

# THE KWAJALEIN HOURGLASS



**Matt Elkin (Thurston Towell III) and Tina Klinger (Lovey Towell) act out a scene during the interactive murder mystery dinner June 20. For more coverage, see Page 8.**

*(Photo by Sheila Bigelow)*

# I know where I am now . . . I'm home

Three months. That's how long I figure it takes to wake up from your island paradise fantasy and realize that you actually live on Kwajalein.

That's how long it takes for the feeling of the warm sun on your face, the plush palm trees, the beautiful ocean view and weekends on the beach to lose their initial euphoric feeling.

Now I notice how much I sweat when I ride my bike anywhere because the blaring sun is beating down on my face. And look out for coconuts falling from those plush palm trees, or coconut crabs for that matter, when you're riding your odd high-handlebar bicycle. And the salt in that beautiful ocean water tastes horrible and burns your eyes, not to mention sticks abrasively to your skin when you're done swimming at the beach.

That's how long I've been here, three months. And in that time I've come to realize a lot of things about this island.

You think when you first arrive on Kwaj that it will be fun to ride a bike everywhere. You did it all the time when you were a kid, right? Wrong. My first time on a bike here I ran right into one of the few curbs on the island — nice. And later that night, I frantically tried to shoo away what I thought might be a giant, face-eating tropical island insect and ran the person next to me off the road (sorry again about that). I was at first resistant to high handlebars and even raising my seat up high. And then I visited the golf course and tried to ride back into the wind. Halfway past the runway I was praying for a plane to head my way and put me out of my misery. Where did that wind come from anyway? It wasn't there on the way to the golf course — tricky. Has anyone ever tested to see if walking your bike actually is faster than riding it into that tornado-like wind? I was about five seconds away from trying it out. Needless to say, I now have high handlebars and a raised seat. My legs thank me for that.

I was warned before I got here that it rains quite frequently. "Don't worry," they all said, "it only rains for a few minutes at a time and then it clears up." So I bought a rain suit from Target for \$20, satisfied that the tent-like pant and jacket ensemble would keep me dry. The first time it rained, I put on my handy rain suit and headed out. What a disaster. My pants came all the way up to my armpits and were still long enough to get caught in my bike pedal. My clothes stayed dry, sure, but there was nothing I could do about the rain splattering my face, hitting my eyeballs and running down my neck.

## Just my Opinion

Sheila Bigelow  
Associate Editor



And good thing I spent 20 minutes doing my hair that morning, because now it's smashed under my hood and the humidity makes me look like I have a 70's afro. You know how when you're camping and you wake up in the morning and the sun is hitting your tent? You know, you're still in your sleeping bag and it's about 110 degrees in there? That's how I felt in that rain suit. So I learned the hard way that

something you should invest in while you live here is a good rain suit.

But that's nothing compared to the day that I went to the airport to do an interview. It was a beautiful, sunny afternoon. An hour later I walked out and the sky was as black as far as the eye could see. Rain was pouring down and the wind was whipping. Did I have my new and improved handy-dandy rain suit with me? Of course not. After twenty minutes of internal deliberation, I had no choice; I bit my lip, put my head down and headed into the wetness. Instantly soaked to the bone, I attempted to ride my bike in soaking wet jeans — no easy feat, I'll tell you that. I now own two ponchos and two rain suits that I keep at home and in my office. If there's a cloud with any sort of gray tint to it within my line of view, I've got my rain suit nearby — just in case.

What's scary is that the rainy season isn't even here yet. Man, am I in for it.

I thought when I got here that I would never learn certain things, like what all the acronyms mean. I thought the Marshallese words were hard to understand. Try sitting through three straight days of orientation your first week here and see if you can figure out anything that's being said to you: USAKA, RTS, EOD, KARDS, KEAMS, ES&H, RF, CAC, SPI, DSC, PDR. Jeez!

And why are there 50 different names for the same store here? At first I thought there might really be five or six stores on the island. Then I found out that Ten-Ten and the Shopette were the same thing. The PX and Macy's are the same. And so are the PXtra and Macy's West. Oh, and don't forget about Surfway. I grew up with Super Wal-Mart and Target, people. One-stop shopping for all your needs. Now I need to figure out which store carries what I need, then I need to figure out which store is which. And then I spend 30 minutes in each store waiting in line to check out. I guess I still need to figure

See **THREE MONTHS**, Page 11

## THE KWAJALEIN HOURGLASS

*The Kwajalein Hourglass* is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

*The Kwajalein Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily

official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

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Printed circulation:1,200

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# The doctor is in

## New Chief Medical Officer Don Shuwarger takes over the reins at Kwajalein Hospital

Article and photo by Dan Adler  
Media Manager

A new Chief Medical Officer arrived on Kwajalein June 11 to take over the slot recently vacated by Dr. John Janikowski.

Dr. Don Shuwarger is a graduate of the Baylor College of Medicine. He is trained as a gynecologist and obstetrician. He did his residency and his first nine years of practice in Texas.

Shuwarger began private practice in 1985. He moved to Virginia in 1994 where he was a private practice administrator for a large medical group.

In 2008, Shuwarger left private practice and put on some traveling shoes. He went from Virginia to one of the most remote and austere places on earth — Antarctica. He supported the National Science Foundation as a physician working with the station's doctors for six months.

During his time at the station, he heard about Kwajalein. "In Antarctica, I met people who had been on Kwajalein and I met people who were going to Kwajalein. I felt I could get a sense of the island from different perspectives," Shuwarger said.

