

LIFESTYLES

Al Dente



Food service specialists
at Anderson Hall strive for perfection

Corporal Cynthia Brown, food service specialist for Anderson Hall dining facility, makes a final inspection of freshly baked donuts before serving them to the Marines and Sailors.



Story and Photos by
Lance Cpl. Monroe F. Seigle
Combat Correspondent

At any given moment, you can walk into the Anderson Hall dining facility aboard MCB Hawaii, Kaneohe Bay, and find a Marine working hard to make sure the next meal is ready when hundreds of troops pour in to be fed.

Ask the food service specialists at Anderson Hall, and they will tell you what it is like to work on weekends and holidays, days and nights.

"We start serving breakfast at 6 a.m.," said Lance Cpl. Joe Compton, a food service specialist at Anderson Hall. "We have to be at work at 4 a.m., to make sure the line is ready when Marines come in."

Long and odd hours are not the only complication for food service specialists. Everyday, approximately 2,000 meals are made to feed Marines and Sailors from all over base. One food service specialist can find himself cooking 250 pieces of poultry at a time, while another makes sure several trays of manicotti are baked just right.

On most days, 900 pounds of various kinds of meat are cooked to perfection, to include beef brogoul, chicken teriyaki, beef porcupine or Salisbury steaks.

"After we serve hundreds of troops, we are nowhere near finished," said Cpl. Edwin Collato. "After the doors are closed and the meal is over, we have to clean the entire kitchen to include floors, grills, table tops and the copper tables, which we prepare the food on."

Although food service specialists agree that their job entails hard work, there is satisfaction in knowing that, at the end of the day, Marines come to them for a meal and a chance to unwind after work.

"There is some satisfaction in knowing that you gave several fellow Marines something good to eat at the end of the day, and it really makes your day when some of them come up to you and tell you the food was good," said Collato. "Regardless of how hard we work, we know what we do is important and that Marines need us and the food we make to get through the day."

The Marines who prepare the meals on a daily basis at Anderson Hall are constantly working together to ensure that when their fellow Marines come in for a well-deserved meal, every bit of food to be served is ready. Quite often when a Marine has a few minutes to spare before a meal, he will not take a much-needed break, but will assist another Marine who might have fallen behind in making a dish for the next meal.

"Something I like about my job is the fact that we all work together to make sure everything is ready on time," said Compton. "We know that if one Marine is not done when he needs to be, none of us are done. We often help out other Marines when they fall behind on a task."



Above — Corporal Cory West whips up a pan of brown gravy for the evening meal.



Upper right — Lance Cpl. Jamar Tibbs throws raw pork chops on the grill before cooking them to perfection.



Right — Cafeteria workers (left) wait to serve the many Marines and Sailors navigating through a number of tempting food choices.



At the end of a long, hard day, the chefs at Anderson Hall feel satisfied knowing that their fellow Marines come to them for a meal and the chance to unwind after work.

Pfc. Michelle M. Dickson



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

NOVEMBER

28 / Today

Christmas Trees — Fresh Christmas trees go on sale today in the parking lot across from the Marine Corps Exchange Annex. Opening day hours will be 6 a.m. - 7 p.m. Regular lot hours will be Monday - Friday 11 a.m. - 7 p.m., and Saturday and Sunday, 10 a.m. - 6 p.m.

Auto Auction — The Auto Skills Center will be accepting sealed bids on the below vehicles until Dec. 8.

Year	Model	Minimum Bid
'93	Ford Probe,	\$550
'91	Ford Escort,	\$500
'89	Nissan Sentra,	\$450
'89	Nissan 240SX,	\$850

'88 Acura Legend, \$1,000
(Note: All the above vehicles are running, but need body work.)

29 / Saturday

Staff NCO Latin Night — Bring your hottest dance moves to the club at 4:30 p.m. Enjoy free pupus and entertainment by DJ Drisk.

This event is free for members; nonmembers pay \$3.

30 / Sunday

Movie Sale — Time is running out to check out Mega Video's November blow out sale! Choose any 10 previously viewed VHS tapes that are below the cost of \$9.95 for only \$20. You must purchase 10 tapes. This sale ends Sunday.

Monday, Wednesday and Friday at 4 p.m.

