

LIFESTYLES



Hikers emerging from the gloom of the tunnel and spiral staircase are greeted by a spectacular bird's-eye view of Oahu at the top of Diamond Head Crater.

A breath-taking view awaits hikers at the top of Diamond Head

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

Crowds of eager tourists and kamaaina readily embrace the 0.7 mile adventure to some of the island's most breathtaking and panoramic views of Honolulu and beyond, as well as the close up of the solitary lighthouse and the postcard-worthy picture of downtown Waikiki, during their journey up Diamond Head Crater, which is located on the southeastern coast of Oahu.



Once inside the crater, after a dollar donation, visitors are free to stroll at their leisure, snapping photographs from the old, wooden Diamond Head sign to the summit, or venturing as the children do, frolicking back and forth or dashing up and down the rugged terrain.

The trail, originally designed for mule and foot traffic, begins as a paved path, ideal for solo hikers as well as family members. Further up the crater, the path gets more steep and challenging, changing from a paved pathway to a rocky trail. Yet, as far as the eye can see, small children are climbing to the



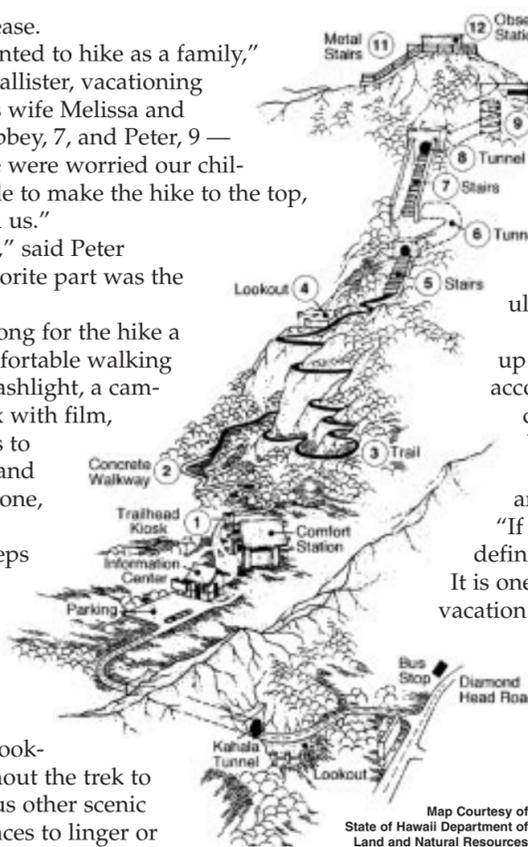
top, seemingly with ease.

"My wife and I wanted to hike as a family," said Gregory H. McCallister, vacationing with his family — his wife Melissa and their two children, Abbey, 7, and Peter, 9 — from New York. "We were worried our children might not be able to make the hike to the top, but they sure showed us."

"It was a lot of fun," said Peter McCallister. "My favorite part was the tunnel near the top."

It's best to bring along for the hike a full water bottle, comfortable walking shoes, sunscreen, a flashlight, a camera loaded to the max with film, plenty of companions to share the experience and possibly a cellular phone, for emergencies only.

A staircase of 99 steps brings climbers through a 225-foot long, pitch black tunnel, up a spiral stairwell and finally out onto the summit's majestic lookout point. Throughout the trek to the peak are numerous other scenic lookout spots and places to linger or

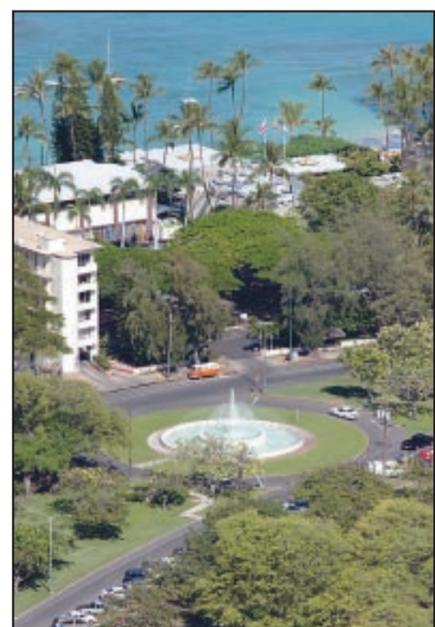
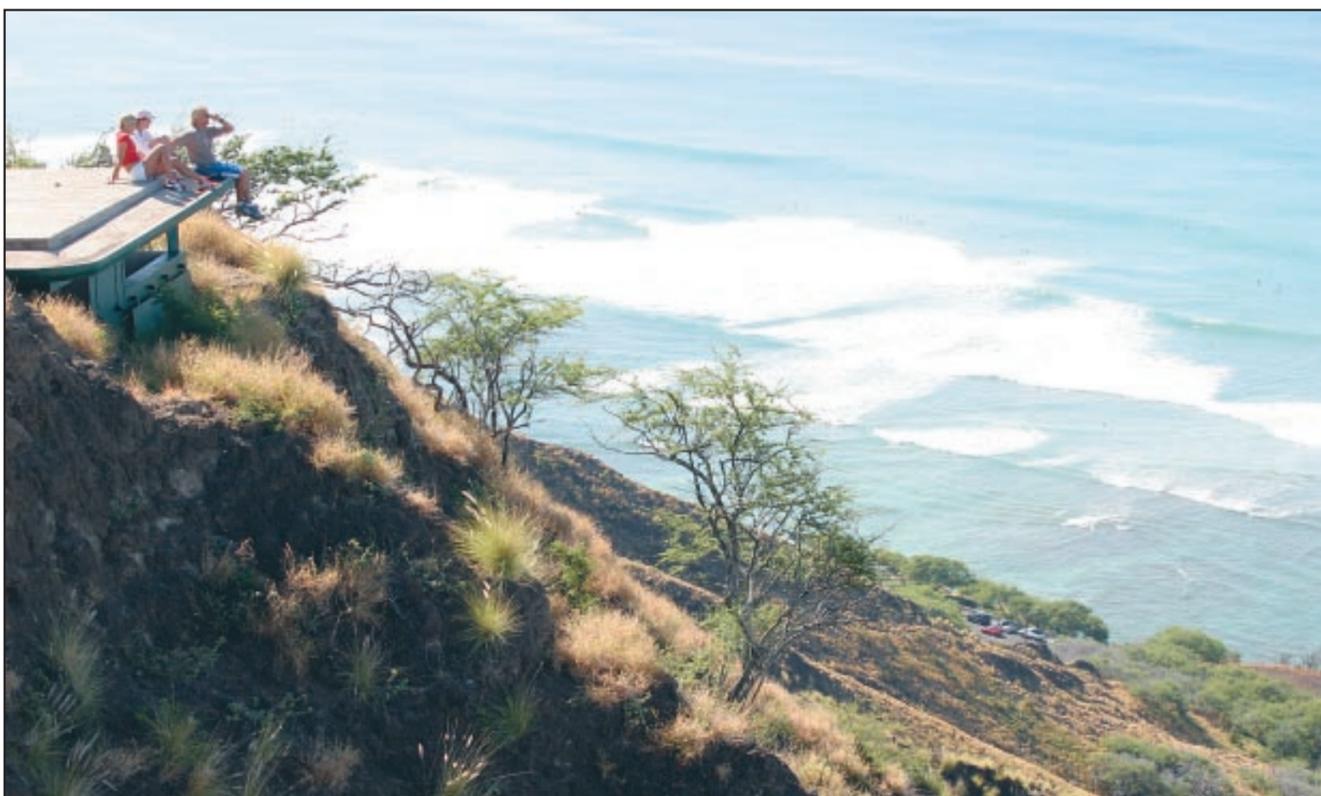


