

LIFESTYLES



Perched high above the pool, lifeguard Marty Santos enjoys the sights and sounds of kids playing and is always ready for the call of duty.



Help is always as close as the lifeguard tower. Marty Santos oversees swimmers and answers questions. One of his duties is to inform swimmers just arriving at the beach of the water conditions for that day.

Lifeguards: Angels at our beaches, pools

Story and Photos by
Sgt. Jesus A. Lora
Combat Correspondent

White sands, crashing waves and smells of suntan oil tease the senses as surfers look for the perfect wave, and families frolic at the water's edge.

Through the ever-vigilant eyes in the tower above, a lifeguard stands watch, knowing he's responsible for the lives and safety of all those who visit the beach.

Aboard MCB Hawaii, Kaneohe Bay, there are 19 lifeguards thoroughly trained by the American Red Cross and United States Lifesaving Association to handle any emergency that may arise at the beach.

"I'm proud of what I do, knowing everyday I can save a life. It's more than a job. It's a way of life," said lifeguard Jacob S. Watson, Marine Corps Community Services.

To become a lifeguard, one must pass a series of tests. He or she must swim 500 meters in less than 10 minutes and tread water while holding a brick for one minute.

Next, while holding the brick, the applicant must swim to the bottom of the pool, immediately surface and tread water for eight minutes with hands out of the water. After the eight minutes, the swimmer must retrieve the brick at the bottom of the pool and bring it back to the surface.

The final test is a 25-meter underwater swim and a 50-meter brick tow utilizing the sidestroke.

Once lifeguards pass the indoctrination, they have another two to three weeks of training on the beach.

To become a full-time



Lifeguards (left to right) Austin Hornerch, Jeff Barbieto, and Matt Newman keep an eagle eye on the surfers and swimmers enjoying the beach.

MCCS lifeguard, one must work at a beach for seven months — approximately 1,000 hours.

"The time spent working the beaches or pools gives the lifeguards knowledge for any given situation," said Dino Leonard, assistant manager for MCCS water safety. "In the summer of 1998, we started practicing the art of prevention and of being proactive; we always approach every person who enters the beach area and explain the conditions for the day."

To inform the public of the dangers when visiting base beaches, a flag system is in place, where different colors of the flag identify the conditions.

MCCS lifeguards are responsible for posting these flag conditions and updating them as conditions at the beach change throughout the day.

Signs describing the many different possible conditions for beachgoers are posted along the beach. Knowledge of surf conditions, marine life and weather are a must for these lifesavers.

"We have a system called the three-strike rule

dealing with the flags," said Leonard. "If you are once or twice caught illegally surfing or swimming, you will be logged in by the military police. The last warning is an arrest and a trip to the military police station."

Some tools used by the lifeguards include 10-foot long boards that are always accessible for an emergency, a rescue tube strapped to the lifeguard, and the rescue craft.

"This rescue craft is one of the best tools in my tool box. I can get out there and get back to administer any kind of first aid," said Jeff S. Barbieto, MCCS lifeguard.

The lifeguards also have another favorite tool, according to Barbieto, which is an all-terrain vehicle. This ATV is used for safety purposes and to patrol the peninsula, from Pyramid Rock to the Ulupa'u crater.

"At the end of the day, I can go home knowing everyone was safe and no one was hurt," said Cpl. Julio O. Martinez, a CSSG-3 lifeguard.

For more information on water safety, contact Dino Leonard at 254-7655.



Although there are no crashing waves and rip tides at the Base Pool, lifeguards are still on duty to ensure the safety of the swimmers in the water.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

Fall Classic Softball Tournament

Round up your crew for two days of grand slams, ground balls and ground rules during the Single Marine and Sailor's Fall Classic Softball Tourney, Sept. 29 and 30 aboard Risley Field.

