

LIFESTYLES

Hawaii Marine B Section

May 3, 2002

Festival brings families together

ART
in
the
PARK



Above — Triston Johnson, 20 months, plays in the bubble tank.

Story and Photos by
Sgt. Robert Carlson
Press Chief

The Child Development Center aboard MCB Hawaii opened its gates for a festival of family fun during the Art in the Park event Saturday.

The celebration, honoring military children and families during the Month of the Military Child, attracted more than 150 children with the promise of fun in the sun in an environment familiar to most of the parents and children.

This is just one of the events we do to bring families together, said Coralie Kramer, CDC director. This isn't just for children who come to the center regularly, it's for the entire base.

Kramer said the event was geared to reach out to some of the older children too, and many of the activities attracted children of all ages.

Painting on a canvas with shaving cream, making gigantic bubbles, building brick mansions, and splashing in the water were just some of the activities that brought smiles to everyone's face.

While the children worked with parents making a wide variety of crafts and messes, it was clear that the Art in the Park event was a success.

This festival is great because it brings the families together at a place everyone is familiar with, said Linh Barrientos, who brought her 8-month-old and 3-year-old sons to the party. All of the kids have more fun since they know each other.

According to Kramer, the event could not have been a success without the volunteers who helped before, during and after the celebration.



Above — Kaelon Ortiz, 2, plays on one of the shaving cream canvasses set up to increase the fun at the event.

Left — Sgt. Pamela Fulce, MIMMS clerk with CSSG-3, paints 3-year-old Sam Finney during the Art in the Park celebration.



Left — PFC Shane Mosler, a refrigeration technician with Maintenance Co., CSSG-3, hosted the Play-Do table and helped little ones make their masterpieces.

Spring Concert celebrates America, patriotism

Story and Photos by
Lance Cpl. Jessica Mills
Sports Editor

The Marine Forces Pacific Band performed its annual Spring Concert in true patriotic style April 27 at the MCB Hawaii, Kaneohe Bay, base theater.

The concert began with opening remarks from Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii. He commended the band for all the training they go through to support MCB Hawaii and stressed their importance in the Marine Corps itself.

The concert's theme was celebrating America and began in patriotic form with songs such as "A

Marine's Fanfare," the "Star Spangled Banner" and "America the Beautiful."

"The performance went very smoothly and was enjoyable for both the musicians and the audience," said Chief Warrant Officer 3 Alexander K. Gray, officer in charge of the MarForPac Band.

The entire band performed opening numbers such as traditional favorites and country and pop tunes, while six band components entertained midway through the concert: the Big Band, the Bay Brass, the Aloha Dixieland Players, Passport Combo and Immediate Action. The entire ensemble then ended the concert with "Disney at the Movies" melodies and the "Armed Forces '72/Apotheosis-Marines Hymn."

Other highlights included when the Aloha Dixieland Players — who entered and proceeded from the back of the theater and continued all the way up the center of the aisles until they made their way to the stage — engaged audience members in the celebration, by bringing them up close and personal with the music.

Vocal performances such as Garth Brooks' "Friends in Low Places," "Come



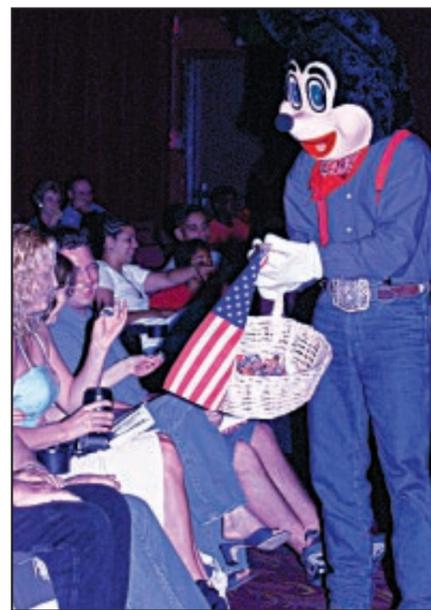
There was a large audience during the MarForPac Annual Spring Concert helping to celebrate America.

on Eileen" (by Dexy's Midnight Runners), and "Proud to be an American" (by Lee Greenwood) delighted the crowd too.

