

LIFESTYLES

Windward celebrates aloha

Marines, Sailors join kama'aina to share in the spirit of the festivals

Story and Photos by
Sgt. Richard W.
Holtgraver Jr.
Combat Correspondent

KANEOHE

Thousands of people and several dozen Marines from MCB Hawaii took the opportunity to get more familiar with one another Sept. 7 during the Windward Ho'olaule'a, part of Aloha Festivals Hawaii month on the islands.

More than 20 leather-necks from 3rd Marine Regiment displayed their weapons and gear so residents could see what Marines use when they go into combat.

Young and old alike approached Marines in the parking lot of Windward Mall, to see what the fabled Devil Dogs were all about.

"So far, everyone who has approached us has expressed their appreciation for the job we do," said 1st Lt. Robert Neeson, anti-armor platoon commander for 1st Bn., 3rd Marine Regiment. "The public has been very supportive of our presence. They enjoyed getting the chance to get hands-on experience with our gear."

Many of the Marines were dressed in utility uniforms with their faces covered in camouflage paint, while others wore sniper gillie suits.

On display was a vast assortment of Marine weaponry ranging from M40A1 sniper rifles to Tube-launched, Optically-tracked, Wire-guided missile systems.

Nearby, the sounds of the Marine Forces Pacific Band could be heard at one of the three stages. The thousands in attendance enjoyed continuous musical and dance entertainment from several local performers.

The Marine Forces Pacific Band gave residents a double dose of motivation by performing two sets for the Ho'olaule'a attendees.

The Marines showed residents from the Windward community that despite their worldwide reputation as "Devil Dogs" they were easily approachable and fun to talk to.

The Marines were proud to be a part of the Aloha Festivals. They are Hawaii's premiere cultural showcase celebrating

Hawaiian music, dance and history, and intended to preserve the unique island traditions.

The Aloha Festivals are the largest and



Corporal David C. Carrier, a squad leader for Weapons Co., 1/3, assists 9-year-old Maki Somera in looking through the sites of a Tube-launched, Optically-tracked, Wire-guided missile system mounted on top of a High Mobility Multi-Purpose Wheeled Vehicle.

WINDWARD HO'OLAULE'A



During the first song of their set, the brass section of the Marine Forces Pacific Band blew the crowd away during their performance.



Displays of several antique and custom cars delighted thousands of people who attended the Ho'olaule'a.



While Cpl. Christopher J. Biello, a machinegun section leader with Charlie Co., 1/3, holds up a mirror for her, Britnee Fujimori, a 12-year-old at Kapalama Elementary School, smiles as she examines her newly camouflaged face.



A ho'olaule'a wouldn't be complete without hula. Local performers demonstrated the skill and the art of the dance.



The Aloha Festival Royal Court made its way through the Windward Mall parking lot to the interior stage of the mall.

only statewide cultural celebration in the United States.

Windward's Ho'olaule'a lasted most of the day and continued well into the evening. The time span allowed Marines to reflect upon their impact at the event, and for many of the young Devil Dogs, the day instilled a deeper sense of pride.

"A gentleman came up to me today — after seeing us and our gear — and said, 'I'm glad you're on our side,'" said Pfc. Skyler T. Adams, an anti-tank assaultman with Weapons Co., 1st Bn., 3rd Marine Regiment. Adams beamed as he recalled the moment.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

SEPTEMBER

21 / Saturday

Enlisted Club Bull — The only mechanical riding bull on the island is stationed at the Enlisted Club, and it's ready to be tamed every Wednesday and Saturday night during the E-Club's "Hot Country Nights."

The riding bull is available only to members of the Armed Forces.

For more information call 254-7661.

Back to School Teen Dance — All base teens are invited to the Back to School Dance in the Family Gym from 6 – 9:30 p.m.

Call Youth Activities for fees and details at 254-7610.

23 / Monday

Double Coupon Day — It's time to save big during this money Monday craze. You can double your coupon savings all day long at both the Main

Exchange Plantation Store (254-3890) and the MCX Annex Wiki Wiki Market (254-7587).

