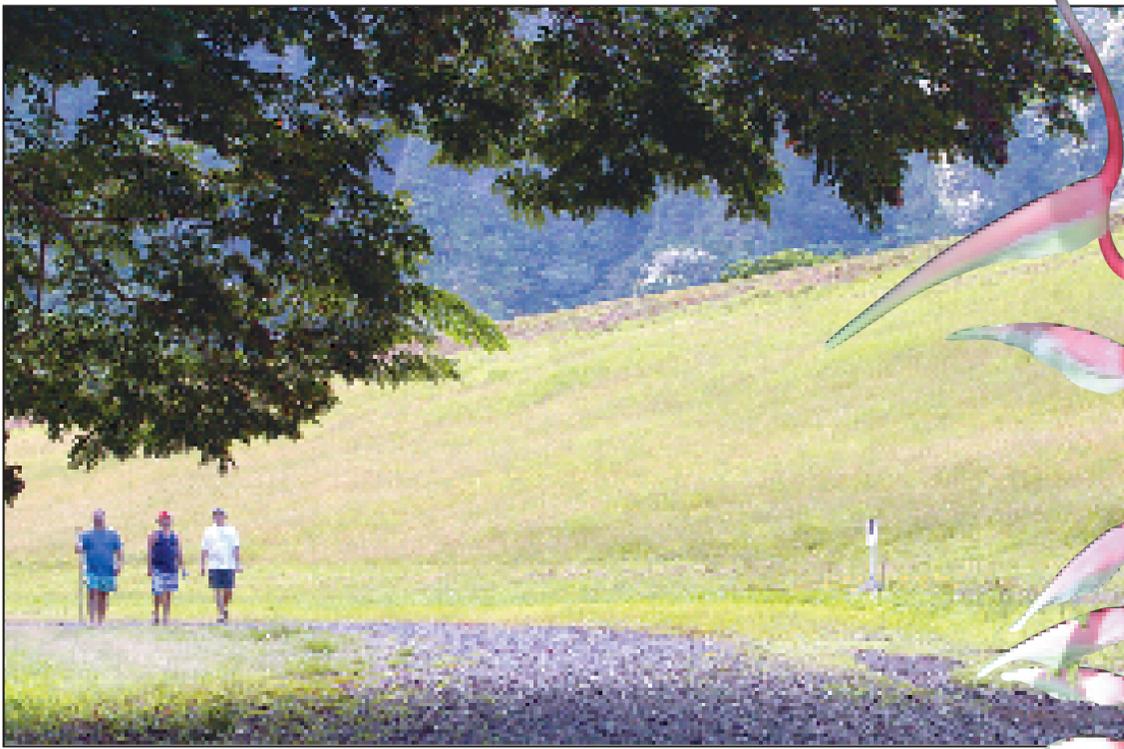
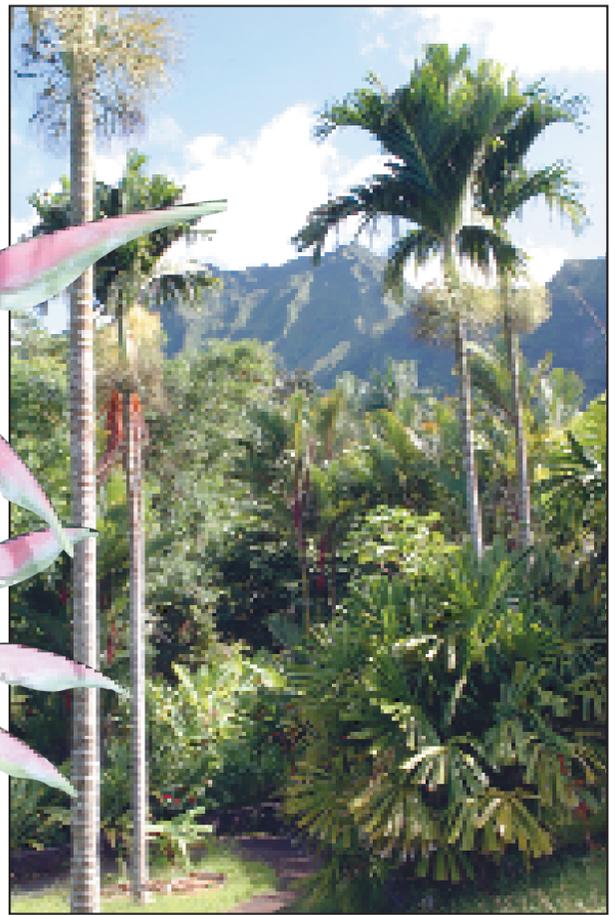


LIFESTYLES



Local visitors take a stroll on a path circling the 32-acre freshwater lake where catch-and-release fishing is available on the weekends.



The Koolau Mountain Range provides a majestic backdrop to visitors hiking the peaceful, lush garden trails.



Local ants are attracted to the sweetness of the Indian Head Ginger. Several species of ginger, including wild ginger, are located along the hiking trails of the garden.



A wild ivy finds comfort intertwined around a yellow Hau Tree flower. The botanical garden offers a variety of flowering trees on site.

Above — The three well-kept camp sites at Hoomaluhia Botanical Garden in Kaneohe can accommodate up to 600 campers.

Right — The Kamoalii Stream flows through the botanical garden. Hikers can follow the trail from the Kahua Lehua (native Hawaiian plant) area to the stream.

Far Right — Members of the Hibiscus family can be found in many areas around the garden's 400-acre property.



peace & tranquility

**Story and Photos By
Staff Sgt. Ronna M. Weyland**
Managing Editor

Editor's note: This page was reprinted due to this story's omission because of a technical error.

Lined with tropical palm trees and blooming flowers the road to paradise is just a short drive away.

Located at the base of the Koolau Mountains in Kaneohe, and just like its name, Hoomaluhia Botanical Garden offers 400 acres of peace and tranquility.

"The garden is full of tropical plants from around the world and offers scenic mountain views," said Olive Vanselow, program coordinator. "It offers visitors a unique opportunity to spend time enjoying the outdoors."

Hoomaluhia is one of five Honolulu Botanical Gardens on the island of Oahu. Visitors will find an

array of greenery, hiking trails, a 32-acre lake and weekend camping all with an up close view of the mountain range.

"We also have an art gallery year round offering 12 shows a year," added Vanselow.

Camping on the weekends is also a popular event that takes place at the garden.

"We can accommodate over 600 campers at three different areas on site," said Vanselow. "People should remember, however, this is a tropical rain forest area and campers should come prepared. This is a great family facility to come and appreciate nature."

The facility was developed in the '60s, in conjunction with the U.S. Army Corps of Engineers to provide flood protection for the community and opened to the public in 1982.