"The concert is meant to celebrate our country and to welcome in the beginning of springtime. It's an opportunity to have a formal setting where we can play patriotic and entertaining music for area residents," explained Staff Sgt. Stephanie Errickon, piccolo player and singer.



Portia Daniels, of Aliamanu Military Reservation, turns to watch the Dixieland Band Players come down the aisle.



During "Disney at the Movies," Mickey Mouse gave treats to the audience.

Since the concert was family-oriented, the band performed a compilation of children's favorites. During the selections, band members dressed in tiger and mouse costumes, came out into the audience to amuse the children and handed out treats from their baskets.

"This was my first time coming to one of these concerts. I found it very enjoyable. The band did a very good job of entertaining both children and adults," said Patricia Daniels of Camp H. M. Smith.



Sgt. Mickey R. Janeaux plays his saxophone with the Aloha Dixieland Players.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Jim Bocci, MCCS Marketing

MAY

Today

K-Bay Clubs Go South Of The Border — The Enlisted Club, Rocker Room and Officers' Club are all having parties in celebration of Cinco de Mayo, Mexican Independence Day. Food and drink specials will be available.

Start the weekend right with a little of La Vida Loca.

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

Saturdays: Oceanside 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 Molokai during Labor Day weekend. Spaces are limited.

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: Why don't you slide into a softball tournament? Bring your best slow-pitch, screwballs and curve balls and compete in this tourney. Call for details.

Fourth of July Block Party: Patriotism doesn't get any better than this. Stay tuned for time and locations about this upcoming event.

SM&SP Benefits Single Marines and Sailors enjoy these:

- At the Klipper Golf Course — free range balls, club rental at \$5 and 18 holes of play for \$8.
- At K-Bay Lanes — games at \$1.50 each, free shoe rental (Mon. - Thu.), and no-tap at \$15 on Thursday at 8:15 p.m.
- At the Base Theater — the second showing of Fri. and Sat. movies for free (E-5 & below).

For more information, call the E'Club at 254-7660, the Rocker Room at 254-5481 or the O'Club at 254-7650.

You Are Appreciated — May is Military Appreciation Month and some of Oahu's hottest attractions are offering military discounts to show their appreciation. The Information, Ticket and Tours office has deals on Atlantis Submarines, Navatek Dinner Cruises, Sea Life Park, Battleship Missouri, Waimea Falls Park, Paradise Cove Luau, Germaine's Luau, Polynesian Cultural Center and much more.

Call ITT at 254-7563, or stop by Mokapu Mall to catch a great deal.

7 / Tuesday

Feeling Frazzled? — Stress can cause a lot of damage: mentally, physically and emotionally.

The Stress Management Workshop will help you understand the causes and effects of stress in your life and how to recognize when the stress meter is moving up too far.

You will come away

A tea party with L.I.N.K.S.



Cpl. Jason Miller

A L.I.N.K.S appreciation tea party was held at the Officers Club April 25. Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii, and Sgt. Maj. Filipino Ilaoa, MCB Hawaii sergeant major, both accompanied by their wives, spoke to those in attendance about the importance of volunteers.

with relaxation techniques that you can do in minutes to keep your day and your life under control.

To sign up and get on your way to balanced living, call 257-7780.

8 / Wednesday

Give Yourself Some Credit — "How to be Credit Wise," a one-hour session on credit management, is being offered at

10:30 a.m. in Bldg. 220, Room D.

Learn how credit can work for you and against you. Also pick up information about how credit can affect your ability to plan for the future.

Call 257-7783 for more information.

Who Says SNCOs Can't Cook? — For the next two Wednesdays, May 8 and 15, you can

plow down a plump, juicy eight ounce New York steak at the Fairways Sports Grill & Lanai and grill it to personal perfection.

The Fairways will even throw in twice-baked potatoes to go with your medium-rare masterpiece.

The grill gets fired up at 6 p.m.

Rocker Room members, you pay just \$6, non-members pay \$8.

Call 254-5592 for more information.

10 / Friday

Get Around The Rock — Oahu is not that big of an island; yet, many of us have not found the time to see all the sites "The Gathering Place" has to offer.

Personal Services is sponsoring an all-day Island Tour free.

Learn about the culture and history of Hawaii, and see the sites.

The tour leaves Personal Services, Bldg. 216, at 7:30 a.m., and returns by 4:00 p.m.

Reservations are required. Call 257-7790.

