

LIFESTYLES



STRONG CURRENT



JELLYFISH



SHARP CORAL & ROCKS



HIGH SURF



Right — Aboard MCB Hawaii, Kaneohe Bay, the ocean is especially rough on North Beach and at Pyramid Rock. Beachgoers should always heed lifeguard, flag and sign warnings that place their safety foremost.

Far Right — A surfer watches the waves and the currents before entering the water.



Beach safety

MCB Hawaii improves signage, equipment and access to beaches

Story and Photos by
Sgt. Robert Carlson
Press Chief

Beach season lasts all year in Hawaii, but the summer months see a lot more traffic as residents of MCB Hawaii head to the shore to cool off in the cool Pacific Ocean.

As school lets out and temperatures heat up, MCB Hawaii and Marine Corps Community Services are working to ensure beachgoers are safe while enjoying the surf aboard the base.

The most noticeable part of the beach enhancement campaign is new signage near the entrances to beaches, but the most beneficial aspect is the new policies regarding access to the ocean.

New lifeguard equipment, including all-terrain vehicles, automatic external defibrillators, and other gear, drastically increases the emergency response capability of lifeguards on the beaches.

Trauma kits, rescue sleds and other enhancements bring MCB Hawaii in line with industry standards and allow greater support in the event of an emergency.

While the lifeguards are better able to react in a crisis, the real focus of the beach enhancement projects is to prevent emergencies from happening in the first place.

Proactive protection measures include new beach procedures that allow access to the beaches when surf conditions prohibit entering the ocean, but do not threaten the shore.

When lifeguards determine dangerous conditions exist on the beach, the entire beach will be closed, but they now have the option to allow access when the tides do not endanger beachgoers on the shore.

"We're taking a more positive, proactive approach, making contact with 100 percent

of the guests, and explaining the hazards of the ocean," said Jeff Barbieto, a lifeguard trainer who has been protecting people on the beach for more than 16 years. "A lot of people come from places where there isn't a beach, and they don't know what to expect."

Barbieto and the other lifeguards aren't doing anything new. They've always been proactive in their effort to keep residents safe in the ocean.

The lifeguards are on the beaches every day from 11 a.m. until 5:30 p.m., and they have a flag system in place to keep residents informed of the sea conditions.

A Red Flag: The beach is closed and the water is off limits. This flag means there is imminent danger from strong rip currents, surf in excess of 14 feet, storm or gale warnings, or other hazards.

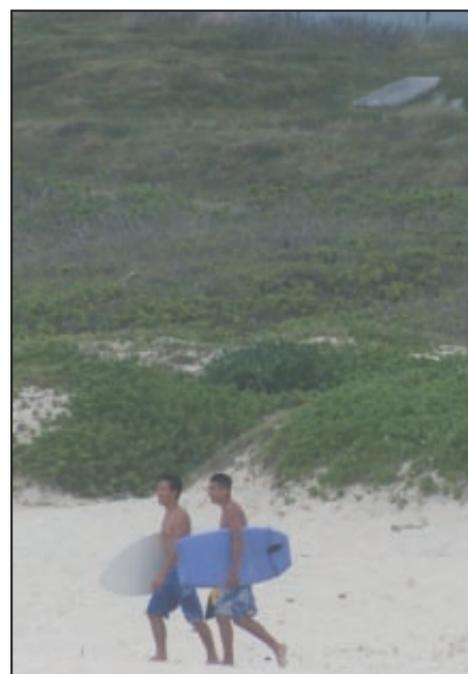
A Red Flag Over a Yellow Flag: Hazardous conditions exist, fins are required for swimmers, and surfers must have a leash attaching their boards to their bodies. Beachgoers must contact the lifeguard before entering the water, and if no lifeguard is present, the water is off limits.

Yellow Flag: Lifeguards fly the yellow flag when surf is less than 6 feet high, and winds are less than 20 knots. Caution is still advised though, and guests should make contact with a lifeguard to learn of any hazards.

A White Flag: No lifeguard is on duty, and swimmers enter the water at their own risk.

The MCCS water safety team monitors ocean conditions and adjusts the flag conditions as necessary, and new signs will let beach guests know if water activity is prohibited or if the entire beach is closed because of dangerous conditions.