Open to all authorized military patrons, this double elimination softball competition will adhere to ASA rules in addition to a six home run

limit caveat per game. Entry fee is \$150 per team. A coaches' meeting is scheduled for Wednesday at 6:30 p.m. at the Semper Fit Center, Bldg. 3037. Entry deadline is Tuesday. For more information, call 254-7593.

Guide with the Goods

Pick up your free copy of the MCCS Guide. Packed with resources, the MCCS Guide provides you with hours of operation, phone numbers, maps and more for all of the on-base businesses and MCCS operations. Concise and complete, the MCCS Guide may be picked up at most MCCS operations. For more information, call 254-7679.

MCX Features Local Artists

This Saturday, the MCX invites you to meet glass etching artist Gary Oda and fine Hawaiian photographer Kim Taylor Reece from noon - 2 p.m. Hawaiian quilt maker Carol Kamaile will demonstrate her craft and answer questions from 2 - 5 p.m. Come celebrate Hawaii with local artisans. For more information, call 254-3890.

Your Way at Fairways

The all-hands

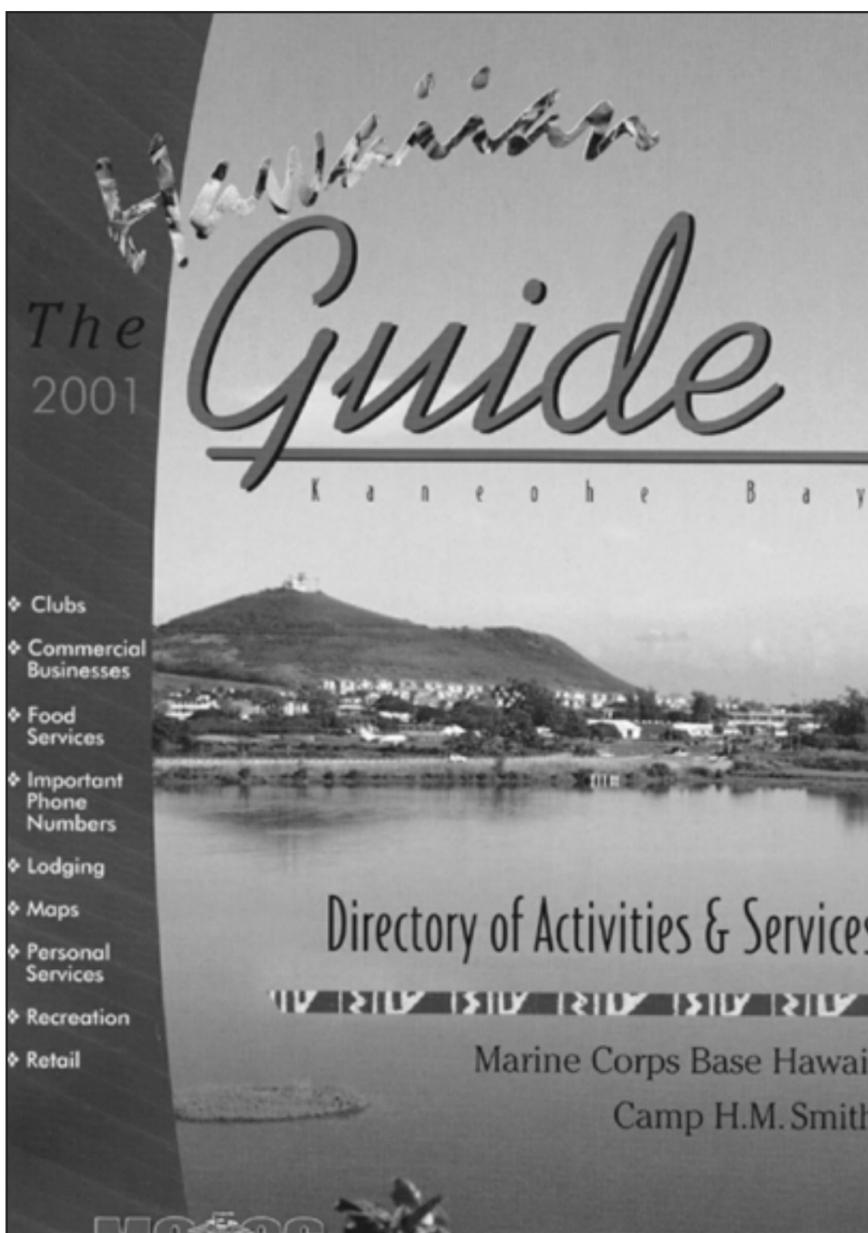


Photo courtesy of MCCS

The Guide offers information on all base businesses and MCCS operations.