Staff NCO Club — Let someone else do the cooking this weekend and head to the Staff NCO Club for its breakfast buffet, served from 9 a.m. to 1 p.m. Cost is \$11.95 for members and \$5.95 for children. Plus, enjoy the ever-popular "S.O.S.," a made-to-order omelet station and a continental buffet with all the goodies.

Also, spoil yourself with something different for lunch, as the Staff NCO Club restaurant is now open to all hands for lunch on Wednesdays, Thursdays and Fridays from 11:30 a.m. - 1 p.m.

For more information or for reservations, call 254-5481.

MCCS Leisure Travel — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your next trip. Located in Kaneohe Bay's Mokapu Mall, Leisure Travel can arrange mainland flights, interisland packages and most recently, Norwegian Cruises.

Leisure Travel is open Monday - Friday from 10 a.m. - 6 p.m.

For more information, call 254-7413.

A New Do — MCB Hawaii has three conveniently located barber shops and a beauty salon. The Mokapu Mall barber is in the mall next to the Main Exchange. Located right next door is a full-service beauty shop. Or, head over to the base theater courtyard, Bldg. 244, to a smaller, yet equally talented barber, or the flight line barber in Bldg. 301.

For more information, call 254-6588.

Job Hunters — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel Office, located in Bldg. 219. Get a job or career that suits your skills, schedule and style.

Call 254-7619, or visit www.mccshawaii.com/jobs_listings.html, and find the position that's perfect for you.

4 / Thursday

John Mozo — Meet local photographer John Mozo at the Main Exchange between 2 - 4 p.m. Mozo's inspirational photographs capture the allure of both Tahiti and Hawaii.

Holiday Craft Fair — Calling all crafters! Camp H. M. Smith's Holiday Craft Fair is just around the corner — Thursday, to be exact. The fair attracts a large crowd and features items from homemade and holiday crafts to baked goods, so you can complete a good portion of your holiday shopping.

Are you interested in being a seller? If so, call the Camp Smith Information, Tickets and Tours office at 447-5143.

5 / Friday

KOSC Tour of Homes — The lights are strung and the stockings are hanging, so join the Kaneohe Officers' Spouses Club and tour the decorated homes of Kaneohe Bay. Tickets are \$7 in advance and \$10 at the door.

This tour is open to all hands, and it will begin at the Officers' Club with an optional Mongolian barbecue dinner at 5 p.m.

For more information or to purchase tickets, call 253-0054.

6 / Saturday

A Crafty Christmas — Children and parents are invited to a fun-filled hour of holiday stories, ornament-making crafts and treats. Yes, you can celebrate the holidays at your base library at 1 p.m.

The Main Exchange — Be inspired by a world-famous marine life artist at the Main Exchange from 11 a.m. - noon, when Wyland comes to Kaneohe Bay to share his vision and creativity of the underwater world. Purchase Christmas gifts for family members or have your favorite piece signed by one of the most impressive artists of our day.

7 / Sunday

Brunch with Santa — Bring your family to the Officers' Club for Sunday brunch and a visit with Santa. Brunch will be served from 10 a.m. - 1 p.m.

For reservations, call 254-7650.

13 / Thursday

Santa's Village — Personal Services invites you to share in the holiday spirit, and help with Santa's Village on Dec. 13. To volunteer, call 257-7786.

Joint Education Center — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the College 101 Workshop that is available each Wednesday at the JEC, Bldg. 219, from 11:35 a.m. - 12:45 p.m. The Universities on base have offices in Bldg. 220.

SM&SP



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

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

SM&SP is relocating!

The new SM&SP office will be inside the Kahuna's Recreation Center, scheduled to open soon in the Enlisted Club facility. Come by and check out the activities and events available to all single E-5s and below active duty Marines and Sailors aboard MCB Hawaii, Kaneohe Bay and Camp H. M. Smith.

The Recreation Center at Kaneohe Bay

Stay tuned for the grand opening date for your new, nonalcoholic club for active duty members of all ranks and their sponsored guests.

The facility will be located inside the Enlisted Club, Bldg. 1629, and will showcase a variety of activities to include Internet computer workstations, a mini-theater, consul gaming with Sony PS2 and Xbox, private television viewing areas, table and board games such as air hockey, pool tables, darts, a reading lounge, SM&SP and off-base info, and more!

