

Support MCCS

...and Invest in MCBH



MCCS enhances quality of life for Marines, Sailors, families

Jim Bocci
MCCS Marketing Department

I'd be willing to bet whatever is in my wallet right now that Marine Corps Community Services (MCCS) has provided something that has made your time a little more enjoyable here aboard MCB Hawaii.

The catch is, you may not even realize it. The MCCS mission is to contribute to readiness and retention.

That buzz phrase covers quite a bit, but it really doesn't tell the whole story.

MCCS businesses and programs fall under three categories: 'A', 'B' and 'C'.

Category 'A' programs are mission sustaining. These include the fitness centers, library and intramural sports.

Category 'B' programs are community support, and have the ability to generate revenues. These include child development centers, swimming pools and varsity sports.

Category 'C' programs are revenue generating. These include the Klipper Golf Course, the Main Exchange, Package Store, the Clubs and other retail operations.

Of course, there are other programs and services too numerous to list here. For a complete listing of MCCS programs and services, stop by the Marketing Office in Building 245 next to the Base Theater and ask for a copy of The Guide.

Many of these activities used to be supported by Congress.

Category 'A' programs are still supported totally by

Congressional funding, but Category 'B' and 'C' programs are funded because of your support.

It is your patronage that enables MCCS to reinvest back into Marine Corps Base Hawaii.

Are you on an intramural team that uses one of the fields after dark? You helped us invest in the field lighting.

Do you golf? You helped us improve the course with a new irrigation system. Do you use the Gas Lanes? The new Gas & More Store is expanding thanks to your support.

Have you or your family members stayed in the new Lodge at Kaneohe Bay? That lodge was built with revenues from MCCS businesses.

Bottom line is, we need your support to succeed.

If we don't succeed, your quality of life is negatively impacted.

Wal-Mart will not be investing in any Club renovations on base.

City Mill will not be doing any improvements on the ball fields or the tennis courts. MCCS will. It is our mission.

General Jones sees MCCS as "... interlocking and interdependent elements of a system designed to support readiness and retention and take care of our Marines and families."

So, look for the "From You, For You" logo around base, and remember that the money you spend here stays here.

If you have any comments or suggestions on how we may better serve you, fill out a "Touch Base" comment card located at any MCCS facility, or drop us a line on our web site, www.mccshawaii.com.

"Wal-Mart will not be investing in any Club renovations on base. MCCS will."

Jim Bocci
MCCS Marketing



Photos by Cpl. Jason Miller

The Base Library, above, and the lifeguard protection on the base beaches, top, are just two of dozens of services MCCS provides to improve the quality of life aboard MCB Hawaii. Personal Services, intramural sports, gyms and parks are other benefits MCCS provides with revenue generated from services like the Marine Corps Exchange.



Photos by Cpl. Jason Miller

MCCS provides services for the public good. Here base residents escape the heat at the base pool, while Gunnery Sgt. Dan Hongell, a repair technician for the MarForPac Band, studies in the Base Library. MCCS offers activities and programs like these at little or no charge.



USMC Teen Summit airs Wednesday

Sgt. Robert Carlson
Press Chief

For the first time ever, the Marine Corps will host a Virtual Teen Summit live from Quantico, Va., Wednesday, to discuss issues which effect teens around the Corps.

The summit, hosted by the Sergeant Major of the Marine Corps, Sgt. Maj. Alford L. McMichael, and his wife, Rita, will be broadcast live beginning at 1 p.m. Hawaii time.

The 90-minute program will include representatives from all Marine Corps installations, who will discuss issues pertaining to their lifestyle, family, interests, and resources. Teens will be able to share concerns, solutions, questions and ideas during the live broadcast.

Heather Eldrid, 15, is president of the Keystone Club at the MCB Hawaii

Teen Center, and was chosen to represent MCB Hawaii during the summit.

She will give a brief summary of the activities available to teens here, and will submit the top five issues from teens at MCB Hawaii.

Teen Center members have been brainstorming finalizing those top five issues for more than a month, and will address them to Marine Corps leadership during the summit.

The summit will be broadcast live from 1 p.m., and can be seen at

the summit's Internet address at www.usmcteensummit.com. The program will also be broadcast on base channel 2, and can be viewed in the Teleconference Center at the Joint Education Center.

