



Chinatown

A stroll through Chinatown reveals succulent delights and exotic wonders

Story and Photos by
Kristin Herrick
Staff Writer

HONOLULU — The promise of open air markets, exotic eats and affordable goods draws people to Honolulu's Chinatown, but the excitement and old-world feel keeps them coming back time after time.

The district commonly described as Chinatown lies in the square created by Beretania Street, River Street, Nimitz Highway and Bethel Street. As the name suggests, the area is predominantly of Chinese influence, but Thai, Vietnamese, Filipino and Japanese cultures are represented as well.

Just walking into one of the many markets will transport you to a street in Hong Kong where vendors are selling anything from diamond rings to succulent pig heads to samurai swords to dried seahorses. A wide variety of wares and all you could possibly need to create a delicious Asian dish can be found in Chinatown. Let your nose guide you and you will have no problem discovering exotic fruits, vegetables and seafood around every corner.

"I come to Chinatown for the food," Samantha Gray of Honolulu said. "You can get fresh ingredients to make a meal at home or eat here at one of the great restaurants."

If you do get a hunger pain while exploring Chinatown (and even if you don't), many inexpensive yet delicious places to visit can be found. You might want to try dim sum, where typically the dining experience is as enjoyable as the food. Hostesses make their rounds through the restaurant, pushing carts of traditional Asian dishes, allowing visitors to simply choose different courses to compile the meal. This is fun with a larger group that allows you to order many different choices and sample them all.

Your best bet for tasty dim sum is Legends Seafood Restaurant in the Chinese Cultural Plaza along the River Street Mall.

There is a wide array of other cuisine to try while in Chinatown such as a bowl of pho soup at a Vietnamese restaurant, or barbecued spareribs and roast duck at the Maunakea Marketplace.



Chinatown regulars gather to talk story and catch up on the latest news. In the shop behind, a tourist rummages through goods to find the perfect souvenir.

While food is a focal point of Chinatown, many other ways to experience the Asian culture are not far away.

A walk along River Street is perfect for taking in some Chinese history. As you stroll mauka bound you will pass the statue of Sun Yat-sen, a Chinese revolutionary leader who attended school in Honolulu.

A little further and to your left you will see the Izumo Taisha Shrine, built in 1923 by Japanese immigrants. People come here for good luck and spiritual cleansing.

To the right stands the ornate exterior of the Lum Sai Ho Tong Taoist temple, where only members are allowed to enter. You can, however, get a glimpse inside Chinese religion by visiting the Kuan Yin Temple just another block down the street. Here you will encounter many of the sights and smells of the Buddhist faith. Statues large and small occupy several rooms of the temple and the fragrance of incense fills the air. It is a very tranquil place to spend a few minutes to escape the hustle and bustle of the heart of downtown.

When you've finished sampling Asian delicacies and exploring Buddhist temples, you may want to get some shopping in before you leave Chinatown — overflowing with many shops to choose from and such a variety of items in each one. You can make one stop and get it all or easily spend all day searching for that perfect souvenir.

Common items that can be bought from Chinatown vendors are fresh and prepared foods, jade jewelry, bamboo plants, clothing and fresh leis.

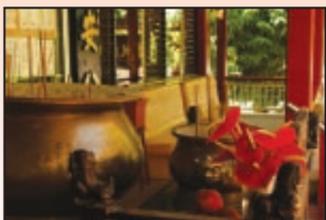
Suffering from ailments? You may want to visit one of the many acupunc-



Above — Ferocious lions guard the entrance to the Maunakea Marketplace. Right — A memorial greets visitors as they enter Chinatown from the west.



The Kuan Yin Temple, located on Vineyard Blvd., draws the faithful and the curious alike. Kuan Yin is the Bodhisattva of Mercy and Compassion and one of the most widely worshiped and beloved goddesses.



Offerings of incense and fresh fruit and flowers are placed on alters inside and outside. The interior is ornate and contains statues of Kuan Yin and other Buddhist deities.



One of the draws of dim sum is selecting the right delicacy among the numerous small dishes that are served from passing carts.

turists or herbalists scattered throughout Chinatown to help balance your yin and yang energies using a variety of ancient techniques and medicines.

If you don't feel comfortable venturing out to Chinatown on your own, several organized tours are available. The Chinese Chamber of Commerce (42 N. King St.) hosts walking tours Tuesdays from 9:30 a.m. to noon and the Hawaii Heritage Center (1168 Smith St.) offers tours Monday - Friday at 10



a.m. The cost for each is \$5.

