



As part of the grand reopening of the Enlisted Club aboard MCB Hawaii, Kaneohe Bay, Vili Fehoko, the professional mascot for the University of Hawaii Warriors, storms out of the newly renovated E'Club.

TRICARE becomes available around-the-clock

TRICARE
Press Release

It's early in the morning, late at night or your day off, and you have questions about the TRICARE program. You would like answers now, but where can you get them anytime?

With your home computer and Internet access, you can now visit the Health Net Federal Services Web site at www.hnfs.net, and get a wealth of information about TRICARE.

At the site, you can find information about TRICARE Prime, Extra and Standard benefits, verify eligibility, determine coverage and limitations, verify reimbursement rates, find a provider and much more.

Choose the "Beneficiary" option, and you'll find the variety of topics to choose from.

The HNFS home page welcomes you with important contact information, vital phone numbers, a glossary of terms, and a comparison of the TRICARE Prime, Extra and Standard benefit options.

The "Benefits" choice links you to the Prime Member Handbook, benefits and coverage charts for all programs, behavioral health services, pharmacy information and more.

If you need to locate a physician, specialist, behavioral health provider or pharmacy, check out the "Provider Directory" link. The directory system is updated weekly.

"Enrollment" links you to TRICARE Prime enrollment information (including enrolling your newborn) and other enrollment related forms.

Have a question about a claim? Use the "Claims" link to access claims information or the appeal process.

The "Healthy Living" link is your health education resource and provides information on preventive care services and benefits. Included are newsletters and magazines with tips on diet and other current health topics.

The "News" link provides Hot Topics/Current Events and the latest TRICARE program change information, news releases and regional TRICARE briefing and event schedules.

There's also a special section called "Program Resources" with information linked to the Uniformed Services, Military Associations, Government Health Services, and Legislative Services.

Get your info anytime.

'HELE MEI HOOHIWAHIWA'

E'Club state of the art renovation complete

Story and Photos by
Pfc. Monroe F. Seigle
Combat Correspondent

How does enjoying great tasting food, fresh off the grill, at some of the best prices in town, while watching your favorite sports team in action on a big screen TV sound?

All this and more is now available at the Enlisted Club aboard MCB Hawaii, Kaneohe Bay.

After 13 months of construction, the \$1.6 million Kahuna Sports Bar and Grill opened its doors for business Oct. 9.

"The Enlisted Club is dedicated to providing excellent service and products to all enlisted members," said Randy Brunett, general manager of the Enlisted Club. "We offer a dining room and a menu with a variety of specials to include 25-cent hot wings, 20-ounce T-bone steaks, fresh fish and pasta."

The design of the Enlisted Club includes a Hawaiian-themed bar. Several items of signed sports memorabilia cover the wall in the dining area along with the big screen TVs.

An open-air patio provides a full view to the spacious dance floor inside.

"I had a great time [at the Enlisted Club], said Lance Cpl. Brian Huddleston, a rifleman for Bravo Co., 1st Bn., 3rd Marines. "It's great to have a place to hang out and have a good time without walking distance on base."

Not only does the club offer great food, it also offers a variety of entertainment to include a mechanical bull.

"Monday Night Football" is projected on two 50-inch flat screen TVs, along with live music.

"We are here to provide the best quality entertainment for Marines, Sailors, soldiers and their sponsored guests, in a safe and friendly atmosphere," said

Brunett. "We are the top sports bar in Hawaii as far as TVs and available entertainment."

The Enlisted Club is open Mondays, Tuesdays, Thursdays and Fridays, from 5:30 p.m. until 1 a.m.; Wednesdays from 5:30 p.m. until 3 a.m.; and Saturdays and Sundays from 7 a.m. until 3 a.m.

Dress is casual attire in accordance with Marine Corps regulations.

If you're looking for a great place to relax and meet people, it's all right here in your own backyard.