Family Childcare Provider Appreciation

Day — Take a moment on May 10 to show your appreciation for the person who provides care and education for your child.

Family Childcare Providers may be rewarded each day by their interactions with your child and in the sharing of day-to-day milestones; however, a simple "thank you" is also great reward.

If you are interested in becoming a Family Childcare Provider, call Jacqueline Rose at 257-5525.

Deals on Wheels

The Auto Hobby Shop currently has several vehicles up for auction.

Take advantage of one of these steals:

Year	Make	Lowest Bid
1987	Toyota	\$600
1988	Isuzu	\$300
1989	Pontiac	\$100
1990	Ford	\$300
1990	Chevrolet	\$100
1990	Chevrolet	\$250
1972	Dodge	\$700
1990	Honda	\$50
1991	Ninja	\$50
1967	Ford	\$300

To post a bid, call the Auto Hobby Shop at 254-7674.

Safety 'rules' in the great outdoors

NAPS

Featurettes

Enjoying the great outdoors is a fun and healthy way to spend the warmer months. However, you need to be certain to make safety a priority when you are planning and partaking in any outdoor excursion.

Here are some helpful tips on braving the great outdoors:

- Plan your hiking and camping trip carefully. Find out as much as you can about where you are going, including any hazards or obstacles.

- Be mindful of the sun. Use UV blockouts, UV protective swimwear and minimize exposure when the sun is strongest, between 11 a.m. and 3 p.m.

- Watch for signs of heat exhaustion such as cool, moist skin; headaches; pale skin; irrational behavior; nausea; vomiting and unconsciousness.

Do drink plenty of liquids to avoid dehydration.

- Wear sunglasses that block 99 to 100 percent of all UV light. Wrap-around sunglasses are best because they are shaped to keep light from shining around the frames and into the eyes.

- Put meat into a cooler when traveling. Meat juices can easily leak onto pre-prepared foods, so package with this in mind.

Place the meat on the bottom of the cooler, away from ready-to-eat food.

- Keep campsites as clean as possible. Birds and animals can be sources of food

poisoning bacteria, so don't leave food and utensils lying about.

- When hiking, camping or enjoying any outdoor activity, always remember to pack a first aid kit; a flashlight; antibacterial, disposable hand wipes; a map of the area; two or three liters of water per person; a fire starter; a knife; extra food; a compass; and additional clothing and sunglasses.

- Cover as much skin as possible to prevent tick and other insect bites, as well as exposure to poisonous plants.

- Protect yourself from biting insects with a DEET-based insect repellent such as Ultrathon insect repellent from 3M, available in both a lotion and aerosol spray.

- Use a lightweight stove for cooking and consider using a candle lantern instead of a campfire.

If you must build a fire, do so on bare ground, stone or other fire-safe areas.

Make certain the fire is far away from flammable items including your tent, trees or dry grass.



NAPS

By following a couple safety tips, your outdoor outing should prove much more enjoyable.

Always put your fire out completely before leaving the area.

- When swimming, know your limitations and stay within them. Don't try to keep up with a stronger swimmer.

Only swim in supervised areas.

- When boating or fishing, carry basic safety equipment: life jackets (Coast Guard-approved) for each person on board, a throwable personal flotation device, a tow line, an extra paddle or oar, a bailing device, a distress signal (such as a whistle), and a fire extinguisher.

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.

40 Days & 40 Nights (PG13)
Dragonfly (R)
40 Days & 40 Nights (PG13)
Rollerball (PG13)
Return to Neverland (G)
40 Days & 40 Nights (R)
Rollerball (PG13)
Time Machine (PG13)
Rollerball (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 10, 7:15 p.m.
May 10, 9:45 p.m.

For up-to-the-minute news about MCCS, log onto www.mccshawaii.com.

A young Marine enters his wife's first trimester

Cpl. Luis R. Agostini

Marine Forces Pacific, Public Affairs Office

The terror has begun.

The hormones of a pregnant, 20-year-old woman are starting to shift gears.

Her foot is on the gas pedal, and the pressure is only getting heavier.

One second, I'm the greatest thing on earth. The next, with the use of all sorts of colorful language, she states that I no longer love her.

I guess this is the kind of thing I am going to have to get used to for the next six months.

Adapt and overcome, right?