Map Courtesy of State of Hawaii Department of Land and Natural Resources

to sit and rest. As visitors climb ever closer to the summit, they see more interesting views, traverse diverse rocky paths and catch glimpses of various species such as Brazilian red-topped cardinals — all seeming to foreshadow the beauty that awaits hikers at the ultimate destination.

Anyone can commemorate their trek up Diamond Head with a certificate of accomplishment; the memento is but a couple of bucks once the summit has been triumphed. "The view from the very top is amazing," said Melissa McCallister. "If we ever come back to Oahu, we will definitely come and hike Diamond Head. It is one of the best things we have done on vacation so far."

The park is open from 6 a.m. to 6 p.m., seven days a week. For a brochure, visit www.state.hi.us/dlnr/dsp/oahu.html or for more information, call the Division of State Parks at 587-0300.



Hikers are treated to a panoramic view of the island, from Koko Head to the east, to Waianae to the west. Life at the top of the crater is usually hot and sunny, so remember to bring sunscreen and maybe a hat too!

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

May

14 / Today

ITT Offerings — Information, Tickets and Tours, and local attractions, are thanking service and family members with special discounts on favorite island activities.

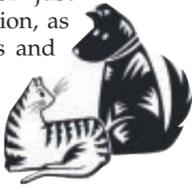
For example, May 14 and 15, the Polynesian Cultural Center is offering a full admission, show and IMAX package at \$24.50 for adults and \$19.95 for children. Now through May 31, Atlantis Submarine, Navatek, Sea Life Park and Germaine's Luau are offering steep discounts. Further, Magic of Polynesia, All Kai Sunset Buffet and the Star of Honolulu are extending offers through June 31.

Don't miss these great offers; get your tickets now. For more information, call 254-7563.

Now Open — The MWR Boarding Kennel, located at the Halawa State Quarantine site in Halawa Valley, is now open for cats and dogs. The cost to board a dog is \$12, and a cat is \$10 per day.

Limited spaces are available for eligible patrons who include active duty and reserve personnel who are deploying, awaiting housing or just going on vacation, as well as retirees and DoD civilians.

Call 368-3456 for more information or reservations.



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

If you're in the market for a new vehicle, don't pay those high prices; visit the Auto Skills Center to see if it has just the deal you've been looking for.

Bidding on the below vehicles closes May 24.

Year	Make/Model	Min. Bid
1997	Plymouth Sedan	\$50
Parts car. Motor blown; some body damage and windshield cracked.		
1992	Mazda/MX-6	\$1,600
Runs, but needs windshield.		
1994	Honda Civic	\$1,300
Needs a key made; minor damage to front end, hood.		
1994	Chevy Corsica	\$600
Runs; needs pulley tensioner,		

right wing window and right turn lens replaced.

1994 Dodge Sedan \$50
Parts car. Motor blown; body damage.

1994 Dodge Shadow ES \$500
Runs; needs key made. Right window track and valve cover gaskets need replacing.

1994 Ford F-150 P/U \$2,500
Runs; needs key and rear tire.

1993 Nissan Sentra \$150
Needs timing belt and keys made.

1990 Mitsubishi Mirage \$50
Runs; needs key made and transmission replaced.

1990 Nissan Pulsar NX \$300
Needs key made and timing chain replaced.

1987 Toyota Tercel \$200
Runs; needs key made. Struts and water pump need replacing.

1972 Dodge/Dart \$250
Runs; needs starter.

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

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

15 / Saturday

O'Club Texas

Hold'em —

Join fellow card sharks and compete in the



Officers' Club Texas Hold'em Tournament. The top three winners will receive shirts and advance to play in the final base tournament between all three clubs.

The cost is \$8 for nonmembers and \$5 for members. Instructions and pupus will be served up at 5:30 p.m., and the dealin' will start at 6 p.m.

Dealers and more players are still needed. Call 254-5481 for information.

17 / Monday

Right Hand Man

Lunch — Calling all officers to the club on Mondays through Thursdays. Invite up to three of your staff noncommissioned officers to the club for lunch and show them your appreciation.

Get more of the Corps, camaraderie and chow, all at the Officers' Club from 11 a.m. to 1:30 p.m.

18 / Tuesday

Youth Activities — The Home School Network is an excellent opportunity for home-schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions are scheduled every Tuesday, and teens enjoy destinations such as the Kualoa Ranch, Diamond Head Crater and Hawaiian Waters Adventure Park.

For more information, call the Youth/Teen Club at 254-7648.

