Hawaii Marine
LIFESTYLES

HAWAII MARINE B SECTION MAY 11, 2007

Beautiful beaches of K-Bay

Lance Cpl. Regina A. Ruisi
Combat Correspondent

Hawaii is known worldwide for it's beautiful beaches. Some of Oahu's most picturesque beaches are right here on base. Pyramid Rock, Hale Koa, North Beach and Fort Hase are the scenic beaches the base offers for residents and guests. Each beach has its own personality and offers different things to its visitors.

Pyramid Rock

Known for its rough waters, Pyramid Rock Beach attracts avid surfers, body surfers and body borders. Mike Wertz, a senior beach manager with Marine Corps Community Services, said, "Pyramid Rock has some of the most consistent surf on the island."

However, he said the surf conditions are hazardous for beginners, and in the winter the surf can get up to 20-foot waves.

North Beach

Also known as "officers beach" because of its location near officer housing, North Beach is the place on base to go for surfing. The waves offer a popular location for water sports.

Wertz said during calmer times, the rocks surrounding the reefs offer a protected area for diving and snorkeling.

He also said MCCS provides lifeguards at Pyramid Rock and North Beach because of the rough waters.

Hale Koa

Hale Koa Beach offers smoother waters for visitors to enjoy. You're more likely to find families fishing and swimming rather than enjoying water sports here. The MCCS Web site states overnight camping sites are available by reservation, and the beach offers picnic sites and barbecues.

Fort Hase

Fort Hase Beach offers a scenic spot to enjoy the water. According to the MCCS Web site, picnic sites and barbecues are available to beach goers on this beach as well. The beach has a lot of fishing opportunities for visitors too.

Lance Cpl. Regina A. Ruisi

The lifeguard shack sits high above the waters of North Beach.

Sgt. Sara A. Carter

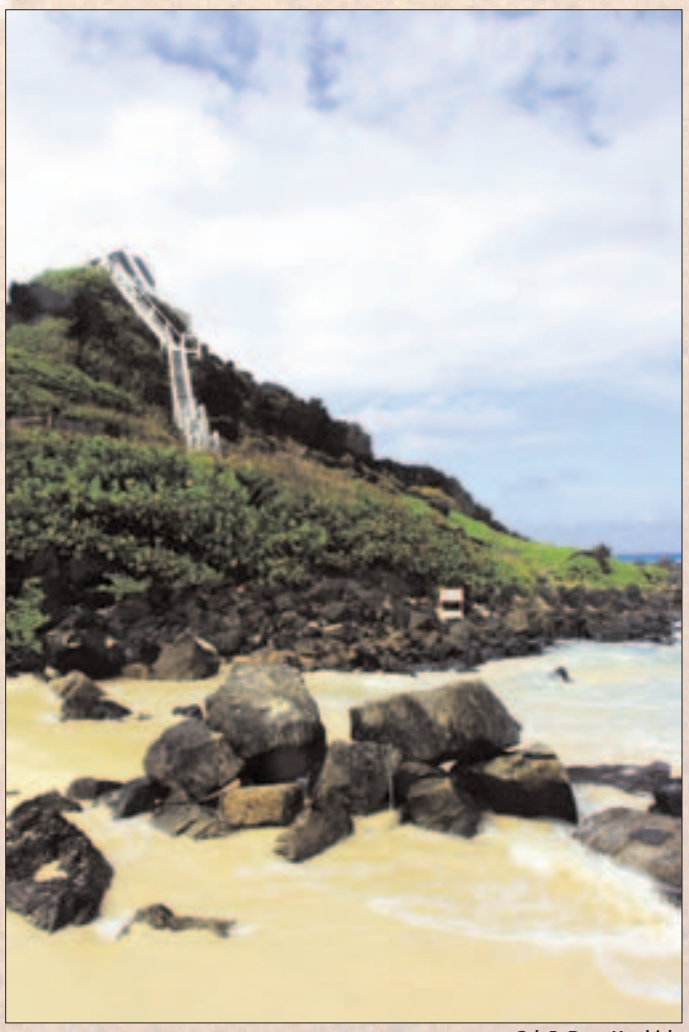
Left: After enjoying some quality time surfing the waters of North Beach, a lone surfer walks along the beach back to his vehicle.

Lance Cpl. Regina A. Ruisi

A fishing pole is cast into the waters of Fort Hase Beach.

Pfc. Brian Marion

A surfer enjoys massive waves at Pyramid Rock Beach May 4. Marine Corps Community Services holds a variety of surfing and body boarding competitions at this beach each year.



Cpl. R. Drew Hendricks

Snorkelers can see a variety of fish along the backside of the rocky coast of Pyramid Rock Beach.

Searching the shoreline, Marines from Marine Corps Air Facility look for stray debris or litter to pick up during the April 26 cleanup. A total of four trash bags of litter were filled during the first hour of cleaning at Hale Koa Beach aboard Marine Corps Base Hawaii, Kaneohe Bay.