For more information about Wednesday's summit, call David Kawada, youth activities manager, at 254-7612.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JULY

Today

Staff NCO Pasta Dinner — Staff NCOs are invited to begin their Pau Hana Friday with a trip to the SNCO Club for Pasta Dinner buffet from 6 - 8:30 p.m.

Choose from various pastas, sauces, vegetables and toppings all for only \$8 per person.

Reservations are recommended, as space is limited.

For more information call 254-5592.

22 / Monday

L.I.N.K.S. Evening Session — If you're a busy spouse who would like to get involved with Lifestyles, Information, Networking, Knowledge and Skills, you're invited to attend the next evening session Monday through Thursday, July 22 - 25, from 6 - 8:30 p.m. at the L.I.N.K.S. House, Bldg. 3074.

Call 257-2368 to make reservations.

23 / Tuesday

The American Dream — Create a little piece of history for yourself. All authorized base patrons are invited to attend the free "Starting Your Own Business" Workshop from 9 - 11 a.m. in Bldg. 3096, Room 1. Reservations are required and space is limited.

For more information call 254-8803.

29 / Monday

Executive Transition Assistance Program (ETAP) — All officer and Staff Non-Commissioned Officers about to retire must attend the next ETAP July 29 - 31 in Bldg. 6468 from 8 a.m. - 4:30 p.m.

Spouses are welcome to attend. The seminar will focus on benefits, entitlements and various resources available to re-tored service members and their families.

For information call 257-7790.

16 Aug. / Friday

McKenna Motors BayFest — Get ready for the largest concert, carnival extravaganza Aug. 16 - 18. Pre-sale tickets are going fast. Mainland recording artists Collective Soul, Atomic Eyes, Trickside, and Hoku are free with a paid BayFest admission.

Parenting Proudly — Get the kid biz through this free six-week child-raising course offered by the New Parent Support Program.

Classes will be held Friday, July 26 - Aug. 30 from 9 - 11 a.m. in Bldg. 216.

Parents will learn methods in discipline, child development and more.

Childcare may be available during classroom hours if requested in advance. Spaces are limited.

Key Volunteer Training — Get in the "command-know" and become a Key Volunteer today.

To become a volunteer liaison between your unit's command and family members, join the Key Volunteer staff Tuesday through Thursday, July 23 - 25, from 5:30 - 9 p.m. at the KV Center, Bldg. 3022, behind the Armed Forces YMCA.

Call Toni Spofford at 257-2410 for more.

College Credits — If you're on the road to higher education, make the most of your time and

knowledge with the College Level Examination Program (CLEP) tests.

Those passing CLEP tests in various areas may earn college credits toward a degree.

The next College Level Examination Program testing dates are Tuesday and July 30 at 7:30 a.m. and 10:00 a.m. in the Joint Education Bldg. 219. For more information and reservations call 257-2158

26 / Friday

Key Volunteer Training — Get in the "command-know" and become a Key Volunteer today.

To become a volunteer liaison between your unit's command and family members, join the Key Volunteer staff Tuesday through Thursday, July 23 - 25, from 5:30 - 9 p.m. at the KV Center, Bldg. 3022, behind the Armed Forces YMCA.

Call Toni Spofford at 257-2410 for more.

College Credits — If you're on the road to higher education, make the most of your time and

knowledge with the College Level Examination Program (CLEP) tests.

Those passing CLEP tests in various areas may earn college credits toward a degree.

The next College Level Examination Program testing dates are Tuesday and July 30 at 7:30 a.m. and 10:00 a.m. in the Joint Education Bldg. 219. For more information and reservations call 257-2158

For more information call 254-8803.

29 / Monday

Executive Transition Assistance Program (ETAP) — All officer and Staff Non-Commissioned Officers about to retire must attend the next ETAP July 29 - 31 in Bldg. 6468 from 8 a.m. - 4:30 p.m.

Spouses are welcome to attend. The seminar will focus on benefits, entitlements and various resources available to re-tored service members and their families.

For information call 257-7790.

16 Aug. / Friday

McKenna Motors BayFest — Get ready for the largest concert, carnival extravaganza Aug. 16 - 18. Pre-sale tickets are going fast. Mainland recording artists Collective Soul, Atomic Eyes, Trickside, and Hoku are free with a paid BayFest admission.