Some restrictions may apply. Visit your favorite convenience store for details.

A Classy Move — Register now for the upcoming on-base college semester. Representatives from the Joint Education Center are accepting college applications for the Oct. 7 - Dec. 18 term. To get the classes you want, register early.

Discover the many college benefits, including 100 percent tuition assistance for military personnel. Call the Joint Education Center at 257-2158, or stop by Bldg. 219.

24 / Tuesday

Key Volunteer Training — If you're a military spouse who has some extra time and would like to get involved within your mate's military unit, you may be an ideal Key Volunteer.

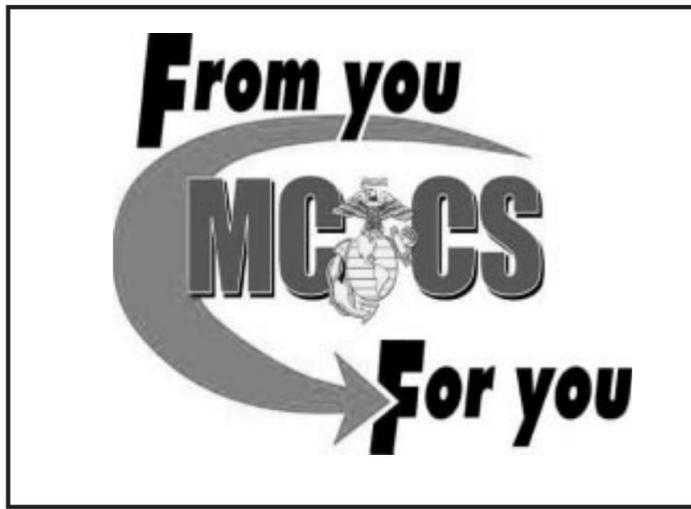
Serving as the "personal link" between the unit and families, Key Volunteers help develop and strengthen listening and leadership skills.

Interested? The next KV Network training session goes Tuesday - Thursday in Bldg. 3022 from 5:30 – 9 a.m.

Spouses should make reservations by calling Toni Spofford at 257-2410.

25 / Wednesday

Catch the Entertainment



Lure with ITT — Chances are, you're not in Hawaii for just a week or two, you're stationed here for a year, two or three.

Well, congratulations!

Make the most of your time in paradise, and see the island, experience a luau, a dinner cruise and perhaps a little whale watching.

It's possible to accomplish all of this without demolishing your bank account, if you swing by the Information, Ticket and Tours Office, which has two locations: one at Kaneohe Bay and the other at Camp H.M. Smith.

Representatives from ITT can assist you with discount tickets to the Polynesian Cultural Center, dinner shows, various museum tours, water parks and cruises.

Go ahead. Live a little aloha.

For more information, call the K-Bay ITT at 254-7563, Camp Smith's at 477-5143.

26 / Thursday

Storytime — Have you met "Auntie Lori"? She will introduce your child to the literary world and make it fun during the Base Library's weekly Thursday event, Storytime, which is held from 10 – 11 a.m. Parents and their preschool-aged children are invited to listen to Auntie Lori's far away tales and dive into a craft project.

No reservations are needed.

For more information, contact the Base Library at 254-7624.

Family Night at Mega Video — Buy yourself a little peace and quiet each Thursday night at Mega Video. Every Thursday, all family and children's movies (no new releases) are available for 50 cents. Classics and cartoons are stocked to enhance your family time at bargain

prices.

Mega Video features blockbuster specials each night of the week. Patrons may also rent digital video discs and video cassette players, as well as PlayStation and Nintendo 64 systems.

After every twelfth video rental, you'll receive the next one free.

Mega Video is located at the Mokapu Mall courtyard, and it's open daily from 10 a.m. – 10 p.m., and Friday and Saturday from 10 a.m. – 11 p.m.

For more details, call Mega Video at 254-7560.

OCTOBER

9 / Wednesday

Chicken Soup for the PCS-Bound Soul — Start spreading the news. Is your family about to leave the island? Did you receive your permanent change of station orders?