Hoomaluhia Botanical Garden is open daily 9 a.m. to 4 p.m. except Christmas Day and New Year's Day. Free guided tours are offered Saturdays at 10 a.m. and Sundays at 1 p.m. Camping is available from 9 a.m. Fridays through 4 p.m. Monday.

Catch-and-Release Fishing is authorized only on weekends from 10 a.m. to 2 p.m.

For group scheduling, directions and permit information, call 233-7323, or visit www.co.honolulu.hi.us/parks/hbg/hmbg.htm.



Nestled at the basin of the Koolau Mountain Range, Hoomaluhia Botanical Garden offers a 32-acre freshwater lake within its 400-acres of lush tropical grounds as a unique way of spending time outdoors.

Club hosts luau here

Event promises good food, dynamic entertainment

Ed Hanlon V
MCCS Marketing

In 1819, King Kamehameha II, in a symbolic act, sat with women and shared his feast. This put an end to the traditional religious practice in which men and women ate separately, and the tradition of the luau was born.

This time, it's the Kaneohe Officers' Spouses' Club that will be bestowing the base with a first-class affair not to be missed — the Sunset Luau, to be held at The Officers' Club on Oct. 2.

The theme is Napoo ana o ka la Aloha (An Aloha at Sunset), and the evening promises to be one to remember with a breathtaking performance by Maohi Nui, a host of favorite Hawaiian foods, your favorite tropical libations, and the base's most panoramic locale.

Cocktail hour begins at 6 p.m. with a cash bar at The Officers' Club Lanai pool area. An opulent buffet of Hawaiian-style food composes dinner, beginning right at sunset, about 6:30 p.m. At 7:30 p.m., Maohi Nui, a dynamic group of island dancers and musicians will take you to another time and place with traditional Polynesian Hula and musical performances.

If you haven't been to a luau, this is the perfect opportunity. The cost is only \$32, pre-paid, for KOSC members, \$36 for nonmembers, and \$16.50 for children ages 5 – 12. Tickets must be purchased in advance from your KOSC representative.

For more information, call 254-2491.

A little bit of Texas ... hold 'em that is

1st Lt. Juan L. Reyna
Combat Service Support Group 3

"Was there ever any doubt?" Judy "Ace" Kelley triumphantly shouted. These were the words of the newly crowned champion of the 2004 All-Base No Limit Texas Hold 'Em Tournament, which took place Saturday night at the Staff Noncommissioned Officer's Club.

The champion's table consisted of the top players from each club on base, to include the top three civilians that finished in their playoff round. The Staff NCOs were noticeably absent due to operational commitments, leaving the championship up for grabs on their home turf. The evening began with seven players at the table, each with something to prove — that he or she was the best poker player here.

The two representatives from Kahuna's, Sgt. Alex R. RamosSanchez and Lance Cpl. Andrew P. Geronime, showed up in their champion's attire, flaunting their success from round one. The two officer representatives, 1st Lts. Shawn "Sandman" Sanders and Juan "Louie" Reyna, showed up in the traditional Hawaiian attire, hoping to give the impression they were laid-back players with an unshakable demeanor. The civilians were intimidating with their size, the only group to bring their top three finishers to the table.

The evening began shortly after 6 p.m., after a few brief introductions, pupus, and beverages, the dealer dealt the first hand.

The evening began with a slow pace, no player wanting to be the first eliminated.



1st Lt. Juan L. Reyna
An elated Judy Kelley revels after winning the All-Base Texas Hold 'Em Championship title.

However, with blinds going up at a cyclic rate, players soon began to loosen and before you knew it, the crowd-pleasing phrase "all in" was being heard every other hand.

After a few big hands, two civilians were out, with the final one called in an "all in" by the Sandman.

But after the big hand, the Sandman bet loosely one too many times, as Kelley called him on an "all in." The first officer would go down, leaving only Reyna sitting on the

short stack.

The evening was looking up for the two remaining enlisted players who looked to take bragging rights back to Kahuna's. RamosSanchez would be first to make a move, but standing in his way was "Ace." With both players "all in," the winner would gain a substantial chip lead on the remaining players.

RamosSanchez fell to Ace, leaving three players. Next, Geronime made his move, doubling his chips at least twice, before losing a big hand to Reyna for virtually all his chips. The next few hands Geronime would go "all in," before being called by Ace, who finally sent Geronime packing, leaving only two players.

As the peanut gallery began to get restless Kelley and Reyna would trade "all-ins" at least five times before the outcome was decided. Kelley finally took home the championship by making a straight on the river though Reyna had better cards in his hand. It was painful to watch for Reyna, but exhilarating for Judy and her many fans. Congratulations, Ace, on becoming the First Base Texas Hold 'Em Champion. Until we meet again. ...

This was the final table at the championship round of the All-Base Tournament.

In order of finish:

1. Judy "Ace" Kelley
2. 1st Lt. Juan "Louie" Reyna
3. Lance Cpl. Andrew P. Geronime
4. Sgt. Alex R. RamosSanchez
5. 1st Lt. Shawn G. "Sandman" Sanders
6. Claire Piktel
7. Anthony "Tony" Davis

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Bar & Grill

Sugah Daddy Live — Kahuna's is rocking out with Sugah Daddy tonight. The club opens at 6 p.m. and the party goes until 2 a.m. Kahuna's is open to all E-5 and below, DoD equivalent civilians and sponsored guests.

"Godfather" Marathon — The Recreation Center is holding an all-nighter with a "Godfather" movie marathon Saturday at 4 p.m.

Bring your sleeping gear and wear your most decent pajamas. Prizes and a free Sicilian pizza party and breakfast are a few of the highlights of the evening.

Stylish Logo Glasses Unveiled — Kahuna's is sporting new logo glasses on Saturday. Get in and

check them out. Buy a stylish logo glass filled with a cool beverage for only \$5. Refills are \$1 and you can keep the glass for your collection.

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.

Club NFL — Get the guys together at your club for the latest in NFL Monday Night Football action. There will be the King and Queen of the Quarter, giveaways and more football fun you'll get than watching somewhere else.

Check out the action this week when the Dallas Cowboys take on Washington Redskins.

Ghost Band Live — Kahuna's is rocking out with the Ghost Band Oct. 1. The club opens at 6 p.m. and the party doesn't stop until 2 a.m.

Club NFL — Your club has the latest in NFL Monday Night Football action. Get the guys together for more football fun than you'll get watching somewhere else.

On Oct. 4, check out the Kansas City Chiefs take on the Baltimore Ravens.

Staff NCO Club

254-5481

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.

Club NFL — Get the guys together at your club for the latest in NFL Monday Night Football action. There will be the King and Queen of the Quarter, giveaways and more football fun you'll get than watching somewhere else.

Check out the action this week when the Dallas Cowboys take on Washington Redskins.

