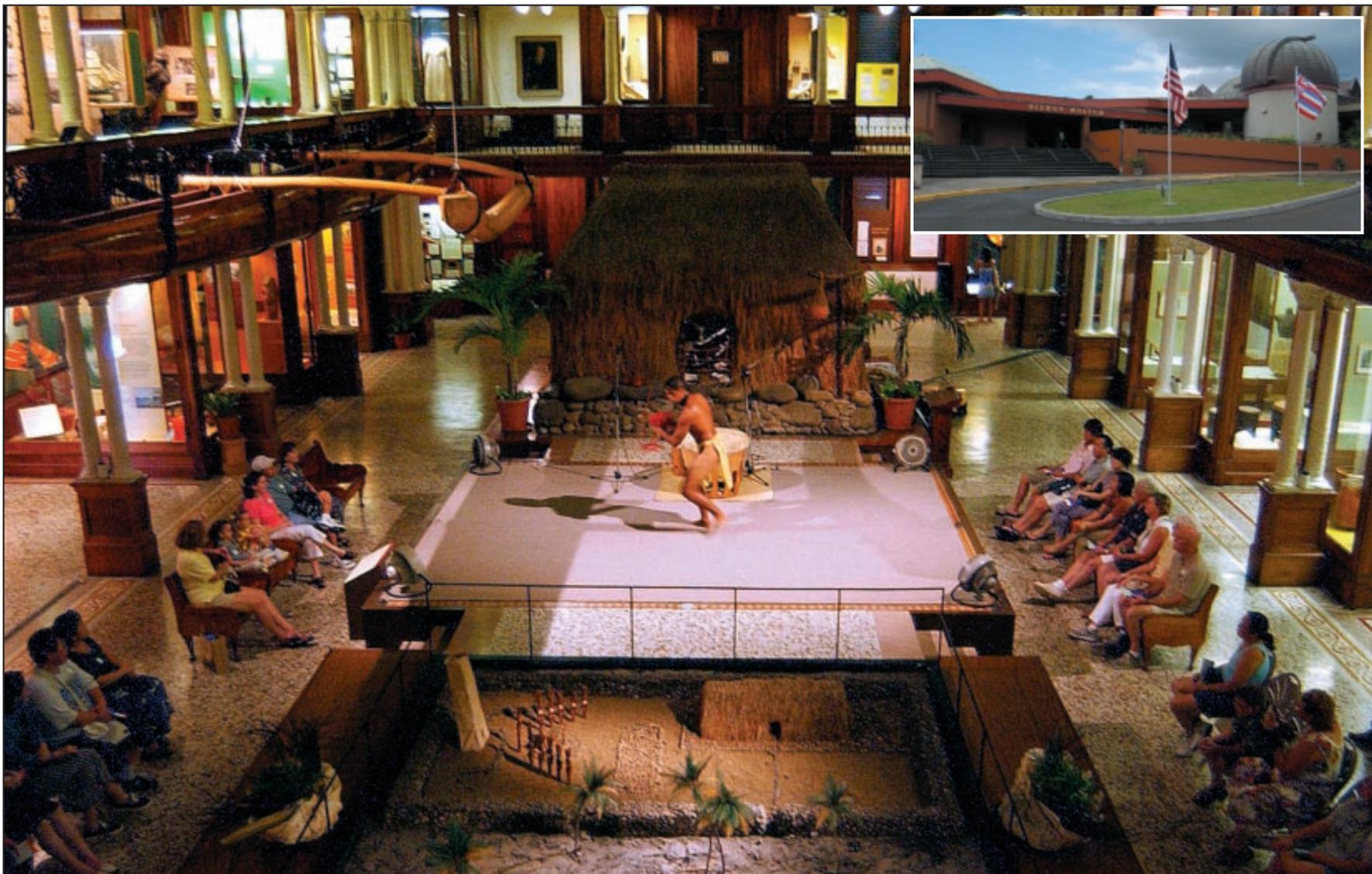


LIFESTYLES



Hula dancing is one of many activities to see in the Bishop Museum's Hawaiian Hall. (At inset) The entrance beckons visitors to Bishop Museum.

The Bishop Museum offers a sweet, starchy path to education

Story and Photos by
Spc. Daniel P. Kelly Staff writer
25th Infantry Division (Light)

Marine, Sailors and civilians alike can learn about the natural and cultural history of Hawaii, stargaze or discover everything they ever wanted to know about chocolate at the Bishop Museum in Honolulu.

One of the many Bishop Museum highlights is its newly-renovated planetarium. The Jhamandas Watumull Planetarium has new seats, carpeting, lighting and signs, that make for a great star-gazing experience when the star projector lights up the ceiling.