Fairways Sports Grill is ready to serve you and your gang seven days a week, morning noon and night. Stop in Bldg. 3088

for a "Rise & Shine" breakfast Friday - Sunday from 6 - 10:30 a.m. Appetizers, salads and sandwiches debut daily from 11 a.m. - 6:30 p.m.

Beginning Oct. 10, Fairways introduces evening Mongolian BBQ and Oct. 14 Champaign Sunday Brunch will be offered. For more information, call The Fairways Sports Grill at 254-5592.

Personal Services

Friday: Discover effective parenting techniques at the Basic Parenting class from 8:15-10 p.m. in Bldg. 216, Room 57. This

free, six-week course allows parents to talk to each other and learn proper techniques from the instructor. For more

information or to make a reservation, call 257-7787.

Tuesday: Stress Management in Bldg. 216 Room 57 from 11:45 a.m. - 1 p.m. Call 257-7787 for reservations.

Tuesday - Thursday: Marines, Sailors and spouses improve your knowledge to assist other spouses. Join Key Volunteers for the next Combined Key Volunteer Training, from 5 - 9 p.m. in the KV Hut, Bldg. 3022. Call 257-2410.

Thursday: Sponsorship Training in Bldg. 3096 from 2 - 3 p.m. Call 257-7790.

Oct. 2: A L.I.N.K.S. mentor meeting is scheduled at 6 p.m. at the L.I.N.K.S. House, Bldg. 3074. For more information on L.I.N.K.S. meetings call 257-2368.

Nov. 2: The ASYMCA is taking a trip to the Hawaii Theater and you're invited. Join the ASYMCA for a live performance of Bear in the Big Blue House. The ASYMCA has 100 tickets available on a first come first served basis. Tickets for adults and children two years and older are \$11. Children two years and under are free. Reservations and tickets must be made no later than Oct. 19 at the ASYMCA, Bldg. 455. Bus transportation is offered for the first 55 people for \$2. For more information on Bear in the Big Blue House, call 254-4719.

SM&SP



(All events are open to single, active duty military.)

Mahalo

Many thanks are extended to the Windward Community Federal Credit Union for making the SM&SP activities, trips and sporting events possible.

Upcoming Events

Sept. 29 - 30: Fall Softball Classic Tournament.

Oct. 13: Deep Sea Fishing Trip.

Oct. 31: 3K Cadence Creeper Formation Run & Kids Halloween Fun Run.

Nov. 17: 3 on 3 Food Drive Tournament.

Nov. 21: Holiday Bash.

Dec. 14: Shank & Slice Golf Tournament.

Dec. 30 - Jan. 1: Outer Island Trip.

Oceanside Paintball

Let your "inner-predator" come out to play, Saturdays from 9 a.m. - 4 p.m. and Sundays from noon - 5 p.m. Call 284-1439 for equipment rental fees.

Join Now

Are you a Single Marine and Sailor Program member? Well why not? The SM&SP is all about Quality of Life, Recreation, Health & Wellness, Community Involvement, Life Skills and Career Progression.

For additional SM&SP information or to make reservations for above activities, please contact the SM&SP Manager, Dawn Williams at 254-7593.



The Fairways offers many dining specials and a large screen television.



L.I.N.K.S. allows spouses who have experienced life in the Marine Corps to help other spouses new to the Corps.