Jim Sibert, Recycling Center manager, stands next to an F-4 plane previously used by Aircraft, Rescue and Firefighting for rescue training aboard Marine Corps Base Hawaii, Kaneohe Bay. Sibert, a retired Air Force master sergeant, is salvaging the plane for one of his many recycling projects.

K-Bay recycling center manager talks trash

Story and Photos by
Christine Cabalo
Photojournalist

Jim Sibert is usually down in the dumps most days, but luckily that is his job.

Sibert turns trash into treasure as the manager of the Recycling Center at Marine Corps Base Hawaii. He made more than $400,000 in 2006 for the base from selling discarded scrap metal, paper and other items meant for disposal.

Funding the program from its profits, the recycling center manager said his goal is safeguarding the environment.

"Working in the environmental department makes it clear that I have different motivations in running recycling operations," he said. "I'm not out only to make or save money. I'm able to do the right thing by protecting the environmental controls the Marine Corps has established."

Visitors to the Recycling Center here may notice Sibert's office is cooled by refurbished air conditioners someone else threw away. Outside his office stands Can Man, a robot he designed for boys and girls who tour the center.

Children throw crushed cans into the giant robot's belly to see if they can get Can Man's eyes to light up and sound the buzzer. The metal goliath was created from recycled materials and uses a renewable battery for power.

"Children are the future of recycling," said Sibert. "It's always a good idea to get them into it while they're young."

He attributes his success to his former career as a loadmaster with the Air Force at Hickam Air Force Base in Honolulu. The retired master sergeant said he used his logistics experience to ensure more efficient shipping for the center.

Sibert's tactics, which include continuous reloading and maximizing trucking capacity, add up to faster, full recycling transport trucks. He said making Kaneohe Bay the central point on Oahu for collecting spent brass shells works well, and recycling dealers pay more for materials in large quantities.

"Jim's taken more control than other managers I've worked with," said Mike Miranda, motor vehicle operator, Recycling Center, Environmental Department. "He's always looking for how we can improve our program. When we first started out, we'd have to get the Motor Pool to haul things like aluminum to Pearl Harbor. We rarely made a profit."

Recycling dealers also pay more for "less contaminated" products, and Sibert said he's adopted better methods of collecting materials.

The Recycling Center now provides collection bins with labels outlining what is accepted, and people dropping off materials can sort through their items.

For example, certain items such as colored sticky notes attached to recyclable white paper, could drastically reduce the product's usability and value. Thin cardstock beer boxes mixed in with regular cardboard could reduce the cardboard's value from $51 per ton to just $5 per ton, said the recycling center manager.

Sibert said having the public involved saves sorting time and produces better quality materials.

"It's a relaxed atmosphere at the Recycling Center," said Miranda. "He's less of a micromanager, and he trusts us to do our jobs. I'm amazed at how much he's been able to automate everything so we can focus on other important tasks."

Self-described as the "recycling guru," Sibert said public education of the recycling process is important for the program's continued success.

"He's very professional," said Gunnery Sgt. Paul Harvey, base inspector. "He's always there to answer any questions we have about where things should go."

Sibert's assistance in planning results in few delays during Pride Day, said the base inspector. Working party crews can ask for the recycling manager's help if they uncover anything unusual while cleaning the base.

"During Pride Day planning meetings he's very articulate to the commands," said Harvey. "There's no dispute about what happens to collected loads when they come in."

Looking to expand the Recycling Center's projects, Sibert said he would like to increase the base's H-Power or energy created from burning leftover trash. His current projects include recovering aluminum from F-4 training planes at the base unused since 1986.

The project Sibert said he's most excited about is buying 35 new picnic tables for K-Bay made from recycled plastic. The 8-foot recycled tables are scheduled to arrive in June and will be placed near unit working areas.

The tables will be red and yellow for Marine units. Sailors can enjoy blue and white tables outside of their commands. The recycling center manager said it's a great feeling to give back to the recyclers who are crucial in saving the environment.

"If there isn't a market for the materials we're generating – then no one's going to buy it," said Sibert. "I'm buying recycled products with recycling money, and we're putting money back into the recycling process by establishing a need for the materials."

To learn more about recycling at Kaneohe Bay, log on to: http://www.mcbh.usmc.mil/g4/envir on/envrecycle.htm.

Seaman Adonis Navarro, aviation structural mechanic, Marine Aviation Logistics 24, finds an empty tube of toothpaste and an aluminum can during the April 26 cleanup. Navarro collected the trash and uprooted invasive plants along the central drainage canal.

Be a recycling junkie

Almost anything can be recycled, said Jim Sibert, manager, Recycling Center. Freebies can be found at the Recycling and Reuse Center in Building 132 at the intersection of 1st Street and D Street. These items are:

-Moving supplies, such as boxes and packing material
-Plywood and lumber
-Pallets

-Items for office use only, including:
-Office supplies
-Ammo boxes
-Plexiglass
-Building materials
-Doors
-Window glass

If you have any questions about what can be recycled or what's available in the Reuse Store, call the Recycling Center at 257-4300.

Movie Time

Prices: *Friday and Saturday 7:15 p.m., shows are $3 for adults and $1.50 for children. Sunday matinee is shown at 2 p.m. Shows are $2 for adults and $1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is $2 for adults and $1.50 for children.*

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.