19 / Wednesday

Mongolian Barbecue —

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

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

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

Kahuna's Bosses' Day —

Drag the top dog to Kahuna's Sports Bar & Grill for chow from 11 a.m. to 1 p.m., then after a long day, grab a cold one and pupus between 4:30 and 6:30 p.m.

For more info, call 254-7660.

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip.

Do you have friends and family on the West Coast? Bring them out with the Hawaii Aloha Tour package, Sept. 16 – 20. For \$729 per person (based on double occupancy), the package includes roundtrip airfare from/to Los Angeles International (LAX) airport, four nights of hotel accommodations at the Outrigger East in Waikiki, plus tickets to the Polynesian Cultural Center Alii Luau, a Hawaiian beach party and the Pearl Harbor and Honolulu City tours.

Space is limited to 50 people, so call now for reservations at 254-7413.

SM&SP



All events are open to single or unaccompanied, active duty military, E-5 and below. The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Saturday: Want a Saturday getaway that's not so far? For only \$45, you can spend the day on the open ocean snorkeling, relaxing or just plain Hawaiian-style cruising at the "Barefoot Snorkel Cruise."

May 22: Looking for adventure? Check out sharks up close and personal at SM&SP's "North Shore Shark Cage Adventure." Cost is \$85, and the excursion leaves at 9 a.m. from the Recreation Center. Transportation is provided, and the dives last from 11 a.m. to 1 p.m.

TBD: Do you like to scuba? SM&SP is looking for folks interested in a scuba diving certification course. Call the office now, and help make this idea a reality, by letting your voice be heard.

Volunteer Opportunities

Marines and Sailors are needed to help support various activities and events, including the following:

•**Sunday from 5:30 to 9:30 a.m.:** Be a course marshal or help set up or man a water station at the Windward Marathon.

•**Fourth of July weekend:** Mark your calendar to assist with a myriad of events at BayFest 2004, which will burst with all kinds of fun SM&SP events.

Applications accepted for FCC training

September Jones

Family Child Care Program Director

Certified Family Child Care providers on board MCB Hawaii have the incredible opportunity to touch the future on a daily basis. Working with children ages 6 weeks to 12 years, each FCC provider is committed to building a strong foundation of love and learning.

Certified FCC provider Vicki Chambliss has been providing quality care since November 2000.

"My favorite activity is when we paint. I enjoy seeing how the children express themselves. Some paint with bold colors and strokes; others paint lightly," she

explained. "You get to see their little personalities come out in their artwork," she added, thoughtfully.

All FCC providers are private contractors certified and monitored by the command. Some providers are open 24 hours a day, 7 days a week; others have set hours and days.

All FCC providers determine their own fees, ages of children accepted, and types of services offered. Monthly inspections by the FCC staff and base inspectors ensure they offer quality care.

"I love watching the children reach different milestones," said Mary Graves, a certified FCC provider since April 2002. "You get to see the benefits of what you are doing



all day; it is very rewarding."

"If you love being with children, watching them grow and learn, then becoming an FCC provider is a really good experience," agreed Melanie Majorie, certified in October 2003.

Applications are now being accepted for May training classes. There is no charge for the training, which covers growth and development, nutrition, positive guidance, CPR and first aid, and much more. Favorable background checks and an initial in-home interview are also required.

For more information or for an application, call 257-7030, or visit Bldg. 1391 (next to the Housing Office and Vet Clinic).

Respite child care available for OEF/OIF deployed

Marine Corps Community Services

Marketing Release

In its continuing effort to provide support for families of deployed Marines and Sailors, Marine Corps Community Services' Marine and Family Services division has received additional funding for the Respite Child Care Program.

During wartime, families of deployed Marines and Sailors can experience a heightened sense of anxiety and stress.

That increased stress can lead to incidents of abuse and neglect. Respite care was designed to give young parents who qualify an avenue for relief.

Respite Child Care provides services to family members of



Marines and Sailors who are deployed in support of Operation Enduring Freedom or Operation Iraqi Freedom.

Families meeting these qualifications can receive up to five hours of free child care per week per child in the home of a certified Family Child Care provider.

Parents who need respite

child care should contact their unit executive officer, chaplain or Family Readiness Officer, all of whom can communicate the family's needs to Marine and Family Services. If those unit representatives need additional information about the Respite Child Care Program, they should contact the Children, Youth and Teen Program office, at 257-7430.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

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

Dirty Dancing Havana (PG-13)	Today at 7:15 p.m.
Dawn of the Dead (PG-13)	Today at 9:45 p.m.
The Ladykillers (R)	Saturday at 7:15 p.m.
Taking Lives (R)	Saturday at 9:45 p.m.
Scooby Doo 2 (PG)	Sunday at 3:30 p.m.
Dirty Dancing Havana (PG-13)	Sunday at 7:15 p.m.
Taking Lives (R)	Wednesday at 7:15 p.m.
Dawn of the Dead (PG-13)	Thursday at 7:15 p.m.
Never Die Alone (R)	May 21 at 7:15 p.m.
The Ladykillers (R)	May 21 at 9:45 p.m.

Two on the tarmac

Avid rider shares experiences of life in the saddle

Mario Diprete
Safety Specialist

The month of May is nationally recognized as Motorcycle Safety Awareness Month. So, as an avid, two-wheeled enthusiast, I eagerly jumped at the opportunity to express my personal thoughts about the exciting and diverse world of motorcycling here in the islands.



DIPRETE

With pretty much year-round riding weather, I consider myself lucky to live and ride in Hawaii.

Being able to take this advantage, I often have these uncontrollable urges for ice coffee. I use my addiction as an excuse to fire up my metallic blue R75/6 (that's a vintage 70's BMW 750). It's a great motorcycle that does a little bit of everything well, despite being more than 28 years old. It still has lots of miles left untraveled in its soul.

My craving for caffeine quickly lures me from Kaneohe to the North Shore. This area has always been my favorite part of the island, especially the quaint little surf town of Haleiwa. For some reason, the ice coffee always seems to taste better there.