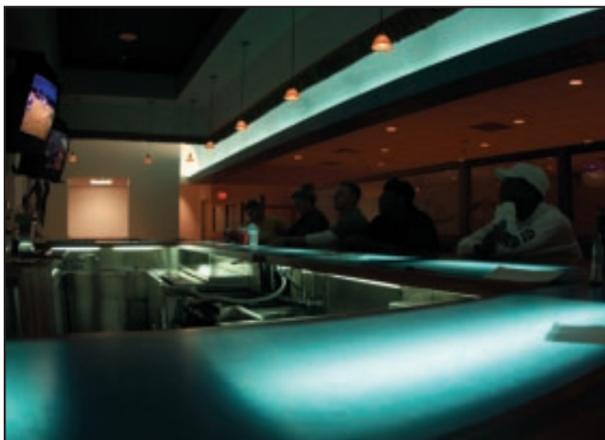
Come check out the daily specials, and enjoy some great food at low prices in the new and improved Enlisted Club.



Three Marines enjoy some great tasting food at the Kahuna Sports Bar and Grill aboard Marine Corps Base Hawaii, Kaneohe Bay.



Several Marines enjoy the Hawaiian-themed scenery at the Kahuna Sports Bar and Grill while watching a football game on the big screen TV.



A neon blue bar top lights up the night at the Kahuna Sports Bar and Grill as several Marines cheer on their favorite football team while watching the game on a big screen TV.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

OCTOBER

18 / Today

Creepy Creation Art Contest — The Base Theater invites all ghouls and goblins ages 3 – 12 years old to creatively embellish a Halloween illustration for free movies, popcorn and soda. Pick up Creepy Creation Art Contest entry forms at the Base Theater.

The three creepy categories are ages 3 – 5, 6 – 8 and 9 – 12. Each age group will have a unique Halloween illustration.

Creepy Creation Art submissions must be turned in to the Base Theater, Bldg. 244, no later than Wednesday. Winners will be announced on Oct. 30 at the Base Theater, just before the Halloween movie at 7:15 p.m.

For more information, call 254-7641.

Information, Ticket & Tours Offers Special Discounts — ITT is now offering the Entertainment Book 2003 for only \$30. These comprehensive

books contain a myriad of coupons and discounts to Hawaii's most sought-after restaurants and island events.

In addition, ITT has just slashed the already low prices of Paradise Cove Luau tickets. Now through Dec. 15, patrons may bring family and friends to experience Polynesian excitement and still keep a little green in the wallet.

Entertainment books and Paradise Cove Luau tickets are available at both the Mokapu Mall (254-7563) and Camp H.M. Smith (477-5143) ITT locations.

19 / Saturday

Hot Country Nights — Every Wednesday and Saturday night, guests of the E'Club don't have to take any bull or pay a cover charge. Hot Country Nights will feature a live country & western band or a country disc jockey, plus the only mechanical bull on the island.

Members of the Armed Services may try to tame the bull for only \$5 for two rides.

For those gifted in rodeo-riding techniques, the bull riding contest "The Buck-Out," sponsored by Ala Moana Shopping Center's western apparel shop "Out of the West" kicks off at the Enlisted Club every Wednesday night from 9:30 – 10 p.m.

The entry fee is \$10 for two rides. Contestants must stay on the bull for at least one eight-second count. "Buck-Out" weekly winners will advance to the final round in December, where competitors have a

chance to win \$2,000 in cash and prizes.

For more information, call the E'Club at 254-7660.

21 / Monday

Double Coupon Day — Sort through your junk drawer and organize the coupons because during "Money Monday" you'll save twice as much all day at both the Main Exchange's Plantation Store (254-3890) and at the Exchange Annex's Wiki Wiki Market (254-7587).

Cash in on the savings before your coupons expire.

22 / Tuesday

Key Volunteer Training — If you're a military spouse who would like to get more involved within the military lifestyle, has some extra time and is good with people, becoming a Key Volunteer may be for you.