Call 254-7642 for recorded information.

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

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Teenage Mutant Ninja Turtle (PG)	Today at 7:15 p.m.
Dead Silence (R)	Today at 9:45 p.m.
Reign Over Me (R)	Saturday at 7:15 p.m.
The Hills Have Eyes 2 (R)	Saturday at 9:45 p.m.
The Last Mimzy (PG)	Sunday at 2 p.m.
Dead Silence (R)	Sunday at 6:30 p.m.
I Think I Love My Wife (R)	Wednesday at 6:30 p.m.
The Last Mimzy (PG)	Friday at 7:15 p.m.
Reign Over Me (R)	Friday at 9:45 p.m.

Movie review: *'Green Street Hooligans'*

Lance Cpl. Regina A. Ruisi
Combat Correspondent

Editor's note: Hawaii Marine's combat correspondents will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the many classics of yesterday.

The rating system requires some explanation before you get started.

If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of "microwaves" on a scale of one to four to rate its "reheat factor."

If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one to four.

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.

Rating: 5 out of 5 microwaves

You may think you're a die hard sports fan. Watching the game with your friends, tailgating and crushing cans on your head is your idea of getting pumped for your favorite team. You've got nothing on the Green Street Elite.

"Green Street Hooligans" is a beautifully violent film about a firm of football (soccer to us Americans) hooligans, the most die-hard fans you could possibly imagine. The rivalry behind these sports fans isn't on the Yankees and Red Sox level, it's on the Palestinian and Israeli level.

The movie begins in America with Harvard student Matt, played by Elijah Wood, studying to be a journalist. When Matt's roommate, a socialite and the son of a senator, hides his cocaine in Matt's belongings, Matt gets expelled from school, one semester short of his degree. With the hush money his ex-roommate gave him, Matt buys a ticket to England to stay with his sister, Shannon, and her family.

On his first day in England, Matt meets Shannon's brother-in-law, Pete, played by British actor Charlie Hunnam. Pete takes Matt to a football match at the urging of Shannon and her husband. Matt meets the Green Street Elite, the firm for the Westham United team, which Pete controls.

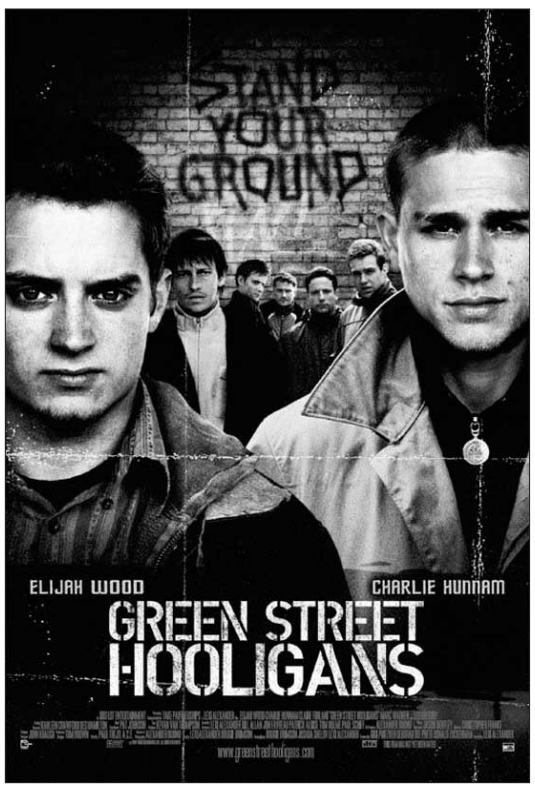
Pete himself acknowledges football hooligans aren't so worried about the game when he says, "Westham isn't much of a team, but we have a great firm." Matt is only the visiting Yank until he lives through his first fight.

Matt is thrust into a world of violence, as he becomes a member of the GSE. The movie shows the grandeur, the devotion and the terror of a group of young men. Matt slowly learns it's not just a rivalry between firms; it's a war that's been fought for years.

The young American becomes infatuated with the lifestyle. He says, after a few fights with the firm, "Once you've taken a few punches and you realize you're not made of glass, you don't feel alive unless you're pushing yourself as far as you can go."

He gets swept away with the fighting, the drinking and the brotherhood the firm promises with their credo "stick by your mates and stand your ground."

The movie does leave an impact besides the lesson that your jaw is, in fact, not made of glass. Matt says, "Pete Dunham's life taught me there's a time to stand your ground. His death taught me there's a time to walk away."



Matt leaves for England a passive college boy, and comes back ready to get his revenge. He confronts his druggy ex-roommate, forces a confession from him on which he regains his enrollment to Harvard.

"Green Street Hooligans" is powerful enough to make you see the horror behind the glory of being a die-hard sports fan. I promise you, seeing this movie once is not enough, and you'll walk away wanting to join the firm. That, and you'll realize your little tailgating has nothing on football hooligans.