Parenting Proudly — Get the kid biz through this free six-week child-raising course offered by the New Parent Support Program.

Classes will be held Friday, July 26 - Aug. 30 from 9 - 11 a.m. in Bldg. 216.

Parents will learn methods in discipline, child development and more.

Childcare may be available during classroom hours if requested in advance. Spaces are limited.

The world famous Gruci Brothers will light up all three BayFest nights with a barrage of fireworks. An exotic car show from AAA Hawaii and McKenna Motors will line the midway along with adrenaline rushing E.K. Fernandez carnival rides.

Deals on Wheels — Whether you're in search of a sports car, sedan or just an "island car" to get from point A to B, you don't have to spend a lot of cash to get it.

The Auto Hobby Shop, located in Bldg. 3097, hosts a weekly auto auction where wheels get new owners for as little as \$100.

For information on how to post a bid, call 254-7674.

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

BayFest Volunteers Sought: It's not too early to be thinking about Windward Oahu's largest water sports festival. Many volunteer positions are available. 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.

Aug. 5 - 9: Sailing classes get underway at the Base Marina. Classes are convenient and inexpensive. You'll be captain after your first lesson.

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.

We Got It Goin' On

Have your voice heard. Make a difference. Get involved. Grow. Have a blast.

The Single Marine & Sailor Program is all about that and more.

Key Volunteer Network Honors Recent Graduates

Debbie Robbins
MCCS Public Relations

After several Key Volunteer Network sessions, five Marine Corps Base Hawaii spouses received their KVN graduate certificates.

To congratulate and present each spouse with the KVN certificate, MCB Hawaii's commanding general, Brig. Gen. Jerry C. McAbee attended the June 27 graduation ceremony held at the KV Center where he noted the value Marine Corps spouses represent. Brig. Gen. McAbee further commented on the importance of the KVN and vital role that Marine Corps Family Team Building plays upon the mission of the Marine Corps.

Conveying his sincere appreciation for the KVN and the spouses who endure this training, Brig. Gen. McAbee spoke with each of the five graduates and to the supporting audience.

"Our corps is stronger in mission readiness due to what you ladies do with our Family Readiness Programs and I thank you."

Heading up the MCB Hawaii KVN is Toni Spofford. No stranger to military life, Spofford is a former Marine and a current Marine spouse.

Spofford embodies an easy going demeanor and readily shares her real-world military experiences with both new and seasoned military spouses. Candid and congenial, Spofford admits that the main reason she chooses to teach the KVN is because she believes in it.

"Marines have and always will look out for



Courtesy of the Key Volunteer Network

Key Volunteers (from left to right) Kara Leach and her daughter Trina, Alison Ghiselli, Wendy Karczewski, Erin Neill, Donna Fern and Key Volunteers coordinator Toni Spofford gather around Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, after the ceremony.

one another, but what about the spouses? The Key Volunteer Network is designed as a spouse-to-spouse workshop."

Ensuring that Marine and Navy spouses are grounded, informed and comfortable equally within the military structure and within the family realm, the KVN creates a solid foundation from which to draw information and resources.

Along with the KVN new graduates, this program also boasts a new logo.

Headquarters Marine Corps developed this colorful logo which combines the eagle, globe and anchor along with the ever-recognizable key. This new logo was incorporated worldwide as of January 2002.

Any MCB Hawaii military spouse interested in attending a KVN training session is encouraged to call Toni Spofford at 257-2410.

The next class is scheduled for July 23 - 25, Tuesday through Thursday, from 5:30 - 9 p.m. in the KVN Training Center, Bldg. 3022.



OUR MISSION: To uplift the spirits of Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.
(For up-to-the-minute news about MCCS, logon to our Web site at www.mccshawaii.com.)

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.

About a Boy (PG13)	Today at 7:15 p.m.
Unfaithful (R)	Today at 9:45 p.m.
Spiderman (PG13)	Saturday at 7:15 p.m.
Duces Wild (PG13)	Saturday at 9:45 p.m.
Spiderman (PG13)	Sunday at 3:30 p.m.
About a Boy (PG13)	Sunday at 7:15 p.m.
Spirit Stallion of the Cimarron (G)	Wednesday at 7:15 p.m.

DoD survey to check service member job satisfaction, morale

Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

WASHINGTON — What better way to learn more about what troops think than to ask? The Defense Department this month started a survey program to do just that.