Also, enjoy free cake and Starbucks's Coffee on opening day.

Upcoming Events

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

•Dec. 25: Sheraton Hawaii Bowl football game tailgate party.

•Feb. 8: Pro Bowl tailgate party.

•Feb. 14 - 16: Kauai holiday weekend excursion.

•March 12 - 15: Las Vegas weekend excursion.

Plus, stay tuned for Disneyland, deep-sea fishing and more!

DECEMBER

1 / Monday

ASYMCA Playmornings — Parents, daycare providers and children under 5 years are invited to ASYMCA Playmornings, Monday - Friday from 9 - 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blossom, confidence is created and fun is mandatory.

For more info, call 254-4719.

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After your hectic day, come enjoy panoramic views of the Leeward Coast, free pool, free darts and free pupus. The club is open to all ranks

Program helps groom future Corps leaders

Bobbie Brock
MCCS Public Relations

Pam Chambers surveys the room and smiles. It's the first day of class, and she's got a room full of senior MCB Hawaii civilian employees. Even though they come from a wide range of disciplines, they are there to refine a singular skill: public speaking.

Chambers, one of Hawaii's most in-demand keynote speakers, is able to share a few of her trade secrets with the crowd, compliments of the Civilian Leadership Development (CLD) Program.

The CLD Program is available to civilian federal employees aboard MCB Hawaii who are in grades GS-7 through 15; NF-3 through 5; and supervisory staff NL, NS, WS, and WG-9

and higher.

The program's goal is to develop civilian leaders for successful futures in the Corps.

A public speaking class like Chambers' is just the tip of the iceberg. Other courses include Franklin-Covey's "Seven Habits of Highly Effective People," mentoring programs and many other opportunities to help civilians build their careers and reach their professional potential.

A good place to start is to take a 360-degree assessment, a survey that provides valuable information regarding an individual's strengths and areas he or she can focus on for future development.

If you're interested in enhancing your career, call Jeanne Change at the NAF Personnel Office, 254-7628.

Dressed for the holidays



Cpl. Jessica M. Mills

The commanding general of MCB Hawaii will host the 2003 Holiday Christmas Concert and tree lighting ceremony at Dewey Square, which is adjacent to the base flagpole, Dec. 7 from 5 - 7 p.m. The concert will feature the Marine Forces Pacific Band. The tree lighting ceremony is set to follow the concert.

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, \$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 I.D. 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.

Intolerable Cruelty (PG 13)	Today at 7:15 p.m.
Cold Creek Manor (R)	Today at 9:45 p.m.
Lost in Translation (R)	Saturday at 7:15 p.m.
Out of Time (PG 13)	Saturday at 9:45 p.m.
Good Boy (PG)	Sunday at 3:30 p.m.
Beyond Borders (R)	Sunday at 7:15 p.m.
Out of Time (PG 13)	Wednesday at 7:15 p.m.
Intolerable Cruelty (PG 13)	Thursday at 7:15 p.m.
Kill Bill Vol. 1 (R)	Dec. 5 at 7:15 p.m.
Beyond Borders (R)	Dec. 5 at 9:45 p.m.



Stan Wright

Troy Bowditch, 15, was recently awarded the Eagle Scout medal, one of Boy Scouts of America's top honors.

Bowditch honored with a top Boy Scout medal

Kristin Herrick

Staff Writer

For nearly 100 years, the Boy Scouts of America organization has been improving the lives of the nation's youth through character development and leadership training.

The BSA also focuses on the citizenship and personal fitness of its members, like Troy Bowditch, 15, who was awarded the Eagle Scout Medal, one of the BSA's top honors. His scoutmaster, Richard Roten, awarded him the medal in a ceremony at Saint Mark Lutheran Church, Nov. 11.

In order to be considered for Eagle Scout, a Life Scout must fulfill several requirements, including a leadership service project. Bowditch organized his troop and youth group to work together in making improvements to the Saint Mark Lutheran Church and School in Kaneohe.

Some of the improvements included painting the flagpole, storage containers, doors, walls and parking lot curbs. The group also built and painted six new picnic benches and made improvements to the elementary school playground.

Bowditch joined the Cub Scouts when he was in the third grade, thus beginning his scouting career. Since joining Troop 425 (which meets at MCB Hawaii, Kaneohe Bay), he has held many leadership positions such as patrol leader, senior patrol leader and troop guide.