A pregnancy guide library is starting to take shape in the Agostini household. We have purchased a bundle of prenatal literature, from "What to Expect When You're Expecting" to "The Girlfriend's Guide to Pregnancy."

I broke the news to my parents, who were vacationing in Florida at the time. They were elated. However, they found it hard to swallow that their own baby boy was going to have a baby of his own, and in less than six months, they will bear the titles of "Grandma" and "Grandpa."

Their joy led to endless conversation of possible baby names, memories of my

infancy and other wonderful stories.

We finally have some solid information about the pregnancy. After receiving a sonogram scanning at Tripler Army Medical Center, April 19, we learned that my wife is eleven weeks and two days into her pregnancy.

We are looking at a Nov. 6 due date.

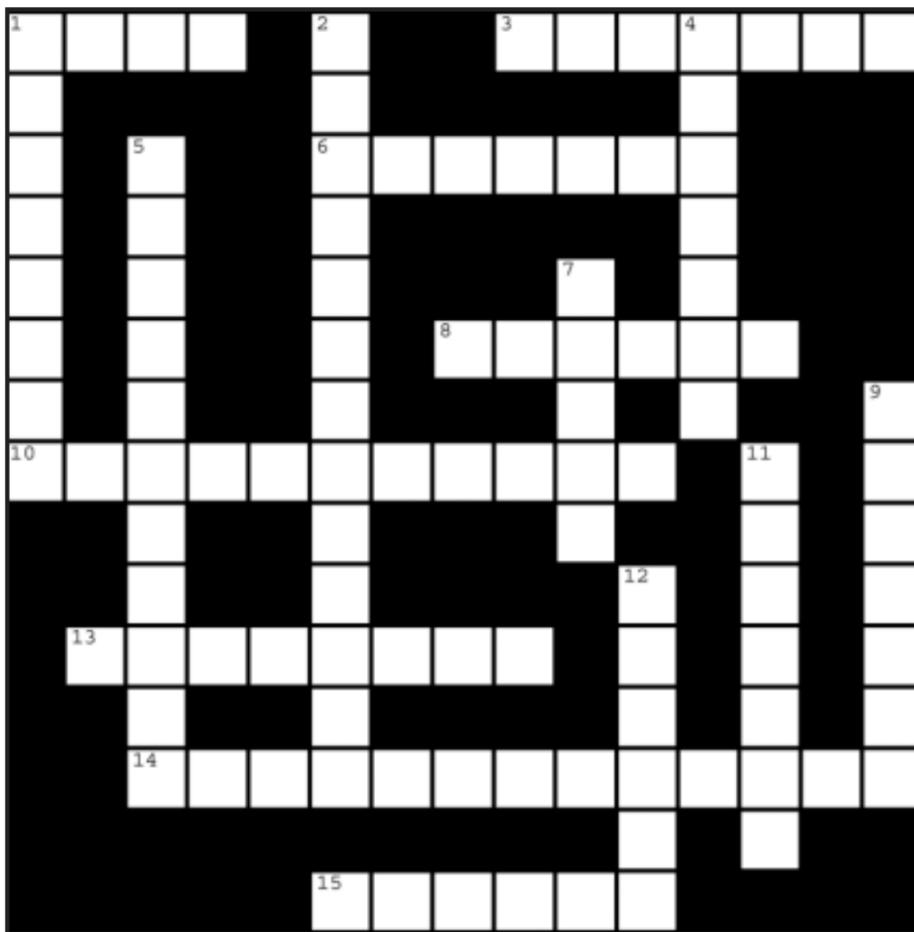
According to the doctor, the baby is about the



Courtesy of Sgt. Robert Carlson

At 20 weeks into the pregnancy, new parents can schedule an appointment to see their baby inside of the womb. Doctors at this stage are looking for proper growth and correct development.

Test Your Knowledge: Aircraft



ACROSS

- 1. UH-1N
- 3. SH-60
- 6. EA-6B
- 8. F/A-18A
- 10. CH-53D
- 13. HMH-363

- 14. VP-4
- 15. MV-22

DOWN

- 1. KC-130
- 2. CH-53E
- 4. AV-8B

- 5. HMT-301
- 7. P-3C
- 9. HMH-463
- 11. CH-47
- 12. C-5

(Stumped? See page B-5.)

size of a gummy bear. Looking at the 3-by-5 inch photo from the sonogram was a surreal experience. Knowing that your wife is pregnant is one thing, but having a proof-positive photo of what my wife and me are going to bring into this world is another thing altogether.

