

LIFESTYLES

Hawaii Marine B Section

September 19, 2003



MAUI

Tropical fish meander at the Maui Ocean Center and Hawaiian Aquarium, which abounds with a wide variety of Hawaii's sea life for those not able to go snorkeling.

ADVENTURES AWAIT YOU



The "Seven Sacred Pools" is one of the last stops on the "Road to Hana," and a great place to take a quick dip in the warm waters of Maui.

Story and Photos by
Petty Officer 2nd Class
Jim Williams

Hawaii Navy News, Pearl Harbor

Mauí is where visitors to the "Valley Isle" can leave their resort surrounded by shops and restaurants, take a road trip into the old plantations of the past — overflowing with sugarcane or pineapple fields — make their way through a dry forest that is filled with the kiawe trees and cactus, then finally end up in a lush rain forest.

"Holo-Holo" is the Hawaiian word for "day-tripping," and Maui is a great place to toss the cooler, camera, sunscreen and snorkel in the trunk and head off to countless exotic destinations, many with special military rates available at military Information, Tickets and Tours offices.

Here are some Maui tips:

- Become a beach bum. With more than 120 miles of coastline, Maui boasts 30-plus miles of easily accessible beaches — many with lifeguards, picnic facilities, rest rooms, and white, black or red sand beaches formed from lava or red clay.

- See Hawaii's sea life. Visitors can tour the largest tropical reef aquarium in the western hemisphere: the Maui Ocean Center and Hawaiian Aquarium, which is open 365 days a year with more than 60 self-paced interactive exhibits where marine animals live in habitats resembling their natural environments.

"The ocean center offers everything you would see in Hawaiian waters," said Liz Warrick, from the Maui Ocean Center. "So, you could potentially see all of the same sea life you would on a snorkeling or scuba diving trip."

While tickets are usually \$18.50 for adults and \$12.50 for children, the aquarium is currently offering a special military and kamaaina discount of \$13 for adults and \$6.50 for kids. For more details, visit www.mauiocenter.com.

- Scuba dive or snorkel a reef. One of Maui's most popular activi-

ties is a snorkeling trip to the island of Molokini. Many visitors feel it is an ideal way to explore the beauty of the sea around Maui.

To go a little deeper, divers can rent scuba gear and view some of Maui's deep, blue world of exotic tropical fish and other sea life.

- Tour a Hawaiian plantation. One thing that makes Maui unusual is its natural diversity. The isle boasts many different microclimates, ranging from rain forest to desert, which allows a wide array of flowers and plants.

Sample much of the plant life at the Maui Tropical Plantation, located in the shadows of the West Maui Mountains in Wailuku. Guests can take the 40-minute tram tour through fruit and flower crop fields.

"Our plantation gets you out of the crowded, commercial areas of Hawaii and into what Maui best represents," said Pat Okuda from the Maui Tropical Plantation. "Things here are not too slow or fast paced, making it perfect!"

Military members who mention this article can receive a discount rate at the Maui Tropical Plantation. Make reservations for the tram ride at (808) 244-7643.

- Watch the sunrise at the top of Maui. You shouldn't miss the opportunity to visit Haleakala National Park and watch the sunrise at the summit of the dormant volcano. You will be dazzled by the dramatic view.

Bring a few warm clothes and get up very, very early, as it takes about an hour and a half from the bottom of Haleakala to reach the top — in addition to your drive from your hotel.

- Drive through a tropical rain forest. The "Hana Highway" is no longer just a road, but has become sort of a local legend. Miles of winding roads — leading through

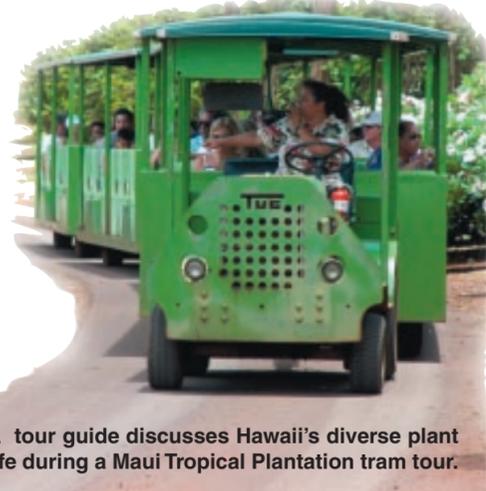
lush tropical plants, mountain ponds and rivers fed by cascading waterfalls, black and red sand beaches and soaring ocean cliffs — lure car after car to Maui's east coast.