In 2002, Bowditch was inducted into the "Order of the Arrow." Its purpose is to recognize scout campers who best exemplify the Scout Oath and Law in their daily lives, develop and maintain camping traditions and spirit, promote scout camping, and crystallize the scout habits of helpfulness into a life purpose of leadership in cheerful service to others.

To be inducted, a scout must hold "First Class" rank in his troop, and have spent 15 days and nights camping in the two years prior to his election.

ON THE MENU

AT ANDERSON HALL

Today
Lunch
 Oven Roast Beef
 Baked Tuna & Noodles
 Steamed Rice
 Chocolate Chip Cookies
 Asst. Fruit Pies

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

Specialty Bar
 (Lunch & 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 Meatloaf
 Oven Roast Beef
 Parsley Buttered Potatoes
 Pork Fried Rice
 Apple Crisp
 Asst. Fruit Pies

Specialty Bar
 (Lunch & Dinner)
 Pasta Bar

Tuesday
Lunch
 Barbecue Spareribs
 Veal Parmesan
 Oven Browned Potatoes
 Buttered Egg Noodles
 Devil's Food Cake w/
 Butter Cream Frosting
 Asst. Fruit Pies

Dinner
 Swiss Steak w/
 Brown Gravy
 Baked Fish Fillets
 Lyonnaise Potatoes
 Steamed Rice
 Devil's Food Cake w/
 Butter Cream Frosting
 Asst. Fruit Pies

Specialty Bar
 (Lunch & 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 & Dinner)
 Country Bar

Thursday
Lunch
 Cantonese Spareribs
 Baked Tuna & Noodles
 Shrimp Fried Rice
 Cornbread Dressing
 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 & Dinner)
 Taco Bar



Pears can reduce risk of diseases



NAPS

Pear Bistro Salad

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

Fresh American red and green pears are juicy, sweet and colorful. According to our nation's leading health authorities, eating a colorful variety of fruits and vegetables will help reduce your risk of cancer, heart disease and other chronic diseases.

At "5 A Day," we think using color is an easy and fun way to ensure variety.

We've divided fruits

See **RECIPE**, B-8

Wong serves local favorites with a twist

HONOLULU — If you have ever been on the third floor of Macy's at the Ala Moana Shopping Center downtown, chances are good that you've been overwhelmed by the strong, inviting aroma of kalua pork in the air.

This pleasant distraction from shopping lured me to its source recently: Alan Wong's Pineapple Room restaurant and this month's island flavor.

Critically acclaimed Chef Alan Wong is well known worldwide for his creative dishes and involvement in the development of the Hawaii Regional Cuisine movement, which takes different blends of ethnic groups and their foods and primarily uses local Hawaiian products in making them.

He won the 1996 James Beard Award for Best Chef in the Pacific/Northwest, making him one of only three local chefs to ever win this prestigious award.

The Pineapple Room, which will be celebrating its four-year anniversary in September, showcases the



well known chef's signature style of Hawai'i regional cuisine by offering a variety of different dishes, all with a local twist — using local ingredients like beef from North Shore cattle and shrimp from Kauai.

These personal touches are the work of executive chef Steven Ariel, and his reliable kitchen staff, who have put together the kind of consistently pleasing menu that makes it hard to decide what to try on your first visit — but gives you several options when you return.

Ariel, who has worked with Wong for nine years and helped open Wong's flagship restaurant on King Street, can be viewed from the dining room preparing the food in an open-air exhibition kitchen featuring a lava-clad wood-burning oven.

Commentary

Island Flavors

Jim Williams

christopher.j.williams@navy.mil

The Pineapple Room

Macy's, third floor
Ala Moana Shopping Center
Honolulu, Hawaii
808.945.6573

The open kitchen is just a small part of The Pineapple Room's casually elegant, yet contemporary, ambiance. Small touches, like the hand-blown glassfish lights swimming over the bar area, add to the pleasant atmosphere that is surprising for a restaurant found in a shopping mall.

The menu itself offers local favorites with a gourmet twist.

You can begin with appetizers like their trademark "Pineapple Room's Crab Cakes" (formed into the shape of pineapples, \$10.50), or the "chilled tomato soup" with eggplant puree (\$4.50), before moving on to any number of entrees.