The key, though, is that beachgoers look



A red flag means the beach is closed because of dangerous conditions. These boogieboarders waited until the condition was upgraded before entering the water.

at and understand the flags and the warnings. The safety measures are implemented to warn of real dangers in the water.

"If these improvements save just one life in 10 years, I'm convinced the effort is worth it," said Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii. "We're doing this to protect the base residents."

Heeding the warnings, and avoiding hazardous surf conditions, can help residents of MCB Hawaii avoid potential emergency situations, and can make the beautiful Mokapu Peninsula shoreline a great place to escape the heat.



Beaches aboard MCB Hawaii are open to armed forces I.D. card holders and their guests. When enjoying any of the five beaches aboard Mokapu Peninsula, a good place to check the current conditions is on the lifeguard tower. Flags are visible from all parking areas and entrances, but more detailed conditions can be found near the lifeguard tower. When the beach is closed, it is closed to all activity, including sun bathing. If signs say "Water Activity Prohibited," the beach — not the water — is open.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

JUNE Today

Rocker Room Shaka — It's Beach Party BBQ, Hawaiian style, tonight at the Rocker Room from 4:30 p.m. – 2 a.m. Sport your favorite beach attire and grill your own pupus from 5 – 8 p.m. Many guests will win fabulous prizes. The Beach Party BBQ is free for all Staff NCO Club members; the non-mem-

ber price is \$5. For more Beach Party BBQ details, call 254-5592.

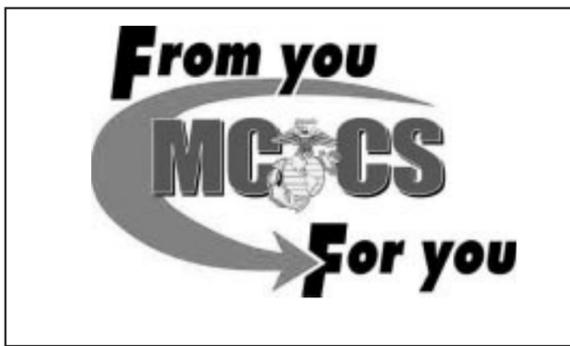
15 / Saturday

Radical Reading — McDonald's of Hawaii and the Base Library proudly present a Summer Reading Program happening now through August. All base children are challenged to read books throughout the summer to earn special awards. Parents are welcome to read to pre-school aged children.

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

Expert Affirmation — Get the facts from the experts. Athletic representatives from Adidas, Asics and Reebok will host an Athletic Shoe Clinic in the Marine Corps Exchange's shoe department from 11 a.m. – 3 p.m.

Patrons will receive 20 percent off all athletic shoes (does not include



shoes currently on sale). The athletic shoe experts will assist guests with proper fitting, function and selection. For more information call 254-7522.

16 / Sunday

Daddy's Day — Show dad how much he's loved and take him to the Officers Club Father's Day Brunch. A scrumptious selection of hot and fresh dishes to include a seafood bake, fresh fruit and salad bars, made-to-order omelets, desserts and more will be offered at two seatings, 10 a.m. and 12:15 p.m.

All O'Club members and their guests are welcome. For more information or to make reservations call 254-7650.

Celebrate Dad the Right Way at Fairways

Treat Dad to a special buffet from 10 a.m. – 2 p.m. at the all-hands Fairways Ballroom.

Both steaming and chilled brunch entrees will be served. Reservations and pre-payment is required.

Ticket prices for Staff NCO Club members is \$21.50, non-members \$24.50, children ages 9 – 12 \$8.95, ages 5 – 8 \$5.95, and

ages 4 and under eat free. For further information, call Fairways at 254-5592.

17 / Monday

Money, Money, Monday — It's Double Coupon Monday at the Main Exchange's Plantation Store and the MCX Annex Wiki Wiki Market. Patrons may redeem coupons to save twice the face value. Some restrictions may apply. See your favorite convenience store for details.

20 / Thursday

Aloha Military Spouses — As if simply being married isn't difficult enough, toss in an unfamiliar military lifestyle and a blizzard of acronyms, and life is "interesting." To ease this transition, MCCS' Relocation Assistance Program hosts a quarterly Spouses Aloha Orientation, and all military spouses are invited to attend Thursday from 8:30 – 11:30 a.m. at the Armed Services YMCA, Bldg. 579.