High APR, high payments equal steady instant noodle diet

Pfc. Ethan Hoaldridge
U.S. Marine Forces, Pacific

CAMP H. M. SMITH, Hawaii — Is it worth it to rush into an auto loan to get a fancy new car and subsequently live off of instant noodles, mac 'n' cheese and PB & Js for the next four or five years?

Most Marines who arrive at a new duty station immediately want to check out their new surroundings, experience the culture and see the sights, but don't have any transportation to do it.

"When I found out my first duty station was Hawaii, I couldn't believe it," said Pfc. Ryan Kernan, an administration clerk, training office, U.S. Marine Forces, Pacific. "I already knew a lot of the things I wanted to do before I even got here, but it was hard to get around without a car."

Some Marines who already have vehicles will take new Marines under their wing and drive them around.

Marines can take taxis, bum rides or use public transportation, but that can become a hassle.

When Marines arrive at their new duty station and decide to get a car, they need to be aware of the many traps they can fall into when they go to a used car lot or dealership.

"Usually what happens is someone with no credit or a low credit score gets excited when they find a dealership that says, 'We'll finance anybody,'" said Cpl. Robert White, a former Land Rover salesman, now MarForPac combat illustrator. "When they say that, it usually means the buyer will have a really high annual percentage rate and pay up to $5,000 more for the car."

A car salesman makes a living off commission, so the more they can charge you over the Manufacturer's Suggested Retail Price, the better the commission.

"If you can't get a decent APR, then don't buy a car. Just save your money and buy a car off the lemon lot," said White. "Also, I recommend bringing an experienced buyer with you to the dealership when buying a car to help determine if you're getting a good deal or not."

Some first-time buyers become impatient and won't wait until their credit is built and make hasty decisions like buying a car outside of their budget.

"The first problem young enlisted service members run into is their credit score," said Carol Richards-Boyd, Navy/Marine Corps Relief Society financial advisor. "We usually tell Marines to get a credit card and pay it off every month on time to establish credit."

Equifax, Experion and TransUnion offer one free credit report per year by going to www.annualcreditreport.com.

Young people usually won't have credit scores or they will be 550 or below, until they get their first credit card and make those monthly, on-time payments, according to the NMCRS Web site.

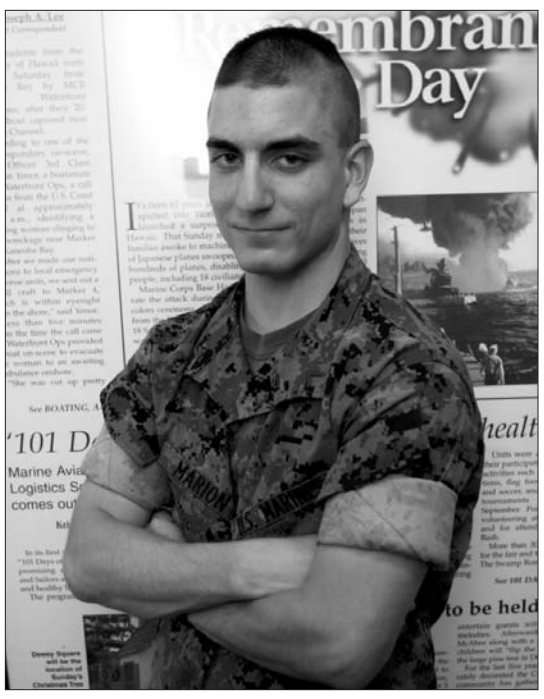
"Once you have a high enough credit score to get a loan, it doesn't mean you're ready to buy a car," said Richards-Boyd.

The better credit score a buyer has, the lower the monthly payments will be.

According to CarBuyingTips.com, no prospective car buyers should

See CAR, B-5

Book review: *'Starship Troopers'*



Pfc. Brian A. Marion
Combat Correspondent

The first time I saw "Starship Troopers" by Robert A. Heinlein was a few years after the movie came out.

When I heard the book was also on the Marine Corps Professional Reading List, it really got me wondering as to what this book was really about. I kept thinking, "Why would a science fiction book, made into a movie, be on the list?"

Then I started to read the book and quickly found vast differences between it and the movie.

"Starship Troopers" is a science-fiction tale in which you travel alongside soldier John Rico as he rises through the ranks of the Mobile Infantry from a recruit to an officer and leads his platoon into battle.

The book starts with Rico, and other members of his squad, raiding an alien home world where a couple of his friends die.

It then goes back in time to where Rico, and his friends Carl and Carmen, join the military. Carl goes to intelligence, Carmen to pilot school, and Rico to Mobile Infantry.

Heinlein then follows Rico to boot camp, which is the hardest boot camp of the time, where he is molded from a civilian into a soldier.

After graduation from boot camp, Rico and a few newly formed soldiers are assigned to Company K, Third Regiment, First M.I Division "Willie's Wildcats," and dropped into the biggest blunder that could ever be called a battle.

By the time the M.I. disengaged, over 80 percent of the company was dead, so they disbanded the company and sent the soldiers to other units. Rico and a few of the remaining men from the company were then assigned to "Rasczak's Roughnecks," one of the best companies in the fleet.