DJ Party — Old School Jam's party is back with DJ Drisk spinning all your favorites Oct. 1. Dress to impress in your best polyester and platforms. The club opens at 4:30 p.m. and DJ starts at 6 p.m.

Texas Hold'em — The Staff NCO Rocker Room is dealing again.

Get in the game on Oct. 2, and show 'em who's boss.

The cost is \$5 for members and \$8 for nonmembers, and includes pupus and prize giveaways. Doors open at 6 p.m.

Club NFL — Your club has the latest in NFL Monday night football action. Get the guys together for more football fun than you'll get watching somewhere else.

On Oct. 4, check out the Kansas City Chiefs take on the Baltimore Ravens.

Officers' Club

254-7650/7649

O'Club Anniversary — Come join your fellow officers help The Officers' Club celebrate its second anniversary on Oct. 6 with pupus and entertainment at 4:30 p.m.

All Hands

Joint Spouses' Conference — The 10th annual Joint Spouses' Conference will be held Oct. 15 and 16 at Hickam Air Force Base Officers' Club. This is a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard to come together as one family to learn and share experiences from military life.

Registration forms may be picked up at base exchanges, commissaries, support centers, thrift shops, and chapels. The cost is \$25 for both days or \$15 for one day. All forms must be postmarked by Sept. 30.

Children are not permitted to attend. Child care is not available and must be prearranged.

Ongoing

Mega Video Blow Out — Now through Oct. 31. Get huge discounts on your favorite movies on VHS tape. Purchase a regularly priced \$9.95 tape for only \$5, a \$7.95 tape for only \$2 or a \$5.95 tape for just \$1.

Fix it Yourself — 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 building 3097, next to the 24-hour

car wash, and utilize their 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.

Also keep an eye out for a deal at the sealed bid auto auction the Auto Skills Center hosts.

For more details, call 254-7674.

ASYMCA Playmornings — Kids and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at varied locations across the base. The program runs Monday through Friday, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638.

Call 254-4719 for more details or info about other ASYMCA events.

7-Day Store — The new hours of operation are Monday – Friday from 6 a.m. to midnight, Saturday and Sunday from 7:30 a.m. to 10 p.m.

Swing Lessons — Kahuna's Ballroom is teaching you how to dance. Every Monday, Swing dance Lessons will be taught from 7 – 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl, and spin the night away.

For more info, call 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2.

For more details, call 254-7660.

Cage The Rage — Learn to understand and control your anger with ongoing classes Thursdays, 1 – 3:30 p.m. There are eight weekly sessions in each series. Start anytime.

To schedule a brief orientation appointment call 257-7780/7781.

Friday Night Barbecue — Every Friday, let someone else do the

grilling. Head to the Staff NCO Club for your favorite grilled New York strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon. Served from 5 – 9 p.m.

To make reservations, call 254-5481.

Hourly Child Care — Join us for some fun summer activities. The Hourly CDC provides child care by reservation for children 6 weeks – 5 years.

Call 257-8354 for more information about how to register your child.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. Call 254-7649.

Lava Java — Located next to the Base Theater, Lava Java is proudly brewing Starbucks. A variety of your favorite espresso drinks, coffee and pastries are served Monday through Friday, 6 a.m. to 2 p.m.

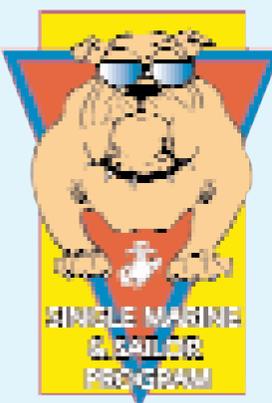
Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruises and most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays – Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m. For more info, call 254-7413.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in building 219. Get a job or career that suits your skills, schedule and style.

Call 254-7619 or visit www.mccs.hawaii.com/jobs_listings.html and find the position that's perfect for you.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS.Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Barracks Bashes: Ask your Barrack's SM&SP representative about the upcoming Barracks Bashes and let your voice be heard. The events include free food and loads of fun, so call the SM&SP Coordinator for more information.

Volunteer Events

Marine Corps/Navy Airshow: Blues on the Bay – Volunteers are needed to sell air show programs. Units are encouraged to participate as a team. Contact Christianna Haberman for more details.

Geckos in Paradise: Those interested in volunteering for Kapiolani Medical Center's gala event to raise funds for breast cancer research should contact the SM&SP office.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and 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 ID card 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.

Little Black Book (PG-13)	Today at 7:15 p.m.
The Village (PG-13)	Today at 9:45 p.m.
Collateral (R)	Saturday at 7:15 p.m.
The Manchurian Candidate (R)	Saturday at 9:45 p.m.
Yu-Gi-Oh (PG)	Sunday at 2:00 p.m.
Little Black Book (PG-13)	Sunday at 6:30 p.m.
Collateral (R)	Wednesday at 6:30 p.m.
Princess Diaries 2 (G)	Friday at 7:15 p.m.
Collateral (R)	Friday at 9:45 p.m.

COMMENTARY

If a collision is imminent, do something

Using both brakes can reduce braking distance significantly

Mario Diprete

Base Safety



DIPRETE

Many riders (inexperienced and seasoned) use only the rear brake in an emergency, resulting in unnecessary impacts and in some cases, collisions at unnecessarily high speeds.

Your rear brake can provide only about 30 percent of your motorcycle's potential stopping power. The front brake alone provides up to 70 percent. Combine the two and you can cut your stopping distance significantly. Remember, both brakes

should be applied at the same time when stopping. Even though the full braking potential of each wheel may not be required for normal, planned stops, it is important to develop the habit of using both brakes — through frequent practice — so that your reflexes will be ready to respond quickly and properly when an emergency situation occurs.

Experienced motorcyclists learn to cover the front brake lever by lightly resting a couple of fingers over the lever when riding in heavy traffic and near intersections — the greatest potential for a conflict between you and other traffic. Covering your brake lever gives your reaction time a head start.

Emergency stopping is one of the techniques that you should practice and master before you find yourself in an emergency situation. The best place to practice these techniques is at the Basic Rider Course and Experienced Rider Course offered here at the Base Safety Center. They present hands-on instruction of basic principles of motorcycling and a variety of accident avoidance maneuvers. Even a seasoned motorcyclist can improve his or her riding skills, and pick up a few new skills. And, as an added benefit, some insurance companies even offer discounts to course graduates.

You not only owe it to yourself, but to your family and friends to ride as well as they think you can.

Enjoy the ride.



Kristin Herrick

The Basic and Experienced Riders Courses, offered at the Base Safety Center, are great for augmenting your emergency stopping skills — before an emergency situation happens.