With the majestic green Koolau mountain range to my left, and the cobalt blue Pacific Ocean to my right, I'm quickly in my element, savoring every moment on my bike in anticipation of my ice coffee.

To avoid the hassle of traffic, I leave early in the morning. The only folks out on the road beside myself at that time are members of the "dawn patrol" — that's your local surfers seeking their never-ending quest for the perfect wave.

No sooner do I round Kuuloa Regional Park (at Chinaman's Hat), then I spot a passing motorcyclist heading in the opposite direction, waving as to acknowledge that life is indeed good "too" on two wheels.

With a quick glance in my mirrors, I see his taillight fade from my view.

Like the passing rider, I'm not only taking in all of the sights, but

I'm focused on my total, overall riding environment. That's to say, I'm aware of my surroundings in greater detail than the average motorist. My eyes are constantly scanning the horizon, as well as checking mirrors to the rear, looking for clues of any potential problems.

As well, I'm also giving myself plenty of time and space. This allows me extra time to predict and react to the ever-changing road conditions. Chances are, I'll encounter a distracted motorist who is busy talking on the cell phone while reaching for a super-sized beverage that doesn't quite seem to fit anywhere within easy reach. The more time and space that I allow myself, the less likely these inattentive drivers become a threat. (Sorry; I couldn't resist a quick safety plug.)

When I feel the need to take it up a notch, I go to Campbell Industrial Park, where they offer a challenging road circuit, for just a few dollars. Bikers can ride their motorcycles in a safe, controlled environment, all the while being coached by friendly and experienced staff. These guys know what they're talking about; they have hundreds of track hours to their credit, not to mention that many of them have links to the motorcycling industry here on Oahu.

Even if you attend just one session, you'll benefit enormously from track time, even if you have no interest in actually going racing.

Why do I believe this? Because I've spent some time navigating the Campbell course's tarmac straights and various turns. In my opinion, the track is an environment that stresses skill and technique without the severe punishment for mistakes that the street doles out.

Track riding makes you focus on the basics of motorcycle operation: acceleration, braking and cornering — cornering where 40 percent of motorcycle fatalities occur. Mastering these basic skills will not only save you in an emergency, but they will also make your next ride more confident and fun.

I find the track a great way to take my bike off the street and have a little bit of fun. I save all the embarrassment of being pulled over for a traffic violation, getting the inevitable traffic fine (or possibly a suspended license) and increasing my insurance premiums.

The track can also set up a special

day for cruisers, if there's enough interest. Just visit your local motorcycle shop to see the track day schedules.

It's been a few years, but I have also sampled the exhilarating sport of dirt biking here on Oahu. Talk about a great way to spend a weekend with family and friends, ask some of the Marines and Sailors who still have their bikes — caked with dirt and mud — strapped down in the back of their trucks on a Monday morning. You'd think that they were going to sneak in another ride sometime during lunch!

Like most street bikers, dirt riders gravitate towards the North Shore too. Mention Kahuku and they instantly recognize the area.

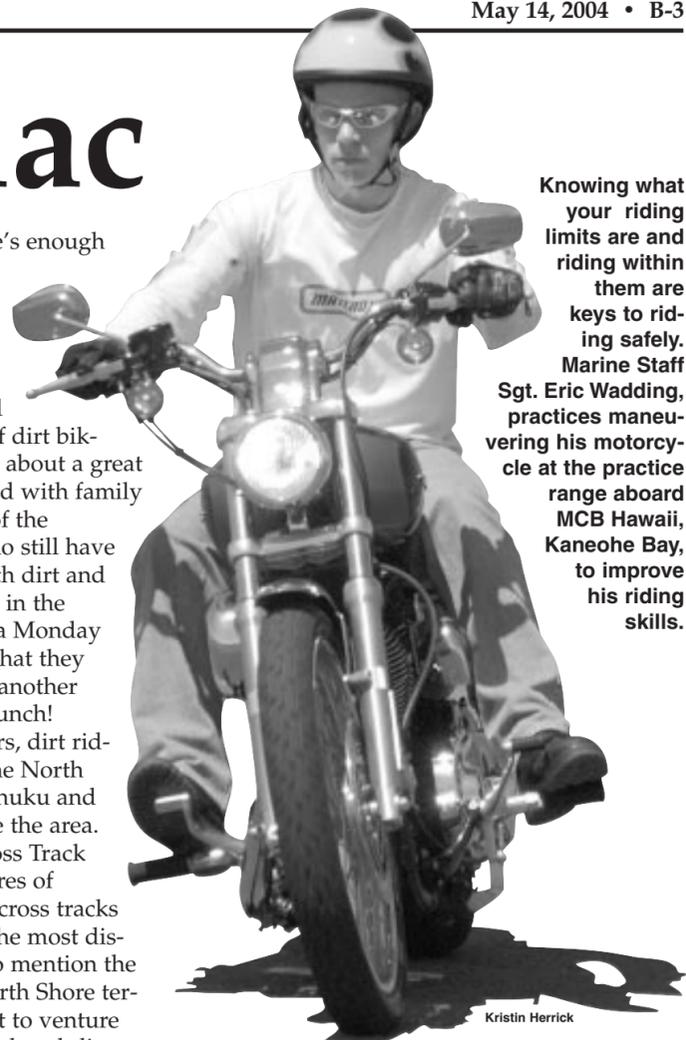
The Kahuku Motocross Track offers more than 400 acres of trails and various motocross tracks to accommodate even the most discriminating rider, not to mention the scenic beauty of the North Shore terrain for those who want to venture out and negotiate the rich red-dirt trails surrounded by shade trees and grassy meadows.

From expert to peewee, the dirt bike enthusiast has two tracks to choose from. Each track provides various dirt bike-oriented obstacles, more than 30 total, like tabletops and triple jumps. Beware of the red dirt, though. It won't come off clothes very easily, but it's a small price to pay for tons of fun.

As I mentioned earlier, we are extremely lucky to enjoy year-round riding here in this state. Inevitably, this translates into more hours on our busy streets and highways. So, please be careful and ride defensively.