After numerous "drops" and some unfortunate events, the commander of the company, Lt. Rasczak, is killed and the roughnecks are left with a huge void to fill.

After the incident, Rico gets the idea planted in his head that he should try to become an officer. He then goes to Officer Candidate School and on to his first tour of duty as a third Lieutenant, a temporary rank, in the fleet.

The book ends with Rico, now in charge of the Roughnecks, being dropped into battle once more.

Throughout the whole book, Heinlein explains the political situation of future governments torn apart by internal strife, and rebuilt by veterans of their militaries.

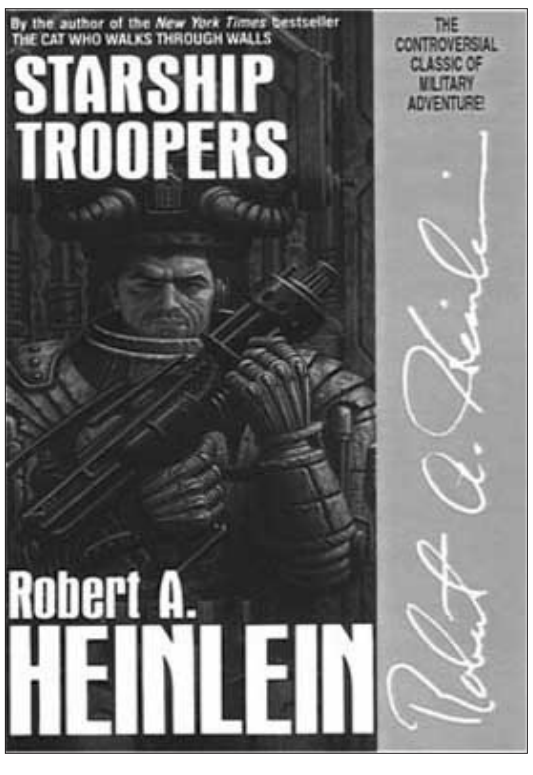
The book has very little action in it compared to other books or even the movie, but for some reason I keep on finding myself drawn back to it.

Could it be the political situations in the book?

Could it be that reading about a worldwide, militaristic government is somehow exciting to me?

Could it be the author and his writing?

For me, it is mainly the last two, but perhaps when I am a little bit older and wiser, I will understand all the underlying tones within the book.



The girl's got talent

Waving a U.S. flag, first-grader Jasmine Castro rehearses her piece May 2 for the talent show at Mokapu Elementary aboard Marine Corps Base Hawaii held Wednesday. The 6-year-old sang "God Bless the U.S.A." at the elementary school's cafetorium. Thirty acts performed during the show, according to Colette Young-Pohlman, music specialist, Mokapu Elementary.

Christine Cabalo

Word to Pass

Mother's Day Champagne Brunch

A Mother's Day champagne brunch will be held Sunday at the Officers' Club from 8:30 a.m. to 1 p.m. Open to club members and sponsored guests. Cost for adults is $25.75 and $14.25 for children ages 6-12. Champagne is $3 per glass. For more information, call Don Figueira at 254-7650.

Wine Tasting

The Officers' Club will sponsor a free wine tasting Thursday from 5 to 6 p.m. Open to club members and sponsored guests. For more information, call Don Figueira at 254-7650.

Asian Pacific American Heritage Month Exhibit

An informational exhibit on the contributions of Asian Americans and Pacific Islanders will take place at the Base Library now through May 15. For more information, call Merri Fernandez at 254-7624.

Hunter Education Classes

Hunter Education Classes are being offered by the Hawaii Dept. of Land and Natural Resources May 18 from 5:45 to 10 p.m. and May 19 from 7:45 a.m. to 4 p.m. The classes will be held at the Nimitz Center, 2nd Floor, 1130 N. Nimitz Highway, #A-212A. The class is open to anyone 10 years of age and above. For more information or to pre-register, call the Hunter Education Office at 587-0200.

Diamond Head Crater Festival

The number one music experience of the year will be held under the stars inside the Diamond Head Crater in Waikiki at 2 p.m., May 19. For information, call the hotline at 735-7000 or visit www.crater-celebration.com.

Hawaii Army Museum Living History Day

Visit the museum displays and enjoy a performance by the Army's Fife and Drum Corps from Washington, D.C., May 19 from 10 a.m. to 3 p.m. at Kuroda Field at Ft. DeRussy in Waikiki. The event is free and open to the public.

Combined Military Band Concert

Performances by military bands from all branches of service will be held at the Hawaii Theatre May 19 from 7 to 8:30 p.m. Free tickets are available at the Hawaii Theatre now until the day of the event.

Hawaii Book and Music Festival

The Hawaii Book and Music Festival will be held May 19 - 20 at Honolulu Hale. The festival celebrates books, reading and music in Hawaii, showcasing a wide range of local, national and international authors, musicians and storytellers. For more information, contact 535-9099, ext. 103.

DivorceCare

Seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable DivorceCare resources to help.