"We hope it'll allow us to adjust our policies more promptly when we see an issue or problem out there that our people are concerned with," said David Chu, undersecretary of defense for personnel and readiness.

He said letters went out July 8 to 35,000 service members pointing them to a Web-based Status of Forces Survey and advising they have until July 26 to participate, if they wish.

In 2003, DoD officials plan to expand the effort by conducting three such surveys of the active force, two of Guard and Reserve forces and one of civilian employees. By 2004, the plan is for each group to be surveyed quarterly, Chu said.

The current Status of Forces Survey focuses on job satisfaction, retention plans, and spouse employment, among other issues, he said. Previous such surveys looked at morale, welfare and recreation benefits and retention incentives, he added.

This is one of the earlier major sur-

vey programs from DoD to be completely Web-based. Chu said this should make it easier for members to participate and for surveyors to compile results quickly.

"It'll give us the ability on a near-real-time basis to understand how people see their lives, whether in uniform or as a civilian employee of the Department of Defense," he said.

Chu's plans call for the results of completed surveys to be posted on a public Defense Manpower Data Center Web site, www.dmdc.osd.mil/surveys.

Chu said officials believe up to half the people ignore mailed survey requests.

But then, many of those same people complain policy makers don't ask and don't understand what issues affect their lives, he remarked.

Surveys provide an opportunity for people to have their opinions heard, and Chu urged those who receive invitations to take a few minutes to complete the survey.

"This is your 'put-up-or-shut-up' opportunity," he said. "Don't just complain. Here is your chance to do something. Here is your chance to vote, so to speak, about your future and about what will be important for the people you work with as well."

Marines, Sailors visit veterans

Cpl. Jason E. Miller
Combat Correspondent

TRIPLER ARMY MEDICAL CENTER, Hawaii — Fifteen Marines and Sailors, led by Chaplain David Schilling of CSSG-3, made a trip to the Center for Aging here July 11, for a visit with the residents.

When they arrived, the staff of retirement home workers gladly welcomed them, and allowed the group to roam freely around the complex to visit with any of the tenants.

The residents seemed glad to have the company.

Many of them reminisced about old war stories and historic events, while others simply chatted about current times.

"I think it's really great for people in uniform to come out here and show their presence to some of these older veterans," said Chaplain Dan Thompson, from 4th Amphibious Assault Battalion in Norfolk Va., who was serving his annual two weeks of active duty service in Hawaii.

"I think it's almost



Cpl. Jason E. Miller

Chaplain Schilling and Petty Officer 2nd Class Eugene Trinidad visit with one of the home's many retired service members.

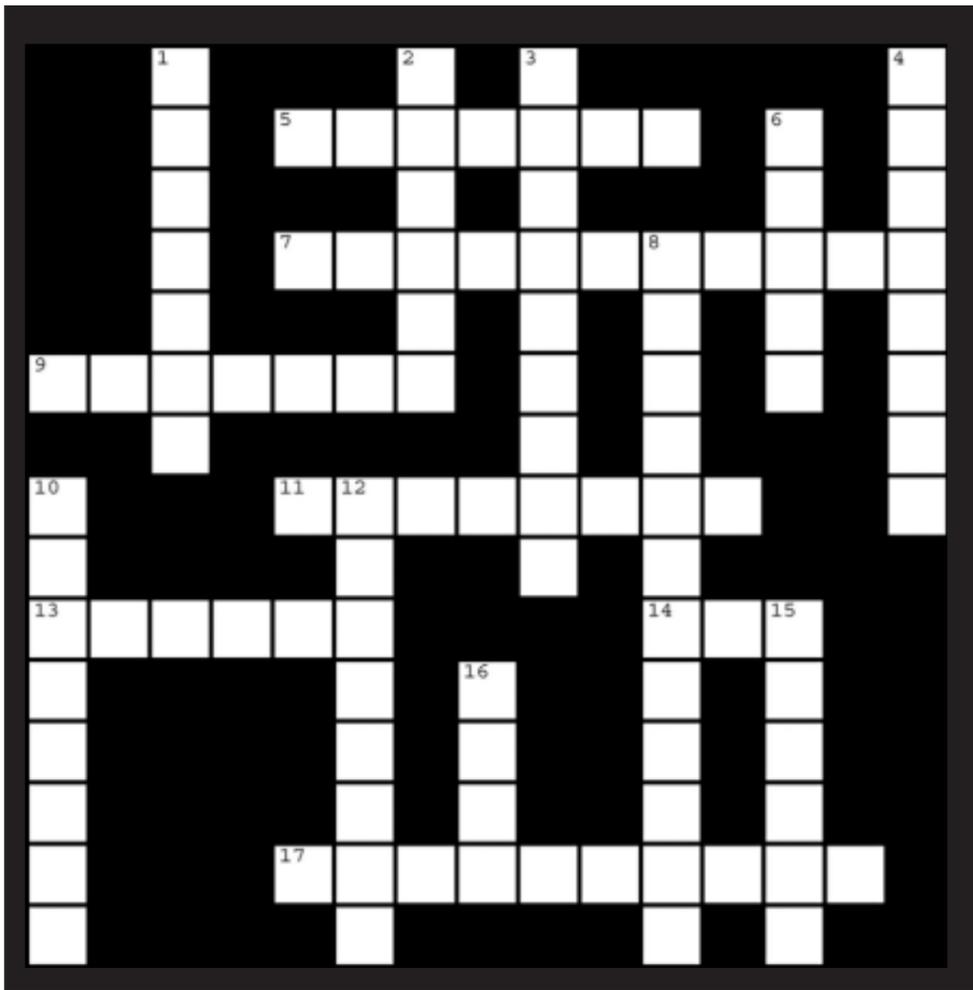
therapeutic for these guys, because they are so very patriotic and the military was more than just part of their past, it was their whole life."