As a liaison between the command and family members, Key Volunteers attend a three-day workshop to learn the details of chain-of-command information, military resources and more.

The next KV session is Tuesday – Thursday in the KV Center, Bldg. 3022, from 8:30 a.m. – noon.

For more Key Volunteer information, contact Key Volunteer Coordinator Toni Spofford at 257-2410.

L.I.N.K.S. — Lifestyles, Information, Networking & Knowledge Skills. The military seems to have acronyms for

everything, which can be challenging for a spouse to decipher.

Now military spouses don't have to figure this enigma lifestyle on their own; they have L.I.N.K.S.

This three-day adventure introduces military spouses to seasoned spouses who have many stories and resources to share, as well as information on daily living while in the military.

The next L.I.N.K.S. session is set for Tuesday – Thursday in the L.I.N.K.S. House, Bldg. 3074, from 9 a.m. – 12:30 p.m.

Reservations are recommended. Call 257-2368.

25 / Friday

Adventure Night for Mom's & Dad's – With life as busy as it is, when was the last time you and your spouse enjoyed an evening out?

Parents whose children are members of Youth Activities may now take advantage of "Adventure Nights." Youth Activities will supervise your little ones from ages 5 – 9 years old, from 5 – 9 p.m. every last Friday of the month for only \$8.

Reservations must be made in advance as spaces are limited.

You and your spouse can hit the town, while your keiki are under the guidance of supervised, trained staff and enjoying crafts and snacks.

For more information, call YA at 254-7610.

Haute Halloween Hair — Create a horrific hairstyle with

bold colors, just in time for Halloween.

Starcuts is offering \$5 off any vibrant hair color from Oct. 25 – 31. All clients will also receive 10 percent off any temporary color product.

Starcuts is located in the Mokapu Mall shopping center. Appointments and walk-ins are welcome. For additional details, call 254-6585.

29 / Tuesday

Spooky Tales & Treats — It's time for the keiki to get creepy and attend the Base Library's "Spooky Tales & Treats," a Halloween celebration on Oct. 29 from 6 – 7 p.m.

All children are encouraged to dress in their costumes as Halloween stories are read, ghoulish crafts are assembled and taunting treats are devoured.

The Base Library is located in Bldg. 219.

For more daunting details, call 254-7624.

30 / Wednesday

Monster Manor — Youth Activities hosts "terror-ific" fun during the annual Haunted House at the Teen Center, Bldg. 477, from 6:30 – 8 p.m.

Ghouls four years and under can get in free. Goblins five years and up are \$2, and Youth Activity members showing membership cards are free.

All keiki may don their spookiest costumes. For more taunting tales, call 254-7611.

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 information on any program or activity.

Program Review

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Saturday: Get outdoors to Kualoa Ranch for horseback riding and a secret beach excursion, all for only \$48 per person.

Nov. 9: Mark your calendar to enjoy the Barefoot Splash Snorkel Cruise at \$30 per person.

Nov. 27: You won't want to miss the Holiday Base Thanksgiving Dinner Party for single, active duty personnel, only. Volunteers are needed.

Dec. 7: Don't forget to take advantage of Santa's Village at the Enlisted Club. Volunteers are also needed to support this event. Call 254-7593.

(Transportation is provided for all above mentioned events.)

SM&SP Benefits

Have your voice heard. Make a difference. Get involved. Grow. Have a blast.

The SM&SP is about all that and more. Program Coordinator Leslie Graham is here for you. Give her a call or stop by the SM&SP office.

Fire safety begs yearlong vigilance

NAPS
Featurettes

Take this pop quiz:

Are you at greater risk from fire in:

- A high-rise hotel
- A house
- An elementary school

If you answered (a), you're mistaken. High-rise hotels are among the safest structures when it comes to fires because they typically have advanced built-in fire protection features such as smoke detectors and fire sprinklers in every room.

If you answered (c), we got you again. Only about one percent of U.S. structure fires occur in educational properties.