He added he was very interested in what those people had to say. "They all gave outstanding impressions. Every single person was complimentary about Kwajalein. They said if you can live and work in Antarctica [which is about as austere and remote as you can get] you will thrive on Kwajalein. It's remote, but not austere."

Shuwarger had a friend in Antarctica who knew Bess Buchanan, the Physician's Assistant at Kwajalein Hospital.

"Bess and I talked on the phone and she put me in touch with Dr. [John] Janikowski and with [Hospital Administrator] Beth

Turnbaugh," he said. "They told me about the open position. I have always had a dream of living, working and diving on a beautiful island. I never really believed that such a thing was practical. When I learned that it *was* practical and I could fulfill my dream, I was pretty happy."

Since his arrival on June 11, Shuwarger has been on the whirlwind of orientation that all new arrivals to the island go through. However, he has had a chance to inspect the hospital and meet the people he will be working with.

"The hospital is very well equipped and the people here are fabulous," said Shuwarger. "I'm impressed with everybody who works here. I'm impressed with their skills and experience level. From a team perspective, these are really excellent people. This hospital really provides top-level care. It provides care beyond what my expectations were. When people talk to me about their personal experiences with the hospital, they always say, 'They took unbelievably good care of me while I was there.'"

Shuwarger continued, "We do have some equipment that is reaching the end of its life cycle, so we need to look into some capital equipment issues, but none of those are pressing. At this point, I am not aware of any glaring deficiencies in equipment. We will be

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***"This hospital really provides top-level care. It provides care beyond what my expectations were. When people talk to me about their personal experiences with the hospital, they always say, 'They took unbelievably good care of me while I was there.'"*** — Dr. Don Shuwarger

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Dr. Don Shuwarger

ordering some additional surgical supplies and I will be doing some female and gynecological surgery."

However, even though Shuwarger is an obstetrician, pregnant women will still have to go off island to give birth.

"Pre-natal care will be available, but the only time births would be handled on island would be an emergency C-section or premature delivery," he said.

He added, "In addition to doing female surgeries, I will be able to assist Jeri Hallman, our general surgeon, with any difficult cases that might arise. I can also back up the general surgeon if we're between TDYs. [For example] If we have somebody with a hot appendix, I can fix that here."

He went on to say that the hospital infrastructure has challenges and those are being addressed through the appropriate channels. He said he hasn't been fully briefed on that as yet.

The new CMO feels comfortable about his role at the hospital. The medical group he administered in Virginia was double the size of

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The houses being worked on are completely gutted in order to perform a total renovation on the structure. This is one of the three C-series duplex buildings being renovated at the present time.

# Extreme Makeover: Kwaj Edition

## *Renovation of housing units continues*



New bathroom fixtures are included in the renovation.

Article and photos by Dan Adler  
Media Manager

**K**wajalein may not have Ty Pennington and the Extreme Makeover crew, but that’s alright, Kwajalein Range Services Public Works is getting along just fine without them.

Major work has been underway since January to renovate three of the C-series Navy ‘hard’ houses in order to render them liveable once more. The deterioration in the houses is so severe a complete rebuild is needed.

Fred McNickle, Public Works Manager, described the work in progress. “The only thing left of that house [Quarters 214, the first to be worked on] is the structure itself. We completely gutted it.”

Upgrades to Quarters 214 necessitated tearing up the concrete flooring to replace all of the plumbing. Inside walls were torn down to replace all of the electrical wiring and install more electrical sockets. The bathroom has a new tub and new tiling. Also included in the additions are new and bigger closets. A new patio and cover has been added on. New windows designed to better ‘seal’ the house and cut down on mold and energy usage have been installed.

McNickle added, “We also put in all new appliances,



The renovation of Quarters 214 is nearing completion.

*Photo courtesy of Fred McNickle*

new kitchen cabinets and put on a new roof. We painted the interior and made repairs to the concrete of the structure. The only things we aren't replacing is the air-conditioning unit and the shell of the house."

Similar work is also in process on Quarters 208 and 209. Each of the three structures is a duplex, so the completed renovations will result in six renovated quarters. Quarters 214 should be completed in July with the other two being scheduled for completion in August or September. Quarters 102 is slated for work after the current projects are completed. The estimated renovation cost is approximately \$240,000 per structure.

McNickle commented that the hard houses have held up very well, considering the harsh Kwajalein environment they have been exposed to since they were built 50 years ago.

McNickle credits Col. Frederick Clarke for the renovations taking place. "Ever since the colonel arrived on island, he has had a strong commitment to upgrading housing. He has been very supportive."

The commander has given KRS the funding for repairs to an additional six of the 400-series duplexes. Those particular houses do not need a complete renovation however. One of them has some damage caused by a kitchen fire and the other five need some



New kitchen cabinets are included in the renovation.

electrical upgrades. McNickle said the work on those units will start in the next week or so.

"Hopefully, next year's budget will enable the Colonel to give us some more money for further renovations on the 400-series, two-story housing," he said.

Housing, or rather lack of it, has always been a problem on Kwajalein and while the renovations being done and the upgrades that are planned will help, there will still be a shortage.

KRS has made a strong effort to add to the available housing units. According to McNickle, KRS Public Works, acting on their own initiative, took it upon themselves to look at 'new' housing to identify any units that might be salvageable.