- Go ocean kayaking. Glide through small, blue-green waves, with only the sound of the paddle stroking to compete with the distant roar of the waves. You can experience how the early Hawaiians traveled, either with a guide or alone.

- Explore cowboy country. Near Haleakala, cowboys and ranchers can be found in farm communities like Makawao and Ulupalakua, taking visitors back to the days where families rose early to plow the fields and gather the cattle. With acres upon acres of fresh produce and the island's only winery, this area offers the perfect location to get back to nature and enjoy a picnic.

- Experience Maui's past. Tourists can wander the historical whaling town of Lahaina, which almost resembles Main Street at Disneyworld. Lahaina is also Maui's biggest spot for restaurants, shops and nightlife. However, life in Lahaina, and in the historical town of Kahakuloa along the scenic Kahekili Highway, doesn't seem to have changed much in the past century.

...Maui, indeed, manages to offer a little bit of everything.



A tour guide discusses Hawaii's diverse plant life during a Maui Tropical Plantation tram tour.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

SEPTEMBER

19 / Today

Pau Hana Friday at Kahuna's Bar & Grill — It's finally here, the day you've been waiting for all weeklong.

Relax, forget about the hectic week, and join in on the camaraderie at Kahuna's Sports Bar & Grill.

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

20 / Saturday

Waina Ho'olaulea (Wine Fest) — Enjoy a first class evening at the Officers' Club with preferred wines, heavy pupus, and live music from the Pacific Jam Jazz Group from 4 – 8 p.m.

Tickets are on sale at the Officers' Club. For more information, call 254-7650.

Staff NCO Amateur Gong Show — What's your dream? Are you a closet singer, dancer or comedian? If so, the Staff NCO Club wants to see what you are made of.

Compete for a grand prize round trip ticket to Maui. Enjoy free pupus and prize giveaways.

There is no cost for members and non-members are just \$3.

For more information, call 254-5481.

22 / Monday

U.S. Border Patrol Presentation and Recruitment — All active duty personnel are invited to learn more about a career with the U.S. Border Patrol in Bldg. 3096, Room 1.

The presentation will start at 10 a.m.

For more information, call 257-7795.

LINKS Learning Workshops — All military spouses are invited to get to know more about the Lifestyles, Insights, Networking, Knowledge and Skills program and meet with other military spouses from 5:30 – 9 p.m.

Attendees will learn about the military lifestyle and what services MCB Hawaii offers.

For more information, call 257-2368.

24 / Wednesday

Eliminating Stress and Anxiety — Hosted by Personal Services, this workshop teaches a fascinating technique to help alleviate stress and anxiety that works with people of all ages.

The class begins at 1 p.m. and ends at 2:30 p.m. in Bldg. 216.

To register, call 257-7780.

Officers' Club Light Lunch Wednesdays — Looking for something quick and light? Make a quick stop at the Officers' Club for "Light Lunch Wednesdays."

Enjoy the new soup, salad and sandwich buffet all for a bargain price.

25 / Thursday

Storytime at the Base Library — Children and parents are invited to a fun-filled hour of stories, activities and special events every Thursday through June 3 at 10 a.m. in Bldg. 219.

For more information, call 254-7624.

27 / Saturday

Staff NCO Latin Night — It's a new club with new happenings, so visit your Staff NCO Club and learn to salsa and cha in September.

Celebrate National Hispanic Heritage Month with the first Latin Night at your Staff NCO Club.

28 / Sunday

A Base Theater Bargain — Catch the free sneak preview of "The School of Rock," rated PG 13.

Show time will be 7:15 p.m. Call 254-7642 for a list of movie schedules and times.

OCTOBER

1 / Wednesday

Aloha Key and Award Grand Reopening — Mark

your calendars for this event.

3 / Friday

Calling all Staff NCOs — Meet Sgt. Maj. Anthony Franks, the MCB Hawaii base sergeant major.

Head over to the Rocker Room Bar at 3 p.m. and join the camaraderie, complete with free pupus and a DJ dance party until 2 a.m.

Hispanic Heritage Month at Kahuna's Ballroom — Kahuna's Sports Bar & Grill presents "One Culture, Many Dances" from 7 p.m. to 1 a.m. This festival is free and open to families of all ranks.

Attendees will be entertained by Mariachis (traditional Mexican dancers and singers) cultural costumes, free dance lessons, and live music by El Conjunto Tropical.

For more information on Kahuna's activities, call 254-7660.

Fixing it Yourself at the Auto Skills Center — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Bldg. 3097, next to the 24-hour car wash, and use its tools to get your baby back in top form.