Pedaling at Wheeler

Hawaii state BMX championship draws riders of all ages

Story and Photos By
Lance Cpl. Michelle M. Dickson

Media Chief

It began as a small idea that a group of kids from Santa Monica, Calif., came up with on July 10, 1969. Too young to participate in the sport of Motocross, which involves a series of jumps on motorcycles, they began to do the same thing on a dirt track, only with bicycles. The name started out as "Pedal Cross," but over the years, while gaining extreme popularity with people of all ages, the sport of Bicycle Motocross, or BMX, was born.

The track at Wheeler Army Airfield in Wahiawa is the only American Bicycle Association sanctioned BMX track in the state of Hawaii. Riders come out to Wheeler BMX to compete on their bikes and give everything they have to win. The state championship finals Sunday was no different and although the weather was gloomy, all had high spirits.

"I had done BMX racing as a teenager and always had a great time," said Tim Chrockrem, a participant in the competition. "After coming to Hawaii and finding out about this place, I had to come back."

Chrockrem came out to the race with his two children Quinton, 12, and Aidan, 8, who also raced.

"We all have been doing it out here for about a year now," said the Evansville, Ind., native. "That's the other great thing, it doesn't matter how old or young you are to participate. If you're either 4 or 49, if you can ride a bike, you can race."

The races are conducted on a dirt track that is roughly 300 to 400 meters long. Throughout the course there are a series of jumps the rider must successfully negotiate while keeping a good speed and staying ahead of the group.

There are up to eight cyclists in each qualifying race to determine the eight finalists for the championship.

Race day provided some added chal-



Above — Two competitors from the Girl's 20-inch bike race compete for first place at the state BMX championship finals at Wheeler Army Airfield on Sunday.

Below — BMXers at the starting line wait for the gate to drop to begin the heat.



lenges of its own, with a steady rain constantly sweeping through the track.

"The rain affects the riders so much because the mud gets really slippery out there," said Chrockrem. "Also, the mud packs on the tires so it ends up getting ridiculously heavy while trying to pedal through the course."

His son made it to the finals and finished up in third place for the event.

"I've done it for over a year now and really love it," said Aidan. "I've made so many friends out here, and there's always new things to learn."

Aidan plans on putting the sport on hold when he turns 13 to join the Boy Scouts, but will definitely come back to it in time, he said.

"I'm not really concerned with serious competing right now," said Aidan. "It's not about winning at all for me, it's just about having fun."

After the competition, trophies and prizes were given out, along with a potluck dinner that kept all the competitors well fed.

"There are volunteers who bring food and help out with the track as well," said Chrockrem. "The track wouldn't be here without their help."

The BMX racing season is from February through December and each competition's points are added up at the end of the season to determine who is victorious throughout the age groups.

For more information about BMX racing or the track, visit www.wheelerbmx.com and get a free trial membership. Practice goes Mondays through Thursdays from 5 to 7 p.m. and competitions are every Saturday.



Riders race furiously around the track trying to take the lead during the state championship finals, Sunday.

Maunawili Falls astounds

Trail offers beautiful and muddy hike to the adventurous

Cpl. Megan L. Stiner
Combat Correspondent

Strap your sandals down or tie your shoes with extra 'umph' to prepare for a wondrous day of trail adventures.

The drive to the trailhead through picturesque towns and winding roads is almost as beautiful as the scenery that awaits hikers at the end of the one-and-a-quarter-mile hike known as the Maunawili Falls Trail.

Once the journey begins, the trail is lined with coffee and mountain apple trees, which soon give way to ginger vines and a beautiful flowing canopy of leaves. Although some may look hazard-free to the naked eye, they may contain thorns, which can irritate the skin. The best bet to staying safe, is to simply follow the trail leading to the waterfalls.

In preparation for the expedition, hikers should bring a few key items to make their journey as painless and enjoyable as possible. A bottle of water, sunscreen, hiking boots or trail shoes, insect repellent and comfortable clothes are necessities for individual comfort.

The trail is renowned as being one of the muddiest hiking trails on the island. Broken sandals can be seen scattered about the trail and half buried in the mud because hikers didn't wear the appropriate footgear for the trip. But, there are lots of chances to wash the mud away when crossing the creeks along the way.

Those who have seen the falls at the end of the trail understand why hikers sacrifice everyday comforts to spend a day on the path.

After crossing over several creek beds, walking under hanging moss and jumping from root to root, along the route, trekkers will come to a split on the path with a sign pointing to the direction of the falls. At this point, follow the trail to the left and down the slope. When the trail meets the creek once again, follow the waters edge to the falls.

At this point, only a few more minutes stand in the way of beauty, refreshment and fun. Follow the trail to the left and down the slope. When the trail meets the creek once again, follow the water's edge to the falls.

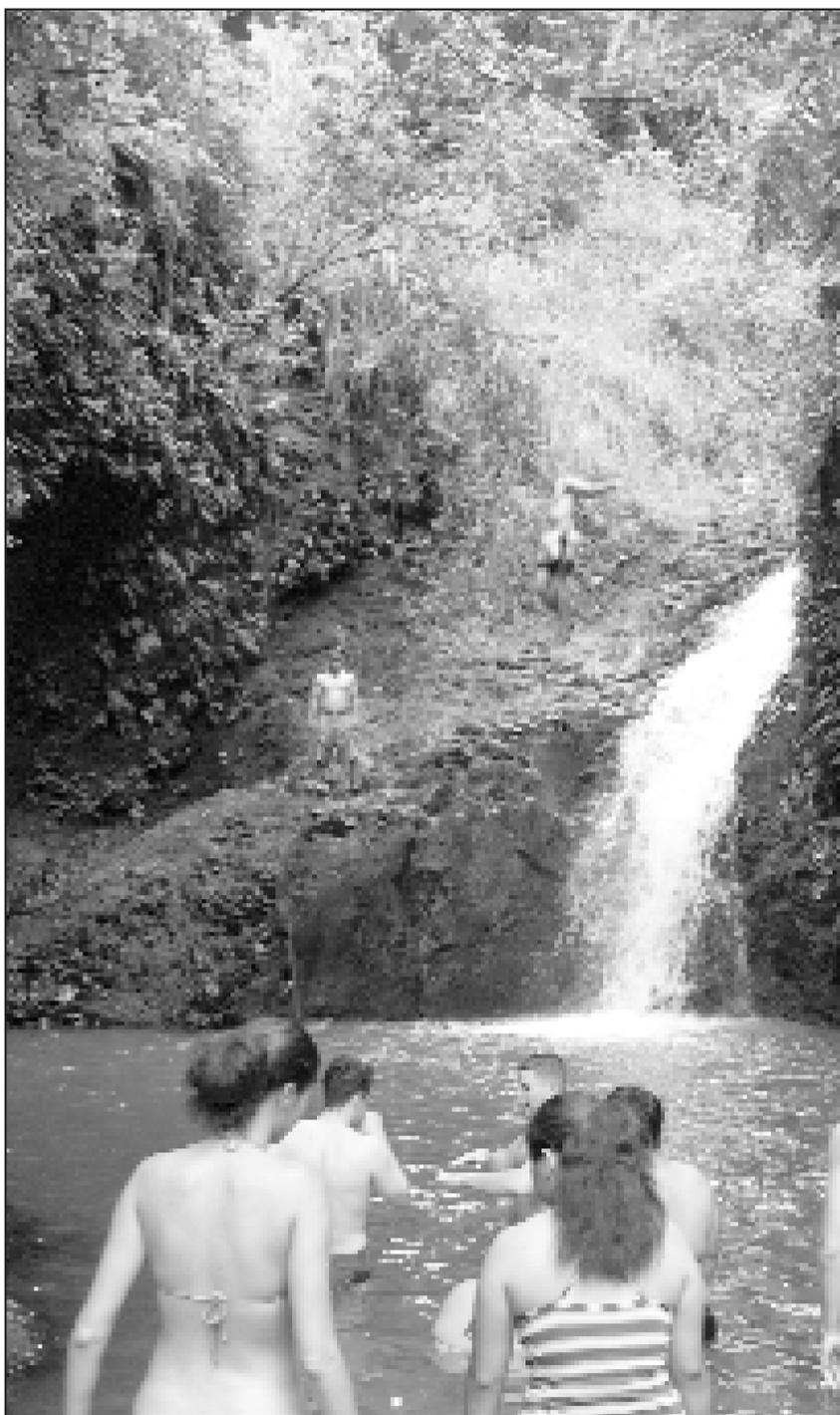
Adventure seekers have been known to jump from heights as high as 45 feet into the chillingly refreshing water hole. Those less bold leap from 10-to-20 foot areas surrounding the water.