With so much to do, where does one begin? Let the professionals at the Relocation Assistance Program help guide you in the right direction during its PCS Moves Workshop in Bldg. 3096 from 8 a.m. – noon.

Topics to be discussed include departure temporary lodging allowance, medical, transportation and more.

Spouses are welcome and orders are not required. However, spaces are limited and reservations are recommended.

Call 257-7790 for details.

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

Saturdays: Oceanside Paintball lets your "inner-predator" come out to play from 9 a.m. – 4 p.m., and Sundays from noon – 5 p.m.

Call SM&SP for information on equipment rental fees.

Sept. 28: Participate in the softball tournament. Call Leslie Graham for more details.

Nov. 21: Volunteers are needed for the Thanksgiving Dinner Party holiday bash.

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.

SM&SP Benefits

Single Marines and Sailors enjoy these:

- At the Klipper Golf Course, get free range balls, club rental at \$5 and 18 holes of play for \$8.

- At K-Bay Lanes, get games at \$1.50 each and free shoe rental, Mondays - Thursdays.

We Got It Goin' On

Have your voice heard. Make a difference. Get involved. Grow and have a blast with SM&SP.

Club Week gets going Oct. 4 at Kaneohe Bay

Ed Hanlon V
MCCS Marketing

With renovations nearing completion, grand openings of the three main clubs on base: the Officers Club, the Enlisted Club (Kahuna's) and the Staff NCO Rocker Room are set to launch during "K-Bay Club Week," Oct. 4 – 11.

After a significant makeover, the Officers Club will kick off Club Week Oct. 4. Festivities will begin with the blessing, followed by a 5:30 p.m. reception and tours of the new facility, and round out with complimentary pupus and live music.

Officers and their guests are invited.

On Oct. 5, the Officers Club will host a Club Open House. A complimentary poolside barbecue, Hawaiian music and more tours of the facility are scheduled for members, family members, and especially retirees.

The Enlisted Club is going to commence its opening on Oct. 9. Promotions include: door prizes such as a digital video disc player, a 27-inch television and more. Enjoy live music from Kapena, free pupus, extreme games and the initiation of the island's only mechanical bull.

The food and fun will start at 4:30 p.m., and the first 250 E-5s and below will receive free Kahuna's caps.

Last, but not least, the Staff NCO Club will host its grand opening and open its new lanai Oct. 11.

Rock & roll band "The Kingpins" are tentatively booked for the evening's entertainment. Guests will enjoy free pupus and outdoor games.

Grand re-opening



Sgt. Alexis R. Mulero

(Left to right) Mari Rollins, president of the All-Enlisted Spouses Club Thrift Store; Sgt. Maj. Filipino Ilaoa, base sergeant major; Margaret and Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii; Vaisa Ilaoa; and Navy Chaplain (Capt.) Joseph W. Estabrook, the command chaplain, all participated in the ribbon cutting and blessing of the AESC Thrift Store Sept. 13. The store's open from 10 a.m. to 6 p.m., Monday through Saturday.

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.

8 Legged Freaks (PG13)
Mr. Deeds (PG13)
Road to Perdition (R)
K-19 Widowmaker (PG13)
Stuart Little 2 (PG)
Crocodile Hunter (PG)
The Country Bears (G)
Austin Powers Goldmember (PG13)
Road to Perdition (R)
Blood Work (R)
8 Legged Freaks (PG13)
The Country Bears (G)
Austin Powers Goldmember (PG13)
Pluto Nash (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.
Sept. 27 at 7:15 p.m.
Sept. 27 at 9:45 p.m.
Sept. 28 at 7:15 p.m.
Sept. 28 at 9:45 p.m.
Sept. 29 at 3:30 p.m.
Sept. 29 at 7:15 p.m.
Oct. 2 at 7:15 p.m.

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

Kunia blood donors exceed Tripler's goals

Petty Officer 3rd Class Candace W. Antwine
Kunia Regional Security Operations Center

HONOLULU — Donating blood isn't a problem for the members of the Kunia Regional Security Operations Center. Showing their commitment in grand fashion, 91 members recently signed up to donate to Tripler Army Medical Center's blood bank.