The meetings are held every Thursday evening from 6:30 to 8:30 p.m. at First Presbyterian Church at Koolau, 45-550 Kionaole, Kaneohe. Childcare provided with advance notification. For more information, go to www.divorcecare.com or call 532-1111.

University of Oklahoma Courses

The University of Oklahoma is now accepting applications and registration for the Summer term. OU is proud to offer a Master of Arts in Managerial Economics on Hickam AFB. Contact OU at 449-6364 or aphickam@ou.edu for more information, or visit www.goou.ou.edu.

Lance Cpl. Regina A. Ruisi

Seaman Ryan Banea carries a dustpan full of debris he and Petty Officer 3rd Class William Rabine cleaned out of a pillbox Saturday in Lanikai, Hawaii.

K-Bay Sailors clean up Lanikai pillboxes

Lance Cpl. Regina A. Ruisi
Combat Correspondent

The hot sun and five-gallon buckets of paint didn't make it an easy climb to the top of the Kaiwa Ridge Trail in Lanikai, Hawaii. The Volcanoes Youth under 10 soccer team and volunteers took the hike up the hill to paint the two World War II-era pillboxes nestled in the ridge.

Seaman Ryan Banea and Petty Officer 3rd Class William Rabine from Patrol Squadron 47, and Petty Officer 3rd Class Deanna Acker, Marine Air Logistics Group 24, were among the volunteers Saturday morning to help the young athletes with their community efforts at Lanikai.

The soccer team painted the pillboxes as a fundraiser to get the team to the San Diego Surf Cup Tournament in July. "The team is making $5,000 for painting the pillboxes. The money will help pay for the coach, the Surf Cup fee and help subsidize trip costs, like buses and hotels," said Kim Bartenstein, team mom and trip coordinator for the Volcanoes under 10 group.

The Sailors helped the team and other volunteers carry gallons of paint, countless rollers and paint trays, and many bottles of much needed water up the steep, rocky hill. The inside of the pillboxes provided shade from the already hot morning sun as the Sailors and soccer players set to work cleaning and painting the bunkers located at the top of the hill.

Rabine picked up a broom to sweep away debris from the bottom of one of the graffiti-covered bunkers, while Banea and some of the young athletes grabbed rollers to paint the inside and outside of the pillboxes with gray paint.

Volunteers spent almost four hours at the top of the Keolu Hill painting while a beautiful view of the windward Oahu coastline lay in the background. As the graffiti slowly disappeared under layers of paint, the history of the hillside became more evident.

The Sailors helped the young athletes earn money for their tournament trip and helped preserve the military history of the Hawaiian Islands. Thanks to the soccer team and the volunteers, visitors to Lanikai can make the same hike and enjoy the history hidden in its hillsides.

Lance Cpl. Regina A. Ruisi

Members of the Volcanoes soccer team and volunteers make their way up the steep Kaiwa Ridge Trail to the World War II-era pillboxes at the top.

SM&SP

There's a Texas Hold 'em Tournament at the Camp Smith Recreation Center, compliments of the SM&SP.

The tournament is free, and open to all E-5 and below. The event will be held today from 6-9 p.m. Sign up at the SM&SP office or the Camp Smith Recreation Center.

Call 254-7593 or your unit representative for more information.

Marine Makepono

Hawaiian for "Marine Bargains"

AUTOS

1994 Toyota Tercel. New clutch, cold air conditioning, 125,000 miles, runs great. $1,200. Call 254-0528.

2000 Volkswagon Cabrio Convertible. Silver with blacktop, automatic, leather interior, 53,000 miles. Call Nikki at 389-7891.

2001 Nissan Frontier XE extended cab. Dark blue, 2-wheel drive, automatic, 3.3 V-6, 59,000 miles. Call Lee at 382-5642.

MISCELLANEOUS

2001 Jeep Wrangler Sahara hardtop. Tan, bmmmmmmest off and must pick up; Haier Air Conditioner, 8,000 BTU, 4 months old, Perfect condition, asking $100. Call 450-2472.

Total Gym. Great condition, original price $360. Asking $150. Call 262-1296.

Full size Comfort Source mattress set with a waterproof cover, $100. Call 254-6508.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe

On the Menu
at Anderson Hall

Friday
Lunch
Pepper steak
Southern fried catfish
Rice pilaf
Potatoes au gratin
Glazed carrots
Simmered black-eyed peas
Cream gravy
Lemon chiffon pie
Chocolate chip cookies
Marble cake w/chocolate frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin
Specialty bar: Country bar

Dinner
Roast turkey
Beef pot pie
Mashed potatoes
Buttered egg noodles
Calico corn
Simmered broccoli
Savory bread dressing
Turkey gravy
Cranberry sauce
Desserts: Same as lunch

Saturday
Dinner
Baked lasagna
Chicken parmesan
Spaghetti noodles
Marinara sauce
Italian mixed vegetables
Simmered peas and carrots
Garlic bread
Cherry pie
Ginger molasses cookies
Spice cake w/butter cream frosting
Vanilla/chocolate cream pudding
Strawberry/lemon gelatin