Certified Hawaii safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Keep an eye out for a deal at the sealed bid auto auction, hosted by the Auto Skills Center.

Call 254-7674 for more information.

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

| <i>*Model</i> | <i>Minimum Bid</i> |
|--|--------------------|
| 99 Yamaha 500 (For parts only.) | \$100 |
| 98 Hyundai Elantra (Needs work.) | \$800 |
| 95 Mazda B2300P/U | \$1,700 |
| 95 Mercury Mystique | \$1,600 |
| 92 Nissan Sentra (Not running.) | \$250 |
| 92 Nissan Maxima | \$1,800 |
| 91 Grand Prix (Needs work.) | \$50 |
| 90 Ford Mustang (Parts only.) | \$100 |
| 89 Honda Prelude (Needs head gasket.) | \$500 |
| 79 Jeep CJ-7 (Needs work.) | \$500 |

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

The Bid Box opened on Sept. 15; therefore, some may already be sold. Call 254-7674.

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

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.

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.

Upcoming Activities

Saturday: From noon until 5 p.m., you're invited to come on down to Pyramid Rock Beach for the Single Marine & Sailor Beach Bash.

This event is free to single Marines and Sailors as well as their guests.

Part of the "101 Days of Summer Campaign," units will get points by helping to set-up and by participating at this event.

The beach bash includes a volleyball tournament, surfing lessons, a sand sculpture contest, food, refreshments and entertainment with prizes and guaranteed fun.

Mahalo to AT&T In-Room Service, XCEL, Hawaiian Waters Adventure Park and Hawaiian Tropic for making this event possible.

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:

- You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 for reservations.

- At the Kaneohe Klipper Golf Course — Practice your swing with free range

U.S. Treasury offers online investing

Consumers can now use TreasuryDirect to purchase secure U.S. savings bonds

NAPS Featurettes

Spending money is easy; saving it is another matter. That's why the U.S. Treasury Department is making it easier for Americans to purchase, manage and redeem U.S. savings bonds through TreasuryDirect at www.treasurydirect.gov.

"Savings bonds are a safe investment that can be purchased securely by anyone with Internet access, 24 hours a day, seven days a week," said Don Hammond, Treasury fiscal assistant secretary. "Savings bonds provide a guaranteed return."

Designed for individuals seeking to protect the purchasing power of their savings by earning a guaranteed, real rate of return, "I" bonds are the most recent addition to the savings bonds program.

"I" bonds are an accrual-type security — meaning interest is credited monthly for up to 30 years and paid when the bond is cashed. The interest rate on the "I" bond is



NAPS

currently 4.66 percent.

Consumers can invest, manage and redeem their savings bonds online at www.TreasuryDirect.gov.

"I" bonds can be purchased electronically after establishing a TreasuryDirect account. Setting up an account takes only minutes and uses the latest software to authenticate new customers while protecting their personal information.

There are no fees or paperwork involved

in managing a TreasuryDirect account. Accounts are tied to an existing savings or checking account at a financial institution, making it easy to make additional purchases whenever a little extra money is available.

Account holders can also schedule regular deposits into TreasuryDirect to coincide with paydays or any other pattern they choose. Redemption is easy, too, with proceeds transferred directly into the designated bank account.

At the end of each TreasuryDirect transaction, customers can print a confirmation for their records. Account holders will receive e-mail notification whenever there is a transaction in their account. They will not receive a paper bond.

Savings bonds are a practical investment for long-term financial goals, such as retirement and college expenses. Individuals can purchase savings bonds in penny increments beginning at \$25 — which makes them a practical investment for those who don't have a great deal of money to save regularly — and up to \$30,000.

In the future, the ability to purchase and manage additional Treasury securities, such as marketable bills and notes, will be added to TreasuryDirect.

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.*

American Wedding (R) Today at 7:15 p.m.
Lara Croft Tomb Raider (PG 13) Today at 9:45 p.m.
S.W.A.T. (PG 13) Saturday at 7:15 p.m.
Seabiscuit (PG 13) Saturday at 9:45 p.m.
Freaky Friday (PG) Sunday at 3:30 p.m.
***Free Sneak Preview of:**
The School of Rock (PG 13) Sunday at 7:15 p.m.
American Wedding (R) Wednesday at 7:15 p.m.
Freaky Friday (PG) Thursday at 7:15 p.m.
Freddy vs. Jason (R) Sept. 26 at 7:15 p.m.
American Wedding (R) Sept. 26 at 9:45 p.m.
**See free sneak preview policy at left for more details.*

Do you have a great idea?