Base clubs temporarily closing doors

Debbie Baker
MCCS Public Relations

Both the Officer and Enlisted Clubs will be temporarily closing for renovation.

The work being done on both buildings will start in early October and carry through to 2002.

The O'Club will close Oct. 8 through Nov. 25, due to renovation.

Daily lunch service, Mongolian barbecue and Sunday brunch will be offered Nov. 25 in the bottom portion of the club. The Grunge Bar will be open Thursdays and Fridays.

The entire renovation process will take place through March 2002.

The Fairways Sports Grill will serve as the temporary O'Club location from Oct. 7-Nov. 25. All hands are still welcome.

The Enlisted Club's Ballroom will close from Oct. 1-10. The Ballroom and the Green Ballroom will be open Oct. 14 for Monday Night Football, Wednesday and Friday Hot Country nights, Thursday and Saturday Live band nights and Friday R&B Vibe nights.

Tun Tavern will close Oct. 14-Feb. 28, 2002.

Important dates

<i>Closed</i>	
O'Club	Oct. 8-Nov. 25
E'Club Ballroom	Oct. 1-10
Tun Tavern	Oct. 14-Feb. 28

<i>Open</i>	
Grunge Bar	Thursday-Friday
Fairways	Oct. 7-25
Green Room	Oct. 14

More Information

O'Club	254-7650
E'Club	254-7660
Fairways	254-5481

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.

Planet of the Apes (PG-13)
Jurassic Park III (PG-13)
Osmosis Jones (PG)
America's Sweethearts (PG-13)
Osmosis Jones (PG)
The Score (R)
Planet of the Apes (PG-13)

Friday 7:15 p.m.
Friday 10 p.m.
Saturday 7:15 p.m.
Saturday 9:45 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.

Hawaii MARINE SPORTS

MCBH scouts Camp Smith hopefuls in scrimmage

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

The MCB Hawaii varsity basketball team held a scrimmage Thursday night at the Semper Fit Center gymnasium against Marines and Sailors from the Camp H.M. Smith basketball team in an effort to recruit the best basketball talent for the upcoming regional matches in Okinawa, Japan.

In a game that meant less about score and more about talent, players from Camp Smith did their best to impress the opposing coach in hopes of being asked to join the MCB Hawaii team and go to the regional matches. Oct. 7 to 14.

Regional matches are held every year for certain sports, and are another way for talented athletes to showcase their skills with the possibility of being recruited for the All-Marine sports program. If a player gets selected for the All-Marine team, they receive the opportunity to compete in the All-Services Competition held later in the year.

"What I really wanted to do with this scrimmage was give the Camp Smith

Marines a chance to show off their skills and see if there was anyone good enough to make our team," said Gregory G. Mitchell, coach of the MCB Hawaii basketball team.

The pace of the game was fast and furious with both teams moving the ball quickly up and down the court.

Toward the end of the first half, the MCB Hawaii team had a commanding 23-point lead, but then they hit a scoring wall that carried into the second half.

With 16-unanswered points, it looked as if Camp Smith's team was about to teach a lesson to their more experienced opponent. As the second half carried on, mental errors and turnovers plagued the Camp Smith team and they weren't able to regain the same momentum that they had.

By the end of the game, MCB Hawaii had built a solid lead of 58-34 and were able to secure the win with excellent ball control at both ends of the court.

Mitchell did find one player from the opposition to add to his roster.

"My strategy for the team is to recruit big, athletic players for a power-



Sgt. Richard W. Holtgraver Jr.

Curtis Tate attempts to block the shot of MCB Hawaii player, Cody Walker. The outside jump shots of the MCB Hawaii team sealed their win.

ful low-post game with a run-and-gun offense," said Mitchell.

He was able to do this by recruiting six-foot, four-inch tall Steven M. Owsley, a guard for the Camp Smith team.

In recent years, the MCB Hawaii team has either taken first or second

place at the regional matches and their expectations this year are to continue that winning tradition.

"I think with the experience we have on the team we have a good chance of coming out of the regionals number one," said Mitchell.