"This is the biggest response Tripler's gotten since Sept. 11," said Petty Officer 2nd Class Richard Loza, the blood drive's coordinator.

Like with many other areas, Tripler is experiencing a blood shortage. Although their bank goes to supply strictly military and qualified Department of Defense personnel, Tripler is responsible for the entire Pacific region, making it difficult to satisfy the demand.

In addition, the process of donating and curing blood is incredibly complicated. One stipulation is eliminating possible contaminated blood. For example, many members were turned away if they had been in Europe or parts of North Korea during a particular time frame.

Another factor is time. According to Loza, from the first drop donated, lab technicians only have four hours to get the blood to the lab for further testing. Other complications included having to throw blood away for various reasons.

"It costs Tripler \$500 per pint when they get blood from the civilian blood bank," said Loza.

Kunia's turnout was so impressive that Tripler is already making plans to return there in early October.

Giving the gift of life



Sgt. Robert Carlson

Specialist Delories Houchens, a lab technician with Tripler Army Medical Center, draws blood from donor Staff Sgt. Robinson V. Merchan, an inspector-trainer at the Comptroller's Office, MCB Hawaii, Kaneohe Bay. Merchan said he donates blood to help his fellow Marines since they have always been there for him. Tripler is holding a blood drive at Marine Aircraft Group 24, in Bldg. 301 aboard K-Bay, today from 7:45 a.m. till 1 p.m. Third Marine Regiment and 1st Radio Bn. will host a blood drive, all day Sept. 27, at the Boondocker.

New child safety restraint laws in effect, this month

Department of Transportation
Press Release

Since Sept. 1, the U. S. Department of Transportation's National Highway Traffic Safety Administration began requiring new child safety seats to have a specialized way of attaching to a vehicle seat.

Lower Anchors and Tethers for Children is a restraint system designed to work independently of the vehicle seat belt system, to simplify child safety seat installation and reduce misuse.

Since Sept. 1, 2000, all vehicle manufacturers have been required to install a top tether anchor in their vehicles. In addition, vehicle manufacturers were required to begin installing lower anchors in at least two rear seating positions in nearly all new passenger vehicles.

All new passenger vehicles manufactured after Sept. 1 will have the LATCH system.

Also since Sept. 1, most child safety

seats are required to have a lower set of attachments that fasten to these vehicle anchors. Most forward-facing child safety seats also have a top strap (top tether) that attaches to a tether anchor in the vehicle. Together, they make up the LATCH system.

"LATCH is an important innovation in child restraint and vehicle design. Used properly, the system is expected to save up to 50 lives a year and prevent close to 3,000 injuries in a crash," said NHTSA Administrator Dr. Jeffrey W. Runge. "This new technology will help us move forward in our effort to further reduce death and injury among our youngest passengers."

The NHTSA estimates that as many as 80 percent of child safety seats are incorrectly used. The agency also estimates that the LATCH system will eliminate as much as half of the misuse associated with the improper installation of child safety seats.

Child safety seats without LATCH

technology are still effective in protecting children — as long as they are correctly installed in accordance with the manufacturer's instructions.

"The LATCH restraint system will make child restraints easier to use, simpler and more secure," said Runge. "It will be easier for parents to do the right thing to protect their children."

Although the LATCH system will help resolve installation misuse, parents and drivers must still be sure to:

- Place their children in an appropriate safety seat. Make sure that the child is the appropriate height, weight and/or age for the child safety seat.
- Place children in the back seat. The back seat is the safest place for children.
- Never place a rear-facing child restraint in the front seat with an air bag.
- Install the child safety seat properly in the vehicle.
- Check that the child safety seat harness straps are tight.

• Place children in a booster seat once they reach 40 pounds.

• Do not prematurely move children to an adult seat belt system. Children should continue to ride in a booster seat, in the back seat, if they are under 4 feet, 9 inches tall.

• Stay informed as to whether their child safety seat has been recalled.