Motorcycling, in any form, is about challenging yourself, earning self-confidence and most of all, having fun. If the sport is to continue to grow, we motorcyclists need to ensure that we take a positive approach to motorcycle safety — regardless if it's cruising on the street, dragging a knee and exploring our limits at the track, or tearing up the dirt at Kahuku.

In riding, we all do essentially the same things, and frankly, I'm glad that we have the freedom to choose to perform the act with our own unique styles, focuses and interests here in Hawaii.



Knowing what your riding limits are and riding within them are keys to riding safely. Marine Staff Sgt. Eric Wadding, practices maneuvering his motorcycle at the practice range aboard MCB Hawaii, Kaneohe Bay, to improve his riding skills.

Kristin Herrick

Campaign kicks off to educate motorcyclists about riding straight

NAPS
Featurettes



A national motorcycling organization is kick-starting a campaign to educate motorcycle enthusiasts about the dangers of riding while impaired.

Increasingly, statistics show that drinking alcohol and riding a motorcycle don't mix. For example, in 2001, 41 percent of fatally injured motorcycle riders were impaired, with a blood alcohol content (BAC) of .08 or greater — the legal limit of impairment in many states.

Impaired-riding issues were listed among the urgent recommendations of the National Agenda for Motorcycle Safety, a national plan that was developed by the motorcycling community in late 2000. As a result, the American Motorcyclist Association (AMA), in cooperation with the National Highway Traffic Safety Administration (NHTSA), have produced "Ride Straight," a national campaign intended to educate motorcyclists about the dangers of drinking and riding.

"After contributing to the development of the National Agenda for Motorcycle Safety, it's nat-

See *RIDE STRAIGHT*, B-9

Small packages with big taste delight in Aiea

AIEA — “Manapua are like people, you never know what’s inside.”

This was once said about the delightful steamed and baked buns filled with a variety of ingredients that can be found at Aiea Manapua & Snacks, located in Aiea Village Square off Moanalua Road (turn at the Aiea Library sign).

Manapua (pronounced mah-na-poo-ah) is the Hawaiian name for the dish, believed to have come from China. The word is said to be a Hawaiian contraction meaning ono puua, or “delicious pork thing.”

While the original manapua was always filled with a sweet Chinese roasted (char siu) pork, locations throughout Oahu, like 23-year-old Aiea Manapua & Snacks, now offer these doughy spheres with a variety of ingredients ranging from ham, egg and cheese to pizza toppings.

Also, in the days of old, the only place to find manapua was from the Chinese “manapua men,” making their rounds with bamboo containers balanced on rods over their shoulders. Eventually, the rods were replaced by vans driving through Hawaiian neighborhoods selling the tasty treats.

Today, you’ll find them in countless stores and eateries throughout the island, as well

as stalls in Oahu’s Chinatown market area.

I sampled my first manapua shortly after arriving and found the delightful pastries downright addicting. They’re not just tasty, though. The process of ordering them to take home and enjoy is an experience in itself.

You don’t just walk in, sit down and order them from a menu like many places. Instead, after standing in line, you walk up to a counter full of the steamed white or baked, golden-brown treasures, point, wait for them to be wrapped up at amazing speeds, and eat them, preferably before they get cold.

This process of standing in line, pointing and ordering, as the server collects your choice in a box or bag, may not be for everyone, but I found myself enjoying the experience — well, other than the fact that it was a little crowded for such a small area.

But a bigger problem was looking in the counter, deciding which of the daily-made, fresh, hot manapua I wanted to try. In the end, my wife’s favorite ended up being the shoyu chicken, while I leaned more towards the turkey melt.

If neither of these sounds like your cup of tea, then try the ham and cheese omelet. I don’t



believe you will regret any of these choices. The pizza manapua is also a treat not to be missed.

Of course, the best thing about manapua is the price. Since most of them are only 89 cents, you can sample several varieties in one sitting.

Aiea Manapua & Snacks also offers other dishes including dim sum (49 cents), stuffed eggplant or mushrooms with pork hash (89 cents) and teri-spam musubi (\$1.09).

It also offers several party platters like the crispy gau gee platter (24 pork and 12 vegetable for \$14.99), stuffed eggplant and stuffed mushroom platter (12 of each for \$17.99) and chicken tempura platter (15 pieces with katsu or hot mustard sauce for \$19.99).

Some of the other items I real-

ly enjoyed were the crispy pork and vegetable gau gee, which is an item filled with crunchy veggies or tasty pork, fried crispy like an egg roll. If you haven’t tried it, you should. For 49 cents, you can’t go wrong.

Another tasty choice is the chicken tempura (\$1.49). It is a bit chewy, but I find the taste to be very engaging with a nice blend of mild spices.

For a different sort of treat, one unusual to mainland palates, try the dessert-like, sweet black-bean manapua. It might sound strange, but consider it an adventure in taste. You might just fall in love!

Overall, I find the food at Aiea Manapua & Snacks to be consistently good. Just make sure to go early since everything is made daily, and the later you go, the less it has to

Aiea Manapua & Snacks

Aiea Village Square
2752 Woodlawn Drive
Manoa
988-5441

offer. Adding to this is the fact that while the restaurant is open early (between 5 and 6 a.m.), it does close early (between 2 and 3 p.m.).

Finally, I’ll add that parking at Aiea Manapua & Snacks is often difficult to find. I have had to drive behind the building just to find something, due to the large number of businesses in the small area. But when you’ve got that fresh, warm manapua of your choice melting in your mouth, I believe you’ll find it’s worth the trouble.

Here are a couple of other places to get good manapua:

Island Manapua Factory
Manoa Marketplace
2752 Woodlawn Drive
Honolulu
988-5441

Empress Restaurant
Chinatown Cultural Plaza
115 N. Hotel Street
Honolulu
521-5055

Commissary seeks to raise awareness during May

Defense Commissary Agency Press Release

May means getting in touch with your “inner” commissary shopper. There’s a great deal going on during the Defense Commissary Agency’s annual Commissary Awareness Month to help you “channel” savings.

In addition to the world’s biggest case lot sale and single and new service member “show and tell” commissary tours, Guard and Reserve shoppers will find special events to help them celebrate their unlimited

commissary shopping privileges.