During this intimate setting, spouses will have the opportunity to network with other spouses and listen to keynote speakers as they present various resources and recreational services. For more information and to make a reservation, call 257-7790.

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A Touch of Class — Get yourself one step closer to your college degree and register now through June 28 for the next on-base college term that runs July 1 – Sept. 10. Discover the many college benefits available to both active duty military and adult family members at the Joint Education Center. Secure your future with higher education. For more details, call 257-2158.

Deals on Wheels — Are you looking for a new car? Whether you're in search of a sports car, sedan or just an old "island car" to get you 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. Here are the latest deals on wheels up for auction.

22 / Saturday

Year Make Lowest Bid
1986 Corolla \$300
1989 Grand Am \$600
1998 Civic LX \$4,400
1994 VW Golf \$700
1989 Maxima \$500

For more information on how to post a bid, call the shop at 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.

June 24 - 28 and 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.

Online job bank assists military community

Roberto Katekaru
Manager, Family Member
Employment Assistance Program

Looking for a job? If so, visit the Web site: www.JEMSHawaii.com.

This Web site — the latest initiative by the Joint Employment Management System (JEMS) — can be your link to employers who have job openings in Hawaii.

The JEMS job bank has been serving the military community since 1986, by producing a computerized job bank, hosting annual job fairs and sponsoring biannual Hawaii Department of Education recruitments.

The quality of life venture is jointly funded by the military services to expand Employment Resource Center programs provided by Marine Corps Personal Services departments, Navy Fleet and Family Support Centers, Air Force Family Support Centers and Coast Guard

Work-Life Centers.

The job bank is exclusively for use by the participating services' job seekers and is a great resource for newcomers, as well as kamaina military.

Job seekers can search individually or in a combination by six categories:

- Job Title,
- Job Category,
- Geographic Area,
- Work Status,
- Company Name and
- Date Job Posted.

Don't forget to check the listings under "Hot Jobs," and check out "More Info/Links," where job seekers can find a variety of helpful information and links to assist them while they are looking for a job.

Whether you are active duty, retired or a family member, start your Hawaii job search with JEMS.

Job seekers need a password to access JEMS employer bank

Roberto Katekaru
Manager, Family Member Employment Assistance Program

Job seekers on the windward side of the island wanting to use the Joint Employment Management System can get their user identification and password from the Personal Services' Family Member Employment Assistance Program (FMEAP). In addition, the FMEAP offers individual appointments, workshops and a Career Resources Management Center to assist job seekers with their job search.

To make an appointment or find out more about how FMEAP can help you, call a counselor at 257-7790.

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.

The Sweetest Thing (R)
Panic Room (R)
Clockstoppers (PG)
Monsters' Ball (R)
Clockstoppers (PG)
The Sweetest Thing (R)
Van Wilder (R)
High Crimes (PG13)
The Sweetest Thing (R)

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.
June 21 at 7:15 p.m.
June 21 at 9:45 p.m.

(**Marines and Sailors in pay grades E5 and below, enjoy the second feature for free, every Friday & Saturday night!**)

MCCS to host a K-Bay Town Hall 'Assembly'

Debbie Robbins
MCCS Public Relations

Listen. Learn. Respond.

In an effort to better serve military personnel and their family members aboard MCB Hawaii, Marine Corps Community Services will host an MCCS Assembly, Tuesday, June 18, at 7 p.m. at the base theater.

All base patrons are invited to attend the open Town Hall meeting and are encouraged to address questions, concerns and comments regarding any facet of MCCS.

Marine Corps Community Services is committed to providing patrons with the best programs, services and resources.

How effective is MCCS in achieving this goal? Let them know.

Candid customer comments are vital to ensure that MCCS is appropriately serving its patrons.

Do your part by attending the first MCCS Assembly.

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

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

Anderson Menu

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)
Taco Bar and 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

Meatloaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

Beef Brogull
Fresh Baked Cajun Fish
Mashed Potatoes
Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Tuesday

Lunch

Simmered Corned Beef
w/Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles

Peanut Butter cake w/Peanut
Butter Frosting
Asst. Fruit Pies

Dinner

Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake w/Peanut
Butter Frosting
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner

Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Hot Dog and Sausage Bar

Thursday

Lunch

Turkey A La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake
w/Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner

Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Steamed Rice
Boiled Egg Noodles
Marble Cake
w/Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Taco Bar

Did You Know?