Through Nov. 26, the planetarium will present an "Explorers" series that showcases explorers of the international space station and explorers of

Polynesia.

To get an even closer look at the stars, visitors can opt to go to the observatory above the planetarium from 2:30 - 3:15 p.m. daily, weather permitting.

For the sweet tooth, the Bishop Museum will host "Chocolate," a mouth-watering traveling exhibit. Discover the origin of chocolate, meet the people who first used it, learn how it's made and immerse yourself in the lure and lore of its uses.

Those who crave bon bons, hot cocoa, truffles and other chocolate delights will be satisfied at this exhibit when it goes on display in the Castle Memorial Building beginning Oct. 18.

Visitors can enjoy live hula perform-



ances, explore a host of Hawaiian exhibits, extensive collections, historical documents, oral histories, movie images and photographs about Hawaii and the Pacific at the Polynesian and Hawaiian Halls.

In addition to the main museum in Honolulu, the Bishop Museum also boasts a new museum at the Hilton Hawaiian Village that showcases the rich history and customs of the Hawaiian people. It tells the story of life in Waikiki, an ethnobotanical garden located in Kona (on the island of Hawaii), and a maritime museum located across the Aloha Tower at Pier 7 in Honolulu Harbor.

The main museum grounds are located in Honolulu, just off the H-1 Likelike

exit on Bernice Street.

It's open daily from 9 a.m. to 5 p.m. Ticket prices are \$14.95 for adults and \$11.95 for youths ages 4 to 12 and seniors 65 or older. Children 3 years and under get in free.

For more information, visit their Web site at www.bishopmuseum.org.



See Jupiter, one of the brightest heavenly bodies in our night sky, through the planetarium's telescope.



Left — A display of weapons King Kamehameha's warriors may have used is one of the many displays at the Hawaiian Hall. War was a common part of early Hawaiian life. High Chiefs often defended their lands and power by force of arms. Right — A 50-foot sperm whale replica hangs from the ceiling of the Bishop Museum's Hawaiian Hall. Half of the massive mammal's body is open to show its skeletal structure.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

OCTOBER

10 / Today

Pau Hana Friday at Kahuna's — It's Friday, so join in on the camaraderie at Kahuna's Sports Bar & Grill. Get half-priced pupus from 4:30 - 6 p.m., and enjoy live entertainment that will help you ease into the weekend.

The Battle of the Bands — Listen to up-and-coming Hawaii talent. You never know whom you might see on the top of the national charts when Kahuna's and Star 101.9 present the "Battle of the Bands."

See local entertainers before they're hot. For more information, call 254-7600.

15 / Wednesday

Thinking About Marriage? — Get in the know and attend

the Marriage Skills Workshop, Wednesday and Thursday. You'll learn more about becoming a successful military family, couples' communication, budgeting and finances, and other resources available to make your relationship a success.

Call 257-7780 or 257-7781 to register.

16 / Thursday

O'Club Oktoberfest — Enjoy a little German culture with free bratwurst and beverage tasters from 4:30 - 8 p.m.

For more info, call 254-7650.

17 / Friday

Hispanic Heritage Dance at the Sunset Lanai — Enjoy a beautiful sunset over the Leeward Coast and take in a little culture at the Camp H. M. Smith Sunset Lanai.

Entertainment will be provided by El Conjunto Tropical and

the Mariachi Group.

Admission is free and open to all ranks. Doors will open at 5 p.m.

18 / Saturday

Staff NCO Club Oktoberfest — Sample a large variety of excellent German foods and beverages. Do the "chicken dance" to live music by the Senior Vault Band.

Doors will open at 6 p.m., and Oktoberfest is free for members and \$3 for nonmembers.

Shoe Show at the MCX — Check out the latest trends in footwear at the "Kenneth Cole Reaction Trunk Show," located in the shoe department at the Main Exchange, MCB Hawaii, Kaneohe Bay, from 11 a.m. - 4 p.m.

24 / Friday

Spooky Tales and Treats at

the Base Library — Bring the little monsters to the base library to hear stories, then join in activities and taste Halloween treats at 1 p.m.

29 / Thursday

Auto Skills Bargains — The Auto Skills Center is accepting sealed bids on the below vehicles:

*Model	Min. Bid
'98 Hyundai Elantra	\$800 (Needs work.)
'89 Honda Prelude	\$500 (Needs head gasket.)

*(Unless noted otherwise, vehicles are running in good condition.)

For more information, call the Auto Skills Center at 254-7674.