Consumers can have their child passenger safety questions answered by calling NHTSA's Auto Safety Hotline at 1-888-327-4236. More information about the LATCH child safety seat system is also available on NHTSA's Web site at www.nhtsa.gov.

To arrange a child safety seat inspection, visit www.seatcheck.org or call 1-866-SEATCHECK.

(Editor's Note: The MCB Hawaii Base Safety Center works with the Keiki Injury Prevention Coalition in Hawaii to provide child safety seat inspections regularly. Call 257-2096 to find out about the next event.)

Safety CHALLENGE

Reducing scooter injuries calls for adult supervision

NAPS

Featurettes

Children have enjoyed foot-propelled scooters for decades, and today's scooters with their sleek designs and fast wheels have made a comeback in popularity.

But these so-called "toys" are not as harmless as they may seem.

"Today's scooters go very fast, so the possibility of a child losing control greatly increases," said Greg Walker, M.D., of the American College of Emergency Physicians. "Any sort of device that puts children on wheels and allows them to move quickly sets them up for injury."

Each year, thousands of children under age 15 are rushed into the emergency wards with scooter-related injuries. The numbers are on the rise.

The good news is that the majority of these injuries are preventable, if safety measures are followed.

The ACEP provides the following tips on scooter safety to help prevent serious injury to your child:

• Parents should inspect scooters closely for any loose parts or design



flaws before allowing a child to ride.

• Scooter riders should wear a helmet along with knee and elbow pads.

• Children are advised not to wear wrist guards because they may impair their ability to steer the scooter sufficiently.

• Only allow children to ride scooters after they have demonstrated

good judgment, strength and coordination.

• Children younger than age 8 should only ride scooters when supervised by an adult. This age group accounts for one-fourth of all scooter-related injuries.

• Scooters should only be ridden on smooth, paved surfaces and away from any traffic. Avoid streets and surfaces with water, sand, gravel or dirt.

• Scooters should only be ridden during daylight hours.

Adults or parents wanting more information on health and safety topics, can visit the American College of Emergency Physicians' Web site at www.acep.org.

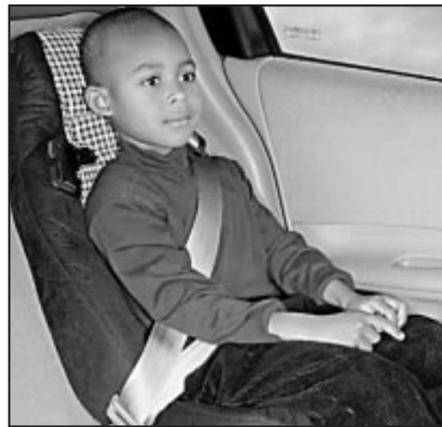
Booster seats are required for many children, says NHTSA

NAPS

Featurettes

Millions of babies and small children are strapped into car seats every day, helping to protect them from injury should a crash occur.

However, studies show older children — those ages 4 to 8 years old, weighing



NAPS

Children who have outgrown traditional child safety seats should be secured in booster seats when riding in a vehicle.

between 40 and 80 pounds and up to 4 feet, 9 inches tall — are rarely restrained properly in the car.

That's significant because traffic crashes are the number one cause of death for children.

Booster seats are necessary to lift older kids up to a height that allows the vehicle's shoulder and lap belts to fit properly and safely.

Less than 10 percent of children who should be in booster seats are actually belted in properly, according to the National Highway Traffic Safety Administration. To help combat this alarming trend, the National Automobile Dealers Association has joined with NHTSA in a national campaign to raise public awareness of the importance of booster seat use.

"Proper booster seat use can save lives," says NADA Chairman H. Carter Myers, III. "We are committed to helping parents hear that message."

Visit the following Web site for more details on the proper use and other interesting facts about booster seats: www.nhtsa.gov/people/injury/childps/booster_seat/page1.html for.

Worth Repeating — "Education: Being able to differentiate between what you do know and what you don't. It's knowing where to go to find out what you need to know and it's knowing how to use the information once you get it."