The Marine Corps Beneficial Suggestions Program recognizes individuals and/or groups for ideas that have the potential to benefit the entire Marine Corps, or at least a local installation or base command.

Briefly, a beneficial suggestion is a constructive idea submitted in writing that proposes to do a task better, faster, cheaper or safer. Suggestions need not be new or original, but must define a specific problem and outline a workable solution.

Suggestors are awarded based on a percentage of estimated first-year savings in direct labor and material costs, solely for adopted ideas.

What is an eligible suggestion?

An eligible suggestion is an idea submitted in writ-

ing by an individual or group (civilian or military) for any of the following reasons:

- To simplify or improve operations;
- Save time required to accomplish a task;
- Increase output & enhance productivity;
- Improve procedures, operating methods or equipment, work-space layouts, and organizations;
- Save material and property;
- Save manpower money; or
- Improve personnel safety.

What is an ineligible suggestion?

The following are ineligible suggestions:

- Stating a problem without offering a solution;
- Calling attention to the need for routine maintenance, repair or the pur-

chase of ordinary supplies and materials;

- Increasing personal comfort, convenience or desires of solely the suggestor;
- Recommending enforcement of existing directives or regulations; and
- Suggestions having implementation costs in excess of any anticipated cost savings.

How does one submit a beneficial suggestion?

Obtain your Suggestion Form (NAVSO 5305/1) at the Business Performance Office Web page at www.mcbh.usmc.mil/bri/beneficial.htm.

Submit the form to Mr. Ray Gercas in Bldg. 272 aboard MCB Hawaii, Kaneohe Bay.

Contact Gercas at 257-1283, ext. 229, by fax at 257-2753, or by e-mail gercasrs@mcbh.usmc.mil.

Remembering 9/11



Courtesy of Navy Chaplain (Lt. Cmdr.) David D. Schilling

(From left to right) Private First Class Mildred Valentin, Sgt. Ricky Bell, Cpl. Edward Anderson, and Lance Cpl. Troy Gardner, members of the Combat Service Support Group 3 color guard, lead Kailua Intermediate School's flag raising at 8:45 a.m. on Sept. 11, 2003. The Group Marines ceremoniously raised the flag then lowered it to half mast in honor of those whose lives were lost two years ago.

RECIPE CORNER

Your family deserves a gourmet breakfast

NAPS
Featuring

On a day when you have extra time, make a long-time favorite breakfast recipe for your family. "Hearty Breakfast Bake" is characteristic of a classic bake, incorporating eggs, potatoes and cheese.

Hearty Breakfast Bake
(Prep Time is 20 minutes)

- 1 package (12 ounces) bulk pork sausage
- 2 medium green onions, thinly sliced or 1/3 cup chopped green or red bell peppers
- 2 1/2 cups frozen, loose-pack hash brown potatoes (from 30-ounce package)
- 1 package (8 ounces) shredded Swiss cheese (2 cups)
- 1 cup Bisquick mix
- 2 cups milk
- 1/8 teaspoon pepper
- 5 eggs

Heat oven to 400 degrees. Spray with cooking spray or grease 13x9-inch baking dish. Cook sausage in 10-inch skillet over medium-high heat, stirring fre-



NAPS

A great way to start the day is with this classic breakfast bake.

quently, until no longer pink; drain. Layer sausage, onions, potatoes and cheese in baking dish. Stir remaining ingredients in large bowl until blended. Pour over ingredients in baking dish. Bake uncovered 35 to 40 minutes, or until knife inserted in center comes out clean. Let stand five minutes. Makes 12 servings.

To complement your gourmet feast, get creative in the kitchen and have fun making this delicious, cool and nutritious beverage for the kids.

Peanut Butter & Jelly Milk Mixer
(Prep Time is 5 minutes)

- 1 cup fat free milk
- 2 tablespoons JELL-O brand grape flavor gelatin (dry powder)
- 1 teaspoon creamy peanut butter

Pour milk into a tall glass, then add gelatin. Stir several minutes until gelatin is completely dissolved. Stir in peanut butter. Serve immediately.