Staff NCO New Dining Facility — If variety is what you are looking for, make your next dinner plans at the Staff NCO Club. The brand new dining facility is located behind the

Fairways on the Klipper Golf Course and boasts a beautifully quaint atmosphere.

Dinner is served Wednesdays - Fridays from 5 - 9 p.m.

For more information, call 254-5481.

Sunset at the Sunset Lanai — Get the gang together and relax at the Camp H. M. Smith Sunset Lanai.

After a hectic day, enjoy panoramic views of the Leeward Coast, free pool, darts and free pupus.

The club is open to all ranks Mondays, Wednesdays and Fridays at 4 p.m.

Officers' Club Cyber Forum — Your club is online. All members are encouraged to visit the Officers' Club cyber forum at www.mccshawaii.com. You can voice your questions and concerns, review meeting minutes and the board of directors' decisions.

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 details about any activity or event.

SM&SP Goes Online

Get more on SM&SP at www.MCCSHawaii.com under the "Semper Fitness" icon.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- *At the tennis courts:* You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. - 12 p.m. Call 258-8081 to make your reservations.

- *At the Kaneohe Klipper Golf Course:* Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- *At K-Bay Lanes:* Score with games at \$1.50 each, free shoe rental (Mondays - Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.

- *At the Base Marina:* Enjoy free, unit "Adventure Training" (unit sanctioned) with classes in scuba, power boating, water skiing and much more.

We Got it Goin' On

Have your voice heard. Make a difference. Get involved. The SM&SP is all about that and more. Contact Program Coordinator Leslie Graham regarding SM&SP events.

New ATM brings sigh of relief

Petty Officer 1st Class Arthur Smiley & Seaman Aaron Cortez

Kunia Regional Security Operations Center

KUNIA — A harmonious sigh of relief ricocheted off the walls of "the Tunnel" after the Navy Federal Credit Union officially placed an ATM on base.

"It's about time," became the catch phrase when news of the new machine made its way around the Kunia Regional Security Operations Center.

Jerry Sobrieski, NFCU regional manager, attributed much of the delay to mounds of paperwork and "friendly" politics since the command already possessed a Bank of Hawaii ATM. He said one of the primary issues with establishing an NFCU ATM was the fear of undermining the potential for business with credit unions on Schofield. Yet, the convenience of having fee-free transactions was becoming a must as the number of NFCU members was growing at the KRSOC.

After two years of persistence, Chief Petty Officer Paul Waz worked with Sobrieski on getting the new ATM. According to Waz, many others tried to get the machine, but

Petty Officer 2nd Class Candace C. W. Antwine



Navy Capt. Sandy Brooks, KRSOC commander, cuts the ribbon to the new NFCU ATM, assisted by Jerry Sobrieski, NFCU regional manager.

time constraints and red tape always got in the way.

"Thanks to Chief Waz for sticking with his request for a Navy Federal ATM when everyone was telling him no," said Sobrieski. "Doing that much more is what cut through the red tape. It's that kind of perseverance that gets things done," he said.

Bravo Zulus and a big mahalo went out to

the KRSOC Seabees who smoothly installed a new home for the ATM, in less than a week, said Sobrieski.

The Seabee "can do" spirit has always been greatly appreciated throughout the walls and grounds of the KRSOC. Their diligence, knowledge and professionalism applied to the project made the installation a

Help protect yourself against identity theft

NAPS

Featurettes

You can help protect yourself from identity theft, the fastest growing crime in the U.S. that remains the number one concern among consumers contacting the Federal Trade Commission.

More than 500,000 people are victimized by identity theft each year, according to the Privacy Rights Clearinghouse, and the numbers keep growing.

Identity theft is a crime in which an imposter steals personal information from a victim, such as Social Security and driver's license numbers, to obtain credit, merchandise or services

in the victim's name.

The individual affected by the crime is often left with a damaged credit history and a time-consuming and often complicated task of restoring his or her financial health.

Recovery and Resolution

Up until recently, many of the resources surrounding ID theft have focused solely on how consumers can protect themselves from becoming victims. But, as a result of the continuing increase in ID theft victims, more organizations are developing programs to help those already victimized recover their losses, restore their good credit

and resolve their issues.

Chris Lewis, senior vice president and chief privacy officer with Provident Financial, one of the largest credit card issuers in the U.S., says the responsibility for helping to prevent ID theft lies both with companies and consumers.

"With the ever-increasing concern in the marketplace over ID theft, it is critical that organizations continue to educate consumers on ID theft prevention, offer them choices to strengthen the protection and privacy of their personal information, and provide resources for helping them recover their losses and restore their financial health."