The expense for making the survey came solely from the KRS operating budget. No USAKA money was involved. After a review, it was determined that eight of those quarters (mostly three-bedroom) could be 'brought back to life.' "Col. Clarke is supportive of that effort also," said McNickle.

"The work on those units will be minimal since the life span of new housing is short," he said. "The job



Workers build interior walls during renovation.

## HOUSING from Page 5

will entail getting them into a usable and comfortable condition for residents until we get further down the road with housing options. Any other upgrades depend on the budget and other factors.”

One of the main problems in new housing is mold. McNickle cautioned that getting the eight units in ‘usable’ condition does not mean there won’t be any mold.

“Mold is always going to be a problem in new housing,” he said. “The ‘envelope’ on the houses is very poor



**The concrete flooring had to be torn up to entirely replace the plumbing.**

and it’s impossible to keep them sealed. We’re in the tropics and you can’t get rid of mold, but it can be controlled. Residents have to be involved in that. One way to help control mold is to have dehumidifiers, one downstairs and one upstairs. The most important

thing to do is change the air-conditioning filter once a month and keep the A/C at a higher setting. Keeping vents clean will also help.”

McNickle also recommends such measures to control mold for residents living in Navy hard houses as it can be a problem in any housing on island.



**New patios and covers are being built on renovated quarters.**

Both USAKA and KRS leadership recognize that comfortable, safe and clean quarters are critical to the quality of life on Kwajalein. Leadership assures residents that they are looking at ways to improve housing within the constraints of budget limitations and the population of the island.



**The renovation includes new carpeting, doors, closets and energy-efficient windows.**

# Rev. Eric Fenton will guide Protestant chapel during Pastor Funk's absence

Article and photo by Dan Adler  
Media Manager

Protestant Chaplain Rick Funk left island Wednesday for a much deserved five-week vacation.

During Funk's absence, visiting Rev. Eric Fenton will accommodate the Protestant congregation's needs.

Fenton is ordained in the Episcopal Church and served churches in Florida and Michigan before entering active duty in the U.S. Air Force. He was commissioned as a lieutenant through the ROTC program in college. He was a chaplain in the Air Force from 1987 until 2003. He served on Active duty and in the Reserves. He was deployed to Saudi Arabia as a chaplain during the Gulf War in 1990.

Fenton's last Air Force assignment was Lackland Air Force Base where he says, "I became a licensed, registered and certified Texan."

He was invited to join the staff of Christ Church in San Antonio as an assistant rector upon his retirement from the Air Force in 2003. He was assigned to their church in Bulverde, Texas in 2006 until it closed in March of 2009.

Fenton and wife Janet, to whom he has been married for 21 years, enjoy the lifestyle of learning and teaching. They have two daughters. Lily is 19 and is a student at San Antonio College and Charissa is 16.

During his time at Lackland Air Force Base, he and Janet had friends who had spent nine years on Kwajalein. Their friends told them about the island and how much they had loved living here.

"When I retired from the Air Force in 2002, they said I should look into Kwajalein as they thought it would be a perfect assignment for me. I did look into it, but there wasn't an opening at that time, so I just filed it away and forgot about it."

When the church in Bulverde closed, the Fentons went to visit their friends in North Padre Island in Corpus Christi. Once again, their friends advised them to look into Kwajalein. Fenton said, "How do we do that?"

His friend contacted a ham radio operator here and got Pastor Funk's e-mail address. "I e-mailed Rick using my iPhone from the beach on North Padre Island asking him if he had any plans of moving on," said Fenton. "He e-mailed me back almost immediately from the beach on Kwajalein saying that he had no plans of leaving and how much they loved it on Kwajalein. But he did say he needed someone to fill in for him this summer."

So Fenton applied for the temporary position. "All of it was done from one beach to another beach," he said. "So that's how we ended up here and we're looking forward to being here for five weeks. I guess when I go back, I'll have to find a real job, but if things work out, hopefully we'll be able to come back next year."

While Fenton's wife and daughters are looking forward to the island experience, they will also be helping him with his ministry. It's a family affair.

"We've been a team as far as ministry goes," he said.

"Janet has always been very helpful assisting in any way she can. At our last church, Lily played the piano and has also played the pipe organ. Charissa ran a media program for putting words and music up on a screen."

He added, "I enjoy identifying gifted people, training them and then empowering them to effectively serve Christ through the church," he said. "I cherish the Bible as the Word of God."

Being on Kwajalein isn't Fenton's first time living and working on an island. He had Air Force assignments on Diego Garcia and Bermuda.

Island Memorial Chapel holds non-denominational services. Denominations wouldn't matter," Fenton said. "I'm a chaplain, I can do them all."

He added, "I thoroughly enjoy the diversity and richness we share as Protestants. I also enjoy the ecumenical relationship we have with the Roman Catholics in doing vacation Bible schools and other activities together."

Interfaith services are also not new to Fenton. He has dealt with Jewish congregations and Jewish services during some of his assignments as a chaplain.

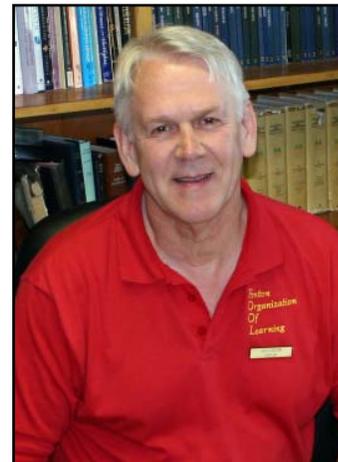
"While I was at Lackland, I wrote guidelines for the military training instructors so they would know how to accommodate Muslim prayer times and other things," Fenton said. "I also assisted the Islamic chaplain at Lackland."

