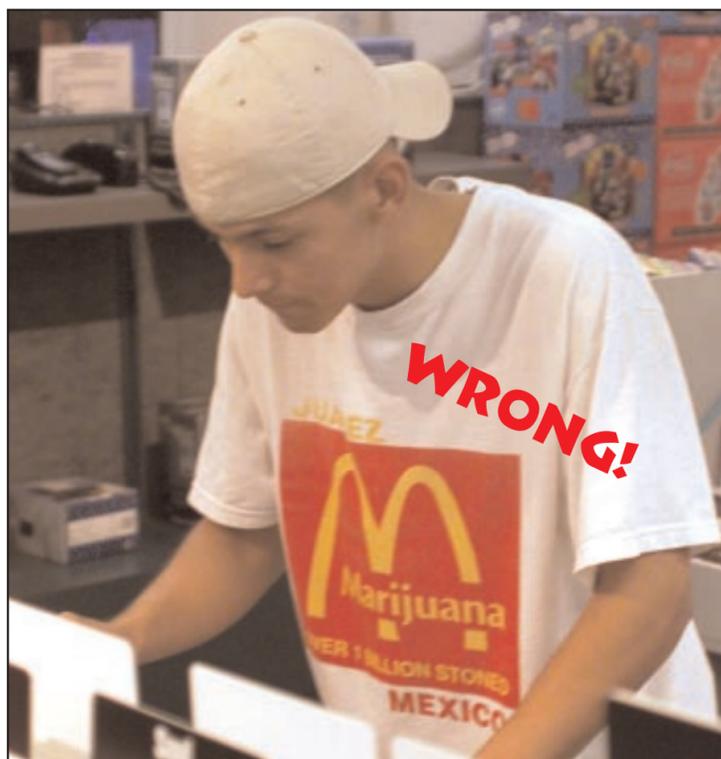
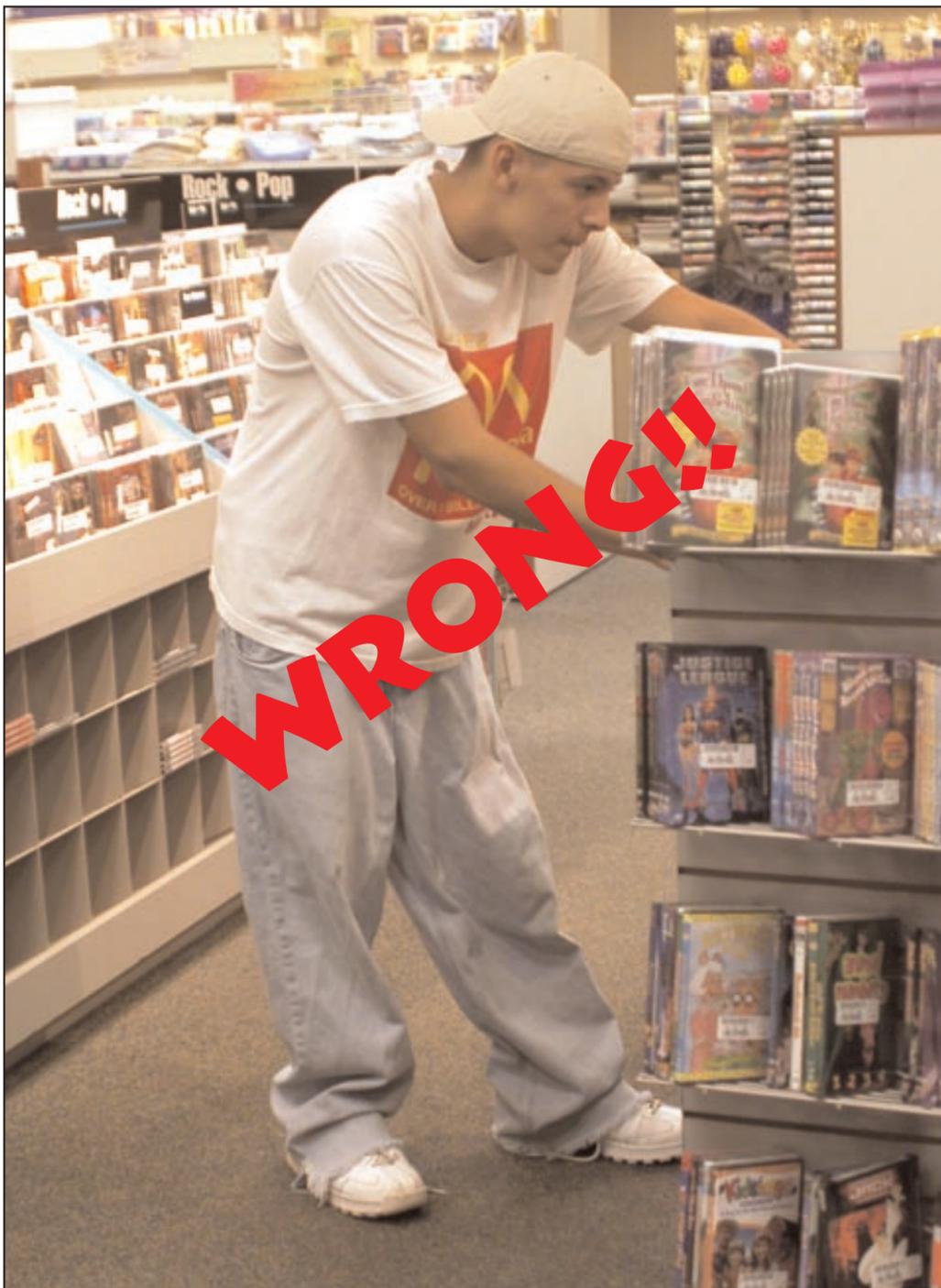
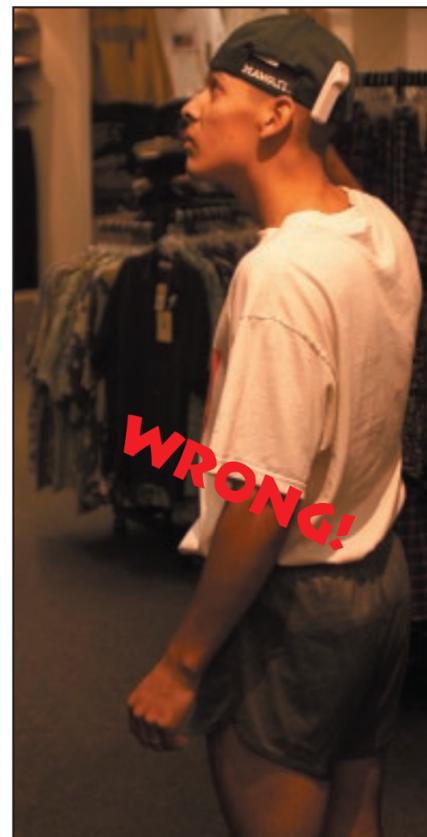