Commissary Awareness Month ends with a patriotic splash Memorial Day weekend (May 29 – May 31), with the launch of “Savings You’ve Earned” on May 27, a campaign to help customers easily identify what’s on sale at their local store.

Red, white and blue shelf signs, posters, banners and employee buttons will create excitement in commissaries world-

wide and reinforce commissary savings messages.

In other DeCA news, Scholarship Managers, a professional scholarship firm, is now notifying 500 students who will receive \$1,500 scholarships toward college tuition this fall. The full list of scholarship recip-

ients and sponsoring business partners will be posted online by late-May.

The manufacturers and suppliers that provide support for commissaries worldwide fund the Scholarships for Military Children program, and it is administered by Fisher House Foundation, a non-profit organization responsible for building comfort

homes near military medical centers.

The foundation bears all costs of the program so that every dollar donated goes toward scholarships, and the general public has the opportunity to donate to the program through the military scholar Web site at www.militaryscholar.org.

Also, a new returned check

See *COMMISSARY*, B-9

Low-carb counters can include pickles in their diet

NAPS

Featurettes

Low-carb diets have never been more popular, and two recent studies in the prestigious "New England Journal of Medicine" found that those practicing a low-carb, high-protein diet are losing weight without raising their cholesterol.

Pickled vegetables fit perfectly into meals for those following this low-carb, high-protein eating pattern. Pickles, pickled peppers and sauerkraut have very few carbohydrates, if any. They also have no fat and few calories, and pack a powerful flavor punch.

Pickle Packers International, the trade association for the pickled vegetable industry, features a low-carb section on its

Web site, www.ilovepickles.org.

Cuban Chicken Salad

4 chicken breast halves, bone in
1 carrot, chunked
1 stalk celery, chunked
1 small onion, unpeeled, quartered
Coarse salt
12 whole peppercorns
½ teaspoon red pepper flakes
½ cup mayonnaise
¼ cup yellow mustard
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon dark chili powder
Salt and pepper
2 medium dill pickles, minced
Julienned dill pickle strips

Place cleaned chicken in a large pot; cover with water and add carrots, celery, onion, salt and peppers. Bring to a boil,

cover and reduce to a simmer, and simmer for 1 ½ hours until very tender. Then remove from heat to cool.

Remove chicken meat from bones and tear into bite-sized pieces; place meat in a medium-sized bowl. In a small bowl, combine mayonnaise, mustard, cumin, coriander, chili powder and pickle. Season to taste with salt and pepper. Pour mayonnaise mixture over chicken and gently toss to coat.

Refrigerate for at least one hour before serving over a bed of salad greens. Garnish with julienned strips of dill pickle.

Pork Loin with Sauerkraut and Beets

2 pounds center cut boneless pork loin
1 can (15 ounces) whole beets,



NAPS

drained with juice reserved
½ cup dry white wine (or water)
2 cups drained sauerkraut

Preheat oven to 350 degrees.

For dry rub, mix together 1 tablespoon each coarse salt, dry mustard and freshly ground pepper. Press dry rub onto surface of meat; roast meat in roasting pan for 40 minutes or until juices run clear (to 150 degrees). Then transfer meat to a large platter and allow to rest 15 min-

utes before slicing.

Meanwhile, pour half of the beets into the roasting pan; add wine. Over medium heat, boil juices about five minutes, stirring to loosen meat pieces on pan bottom. Reserve six beets for garnish, and puree the remaining beets in a blender; add juices from pan. Set aside.

Combine sauerkraut and remaining beet juice in saucepan and simmer until juice is absorbed. Place the six reserved beets on top of the kraut to warm.

Cut pork into 12 slices. Divide pureed beet and juice mixture among six plates, and top each "puddle" of sauce with two slices of pork.

Divide kraut mixture among plates. Slice six beets and fan one on each plate.

ON THE MENU AT ANDERSON HALL

Today

Lunch

Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried
Cauliflower
Vegetable Combo
Chocolate Chip
Cookies
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Saturday

Brunch/Dinner

Grilled Steak
Pork Chop Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday

Brunch/Dinner

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

Monday

Lunch

Teriyaki Chicken
Salisbury Steak

Steamed Rice

Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

Barbecue Spareribs
Veal Parmesan
Oven Browned Potatoes

Buttered Egg Noodles

Devil's Food Cake w/
Mocha Frosting
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Baked Ham
Chili Macaroni

Candied Sweet Potatoes

Grilled Cheese Sandwich
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and
Dinner)
Hot Dog Bar

Thursday

Lunch

Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and Dinner)
Taco Bar



Toto stirs memories for Hawaii's military

Steven Kalnasy

Special to the Hawaii Marine

WAIKIKI — I love the 80s. The shows on cable television featuring the music and memories of times long past are always a lot of fun, and hearing the sounds of our past reminds us that life goes on, but our memories remain.

For Hawaii's military personnel and their families, reminiscence is an important part of dealing with the sacrifices they must endure in times of war. Hearing a familiar song that beckons to a happy time and place can make all the difference when dealing with the hardships of separation.

Last weekend, rock icons "Toto" played two shows with the Honolulu Symphony Pops, in what was the final event of the season (the Symphony Pops Series returns September 11th with Grammy award-winning trumpeter Arturo Sandoval). With much of the audience made up of Hawaii's military

family, Toto's sold-out shows were a welcome release for those facing time apart in support of the war on terror.

Being on the road for the past two years, Toto vocalist Bobby Kimball said the band looks for opportunities to play for the troops whenever it's near a base overseas.

"Being an American, I want to support them [military] in any way I can. I'm behind everything our guys are doing," he said.

Though he doesn't necessarily agree with the reasons why we are fighting the war, Kimball said he "pray[s] for our troops everyday and look[s] for their speedy return home."

Echoing Kimball's support for America's armed forces, lead singer and guitarist Steve Lukather said he has nothing but "love and respect for the



military." Lukather, the son of a former Marine who fought in Korea, said he has a special

place in his heart for those on the battlefield.

"They're risking their lives so that I can play music," he said. "They aren't being paid enough for what they do for us."