Other visitors spend their time cooling off by swimming or simply kicking back and enjoying the breathtaking scenery around them before the long haul back.

The entire expedition is perfect for a beginner or family hike, but may test your physical endurance a bit. The sights and experiences along the way are well worth the exertion.

Hiking is a wonderful way to get out and enjoy the many beautiful aspects of nature Hawaii has to offer. Just remember not to leave any valuables behind in your locked vehicle.

For more information about the Maunawili Falls and other trails, visit www.hawaiitrails.org/.



Photos By Staff Sgt. Ronna M. Weyland

Above — A 30-foot waterfall awaits local hikers at the end of a mile-and-a-half trail. The cool water is a refreshing break from the humidity found in the tropical forest.

Below — Hikers carefully cross one of four streams during their trek to the Maunawili Falls.



Volunteers key in aid of stranded mammals

Animal rescue volunteers sought for Hawaiian Isles Stranding Response Group

Lance Cpl. Michelle M. Dickson
Media Chief

Living on Oahu, there are many times when marine mammals of all sorts find themselves a little too close to shore. The Hawaiian Islands Stranding Response Group here is available 24 hours-a-day to take care of those marine mammals in need of an extra helping hand.

The non-profit group was formed in 2002, and is available on all of the Hawaiian Islands, although the main center is located here. It continues to be strong today through the support of volunteers willing to devote their time to the cause.

"When receiving an animal for care here at the center, we call the volunteers to be around the clock care," said Marlee Breese, vice-president of the Hawaiian Islands stranding response group. "These people are willing to take around the clock shifts to ensure the animal is monitored and receives proper care."

When first receiving a call about a stranded mammal, Bob Braun, president of the group and marine mammal veterinarian, is usually the first responder to the scene and performs a quick medical assessment. The animal is then transported to the facilities on base to receive care.

"It depends on the level of training the volunteer has received to determine what they do during their shifts," said Breese. "It can be anything from just taking notes, to monitoring breathing, feeding, or even supporting the animal's weight in the pool and helping with medical procedures."

The group's goal is to get the animal healthy enough for release, according to Breese, but that is not always the case.

"We know in these situations that we usually have a few strikes going against us," said Breese. "Everyone here still gives it their all and keeps their thoughts positive no matter what the outcome."

There is certain training the volunteers go through in order to participate in animal rescues, but no prior experience is necessary, said Breese.

"We want people to know that they don't need any prior knowledge about marine mammals to join," she said. "The only thing we ask is that you work well with others and are willing to learn."

Becky Roten has been volunteering in the group for almost two years now and feels the volunteer work is very self-serving.

"You get to know so many people when doing something like this, and you get to get close with the animals," said Roten. "It also gives you some good education. I have a medical background so I usually take part in the necropsies that take place."

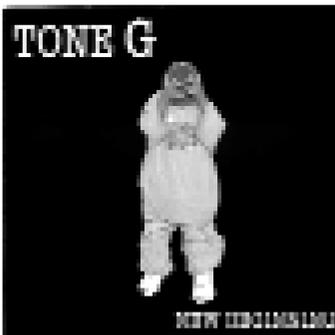
For anyone interested in volunteering, there is a class given at 7 p.m. on Oct. 11, 12 and 14 at the environmental department classroom.

"We basically just want to generate interest in the group," said Roten. "Tell people some history and what we do and give them the basic responsibilities of a volunteer."

If interested, Breese can be reached at mbreese@lava.net. To report any stranded sea animal, contact the Marine Mammal Stranding Hotline at (888) 256-9840.

Corps helps further musical ambition

Lance Cpl. endures hard times to make 'New Beginning'



Sgt. Jereme L. Edwards
Combat Correspondent

As many know, being a Marine is an around-the-clock job that's no easy feat. It often requires enduring early morning physical training sessions and late evenings, while often working well into their weekends; all in order to support the Corps' mission.

However, even with busy days, some still find time to pursue hobbies and other off-duty interests. This holds true for 26-year-old Lance Cpl. Antonio Cornelius, supply clerk with the Consumable Management Division at Marine Aviation Logistics Squadron 24.

By day, he works in the supply shop issuing and receiving parts for all the aircraft squadrons here; however, by night, he works at his first

love and dreams of making it big in the entertainment industry as a musician.

"I've been doing music since I was about 12 years old," explained Cornelius. "I started out basically just rapping over instrumentals I got from friends, and competing in schoolyard free-style battles. I had to take a break from music for a while due to unexpected life situations and tight times financially.

"I really got back into music in 2002, while I was stationed with

[Marine Aircraft Logistics Squadron 36] at Marine Corps Air Station Futenma, Okinawa, Japan. I hooked up with another Marine out there named Sgt. Timothy E. Edwards III a.k.a. Eddie Kane, another aspiring musician. We opened the shows for a lot of the talent that came to Japan like Destiny's Child, Joe, Musiq Soulchild, and K-Ci & JoJo just to name a few."