— William Feather, author

Marine Makepono

"HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1995 Grand Cherokee Laredo, very clean, with air conditioning, power windows, 12 disc CD, low 88,500 miles. Asking \$7,600 OBO. Call 254-8796.

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

1971 Buick Skylark, low mileage, 4-door, 31,473 miles, only a tad of

rust, but clean car. Asking \$3,000 OBO. Call 737-4419.x

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

Motorcycles

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.

Miscellaneous

Joe Rocket leather jacket, brand new, only worn twice, \$300 OBO. Call Ernie at 392-1877.

Real Estate

3BR/2BA in Kaneohe, very clean, has washer and dryer, carpet. For non-smoker with no pets. Only \$1,350 per month with deposit. Call 262-5075 or 271-0082.

Free Makepono Ads--Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of the Hawaii Marine, 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.

Call 257-8840 for more.

Democracy in action makes a great first impression

NAPS

Featurettes

The hope of the "Take Your Kids to Vote" campaign — an effort of the Council for Excellence in Government, the Partnership for Trust in Government and dozens of nonprofit, corporate, labor and nongovernmental partners — is to help make voting a family tradition and turn around the declining voter turnout of recent years.



A recent study by the Council showed that parents have an amazing influence on their children's future voting habits. Twice as many young adults who grew up with political discussion in their homes believe voting is important as those who did not.

The "Take Your Kids to Vote" campaign has several tips to help adults make the connection between their communities and their elected officials:

- Take your kids with you when you register to vote.
- Pick an issue that is important to your family (the environment or education, for example) and follow it through the campaign. Ask your kids where the candidates stand on this issue. Do they agree?
- Take a walk around your neighborhood and see how many campaign signs and bumper stickers they can spot. What messages do they convey?
- Encourage kids to talk to other adults and find out about the first time they voted.
- If kids have a specific question for a candidate, help them to write a letter or send an e-mail.
- Watch the news and political debates together as a family and talk about it afterwards.

For more information, including games and links to important election resources and kid-friendly sites, log on to www.takeyourkidstovote.org.

(Editor's Note: Election Day 2002 is Tuesday, Nov. 5. See your Voting Assistance Officer for absentee ballots and dates of state primary elections.)



NAPS

Money doesn't grow on trees, nor does your nest egg accumulate wealth without some minimal savings effort.

Investing's a long term deal

NAPS

Featurettes

Even in today's uncertain stock market, reaping a good return on your money may be easier than you think. However, the experts say building a nice nest egg for retirement time requires investing in stocks and mutual funds-for the long term.

A recent study by a nationally known research firm confirms that common stocks and mutual funds have continually outperformed the majority of other investment options.

Over the past 75 years, large- and small-cap stocks and mutual funds provided an average annual investment return of about 12 percent.

Compare that return on your money to other investment options such as long-term government bonds (8 percent return), treasury bills (7 percent), money market or CD accounts (4 percent) or bank sav-



ings accounts (2 percent) or better each year.

Plus, before you get started on building your nest egg, know that whether the market is running *with* the bears or *from* the bulls, analysts also say there is one other key to successful investing that never changes: research.

Even modest investors should avoid taking stock tips as "gospel," always do your own homework before risking your money in any investment option.

To learn how to start a long-term investment program, order your free investor kit by calling toll-free 1-877-275-6242, or by visiting www.better-investing.org. Remember that accumulating wealth takes long term effort.

And don't forget inflation.