Whether you take a tour of Chinatown or just wander around taking in the sights, you're guaranteed to find something to satisfy your taste.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

OCTOBER

24 / Today

Battle of the Bands — Kahuna's and Star 101.9 present "Battle of the Bands" where you can listen to up-and-coming Hawaii talent. You never know whom you might see on the top of the national charts, so see them before they're hot!

Half-priced pupus will be served from 4:30 - 6 p.m., and live entertainment will help ease you into the weekend.

Halloween Haunted Houses — It will be four freaky nights of ghosts and goblins at the Youth Activities and Headquarters Bn. haunted houses, running today and Saturday in the Youth Community Center, Bldg. 5082 from 6:30- 8:30 p.m. and in Bldg. 1391 (behind the 7-Day Store) on Thursday and Oct. 31 from 7 - 10 p.m.

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.

For more spooktacular information, call 257-7610.

25 / Saturday

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

For more story time information, call 254-7624.

28 / Tuesday

Key Volunteer Training — The Key Volunteer Network invites you to become a part of the communication link for your command. Join Misty Stelly, Key Volunteer program manager, in a three-day training session from 5:30 - 9 p.m. in the Key Volunteer Center, Bldg. 3022.

30 / Thursday

Kahuna's Karaoke Contest — Check out the third round of Kahuna's Sports Bar & Grill's karaoke preliminaries, and find out who will go to the finals on Nov. 6.

Contestants will be judged on stage presence, knowledge of song and vocal talent.

For more contest information, call 254-7660.

31 / Friday

ASYMCA Fall Fun Fest — Parents, day care providers and children are invited to the Fall Fun Fest from 9 - 11 a.m. Dress in costume, play games, sing songs and enjoy a pizza lunch.

Call 254-4719 by Monday to sign up.

Halloween at Kahuna's — Fright Night at Kahuna's starts at 4:30 p.m.

Sugah Daddy will perform live at 10 p.m., and you can wear your best costume to compete in the costume contest at midnight. Prizes will be awarded to the best overall costume, the scariest, the funniest and the most original.

For more information, call 254-7661.

Staff NCO (Rocker Room) Halloween Bash — Leave the little monsters at home and come to the club for a freaky night of fun. The club will serve up trick-or-treat pupus and a DJ Dance Party at 8:30 p.m.

Come dressed in your freakiest costume and compete for crazy prizes in the costume contest. Judging for the costume contest begins at 10 p.m.

Halloween at the Officers' Club — Take the kids trick-or-treating, tuck them in and head out for a night of freaky fun at the O-Club. Festivities will begin at 5 p.m.

Wear your costume to compete in the costume contest. Prizes will be awarded for the most original, most creative and most flamboyant costume, so don't be left in the dark this Halloween with so much to do.

NOVEMBER

3 / Monday

Thanksgiving Turkey-to-Gobble — Beat the heat this

Thanksgiving, and order a complete "Turkey-to-Go" dinner from Marine Corps Community Services and Chef Renato Sabalbuero's kitchen.

Your complete Turkey-to-Go dinner serves six to eight people and includes a 10 to 12-pound herb and garlic roasted turkey, cornbread, Portuguese sausage and chestnut stuffing, giblet gravy, roasted garlic mashed potatoes, corn o'brien, cranberry sauce, rolls and butter, and pumpkin pie.

The cost is \$59. Prepayment is required by Nov. 21. Pick up your meal by Nov. 27, between 10 a.m. - noon at Fairways on the Klipper Golf Course.

To place your order, call 254-5592 or 254-5481.

Armed Services YMCA Holiday Food Drive — You can make a difference this holiday season by donating a Thanksgiving food item or a complete dinner basket to the ASYMCA.

Baskets will be created from single item donations and all dinner baskets will be provided to military families in the MCB Hawaii community.

For more information or to volunteer, call 254-4719.

7 / Friday

Parade the Beef — The Officers' Club will host a prime rib dinner buffet and cake cutting ceremony in honor of the Marine Corps birthday at 5:30 p.m.

Bring the family and celebrate 228 years of tradition.

Reservations are recommend-

ed and can be made by calling 254-7650.