He explained, "That's the military chaplaincy. We cooperate without compromise. As a military chaplain you are responsible for ensuring that the First Amendment right to free exercise of religious beliefs is respected. As we honor our responsibility for ensuring that right, it requires us to help facilitate people's worship needs whatever they might be. That doesn't mean that I believe the same thing as Muslims or Jewish people, or Hindus or anyone else, but it does mean that I respect their right under the Constitution to practice their religion. Respect for people is recognizing the fact that they may not believe the same as you."

Fenton says he thinks it's acceptable to notice differences and ask questions, but not to impose your religious beliefs on anyone.

"My job is to answer questions and clarify things about who we [Christians] are," he said. "I've had many great conversations with people and some of them became Christians because of those conversations. But that is really a decision between them and God."

Fenton will hold the Protestant services at 8 a.m. and 10:45 a.m., Sunday mornings, in the chapel.



Rev. Eric Fenton



## Kwajalein residents help solve murder mystery on *SS Minnow*

Article and photos by Sheila Bigelow  
Associate Editor

From the moment ‘passengers’ walked into the country club the weekend of June 20, the actors of *The Last Cruise of the S.S. Minnow* stayed in character, dedicated to their roles. All passengers (dinner guests) checked in with the purser. Then the Skipper and Mary Ann seated them at their assigned tables. Passengers were surrounded by beautiful décor and relaxing ‘island-type’ music played in the background. Guests felt as if they were really getting ready to take a cruise on the ocean, especially with the sound of the actual ocean so nearby.

Each passenger was given a dossier to take down clues as they were exposed throughout the show. They also contained bribe money to extract clues from each character. The premise of the evening was that all guests were passengers aboard the second *Minnow*, as the first was lost at sea ten years ago. You might have heard this tale, a tale of a fateful trip. It started from a tropic port aboard a tiny ship. The mate was a mighty sailing man, the skipper brave and sure. Five passengers set sail that day on a three-hour tour.

The story goes that while shipwrecked on an island ten years ago, the Professor and Gilligan took a walk and discovered buried treasure. They got into an argument because Gilligan wanted to share it with the whole group, but the Professor wanted to keep it for himself. After a struggle, a gun went off and both men were killed. The bodies disappeared and a few

Above, KPD Bomb Squad Officer Barrymore (Leia Klinger) accuses Mr. Towell (Matt Elkin) of killing the Skipper during the interactive murder mystery dinner June 20. Below, Mary Ann (Coleen Engvall) emotionally tells the story of her love affair with Gilligan.

days later the rest of the group was rescued from the island. Now they are reunited on the second *S.S. Minnow*, forced to work together to figure out who planted a bomb on the ship.

Aboard the new and improved *Minnow* was Gary Smith as the flirty and charming Skipper. He was the object of affection for all the ladies aboard.

Nina Provolt played the part of Ginger, a glamorous movie star that may be smarter than she looks. She and Mary Ann did not get along ever since they both had an affair with Gilligan while shipwrecked on the island.

Coleen Engvall played the sweet and innocent part of Mary Ann. She still got upset every time someone mentioned Gilligan's name.

The very jealous Thurston Towell III and his wife with wandering eyes, Lovey, were played by Matthew Elkin and Tina Klinger. Mr. Towell is very aware of the affection between his wife and the Skipper, but he doesn't seem to know about the affair between them while they were shipwrecked on the island.

The nouveau riche, 'non-capsizable' Milly Brown, who has a thing for rich men, was played by Shari Scott. She is a newcomer to the group and has survived two of the worst pleasure cruise disasters. Unfortunately, her previous two husbands did not.

Leia Klinger played the part of the air-head KPD Bomb Squad member, Drew Barrymore, that is in charge of the investigation. She's not the brightest crayon in the box and must rely on passengers and crew members to help her solve the crime.

Kori Dowell was the ship's purser and CJ Kemem was in charge of background music and sound effects throughout the show.

Mary Ann welcomed the passengers to the *S.S. Minnow* and introduced the Skipper. Immediately, certain connections were made. The Skipper was obviously a flirtatious man, full of charisma. He was sure to personally welcome all the ladies, making the other women and husbands jealous. What a motive for murder.



**Ginger (Nina Provolt) sings a song to the crowd during the interactive murder mystery dinner, *The Last Cruise of the S.S. Minnow*, June 20.**



**The Skipper (Gary Smith) flirtatiously kisses Milly Brown's (Shari Scott) hand, welcoming her aboard the *S.S. Minnow*.**

Officer Barrymore informed everyone that she was given a note that stated a bomb had been planted on the ship, set to go off later that evening. She interrogated the crew to find out how they knew each other, which became obvious after they explained the story of the first shipwrecked *Minnow*. But the strange part was how they all came together on the second *Minnow*. It all sounded a little fishy.

Each act and scene further introduced a piece of the puzzle. At first, Officer Barrymore concentrated on exposing information that would help reveal who the bomber was. But that was before the Skipper was murdered.

With two crimes aboard the *Minnow*, Barrymore interrogated each character even further. The passengers helped to interrogate as well. They were allowed to ask whatever they wanted to extract clues from each to help figure out 'who done it.' Most remarks were off the cuff and the actors did an exceptional job improvising answers to passengers' questions and comments. Even some of the passengers were questioned. Some were required to repeat back a goofy phrase to Ginger to prove they were not the Professor in disguise.