The answer is (b). You are at greatest risk from fire in your own home. In fact, eight out of 10 fire deaths in the United States take place where most of us feel safest. Although that's alarming, according to the nonprofit National Fire Protection Association, you need not fall victim to fire.

"There are three simple steps that everyone can take to make their home safer," says Meri-K Appy, NFPA's vice president for public education. "The steps are easy, but the trick is to convince people that fire isn't someone else's problem. The 'Team Up for Fire Safety' Fire

Prevention Week campaign is a good reminder of that message, and a way to motivate people to take these simple yet life-saving steps."

Essential Safety Steps

According to NFPA, every household should have working smoke alarms on each level of the home, and outside each sleeping area.

- Test alarms at least once a month and replace batteries at least once a year.

- Replace smoke alarms that are 10 years old or older.

- Develop and physically practice a home fire drill with all occupants at least twice a year.

- Identify two ways out of each room and choose a meeting place outside where you will wait for the fire department.

- Regularly conduct a hunt for home safety hazards.

- Search for dangers such as fireplaces without screens, unattended candles or over-flowing ashtrays, and correct the hazards immediately.

- Log on to the official FPW Web site, for free, downloadable safety tips and activities: www.firepreventionweek.org.

"Team Up for Fire Safety" was the theme for October's Fire Prevention Week. The celebration is in its 80th year of commemoration.



NAPS

Fire Prevention Week and an accompanying poster are formally proclaimed by the president of the U. S. each year, and officially sponsored by the nonprofit National Fire Protection Association. National partners in the campaign include Federal Emergency Management Agency's U. S. Fire Administration, the Home Safety Council, and Underwriters Laboratories, Inc., with generous support from First Alert. Local partnerships include the nation's first responders, other community safety advocates and schools. For more safety information, visit www.FirePreventionWeek.org.

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.

Blue Crush (PG13)
Spy Kids 2 (PG)
S1mOne (PG13)
Serving Sara (PG13)
Spy Kids 2 (PG)
*Catch the free sneak preview of:
*Ghost Ship (Not Yet Rated)
Serving Sara (PG13)
Swim Fan (PG 13)
S1mOne (PG13)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 3:30 p.m.

Sunday at 7:15 p.m.
Wednesday at 7:15 p.m.
Oct. 25 at 7:15 p.m.
Oct. 25 at 9:45 p.m.

Keiki Halloween Contest: Be sure to read about the "Creepy Creation Art Contest" for keiki in the "Possibilities" column above. Get your entry forms at the base theater.

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

From a man's point of view,
reaching the 11th hour of pregnancy
really puts into perspective

The Miracle of Life

Cpl. Luis R. Agostini
Marine Forces Pacific

Well, this is it.

With less than five weeks left in the nine-month ride, our little boy is just about ready to make his debut on planet Earth.

Up to this point, it still hadn't hit me that not only am I going to bring in a child to this world, but also I'll be responsible for him throughout my lifetime.

Or at least until he leaves the house.

However, with the help of several Marine Corps-sponsored programs, I'm slowly, but surely, getting prepared to step up to my parental responsibilities.

Getting initial education

In an effort to prepare ourselves financially and paternally for our new child, we finally enrolled in the Special Supplemental Nutrition Program for Women, Infants and Children, and attended two programs sponsored by the New Parent Support Program at MCB Hawaii, Kaneohe Bay.

Hawaii's WIC is a federally funded program that provides Hawaii residents with supplemental food, nutrition education, breastfeeding promotion and health and social service referrals.

Participants are women who meet income guidelines and who are either pregnant, breastfeeding or experiencing postpartum symptoms.

Women with children under the age of five who have a medical or nutritional risk are also eligible to receive benefits.

Planning for crises

While I was away late-August (at Ulchi Focus Lens 2002), my wife attended the baby budgeting class on K-Bay. Along with financial advice, she received a goody bag filled with baby gear. However, one area that financial advisors may want to cover is budgeting for on-the-spot crises or major family investments.