Tips to Prevent Identity Theft

- Don't write your personal identification number (PIN) on your ATM/debit card.

- Don't write your Social Security number and/or credit card number on a check.

- Order copies of your credit report at least once a year from each of the three major credit bureaus, ensuring all of the information is accurate.

- Always thoroughly tear or shred papers containing personal information, such as preapproved credit offers.

- If you suspect your identity has been stolen, call your local police department and the FTC at 1-877-ID-Theft.

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.

The Medallion (PG 13)

Today at 7:15 p.m.

The Order (R)

Today at 9:45 p.m.

My Boss's Daughter (PG 13)

Saturday at 7:15 p.m.

Uptown Girls (PG 13)

Saturday at 9:45 p.m.

Dickie Roberts (PG 13)

Sunday at 3:30 p.m.

The Medallion (PG 13)

Sunday at 7:15 p.m.

My Boss's Daughter (PG 13)

Wednesday at 7:15 p.m.

The Medallion (PG 13)

Thursday at 7:15 p.m.

Jeepeers Creepers 2 (R)

Oct. 17 at 7:15 p.m.

My Boss's Daughter (PG 13)

Oct. 17 at 9:45 p.m.

COMMENTARY

'Forgiveness sets the wounded free'

Chaplain (Lt.)

Daniel M. Klender

Headquarters Bn., MCB Hawaii

A few years ago, on the ABC program "Primetime," reporter John Stossel presented a documentary on forgiveness therapy. Forgiveness therapy is something that is chic among psychologists in redressing debilitating resentments, anger and bitterness that poison the human psyche.

Stossel reported that many psychologists now consider forgiveness to be an effective elixir to heal diseased relationships. I listened to his documentary with rapt interest for three main reasons.

First, as a chaplain and a Christian I have grappled with the issue of forgiveness. Second, as a pastor I teach that forgiveness is a moral necessity for Christians, and third, I listened to the report to discern where the secular community merges with the sacred community.

The Forgiveness Bandwagon

Regarding the latter, it seems that scores are jumping on the forgiveness bandwagon. For various reasons, published psychologists are urging people to forgive those who have wounded them physically, emotionally and/or psychologically.

One such man leading the forgiveness fray is popular television talk show host Dr. Phil McGraw. Dr. Phil places such a premium on forgiveness that he donates an entire chapter to the subject in his book *Life Strategies*.

In another book, *Self Matters*, he likewise urges forgiveness as a means to obtaining personal wholeness. He contends that the bitterness and unresolved anger resulting from "un-forgiveness" is a catalyst for a host of physical maladies.

Dr. Phil's take on forgiveness is that the real value of forgiving does not benefit the offender but the offended. Forgiveness allows the wounded to move on with his or her life to achieve wholeness and happiness.

Lewis Smedes, a Christian psychologist and the author of the book *The Art of Forgiving* concurs with Dr. Phil's assessment. Smedes asserts, "When you forgive someone you release a captive from prison. To your great surprise, the person whom you release is you."

The Forgiveness Paradox

However, in spite of its therapeutic benefits, there is a strange irony attached to forgiveness. That irony is this: Although forgiveness is the quickest path to wholeness and healing, it is often a latecomer in our lives.

In addition, forgiveness also appears to be a paradox to many. It spawns questions like the following:

- What is my spiritual responsibility relative to forgiveness?
- Can I truly forgive someone when I can't forget the offense against me?
- If I forgive them, aren't I endorsing their behavior?
- What if they haven't asked for forgiveness or deserve it?
- If I forgive them, must our

relationship return to where it was before they wronged me?

All of these questions enshroud the issue of forgiveness. Permit me to try to provide some clarity.

The Therapeutic Value of Forgiveness

Firstly, what is the proper biblical response to wrongs committed? In short it is to forgive as God has forgiven us.

In Ephesians 4:32 the Apostle Paul wrote, "Be kind, tenderhearted, forgiving one another even as God for Christ's sake has forgiven you."

For Christians, the bar of forgiveness is raised to the level that God has forgiven us. "But you don't know what this person did to me!" we protest. Such protests are often accompanied by elaborate explanations of unpardonable offenses committed such as adultery, rape, incest, domestic violence, character assassination, etc. As terrible as these things are, the logic is inescapable. If God, for Christ's sake, is willing to forgive our far greater offenses, we should with eagerness and gratitude welling up in our hearts, forgive the far lesser.

Secondly, forgiveness is not forgetfulness. When we forgive, we do not automatically forget the offense or forget it. Period.