When all the necessary clues were given, the passengers were given five minutes to the tune of the Jeopardy song to write down their answers. They had to guess who killed the Skipper, the motive and the weapon. They also had to figure out who was the bomber and what their motive was.

In the end, both criminals were brought to justice. The bomb was found and diffused in the nick of time. The passengers that correctly guessed the outcome were given a prize.

The story line was full of murder, deceit, betrayal, love affairs, revenge, sex change (you need to see the play to get that one) and trickery. But the script was also amended to include "Kwaj jokes" about the PDR, SpaceX and Vbrick. It was hilarious. The play was meant to be interactive and the audience members did an exceptional job participating.

Kudos to all the actors for an incredible performance and to Kim Yarnes for directing. I give it five stars, an A+ and 10 out of 10.

# Range operation scheduled for Monday

A range operation is scheduled for Monday, June 29. Caution times are 9 p.m. through 5:30 a.m. in conjunction with this operation. During this time, a caution area will extend into the open ocean east and west of the mid-atoll corridor.

The mid-atoll corridor will be closed from 4:01 p.m., Thursday, June 25 through mission completion. The caution area extends from the surface to unlimited altitude.

Questions regarding the above safety requirements for this mission should be directed to USAKA Command Safety Directorate, Kwajalein Range Safety Officer, 52447.

Juon ien kokemelmol missile enaj koman ilo ran in Monday 29 June 2009. Awa ko rekawotota ej 9pm jota lok nan 5:30 jimarok. Ilo awa kein ba kaki, ijoko renaj kauwotota ej malo ko tulik turear im malo ko turilik in ene ko iloan aelon in. Ene ko ilo iolap in aelon in renaj kilok jen 4:01 awa elkin raelep ilo June 25 2009 nan ne ededelok koke-melmel kein. Ne ewor am kajitok jouj im call e lok Kwajalein Range opija ro ilo 5-2477.

The Mid Atoll Corridor (Figure 1) shall be closed for this mission. Area closure will occur at 1601 25 June 2009 (T-4 days). Area closure shall be indicated using the "Red Flag System." Once closed, no surface vessels shall be permitted in this area without prior approval from the Command Safety Directorate. The Range Safety Officer (RSO) will release (or re-open) the area once the mission is complete (nominal timeframe for GT-199GM is 87 minutes after T-0).

## KWAJALEIN ATOLL

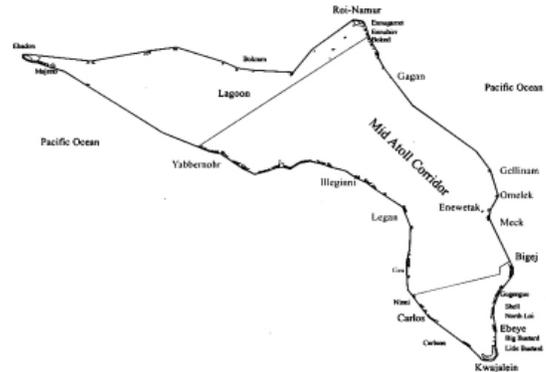
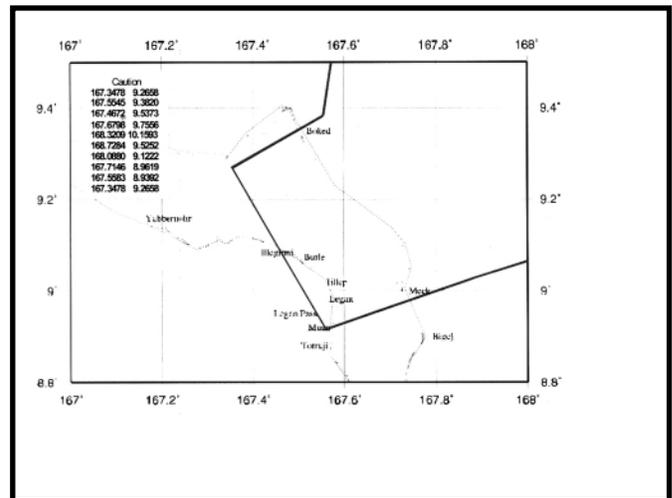
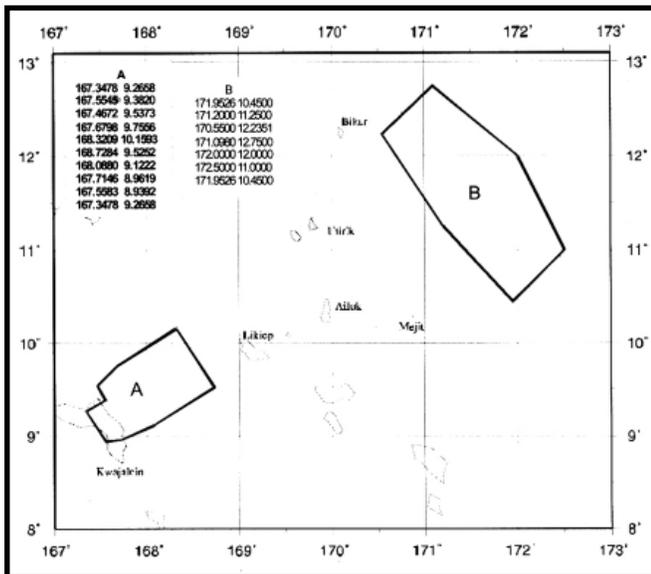


Figure 1. Mid-Atoll Corridor Lagoon Closed Area

### Mid-atoll corridor caution area



BOA caution area



BOA caution area

Ad submissions for the Hourglass must be sent to the hourglass via e-mail or paper submission by Wednesday at noon in order to make it into that Saturday's paper. All ads submitted after that may or may not be put into that week's paper at the discretion of the editor.