LIFESTYLES

PROPER CIVILIAN ATTIRE



Left and Above — Corporal Florencio Bermudez, a training clerk with G-3 (Operations), Headquarters Bn., MCB Hawaii, demonstrates improper civilian attire at the Kaneohe Bay Marine Corps Exchange. Hats indoors, baggy trousers that do not fit properly, and shirts promoting the use of alcohol or drugs are all prohibited under the MCB Hawaii civilian attire regulations, which apply to all people — whether military or civilian — who enter the installation.



Right — Physical training or PT gear is not authorized for wear inside the MCX nor in several other facilities aboard MCB Hawaii to include at K-Bay, Camp H. M. Smith, Bellows Training Area and the Manana Housing Area.

Appropriate civilian attire regs have pushed beyond the limits

Story and Photos by
Sgt. Robert Carlson
Media Chief

Marines and Sailors take pride in the way they wear their uniforms. They have a reputation of being professional and squared away all of the time. When liberty is sounded, or when leave begins, they maintain their professionalism and wear conservative, clean, and neat civilian attire the same way they wear their uniforms.

Marines and Sailors who do not follow the regulations risk tarnishing that reputation and giving the impression that they have no personal pride. Worse yet, violators of rules, as simple and easy to follow as the appropriate civilian attire regulations, give the impression to others that Marines and Sailors think it's OK to violate orders.

"Most of our Marines and Sailors joined because of a sense of pride and of belonging," said Sgt. Maj. Filipino Ilaoa, base sergeant major, MCB Hawaii. "When visitors come on to our base and see everyone following the rules and regulations, there is no doubt in my mind they will leave with a lasting impression that the Marines, Sailors and civilian employees of MCB Hawaii are very professional."

While most residents abide by the

guidelines for appropriate attire during leave and liberty, some avoid compliance, while some are simply not aware of the rules.

"I'm sure that all officers, staff NCOs, chief petty officers, NCOs and petty officers would agree that knowledge is a leadership trait that must be present prior to enforcing any regulations," said Ilaoa. "We must understand that good order and discipline aboard any Marine Corps installation depends on a clear understanding of regulations, and the enforcement of the rules."

Rules regarding appropriate civilian attire are spelled out in the MCB Hawaii Uniform and Civilian Attire Regula-

Right — Retired Master Gunnery Sgt. Don Batiste and Master Sgt. Richard Frost, the log chief from Combat Service Support Group 3, demonstrate proper civilian attire while shopping at the Kaneohe Bay Commissary. Proper attire is a must for anyone who comes aboard MCB Hawaii installations, regardless of whether he or she is active-duty military, a civilian or family member. The base civilian attire policy is outlined in Base Order 1020.5a.

tions, part of Base Order 1020.5a. The regulations required civilian clothing to present a conservative, clean, non-offensive and neat appearance while on leave or liberty.

Because of the weather in Hawaii, and local customs, the rules here are a bit more flexible than they are at other Marine Corps installations. Sandals and flip-flops, are authorized, for example, as are conservative-fit tank tops.