A few of the most popular lunch items are the "kalua pig 'BLT' sandwich," served with a half portion of Caesar salad (\$9.75); the "kalua pig, onion and garlic herb cheese pizza," with shiitake mushrooms and lomi tomato relish (\$10.50); the "Pineapple Room burger," with onion rings, bacon, cheddar cheese and avocado salsa (\$10); and "grilled salmon on ochazuke risotto," with pickled vegetables and green tea (\$16).

The lunch and dinner menus are similar, minus most of the sandwiches at dinner, and the addition a few different entrees like the "kiawe smoked chicken breast and grilled shrimp" (\$20), the "seared pepper ahi" (\$23), and the "pineapple-barbecued baby back ribs" (\$12.50/lunch, \$19/dinner).

My wife and I agree that our favorite dish thus far is the "kiawe-grilled kalbi short ribs" (\$15), served on the lunch menu. The kalbi offers one of the best flavors of any I've had so far, and the fried rice buried below (which is cooked with Kalua pork) is good enough to be served as an individual dish.

The menu changes slightly every day and the restaurant occasionally hosts "chef samplings" and "wine pairing dinners," which can be found on the Web site at www.alanwongs.com.

Overall, the service was good, the environment pleasant and the food impeccable. I highly recommend The Pineapple Room the next time you go to Ala Moana Shopping Center.

WORD TO PASS

'All My Sons' Ends Thursday

Hawaii Pacific University Theatre continues its presentation of American classics with a drama from one of America's greatest playwrights and performed by Hawaii's premier actors. Arthur Miller's "All My Sons," which received the Drama Critics Award for the best new American play of 1947, explores the trials faced by a family during wartime — when moral questions become blurred and the smallest decisions can lead to catastrophe.

Show times are today and Saturday at 8 p.m., Sunday at 4 p.m. and Thursday at 7:30 p.m. Cost is \$14 for military, seniors and students; \$18, general admission; and \$3 for HPU students.

Call 375-1282 to make reservations. The theater is located at HPU-Windward, 45-045 Kamehameha Hwy. in Kaneohe (just off the Pali Highway).

Army Playhouse Features Two Classics

The Army Community Theater, at Richardson Theater aboard Fort Shafter, will wrap up the ever-popular "Man of La Mancha," the classic tale of Don Quixote, today and Saturday at 7:30 p.m. Tickets are available at \$14 and \$17 for adults, \$8 and \$10 for children.

For a change of pace, the audience is invited to sit on stage with actors when they perform "Tobacco Road" — previously a Broadway production that was made into a movie in 1941 — Sunday at

2 p.m. Admission is \$6.

For reservations, call 438-4480 or visit www.SquareOne.org/ACT.

Ala Moana to Host 'Nutcracker' Event

Ballet Hawaii invites the public to meet some of its young performers who have been cast in the 2003 production of the "Nutcracker," Saturday and Sunday at 1:30 p.m. This Thanksgiving weekend festivity will be held on Level 2 of the Ala Moana Center, free-of-charge to the public.

Make sure you're available when the opportunity arises to win four tickets to the "Nutcracker" production when it plays at the Blaisdell Concert Hall, Dec. 19 – 21. Or, purchase discount coupons at the event.

For more details, call Ballet Hawaii at 521-8600.

2004 JWC to Hold Info Talk

Military wives from all armed services on Oahu are invited to attend an informational meeting at the Pearl Harbor Fleet and Family Support Center on Monday from 9:30 – 11:30 a.m., to plan the 2004 Joint Women's Conference. The conference — a forum for military wives to enrich, u p l i f t , m o t i v a t e a n d strengthen their roles as women,

wives, mothers, professionals and community leaders — is held in October of every year.

For more information, call 551-9448 or 672-3587. Visit the JWC Web site at www.JointWomensConference.com.

FRA Hosts \$15,000 Essay Contest

The Fleet Reserve Association (FRA) has chosen "What Patriotism Means to Me" as the theme for its 2003 – 2004 Americanism Essay Contest. Open to all students in grades 7 through 12 (including those who are home schooled), the contest awards a grand national prize of \$15,000 and first through third place prizes of \$5,000, \$3,000 and \$2,000 — all in U.S. savings bonds.