ON THE MENU

Anderson Hall will serve the following this week:

| Today | w/Chocolate Frosting | (Lunch and Dinner) |
|--|---|---|
| <u>Lunch</u> Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni & Cheese Chewey Nut Bar Yellow Cake Layer w/ Butter Cream Frosting Asst. Fruit Pies | Asst. Fruit Pies | Taco Bar |
| <u>Dinner</u> Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewey Nut Bar Yellow Layer Cake w/ Butter Cream Frosting Asst. Fruit Pies | <u>Monday</u> <u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies <u>Dinner</u> Baked Turkey & Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies <u>Specialty Bar</u> <i>(Lunch and Dinner)</i> Pasta Bar | <u>Wednesday</u> <u>Lunch</u> Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Oatmeal Cookies Asst. Fruit Pies <u>Dinner</u> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies <u>Specialty Bar</u> <i>(Lunch and Dinner)</i> Country Bar |
| <u>Specialty Bar</u> <i>(Lunch and Dinner)</i> Pasta Bar | <u>Tuesday</u> <u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Chocolate Pudding Asst. Fruit Pies <u>Dinner</u> Creole Macaroni Baked Fish Fillet Mashed Potatoes Noodles Jefferson Chocolate Pudding Asst. Fruit Pies <u>Specialty Bar</u> <i>(Lunch and Dinner)</i> Taco Bar | <u>Thursday</u> <u>Lunch</u> Baked Lasagna Chicken Parmesan Asst. Pizza Slices Garlic Toast Brownies Asst. Fruit Pies <u>Dinner</u> Chicken Vega Simmered Corned Beef Parsley Buttered Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies <u>Specialty Bar</u> <i>(Lunch and Dinner)</i> Taco Bar |
| <u>Saturday</u> <u>Dinner/Brunch</u> Rock Cornish Hens Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies | <u>Sunday</u> <u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Chocolate Layered Cake | |

QUOTABLE: "Time is the coin of our life. Only you can determine how it will be spent." — Carl Sandburg

Haleiwa's Kua 'Aina serves A+ burgers

Between this food column and my, well, my love of food, I eat out a good deal.

Sometimes I try extravagant award-winning restaurants, and other times I find hole-in-the-wall dives. But no matter how many different types of foods I sample, sometimes I just feel like getting back to basics of "American" cuisine — a traditional, old-fashioned hamburger.

Without my favorite burger joint in Hawai'i — "In-N-Out" Burgers — it didn't take long for me to search the island for its best, big, juicy burger.

Following the tips of others, and its many accolades for having the island's best burger, I finally found myself in Kua 'Aina Sandwich shop.

Kua 'Aina (which translates "to someone from the country" or "sticks") first opened its doors in Haleiwa — a small surfing town on the North Shore — in 1975. Its original concept was simple: the shop wanted to serve quality meals cooked to order at a fair price and in an informal setting.

Since then, its burgers have been voted the best in the island in most all of the local restaurant surveys and competitions.

For the first 20 years, anyone craving one of its burgers had to trek all the way to the North Shore to satisfy his or her fix. To remedy this, in 1997 the owners opened a second restaurant across from the Ward Center.



They also opened eight Kua 'Aina Sandwich shops in Japan, including one at Tokyo Disneyland, and one in Southern California.

While Kua 'Aina offers a variety of sandwiches, its most popular items by far are the third-pound and half-pounder burgers. Prices may be a few dollars higher than at some other local burger joints, but the difference is noticeable and well worth it.

The juicy, old-fashioned, charbroiled burger (a small costs \$5.30; a large, \$5.70) comes on a large kaiser roll (or multi-grain wheat or rye bread), and if you opt for the cheeseburger

(\$5.60/\$6), there is a choice of Swiss, American, Monterey Jack, Cheddar or Provolone.

While the traditional cheeseburgers and bacon cheeseburgers are big sellers, some of Kua 'Aina's more unusual toppings (pineapple, salsa and avocado) tempt many patrons. In fact, the avocado burger (\$6/\$6.35), topped with a slice of about half of an avocado, is the top seller.

All of the burgers come with lettuce and tomatoes, and a carrot slice on the side (I suppose this is to offer some kind of healthy balance to the eight greasy ounces of beef topped with melting, gooey cheese).

Kua 'Aina Sandwich Shop at 66-214 Kamehameha Highway, North Shore in Haleiwa, on Oahu (Telephone 637-6067)

or at 1116 Auahi St. in Ward Center in downtown Honolulu, on Oahu (Telephone 591-9133)

A word of warning about the burgers, they are not your usual fast-food style of dry mini-burgers. Each one is hand shaped and cooked to order. You will most likely end up having its juices drip down your chin, so grab extra napkins.

After sampling both the Haleiwa and Ward Center shops, I believe the North Shore burgers may be a bit greasier. So if you're in the mood for a tasty, "juicy" treat, go north. If you don't enjoy your bottom bun ending up sopping wet, go downtown.

For those who do not eat red meat, Kua 'Aina also sells both

chicken and veggie burgers. And, if you are not in the mood for a burger, try one of the other sandwiches, like the fresh mahi mahi sandwich (\$5.80), with its homemade tartar sauce.