The average inflation rate in America has been about 3 percent. That means, to keep your money growing over

time, you must gain an investment return of 3 percent

On the Menu

Anderson Hall will prepare the following this week:

<p>Today</p> <p><u>Lunch</u> 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</p> <p><u>Dinner</u> Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewy Nut Bar Yellow Layer Cake w/Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p>Saturday</p> <p><u>Dinner/Brunch</u> Herbed Rock Cornish Hen Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Asst. Fruit Pies Chocolate Chip Cookies</p> <p>Sunday</p> <p><u>Dinner/Brunch</u> Yankee Pot Roast Baked Ham Mashed Potatoes</p>	<p>Candied Sweet Potatoes Chocolate Layer Cake w/Chocolate Cream Frosting Asst. Fruit Pies</p> <p>Monday</p> <p><u>Lunch</u> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Dinner</u> Baked Turkey and Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Asst. Fruit Pies Chocolate Chip Cookies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p>Tuesday</p> <p><u>Lunch</u> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Rolls Steamed Rice Pork Fried Rice Asst. Fruit Pies Chocolate Pudding</p> <p><u>Dinner</u> Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Asst. Fruit Pies Chocolate Pudding</p>	<p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p> <p>Wednesday</p> <p><u>Lunch</u> Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Asst. Fruit Pies Oatmeal Cookies</p> <p><u>Dinner</u> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Country Bar</p> <p>Thursday</p> <p><u>Lunch</u> Chicken Parmesan Baked Lasagna Baked Potatoes Strawberry Shortcake Peach Pie Banana Cream Pie</p> <p><u>Dinner</u> Chicken Vega Simmered Corned Beef Parsley Butter Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p>
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RECIPE

Veggie stews perk up to mushrooms

NAPS
Featurettes



NAPS

It's not easy to improve on ratatouille (rah-ta-too-ee): the garlicky French medley of tomatoes, zucchini and other fresh vegetables. Yet, mushrooms bring something new to the table, when sliced and simmered with the other ingredients.

For a double helping of mushroom goodness, serve mushroom ratatouille in a grilled portabella cap. It's also delicious tossed with hot pasta, tucked inside an omelet or served at room temperature with grilled or roasted chicken.

Mushroom Ratatouille

- 1 pound fresh white mushrooms
- 2 large onions
- 1 medium eggplant (1 pound)
- 2 medium zucchini (1 pound)
- 1 large sweet red bell pepper
- 2 large ripe tomatoes (1 pound)
- 2 tablespoons olive oil
- 4 teaspoons chopped garlic
- 1 teaspoon Italian seasoning
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper

Cut mushrooms in thick slices; slice onions in wedges; cut eggplant, zucchini, red bell pepper and tomatoes in 1-inch cubes.

In a large (12-inch) skillet (preferably nonstick), heat oil over medium heat. Add onions and garlic; cook and stir until lightly browned, about 4 minutes. Add mushrooms and eggplant; cook and stir until lightly browned, about 4 minutes. Add zucchini, bell pepper, tomatoes, Italian seasoning, salt and black pepper.

Cover and cook, stirring occasionally, until vegetables are tender, about 10 minutes. Yields 8 cups.

WORD TO PASS

Hispanics Celebrate, Saturday

All are invited to the Marine Forces Pacific and MCB Hawaii Joint Hispanic Heritage Block Party and Dance, tomorrow (Sept. 21) from 3 - 6 p.m. at the Enlisted Club aboard K-Bay. Come celebrate Hispanic culture with Loteria (Latin bingo), bouncery houses, sack races, the pinata, balloon man and more.

Afterward, all ranks are invited to the 2002 Hispanic Dance featuring a live Spanish band, a disc jockey and food to order. The dance will run from 7 p.m. to 12 a.m., and no cover charge will be assessed at the door.

For more details on either event, contact Master Sgt. Rivera at 257-8872, or your Equal Opportunity representative.

Tripler Fisher House Holds Charity Sale, Today & Saturday

All are invited to help support the Tripler Fisher House, which aids military families in need, at its fundraiser taking today and Saturday from 10 a.m. to 6 p.m.

Attendees can purchase unique armoires, tables, baskets, cabinets, chairs, benches and more, first come, first served.

The Tripler Fisher House is located beyond the V.A. Medical Center and parking garage. Make a right turn on Krukowski Rd., and go up the hill, just past Dental.

For more details, call 433-1291, ext. 28.

Women Host K-Bay Conference, Oct. 18 - 19

Choose from more than 50 dynamic workshops covering topics such as health and career enhancement when you register to attend the 8th Annual Joint Women's Conference, Oct. 18 - 19 at the MCB Hawaii Officers Club. The event will feature innovative and powerful information for women associated with the military lifestyle.