Sunday
Dinner
Barbeque beef cubes
Baked turkey and noodles
Steamed rice
Creole green beans
Simmered cabbage
Chicken gravy
Sweet potato pie
Chocolate chip cookies
Yellow cake w/chocolate chip frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin

Monday
Lunch
Meat loaf
Pork ham roast
Tossed green rice
Mashed potatoes
Peas and mushrooms
French fried cauliflower
Brown gravy
Boston cream pie
Peanut butter cookies
Peanut butter cake w/peanut butter cream frosting
Vanilla/chocolate cream pudding
Lime/rapsberry gelatin
Specialty bar: Pasta

Dinner
Beef Brogul
Baked Cajun Salmon Steaks
Potatoes O'brian
Noodles Jefferson
Club Spinach
Mixed Vegetables
Brown Gravy
Desserts: same as lunch

Tuesday
Lunch
Simmered corned beef w/apple glaze
Honey glazed cornish hens
Parsley buttered potatoes
Rice pilaf
Fried cabbage w/bacon
Simmered carrots
Chicken gravy
Mustard sauce
Blueberry pie
Oatmeal cookies
Strawberry shortcake
Vanilla cream pudding
Chocolate cream pudding
Cherry parfait
Strawberry parfait
Specialty bar: Taco

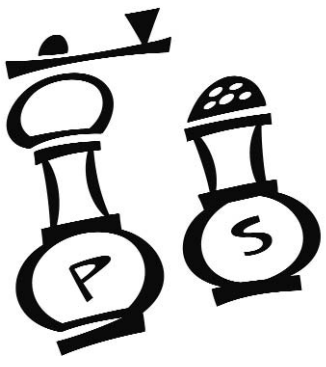
Dinner
Baked tuna & noodles
Sweet & sour pork
Pork fried rice
Steamed rice
Simmered broccoli
Simmered pinto beans
Turkey gravy
Chow mein noodles
Blueberry pie
Oatmeal cookies
Strawberry shortcake
Vanilla/chocolate cream pudding
Cherry/strawberry parfait
Desserts: same as lunch

Wednesday
Lunch
Five spice chicken
Beef yakisoba
Pork fried rice
Vegetable stir fry
Corn O'brien
Banana cream pie
Oatmeal chocolate chip cookies
Carrot cake w/cream cheese frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin
Specialty bar: Hot dog & sausage

Dinner
Steak smothered w/onions
Southern fried catfish
Mashed potatoes
Baked macaroni and cheese
Southern style green beans
Fried okra
Brown gravy
Desserts same as lunch

Thursday
Lunch
Turkey a la king
Beef stroganoff
Steamed rice
Boiled egg noodles
Peas and carrots
Simmered mixed vegetables
Turkey gravy
Peach pie
Cheesecake w/blueberry topping
Chewy nut bars
White cake w/mocha cream frosting
Vanilla/chocolate cream pudding
Orange/strawberry gelatin
Specialty bar: Deli bar

Dinner
Braised liver w/onions
Honey ginger chicken
Chili macaroni
Grilled cheese sandwich
Rice pilaf
Boiled egg noodles
Lyonnaise carrots
Club spinach
Chicken gravy
Desserts same as lunch



Pfc. Ethan Hoaldridge

Many service members shop for cars on lemon-lots aboard their bases. Hickam Air Force Base has a car lot located behind its par-three golf course and has 50 plus cars to look at on a daily basis

purchase if they cannot buy a car that they can afford to pay off in 48 months. Also, they should be able to put down 20 percent of the car loan to keep from getting "upside down," where you owe more on the car than it is worth.

Once a Marine has saved 20 percent of the anticipated price range, they should consider what type of vehicle to buy.

Things to consider as normal criteria for a car:

•Safety (vehicles must pass state safety inspection before a driver will receive their vehicle registration)

•Reliability, low maintenance

•Good gas mileage

•Fulfills the buyer's personal needs

"Once you've decided what kind of vehicle to buy, you should research car insurance quotes," said Richards-Boyd.

Some banks and insurance companies offer discounts or lower rates for military.

Along the road to buying a car, there are a few acronyms and words a Marine should learn the definitions of and how they apply when purchasing a car.

MSRP, the Manufacturer's Suggested Retail Price, and APR, Annual Percentage Rate, are both important to understand.

The dealership will sell a vehicle for as much above the MSRP on a vehicle as they can to make maximum profit.

The APR a buyer receives on their loan affects how much they will pay for the car total after the 48 or 60-month payment schedule. The buyer will pay the bank much more money on a $15,000 loan with an 18 percent APR, than someone who has the same loan with a 6 percent APR.

"Before walking into a dealership, I suggest making sure you have done your homework and know the invoice price and MSRP on the type of vehicle you intend on buying," said Richards-Boyd. "Almost all car dealerships mark up the price of their vehicles. You don't want to pay $14,000 for an $11,000 car."

Kelly Blue Book is a common source to find the value of a car. By visiting their Web site at www.kbb.com, a buyer can check the recommended price of almost any make and model of vehicle.

A good credit score will get the buyer anywhere from four to eight percent APR, which means they pay much less interest on their loan than someone with a bad credit score and an APR of 15 percent on their car loan.