In the span of two weeks, we had to cough up \$1,870 and take out an \$11,000-plus loan due to car failure and the need to purchase a new vehicle.

Car repair, maintenance, failure, etc., is almost a staple in life, along with death and taxes. I know that I'll stumble upon similar roadblocks in the future, so how do I factor in an emergency budget along with an extra mouth to feed?

I better pick up sergeant soon!

Getting details, details, details

On Oct. 1 and 2, we enlisted in "Daddy's Baby Boot Camp/Mom's Basic



Sgt. Robert Carlson

Corporal Luis R. Agostini and his wife Mhelissa practice relaxation techniques for labor during the recent Dad's Basic Training and Mom's Boot Camp class offered by the Personal Services department of Marine Corps Community Services.

Thinking way too far ahead

Extensive media coverage on child discipline has raised many questions on the disciplinary measures that parents can take with their children.

With all of the eyes on parents today, one must take caution in the way he raises his child.

I bring this controversial issue up mainly because it makes me think of how do we, as parents, plan on disciplining our child.

Do we send him to his room for "time out," where he can watch television and read comic books while he serves his time? Do we chew him a new one, severely admonishing him to tears? Do we "spank" him and send him to his room without dinner?

Or, to take an alternative approach, do we sit him down, explain to him what he did wrong, why it was wrong, allow him to ask questions or make comments, and end it on a positive note? Hey, that kind of resembles my last counseling.

I'm sure we have several years until we reach the dilemma of discipline. Until then, we'll just sit tight and get ready to enjoy the miracle of life that we've created. *(Editor's Note: This is the fourth in a series of articles chronicling Agostini's adventures. Stay tuned for birth!)*

Training," a two-day course on child birth and infant care.

On the first day, expecting couples were taught the basics of third-trimester pregnancy.

The instructors, certified professionals in the fields of nursing, social work and physical therapy, introduced us soon-to-be parents to the anatomy of a pregnant woman, stages of labor, methods of pain reduction during labor, the father's role as a coach during labor, and massages.

Massages? I think this was just a ploy to pamper the child-bearing women.

Hey, with all that they've endured to this point, they deserve it.

The next daylong session was on infant care. Topics covered were postpartum symptoms, bathing, exercising safely at home and proper installation of a child car seat.

WORD TO PASS

Water Quality Contest Announced

The City and County of Honolulu, in partnership with Protect the Planet, a nonprofit environmental organization, announces its Water Quality Contest, an annual questionnaire about nonpoint source pollution.

The contest is open to all Hawaii residents over the age of 14, and forms are available at Satellite City Halls, parks, the Honolulu Zoo and online at www.CleanWaterHonolulu.com. Prizes will be awarded.

Entrants must answer all questions on the contest form and submit them online or by mail, no later than Oct. 31.

Hawaii Opera Hosts Border's Fun

Try something new by catching Opera Day at the Ward Centre Border's, Saturday. The free event will feature opera performances, hands-on children's activities and prize giveaways.

Call 596-7372 for more details.

Candidate Forum Announced

Sixteen board of education candidates will debate at the University of Hawaii's School of Architecture auditorium, Thursday from 5:30 - 7:30 p.m. Free parking is available in Lot 2.

Call 545-4314 for more information.

FBI Recruits Agents

If you're interested in a career with the FBI as a special agent, attend the hour-long FBI Seminar, Oct. 25 at the Hickam Family Support Center, Bldg. 1105, at 10 a.m. Or, catch the seminar Oct. 28 at Pearl Harbor's Family Services Center, Bldg. 193, at 10:30 a.m.

Call 449-2494 for more details.

Leeward Hosts Craft Fair

Leeward Community College invites the public to attend its 13th Annual Family Fun & Craft Fair, Oct. 26 from 9 a.m. to 2 p.m. The campus is located at 96-045 Ala 'Ike in Pearl City.