10 / Monday

Marine Corps Birthday — The Rocker Room will celebrate the 228th Marine Corps birthday with a cake cutting ceremony and a punch toast. Get to the club at 4:30 p.m. for the festivities, and stay for the Monday Night Football game.

Movie Sale — Check out Mega Video's November blow out sale! Choose any 10 previously viewed VHS tapes, below the cost of \$9.95, for only \$20.00. You must purchase 10 tapes, and the sale runs through Nov. 30.

Holiday Craft Fair — Calling all crafters! Camp Smith's Holiday Craft Fair is coming up Dec. 4, to be exact. The fair attracts a large crowd and features items from homemade and holiday craft items to baked goods.

If you're interested in being a seller, call 447-5143.

ASYMCA Playmornings — Parents, day care providers and children under five years are invited to Armed Services YMCA 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 Playmornings information, call 254-4719.

Sunset Lanai changes its colors

Lance Cpl. Jared Plotts

Marine Forces Pacific

CAMP H.M. SMITH — One of the best views on the island of Oahu is from Camp Smith's own Sunset Lanai. The Lanai can best be described as bar meets banquet hall. Its ample room is accompanied by a spacious lanai. With its panoramic view, the Lanai presents a place to get together and relax.

The Sunset Lanai, located next to Bordelon Field here, will have a new look by the end of the month. Master Sgt. Jerry Webb, Camp Smith Marine Corps Community Services Hawaii chief, plans on adding many new beer signs, carpet, paint, bar stools, tables, curtains — "the whole nine yards," he said. Webb hopes these improvements will give the Lanai a more appealing appearance.

On top of all the eye candy are new hours of operation, and events like karaoke night, bosses night, cigar night and an upcoming Halloween costume party.

"I think that all this stuff will help bring more people into the Lanai. I dig it," said Sgt. John McClure, motor transportation licensing and training noncommissioned officer here.

Webb has been involved with MCCS since 1981, and he has been the Camp Smith MCCS chief for more than two years. He has been putting all his efforts into giving the Sunset Lanai a complete makeover, similar to how talk show hosts pull people out of their trailers, throw some designer clothing on them, and tell them to "do their little thing on the catwalk."

"It's the only actual community center here that everyone can come together for camaraderie, anniversaries and so on. It's a place for everyone here," said Webb.

Marines and others like to go to the Lanai to relax after a day of work.

"I go for the pupus and the cheap booze," said McClure jokingly.



Lance Cpl. Jared Plotts

Patrons kick off the weekend with refreshments at Camp Smith's Sunset Lanai.

With a staff of nine to 11 civilians, including caterers, chefs and bartenders, Webb certainly has enough manpower to bring new ideas to the Sunset Lanai, but he wants input from everyone here.

"I want to know, what do you all want? What can I do? How can I help," said Webb regarding future plans for the Lanai.

The Lanai is relatively inexpensive, and the location is perfect for Marines who live in the barracks at Camp Smith. It is just a five-minute walk.

The Lanai is open to all ranks starting at 4 p.m. Along with free pupus, popcorn, billiards and darts, everyone can come and enjoy Monday Night football, "Warrior Wednesdays" and "Pau Hana Fridays."

"On Fridays, we open up at 3 p.m. They can just come on down have a good time, take a break and look forward to the weekend. That's what pau hana means," said Webb.

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.

Matchstick Men (PG 13)	Today at 7:15 p.m.
Jeepers Creepers 2 (R)	Today at 9:45 p.m.
Cabin Fever (R)	Saturday at 7:15 p.m.
My Boss's Daughter (R)	Saturday at 9:45 p.m.
Dickie Roberts (PG 13)	Sunday at 3:30 p.m.
Matchstick Men (PG 13)	Sunday at 7:15 p.m.
Matchstick Men (PG-13)	Wednesday at 7:15 p.m.
Dickie Roberts (PG 13)	Thursday at 7:15 p.m.
Cabin Fever (R)	Oct. 31 at 7:15 p.m.
Jeepers Creepers 2 (R)	Oct. 31 at 9:45 p.m.

Victim advocates provide support 24/7

Marine Corps Community Services Family Services Center

It's 1 a.m. and sounds of breaking glass, screaming, yelling and crying are coming from the family housing quarters next door. What should you do?

Should you call for help, though you really don't want to get involved?

At that moment, remember what a victim advocate said at a brief aboard MCB Hawaii recently. She said, that as part of this community, it is your business to call for assistance for this family. You could be helping save a life.