After arriving on island February 2003, he was able to make contacts via a family member already sta-



Sgt. Jereme L. Edwards



Photo Courtesy of Worldwide Recordz

With a new CD on its way out, Lance Cpl. Antonio Cornelius, a.k.a. Tone G, supply clerk with Marine Aviation Logistics Squadron 24 during the day and rapper in his off hours, is beginning to realize his life-long dream of being a full-time musician.

tioned here.

"We were able to start making things happen," said Cornelius. "Since I got here we opened the show for Young Bloods, as well as performing during Sunset on the Beach in Waikiki, and Sunset in Pearl Harbor when the guys from [Rim of the Pacific] returned, and various other night spots here."

Doing the performances in Japan and here in Hawaii opened the door for Cornelius to make a lot of contacts both civilian and military.

"There are quite a few of us [musicians]," he said. "I have friends in each of the services that have all brought in necessary talents required in order to put an album together, and we started our own record company entitled Worldwide Recordz, which I'm the CEO. The company name seemed to fit because our members are stationed all over the world."

All the hard work is finally starting to pay off.

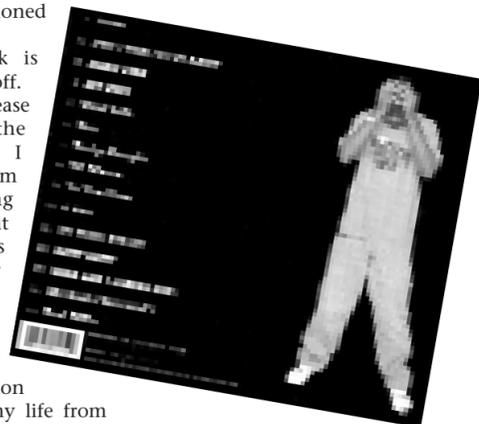
"We are set to release our first album in the middle of November. I wrote most of my album when I was going through hard times; it took me about 45 days and then another month to record it. The title of the album is 'New Beginning.' I chose this title because it's a description of the negativity in my life from

birth, until the day I finished writing my album. From that day 46 until present, it is about how I turned my life in a positive direction," said Cornelius.

Cornelius said the challenge of being a Marine and a musician is an extremely tough one, but great leadership made it a lot easier.

"I have some really good [non-commissioned officers] and Staff NCOs that were fully aware of what I was trying to accomplish. We have a tough job, but they did the best they could to accommodate and work with me to help me achieve my goals," said Cornelius. "I really appreciate everything that they have done for me and all the help they provided."

Worldwide Recordz' Web site, www.worldwiderecordz.com, is set to go online in a month.



Park it if you pour

Even a little alcohol can affect your judgment, balance and coordination. Play it safe. Don't start drinking until you've finished riding.



Street Wise

The right gear will not only keep you comfortable, it will help protect you. Wear a helmet and protective apparel and be prepared for anything the road or the weather throws at you.



(800) 446-9227
www.msf-usa.org

WORD TO PASS

Base Chapel Observes Holy Days

The following Jewish holy days will be observed at the Aloha Jewish Chapel, Naval Station Pearl Harbor: Kol Nidre on Sept. 24 at 7 p.m., Yom Kippur on Sept. 25 from 9 a.m. to 7 p.m.

In addition, the Islamic holy day of Ramadan will be observed from Oct. 16 to Nov. 14.

Army Seeks Applicants for Civilian Intern Program

Outstanding graduates are sought from universities to participate in the Department of the Army's Logistics Management Internship Program at Fort Lee, Va. In fiscal year 2005, Logistics recruiters will hire National Supply and Maintenance interns.

The program provides potential employees without Army working experience, the opportunity to start a career as a civilian with the Department of the Army. The entry requirement is a grade point average of 2.95 or higher out of a possible 4.0, or applicants with a master's degree qualify without a specific GPA.

The intern program is a two-year paid program that targets grades of GS-7 to GS-11, with an automatic advance to the pay grade of GS-9 after one year, and to pay grade GS-11 at the end of two years. Interns are hired into the U.S. government and report to the Army Logistics Management College at Fort Lee for six months.

Travel cost to the initial training site is the responsibility of the intern. The government will pay for training assignments and travel opportunities that occur after.

Consideration is limited to individuals possessing strong academic credentials, in any discipline fields. Candidates must be U.S. citizens, with good communication and analytical skills, and wholesome character traits to pass a routine background investigation for a secret security clearance.

Interns must also sign a mobility agreement, as permanent duty location will be based upon the needs of the Army; interns will not return to where they are recruited.

To apply, call Jose Servida at 438-8650, or e-mail your résumé and a complete undergraduate college transcript or graduate transcript that clearly shows your GPA to servida jr@shafter.army.mil, or fax items to 438-2690.

The application deadline is today.

Ballet Hawaii Holds Black and White Ball

Ballet Hawaii's annual Black and White Ball turns its attention to New Orleans in a celebration of "The Big Easy" on Saturday at the Hilton Hawaiian Village. The event features a gala cocktail party with Cajun music, a silent auction, a Louisiana-inspired dinner plus a show with Broadway entertainers and dancing.

For more information and ticket prices, call Ballet Hawaii at 521-8600.

Hawaii Theatre Presents Augie T.

Hawaii Stars and Impact Events presents comedian Augie T. at 7 p.m.

Saturday at the Hawaii Theatre. Tickets are available for \$20 and \$25 each.

For more details, call 528-0506 or visit www.hawaiitheatre.com.

Dixie Grill Features Oyster Bar During Bar-b-que Fest

Dixie Grill is showcasing an Oyster Bar at both Oahu locations as part of its annual Bar-b-que Fest. The Oyster Bar will be offered on Saturday.

For more information, call 596-8359 for the Honolulu location or 485-2722 for the Aiea location.

Andy Bumatai Showcases Comedy Talent

Andy Bumatai's comedy showcase takes place Saturday in the Palace Showroom at the OHANA Reef Towers on Lewers Street at 8:30 p.m. Local talents include Gerard Elmore, Milton Banana, Cathy Tanaka, Brian Lentz and Rufus DeMarco.

Admission is \$10 per person. For reservations, call 923-7469.

2004 Officers' Navy Birthday Ball Set

This year's birthday ball will be held at the Hilton Hawaiian Village's Coral Ballroom on Oct. 9 from 6 p.m. to midnight with a no-host social hour beginning at 6 p.m. and Officer's Call at 6:45 p.m.

The Commander, Pacific Fleet Band will be providing music throughout the evening. Tickets are available from command birthday ball representatives and costs \$40 for O-3 and below personnel, \$45 for O-4 personnel, \$50 for O-5 and above personnel and civilians GS-7 above.