**TV and Entertainment Guide**  
 At the movies: Window on the Atoll...  
 Window in Review...  
 Kwaajalein's Cargo Flights...  
 Window in Review...  
 Kwaajalein's Cargo Flights...  
 Window in Review...

**News to Use**

Do you have news you would like to share about your club, private organization or work department? Do you have an interesting story and photos of a vacation trip? How about a scuba dive with great photos you took? Have you got a good fish story? *The Hourglass* welcomes submissions of news articles written by members of the community. You can submit articles to the USAKA Public Affairs Officer, Vanessa Peeden, at [vanessa.peeden@smdck.smdc.army.mil](mailto:vanessa.peeden@smdck.smdc.army.mil)

**What's NEW?**

## THREE MONTHS from Page 2

out what 'island time' is and get on the bandwagon.

The food here is . . . creative. Like the universal use of hot dog buns. Who knew they could be used for so many things? Like patty melts, Italian subs, chili dogs, and the oh-so-popular garlic breadsticks. I've never seen or eaten so much stir-fry in my life before I got here. Apparently, there are about 50 different ways to prepare stir-fry. Chicken, pork, beef, turkey, broccoli, peapod — they mix and match, with a new variety every day. And you better believe it's on the menu almost every day. I think I might actually sweat soy sauce some days.

But then there are meals like on Mother's Day and Easter. Wow, talk about a scrumptious feast. And I do have to say that every third Friday I wake up with a little more pep in my step, because

I know that it's Build-Your-Own-Pizza night. Oh, yea.

So it's been three months and I finally know where most everything is on the island. I don't have to ask five-year-olds on the street how to get somewhere anymore (I've actually had to do that more than once and it's quite embarrassing).

I finally recognize most people and they are starting to recognize me. People don't bluntly stare at me anymore and ask, "Who are you?" Yes, I live here. And yes, I work here. And yes, it is my job to take all these nosy photographs. No, I'm not a creepy stalker taking your kids' photos everywhere.

It's very comforting.

So it seems to me that three months is about how long it takes to really immerse yourself into 'Kwaj life'. I still

notice the beautiful sunsets and enjoy the warm weather. I still love to swim in the ocean and go snorkeling. But now distances seem further than they did when I first got here. (I have to ride *all the way* to Surfway?) And I notice all the new freckles I've gotten from all the weekends at the beach. The island paradise fantasy I lived in for the first three months is over. I no longer feel like I'm working while on vacation. I just feel . . . home.

All in all, life here is incredible. I'll always hate when I get caught in the rain. And you may see me walking my bike on the way back from the golf course. But these last three months have been the most enjoyable three months of my life. And they have definitely convinced me to stay here for many, many more.

## IMPORTANT NOTICE

Because of a policy misunderstanding, AAFES recently sold several motorized scooters ["Razors"] to Kwajalein residents. These motorized scooters are not authorized for use at any location at USAKA. AAFES will refund the full purchase price if the product is returned with a receipt or issue a gift card in the amount of the purchase with the return of the product. Residents may purchase, own and operate "Barbie" or similar type battery operated child sized toy vehicles so long as the operation is supervised by an adult and conducted in a safe manner. The use of battery operated toy vehicles is not permitted on any street or alley way at USAKA. Their use is limited to residential yards only.

## Operation Security is everyone's responsibility

Be sure all classified documents and offices containing classified materials are secure.  
Practice good OPSEC.



## A job well done

Kwajalein Police Lt. Akino Lippwe and Access Control Officer III Hiram Airam were presented the Kwajalein Range Service Presidential Award on June 17. Dave Norwood, KRS President, did the honors. Lippwe and Hiram, in a coordinated effort with members of KRS, achieved the task of updating all logistics employee scheduled work hours thus effectively reducing the number of access violations. The project took months to complete and shows what can be done when organizations work together to achieve a common goal — great work to all involved.

Photo courtesy of Brad Walker

# Dog Days of Summer



## HEAT STRESS TIPS

**HEAT STROKE** is a serious medical condition that urgently requires medical attention. Sweating is diminished or absent, which makes the skin hot and dry. Body temperature is very high (106 degrees F. and rising), and if uncontrolled may lead to delirium, convulsions, coma, and even death.

**FIRST AID** — THIS IS AN EMERGENCY. Brain damage and death are possible. Douse the body continuously with a cool liquid and summon medical aid immediately.



**HEAT EXHAUSTION** may result from physical exertion in hot environments. Symptoms may include profuse sweating, weakness, paleness of the skin, rapid pulse, dizziness, nausea, headache, vomiting, and unconsciousness. The skin is cool and clammy with sweat. Body temperature may be normal or subnormal.

**FIRST AID** — Rest in the shade or cool place. Drink plenty of water (preferred) or electrolyte fluids, call for medical attention.

## Summer fun in the sun Safety tips

**Prevention:** Most heat-related health problems can be prevented or the risk of developing them reduced. Following a few basic precautions should lessen heat stress.