The advocate said there was help available for those who may be victims of abuse. She said that if we contacted

the military police in a situation like this the MPs would contact a victim advocate. You must call the military police for assistance.

I've heard that in many situations like this, things can only get worse if there is no intervention.

Most domestic violence calls do not happen during regular business hours. Research indicates that most incidents occur between the hours of 6 to 11 p.m.

When a domestic violence call is received by the military police on MCB Hawaii, the 24-hour victim advocate is contacted to provide the victim(s) support services. This is important because often the victim's most explicit safety needs are most apparent immediately

following the incident.

The advocate will immediately speak with the victim via telephone or in person. Safety issues are addressed, and the question of "what happens next" is discussed. The advocate remains involved as long as assistance is needed.

You and your children have the right to live without fear and violence, and no one has the right to abuse you — no matter what reasons and justifications they give. If you need help or just information, there are two victim advocates here at MCB Hawaii to assist you: Debbie Hauhio and Mijung Kim at 257-7784.

How can the Victim Advocacy Program assist me?

- Victim advocates support the victim's safety. A victim is not safe until she or he is free not only of violent acts themselves, but also threats of those acts.

- Victim advocates support the victim's integrity, the right to be seen as a whole person, not simply a "victim" of domestic violence.

- Victim advocates support the victim's autonomy, the right to make decisions about what is in your best interest.

See **ADVOCATES**, B-8

RECIPE CORNER

Mushrooms partner perfectly with burgers

NAPS

Featurettes

Want to raise your hamburgers to a new level? Add chopped fresh mushrooms to the mix. The mushrooms not only add wonderful, savory flavor, but also release their juices as the burgers cook, keeping them moist and juicy.

Serve your beautiful burgers open-face with the perfect topper: sliced mushrooms and onion, sautéed in the same skillet.

Mushrooms also give your burgers a nutrition boost! You get B vitamins, heart-healthy potassium and cancer-fighting selenium.



Fresh mushrooms add savory flavor to your burgers, inside and out.

Open-Faced Mushroom Burgers

- 1 pound fresh white mushrooms
- 1 pound ground beef
- 1 tablespoon Dijon mustard
- 2 tablespoons olive oil, divided
- 1 medium onion, sliced
- 1/4 teaspoon each salt and ground black pepper
- 4 slices crusty bread, toasted

Chop enough mushrooms to measure 1 1/2 cups; slice remaining mushrooms.

In a bowl, combine ground beef, chopped mushrooms and mustard; gently form into four burgers.

In a large heavy skillet, over medium heat, heat half of the oil. Add sliced mushrooms and onion; cook and stir just until tender, five to six minutes. Remove to a bowl along with juices.

In the same skillet, heat remaining oil. Add burgers; cook until browned and cooked through, four to five minutes on each side; remove to a plate; keep warm.

Pour off excess fat; return mushroom-onion mixture to skillet; add salt and pepper. Cook and stir until hot.

Arrange each burger on a toasted bread slice with a lettuce leaf and tomato slice, if desired. Spoon mushroom-onion mixture onto burgers.

ON THE MENU

Anderson Hall will serve the following this week:

Today

Lunch

Beef Ball Stroganoff
Baked Fish Fillets
Baked Macaroni & Cheese
Steamed Rice
Raisin Drop Cookies
Asst. Fruit Pies

Dinner

Ground Beef Tacos
Chicken Enchiladas
Chili Conquistador
Burritos
Refried Beans
Mexican Rice
Raisin Drop Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Saturday

Brunch/Dinner

Turkey A La King
Baked Stuffed Pork Chops
Steamed Rice
Boiled Egg Noodles
Spice Cake w/
Lemon Cream Frosting
Sugar Cookies
Asst. Fruit Pies

Sunday

Brunch/Dinner

Swiss Steak w/
Mushroom Gravy
Rock Cornish Hens
Rice Pilaf
Cornbread Dressing
Mashed Potatoes
Yellow Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Monday

Lunch

Beef Stew
Baked Fish Fillets
Baked Macaroni & Cheese
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Dinner

Italian Veal Steaks
Braised Pork Chops
Boiled Egg Noodles
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Pasta Bar

Tuesday

Lunch

Southern Fried Chicken
Beef Ball Stroganoff
Parsley Buttered Potatoes
Boiled Egg Noodles
Oatmeal Raisin Cookies
Asst. Fruit Pies