To accompany your burger or sandwich, I highly suggest trying either a single or large order of Kua 'Aina's homemade French fries (\$1.65/\$2.40). The shoestring-style fries have become almost as legendary as the burgers — golden, hot and crispy, without being too greasy.

While the food is excellent, if I were to complain about anything, it would be the crowds of people and long lines (I guess this is a good thing for the restaurant owners). In the casual and laid back decor, with its surfboards and numerous pictures of surfers, the crowds at the counter can sometimes be frantic and have you in line for up to 15 minutes.

If you go in a group, I suggest you take this time to send someone from your party to search for a table. While the Ward Center location is a little larger, both offer extra tables outside.

But, every good restaurant has some shortcomings, and in spite of the crowds and limited seating, I can say I believe Kua 'Aina is my new favorite local burger joint.

The quality of the food, the sizes of portions, and the personality of the restaurants make Kua 'Aina Sandwich shops definitely worth a try.

WORD TO PASS

Military Bands to Perform at Waikiki Ho'olaule'a, Tonight

Pacific Beach Hotel anticipates large crowds at this year's Ho'olaule'a block party — calling for two stages, four bands and one thousand barbecue plates!

From 7 to 10:30 p.m., crowds can enjoy live music from each of Hawaii's military branches, tonight. The line-up includes the Marine Forces Pacific's "Show Band," the Air Force's "Band of the Pacific, Hana Hou," the Army's "Tropic Lightning Rock Band," and the Navy's "Pacific Navy Band, Tsunami," which will end the night.

Between performances, radio station 107.9 KGMZ, will provide entertainment and give away door prizes.

Also, Pacific Beach Hotel will fire up the grills once again bringing back their crowd-pleasing barbecue chicken plates for \$7. The plate includes white rice, macaroni salad and corn on the cobettes.

For \$8, savory half rack, baby-back ribs will be available with all the sides. Drinks including draft beer will also be served at the Pacific Beach Hotel's outdoor, Aloha Center Cafe.

"Every year we sell out on our barbecue plates, so this year we are preparing one thousand barbecue plates.

"We expect a good-size crowd and will have additional tables and chairs so that more people can sit down to enjoy our food and entertainment," said John Lopiantetzky, food and beverage director of HTH Corporation.

For more details, contact Keri Zittnan at 921-6188.

Waikiki Block Party Starts Saturday at 7 p.m.

Plan to enjoy the 2003 Aloha Festival events that celebrate Hawaii's art and culture.

Catch Waikiki's Ho'olaule'a (or block party) on Kalakaua Avenue today at 7 p.m.

Windward Mall Celebrates Aloha Festivals by Supporting the Food Bank, Saturday

You can help the Hawaii Food Bank and celebrate the meaning of "aloha" at Windward Mall, Saturday from 1 - 7 p.m.

Bring a bag of rice or canned goods to the Windward Mall Customer Service Desk, under the escalator at Center Court to help Hawaii families in need. Also, enjoy a craft fair, keiki activities with balloon twisting, face painting, an orchid sale, Aloha Festivals merchandise, and much, much more at the mall, today through Sunday.

Don't forget to enter to win a Pleasant Island Holidays neighbor islands giveaway, an ohana card drawing for two nights at the Waikiki Beachcomber Hotel, or a dinner at the Lobster and Crab House at the Royal Hawaiian Shopping Center.

The mall is open till 9 p.m., Monday through Saturday, and until 5 p.m., Sunday. It opens at 10 a.m. each day.

Hale Koa to Hold Oktoberfest, Next Week

Germany's favorite party comes alive at the Hale Koa Hotel from Wednesday - Sept. 28, when the Banyan Tree Showroom will transform into an old-world tavern high in the Bavarian Alps.

Executive Chef Rolf Walter's own home-country sauerbraten, knockwurst, eisbein and black forest cake; an impressive selection of German spirits; popular sing-alongs, including polka and chicken & snake dances; contests and much more will entertain guests.

Admission is \$6; call the Activities Desk at 955-0555, ext. 546, for more details or visit www.HaleKoa.com.

The Hale Koa Hotel is open to

active, retired, reserve, National Guard, DoD and family members.

Volunteers Needed for Environmental Projects

Join the Windward Ahupua'a Alliance at various fall and early winter activities it is sponsoring or supporting.

•Saturday at 8 a.m.: Participate in the Waiahole Beach Park Community Work Day, and help care for a beautiful stretch of publicly-owned parkland fronting Kaneohe Bay. The event is scheduled to end mid-afternoon, and lunch will be provided.