The fair will feature a wide variety of hands-on, interactive, educational activities for the entire family, as well as more than 50 vendors of local arts and crafts, plants, a mini carnival and ono food booths.

Admission and parking will be free. Call 455-0416 for more details.

Hale Koa Seeks Contestants

On Halloween, mask yourself for competition in the annual costume contest and karaoke at the Hale Koa Hotel's Warriors Lounge.

Prizes will be awarded for the scariest and most original costume, with a \$100 first place cash prize to the best costume overall.

Register by 8:30 p.m. for the 9 p.m. contest. Karaoke starts at 6 p.m. for \$1.

Hale Koa Hosts Blood Drive

Give the gift of life this Halloween and donate blood. The Blood Bank of Hawaii will conduct the Hale Koa Hotel's annual blood drive Oct. 28 from 9 a.m. to 2 p.m.

To donate, you should be in good health, weigh 110 pounds or more, be 18 years or older and not have donated blood in the last eight weeks.

For more details, call 955-9424.

VFW Sponsors Two Scholarships

Hawaii's Veterans of Foreign Wars and its Ladies Auxiliary are hosting their an-

nual Voice of Democracy Youth Scholarship competition, now through Nov. 30.

This scholarship is designed to give high school students in grades 9 - 12 the opportunity to voice their opinion on their responsibility to America, using as a theme "Freedom's Obligation."

Winners are first selected at the school level, then the top Hawaii school district winner will receive a trip to Washington, D.C., in March 2003; at least a \$1,000 scholarship; and the chance to compete for a \$25,000 scholarship.

The VFW/AUX is also sponsoring the National Patriot's Pen Program for 7th and 8th graders. This year's theme is "My Pledge to America," and the entry deadline is Dec. 1.

Winners will first be selected at the school level, then the top Hawaii school district winner will receive a cash prize. Only one national winner will receive a trip to Washington, D.C., in March 2003, and the \$10,000 savings bond prize.

For more details on either of these contests, contact Nicholas Young, state commander, at 541-1709 or visit the Web site www.vfw.org/vod.

Windward Mall Opens Haunts

•Spooky's Halloween Town, a costume retailer at the Windward Mall, has teamed up with Mothers Against Drunk Driving to sponsor "Halloween Horrors," which opens today at the mall.

The courageous will experience the creepy collage of Halloween sights, intermingled with spine-tingling eerie sound effects, through Nov. 3.

This Haunted House is located in the upper level of Windward Mall, between The Gap and Suncoast Motion Pictures. Cost is \$6 for adults, \$4 for keiki.

Call 239-1956 for more details.

•Participate in the Windward Mall McDonald's Annual Costume Contest, Oct. 26 from 10 a.m. to 3 p.m. Entry forms are available at any McDonald's location in three categories: toddlers (4 years and younger), kids (5 - 12 years) and teens to adults (13 years and older).

Categories include Most Creative and Best Fictional Character for kids, and Most Spookiest, Most Creative and Best Fictional Character for teens and adults. The top two winners in each costume category will compete in finals for their age category.

•Also catch the "Halloween Celebration," Oct. 26 from 10 a.m. to 3 p.m. There will be keiki jumpers, keiki crafts, clown shows, balloons and more. Halloween night, Oct. 31, collect sweet treats and no tricks during "Windward Mall Merchants Safe Trick or Treating," from 6 - 8 p.m.

At 6:30 p.m. enjoy the a keiki magic show on Center Stage and bring a camera for Halloween photo sessions at the Spooktacular Halloween display.

For more details on any above Windward Mall event, call Nancy Bush at 235-1143.

NMCRS Gives Aid

The Navy-Marine Corps Relief Society is available to assist service members and their families with financial emergencies.

To inquire, 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.

WTP Receives Faxes

Fax your Word to Pass items to 257-2511, two weeks prior to your event.