Headgear such as headbands, dew rags, bandannas, skullcaps and nylon

stockings are not considered appropriate for wear at any time.

Other headgear such as visors and baseball caps are not allowed to be worn inside any facility aboard MCB Hawaii, unless in uniform and under arms.

There are exceptions to some of the regulations, and those are spelled out in the base order.

Physical training gear is not authorized to be worn as appropriate civilian

See ATTIRE, B-3



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

SEPTEMBER

9 / Monday

Regal Pigskins and Pupus — Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room.

Doors open at 4:30 p.m. Plenty of free prizes and pupus will keep your gang coming back for more.

Each week the Rocker Room will feature a guest bartender and a King and Queen of the Quarter will be crowned.

Every King and Queen

winner becomes eligible to win the regal recliner in a drawing during Super Bowl Sunday.

Kick off every week at the Rocker Room's Monday Night Football pigskin and pupu party.

For more details call 254-5592.

FBI Special Agent Brief — Here's your chance to make your "007" dreams come true.

Representatives from the FBI will be aboard MCB Hawaii, Sept. 9, in the CVIC Bldg., room 2, from 10 a.m. – noon.

All interested persons should make reservations at 257-7790.

Double Coupon Day — Gather your coupons and save big all day at the MCX Plantation Store (254-3890) and the MCX Annex Wiki Wiki Market (254-7587).

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

10 / Tuesday

Dad's Baby Boot Camp & Mom's Basic Training — Are you expecting to hear a little pitter-patter soon?

Get yourself prepared

and attend the next free Dad's Baby Boot Camp & Mom's Basic Training workshop held Sept. 10 – 11 at the CREDO compound from 8:30 a.m. – 4:30 p.m.

Parents will benefit from instruction on breathing techniques, infant care, post-natal resources and more.

Spaces are limited and guests must make reservations. Call 257-8803.

Transition Assistance Program (TAP) — September 10 – 12, from 8 a.m. – 4 p.m., in Bldg. 279.

All service members separating from the military within six months must attend this exit brief.

Spouses are encouraged to attend.

For more information, call 257-7790.

13 / Friday

Fairways Ballroom welcomes Little Italy — With pasta this good you'll think you're in Italy.

Staff NCOs, their family and guests are invited to the Fairways Pasta Dinner, "A Touch of Italy," from 6 – 8:30 p.m.

Pasta patrons may choose from Penne, Linguine or Rotini pastas and watch the chef pre-

pare it with a vegetable variety, meat medley and Alfredo, Marinara or Sun-Dried Tomato and Mushroom sauce.

This Pasta Dinner also includes a tossed and pasta salad, fruit platter, lasagna, and garlic bread.

Reservations and prepayment is recommended. Adult prices are \$8, children ages 5 – 10 are \$5.50 and children 4 and under eat for free. Walk-ins are welcome based on availability.

For more information, call 254-5592.

Key Volunteer Refresher Course — All Key Volunteers who would like a little "cliff-note," version of the KVN class are invited to attend this brush-up workshop.

KV Coordinator, Toni Spofford will host this class in the KV Center, Bldg. 3022 from 9 a.m. – noon.

Please secure your reservations at 257-2410.

Free Island Tour — Get acquainted with your new paradise.

Personal Services offers a free guided bus tour around Oahu.

Guests will learn about Hawaiian history and see many famous sights all in

one day.

All military ID cardholders are welcome.

The bus tour lasts from 7:30 a.m. – 4:30 p.m.

Guests should meet at Personal Services, Bldg. 216.

Spaces are limited.

Call 257-7790 for more information and reservations.

16 / Monday

Lifestyle, Insight, Networking, Knowledge & Skills — Designed for the busy spouse, the next L.I.N.K.S. session is scheduled in the evening.

Spouses who would like to learn more about the military lifestyle and network with other spouses are invited to attend this session Sept. 16 – 19 from 6 – 8:30 p.m. in the L.I.N.K.S. House, Bldg. 3074.

Make your reservation today. Call 257-2368.

17 / Tuesday

Aloha Fair — All base residents are invited to attend the next Aloha Fair held in the Enlisted Club Ballroom from 5:30 – 7:30 p.m.

Many on and off base business will be on-site to give guests product sam-

ples, information and coupons.

The MCCS Catering department will present free, delicious pupus and door prizes will be given away every 15 minutes.

Come meet your new neighbors and discover what business and resources are in your backyard and in the local community.

For more information, call the MCCS Marketing Department at 254-7679.

19 / Thursday

Piñata Party at the Base Library — Take a stroll through the Base Library's Hispanic Heritage exhibit in honor of Hispanic Heritage Month.

At 10 a.m. children are invited to Storytime for activities, stories and the breaking of the piñata.

For more information, call Auntie Lori at 254-7624.

21 / Saturday

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 more information, at 254-7610.

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 info.

Program Review

Holiday Bash — Thanksgiving Dinner Party, November 21. Volunteers are needed. Call SM&SP for information.

Saturdays: Ocean-side Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call SM&SP for information on equipment rental fees.