Now that we had some solid information to work with, we were going to start contacting the military family programs on island for some information. Oddly enough, the New Parents' Support Group contacted us first.

A representative from the New Parents' Support Group left a message, with a contact number, on our answering machine, and a few days later someone finally contacted with my wife.

The representative introduced herself and asked my wife a few general questions such as how far along is she in her pregnancy and how have her sessions with Tripler Army Medical Center been going. The representative also in-

formed my wife, that when she enters her third trimester, we'll have the opportunity to take many parenting classes.

One particular class that's available for me is "Daddy's Baby Boot Camp," an intensive course for soon-to-be and new fathers.

Our neighbors have been kind enough to supply us with some of the necessities for the baby such as a crib and a cradle. After shopping around for baby products, we've realized that our neighbors have saved us several hundred dollars. That's just another example of Marines taking care of one another.

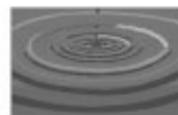
I hope I get the chance to help another young family, the same way I was helped.

As we approach the end of the first trimester, the questions, concerns and doubts that I had at the beginning of the pregnancy are now turning into excitement and high expectations.

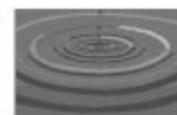
Stay tuned. Within the next six months, I'm told I'll experience many more exciting adventures.

(Editor's Note: Did you miss Part One of Cpl. Agostini's venture? See the April 5 edition of *Hawaii Marine*, page B-5, or www.mcbh.usmc.mil. Look for more on programs and benefits available for Marines, Sailors and their families.

Water Conservation.



It's everyone's responsibility.



On the Menu

Anderson Hall will prepare the following this week.

Monday

Lunch
Meatloaf
Creole Pork Chops
Mashed Potatoes
Pork Fried Rice
Apple Crisp
Chocolate Chip Cookies

Dinner
Baked Turkey & Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip Cookies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Yung
Steamed Rice
Pork Fried Rice
Chocolate Pudding
Asst. Fruit Pies

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

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday

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

Dinner
Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Brownies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Country Bar

Thursday

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

Dinner
Pork Chop Mexicana
Simmered Corned Beef
Parsley Buttered Potatoes
Steamed Rice
Apple Pie
Oatmeal Cookies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

May 10

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

May 11

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

May 12 (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

Saluting key volunteers



Sgt. Roman Yurek

April 26, all base commands attended a Key Volunteer Appreciation Brunch at the Officer's Club. During the meal, the commanding officers of the various units said a few words about the successes made by their key volunteers. "They are the anchor in the Eagle, Globe and Anchor," said Navy Chaplain (Capt.) Joseph Estabrook, the MCB Hawaii command chaplain.

Commissaries burst with Mother's Day ideas

Carrie Williams

Defense Commissary Agency

FORT LEE, Va. — Remember all the things your mom use to say such as "You're going to put your eye out with that thing" and "Always wear clean underwear, in case you're in an accident". We were guided by our mothers' voice, wisdom and common sense — even if we didn't think so at the time.

On May 12 we get the opportunity to honor the woman who taught us some of life's little lessons, and the commissary has just the right products to make her day perfect. And while you're out shopping, don't forget the other women in your life who are mothers: grandmoms, sisters, daughters, aunts and wives.

You can buy them fresh flowers or a potted plant. Many commissaries sell them.

If you're planning a celebration with guests, what's a party without a cake? Commissary bakeries can customize a Mother's Day cake to your specifications. Or,

if you'd like a health-conscious alternative, ask your commissary's produce department to make a special fruit basket for you.

To go for indulgence:

- Make mom a large basket of a variety of chocolates and candies (and don't forget the sweet tooth care package too);

- Pamper her with a health and beauty care basket that includes vitamins to keep her healthy, products to keep her dry and sweet-smelling, and a nice selection of lotions and moisturizers;

- Make her breakfast in bed by buying eggs, orange juice, fresh fruit, and bread for toast (and don't forget to pick up a magazine for her breakfast tray); or

- Cap indulgence by making a sit-down dinner with her favorite meats and fresh vegetables.