Speakers include award-winning chef *Sam Choy*, who will demonstrate locally flavored

gourmet cuisine at the Oct. 18 workshop, from 11 a.m. - 12 p.m.

Syndicated columnist *Heloise* of "Hints from Heloise" fame will speak about her life as a military child during the Oct. 19 workshop from 11 a.m. - 12 p.m.

The cost is \$25 for both days or \$15 Friday only, or \$15 for Saturday only. The fee includes the workshops, two continental breakfasts, two lunches and conference tote bags.

Seating is limited to 500, so get your registrations in early. All forms must be postmarked by Oct. 1, and can be picked up at military exchanges, commissaries, support centers, thrift shops and chapels.

The conference Web site is up and running at www.jointwomen-conference.com. Review conference and workshop information and print the registration form online.

See WORD TO PASS, B-8

"Have you seen the Joint Women's Conference banner?"

If you are a spouse attached to MCB Hawaii and have spotted the Joint Women's Conference banner anywhere aboard MCB Hawaii, note the location of the banner on the four dates below, and bring the form to the conference.

Nico Duncan will collect the forms, and the JWC director will pull a name from all correct entries received.

A winner will be announced in the Oct. 25 edition of the *Hawaii Marine's* "Word to Pass" column and receive a small "mahalo" gift for participating.

Name: _____ Phone #: _____

Date spotted: _____ Location of banner: _____

Sept. 20: _____
 Sept. 27: _____
 Oct. 4: _____
 Oct. 11: _____

Note: Contest participants must be attached to MCB Hawaii and have registered for the 8th Annual Joint Women's Conference.

WORD TO PASS, From B-7

Contact Nico Duncan at 254-6198 for more conference information.

HCDC to Provide JWC 2002 Child Care

The Joint Women's Conference and the Hourly Child Development Center have joined forces to make child care available to JWC 2002 participants.

However, you should register early, as now reservations are only open at the HCDC on Oct. 18 and 19 to registered JWC participants, but on Tuesday child care will be opened to all HCDC patrons (in addition to conference participants).

The CDC registration fee can be waived for those attending the conference.

Contact Kelli Allen for more regarding JWC 2002 childcare at 257-8354.

NMCRS Provides 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.

Aquarium Hosts Tours

Each summer, the Waikiki Aquarium offers educational field trips, activities and special events for the community. Call 923-9741 to enjoy one of the following:

- Oct. 11, 7 - 9 p.m.: Find out if fish snooze or lobsters sleep. Join staff for an after-dark, flashlight tour and informative presentation of night ecology. The minimum age is five years old, and youngsters must be accompanied by an adult. Preregistration is required at \$7 for adults, \$6 for children.

- Oct. 1 - Nov. 9: Attend the free, six-week training program to become a docent.

Government Jobs Become Available

- The Hawaii State Judiciary is seeking qualified court interpreters to serve as independent contract court interpreters for state courts. Individuals able to interpret fluently in both English and a second language are invited to register.

All languages are wanted; however, those who are fluent in American sign language, Filipino and Chinese dialects, Micronesian, Samoan and Tongan are especially needed.

Pick up registration packets and the brochure that answers frequently-asked questions at either the Judiciary Personnel Office, 417 South King St.; the District Court Information Center, 1111 Alakea St.; or at the Circuit Court Concierge, 777 Punchbowl St.

For more information, call 539-4860.

- The Federal Detention Center in Honolulu, part of the Federal Bureau of Prisons, is accepting employment applications online at [\[cruit.html\]\(#\).](http://www.bop.gov/re-

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Employees enjoy generous health, group life in-

surance, retirement and thrift savings benefits.

For more information,

call 1-800-347-7744.

- If you're interested in a career as a special agent,

attend the FBI's next seminar, Sept. 23 from 10 a.m. - 12 p.m. at the U.S. Coast

Guard Base, Sand Island, Work-Life Center. Call 566-4488 for more details.