Sept. 13, Golf Tournament at the Klipper, 12:30 p.m. shotgun start. Best Ball Tourney, \$23 E-5 & below, \$30 E-6 & above. Fee includes clubs, green fees, sodas, pupus and prizes.

Sept. 28, Softball Tournament. Call Leslie Graham for more details.

Dec. 7, Santa's Village at the Enlisted Club. Volunteers are needed. Call 254-7593.

SM&SP Benefits

Single Marines and Sailors enjoy these:

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

- At K-Bay Lanes — games at \$1.50 each, free shoe rental (Mon. - Thu.), and no-tap at \$15 on Thursday at 8:15 p.m.

A school-to-home literacy connection

NAPS

Featurettes

National studies indicate that 40 percent of children entering kindergarten are not prepared.

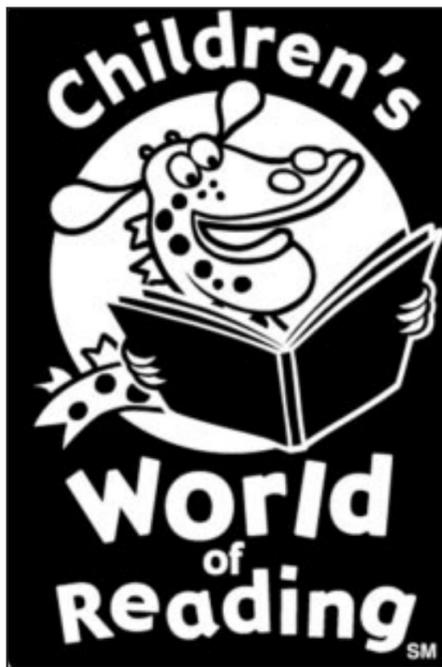
To help improve those statistics, Children's World and Scholastic have teamed up to develop a school-to-home literacy program.

"One of the most effective forms of parent involvement is helping to create more book-reading opportunities in the home," says Judsen Culbreth, editorial director of Scholastic. "So we worked with Children's World Learning Centers to create a program that makes it easy for parents to connect to the school curriculum and participate in developing their child's literacy skills."

Every three months, families enrolled at Children's World will receive age-appropriate Scholastic books and literacy activities direct to their home as a gift. In addition, the centers will receive the same shipments of books and will integrate the books into classroom curriculum.

Teachers receive a teacher's guide with each shipment with activity ideas to enrich the stories. Once each month, each center will hold a "Children's World of Reading Day," where children bring in one of their new Scholastic books to review in the classroom.

"We know that it takes more than schools and teachers to assure academic success," says Jeff Wheatley, president of Children's World. "Parent involvement and literacy skills are essential to learning. In fact, by first



NAPS

From kindergarten on, children need to learn about 5,000 words a year.

grade, literacy is a key predictor of academic achievement in the 11th grade. It's critical, therefore, that literacy begin in early childhood."

- **Read Early.** The years from birth to age eight are the most important period of literacy development. Reading aloud and using interactive language are the most important

activities that build a foundation of literacy.

- **Read Often.** Reading stimulates brain development in important ways. Experts suggest 20 minutes every day.

- **Read Over and Over Again.** Children learn something new every time they experience a book. It often takes four readings for a child to master the subject matter.

- **Showcase Books At Home.** Homes where books are present familiarize children with their use and importance.

- **Model Reading.** Let your child catch you reading. Read the mail, newspapers and recipes out loud so that your child knows that reading is a useful skill.

- **Make Reading A Family Value.** As President and Mrs. Bush suggest, put reading first-before TV and sports activities. Visit the library as often as you do the park.

- **Build A Vocabulary of 13 New Words A Day.** From kindergarten on, children need to learn about 5,000 words a year, that's 13 words a day. They need everyday words and academic words that will help them comprehend science, math, history and geography.

- **Steal Reading Time From TV.** The typical television show uses a vocabulary list of about 400 simple words. That doesn't provide the rich vocabulary children need for school.

- **Make Reading Fun.** A parent's job is to make reading so enjoyable that a child will want to read all life long. Make it a warm, shared experience that connects love and learning. Parents provide the cozy lap, the good book and the attention.

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.

Reign of Fire (PG13)
 Minority Report (PG13)
 Men in Black II (PG13)
 Star Wars: Attack of the Clones (PG)
 Lilo and Stitch (PG)
 Star Wars: Attack of the Clones (PG)
 Mr. Deeds (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.

ATTIRE: Get within regs, says base order

From B-1

attire. Any clothing intended primarily for the purpose of PT is considered PT gear, and pockets do not necessarily render PT gear as civilian attire.

Swimwear is also not allowed as liberty attire except when traveling to and from beach or pool activities, or while at the beach or pool.

Shirts and trousers are required to be clean and serviceable, not frayed, soiled or torn.

Items worn in a manner that exposes the midriff area — any portion of the underwear or buttock — are prohibited. Halter-tops, tube tops, and mesh or see-through tops are also prohibited for wear.

All items should be of length and fit to maintain proper modesty. Again, the key deciding factor should be that the attire is clean, conservative, neat and non-offensive.