Dinner

Braised Beef Cubes
Cajun Fish Fillet
Boiled Egg Noodles
Steamed Rice
Oatmeal Raisin Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Chili Macaroni

Roast Turkey
Grilled Cheese Sandwich
Mashed Potatoes
Brownies
Asst. Fruit Pies

Dinner

Meatloaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Brownies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Hot Dog Bar

Thursday

Lunch

Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven Browned Potatoes
White Cake w/Lemon Cream
Frosting
Asst. Fruit Pies

Dinner

Beef Yakisoba
Pork Adobo
Steamed Rice
Pork Fried Rice
White Cake w/
Lemon Cream Frosting
Asst. Fruit Pies

Specialty Bar

(Lunch and
Dinner)
Taco Bar



“ quotable ”

You have to accept whatever comes,
and the only important thing
is that you meet it with the best
you have to give.”

— Eleanor Roosevelt

Maui Tacos offers fresh 'Mexican food with Mauitude'

When internationally-known chef and restaurateur Mark Ellman and his wife Judy moved to Maui in 1987 to open a restaurant, they discovered there were no real Mexican quick-service restaurants anywhere in Hawaii.

So in 1993, they opened the first Maui Tacos in Napili, Maui — a restaurant that fused traditional Mexican fare with flavors of the islands.

Ten years later, Maui Tacos are found all over Hawaii and the mainland, including one in New York City that was voted the city's best Mexican food in 2001.

While Maui Tacos' decor is similar from place to place, it doesn't have the dull, boring atmosphere of most chains. Its colorful decorations, Hawaiian memorabilia (including photos of numerous celebrity visits) and Mexican pop music give Maui Tacos a festive feeling.

Its patrons range from local surfers and families, to military service members from nearby bases out for a quick lunch, to the few lucky tourists who acci-



Maui Tacos' Lahaina Burrito

dentally discover the place.

The menu features a variety of Mexican dishes like tacos, burritos, nachos, enchiladas and chimichangas — all filled with steak, chicken or fish, as well as a few vegetarian alternatives.

During a few visits, we ordered the tasty "Lahaina" burrito (most of the burritos are named after Hawaiian areas or phraseology), which is stuffed with cheese, rice, guacamole, salsa and either chicken or steak; the "Shacks" burrito, overfilled with a heaping helping of salty refried beans and steak; and, since it is Maui "Tacos," the soft taco, filled with beans, cheese and lettuce (tomatoes were noticeably missing)

and either chicken, fish or (our favorite choice) steak.

With a helpful suggestion from the friendly cashier, we ordered one of our burritos "wet," and they topped it with an enchilada sauce and selection of cheeses (add 75 cents).

My wife also tried the "Maui Style" taco salad and said it was very enjoyable. It was in an edible shell filled with grilled chicken (steak or fish), iceberg lettuce, black beans, sour cream, guacamole, cheese and tomatoes. She commented that she found chicken in every bite.

Each of these dishes arrives with chips, making it a wealth of food that should fill up most diners.

Maui Tacos

95-221 Kipapa Dr. Ste. E1
Mililani Shopping Ctr., Mililani
623-9405
or
539 Kailua Rd. Ste. 102
Kailua Village, Kailua
261-4155

After picking up our food from the counter, we made our way over to Maui Tacos' famous salsa bar. There, diners choose from an assortment of fresh salsas, diced onions, cilantro and jalapenos.

Maui Tacos has a few salsas labeled as "hot," but none were spicy enough to bring tears to our eyes. For a mild flavor, try the "Hola Aloha" tomato salsa, which is only a notch up from ketchup.

For extra flavor, I recommend either the "Maui Mex," a medium, tangy tomatillo salsa, or the sweet "Pineapple Paradise" tomatillo, flavored exclusively with fresh Maui pineapple.

For those craving a little more burn, the zesty "Hula Heat" red chile salsa and "Maui Firedancer," a smoky, chipotle salsa may be just what the doctor ordered.

The taco, which is served in a

two layer, soft flour or corn shell and stuffed with beans, cheese and lettuce, was agreeable, but fairly bland.

The burritos were far superior. Each burrito is very generous (around 14 -16 ounces) and overflowing with much more flavorful ingredients. The enchilada "wet" sauce was a little spicy and pretty satisfactory for a local enchilada sauce.

All of our food tasted very fresh, without the greasiness that sometimes plagues Mexican food.

