Koa Hotel.

- May 22, Hilton Hawaiian Village will host a Military Recognition Luncheon from noon to 1:15 p.m., featuring annual recognition of outstanding community service by military and community members.

Tickets are available to the public. Call 545-4317 for individual and group table purchases.

- May 24 - 27 is Military Discount Days at Borders Books, Music, and Cafe at Ward Center and Waikale. Both stores will offer discounts up to 20 percent. Take advantage of the wide assortment of books, reference materials, music and video selections.

- May 30, USO Hawaii hosts a benefit golf tournament at Leilehua Golf Course, to raise funds for its airport centers and support deploying troops. Check in is 10

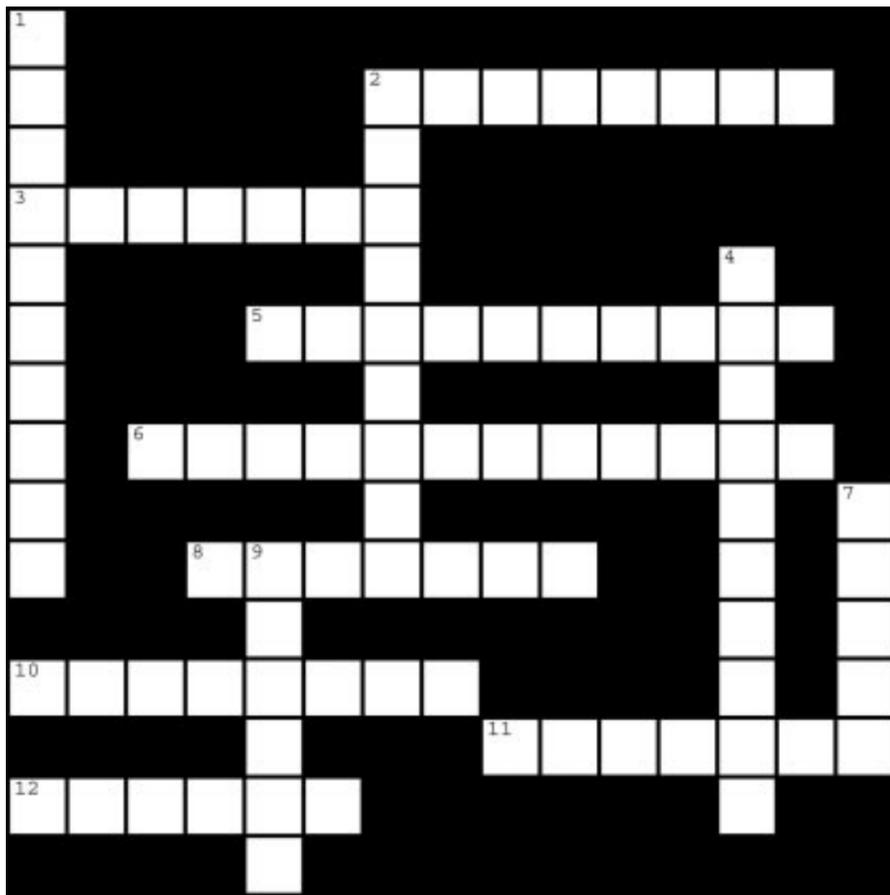
a.m., with a noon shotgun start. This tourney is a 3-person scramble, with putting, chipping, and driving contests. The \$100 fee includes lunch, refreshments and banquet. Call Connie at 836-3351 for details.

- May 31 - June 1, the "Experience Hawaii with Aloha Expo" takes place at Hickam Air Force Base, bringing together local vendors to showcase their varied products and services. Kids and adults can enjoy activities, entertainment, food booths, door prizes and free admission.

- Contact the Chamber of Commerce of Hawaii about other special offers for military members and their families this month offered by Aston Hotels and Resorts; BrightSmile Professional Teeth Cleaning Spa; the Computer Training Academy; Disneyland; Hilo Hattie; Kaponos, Good Music Good Food & Good Times, Henry Kaponos and Kaponos Restaurant & Concert Ampitheater at Aloha Tower Market Place; the New Horizons Computer Learning Center of Hawaii; Piano Planet; Sea Life Park; Waimea Falls Park, the Battleship Missouri Memorial; Atlantis Submarines; and Atlantis Cruises.