- Drink water: As much as one quart per hour.
- Older and obese people on certain medications are at higher risks.
  - Take a break 10 minutes every hour in a cooler environment.
  - Educate everyone to recognize dehydration, exhaustion, fainting, heat cramps, salt deficiency, as heat disorders.

## How much water is enough?



Water, one of the most important things for sustaining life; without it death would occur within days. Water is involved in almost every bodily process and must be replenished on a regular schedule. Normally, about 2.5 liters of water is required each day for a sedentary adult (couch potato) living within the normal range of environmental temperatures.

If you exercise on a regular basis or have a job that involves manual labor you may need to increase the amount accordingly. Many of us overlook the importance of being well hydrated. As summer approaches people find themselves outside more often, thereby increasing the need to drink more water and drinking it more often. By ensuring you are well hydrated you will increase your resistance to heat stress, improve your performance and also help fight fatigue. The following guidelines may be helpful to ensure you get the right amount of water each day.

1. Drink on a regular schedule. A stomach partially full of fluid will help water absorb into the cells of the body faster than an empty stomach. Kind of like a sponge. Once you feel thirsty, you are already dehydrated by 2-3% or about 1-2 liters low on water.

2. Increase fluid intake based upon workload. The body can sweat at a rate of 1.5-2.0 liters per hour. In the winter or while in a desert like climate, water may evaporate so quickly that the person is unaware of sweating and incapacitating dehydration can develop within 3 hours. Remember, just because your skin is dry doesn't mean you are not sweating.

3. Drink the right kind of fluid. Cool fluids (60-70°F) are emptied from the stomach faster than cold or hot drinks. Avoid as much as possible, carbonated beverages, which give a false feeling of fullness, caffeinated beverages, since they contain diuretics (makes you lose water from cells) and heavily sugared or salted drinks (such as sport drinks).

# Ten servicemembers die in Iraq, Afghanistan

**Capt. Kafele H. Sims**, 32, of Los Angeles, died June 16 in Mosul, Iraq, of a non-combat related incident. He was assigned to the 18th Engineer Brigade, Schwetzingen, Germany.

**Master Sgt. Kevin A. Dupont**, 52, of Templeton, Mass., died June 17 at Brooke Army Medical Center in San Antonio, Texas, of wounds suffered March 8 in Kandau, Afghanistan, when an improvised explosive device detonated near his vehicle. He was assigned to the 79th Troop Command, Rehoboth, Mass.

**Sgt. Joshua W. Soto**, 25, of San Angelo, Texas, died June 16 in Iraq of wounds suffered when an improvised explosive device detonated near his vehicle. He was assigned to the 1st Battalion, 77th Armor Regi-

ment, 4th Brigade Combat Team, 1st Armored Division, Fort Bliss Texas.

**Staff Sgt. Paul G. Smith**, 43, of East Peoria, IL. He was an Illinois Army National Guardsman assigned to the 2nd Squadron, 106th Cavalry, Aurora, IL.

**Staff Sgt. Joshua A. Melton**, 26, of Carlyle, IL. He was an Illinois Army National Guardsman assigned to the 2nd Battalion, 130th Infantry, Marion, Illinois.

**Spc. Chancellor A. Keesling**, 25, of Indianapolis, Ind., died June 19 in Baghdad, Iraq of a non-combat related incident. He was assigned to the 961st Engineer Company, Sharonville, Ohio.

**Command Master Chief Petty Officer Jeffrey J. Garber**, 43, of Hemingford, Neb. died of non-hos-

tile causes June 20 aboard the USS Dwight D. Eisenhower in the North Arabian Sea.

**1st Sgt. John D. Blair**, 38, of Calhoun, Ga., died June 20 in Mado Zayi, Afghanistan, of wounds suffered when a rocket-propelled grenade struck his vehicle. He was an Army National Guardsman assigned to the 1st Battalion, 121st Infantry Regiment, Lawrenceville, Ga.

**Sgt. Ricky D. Jones**, 26, of Plantersville, Ala. He was assigned to the 1st Maneuver Enhancement Brigade, Fort Polk, La.

**Spc. Rodrigo A. Munguia Rivas**, 27, of Germantown, Md. He was assigned to the 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

## Fire department starting new safety campaign

### Hourglass Reports

The Fire Department is starting a new fire safety program and needs residents' help getting it off the ground. As per the Exord 09-018 IMCOM Fire Safety Campaign, all smoke detectors shall be checked on a monthly basis.

The fire department has come up with a plan to make sure that this gets done in the most efficient and least time consuming way possible. This involves residents filling out a very short documentation paper every month, stating that you have checked your detector and it is working properly. There will be a drop-off folder on each floor of the Bachelor Quar-

ter rooms. These folders will be at each exit for your convenience. All we ask is that you drop off your forms, once a month, so that we may all enjoy a safer Kwajalein.

You will start to see the forms in your rooms starting in the middle of July. Please take a moment out of your day and help us make Kwajalein a better place to live and play.

For those of you that are in family housing, the fire department will be conducting inspections during Fire Prevention Week, which is coming up October 4-10. More information will be put out before this all takes place. If you have any questions, call Ron Tanner, 52137.