According to Chaplain Jeff Rhodes of the MCB Hawaii, Base Chapel, one unit per month has the opportunity to go out and

visit veterans at the retirement home.

Enriching the lives of the ones who helped ensure our nation's freedom is often an honor for most of the service members who visit the home. Many times, it is the visitors themselves who get the most out of the visit.

Increase Your Vocabulary:



Across

- 5. to morally corrupt
- 7. to revoke (a command) by a contrary order
- 9. to debase in moral or aesthetic status
- 11. liable to be brought to account
- 13. to obsess over minor de-

Down

- 1. hairy
- 2. not sharp, intellectually slow
- 3. occurring every day
- 4. the essence of a thing
- 6. official decree; an arbitrary order
- 8. disobedient
- 10. mechanical or routine
- 12. assisting or designed to assist memory
- 15. to avoid or refrain from
- 16. inclined

- 14. anger or wrath
 - 17. one who writes fiction especially in quantity and without high standards
- (Stumped? See page B-6.)*

FBI Recruits at Federal Building

Interested in a career with the Federal Bureau of Investigation (FBI)? Learn about requirements for applying by attending the FBI career seminar on July 26 at Prince Kuhio Federal Building, Room 5-207, located at 300 Ala Moana Blvd., between the hours of 10 a.m. - Noon.

For more information, call Agent Kal Wong at 566-4488.

EDUCATION MATTERS

What are the basics of a bachelor degree?



Graduation Requirements attainable through your MCB Hawaii Joint Education Center

From the desk of **Loretta Cornett-Huff**
Education Services Officer

CORNETT-HUFF

A bachelor (or baccalaureate) degree is a program of courses which usually takes four years (or their equivalent by attending part-time, or through non-traditional means or accelerated terms).

It requires at least 120-128 semester hours credit or 180-192 quarter hours.

This equates to at least 40 courses. The student learns a considerable amount in a particular field of study (the major) and some broad general knowledge as well.

Schools on a semester plan have terms which usually last 4 to 4 1/2 months - a fall and spring semester and a shorter summer term.

At schools with a quarter plan, each quarter lasts 10 to 12 weeks. Some schools have accelerated terms - the terms are shorter and the student has more class time per week.

For example, in an accelerated term of eight weeks the course might meet two nights a week for 2 1/2 hours a night.

Courses generally fall into THREE major areas:

a. GENERAL EDUCATION COURSES - usually 36-45 semester hours:

- 1. Basic Skills - English and Math:
 - English Composition - usually TWO required courses
 - Mathematics - number of courses and type of math required determined by the major

2. Social Sciences - Choose from courses such as History, Economics, Black Studies, Psychology, Political Science, Western Civilization, Sociology, Cultural Anthropology, and Government.