Clothing altered to present a sexu-

“Every service member is responsible for educating family members and guests of the dos and don'ts aboard any Marine Corps installation.”

Sgt. Maj. Filipino Ilaoa
MCB Hawaii Sergeant Major

ally provocative appearance is not authorized, and neither is clothing bearing patches, markings or slogans which could be construed as offensive, racist, obscene or supporting the glamorization of alcohol or any illegal activity.

One of the aspects of the order that is often overlooked is that it applies to all Marines, Sailors, soldiers, airmen, retired military, family members of armed forces personnel, Department

of Defense civilian employees, and all guests.

Everyone aboard MCB Hawaii is required to adhere to the base order regarding appropriate civilian attire.

For the purposes of the order, MCB Hawaii encompasses Kaneohe Bay, Puuloa Rifle Range, Manana Housing, Camp H. M. Smith, Pearl City Navy Warehouse Annex, and Marine Corps Training Area Bellows areas.

“Every service member is responsible for educating family members and guests of the dos and don'ts aboard any Marine Corps installation,” said Ilaoa. “MCB Hawaii is no exception, and in order to live on base, visit the base, or use the facilities, everyone needs to comply with the orders.”

Enforcing any regulation requires teamwork,” he added. “The only way we can accomplish this is by each and every member of the MCB Hawaii team knowing, following, and enforcing instead of looking the other way.”



An MCX mannequin is dressed in PT gear. Base regulations prohibit the wearing of physical training attire in exchange facilities.

Upgrade your sound system to improve commutes

NAPS
Featurettes

While music may or may not be able to soothe the savage beast, it can often calm a frazzled and frustrated commuter.

“However, to really enjoy your music on the road, you may need to make a few upgrades to your vehicle’s sound system.

Perhaps your stereo doesn’t have enough volume or sounds muddy. Or maybe it doesn’t play compact discs or MP3s,” said Sue Elliott-Sink, director of content for enjoythedrive.com, a consumer Web site.

If your current vehicle is lacking, some of these tips may help bring music to your ears:

1. What do you want to play? The part of the stereo that goes in the dash is known as the head unit or receiver. Some can play CDs, video CDs, digital video discs, MP3-formatted music, satellite radio and AM/FM radio.

If your head unit doesn’t play all the media you want, you can upgrade to a new unit or add capabilities to your existing one. For instance, some factory head units can control a CD changer. If yours can’t, you can add an “RF” CD changer that sends the music to your head unit via a specific radio frequency.

Another option is using a patch cable to connect a CD player or MP3 player. Plus, you can add a satellite radio receiver to virtually any factory sound

system.

2. Do you burn your own CDs? If you do, be aware that not all CD players can play CD recordables or CD rewriteables, so you’ll want to choose a head unit or CD changer that can handle your “homemade” music.

3. Do you hate changing tapes or CDs? Searching for a CD and opening the case and removing the disc that’s playing is distracting. Installing a CD changer (either in-dash or remote mounted) or an MP3 player allows you to play hours of tunes without having to juggle CD or tape cases on the road.

4. Is the sound quality lacking? If your system doesn’t produce clean, clear sound, you need new speakers.

For the ultimate in sound quality and volume, you’ll want tweeters for high-end frequencies, mid-ranges for middle frequencies, woofers for low frequencies and subwoofers for ultra-low frequencies.

INTERPRETING SOUND JARGON

NAPS
Featurettes

THD? SN? Hz? Are these foreign to you? If you don’t know what some of the numbers mean, it can be hard to compare components.

To help keep things simple, here’s what to look for:

- Total harmonic distortion (THD). The lower this number, the cleaner the sound. Some high-end units have a THD of 0.05 percent or less.

- Signal-to-noise (SN) ration. A higher number is better. For example, a cassette player with an SN ration of 68 db will sound better than one with a ratio of 55 db. Better CD players have SN ratios of 90 db or higher.

- Frequency response. A wider range is better. For example, typical CD players can reproduce frequencies from 10 Hz to 20,000 Hz.



Pfc. Monroe F. Seigle

Although driving can be very stressful at times, a sound system can provide music that soothes the stressed soul.

These individual components also may require separate amplifiers to boost the signal and send the right sounds to the right speakers.

For a less complicated installation, many speakers feature multiple “drivers” built in. A coaxial speaker will have two drivers: a tweeter and either a mid-range or a bass. A triaxial speaker will have a tweeter, mid-range and bass, all in one unit.

5. How much power do you need? If your head unit doesn’t produce enough power, you can add an amplifier to increase power output to the speakers. However, don’t just shop for power-look for components that work well together. For instance, if you choose speakers that can barely handle the power your system puts out, you may damage the speakers.

Another major cause of speaker damage: using a low-power head unit with high-end speakers.

The key is to match the power output and power requirements of the various components.

6. Are you worried about security? Many head units feature removable face plates or pro-

grammable security codes (similar to your ATM PIN). Others have a face that rotates when not in use, effectively turning its back on thieves.