For more HMAM info, call Wally Zimmermann at the Chamber of Commerce, 545-4340.

Test Your Knowledge: Prominent Marines



- | | | |
|---|--|--------------------------------|
| ACROSS | we want 'em. We can shoot in every direction now." | DOWN |
| 2. First sergeant major of the Marine Corps | 8. First to plant the flag on foreign soil | 1. Mr. Marine |
| 3. "Come on you sons of bitches! Do you want to live for ever?" | 10. Manila John | 2. "Pappy" |
| 5. First Marine aviator | 11. Marine Raider leader | 4. Famed Marine artist |
| 6. "They've got us right where | 12. First woman three-star flag officer | 7. Astronaut |
| | | 9. Four Space Shuttle missions |

(Stumped? See page B-8.)

Exceptional families receive needed care

Kim Gates
MCCS Information & Referral Specialist

The Exceptional Family Member Program (EFMP) was established in 1987 to assist service members in providing for special needs of the Exceptional Family Member before, during, and after relocation required by a change of duty assignment.

An exceptional family member is defined as an authorized family member — a spouse, child, stepchild, adopted child, foster child or dependent parent — residing with the sponsor, and who possesses a physical, intellectual or emotional handicap that requires special medical or educational services.

If you have an exceptional family member, enrollment in the EFMP is mandatory. The aim of the program is to assist assignment monitors at Headquarters Marine Corps in locating Marines to areas where their exceptional family member's special needs can be met.

Many question if enrollment in EFMP adversely affects their ability to meet Marine Corps assignment policies. The answer to that question is "No." Marines are still deployable according to the needs of the Marine Corps. However, they don't have to worry about getting permanent change of station orders to an area where required medical or educational services for their family member is not available.

How long does a Marine stay enrolled in EFMP?

The answer is: "As long as necessary."

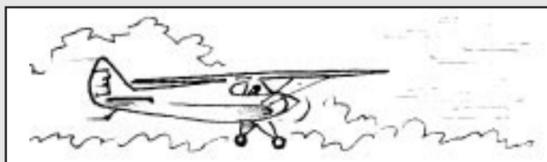
Disenrollment from EFMP requires a letter from a medical doctor stating that services are no longer needed. Also, disenrollment may be prompted by change in marital status, change in dependency of enrolled family members or change in medical status of the enrolled family member.

Enrollment in EFMP is very easy. First, make sure your family member is enrolled in DEERS, and then contact MCB Hawaii EFMP Coordinator Ed Josiah, to obtain necessary forms.

Once all forms are completed, return them to Josiah, who will then forward them to Headquarters Marine Corps for review and processing.

For more information or questions concerning EFMP, call Josiah at 257-7783 or email him at josiahec@mcbh.usmc.mil.

Worth Repeating: "Learn to listen. Opportunity could be knocking at your door very softly."
— Frank Tyger



Did You Know?

The first U.S. president to hold an airline pilot's license was Dwight D. Eisenhower.

NAPS

Network brings volunteerism to the forefront

Cpl. Jason E. Miller
Combat Correspondent

Marine Corps Base Hawaii participates in literally hundreds of ceremonies, parades and events that take place every year on Oahu. Yet, the many Marines who march or stand in these formations and dedicate their time are often held together by more than simply the bond of being Marines.

They exhibit the spirit of volunteerism.

Giving of their time to help with projects is more than receiving awards or looking good to their command. For them, their efforts strengthen unit cohesion and support one of the Marine Corps' objectives — to be a good community member.

The Volunteer Network, established in 1997 by 1st Sgt. Dorsey Roberts of 4th Force Reconnaissance Co., helps connect individuals together with information on when, where and how they can volunteer their time.

"This was just something that kind of came together on its own," said Roberts. "When I started recruiting volunteers for one of the many events I work on, I found literally hundreds of people willing to volunteer.

"There weren't enough spots for them."

Roberts began compiling a list of names and commands that had previously volunteered or showed interest in devoting time. Before he knew it, he had well over a thousand volunteers — so many that not only was he recruiting volunteers, but also looking for projects to which he could send them.

The first sergeant recruits help for a number of non-profit organizations on the island, as well as different events and ceremonies for the Marine Corps.