3. Natural Sciences - Choose from courses such as Biology, Physical Anthropology, Astronomy, Oceanography, Botany, Chemistry, Geography, Meteorology, Zoology, Geology, Physics and Earth Science.

4. Humanities - Choose from courses such as Fine Art, Literature, Foreign Language, Music, Drama, Humanities, Philosophy, Religion and Speech.

b. COURSES IN YOUR MAJOR - at least 30 semester credits

- 1. Foundation/Prerequisite Courses - These courses provide the introduction for the major. They are usually lower-division courses at the freshman and sophomore level.
- 2. Core Courses - Directly related to the major area of study. Primarily upper-division, junior/senior level courses.
 - c. ELECTIVES - Courses of the student's own choosing, depending on your major.

Sergeant major shares insight on applying for government positions

Cpl. Luis R. Agostini
Combat Correspondent

CAMP H. M. SMITH — Marine Forces Pacific Individual Mobilization Augmentee Sgt. Maj. James A. Kuiken shared his insight with Marines, Sailors and civilians on applying for civil service positions during one of his highly popular periods of instruction July 2 at the Sunset Lanai.

Kuiken, also special agent-in-charge, Region 1, U.S. Department of Transportation, Office of the Inspector General, Washington, D.C., has more than 12 years of experience serving as a member of rating panels, selection panels and as a reviewing official.

Kuiken began his career with the federal government as a GS-4 and was eventually promoted all the way up to GS-12, along with receiving a Senior Executive Service nomination.

His down-to-earth, realistic approach, based on 12 years of civil service experience, has earned the praise of many who have attended his previous periods of instruction.

Kuiken held nothing back, revealing methods personnel specialists and reviewing officials utilize when going over an applicant's package.

"Reviewers don't read the entire ap-



KUIKEN

plication," revealed Kuiken, "but rather look for key phrases, qualifications, etc."

Kuiken stated that the reality of it is that reviewing officials, who may receive as many, or more, than 300 applications a day, don't have the time to thoroughly review each package.

During the period of instruction, Kuiken touched on several major areas on the application process:

When applying for a civil service position, there are three groups that you must appease:

The rating panel who determines if you are basically qualified, the selection panel, who weed out the potential candidates, and the selecting official, who gives his or her stamp of approval.

However, before appearing before the three groups, you must create a favorable impression with the personnel specialist who receives your package.

More than likely, the personnel specialist will end up on the rating panel and determine whether you are qualified

or not.

Attention to detail

Run a grammar and spell check over your application, and be sure to have the same header and footer on each page.

Number the pages of your application and type entire application and sign in ink.

Pay attention to placement of documents in application, and include a cover sheet, page(s) of technical qualifications and the remainder of application, as directed.

A candidate is not considered desirable if he or she cannot take time to go over the application before sending it off, declared Kuiken.

Keys to promotion

Networking — As you advance in your career, you will meet many people in different agencies/organizations.

You will want to create an amicable, professional relationship with these individuals for future purposes, as they may prove to be useful when you need their assistance.

Mentoring — As you rise through the ranks of civil service, it is important to help out those who are just beginning their careers and are seeking guidance and assistance.

Not only do you use your position to help others, but it also performs another

function — networking.

Personal contact - Although a daily phone call is unnecessary, it's important to keep in touch with those whom you have done business with.

Whether it's an e-mail, a phone call or a visit, keeping contact once every so often goes a long way, stated Kuiken.

Common mistakes of Marines

While unit loyalty is instilled in the hearts and minds of Marines, Kuiken revealed that misplaced loyalty is one of the downfalls of former Marines seeking promotions within the federal government.

If a civil service employee limits himself and his efforts entirely to the agency that he works for and does not seek other opportunities, promotions may come few and far between, explained Kuiken.

"Unit loyalty is a big part of Marine Corps," admitted Kuiken. "However, when you are in a civil service position, you are loyal to the federal government, not just the agency you work for."

Another downfall that Marines suffer is their immense display of pride.

"If you list your military awards, war stories, or other information that has nothing to do with the technical qualifications, you are wasting your time," said Kuiken.

Kuiken will give his last presentation July 24, 3 p.m., at the MCB Kaneohe Bay Staff NCO Club Ballroom.