Sgt. Richard W. Holtgraver Jr.

Steven Owsley, a guard for Camp Smith, blocks the shot of an MCB Hawaii player during a scrimmage basketball game.

Tee it up "fore" tots Golf Tournament

Toys for Tots
Press Release

The Kaneohe Klipper Golf Course on Marine Corps Base Hawaii will host a Two-man/woman Scramble with a blind draw on Oct. 11, 2001, to benefit Toys for Tots. All proceeds will be used to purchase new toys for the children of Hawaii.

Prizes will be awarded on all par 3's for closest-to-pin, with a long drive competition on the ninth hole for women, and 10th hole for men. Food and prizes will be provided at the award ceremony at the end of

the tournament.

Sign up early and don't miss out on a chance to play one of the premier military golf courses in the world. All paid registrations must be completed by Sept. 26. Check-in begins at 10:30 a.m., Oct. 11, and the tournament begins at 12:30 p.m.

For more information, call Staff Sgt. Ruben Villarreal at 257-1077 ext. 233 or email at villarrealre@mfr.usmc.mil.



Entry fees:

E-5 and Below	\$35
E-6 to O-3	\$45
O-4 and Above	\$50
DoD Employee	\$60
Civilian	\$75

Military retirees will be charged the price of their last rank.

TEE IT UP "FORE" TOTS ENTRY FORM

Name: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

Name: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

WORD TO PASS

Coast Guard Boating Course

The Auxiliary Flotilla 1-12 Kaneohe presents its popular boating course, starting Monday at Kalaheo High School. Classes will be held Monday and Thursday evening from 6:30 to 8:30 p.m. until Nov. 8. This course is certified and meets U.S. Coast Guard, state and national state boating law administration requirements. Classes are free to anyone. Registration is limited to 40 students. To register, or for more information, call June at 247-4074.

Virtual Shelter

Search Petfinder.com to find a pet on this virtual animal shelter. People can search for specific types of pets, with results showing the closest location. Contact is then made directly with the shelter or rescue group where the animal is housed. Petfinder.com is free to adopters and shelters. Visit www.petfinder.com to search from more than 40,000 animals listed.

Military Children's Scholarship

Applications for the second annual Defense Commissary Agency/Fisher House Found-

ation Scholarships for Military Children Program will be available Nov. 1 at all DeCA commissaries or at www.commissaries.com. All children of active duty, reserve and retired servicemembers can apply for the scholarships. Application deadline is Feb. 5, 2002. All applicants must be enrolled in the Defense Enrollment and Eligibility Reporting System to receive the scholarship.

Literacy Golf Tourney

The Marriot Links to Literacy Golf Tournament is inviting all interested golfers to sign up for its annual tournament Sept. 28 at the Ko Olina Golf Club. Registration begins at 9 a.m., the shotgun starts at 11:30 a.m. and an awards banquet will be at 6 p.m. For more information call the Hawaii Library Foundation at 837-8069.

Centro Hispano De Hawaii

The 3rd Annual Family Health Fair is scheduled for Oct. 6 at Windward Mall, center court from 11 a.m. to 5 p.m. This event is sponsored by Centro Hispano De Hawaii (Hispanic Center of Hawaii), Office of Minority Health Region 9 and Castle Medical Center, in celebration of National Hispanic Heritage Month. For more on this free public event, call 941-

5216.

Fish Trackers

Aquarium scientists and University of Hawaii researchers will demonstrate how tracking research is used to learn about the activity patterns and habitats of reef fishes and sharks, Sept. 30 from 10 a.m. to 1 p.m. at the Waikiki Aquarium. The event is open to people 16 years old and older for \$10 per person.

Lei of Aloha

Everyone is invited to take part in a memorable ceremony commemorating the importance of the Aloha Tower in Hawaii's history. Be a guest of the tower's birthday ceremony and enjoy a special performance from the Honolulu Boy's Choir. Festivities are scheduled for Saturday from 10 a.m.-4 p.m. and they are all free. For more information call 566-2337.