The attire for the night is Dinner Dress White Jacket for O-4 and above; Dinner Dress White for O-3 and below, DDWJ is optional; and black tie for civilians.

For those preferring to stay the night in Waikiki, a block of rooms has been reserved at the Hilton Hawaiian Village. Room rates are set at \$112 a night and are available on a first come, first-served basis. Check-in is scheduled for the afternoon of Oct. 9 and checkout, on Oct. 10. Those interested in reserving a room should call 949-4321, press 2 for reservations, identify yourself with the Officers' Navy Birthday Ball and ask for plan code BLZ.

MWR will provide free care for children up to 12. Children 5 years and younger will be cared for at the Child Development Center Pearl Harbor; children ages 6 through 12 will be cared for at the Boys and Girls Club of Hawaii on the corner of Catlin Drive and Nimitz Highway. Parents wishing to use this service must complete and provide to MWR an information form which is available from the command birthday ball reps. Space is limited, so plan accordingly.

Ball guests will begin dinner with a Caesar salad of romaine hearts, parmesan cheese, garlic croutons and Village Caesar dressing, all tossed at the tableside.

There will be three entrée options: 8 oz. grilled chicken breast w/mushrooms, olives, and marinara sauce, fettuccine noodles, medley of vegetables; slow-roasted prime rib of beef

with an au jus sauce, creamy horseradish, roasted potatoes and island vegetables; or grilled vegetable napoleon. Served with dinner will be Sonoma County's Barefoot Cellars wines and champagne.

A macadamia nut ice cream bombe with a raspberry flambé sauce and the traditional Navy birthday cake will bring a sweet end to dinner, along with Kona-blend coffee or tea.

HPU Seeks Entries for James M. Vaughan Poetry Award

Hawaii Pacific University is currently seeking entries for the James M. Vaughan Award for Poetry. The award will recognize a Hawaii writer for an outstanding poem or group of poems. The winner will receive a \$500 cash award and will be featured in *Hawaii Pacific Review*, the annual literary magazine published by HPU.

To participate send three poems with a 100-line limit each, with your name, address, phone number, e-mail, and names of poems on a cover page (no name on other pages), and a five-line biography to the James M. Vaughan Award for Poetry, 1060 Bishop Street, Ste. 402, Honolulu, HI 96813. Participants must be a current resident of Hawaii. Submitted poems must not have been previously published. Submissions must be postmarked by Dec. 1. Manuscripts will not be returned.

The winner will be announced in January 2005, and an award will be given at HPU's annual Koolau Writing Workshops on March 5, 2005. The event is supported in part by Hawaii Literary Arts Council and the State Foundation for Culture and the Arts.

Hale Koa Holds Oktoberfest

Grab your "dirndl" and "lederhosen" and then head to the Hale Koa Hotel for Oktoberfest 2004. Tickets go on sale Monday for the armed forces recreation resort's annual Oktoberfest, held from Sept. 29 through Oct. 3.

This traditional German event celebrates authentic German food, drink, music and dancing. Guests can purchase a wide selection of German beverages and food that include bratwurst and sauerbraten.

Tickets are \$6, and can be charged by phone at 955-0555, ext. 546.

HPU Offers 'Reel War' Course

A new course offered at Hawaii Pacific University this fall semester will challenge students to look at war with a critical eye through documentaries and feature films. During this time of global change, students may find the course to be an appropriate medium to understanding the basics of conflict.

Dr. Phyllis Frus will be teaching "Reel War: Military Conflict on Screen" and offering students the chance to examine films in their cultural and historical contexts. The class will not only help students fulfill a course requirement but also help them gain an understanding of the politics of war, movements for avoiding and resisting conflicts, and our ever-changing global society.

Further, the new course aims to examine changes in the way particular wars are represented at different

times through documentaries and feature films, to develop students' skills at visual analysis and viewing film critically, and to increase their understanding of cinematic concepts, trends and conventions.

Films to be screened include "The Patriot," "The Last of the Mohicans," "Glory," "Red Badge of Courage," "Platoon," "Apocalypse Now" and "Saving Private Ryan."

Any interested HPU student can take this course, which fulfills the texts and culture requirement for English majors and counts as an elective for the film studies minor.

Local Theatres Celebrate the Arts

If the play's the thing for you, catch any one of the following performances:

•*Dec. 27:* At the Blaisdell Concert Hall, groups may reserve seating for "Grease" starring Frankie Avalon, which will run Dec. 27 – Jan. 2, 2005. Groups of 20 or more will receive a 10-percent discount off tickets ranging from \$44 – \$74. Call 723-7733.

•*Upcoming:* At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden," all now available. Call 438-4480 for more details.

•*At the Honolulu Symphony:* Catch the Hawaiian Airlines Pops Series of classical and pop selections from Burt Bacharach to Arturo Sandoval. Tickets are on sale now. Visit www.HonoluluSymphony.com.

HTY Invites Military Kamaaina

To celebrate 50 years of quality children's theatre entertainment and drama, the Honolulu Theatre for Youth will present six spectacular shows by esteemed local and national playwrights. Artistic Director Mark Lutwak said the shows offer "some compelling 'message' theatre, it boasts a few world premieres, and it's a line-up that appeals to everyone from teachers to 2-year-olds, to teens and their families."

A military special is available for all active duty, family members and retirees with a valid ID card of buy one ticket, get one of equal or lesser value free. And season tickets are \$16 for adults, \$8 for youth (18 and under) and seniors (over 60).

Surf www.htyweb.org for details, or call HTY at 839-9885.

Military Invited to Reunions & Clubs

•The Society of Military Widows extends an open invitation to widows and widowers. Meetings go the second Friday at 6 p.m. at The Officers' Club. Call 262-7963 for more details.

•Active, retired and reserve women of the sea services are invited to participate in the local chapter of WAVES, Na Nalu O Hawaii. Meetings are held the second Saturday of each month; call 623-4735 for details.

Adults Sought to Help Pregnant Teens

The Mary Jane Program of Catholic Charities Hawaii is seeking safe and caring foster homes to place teenage girls who are unable to stay

with their own families during their pregnancy. Currently, there's demand for licensed "host homes" throughout Oahu.

Each teen is carefully screened to ensure that she can commit to following the host home family's house rules and expectations. Also, the teen is placed under the family's care at any point of her pregnancy, for up to four months after giving birth.

This Mary Jane Program provides continued support for the host family and teenager, in addition to a monthly stipend to the host family.

If you would like more information, call Pam at 263-2958.

NMCRS Volunteers Needed

The Navy-Marine Corps Relief Society is looking for volunteers to fill receptionist and caseworker positions at the Kaneohe and Pearl Harbor offices. No experience is needed.

The receptionist will greet and confirm client eligibility, process and screen appointments, answer telephones, schedule appointments and prepare paperwork.