== Marine Makepono ==

"HAWAIIAN FOR "MARINE BARGAINS"

Vehicles

1990 Volvo 740GL, sedan, gold, leather interior, 94k, AC, AT, AM/Fm Cass, all power, nice car. Asking \$6,000 OBO. Call 386-9407 or 261-2327.

1997 Hyundai Tiburon, 5 speed, 47K miles. Asking \$8,500 OBO; must sell soon. Call 429-1620.

1999 Mercury Cougar, 2 door, automatic, fully loaded. Great condition, must sell. Asking \$13,000 OBO. Call 254-8014 or 392-0437

2001 Chevy Blazer, 4 door, loaded, great condi-

tion. Must Sell. Asking 23,000 OBO. call 254-8014 or 392-0437.

Furniture

Queen bed and living room set for sale. Call Dorothea at 254-3045 or 282-3034 for details.

Sofa and love seat, hunter green, \$450. Excellent condition, call 254-9330.

Real Estate

Vacation Rental, beautiful 1BR oceanfront property in Kauai, equipped

with full kitchen. Priced to move at \$950, but valued at \$1,700. Call Tim at 247-9946 for details.

For Sale, 2BR/2.5 bath townhouse, gated on K-Bay, upgraded kitchen and bathrooms, large attic, pool, Jacuzzi, two parking spaces, boat ramp and more. Pets are O.K. Fee simple by owner, \$239,000. Call 235-8821.

Jewelry

Bracelet, jade, bangle, makes a unique gift. Asking \$100 OBO. Call 254-1621.

Free Ads--Free Ads--Free Ads--Free Ads--Free Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine, or as applicable.

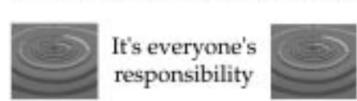
The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis. Call 257-8840 for more.

SUMMERTIME BLUES?



Water Conservation.



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

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

Wednesday

Lunch

Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Bread Pudding
w/ Lemon Sauce
Asst. Fruit Pies

Dinner

Baked Stuffed Pork Chops
Turkey Pot Pie
Steamed Rice
Mashed Potatoes
Peanut Butter Cookies
Asst. Fruit Pies

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

Specialty Bar

(For Lunch and Dinner)

Taco Bar

Meat Made Easy makes grilling easy

Ron Kelly

DeCA Communications

FORT LEE, Va. — Barbecue season is in full swing and, though you may be addicted to the thrill of the grill, perhaps you've developed a 'been there, done that' attitude about the standard barbecue fare of hot dogs, hamburgers and steaks.

If so, it's time to branch out — and your local commissary, with its "Meat Made Easy," can help.

"Meat Made Easy" labeling provides customers with information and tips about each cut of meat and how to cook it, along with suggested recipes.

The program has been expanded from "Beef Made Easy" to include pork, lamb and veal — three additional choices that often get overlooked at grilling time.

According to the National Cattleman's Association, DeCA is probably the first retailer to cover the entire meat case through a program like this, says Jack Fowler, meat operations branch manager in DeCA's Marketing Business Unit. "It's mostly been concentrated on beef in the past, but consumers have cooking and handling questions about all types of meat, not just beef," he adds.

Fowler says many people have no idea how to cook a top blade steak or a skirt steak or pork shoulder roast.

Some of those cuts are very economical, but people don't know how to cook them so they don't buy them.

Now, they will be able to try new recipes, new cuts of meat, and expand their meal choices.

"The program ('Meat Made Easy') tells customers how to cook, store and handle the products, and takes all the guesswork out," Fowler adds. "Instead of plain steak, they can try a marinated flank steak, for example."

Flank steak and skirt steak are two cuts of meat that seem to have been specially made for the grill.

"These are arguably the most flavorful cuts of beef available, and often don't get the attention they deserve," Fowler says. "When cooked properly, a marinated flank steak or skirt steak will be charred a nice dark brown on the outside, but will still be pink and juicy on the inside."

Because it's easy to overcook pork loin, Fowler advises chefs to keep a close eye on it.

Pork is done when it reaches an internal temperature of 160 degrees Fahrenheit.

Whether you're looking to explore new possibilities with veal, pork or lamb, or simply improve on your favorite beef recipes, there's a whole world of char-grilled excitement awaiting you — all made easier with 'Meat Made Easy' from your local commissary.