One of his functions is to help provide volunteers for the Windward Area Special Olympics, of which he is the program director. Another is 4th Force Recon's Toys for Tots program, which takes place every Christmas.

"Volunteering is something that helps Marines and Sailors get involved in our community," he said. "It gets them out of the barracks on the weekends, and it really helps out the groups and individuals who need the support."

For more information on volunteering in the windward Oahu area, contact Roberts via email at roberts-de@mfr.usmc.mil, or call him at 257-2531, ext. 226.

Mother's Day makes memories

NAPS

Feaurettes

Families can honor moms and make Mother's Day memorable with a simple, but favorite pastime — breakfast in bed. Their only challenge will be making the meal tasty enough for mom to remember!

Today's emphasis on great tasting, snack-sized breakfast foods makes Belgian french toast a simple solution for the whole family.

Start with french toast sticks, which are a delicious breakfast selection on their own. Then begin to create an array of fancy delicacies with this breakfast basic.

Both quick and fun to make, children will like this recipe because the berries and cream ingredients add a special touch for making the all-important grand entrance into



NAPS

Traditional methods of honoring mom are still popular and special.

mom's bedroom.

Kid-Friendly Belgian-Style French Toast Sticks

(From start to finish, this 6-servings

recipe takes about 10 minutes.)

3 cups frozen mixed berries, thawed and drained (or 1 cup each fresh strawberries, raspberries and blueberries)

1 cup granulated sugar

24 French Toast Sticks (available in 20 oz. or larger packages)

1-1/2 cups whipped topping or whipped cream

1. Combine berries and sugar in medium bowl until well coated. Set aside.

2. Cook french toast sticks according to package instructions.

3. Place four french toast sticks on each of six plates.

4. Pour 1/2 cup of fruit mixture onto french toast sticks; top with whipped cream and serve immediately.

Mom and all can now delight.

Marine Makeponos

"HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1999 Jeep Cherokee, low mileage, excellent condition. Moving must sacrifice. Must see to appreciate. For information, call Art at 497-6024.

1996 Beretta V6, with A/C; power locks, steering and windows; spoiler. Priced below Blue Book at \$4,000 and looks and runs great. Call 261-2349 to grab this bargain.

1994 Ford Probe SE, black excellent condition, automatic, air conditioning, alloy wheels. Moving, must sell, \$4,200 OBO. Call 254-1306.

Appliances

Hotpoint washer and dryer, heavy duty, extra large, only one year old, \$200 each. Call Ame at 261-7680.

Furniture

Leather Recliner, glass and wood tables, queen bed, pictures and more quality furniture for the living room, dining room and bedroom can be yours. Call 234-0164.

Vintage 1920s Sofa, heavy mahogany frame with feather cushions, R/W/B upholstery, has sage slipcover, \$200. Call Karen at 254-

6884 or email: kmfbsrt@aol.com to capture this steal.

Wall Entertainment center, with lighted display cabinets, lots of storage, holds 27-inch TV, stereo rack and wine glass rack. Will deliver to best offer. Call 253-0194.

Miscellaneous

Scuba Tanks, two 80s at \$50 each and four 63s at \$40 each. Need hydro and VIP. Call 254-8150.

Gateway Pentium II computer, with CD writer, Vivitron 17" color monitor, IBM camera, 288 RAM and upgrades, \$600. Call 254-9179.

Free Ads--Free Ads--Free Ads--Free Ads--Free Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine, or as applicable.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis.

Call 257-8840 for more.



American Legion Sponsors E-Cards

Just in time for Armed Forces Day on May 18, the American Legion has created a free, special electronic card for you to say "thank you" to family members and friends who serve in the military.

Get your service member's email address, then visit www.legion.org. Click on the e-card link, located at the home page, fill in the email information, select the appropriate branch of service song, type your message, click send and "voila!"

On the Menu

Anderson Hall will prepare the following this week.