DOMESTIC VIOLENCE PREVENTION MONTH

Emotional, physical and sexual abuse *can* be prevented**Family Advocacy Program***Press Release*

What image is projected when the phrase “domestic violence” or “spousal abuse” is mentioned?

Many people have an image of someone with black eyes, of someone who has bruises, broken bones or other physical injuries, or of someone who needs to go to the emergency room. However, domestic abuse encompasses a whole range of ways of controlling and hurting without leaving physical marks. You may think you are not an

abusive person or that put-downs, threats and intimidation or pushing, grabbing and slapping aren’t enough to hurt someone. But what matters is how your words or actions affect you partner, not about how you think your actions are affecting your partner.

Think about how you are being treated and how you treat your partner.

Ask yourself some questions, and try your hand at the following domestic violence quiz.

Take this quiz:

- Has my partner told me that words I utter or actions I

take hurt him or her?

- Has my partner asked me to stop those hurtful words or actions?

- Have I ever used force of threats to make my partner do something that he or she didn’t want to do?

- Have I ever used force or threats to prevent my partner from doing something he or she wanted to do?

- Has my partner complained that I have pressured him or her into unwanted sexual activities?

- Has my partner complained that I control or dominate his or her life in unwanted ways?

Review “Yes” answers:

If you answered “yes” to any

of the questions, you are probably engaging in a form of abuse — emotional, physical and/or sexual — against your partner. It does not mean you are a bad person, but it does mean you must stop your abusive behavior.

Get help:

- Stop your abusive words and actions.

- Admit your abusive behavior to yourself and others.

- Talk about what you have done and be willing to face the consequences.

- If you want to change your behavior, call Counseling Services at 257-7780 for information on classes and work-

shops that can help.

- You can also stop by any of the displays at the Mokapu Mall shopping center, the Child Development Center, or at the Base Library to get information on prevention and resources.

Make a difference:

Stopping abusive behavior may not be easy for you, but think of the difference it could make for your partner, your family and yourself.

(Editor’s Note: October is Domestic Violence Prevention Month. The theme this year is “It’s Your Business.” The Family Advocacy Program can help you get information on resources at 257-7780 or 257-7781.)

Marine Makepono

“HAWAIIAN FOR “MARINE BARGAINS”

Vehicles

1990 Volvo 740GL sedan, AT, power, AM/FM cassette, leather, sunroof, newer & ice cold AC, new transmission, great & safe family car, 94K. Only \$5,200 OBO. Call 386-9407 (cell).

1976 Triumph TR6, right hand drive, fuel injection, electronic ignition, burly walnut dash, walnut steering wheel, \$10,000. Leave a message at 237-1234.

1969 Rolls Royce, Silver Shadow, leather power seats, power windows, hydraulic powered suspension, salon mirrors, \$12,000. Interested buyers, leave a message at 237-1234.

Motorcycles

2000 Suzuki GSX-R 750, 2200K, garage kept, custom bike w/cover, plus extra parts. Must sell, \$9,000 OBO. Call 235-4463.

1985 Harley Davidson

Electric Glide Classic, half shovel, half evolution, forerunner of Road King, with gangster whitewalls, \$11,000. Leave a message at 237-1234.

Boats

199 Pontoon Boat, Johnson 90 hours motor, galvanized trailer, new bottom paint, CD and radio, excellent condition. Only \$11,500. Call 220-5609 or 253-0424.

Miscellaneous

BF Goodrich tire wheels, bolt pattern, 4x100, crown gold chrome, spoked, rims with 155/50 R15, \$550. Call 358-5307.

Wanted

Above-ground pool, at least 4 feet deep; Little Tykes painting and chalk easel; tricycle; Barbie things; and a “Play Kitchen.” Call 386-9407.

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, if space is available for ads.

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 - 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.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis.