Other popular burritos include the "Hookipa," filled with fish, black beans, salsa, rice and sour cream; the vegetarian "Haiku," with potato, black beans, cheese, lettuce, sour cream and salsa; and salad-like "Paia," with rice, black beans, lettuce, tomatoes, guacamole and salsa.

Those craving something out of the ordinary for breakfast should take a look at their breakfast menu that features items like the scrambled egg burrito with cheese, salsa and either potatoes or beans.

Maui Tacos also offers "keiki" tacos, burrito and nachos for the little ones.

There are presently seven restaurants throughout Hawaii, with nothing on the menu over \$8.

And, of course, most anyone who listens to the radio has heard one of Hawaii's most recognized advertising voices: "Hey Bu ... Where can I find good Mexican quick service food?"

"Maui Tacos, baby!"

WORD TO PASS

SMART Center Hosts 'Knee Care' Talk, Today

At the SMART (Sports Medicine and Reconditioning Team Clinic) Center, MCB Hawaii military, family members and civilians can learn more about knee care and selecting the proper running shoe at two lunchtime seminars.

From noon to 1 p.m., today, attend "Knee Care"; on Oct. 31, catch "Running Shoe Selection" at the same time.

The SMART Center is located in Bldg. 221 (behind the base theater). Participants may bring their lunch with them.

For more details, call 257-8708.

Leeward Hosts Family Craft Fair, Tomorrow

To get a jump-start on your holiday shopping, browse the Leeward Community College 14th Annual Family Fun and Craft Fair, Saturday from 9 a.m. to 2 p.m. The craft fair will feature more than 75 vendors of local arts and crafts, a mini Midway of carnival games, crafts for youngsters, and a wide variety of food booths, entertainment and interactive, educational exhibits.

The Leeward Community College is located at 96-045 Ala Ike St. in Pearl City. Free parking will be available.

For more information, call 455-0527.

Volunteers Needed at Makahiki Games

Volunteers are needed to help supervise the Makahiki Games at Mokapu Elementary School, Thursday from 9 a.m. - 1:30 p.m. (approximate times).

For more information or to volunteer, call Larry Biggs or Jan Ryan at 254-7964.

Hale Koa Readies for Halloween

•*Monday, 9 a.m. - 4 p.m.:* Don't give Count Dracula your blood this Halloween, donate a pint at Hale Koa's Blood Drive in the Waikiki Ballroom, and enter to win dinner for two at its signature restaurant, the Hale Koa Room.

To donate, you should be in good health, weigh at least 110 pounds, be at least 18 years of age and have not donated blood in the past eight weeks.

Call 955-9424 to schedule an appointment. Walk-ins are also welcome as time allows.

•*Monday:* The Hale Koa offers a variety of ways to give thanks and celebrate with its Autumn Harvest Thanksgiving Day Events, and prime among them is its bountiful harvest buffet. Feast on a combination of traditional and island favorites between 11 a.m. to 7 p.m. in the Banyan Tree Showroom.

Make your Thanksgiving reservation and obtain more details at 955-0555, ext. 546.

•*Tuesday at 6 p.m.:* Treat your little monsters to a fun-filled evening of illusions, comedy and an all-you-can-eat buffet with selections for goblins and ghouls of all ages. The Honolulu Police Department, Honolulu

Fire Department and McGruff will hand out goodies, plus a costume contest with prizes and souvenir photos will highlight the evening.

Cost is \$23.95 for adults and \$13.95 for kids 4 - 11, plus gratuity.

Call 955-0555, ext. 546 for more details.

•*Oct. 31, 8:30 p.m.:* The "Curse of the Black Pearl" awaits ye at the Warriors Lounge. The entire crew can have a swashbuckling good time and sip on sinister brews and mask themselves for competition in the annual costume contest. Prizes will be awarded for best pirate, scariest and best overall.

Windward Mall Plans Spooks

•*Saturday, noon:* Enjoy a spook-tacular time at the McDonald's Windward Mall 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. Pick up treats from participating merchants. At 6:30 p.m., check out the fun keiki magic show at center stage.

Bishop Museum Hosts Ghosts, Goblins

Ghouls and witches, as well as princesses and pirates, can gather at Bishop Museum's 15th Annual Treat Street, Oct. 31 from 5:30 - 8 p.m. Costumed keiki of all ages can delight in safe trick or treating, contests, storytelling, bewitchingly fun games and great food.