Today

Lunch
Beef Ball Stroganoff
Baked Fish Filets
Macaroni and Cheese
Steamed Rice
Raisin Drop Cookies
Asst. Fruit Pies

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

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Saturday
Dinner Brunch
Turkey A La King
Baked Stuffed Pork Chops
Steamed Rice
Boiled Egg Noodles
Spice Cake w/Lemon
Cream Frosting
Sugar Cookies

Sunday
(Mother's Day)

Dinner Brunch
Swiss Steak w/
Mushrooms Gravy
Glazed Cornish Hens
Rice Pilaf
Corn Bread Dressing
Mashed Potatoes
Asst. Fruit Pies
Yellow Cake w/
Butter Cream Frosting

Monday

Lunch
Beef Stew
Baked Fish Filets
Baked Macaroni
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

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

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch
Southern Fried Chicken
Beef Balls Stroganoff
Parsley Butter Potatoes
Boiled Egg Noodles
Oatmeal Raisin Cookies
Asst. Fruit Pies

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

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday

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

Dinner
Meat Loaf
Pork Ham Roast
Mashed Potatoes
Brownies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Hot Dog & Sausage Bar

Thursday

Lunch
Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven-Browned Potatoes
White Cake w/
Lemon Cream Frosting
Apple Cobbler

Dinner
Beef Yakisoba
Pork Adobo
Pork Fried Rice
Steamed Rice
White Cake w/
Lemon Cream Frosting
Apple Cobbler

Specialty Bar
(For Lunch and Dinner)
Taco Bar

WORD TO PASS

Trekkers Invited to Hike O'ahu

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Sunday beginning at 8 a.m. when it takes an adventurous jaunt in Wahiawa Hills. Hikers will be fording through a couple of streams, sloshing through mud, and swimming in a deep stream pool, before climbing one ridge and up another to loop back to the starting point. Contact Steve Becker at 678-0841 for more.

Or, join the club for a short, but 600 foot-steep climb up Koko Head, then down to the sea and back again, May 18. Contact John Hoover at 528-1206 for more.

Both hikes include wonderful views and interesting geological features. A \$2 donation is requested from non-members, age 18 and over. Children under 18 must be accompanied by a responsible adult.

Bring lunch and water, and wear sturdy shoes and clothing. Extra caution may be required on some trails.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information, contact Coordinator Grant Oka at 674-1459, or visit www.htmc.U4L.com.

Waikiki Aquarium Presents Series

- Explore shallow reef and tidepool areas with Aquarium naturalists, Sunday from 8 to 10:30 a.m. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii's shores and chat about reef conservation and reef walk safety.

Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult.

Preregistration is required. Adults cost \$10; children \$8.

- Do fish snooze? Do lobsters sleep? Tour the aquarium at night to find out. You'll discover how coral reefs change as day turns to night. Take an after-dark flashlight tour May 18 from 7 - 9 p.m.

Preregistration is required, and class size is limited. Adults cost \$7, children \$6.

- Call 923-9741, for more information about Waikiki Aquarium programs or visit www.aquarium.org.

FBI Seeks Agents

Are you interested in a career with the FBI? Learn about requirements for special agents by attending the next FBI career seminar Monday at MCB Hawaii, Kaneohe Bay, from 10 - 11 a.m. in Classroom 2 of Bldg. 267.

The entry level salary for special agents is \$39,204 with additional compensation of \$9,801 for overtime.

For reservations and more information, call 257-7790 or 257-7795.

Windward Mall Sponsors Recreation

Catch any one of the following activities at Windward Mall.

- Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

- Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association with exercise at Center Court. Participate for free in stretching, aerobic

and flexibility programs.

- Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

Windward CFCU Holds Annual Meeting, May 17

The Windward Community Federal Credit Union will hold its 48th Annual Meeting at the Enlisted Club aboard MCB Hawaii, Kaneohe Bay, May 17 beginning at 4:30 p.m.

All members are invited to attend the festivities, complete with pupus, drinks, door prizes and entertainment courtesy of Bo Irvine, a popular, local comedian and director of the Base Safety Center.

The grand prize is a certificate good for a trip for two to an outer island, which includes airfare, rental car and hotel accommodations.

Call 254-3566, ext. 20, for more.

Hiking, Camping and Hunting Classes Offered, May 17-18

Hawaii's Dept. of Land & Natural Resources will host its next series of Hunter Education Classes May 17 - 18 (from 5:45 -10:15 p.m. and from 7:45 a.m. - 4 p.m., respectively) at 1130 N. Nimitz Highway, Suite #A-152 on the ground floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10

See WORD TO PASS, B-8

JARHEADS and SQUIDS

by: J. R. WILLIAMS



WORD TO PASS, From B-7

years old and above who enjoys outdoors, and attendance is required both days for certification.