Mother's Day options are bountiful, right at your local base commissary. Besides, you'll save money too, because as mom would say, "Money does not grow on trees!"

Anderson Hall hosts families for dinner

Cpl. Jason E. Miller
Combat Correspondent

Seafood, steak and fried chicken topped the menu as the Anderson Hall dining facility aboard MCB Hawaii, Kaneohe Bay, held its annual Family Night Dinner April 24.

More than a thousand service members and their

families lined up at the door to partake in the feast.

The event is held every year in early April to give the families of military members a sense of what goes on in the chow hall, said Master Sgt. Michael Sekeres, the Marine who headed up the Family Night for Anderson Hall.

"We do this every year to try and build camaraderie with the chow hall, the military members and their families.

It's a nice event where we try to get just about everybody involved."

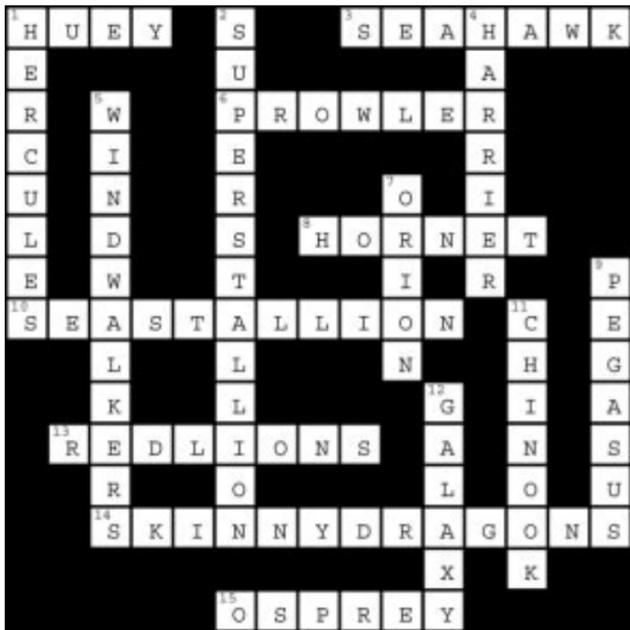
Last year, more than 1,200 base residents attended the annual event. This year appeared to be even more successful.

The VIP list for the event contained commanders and sergeants major from around the base, including Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, who was accompanied by his wife.

With dimmed lights and keyboard dinner music provided by the Marine Forces Pacific Band, families enjoyed the atmosphere provided during the Family Night meal.

All left with a full stomach and appreciation for the cooks.

Answers to Crossword



2002 Hurricane Awareness Poster Contest!

Sponsored by MCCA Personal Services and Base Safety

Hurricane season runs from June through November, and is blowing in fast!
 Make a poster to help let people know how to prepare!

Who is eligible to enter?

- Children in Kindergarten through Sixth Grade

What are the requirements?

- Artwork should be in color, on 8.5 X 11 inch paper.
- Entries should depict ways to prepare and be safe during Hurricane Season.
- The following information needs to be included on the back of each entry:
 - o Child's name, grade, age, address, phone number or email where parent can be reached, parent's names, branch of service, rank of military member. See attached entry form.

When is the deadline for posters?

- Friday, May 24, 2002. (In honor of National Hurricane Awareness Week May 19-25.)

Where do I submit my poster?

- Posters should be submitted to Personal Services at Bldg. 216, 257-7787/7786.

What happens if my poster wins?

- The winning poster will be used in the 2002 MCBH Hurricane Awareness Campaign and displayed throughout the base.
- The winner will also receive a certificate of achievement.

-----Please detach and affix to back of poster-----

Child's Name: _____ Age: _____ Grade: _____

Parent's Name: _____

Address: _____

Phone: _____ Email: _____

Branch of Service: _____ Unit: _____ Rank: _____

WORD TO PASS

Hawaii Hosts Military Appreciation Month Events

For general information about Military Appreciation Month activities, contact the Chamber of Commerce of Hawaii at 545-4300 or 545-4317.

- *Through May 31:* Get military discounts at Sea Life Park, Waimea Falls Park, Battleship USS Missouri Memorial and Atlantis Submarines. Discounted tickets are available at MWR and MCCA ITT and ITR offices.