Treat Street is a custom-designed neighborhood of colorful house fronts built by students of the University of Hawaii's School of Architecture. Kids under 12 are welcome to gather Halloween loot as they travel Treat Street.

Admission is free; however, a \$1 donation is requested to support the museum's education and outreach programs.

For more details, call 847-3511 or visit www.BishopMuseum.org.

ACS to Present 'Man of La Mancha'

The Army Community Theater, at Richardson Theater aboard Fort Shafter, will present the ever-popular "Man of La Mancha," the classic tale of Don Quixote and the book's author Cervantes, Nov. 13-15, 21-22 and 28-29 at 7:30 p.m.

Tickets are available now at \$14 and \$17 for adults, \$8 and \$10 for children.

Call 438-4480 to make reservations or visit www.SquareOne.org/ACT to reserve online.

Alliance Seeks Environmental Support

The Windward Ahupua'a Alliance will be selling "Bust-a-Dumper" campaign logo items and "Buy Five for the Road" Kapa'a Quarry Road Restoration Fund coupons at [waa@hoku.com/](mailto:waa@hoku.com) and editor@koolaunews.com. Currently, T-shirts are available for \$10, bumper stickers for \$1, and coupons buy six native plants for the restoration project, which starts next year; the sixth plant is yours to keep. Other logo items will be available shortly, such as coffee mugs and stationery.

The mission of the alliance is

to get people from different communities who share common goals and concerns to interact and go on field trips to sustainable business operations in agriculture and high technology, to work on stewardship projects that improve the ecological and cultural health of communities.

All alliance events, such as the following, are open to Windward O'ahu residents and patrons.

•*Nov. 1, 7:45 a.m. - 1:20 p.m.:* "Creating the Sustainable Community: One Step at a Time," at UH-Windward Community College in the Hale Akoakoa Campus Center, with breakout seminars, displays, information tables, continental breakfast and Bento lunches. Preregistration cost is \$5; \$10 same day.

•*Nov. 16, 11:45 a.m. - 5 p.m.:* Kualoa Ranch Field Trip, a family affair, with lunch, snacks, bottled water. Cost is \$5.

•*Nov. 22, 7:45 a.m. - noon:* Community Stewardship Day at Kawainui Marsh and Kapa'a Quarry Road.

Call 263-6001 for more Windward Ahupua'a Alliance information.

Keep kids safe by practicing safety this Halloween

Sergio Pablo

Base Safety Center, MCB Hawaii

Halloween is just around the corner, so it's not too soon for young and old goblins to remember to practice safety this holiday. To ensure you have a happy, mishap-free Halloween, follow these Halloween safety tips.

When Kids Trick or Treat

1) Make sure they have a flashlight that works.

2) Instruct them to walk, not run from house to house.

3) Have them use side-walks; don't allow them to cut through yards or alleys where unseen objects or uneven terrain can present tripping and falling hazards. If there is no sidewalk, have them walk facing traffic and stay with a group.

4) Require kids to obey the traffic signals when crossing streets.

5) Ensure children stay near their home turf.

6) Make sure kids can walk easily in their costume. Watch out for parts of their costume or clothing that drag on the ground, and have children wear their regular shoes.

7) If your children wear a mask, make sure they can see out of it clearly and easily.

8) If kids are trick-or-treating in dark areas, make their costumes visible with pieces of reflective tape.

9) Knock on doors of houses that are lit. Avoid darkened houses.

10) Emphasize that kids must not eat any candy until it is checked by an adult.

When You Drive

•Stay alert. Halloween is "children's-night-out," especially in the neighborhood.

•Drive slowly and anticipate children popping out of any and nowhere, especially from between parked cars.

When Hosting

Trick or Treat Parties

•People expecting

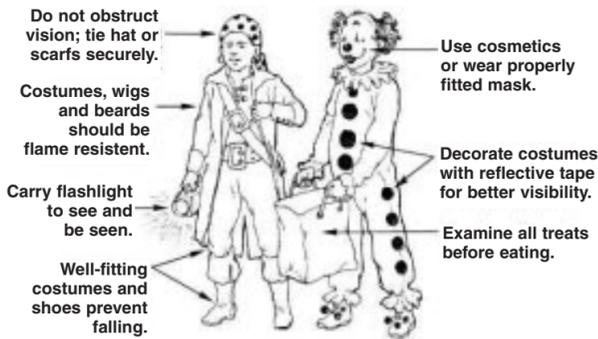
trick-or-treaters should remove any obstacles from lawns, steps, and porches that pose trip hazards.