For keyboardist David Paich, the feeling of commitment to memorializing the sacrifices of the men and women who have put themselves in harm's way is very personal.

Working on a movie project that focuses on the battlefield experiences of the Marines who fought on Iwo Jima during World War II with his uncle, Paich said he's proud to bring attention to the hardships of military service.

"We're shooting a lot of it in my back-

yard. We have foxholes, authentic uniforms, and even some M1 Garand rifles. We want to focus on the humanity of war. To tell the real stories of the men who were there," he said.

Playing all of their hits from the 70s and 80s, including "Hold the line," "Georgy Porgy," "99," "Africa," "I won't hold you back," and a stirring rendition of their homage to those called to war, "Home of the Brave," from their album "The Seventh One," Toto proved why they had the seventh most successful world tour of any rock band in the world last year.

Set to complete their long world tour sometime in October, Paich says he would love to come back to Hawaii with his family.

"I'd like to visit the Marines at Kaneohe Bay, and talk to them about their experiences. My uncle says there are soldiers, and then there are Marines — it's something you earn," Paich recalled.

quotable

Just remember, the only people not making mistakes are those who aren't doing anything.

— Tim W. Welborn

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WORD TO PASS



Hootie and the Blowfish to Headline at Hickam, May 21

The multiplatinum-selling band "Hootie and the Blowfish" and the New England Patriots cheerleaders are teaming up to present "Operation Pacific Greetings" for all military and DoD personnel on Oahu, May 21 at 7 p.m.

As a way to say "thanks" for your dedication to defending our nation's freedom, the band will perform in concert, free of charge, at the Hickam Tower, behind the headquarters building and base flagpole on O'Malley Boulevard aboard Hickam Air Force Base. Simply go straight after entering at the main gate.

Parking will be first-come, first-served. Food booths will be available as well as lawn/beach chair/blankets seating in the grassy mall area.

Base Bikers to Hold Memorial Weekend Ride

"All motorcycle riders — all brands, makes and models of bikes, even Harleys! (sorry, I had to say that) — are invited to join the Memorial Day Ride on Saturday, May 29th," said Petty Officer 1st Class Tim Chrockrem, the president of the Marine Corps Base Hawaii Motorcycle Association.

Bikers will gather, bright and early at 7:45 a.m., at the base flagpole, in front of Bldg. 216, the general's building. After

observing morning colors, riders will mount up and head out for the National Cemetery of the Pacific, stopping by the H-3 westbound lookout at Kaneohe Bay on the way, to pick up stragglers or allow them to catch up with the pack.

Once at Punchbowl, riders will place flags in the center section. Last year, this activity took approximately one hour. Afterward, all riders are free to do as they wish, but the rest of the pack will more than likely go somewhere for some breakfast and then head out for a ride around the island.

Again, all are encouraged to come out and support the sport, as well as to take care and ride safely, added Chrockrem. For more details, call Tim at 257-0509, ext. 8313.

WAA Seeks Volunteers

The Windward Ahupuaa Alliance will hold its "Great Kapaa Quarry Road Cleanup/out" on the Memorial Day holiday, May 31. Volunteers are asked to support this environmental project, which includes a continental breakfast for helpers.

Registration and work assignments will go from 7:45 to 8:15 a.m., cleanup from 8:15 to 11:15 a.m., and lunch from 11:30 a.m. until 12:30 p.m.

Volunteers with gas-powered tools or serious machete and scything skills are also needed to take on the California grass and other alien plants in Kawaiui Marsh.

RSVP is requested at 263-6001 or 223-5535, or by sending an e-mail to waa@hoku.com, so organizers can get a food headcount as well as determine

specific tasks.

Chamber Posts HMAM Events

The Military Affairs Council of The Chamber of Commerce of Hawaii recognizes the many contributions of the military, and it has designated the month of May as "Hawaii Military Appreciation Month 2004." The business community will sponsor and host a variety of activities and events to show appreciation and lift the spirits of Hawaii's military

ohana.

•*Today through Sunday:* The Honolulu Academy of Arts will honor all active duty and retired military personnel, and their family members, with a special discounted rate of \$10 to view its upcoming landmark exhibit featuring European and Japanese modernists.

Advance tickets are recommended and may be obtained by calling 532-

See WTP, B-9



Cpl. Jessica M. Mills

Pint-sized platoon

Kindergartners from Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, lead more than 800 Mokapu students as they parade their military appreciation banner down Mokapu Road, Tuesday, in honor of military service members.

Bishop Museum honors and showcases military with mega entertainment

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

HONOLULU — Bishop Museum hosted its “Family Sunday Military Day,” May 2, drawing members of the military from around Oahu, in recognition of Hawaii Military Appreciation Month.

Service and family members were invited to the museum, free of charge, from 9 a.m. to 5 p.m., where they enjoyed special attractions that were presented on the main stage and center lawn. They appreciated the plethora of fun activities that ran for the duration of the event.

Children were delighted by the museum’s newest exhibit, the “What in the world is it?” maze. Other family favorites included pony rides, a climbing wall, a bouncy house and the petting zoo, while service members who doted on motors said the car show and motorcycle displays were the best part of Military Day.

Bishop also opened its main museum, Polynesian Hall, and the planetarium to families and service members. Military installations, in turn, provided booths and presented demonstrations to entertain the diverse crowds of military, kamaaina and tourists.

Marines from MCB Hawaii Kaneohe Bay’s military working dog (MWD) unit were among the participants

that provided demonstrations. Teams of MWD dogs and trainers showed the crowds various military skills the dogs are taught such as finding drugs, attacking criminals and running through obstacles, as well as throwing in a bit of dancing and Frisbee tricks — just for show.

Sergeant Justin A. Stephenson, K-Bay’s kennel master, narrated the half-hour show that ended with a surprise entrance by Cpl. Danno, the MCB Hawaii mascot, who amused the crowd by attacking a training sleeve.

Other branches of the military also provided entertainment for guests at the museum. The Navy put on a working

dog show too and set up a display of its Mobile Diving Salvage Unit. Other displays included the Coast Guard’s “Coastie the Robot,” the Air Force’s Explosive Ordnance Division exhibits, and the Army and National Guard’s High Mobility Multi-Purpose Wheeled Vehicles.