The caseworker will process client requests, verification, do budget analysis and review casework history, offer alternative solutions and give reference material. The caseworker will also determine whether or not a client's request falls within policy and make a decision to assist clients with loan and/or grant.

All volunteers will receive:

—Reimbursement for all child care costs while volunteering,

—Reimbursement of mileage to and from office, child care and functions.

Applications can be filled out at the MCB Hawaii's Kaneohe Office in building 4016 (254-1327) or at the Pearl Harbor Office at 1514 Makalapa Road (423-1314).

Bishop Plans Diverse Entertainment

Bishop Museum is chockful of activities to engage youth, teenagers and adults including the following:

•*Ongoing:* See "Dr. Hillebrand in Hawaii" on display in the Hawaiian Hall. This exhibit explores the botanist's contributions to the Kingdom, through April 2005.

The Bishop Museum is open from 9 a.m. to 5 p.m. daily. Military, youth (4 – 12) and senior admission is \$11.95; regular, \$14.95; and kids under 4 and museum members are free.

Club Reaches Out to Japanese Wives

Sakura-no-Kai, a Japanese military wives club, is reaching out to Japanese wives who are married to local service members. The organization helps with transition problems Japanese wives may incur with the military and American culture. The club meets once a month and hosts guest speakers and activities such as cooking, and first aid. Lunch is provided and children are welcome.

Membership is free, the club is not a religious group, and all ranks and military service wives are welcome.

For details, pick up a copy of the club newsletter at the K-Bay commissary or contact Hiroko at 239-2308.

Keeping Food Safe

Being a smart shopper can alleviate stress and waste

Warrant Officer Budd A. Dodge
Central Pacific District Veterinary Command

Being stationed in Hawaii, we all know the temperature stays fairly warm throughout the year. With warm temperatures come numerous complaints from shoppers about the food they purchase. My milk soured five days before the expiration date. My steak looks and smells bad. My ice cream is crystallized or gummy.

All of these complaints and many others can be avoided by becoming a Smart Grocery Shopper — using simple planning and good common sense.

First, we know traffic can be unpredictable here in Hawaii. Whether it is a weekend or early morning, Hawaii traffic finds a way to be backed up.

When grocery shopping, always plan for the worst. Bring a cooler, buy a bag of ice, or bring your own ice packs. Using the cooler will help prevent those chilled and frozen (temperature sensitive) items from getting too warm on the trip home.

Do you realize when the temperature outside is 90 degrees Fahrenheit, the temperature in your car trunk can reach 145 degrees Fahrenheit? At 145 degrees, it can take less than 30 minutes for your milk to

reach a temperature that can cause it to begin spoiling. This might explain why your milk soured five days early or your steak looks and smells bad.

If you find yourself without a cooler, put the temperature-sensitive items in the passenger part of the car, out of the sun, and crank up the air conditioning on the drive home.

Second, make grocery shopping the last thing on your "to do" list. How many times have you put groceries in your car and then gone to the ice cream shop? Then on to the video store or a quick stop at the bookstore? Let's not forget the stop at the dry cleaners.

Finally, two hours later, you get home. It takes another twenty minutes to unload the car and get the groceries into the refrigerator. And you wonder why your milk sours five days early.

If you think this is not you, next time you shop, set a timer and watch how long it takes you to get home.

Third, did you know the average person spends at least one hour to shop for groceries? While shopping, place the items that require no refrigeration in your cart first. The last items you want to place in your cart before heading to the checkout are the temperature-sensitive items.

Although many people think produce should be the last item placed in the cart, that is not always true. It is more important to place produce in an area that prevents them from getting crushed and bruised, such as in the small basket near the cart handles.

When you reach the cash register, place all those temperature-sensitive items on the conveyor belt together so they get bagged together. This practice will help to protect your temperature-sensitive items.

And yes, for all of you still in denial, time yourself on your next shopping trip, and see just how long it takes you to complete your shopping.

As you can see, it does not take a rocket scientist to be a Smart Grocery Shopper. It does, however, take some simple planning and good common sense. Although many of us do not actually realize the length of time we spend shopping, an hour can easily fly by.

The commissary has the responsibility of providing you with good, wholesome, and safe foods. You, the shopper, are responsible for ensuring the foods you purchase stay that way until you use them at home.

Follow these few simple suggestions, and it should alleviate some stress for you and the commissary.



MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Automobiles
'76 Lincoln Continental Mark 4, 2-door, 460 Eng., moon roof, porthole windows. Asking \$2,000 OBO. Call 261-6437.

'99 Ford Escort ZX, Clarion CD player; Alpine amplifier; 2 - 10 inch Kenwood subwoofers in a Bandpass box; new timing belt; new coil pack, spark plugs, plug wires; remote keyless entry; panic alarm; cold A/C; oil changed regularly. Asking \$4,500 OBO. Call (816) 294-6399.

'99 Ford Expedition Eddie Bauer edition 4x4, 63k miles, leather, power package, rear air, 3rd row seating, moon roof, 6-disc changer, tow package. Asking \$19,000 OBO. Call 254-2311.

Motorcycles
'00 Suzuki Katana 600, 2,600 miles, chrome windscreen, Vance & Hines aftermarket pipe, custom taillight, flush-mounted sig-

nal lights, custom neon lights, Fulmer helmet, rebuilt carburetor, polished passenger bar. Still have all original parts. Asking \$4,700 OBO. Call Racheal at (816) 294-6399 or Jesse at 254-4799.

Bicycles

Two Huffy bicycles, girl's 24-inch, \$40; boy's 20-inch, \$50. Call 262-8789.

Music

Two Kenwood tower speakers, sounds great in living room. Asking \$200. For more information, call Karen at 220-8918.

Miscellaneous

Ocean Kayak, one-seater, in excellent condition. Asking \$400. For details, call 262-8789.

SAT study guide, boxed kit, \$40; hose reel, \$10; ironing board, \$10. For more information, call 262-8789.

ON THE MENU AT ANDERSON HALL

Today

Lunch

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

Dinner

Tacos (Ground Beef)
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 À 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

Grilled Steak
Barbecue Chicken
Baked Potatoes
Sautéed Mushrooms &
Onions
Simmered Green Beans
Strawberry Shortcake
Banana Cream Pie
Salad Bar w/Assorted
Dressing

Monday

Lunch

Beef Stew
Baked Fish Fillets
Baked Macaroni and 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

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

Specialty Bar

(Lunch and Dinner)
Country Bar

Thursday

Lunch

Salisbury Steak
Barbeque Chicken
Rice Pilaf
Oven Browned Potatoes
Corn on the Cob
White Cake w/Lemon
Cream Frosting
Asst. Fruit Pies

Dinner

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

Specialty Bar

(Lunch and Dinner)
Taco Bar