Forgiveness means we release the bitterness and refuse to get even with the offending party. We know we have forgiven someone when we no longer talk about the offense or hold it against him or her.

Thirdly, forgiveness is not in any way a validation of the wrong committed against you. It is a refusal to take vengeance against that wrong.

Fourthly, forgiveness does not need to be initiated by the offender but is a transaction that takes place in the heart of the offended. Forgiveness has nothing to do with whether the offender requests or deserves it.

On this score many confuse forgiveness with reconciliation. Reconciliation involves recognition of the wrong by the offender, and a willingness to make amends. Forgiveness, however, does not.

Fifthly, forgiveness does not require that the relationship be the same as before the offense

was committed. In some cases, a change in the relationship is encouraged if it was unhealthy prior to the offense.

In the case of incest or physical abuse, resumption of the former relationship would be dangerous.

Forgiveness is a decidedly difficult task. It is a gift that refuses to be given. Ironically, when the gift is given, the greatest beneficiary is the gift giver.

Do yourself a favor. Improve the quality of your relationships. Give the gift of forgiveness and set yourself free.

Forgive everyone. Forgive immediately.

Life is too short to be confined to the prison of un-forgiveness.

Base Chapel Worship Schedule

Catholic Services

Sunday Mass at 9:30 a.m.
 Holy Days of Obligation at 11:45 a.m. and 6 p.m.
 Daily Mass at 11:45 a.m. (Tuesdays – Fridays)
 Adult Choir Rehearsal at 6 p.m., Tuesdays
 Saturday Mass at 5 p.m.

Protestant Services

Liturgical Worship at 8 a.m., Sundays
 Children's Sunday School at 9:30 a.m.
 Adult Sunday School at 9:30 a.m.
 Contemporary Worship at 11 a.m. Sundays
 Adult Choir Rehearsal at 7 p.m., Tuesdays

For more on Protestant Adult Sunday School, contact Chaplain Thornton at 257-3552, ext. 5.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090, behind Dunkin' Donuts. Religious education programs are held in the adjacent Religious Education Facility in Bldg. 1090.

Contact the Base Chapel at 257-3552.

WORD TO PASS

Special Discount Fares Offered to Support Military's R&R

American Airlines is offering special discount fares to members of the U.S. military who are returning home from duty in Iraq for a well-deserved two weeks of rest and relaxation.

The special discount fares are available to active U.S. military personnel who are on leave for travel between Baltimore/Washington airport and cities throughout the United States, Puerto Rico and the U.S. Virgin Islands on American Airlines, American Eagle and AmericanConnection.

There are no advance purchase requirements and changes are permitted without administrative service fees.

American also continues to offer its "ThAAank You! Military" fares, on sale through Dec. 31, for members of the U.S. military on active duty and their family members. ThAAank You! tickets are available for travel through Feb. 12, 2004.

These nontransferable discount fares must be purchased at an American Airlines ticketing location or a Scheduled Airlines Ticket Office. Passengers must present military identification at the point of sale.

Seats are limited and fares may not be available on all flights or in all markets.

Call 1-817-967-1577 or go to their Web site www.amrcorp.com for more information.

The Bishop Museum Seeks Volunteers

Bishop Museum, Hawaii's museum for natural and cultural history, offers a variety of interesting volunteer opportunities including greeters, special exhibit guides and office assistants.

If you enjoy people or learning new things and would like to volunteer in a dynamic environment, call Volunteer Services at 848-4180.

Bishop Museum Hosts a Mouth-watering "Chocolate" Exhibit

"Chocolate," a nationally traveling exhibit, will take visitors on a historical and interactive excursion of the candies enjoyed around the world at the Bishop Museum, located at 1525 Bernice Street. The exhibit will be on display in the Castle Memorial Building on Oct. 18.

Admission is \$11.95 for military.

For more information, call 847-3511 or surf to www.bishopmuseum.org.

Animal Rescue Needs Support

The Sylvester Foundation Animal Rescue Ranch has been rescuing and providing homes for animals that have been abused, abandoned, or are just in need of a loving place to live out their lives.

The foundation is an all-volunteer organization and a no-kill sanctuary. There is no time limit on an animal's stay at the ranch. If not adopted, the animal spends his life at the ranch.

Consider designating CFC #9195 as your charity in the 2004 campaign. One hundred percent of your donation will go directly to animal welfare.

Contact the foundation by calling 259-0064 or visit their website at www.sylvesteranimals.com.

Craft Fair Opens Saturday

Craft tables full of locally made handcrafts, pony rides, activities and crafts for keiki, balloons, a bouncy house, raffles, plenty of food, and mega-entertain-

ment will be on hand at the Windward United Church of Christ "Family Fall Festival and Craft Fair," Saturday from 9 a.m. till 3 p.m.