Each entrant must be sponsored by an FRA member in good standing or by a chartered FRA branch, essays must not exceed 350 words and the entire packet is due Monday. Visit www.fra.org/branches/index.html or call 1-800-FRA-1924 for more details about the contest or an FRA branch in your community.

The Fleet Reserve

Association is celebrating its 80th anniversary as the oldest and largest professional military association representing the concerns of Navy, Marine Corps and Coast Guard personnel.

'REAL' Plans Windward Sessions

Families for REAL (Resources and Early Access to Learning), a support program of the Hawaii State Department of Education, will offer a free-of-charge Winter Session of age specific classes for parents and their infants, toddlers and preschoolers, Dec. 1 through Feb. 20. Also, a free Spring Session is planned for March 15 – May 28, 2004.

Each session will consist of approximately 10 classes, held once a week for 1 1/2 hours, covering topics such as child growth and development, discipline, language, art, motor skills, cooking, stress and much more.

To register, or for more information, call 233-5656.

Children learn pet safety from vet

Pfc. Michelle M. Dickson
Combat Correspondent

Children attending the Child Development Center aboard MCB Hawaii, Kaneohe Bay, received a visit from a four-legged friend and a veterinarian, Nov. 19, as the final event closing out the animal caring and awareness activity at the center.

The preschool students got the chance to learn what it's like to be a veterinarian while also learning some good ways to care for a pet.

"We like to teach the children some general knowledge about animal health and how a veterinarian is just like a doctor, only for animals," said Capt. Rebecca Evans, Veterinary Corps officer at the Fort Shafter branch. "An animal is just like us and they need to be cared for just as much."

Many of the children who attend the CDC have never interacted with animals before this visit, so they were extremely excited for the opportunity. The visit allowed them to experience what having an animal is like, and gave them the opportunity to see the amount of responsibility it takes to actually care for a pet.

Since the children received instructions about dogs and how to interact with them before the visit, very few kids were nervous. Most were extremely happy to see a real dog in their classroom.

"What we mainly try and do for the kids is to teach them animal respect," said Evans. "Animals need to be approached slowly and quietly, and dealt with as much care as a person would be."

The animal selected to come out and spend time with the kids was a one-year-old golden retriever named Kelu. The vet selected a calm, quiet dog that she knew could deal with the commotion of many children. Kelu did very well as the kids fell in love with her, and Kelu seemed to equally love all the attention.

The children listened to Kelu's heartbeat, and they also received bandage wrap and other first aid equipment to investigate and play with that entertained all of them to great extents.

"It was so much fun," said Peyton Sommer, a child at the CDC, "We got to wear blue hats, but I liked listening to the heartbeat the best."

Evans said she really enjoys the opportunity to host vet visits.

"I think that children



Pfc. Michelle M. Dickson

Preschoolers line up to listen to Kelu's heartbeat during an animal care lesson at the CDC.

should really be educated on certain things like this," she said. "I think there would be a lot fewer instances of dog bites if children knew about these things and how to act around pets."

The visit allowed the children to use their five senses and share a bond with "man's best friend."

"It's a neat hands-on experience and a really great way for them to learn about vet care," said preschool teacher Patty Krueger. "After speaking to the children ahead of time, they all seemed to be really good listeners. They stayed interested the entire time."

The CDC always tries to give children different learning experiences. The center periodically sponsors field trips to the commissary, post office and other locations.



Pfc. Michelle M. Dickson

Cultural ties

Native Americans from different tribes celebrated their culture by sharing music and dancing with Marines and Sailors aboard MCB Hawaii, Kaneohe Bay, at the Anderson Hall dining facility Tuesday.

RECIPE, From B-4

and vegetables into five color groups: red, yellow/ orange, white, green, and blue/purple. It's simple; you just choose at least one fruit and/or vegetable from each group daily — the more the better.

Pear Bistro Salad is a lively combination of colors and flavors. The sweet, juicy flavor, firm texture and rich color of the pears, complement the savory blue cheese, tart balsamic vinegar and crunchy walnuts. The addition of tender, white strips of lean chicken breast turns this side dish salad into a light entrée, perfect for lunch or dinner.