These features may not make a unit theft-proof, but if it is stolen, at least the thief can’t use it.

7. Is your dash opening a strange shape? A variety of adapters make it easier to remove an oddly shaped factory head unit and replace it with a standard-sized model.

8. Is noise or bouncing a problem? Road and wind noise can diminish the sound quality of any system.

Adding sound-deadening materials under the carpet, above the headliner and in-door panels can improve your audio experience.

Also, if you drive a 4x4 or a sports car with a stiff suspension, you’ll want a CD player with shock protection to keep it from skipping.

Look for a memory buffer or an internal suspension system that absorbs vibration and shock.

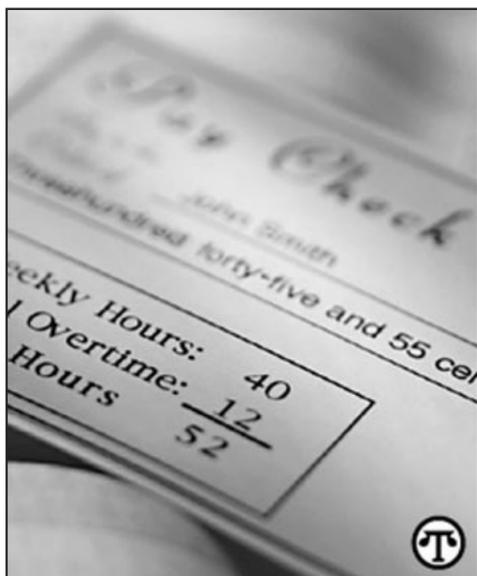
For more information on sound systems, surf the Specialty Equipment Market Association Web site: www.enjoythedrive.com.

The SEMA Web site includes information on hundreds of the latest custom-auto accessories, as well as links to product manufacturers’ and retailers’ Web sites.

NATIONAL PAYROLL WEEK

When is a good time to learn how to increase your paycheck?

Of course, anytime is. Almost anyone can put more money into their pockets, by becoming more familiar with their paycheck stubs, leave and earnings statements and W-2s



NAPS

NAPS
Featurettes

Whether service members, veterans, civilian employees, family members, students with a summer job, or just out of college, most people rely — unquestioningly — on the accuracy of their paycheck and its timely delivery on payday.

The American Payroll Association, the nation’s leader in payroll training, suggests several tactics you might want to consider to boost the power of your paycheck.

What are some tactics? They include adjusting your withholding, participating in voluntary thrift savings or retirement programs, taking

advantage of flexible spending accounts, and considering charitable and other voluntary withholding options.

Effectively managing your paycheck and withholding can contribute to a healthy financial future.

Pad your own pocket, instead of Uncle Sam’s. You may be withholding too much for taxes. Income tax withholding is something you want to get as close as possible to what you will actually owe.

Why? If you have too little taken out, you’ll owe money when you file your return, which no one likes to do. If too much is withheld, you’ll get a refund. Believe it or not, that’s not good either.

What’s wrong with getting a refund? What’s wrong with getting a refund is that you’ve given Uncle Sam free use of your money during the year when that money could have been working for you.

The point is for you to get the use and enjoyment of more of your money when you earn it, rather than making an unintentional interest-free loan to the government — whether with increased purchasing power or investments.

A change in marital status or the number of your children may also warrant adjusting your withholding.

Flex your money muscle. You can cut your taxes and save for retirement all at

once. That’s what a 401(k) plan can do for you. Before you get the chance to spend your whole paycheck, contributions have already been taken out. It is a tax-deferred retirement plan and it is an easy and automatic way to save for retirement.

“Our paychecks are a powerful planning tool in charting our financial future,” said Dan Maddux, executive director of the American Payroll Association. “We owe it to ourselves to make the best use of our hard-earned money through payroll withholding options. It’s not hard and your payroll professional can answer any questions you have about your paycheck and withholding.”

Information on the many ways you can boost the power of your paycheck is available free at www.nationalpayrollweek.com.

RECIPES

Tailgates demand tantalizing tastes

NAPS

Featurettes

Tailgating is becoming as much a part of the football season as the sport itself. In fact, for many ravenous football fanatics, the tastiest part of the game is the cookout before the kickoff.

The fine art of dining on asphalt remains a mainstay of football fun, according to Mike Zeller, a corporate developmental chef at a Wisconsin-based sausage manufacturer. The fare can range from simple to extravagant.

"Spike up your tailgating bash with a seasoned sausage like bratwurst," suggests Zeller. "Its savory flavor compliments the hearty fare that football fans crave, and it's easy to prepare and simple to serve in any outdoor setting."

Zeller suggests grilling fresh bratwurst — perhaps a subtly seasoned pork-based sausage of German origin — then serving it on a crusty hoagie bun.

Add kick by topping the brat with a pungent relish of raw red onions and crumbled blue cheese: any favorite blue-veined variety.

While you're stoking the coals, skewer up some veggie kabobs with harvest-fresh zucchini, yellow squash, cherry tomatoes and carrots.