Plenty of free parking will be available, and the church thrift store will be open as well.

For more information or to participate as a vendor, call 254-3802 or surf www.KailuaBlue.com/WUCCFallFestival.htm.

Bellows Haunts with 'Boofest,' Oct. 17 - 18

Guests will experience the haunted woods of Bellows on the "Duck of Doom," a narrated ride full of chills and thrills at the Bellows 5th Annual Boofest, Oct. 17 - 18 from 7 - 10 p.m.

Watch for horrifying sights and unspeakable things that might lurk in the night during Boofest. Enjoy mask making, face and hand painting, games, movies and much more. Plus, kids can breath back new life into an old T-shirt by getting it airbrushed with a Halloween theme.

Plenty of gooey treats and a chance to win a two-night stay at the Kilauea Military Camp (with round-trip airfare for two) await you at Boofest.

Presale tickets are available at Hickam's Information, Tickets and Tours (ITT) or Bellows Turtle Cove, through Thursday or while supplies last.

For more information, call 259-4128 or surf www.bellowssafs.com/boo.html.

Windward Mall Spotlights Kids, Fire Safety & Spooks

• *Saturday, 11 a.m. - 4 p.m.:* The 6th Annual Windward Mall Family Festival and Honolulu Fire Department's Fire Prevention Festivities return Saturday at Windward Mall.

Interactive, keiki activities; exciting entertainment; balloon and face-painting fun; bouncers; and more will highlight fire prevention awareness and celebrate October's Children & Youth Month.

Be sure to catch Kapena at 1 p.m. and

the Ronald McDonald Magic Show at 3 p.m. Also, firefighters will jump into action with a simulated rescue and recovery mission, host a keiki-sized fire safety hose and ladder truck, and the Firehouse Band will perform in the Windward Mall parking lot from 11 a.m. to 12:45 p.m.

• *Oct. 25, noon:* Enjoy a spooktacular time at McDonald's Windward Mall's Annual Costume Contest where the entire family can dress in their best and enter to win fabulous prizes. Plus, catch the Spook-o-Rama Party with keiki crafts, a magic show and more.

Entry forms are available at any McDonald's in four categories: 4 years and younger, 5 to 12, 13 and older, and Most Outstanding School Spirit — with three winners in each costume category.

• *Oct. 31, 6 - 8 p.m.:* Don't miss safe trick or treating at Windward Mall, and at 6:30 p.m., check out the fun keiki magic show at center stage. Pick up treats from all participating merchants.

Leeward Hosts Family Craft Fair at College, Oct. 25

The Leeward Community College welcomes all to its 14th Annual Family Fun and Craft Fair, Oct. 25 from 9 a.m. to 2 p.m., where you can begin your holiday shopping and celebrate Hawaii Children & Youth Month.

The craft fair will feature more than 75 vendors of local arts and crafts, a mini Midway of carnival games and crafts for youngsters, and a wide variety of food booths, entertainment and interactive, educational exhibits.

Leeward Community College is located at 96-045 Ala Ike St. in Pearl City. (Or, follow signs on the H-1 freeway.)

Free parking will be available at the craft fair.

For more information, call 455-0527. (Vendors can call 455-0251.)

Hale Koa Readies for Thanksgiving Feasts, Oct. 27

The Hale Koa Hotel offers a variety of

ways to give thanks and celebrate with its "Autumn Harvest Thanksgiving" day events. Prime among them is its elegant dinner from 5 - 9 p.m., Nov. 27.

Make your reservations for Hale Koa's bountiful harvest buffet, starting Oct. 27. Call the Activities Desk at 955-0555, ext. 546, to reserve your seat.

Hale Koa Hotel Lists Events

Fort DeRussy's Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, provides patrons with jam-packed, exciting, relaxing and adventurous activities — whatever your pleasure.

Call the Activities Desk at 955-0555, ext. 546, for more details on these events.

• *Tuesdays:* Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a new Magic in Paradise show.

Your evening starts with a bountiful all-you-can-eat buffet. Then, it's show time with one of Hawaii's hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

• *Daily:* Groups of 20 or more planning to use the park space need to contact Parks & Recreation.

Park rules prohibit stakes, tents and tarps; alcoholic beverages or additional grills; bicycles, skateboards and rollerblades; and animals.

Thrift Store Now Open at Camp H. M. Smith

Patrons are invited to browse and/or make donations to the new Military Spouses' Club Thrift Store, in Bldg. 366 at Camp H. M. Smith.