Bring gloves, weeders and accessories, machetes, loppers, pruning tools, wheel barrows (to haul rubbish to common pickup sites), shovels and picks.

Don't forget your sunscreen, and wear closed-toed shoes and a hat.

Kids are welcome, but they must be supervised by a responsible adult.

The event is co-sponsored by the Waiahole-Waikane Community Association and Community Works. For more information, call John at 239-5777, or send him an e-mail to

keycd@hawaii.rr.com.

•Sept. 27 at 7:30 a.m.: The Windward Ahupua'a Alliance & Waikalua Loko Fishpond Preservation Society invite you to attend the Waikalua Loko Fishpond Stewardship Project and Community Open House. Registration and a continental breakfast begin at 7:30 a.m.; a mandatory safety briefing, cultural overview and work assignments at 8 a.m.; cleanup of work site areas until 10:30 a.m.; and the Community Open House and Lunch from 10 a.m. till noon.

If you are not familiar with this magnificent fishpond located behind Bay View Golf Course, this is the time to come visit it.

Volunteers who are in excellent physical condition and experienced with handling gas-powered tools are needed for the work session that involves removing trees and clearing out areas. There will be heavy equipment as well as a truck, both of which will be operated by licensed drivers. The latter will carry stuff off to the Hawaiian Earth Products facility on Kapa'a Quarry Road for recycling.

Call 263-6001 or send an e-

mail to waa@hoku.com if you can volunteer for this project.

•Sept. 27 at 10 a.m.: Even if you aren't physically able to help out with the above clean up, stop by starting at the Waikalua Loko Fishpond Community Open House, where the Waikalua Loko Fishpond Preservation Society will open up three of its educational stations and conduct mini-tours of the entire fishpond once the work has stopped. KBAC will show people how Kaneohe Stream impacts both the bay and the fishpond by demonstrating water quality sampling techniques.

These "soft" educational activities will be followed by a complimentary lunch around 11:30 a.m. for both visitors and volunteers.

Call 263-6001 or send an e-mail to waa@hoku.com if you plan to attend this family event, so that an accurate head count for educational materials, free T-shirts, docents, tables and chairs, and food may be planned.

•For more details on any of the above events, contact

See WORD TO PASS, B-7



Paying tribute in Iraq



Courtesy of Bravo Co., 1st Bn., 7th Marines

The proud warriors of Bravo Co., 1st Bn., 7th Marine Regiment, wanted to do something special to pay tribute to the fallen comrades of the fateful events forever marking Sept. 11, 2001. As part of the only Marine infantry battalion left in Iraq, the leathernecks decided it was most fitting to simply express how they feel, by saying, "9-11, we remember." Bravo, 1/7 Marines also sent comments to their loved ones and units stating, "We have not forgotten, and we are proud to serve our country."

Tips For Financing A Vehicle

- Evaluate your financial situation. How much can you afford to spend each month?
- Know the difference between buying and leasing a vehicle. Which is right for you?
- Compare annual percentage rates and financing terms from multiple sources, such as banks, finance companies and credit unions.
- Be aware that your credit history may affect the finance rate you are able to negotiate.
- Make your payments on time. Late or missed payments incur late fees and reflect negatively on your credit.
- Talk to your creditors if you are having difficulty meeting your payments. 



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WORD TO PASS, From B-6

Shannon Wood, interim president of the Windward Ahupua`a Alliance at 263-6001.

Joint Women's Conference Registration Ends Sept. 30

The ninth annual Joint Women's Conference will gather 500 women from the military community to share their military life experiences.

This year's conference will take place at the Hickam Air Force Base Officers' Club, Oct. 17 - 18 and will offer more than 50 workshops, in addition to keynote speakers.

Women who register will enjoy a variety of workshops designed to educate, motivate, enlighten and strengthen their personal roles as spouses or military members.

Registration ends Sept. 30. Forms will be available at Oahu military exchanges, commissaries, libraries, thrift shops, chapels and support centers. Applicants may download a form at www.JointWomensConference.org.

All forms must be postmarked by Sept. 30.

The cost to attend this event is \$25 for both days and \$15 for Friday or Saturday only. The fee includes workshops, keynote presentations, continental breakfasts, lunches and complimentary conference tote bags.

Seating is limited to the first 500 applicants, so mark your calendar to register Sept. 2.

Participants should arrange for daycare, as

it is not available at the conference.

For more information, consult the web site at www.jointwomensconference.org or contact Rae-Anna at 455-1744.