On the Menu

Anderson Hall will prepare the following this week:

Today

Lunch

Seafood Platter
Fried Fish Nuggets
Fried Shrimp
Fried Scallops
Breaded Oysters
Lasagna
Baked Ravioli
Macaroni and Cheese
Chewy Nut Bar
Yellow Cake Layer w/Butter Cream Frosting
Asst. Fruit Pies

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Layer Cake w/Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Saturday

Dinner/Brunch

Herbed Rock Cornish Hen
Grilled Strip Loin Steak
Rice Pilaf
Mashed Potatoes
Asst. Fruit Pies
Chocolate Chip Cookies

Sunday

Dinner/Brunch

Yankee Pot Roast
Baked Ham
Mashed Potatoes

Candied Sweet Potatoes
Chocolate Layer Cake w/Chocolate Cream Frosting
Asst. Fruit Pies

Monday

Lunch

Meatloaf
Creole Pork Chops
Mashed Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies
Chocolate Chip Cookies

Dinner

Baked Turkey and Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Asst. Fruit Pies
Chocolate Chip Cookies

Specialty Bar

(For Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Roll
Steamed Rice
Pork Fried Rice
Asst. Fruit Pie
Chocolate Pudding

Dinner

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

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch

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

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

Chicken Vega
Simmered Corned Beef
Parsley Butter Potatoes
Steamed Rice
Apple Pie
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar



Frightfully fun treats make Halloween tasty

NAPS

Featurettes

Halloween is the holiday that most indulges the imagination and invites the outrageous. Best of all, it's not just for kids anymore; it has become a family holiday, when parents and children spend time together carving pumpkins, creating costumes and planning delicious party fare.

Of course, one of the more enjoyable parts of Halloween is the food. Try some of these devilish dishes to scare up some excitement and have a spook-tacular holiday.

Spooky Eyeball Tacos

- 1 lb. ground beef
- 1 10-1/2 oz. taco dinner package
- Shredded lettuce
- Chopped tomatoes
- Sour cream

Mix meat and seasoning mix. Shape into 36 (1-inch) balls; place in 13 x 9-inch baking dish.

Bake at 350°F for 15 to 20 minutes or until cooked through.

Fill each of 12 taco shells with 1 meatball, taco sauce, lettuce and tomato. Top with two additional meatballs dipped in sour cream.

Garnish with sliced pitted ripe olives to create "eyes."

Graveyard Ghosts Cups

- 1 16 oz. pkg. Oreos
- 3-1/2 cups cold milk
- 2 pkgs. Jell-O Chocolate Flavor Instant Pudding & Pie Filling
- 1 12 oz. tub Cool Whip
- Candies, such as candy corn or jelly beans

Crush cookies in zipper-style plastic bag.

Pour cold milk in large bowl. Add pudding mixes.



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Halloween parfaits are tasty.

Beat with wire whisk two minutes. Gently stir in 3 cups of the whipped topping and a half cup of the crushed cookies.

Layer pudding mixture, remaining crushed cookies and candies in small glasses or clear plastic cups.

Decorate as desired. Refrigerate until ready to serve.

Halloween Parfait

- 3 boxes instant vanilla



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Graveyard Ghosts Cups are a delightful Halloween treat.

- pudding (for 12 one-half cup servings)
- 1 teaspoon red food coloring
- 3/4 teaspoon yellow food-coloring
- 1 9-ounce package plain chocolate wafers
- 6 cups milk

Chocolate syrup to taste

- 1 8-ounce can of mandarin oranges, drained

Combine pudding mix and milk in large bowl as directed on the package.

Refrigerate the pudding until firm.

Crush chocolate wafers into crumbs, using a food processor, or put the wafers into a zip-lock bag and crush with a rolling pin.

Combine red and yellow food coloring in a small bowl. Stir into pudding thoroughly, until pudding is orange.

Layer pudding with two layers of chocolate crumbs in a parfait cup or glass. Top each layer of crumbs with chocolate syrup to taste before adding the next pudding layer.

Top each parfait with mandarin oranges and additional chocolate wafer crumbs.

Makes eight 8-ounce servings.