The store is open for business Mondays, Tuesdays, Thursdays and Fridays from 11 a.m. to 5 p.m.

All items at the thrift store are acquired by consignments and donations.

Proceeds benefit numerous charitable or nonprofit organizations.

ON THE MENU

Anderson Hall will serve the following this week:

Today
Lunch
 Pepper Steak
 Southern Fried Catfish
 Rice Pilaf
 Potatoes Au Gratin
 Sugar Cookies
 Asst. Fruit Pies

Dinner
 Beef Pot Pie
 Roast Turkey
 Paprika Butter Potatoes
 Steamed Rice
 Sugar Cookies
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Pasta Bar

Saturday
Dinner/Brunch
 Baked Lasagna
 Chicken Parmesan
 Pizza Slices
 Garlic Bread
 Marble Cake w/
 Chocolate Icing
 Asst. Fruit Pies

Sunday
Dinner/Brunch
 Barbecue Beef Cubes
 Baked Turkey & Noodles
 Steamed Rice

Monday
Lunch
 Meat Loaf
 Pork Ham Roast
 Steamed Rice
 Mashed Potatoes
 Chocolate Chip Cookies
 Asst. Fruit Pies

Dinner
 Beef Brogul
 Baked Cajun Fish
 Mashed Potatoes
 Steamed Rice
 Chocolate Chip Cookies
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Pasta Bar

Tuesday
Lunch
 Simmered Corned Beef
 w/Mustard Sauce
 Glazed Cornish Hens
 Parsley Buttered Potatoes
 Egg Noodles
 Peanut Butter Cake w/
 Peanut Butter Frosting
 Asst. Fruit Pies

Dinner
 Turkey Pot Pie
 Sweet & Sour Pork
 Steamed Rice
 Parsley Buttered Potatoes
 Peanut Butter Cake w/
 Peanut Butter Frosting
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Taco Bar

Wednesday
Lunch
 Pork Adobo
 Beef Yakisoba
 Steamed Rice
 Pork Fried Rice
 Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Dinner
 Steak Smothered
 w/Onions
 Southern Fried Catfish
 Mashed Potatoes
 Steamed Rice
 Oatmeal Cookies
 Strawberry Shortcake
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Hot Dog

Thursday
Lunch
 Turkey A La King
 Beef Porcupines
 Mashed Potatoes
 Boiled Egg Noodles
 Marble Cake w/
 Chocolate Cream
 Frosting
 Pineapple Cake
 Asst. Fruit Pies

Dinner
 Braised Liver w/Onions
 El Rancho Stew
 Honey Ginger Chicken
 Steamed Rice
 Boiled Egg Noodles
 Marble Cake w/
 Chocolate Cream
 Frosting
 Pineapple Cake
 Asst. Fruit Pies

Specialty Bar
 (Lunch and Dinner)
 Taco Bar



RECIPE CORNER

Fruit smoothies make quick, healthy meals

NAPS
Featurettes

One of the last holdouts against the consumer convenience trend has finally fallen.

That's because the "smoothie," a festive and fruity comfort food treat that's been experiencing a tremendous surge in popularity of late, can now be made easily at home in your own blender with complete smoothie mixes made from real fruit.

Fruit smoothies are a refreshing, nutritious, cool and creamy, healthy snack you can make with delicious flavored mixes such as Strawberry Banana, Peach Mango and Mixed Berry.

Just add water, juice or milk and ice, blend for 60 seconds, and you've made a cold, thick and creamy "smoothie shop" smoothie.

A quick meal when you're on the

go, smoothies are a good source of calcium and vitamin C and can make a great breakfast drink or after-school snack.

Low-calorie smoothies are filling and taste great, too.

To partake of the latest trend, try one, or all, of the below recipes. Combine all ingredients in a blender and process them until smooth.



NAPS

Getting kids to eat fruit can be smooth sailing with delicious, homemade smoothie drinks.

Strawberry Banana Blast
Makes 24 ounces

1 cup pineapple juice
 3 tablespoons
 Strawberry Banana Smoothie Mix
 1 cup fresh strawberries
 1 small banana
 1 1/2 cups ice

Peach Mango Madness
Makes 12 ounces

6 ounces vanilla yogurt
 2 tablespoons Peach Mango Smoothie Mix
 1 banana
 1 1/2 cups ice

Berry Creamsicle
Makes 16 ounces

1 cup vanilla yogurt
 3 tablespoons Mixed Berry Smoothie Mix
 1 cup raspberries
 1 cup ice

QUOTABLE: "Wherever man goes to dwell, his character goes with him." — African proverb

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1971 MGB Classic, limited edition, standard, tan with hardtop. Restored. Asking \$8,500 OBO. Call 262-8789.