“This year we brought in a good crowd,” said Lee-Ann Choy, the museum’s Family Sunday Military Day coordinator, adding that the outcome was “fantastic.”

“We love inviting the military out here,” Choy said. “It gives us the opportunity to showcase them, and everyone always has a great time. We are already looking forward to next year’s event.”



Cpl. Ryan Martel (left) struggles with K-Bay’s base mascot, bulldog Shamrocks O’Blarney, better known as Cpl. Danno, during a military working dog demonstration at the Bishop Museum’s annual Family Sunday Military Day.

May is **Military** ★ **Appreciation** month in Hawaii



Above — A car and motorcycle show set up on the Great Lawn of the Bishop Museum was one of the many highlights families enjoyed during Military Day.

Left — The museum staff invited military members and their families into the planetarium and main exhibit hall where Hawaiian artifacts such as the statue of Ku, the Hawaiian god of prosperity and war, are displayed.

COMMISSARY, From B-4

All stores in Europe have implemented the program. Commissaries in the continental United States that have it are Marine Corps Base Camp Pendleton, Calif.; Davis-Monthan Air Force Base, Ariz.; Lackland Air Force Base, Texas; Fort

Campbell, Ky.; and Naval Air Station Jacksonville, Fla. DeCA is waiting for consent from the Department of the Treasury to expand the program to other commissaries in the continental United States and the Far East.

tion about the campaign, visit the Web site at www.ridestraight.com or call 1-800-AMA-JOIN. Founded in 1924, the American Motorcyclist Association is a nonprofit organization with more than 265,000 members. Its purpose is to pursue, protect and promote the interests of motorcyclists, while serving the needs of its members. For more details about the AMA, visit the Web site at www.AMADirect.link.com.

RIDE STRAIGHT, From B-3

ural for the AMA to now take the lead in addressing the issue of impaired riding," said Robert Rasor, president of the association.

The AMA's "Ride Straight" campaign includes messages specifically targeting motorcyclists and incorporates segments of the NHTSA's "Friends Don't Let Friends Ride Drunk" campaign. For more informa-

WTP, From B-7

8719. The exhibit will be open through June 6. The Academy will be the only venue in the world to show this spectacular collection of impressionist artists, many never seen before outside of Japan.

Military can enjoy free admission to other exhibits on the first and third Sunday of every month. Located at 900 S. Beretania St., call 532-8701 for recorded information, or visit www.HonoluluAcademy.org.

•*Today & Saturday:* The Polynesian Cultural Center will feature its annual "Military Days" program. Enjoy a fun-filled day at Hawaii's premier cultural site featuring the center's island shows, IMAX Theater, a buffet dinner and an evening show.

The 12th Annual World Fireknife Dance

Competition will be held during the evening show (the competition runs through tomorrow). Discounted tickets will only be available through on-base military MWR, ITT and ITR offices.

•*Saturday:* The annual Combined Military Band Concert will play at the Hawaii Theatre from 7 to 8:30 p.m. The best musicians from the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard and Hawaii Army National Guard will provide an evening of song and dance ranging from Broadway musicals to patriotic themes.

The concert is open to the public, and free tickets are available on a first-come, first-served basis at the Hawaii Theatre and at The Chamber of Commerce of Hawaii, with a limit of four tickets per person.

For more details, call 545-4300, ext. 391.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

'83 Ford F-150 truck, in-line 6 cylinder, runs great, power brakes, dual fuel tanks, some rust. Asking \$3,500. Call 254-3367 or 389-3394.

'90 Volkswagen Cabriolet convertible, 4 cylinder, power steering and brakes, runs great, good island car. Asking \$4,200. Call 254-3367 or 389-3394.

'93 Toyota Camry LE, silver, 4 door, automatic, A/C, Toyota Avalon wheels, 6-CD changer, power package, 185k miles, good tires. Asking \$2,560. Kelly Blue Book private party value (w/bad tires) is \$2,860. Call 261-1828.

'98 Dodge Grand Caravan SE, loaded, dual sliding doors, new tires, clean, 61k miles. Asking \$9,500 OBO. Call 224-2172.

'98 Honda Accord, white, power package, leather interior, relatively low miles, in excellent condition. Asking \$9,000 OBO. Call 239-6108 or 779-9504.

Motorcycles

'93 Kawasaki Ninja E-1, 600cc, 18k miles. Excellent for new riders, good bike, runs great. Moving, must sell! Kelly Blue Book lists at \$3,130 but asking for \$2,500 OBO. Call Jose Marrero at 386-5751 or 257-0426.

Miscellaneous

'93 Kawasaki 785 STS Jet Ski, '99

Polaris 785 SS watercraft, with dual trailer and accessories. Moving, must sell! Call Jose Marrero at 386-5751 or 257-0426.

Furniture for sale, large sofa, \$300; designer living room chairs, \$200 each; twin wooden bed frames, \$150; child's desk with credenza and matching stool, \$200. Call 254-3298.

Household goods for sale, couch, loveseat, entertainment center, lamps, tables, televisions, and more. All new, less than a year old. Must sell. Call 239-6108 or 779-9504.

Household goods for sale, three A/Cs, mattress sets, kitchen table set, portable dishwasher, desks, dressers, futon with new mattress, small appliances, large mirrors and more. Leaving the island. Must sell. Call 477-8858.

Trolling gear, three Penn 9/0 reels, two Penn 30 - 50 pound trolling rods, 10 miscellaneous trolling lures. Asking \$400, firm. Call Alan at 253-5745.

Real Estate

Apartment for rent in Kailua, 2/2, two covered parking stalls, cathedral ceiling, pool, appliances, new carpeting. Only 10 minutes drive to Marine Corps Base Hawaii, Kaneohe Bay. Walk to the beach and Kailua town. Available July 1 for \$1,700/mo. Call 261-1828.

The ad submission deadline is at 4 p.m. the Friday prior to publication. To place an ad or more information, call 257-8836 or 257-8837.