Preregister by calling 587-0200.

New Baby Expo Arrives May 18-19

The 5th Annual New Baby Expo, Hawaii's premier prenatal to preschool expo, will be held May 18 from 10 a.m. to 7 p.m. and May 19 from 10 a.m. to 5 p.m. at the Neal Blaisdell Center Exhibition Hall.

The expo will feature more than 100 exhibitors. Popular returning events include a baby crawling contest, May 18 at 2 p.m.; a maternity fashion show and baby shower, May 19 beginning at 1 p.m.; and presentations on early learning, both days at 11 a.m.

The American Heart Association will be offering free pediatric CPR awareness throughout the expo; however, each class is limited to 75 participants.

Admission is \$3.50; children 5 and under are free.

For more details, call 239-BABY (2229), or visit www.newbabyexpo.com.

Hale Koa Hosts Brunch and Big Island Giveaways, May 20

• In honor of Hawaii Military Appreciation month, the Hale Koa Hotel will host a "Salute to the Military Luau," May 20, offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau.

Ticket sales are already underway. Call the Activities Desk at 955-0555 to make reservations.

MCBH Hosts Job Fair, May 24

The Joint Employment Management System and Marine Corps Community Services' Family Member Employment Assistance Program at MCB Hawaii, Kaneohe Bay, will present their 6th Annual MCBH Job Fair, Friday, May 24.

The job fair will be open to active duty members, their spouses and family members, retirees and Department of Defense civilian employees island-wide. Due to the professional nature of the job fair, children will not be admitted.

The job fair will be held at the Enlisted Club, just inside the H-3 main gate, from 9 a.m. till noon.

For more details, call 257-7790.

National Park Service Plans Memorial Day Weekend Tours

The USS Arizona Memorial will be hosting special interpretive boat tours around historic Ford Island May 25 - 26, in addition to conducting its routine movie and shuttle boat tours to the memorial.

Three special limited-seating boat tours will be offered on each day, with National Park Service rangers presenting oral histories of historical sites that played a significant role during the 1941 attack on the harbor. Rangers will also take time to honor the USS Utah and her brave crew.

Tours are free of charge and will be offered at 9:30 a.m., 11 a.m. and 1 p.m. both days. However, registration is required by 3 p.m., May 24. Call Naomi

Drye at 422-2771, ext. 128, and at the voice prompt, leave your name, contact phone number, time and day requested for your tour, and the number of people in your party.

AARP Celebrates Grandparents, May 25

Join the AARP and Chinatown Lions Club when they host a free public celebration of grandparents, May 25 from 11 a.m. to 2 p.m. at the Kapiolani Park Band Stand.

This event celebrates May as "Older American Month" and will feature live entertainment by local keiki and kupuna, inflatable jumps, crafts, face painting, games, a toy swap, and an awards ceremony for winners of their "Why I Love My Grandparent" letter writing contest.

Bring your own picnic lunch; free shave ice and popcorn will be provided. Call 843-1906 for more details.

Economics Degree Offered

The University of Oklahoma offers a non-thesis Master's in Managerial Economics degree.

Located at Hickam Air Force Base's Hangar 2, the program only requires 32 semester hours, a comprehensive exam and a research paper — which all can be accomplished in 18 months.

Another benefit, the program only meets weekly, making it TAD and TDY friendly for time-deprived students.

For details, call the University of Oklahoma at 449-6364.

WAVES Seeks Members

Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES,

Na Nalu O'Hawaii. Meetings are held second Saturdays. Call 623-4735.

Navy-Marine Corps Relief Society Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered "yes" to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients' needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare "junior seabags" for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.

Consider donating your time to

NMCRS. You be providing an invaluable service to Marines, Sailors and family members, and will meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS' Kaneohe Bay office at 254-1327 or the Pearl Harbor office at 423-1314.

Kilauea Military Camp

Experience the Big Island's rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park. Call 438-6707 for info.

Answers to Crossword (from B-4)