1987 Nissan Sentra, needs head gasket. Asking \$150. Call 257-2027 or 261-2349.

1990 Honda Accord, gray, 129K miles, no rust, excellent condition, great ride. Registered through June 2004. Asking \$3,400. Leave message at 557-9526.

1994 GMC Jimmy, four-door, runs great and is in good condition. Asking \$3,500 OBO. Call Patrick at 429-8529.

1997 Chevy Lumina, no A/C, has power windows, locks and steering, and CD player. Also equipped with theft deterrent. Asking \$3,700 OBO. Call Dave at 254-0094.

1999 Ford Windstar SE, A/C, AM/FM/CD/cassette, power everything, 66K miles. Runs great. Asking \$10,000 OBO. Call Jeff at 221-9800.

Bicycles

Giant carbon road bike, asking \$200. Mountain Goat mountain bike. Asking \$150. Call 263-0426.

Appliances

Whirlpool stove, apartment-sized with four burners, in excellent condition. Asking \$200. Call 262-8789.

Yard Sales

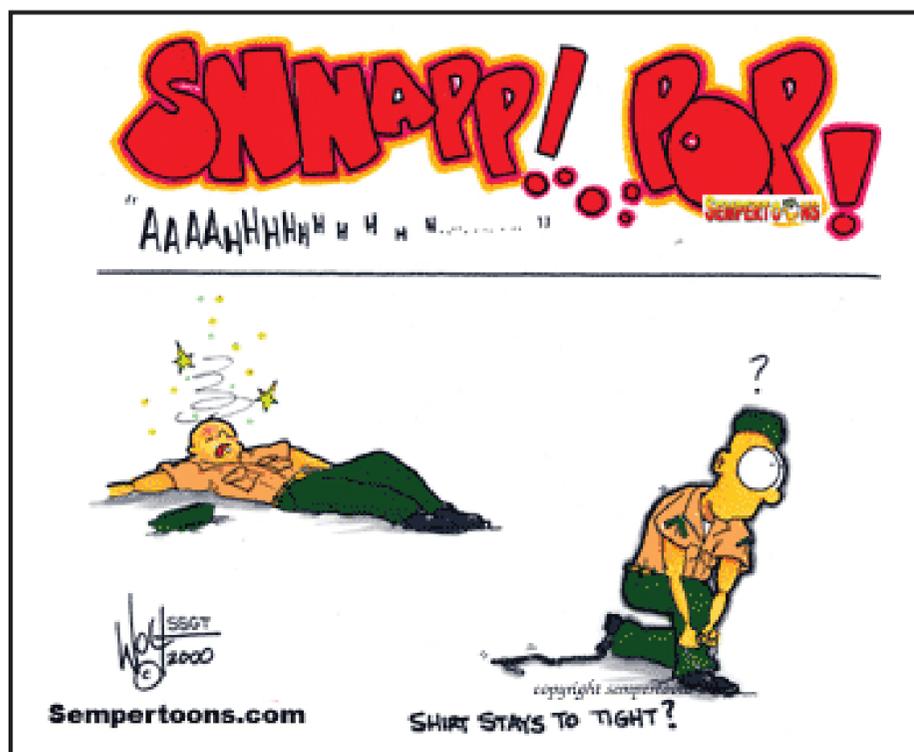
Oct. 18 at 6433-B Ribillia in E8-E9 housing. Open from 6:30 a.m. - 12 p.m. Sofa sleeper, bar stools, swivel rattan chairs and a coffee table. Call 254-0803.

Pets

Male Chihuahua/Terrier named Lucky, born Aug. 30, 2002, tan colored, comes w/all shots. Asking \$150. Call 254-2268.

Miscellaneous

Lot 1: Queen bed w/box spring and frame, \$199; floor lamp, \$15; desk lamp, \$10; four wood TV trays, \$30; 27 inch Sharp TV 8 months old, \$175; kitchen top toaster oven, \$20; crock pot w/separate ceramic pot, \$15; two sets of masks, fins & snorkels, \$20. Prefer to sell Lot 1 for \$450. Also, 15 inch Hyundai monitor, \$125; Canon S520 printer, USB & parallel exc., \$100. View at back gate of MCB Hawaii, Kaneohe Bay, from Tuesday. Leave message at 557-9526.



Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the Hawaii Marine, on a space available basis.

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 Mondays through

Fridays between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads are run on a first-come, first-served basis.

Call the Hawaii Marine at 257-8836 or 257-8837.