- *Saturday:* Participate in the 6th Annual Marine Aircraft Group 24 Sprint Triathlon at MCB Hawaii, Kaneohe Bay. Individual, three-person relays and team competitions are available. Race start time is 5:30 a.m.; the entry fee is \$20, which includes a race T-shirt. The event is open to the public; call 254-7590 or 254-7591 to register.

- *Sunday and May 18:* Get free admission to the Honolulu Academy of Arts Military Appreciation Days. Call 532-8701 for more details.

- *Tuesday:* Attend the free Eyesight Hawaii Laser Eye Center Lasik Seminar and Screening for Military Personnel at 5:30 p.m., presented by Dr. Jon Olkowski, medical director. For more information

or to register, call 735-1935.

- *May 11:* Enjoy an evening in paradise at Paradise Cove's Military Appreciation Night from 5 - 8:30 p.m. This event includes a buffet dinner, games and a Polynesian show. Get your discounted tickets at MWR and MCCA ITT and ITR offices.

- *May 13 - 31:* Enjoy the Midas Auto Systems Military Appreciation Month Discount. Get an oil change, filter and lube for most cars for \$19.99 (\$10 off the regular price).

- Stay tuned for more 17th Annual Hawaii Military Appreciation Month activities and discounts.

Vietnam Veterans Recognize Women

The Vietnam Veterans of America, Inc., Oahu Chapter 858, will host Caroline Tanaka — a former Army captain, nurse and the Bronze Star recipient — Saturday, May 4 from noon to 1 p.m. at the Fleet Reserve Association, located at 891 Valkenburgh St. in Honolulu.

Tanaka will speak about her 18-month tour of duty in Vietnam where she served at the 24th Evacuation Hospital in Long Binh.

The V.V.A. is celebrating the role of

civilian and military women during the Vietnam War, as well as 101 years of service by the Army Nurses Corps.

For more details, contact President and retired Air Force Master Sgt. Luis A. Parker at 566-0236.

Hawaiian Islanders Play

Catch the Hawaiian Islanders' next arena football home games, Saturday, May 4 (v. Oklahoma) and May 11 (v. California), at 7 p.m. at the Neal Blaisdell Center. For more details, call 53-ARE-NA, or visit www.Hawaiian-Islanders.com.

Trekkers Invited to Hike O'ahu

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Saturday, May 4, beginning at 8 a.m. when it takes a nice, easygoing jaunt in the Wa'ahila State Park, cutting down into the Manoa Valley area.

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.

Windward Mall Sponsors Recreation

Catch any one of the following activities at Windward Mall.

- Saturday, May 4, from 9 a.m. to 3 p.m. (at the lower level Macy's wing) browse the Healthy Community Farmers Market sponsored by Kahuku Hospital. Local produce farmers and crafters will bring a bountiful array of healthy, local produce and island crafts.

Kahuku Hospital is also offering free blood pressure and diabetes screenings. Cholesterol screenings will be available for a small fee.

- 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

See **WORD TO PASS, B-8**

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.

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

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, \$800. Call 254-9179.

Weedeater, \$25; custom microwave stand, must see to appreciate, \$50; and never-used, custom rattan stand, about 4 feet tall, that holds a 10-gallon fish tank, \$50. Call Tony at 683-1489.

Appliances

Hotpoint washer and dryer, heavy duty, extra large, only one year old,

\$200 each. Call Ame at 261-7680.

Furniture

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.

Entertainment center, wall unit 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.

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.

IT'S EVERYONE'S RESPONSIBILITY
TURN OFF WHEN NOT IN USE



WORD TO PASS, From B-6

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.

Waikiki Aquarium Presents Series

- Explore shallow reef and tidepool areas with Aquarium naturalists, May 12 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 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.

Hale Koa Hosts Brunch and Big Island**Giveaways, May 20**

- Always a sell-out, treat mom to a special Mother's Day meal at Hale Koa's Mother's Day Brunch, Sunday, May 12.

Call the Activities Desk to make your reservation, 955-0555, ext. 546.

- In honor of Hawaii Military Appreciation Week this 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.

(The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

Hiking, Camping and Hunting Classes Offered

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

Preregister by calling 587-0200.

New Baby Expo Upcoming

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-BA-BY (2229), or visit www.new-babyexpo.com.

All Enlisted Spouses' Club Changes Hours

The All Enlisted Spouses' Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

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

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. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you 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 (in Bldg. 216, the "general's building") at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.