NAPS

The graham cracker is named for Sylvester Graham, an American dietary reformer of the early 1800s.

Worth Repeating:
"First love is only a little foolishness and a lot of curiosity."
— George Bernard Shaw



Cpl. Luis R. Agostini

Historic dedication

Marines and Sailors of Marine Forces Pacific commemorated the restoration of Shangri-La, the recuperation area for Marines and Sailors during World War II. The plaque signaling the completion of the project was unveiled May 31 by Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, and Col. Kevin B. Jordan, the former commanding officer of Headquarters and Service Bn., MarForPac.

WORD TO PASS

Navy League Seeks TV Volunteers

A new monthly TV show called "Now Hear This," to be produced by the East Oahu Council of the Navy League of the U.S., will begin in September on Oahu's Olelo community access Channel 52.

The program will highlight some of the more unique and often unpublicized activities of the Navy, Marine Corps and Coast Guard in Hawaii.

Volunteers are needed to help produce the show, which will be run entirely by volunteers and local residents who are interested in such TV production aspects as camera operations, audio engineering, videotape editing, directing and other critical areas like script writing.

Oleo will provide required training that qualifies volunteers to operate its equipment. What's more, the Navy League will pay for volunteer training of anyone helping with the monthly production.

Give your time, learn new skills, and pick up certification, as well. Call local council president Bill Bigelow at 373-7867 to volunteer, or email him at alohabilly@aol.com.

ginning of the festival.

The Buddhist blessing will be followed by firecrackers and the launching of the racing vessels, and the public is invited to ride the colorful boats.

Parking will be available in the makai Diamond Head parking lot and near the old heliport. Going east on Ala Moana Blvd., turn right on Hobron Lane, then follow the road behind the Illikai Hotel to the Ala Wai Boat Harbor.

Aquarium Hosts Tours

Each summer, the Waikiki Aquarium offers educational field trips, activities

and special events for the community. Enjoy one of the following:

- *Tuesdays, June 18 - July 16, 9 - 10:30 a.m. or 10:30 - noon:* Your youngest learners, from 1 to 3 years old, can make ocean discoveries of amazing undersea exhibits during "Small Fry." Through craft, play and guided exploration, this introduction to sea life can't be beat. Youngsters must be accompanied by an adult, and pre-registration is required at \$70 for adult and child.

- *June 23, 7:30 - 10 a.m.:* Families and adults can explore shoreline, reef conservation and tide pool habitats during

"Explore the Reef by Day." The minimum age is 5 years old, and youngsters must be accompanied by an adult. Pre-registration is required at \$10 adults, \$8 children.

- Contact the Aquarium at 923-9741.

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.

Meetings are held every second Saturday. For more information, call Eugenia Woodward at 623-4735.

Filipino Fiesta Planned Saturday

The Filipino Community Center is issuing a call for participants and volunteers for this year's 10th annual Filipino Fiesta, Saturday at Kapiolani Park in Waikiki.

The fiesta is a family event, free to the public, and its theme is "Filipinos: Making a Difference." The fun begins with a parade at 9 a.m., and continues throughout the day with live entertainment by local and Filipino performers, food, crafts, cultural displays and more.

Food and craft vendors are welcome to set up shop. If you're interested in a booth or volunteering, call 847-6401 for opportunities.

FBI Recruits Today

If you're interested in a career with the FBI as a special agent, attend the career seminar at the Pearl Harbor Family Services Center, Bldg. 193, Room 205, from 10:30 - 11:30 a.m., today.

Concert in the Park Scheduled Tomorrow

Make paper airplanes at the "Concert in the Park" at the Gentry Waipio Shopping Center, Saturday from 10 a.m. to 1 p.m. Supplies will be provided, and prizes will be awarded for the closest to the target, the longest distance, the longest in the air, and more.

Bob Jones and Hard Drive will perform, and free food samples will be provided by Pizza Hut, while supplies last. Napa Auto Parts and Aloha Petroleum will also provide giveaways.

For more information, call 737-1048.

Boat Festival Invites Riders

Meticulously carved, boat shaped dragons will come to life for a special blessing, Saturday, beginning at 2 p.m.

The floating pieces of art will be used in the 7th Annual AT7T Hawaii Dragon Boat Festival, taking place at the Hilton Hawaiian Village pier and officially marking the be-