Bowfin Reunion

Friday at noon, the World War II crew of the USS Bowfin will reunite at the Royal Hawaiian Hotel's Surf Room. This highly decorated submarine launched Dec. 7, 1942. Approximately 20 crew members of the "Pearl Harbor Avenger" have agreed to make themselves available for a ques-

Pride of Pacific



Sgt. Jesus A. Lora

Staff Sgt. Francisco Ortega, a radio chief with Electronics Platoon, 1st Radio Bn., and his wife Stephanie, decorated their house with American flags to show their patriotism after the Sept. 11 tragedy. They have also initiated a caring book full of hope and encouragement, which will be mailed to the mayors of New York City and Washington. For more information about compiling your own book call the local YWCA at 538-7061.

tion and answer period following their luncheon. Anyone interested in attending this segment can call the Royal Hawaiian's public relations office at 931-8408.

Jekyll & Hyde

The Hawaii premiere of "Jekyll and Hyde" is performing Thursday - Saturday at 8 p.m. and Sundays at 4 p.m. at the Diamond Head Theater. Tickets cost

from \$10 to \$40, with discounts for students, seniors and military. For reservations or more information, call 733-0274.

UO Degree

The University of Oklahoma offers a Masters of Arts in Managerial Economics. The non-thesis program requires 32 semester hours, a comprehensive exam, and a research paper and can be done in about 18 months. This one week class is TDY/TAD friendly. For more information call 449-6364.

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

Autos

1997 Dodge Dakota, automatic, V6, A/C, power windows and locks, cassette, AM/FM radio and 50,000 miles. Must sell, \$9,000 OBO. Call 254-2591.

1997 Ford Explorer Eddie Bauer, fully loaded, perfect condition, red with tan leather, 75,000 miles. Asking \$15,800, call 253-0960.

Motorcycles

2000 Toyota Sienna-XLE, top of the line, black/silver with tan leather, loaded, 22,000. Asking \$27,000, call 253-0960.

1997 Harley Davidson low rider, fully customized, lots of chrome, burgundy paint, 14,5000

miles, must see. Asking \$13,400, call 253-0960.

Miscellaneous

GRACO portable playpen, good condition, \$40. Contact Debbi at 254-7570. **Marine Corps uniforms** for sale, including Creightons, blues, overcoat, wolley pulley, trousers, etc. All in excellent condition, call 257-6920 ext. 248.

Upright piano for \$600 OBO, kitchen table with four chairs for \$100 OBO. Contact Debbie at 254-0053.

Yard Sale

Moanalua Terrace Community Association end-of-summer garage sale Saturday from 7 a.m. to noon at the Moanalua

Terrace Community Center. This is a great chance to clean out your house one last time before Christmas. Table/space rentals are \$5 per table/space with a maximum of two tables/spaces per person. For more information, contact the Moanalua Terrace Community Association at 423-0714.

Furniture

Various Furniture, call 254-3934 or 220-6749 for more details.

Dining room set, beautiful light colored table with leaf, six chairs and large hutch. Asking \$850 OBO. Contact Cathy at 254-6337.

Pets

Free cats to good home, call 220-6749 or 254-3934.

Gray Cockatiel, complete with cage. \$90 new, asking \$75 OBO, call 254-1724.

Two cockatiels, male and female breeding pair, including cage and nest box. Asking \$100 OBO, contact Fidel or Jennifer at 254-8988.

Appliances

Kenmore electric dryer, \$50. Call 282-2048.

Boats

16-foot Hobie Catamaran, yellow hulls, rainbow sails, ready to sail. Asking \$1,400 OBO, call 253-0194.

Child Care

Nanny needed part-time, live out, for two children in Kailua, experience and own transportation is necessary. Anyone interested call 262-0004.

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication.

Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only 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.

Marine Makeponos 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.

Ads are run on a first-come, first served, space-available basis.