In the cooler, stash a chilled pasta salad featuring ricotta-filled tortellini and broccoli, and flavored with fresh thyme.

For dessert, serve a buttery old-fashioned pound cake. Top cake slices with maple-glazed apples, a tart confection sweetened with brown sugar, butter and maple syrup.

Wash it all down with a mug of hearty beer or hot cider garnished with a cinnamon stick.

Backfield Bratwurst with Onion 'n Blue Cheese

- 1 medium red onion, thinly sliced
- 1 cup (4 oz.) crumbled blue cheese



NAPS

Tailgaters can pump up their pigskin party with some terrific, tasty recipes.

- 1/4 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. steak sauce
- 1 tsp. fresh chives, chopped
- 1 tsp. parsley, chopped
- 1/2 tsp. garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 5 links of fresh bratwurst

- 5 hoagie buns

In a bowl, combine the first ten ingredients; cover and refrigerate for at least two hours or overnight.

Prepare bratwurst according to package directions. Place in bun and top with two tablespoons of onion mixture.

Yield: 5 servings.

Tight End Tortellini 'n Thyme Salad

- 2 pkgs. (9 oz. each) refrigerated cheese tortellini
- 2 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- 1 cup fresh carrots, thinly sliced
- 1 cup bottled Italian salad dressing
- 1 tsp. fresh thyme, minced
- Salt and pepper to taste

Prepare tortellini according to package directions; drain and rinse with cold water.

In a large bowl, combine remaining ingredients. Add tortellini; toss and refrigerate until served.

Yield: 8-10 servings.

End Zone Tart Apple Topping

To serve over pound cake:

- 6 large tart apples, peeled, cored and thinly sliced
- 1/4 cup butter
- 1/4 cup brown sugar, packed
- 1/4 cup pure maple syrup
- 1/4 tsp. maple flavoring
- Pinch of salt

Melt butter in a nonstick skillet; add sugar and syrup. Cook over medium-high heat for one minute.

Add apples; cook and stir for 5-6 minutes or until apples are tender. Serve over pound cake.

Yield: 3 cups topping.

Did You Know?



NAPS

If the recipe calls for whipped egg white, you'll get more volume if the whites are at room temperature.

On the Menu

Anderson Hall will prepare the following this week:

Today

- Lunch
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
Asst. Fruit Pies
Chocolate Chip Cookies

- Dinner
Sauerbraten
Knockwurst w/Sauerkraut
Cottage-Fried Potatoes
Boiled Egg Noodles
Asst. Fruit Pies
Chocolate Chip Cookies

- Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Saturday

- Dinner/Brunch
Grilled Steak
Pork Chops Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday

- Dinner/Brunch
Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Monday

- Lunch
Teriyaki Chicken
Salisbury Steak
Mashed Potatoes

- Steamed Rice
Apple Crisp
Asst. Fruit Pies

- Dinner
Baked Meat Loaf
Oven Roast Beef
Pork Fried Rice
Parsley Butter Potatoes
Apple Crisp
Asst. Fruit Pies

- Specialty Bar
(For Lunch and Dinner)
Pasta Bar



- Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Peanut Butter Cookies
Bread Pudding w/Lemon Sauce
Asst. Fruit Pies

- Dinner
Baked Stuffed Pork Chops

- Turkey Pot Pie
Steamed Rice
Mashed Potatoes
Peanut Butter Cookies
Bread Pudding w/Lemon Sauce
Asst. Fruit Pies

Tuesday

- Lunch
Barbecued Spareribs
Veal Parmesan
Oven Brown Potatoes
Buttered Egg Noodles
Devil's Food Cake
w/ Mocha Butter Cream Frosting
Asst. Fruit Pies

- Dinner
Swiss Steak w/ Brown Gravy
Baked Fish Filets
Lyonnais Potatoes
Steamed Rice
Devil's Food Cake
w/Mocha Butter Cream Frosting
Asst. Fruit Pies

- Specialty Bar
(For Lunch and Dinner)
Taco Bar

- Specialty Bar
(For Lunch and Dinner)
Country Bar

Thursday

- Lunch
Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside Down Cake
Asst. Fruit Pies

- Dinner
Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Pineapple Upside Down Cake
Asst. Fruit Pies

Wednesday

- Lunch
Baked Ham

- Specialty Bar
(For Lunch and Dinner)
Taco Bar



KILL • A • WATT

IT'S EVERYONE'S RESPONSIBILITY
TURN OFF WHEN NOT IN USE



AHA's healthy heart symbol makes grocery shopping easier

NAPS
Featurettes

By looking for a little red heart with a white check mark while doing their grocery shopping, more people may be able to check off their goal of living a longer, healthier life.

The heart-check mark is part of an American Heart Association program designed to make it easier for people to find heart-healthy foods.

The Association certifies low-fat, low-cholesterol foods to use as a first step toward a heart-healthy eating plan, which can be an important consideration for people who don't have the time to scrutinize every package label.

After a product qualifies for certification, the manufacturer marks the package with an easily recognizable red heart with a white check mark on the package label.