•If your pet dog has aggressive behavior towards strangers or crowds, keep him or her inside the house.

•Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes can accidentally brush against the flame.

When Not Accompanying Kids

•If you are not accompanying your children (12 years or older), make sure they wear a watch to meet the MCB



Hawaii Halloween hours curfew. Have them trick or treat with friends, never alone.

•Remind your children not to trust people whom they don't know or recognize.

When Adults Trick or Treat

- Do not drink and fly.
- Do not drink and drive.

Marine Corps Base Hawaii trick-or-treat hours will run from 6 - 9 p.m. Oct. 31. Base residents are encouraged to plan safe routes through housing areas, wear protective clothing and be aware when crossing streets and intersections.

Tripler to X-Ray treats for free

Tripler Army Medical Center

Public Affairs Office

HONOLULU — Trick or treaters can stop by the Tripler Army Medical Center's Department of Radiology on Halloween (Oct. 31) and Nov. 1 to have their treats X-rayed. This service is available to eligible military beneficiaries.

The Department of Radiology is on the third floor of the medical center and will be open Oct. 31 from 8 - 10 p.m. for goblins, princesses and clowns

and the like. Family members can also stop by from 1 - 5 p.m., Nov 1.

An adult must accompany all children.

Parents are reminded that X-rays will primarily show metallic objects within the candy or treats. X-rays cannot detect whether other potential harmful substances such as fine glass, drugs or harmful fluids have been added to treats.

To guard against tampering, parents are strongly urged to check all their children's treats before consumption.

Halloween marked beginning of new year

NAPS

Feaurettes

The present-day celebration of Halloween actually began more than 2,000 years ago with the Celtic festival of Samhain. The Celts' year started on what is now Nov. 1, so the evening before was used to mark the beginning of the season of cold, darkness and decay. This "festival" honored Samhain, the Celtic god of death.

Black cats became associated with Halloween because of their reputation as "familiars," the supernatural spirit agents of a witch or sorcerer. Interestingly, despite the fact that Americans consider black cats bad luck, much of the rest of the world views the creatures as bringers of good fortune.



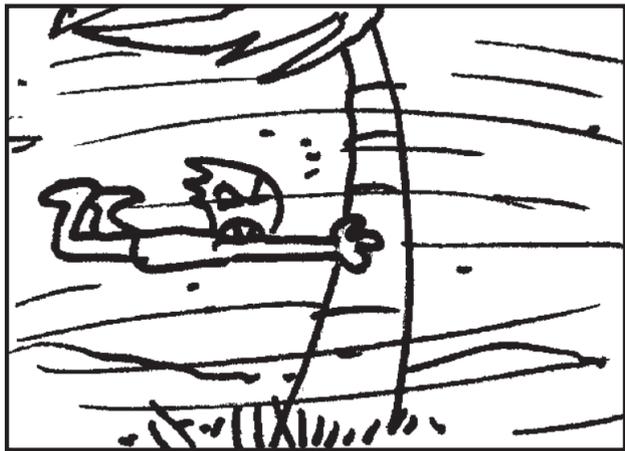
ADVOCATES, From B-3

•Victim advocates provide an array of services: emotional support, information and referrals, safety planning and crisis intervention.

•Victim advocates can accompany you to investigation, treatment facilities and assessments.

Your victim advocate can provide information about your legal rights, assist you with the completion of paperwork and advocate for you throughout the system. Turning to a victim advocate for help in dealing with family problems will keep your children safe, and may help your partner before it's too late.

Did you know?



NAPS

The energy in an average one-day hurricane could power the U.S. for three years.



Pfc. Bernadette Ainsworth

Commanding presence

(From left to right) Colonel William Febuary, commanding officer, Headquarters and Service Battalion; Joe Nicolai, owner and principal of JN Chevrolet; Ken Stanford, general manager; and the sergeant major of Headquarters and Service Battalion, Sgt. Maj. Juan Williams, pose at the JN Chevrolet showroom, Oct. 10. Nicolai and Stanford receive a plaque from the colonel and sergeant major in appreciation for JN Chevrolet's sponsorship of several "welcome home" events for Marines returning from Operation Iraqi Freedom throughout the year.