A good credit score is 650 or above, but consumers should shoot for above 700, according to Equifax's Web site.

A $15,000 car with 15 percent APR for a 60-month finance term could make the monthly payments $376 with $15,825 as the total amount financed. A one percent difference would make the payments $368 and could mean as much as $500 difference on the total amount paid after the 60 months.

"First-time buyers should definitely visit NMCRS for financial management counseling before they go off and buy a car, because we can help them see unforeseen costs down the road that would greatly impact their life style and budgeting," said Richards-Boyd.

Initial costs of buying a car from a dealership include paying for sales tax, title, registration, the first insurance payment, and a down payment usually.

"I would also suggest considering how much it cost for regular maintenance and upkeep for the vehicle," said Richards-Boyd. "Gas costs around $3 a gallon, changing the oil, buying new tires and paying insurance on top of the car loan can be overwhelming for a junior enlisted."

Buyers can also consider how to pay the loan off sooner than scheduled to save money in the long run.

The interest is recalculated after each monthly payment, and after each payment the balance on the loan is less, therefore the bank will calculate the interest on a smaller balance.

"Ultimately, buying a car is a huge step for first-time buyers and will have a lasting effect on the rest of their life," said Richards-Boyd. "If a Marine rushes into it and gets into debt over his head, they might start making payments late or not at all and the vehicle will be repossessed which goes on the credit history for a long time."

A repossession will stay on a credit report seven to 11 years.

If a vehicle becomes repossessed the owner will still owe the difference on their remaining balance and what the dealership auctions it for.

The buyer can always walk away from a pressured situation that seems like a bad deal. The consequences of signing contracts without research and understanding can be costly.

Each time someone bounces a check or there is a late payment on a loan it creates a black mark on their credit.

According to the Equifax Web site, account histories, which are supplied by creditors with whom a consumer has an account, include the date the account was opened, the credit limit or amount of the loan, the payment terms, the balance, and a history that shows whether or not they've paid the account on time. Closed or inactive accounts, depending on the manner in which they were paid, stay on their credit report for seven to 11 years from the date of their last activity.

"It is critical that any first-time buyer know exactly what they're getting themselves into and do their homework," said Richards-Boyd. "With all the resources the military has to offer, it would be [smart to] take advantage. Never fall in love with a car, because there's always another deal."

Stop wasting water

Staff Sgt. Joseph Cassidy
Base Facilities Department

File photo

If you drive around the base, you will see water is being wasted and no one seems to care. Water conservation is the most cost-effective and environmentally sound way to reduce our demand for water, which also saves energy.

The biggest water waste that is happening aboard this base is the watering of lawns at home and outside the work place. You need to abide by Base Order 11300.13 and water your lawn accordingly. Your sprinkler has to be aimed properly so that you don't end up spraying the side walk, the road, or the driveway. Following these outside simple tips will help reduce water waste and save more energy.

•Put a layer of mulch around trees and plants because it helps slows down evaporation and can save us 750-1,500 gallons a month.

•Water during the cool parts of the day. Early morning is better than dusk since it helps prevent the growth of fungus and saves 300 gallons.

•Don't water the grass on windy days because there is too much evaporation and you can waste up to 300 gallons in one watering.

•Drive your car onto your lawn and wash it. Rinse water can help the grass grow.

•Tell your kids not to play with the garden hose. This helps save 10 gallons a minute.

The base watering hours are 6 – 8 a.m. and 6 – 8 p.m. Remember not to water the sidewalks, driveway or gutter.

Adjust your sprinklers so that water lands on your lawn or garden where it belongs--and only there. This will help us save 500 gallons a month.

Around the Corps

13th MEU flexes friendship muscles in Guam

Sgt. Andy Hurt
13th MEU

GUAM — Marines and Sailors from the 13th Marine Expeditionary Unit participated in a community relations project April 30 during a routine port visit to Guam.

Nearly 20 members of the 13th MEU and Bonhomme Richard Strike Group pitched in at a local government center during the second of two project;, planting trees and building a fence for a rest area.

Pete Borja, village mayor, pitched in during the construction activities, and praised the effort as a great way for everyone to "get to know each other."

Following the completion of the projects, Marines and Sailors were invited to enjoy a fiesta, featuring barbecued ribs, chicken, rice and salad.

On the ride back to the pier, service members were driven to a local historical spot to observe a World War II battleground.

As the 13th MEU presses on during Western Pacific Exercise 07-1, the mission is still uncertain. Friends of democracy, however, can be rest assured the Fighting 13th is on their side. And always willing to lend a hand.

Sgt. Andy Hurt

Staff Sgt. Oscar Luna (left) and Warrant Officer Colin Cooper pound in a fence rail at the Community Relations project site April 30. Luna, Cooper and a handful of Marines and Sailors from the 13th Marine Expeditionary Unit and Bonhomme Richard Strike Group came together and volunteered free time for the project during a routine port call in Guam. The second of two such projects, service members were tasked with building a fence, planting trees and other beautifications to the village Mayoral Office.