To date, more than 500 grocery store products from 90-plus different manufacturers bear the AHA heart-check mark. A complete list of certified products is available at www.americanheart.org/food certification.

Cardiovascular disease is the leading cause of death in the U.S. Research has shown that dietary changes based on selecting foods low in saturated fat and cholesterol can lower blood cholesterol by 10 to 15 percent. That, in turn, can reduce the risk for heart disease by 20 to 30 percent.

Consumers should be sure to discuss diet changes with their doctors to see if they have any special considerations.

To learn more about reducing the risk of heart disease and stroke, visit the American Heart Association Web site at americanheart.org or call 1-800-AHA-USA-1 (800-242-8721).

Don't forget to ask for your free copy of the "Shop Smart with Heart" brochure.

The American Heart Association's Food Certification Program is for healthy people over age two. If you have a special medical condition, contact your physician or registered dietitian about your diet.

American Heart Association Guide to Healthy Eating

To qualify for the AHA heart-check mark, a single food serving must:

- Be low in fat (3 grams or less)
- Be low in saturated fat (1 gram or less)
- Be low in cholesterol (20 mg or less)
- Have sodium value of 480 mg or less
- Contain at least 10 percent of the Daily Value of one or more of these essential nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber
- Meet the federal standard for "extra lean" (meats)



Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age two.



WORD TO PASS

Enjoy Saturday's Windward Ho'olaule'a at the Mall

www.JEMSHawaii.com.

Loads of fun, entertainment, classic cars, on food, military static displays, keiki games, crafts and more will be available at the Windward Ho'olaule'a, Sept. 7 from 2 - 10:30 p.m., at Windward Mall. You're invited to participate in activities or simply enjoy the many popular musical entertainers performing on stages outside and inside the mall area.

For more details, call 235-1143.

JEMS Schedules Job Fair

All military I.D. card holders and Department of Defense employees may take advantage of the Joint Employment Management System Job Fair, Sept. 17 from 11 a.m. to 4 p.m. at the Pearl Harbor Banyans Club.

This will be your opportunity to meet company representatives and talk to recruiters about job openings in Hawaii and mainland businesses and government agencies. You can also pick up applications and drop off resumes.

Move job hunting into fifth gear. Call MCB Hawaii's Personal Services at 257-7790 to find out more, or visit online at

Windward Mall Sponsors Events

Catch any one of the following activities at Windward Mall.

- Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court. All ages are welcome. Call 586-6151 for details.

- Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

- Sept. 14, 6:30 - 10:30 p.m., enjoy the best classic cars on Oahu, on display in the parking area adjacent the Food Court. For more, call 235-1143.

- Sept. 14 at 1 p.m., see the latest trends during the "Made in Hawaii Fashion Show," in celebration of Aloha Festivals.

Kilauea Hosts Volcano Special

Enjoy a four-night stay for the price of three and experience the Big Island with Kilauea Military Camp's Volcano Special, now through Dec. 19.

Explore Kilauea Crater on foot or motor coach with KMC's professionally narrated tours at the most reasonable prices.

Knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp's renovated cottages are comfortably furnished, including a unique feature that's rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored

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Chefs, what's up?



Pfc. Monroe F. Seigle

The announcement of who will be the recipient of the Anderson Dining Facility's Chef of the Quarter award awaits cooks lined up before guests and judges recently. Private First Class Rafael D. Collins, a food service specialist with 2nd Bn., 3rd Marine Regiment, (far left) received the honors. Collins was awarded a dinner cruise for two and gift certificates from local restaurants and a travel agency.

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guests.

Rates range from \$46 - \$120 per night based on double occupancy. Also, ask about KMC's special inter-island air coupons and airline packages and the KMC airport shuttle service.

Call 438-6707 for reservations. Visit the KMC web site at www.kmc-volcano.com.

Economics Degree Offered

The University of Oklahoma offers a non-thesis Master's in Managerial Economics degree.

Located at Hickam Air Force Base's Hangar 2, the program only requires 32 semester hours, a comprehensive exam and a research paper — which all can be accomplished in 18 months.

Another benefit, the program only meets weekly, making it convenient for service members on temporary additional duty, i.e., TAD or TDY friendly for time-deprived students.

For details, call the University of Oklahoma at 449-6364.

Hawaii Maritime Center Welcomes Reenlistments

Will you be reenlisting soon? Are you looking for a special place to hold the ceremony? Consider the historic "Falls of Clyde" ship, the first, four-masted ship ever to fly the Hawaiian flag, now docked at Pier 7, next to the Aloha Tower Market Place.

The \$50 fee includes 10 free, same day-admissions (a \$60-\$75 value). Fees are used to help promote Hawaii's rich ocean heritage. For more details, call 523-6151.

USAA Provides Planning

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to make things easier for deployed military personnel — ensuring families aren't fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad. The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best made before a service member leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication. The caller must verify that he or she is a service member.

A member-owned association, USAA has served the insurance and financial services needs of U.S. military personnel since 1922.

WAVES Seeks Members

Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii.