Mardi Gras Follies Hold Auditions, Oct. 1 - 2

The Pearl Harbor Performing Arts Association will be holding auditions for the 49th Annual Mardi Gras Follies on Wednesday evening, Oct. 1 at 7:30 p.m. at the Waikiki Community Center, 310 Paoakalani Ave., and at the Banyans Club on Thursday evening, Oct. 2 at 7:30 p.m.

If you can sing, dance (tap, jazz, ballroom or ballet), model lavish costumes or have a specialty act, this is the show for you.

If you have never been on a stage before, not to worry, the staff will train you and groom you, plus give you that needed extra confidence. There's no age limit on adult performers.

The annual fundraiser gives thousands of dollars to military and civilian charities.

Call the Pearl Harbor Performing Arts Association at 922-8401 for more details.

'Word To Pass' Column Receives Your Faxes

Fax "Word to Pass" items that are of general interest to the military or Department of Defense community, to the *Hawaii Marine* at 257-1289, at least two weeks prior to your event date.

COMMENTARY

Spousal abuse attacks God's image

Navy Chaplain
(Lt.) Daniel W. Thompson
1st Bn., 12th Marine Regiment

One of the greatest benefits of having a dog is the increased awareness that I am not one. I look at my dog Joey and think for a moment that he is kind and forgiving, humble and patient, loving and warm, gentle (around children), and happy and peaceful. Then I realize he's a dog!

He does not know or reason, or feel or judge, like I do. He does not prize anything because of its worth — its relation to God.

He doesn't know where he came from. He doesn't reflect on his identity and wonder who he is or what it means ultimately in God's scheme of things to be a dog.

Why is this? Joey is not made in the image of God as mankind is.

As God is Lord over creation, man reflects the image of God by exercising dominion over the rest of creation (Genesis 1:28) and by separating mankind from animals

(James 3:7).

Fused in this image is an eternal soul, the free will to worship and have the power to rule over God's creation.

Claiming that some persons are not in the image of God devalues life to its lowest form and opens many doors to other complications. Domestic violence claims that some persons are not in the image of God because it devalues life to its lowest form and consequently treats those persons as sub-human.

In other words, the abuser attempts to control the behavior of another person and misuses his or her authority, which uses the bonds of intimacy, trust and dependency to make the victim vulnerable. This behavior is an attack on the image of God, which has been carefully knit within that special person.

Nationwide, research shows nearly 76 percent of family violence revolves around wife abuse, one percent is on husbands.

Another study in America showed that 16 percent of married couples had used some form of violence in the previous year.

A 1987 Toronto study showed 14 percent of cohabiting women had been physically abused during the survey year, and 36 percent reported having been abused by a husband, boyfriend, or date.

To bring the matter a little closer to home, spousal abuse has been a very serious matter at MCB Hawaii, with 49 reported cases this year alone! Many other incidents have gone unnoticed, however.

If you feel that your spouse is abusing you, don't buy into the myths that battering is a private matter or that family violence is rare. It is not. You can receive help.

Locally, turn to the Joint Military Family Abuse Shelter at 533-7125.

Assaulting your spouse is equivalent to attacking the image of God within that person. Don't be a part of the statistic. Seek spiritual and domestic guidance.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1997 Mercury Sable, silver, 71K miles, runs and looks excellent. Asking \$7,000 OBO. Must sell by Oct. 3, due to PCS. Call Sgt. Grounds at 284-0888 (cell) or 254-4855.

1988 Mazda RX7, convertible, red, top works but needs new engine. Asking \$500. Call Dave at 833-6906.

1993 Mazda MX-6 LS sports coupe, white, 6 cylinder, manual, sun-roof, still smells good and is in good condition, 91K miles. Asking \$5,000 OBO. Call 395-9689.

Motorcycles

1990 Harley Davidson Sportster, new tires, sprocket chain, porker pipes, chrome, runs excellent, only 12,800 miles.

Upgrading, must sell. Call James at 261-1425.

Appliances

1991 Hot Point washing machine, almond, works well but leaks from back basin on heavy loads. Great for outside washer hookup. Only \$50. Call 778-1237.

Furniture

Patio chairs, set of six chairs, table and umbrella. Only one year old. Asking \$200 OBO. Call 389-1548.

Miscellaneous

Sailboat, 14-foot with trailer, roller furl, 1 1/2 hp Johnson motor, full custom cover and all equipment included. Asking \$1,700 OBO. Call 389-1548.

Free Makepono Advertisements

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.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday 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 must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

Call 257-8836 or 257-8837 for more details or assistance.