Pears are available all year round. Their versatility and easy handling, not to mention their nutritional value, make them very popular with people of all ages. One medium pear has four grams of dietary fiber (16 percent of the daily value, or DV), 210 milligrams potassium, six milligrams vitamin C (10 percent DV) and about 100 calories.

Pears are low in fat and natural-ly cholesterol- and sodium-free.

They offer a quick source of energy and are ideal for someone trying to reach and maintain a healthful weight.

Pears are one of the few fruits that do not ripen successfully on the tree. They are harvested by hand when fully mature, but before they are ripe. Pears will ripen after they are harvested.

Choose a pear that is bright and fresh looking with no bruises or external damage. For home ripening, place pears in a paper bag or bowl at room temperature for three to five days; they will yield to gentle pressure at the stem end when ripe.

Always wash all fresh fruits and vegetables before eating.

Pears are delicious eaten fresh and are most popular in salads. They are also good baked, poached, sauteed and roasted, made into preserves, jams and chutneys, and used as an ingredient in baked goods.

For more recipes and information about fresh American pears, go to the Web sites www.usapears.com and www.calpear.com.

For more information about "5 A Day The Color Way," go to www.5aday.org or www.aboutproduce.com.

Pear Bistro Salad

1 pound cooked, skinned chicken breast halves

8 cups assorted torn mixed salad greens

2 fresh pears, cored and sliced

2 tablespoons minced shallots or green onions

1/3 cup chopped walnuts

1/4 cup crumbled blue cheese or other cheese

3/4 cup balsamic vinegar

Cut chicken into strips. Line platter with greens and top with pears, cooked chicken, shallots and nuts. Top with cheese.

Drizzle balsamic vinegar to taste over salad. Serve with crusty bread, if desired.

Makes 4 servings.

(Editor's Note: Dr. Elizabeth Pivonka is president of the Produce for Better Health Foundation.)

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1997 Chevy Lumina, CD player, power windows, power locks, power steering, ABS, airbags. Asking \$3,500 OBO. Call 254-0094.

1997 Chevy Venture, extended van, 65,000 miles. Excellent condition. Asking \$7,000. Call 254-2135.

1986 Honda Spree moped, electric start. Runs good. Asking \$250 OBO. Call 254-0468 or 257-3688.

Yard Sale

Friday from 7 a.m. 'til all gone, moving sale at 2701-B Cushman, across from CDC. Kids' items, furniture, a little of everything. Call 254-0017.

Pets

Lost cat on Nov. 19, gray/brown with tiger

stripes, short-haired, small and solid, 5-year-old female, notched right ear, 9 pounds. Reward for return. Call 254-0203.

Furniture

Race car toddler bed, with mattress. Asking \$50. Call 254-2135.

Full-size bed, four-drawer dresser, free to good home. Also, 13-inch TV, asking \$25. Call 488-6616.

Miscellaneous

Tool box with 13 drawers, Waterloo TRX5013R model, 51" w x 18" d x 35" h, capacity is 21,448 cubic inches. Asking \$700. Call 386-0609.

Conn upright piano, in good condition, includes bench and dehumidifier. Call 254-5351.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication. Call 257-8836 or 257-8837 for more information.

Avocados are great sandwich toppers

NAPS

Avocados are a great alternative to mayonnaise.

NAPS

Featurettes

Steak and avocados make an especially tasty combination. Instead of mayonnaise, spread on mashed avocado.

Avocado & Beef Torta

1 ripe Hass avocado
1 tbsp lime juice
1/2 tsp salt, divided
Pinch of ground red pepper
1/2 tsp ground cumin
1/2 tsp chili powder
1 pound flank steak
1 loaf Italian bread
1 cup torn salad greens
8 thin tomato slices

Preheat broiler. Cut avocado lengthwise around the pit, twist halves to separate, strike pit with a knife blade and pull to remove. Scoop out pulp, place in a small bowl.

Mash avocado, stir in lime juice, 1/4 teaspoon of the salt and the red pepper. Set aside.

Combine cumin, chili powder and remaining 1/4 teaspoon salt, and then rub seasoning mixture over steak and place in a broiler pan. Broil steak until cooked.

Remove and then cut diagonally in thin slices.

Split bread horizontally and spread avocado mixture on top half and layer greens, beef and tomato on bottom of loaf.