## Honor Roll

for second semester ending June 10



**High honor roll** (3.6667 and higher) Grade 7: Lindsay Cochran\*, Leightyn Cossey\*, Elizabeth Elkin, Maddy Greene, Jennifer Hibberts\*, Stephanie Hibberts, Angela Kendrick, Alexis Martin, John Sholar\* and Andrea Tiffany; Grade 8: Mary Doerries, Kori Dowell and Mariah Moore-deVille; Grade 9: Jonathan Bishop\*, Connor Daggett, Jacob Jahnke, Graham Kirchner and Colby McGlenn\*; Grade 10: Aaron Mathieson, Melissa Peacock\*, and Leimamo Wase; Grade 11: Clarissa Brady, Coleen Engvall, Julianne Kirchner\*, Kaitlynn Phillips, Christine Woodburn\* and Alexis Yurovchak; Grade 12: Cassia Griswold\*, Monica Peters, Adam Struppeck and Bret Young.

**Honor roll** (3.5 - 3.7) Grade 7: Jefferson Wase; Grade 8: Mary McPhatter; Grade 9: Jarem Erikson, Maggie Fronzak and Tiffany Scofield; Grade 10: Cayley Corrado and Coty Davis; Grade 12: Matthew Elkin.

**Merit roll** (3.0 - 3.49) Grade 7: Scott Davis, Ann-Marie Hepler, Eltina John, Kauluwehiokala Kaluhiokalani, Bokean Kemem, Christopher Sanborn Daniel Murillo, and Rosalynn Ysawa; Grade 8: Malkie Loeak, Renu Nonthra-Frase, Michael Pedro, Natasha Tomas and Shannon Wilkinson; Grade 9: Tyler DeCoster and Michelle Fore; Grade 10: Julie Alves, Kyle Cassidy, Alyssa Ammons and Tyler Stepchew; Grade 11: Kelly Grant and Kitlang Kabua; Grade 12: Robert Alves, Ashley Cochran, Michael Hillman, Andrew Hogan, Christopher Horner, Curtis-Jorju Kemem, Jessica Lojkar and Cody Villarreal.

\* 4.0 grade average

**HELP WANTED**

**KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at [www.krsjv.com](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at [www.krsjv.com](http://www.krsjv.com).**

NEED EXTRA MONEY? KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

**WANTED**

SLIGHTLY USED BIKE, multiple speed, mountain bike type preferred. Call 50160 or 52137 and ask for Ron.

EXPERIENCED SHEEPHEAD card players for monthly get togethers. Call 53244.

WRAP AROUND SOFA, good condition. Contact Barb, 52262 at home, 52728 at work.

**LOST**

OAKLEY HALF JACKET sunglasses on Emon Beach in the sand. Call 52775.

PRESCRIPTION GLASSES in black case. Call 52381.

**Religious Services**Catholic

Saturday Mass, 5:30 p.m., in the small chapel.

Sunday Mass, 9:15 a.m., in the main chapel.

Mass on Roi is only on the first Sunday of the month at 12:15 p.m., in Roi Chapel.

Protestant

## Sunday

8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in

Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

**FOUND**

JACKET AT THE Community Bank. Pick up at the bank or call 52142.

**PATIO SALES**

MONDAY, 8 to 11 a.m. Quarters 211-A, clothes, sports equipment, super soakers, unicycle, plants, ice cream maker, video games, fishing gear, CDs and a bag vacuum. No early birds.

**FOR SALE**

NINTENDO WII CONSOLE, white, like brand new, includes Tomb Raider and Wii Sports game, \$350. Call 55310 after 4:30 p.m. or leave a message.

RUBBERMAID STORAGE Shed, four feet by four feet by two feet, \$40; two bamboo fence rolls, \$40 or \$25 each and an eight foot pool with pump, filters, and rubber mats, \$75. Call 54125 after 5p.m.

GAME TABLE, can be configured for pool, ping-pong, foos-ball, air hockey and more, \$75 or best offer. Call 52614 after 5 p.m.

UNDERWATER CAMERA CASE, Cannon SD 900, used a couple of times, \$65; camera battery and charger for same camera, \$20 and an assorted lengths of audio, s-video, and component Monster Cable, \$10 to \$30. Call 51265 after 6 p.m.

ELECTRIC CITRUS juicer, \$5. Call 59154.

DVD MOVIES, over 400 top name DVDs in great to mint condition, most movies prices will be between \$5 to \$10. Money back guarantee. Contact Jimmy Yancey, 52145.

BED RAIL, children's size, \$5; Little Tikes slide/cube, small, \$5; weeble wobble play castle, \$7; Little People play garage, \$8; 6 foot Christmas tree, \$10 and size nine ballet shoes, \$5. Call 59154.

BABY MONITOR, Fisher-Price, two-channel, \$8 and an infant/toddler car seat, \$35. Call 59154.

PELICAN BIKE trailer with aluminum tongue, in great shape, \$100; large aluminum heavy-duty bike trailer for fishing/scuba, \$200 and Audiovox portable DVD player seven-inch screen, works great on AC power, but battery needs replacement, \$50. Call 52642.

LADIES CYPRESS BIKE frame, brand new, 21 speed, all aluminum alloy, wheels by Giant, plastic fenders, foldable saddle baskets, gel-filled seat, new spare tires, tubes, and an alloy chain. Rides great, well suited for Kwaj. The original cost was \$800 and is selling for \$550. Call 52161, after 3 p.m.

NAUTICAL PAPER CHARTS for around the world and sailing directions. Call 52625.

FULL SIZE WOOD BED frame with two feet of ground clearance, \$50; women's wetsuit, large, \$40; Dance Dance Revolution for PS2 with pad, \$25; four oak chairs, \$50; three sweet bar stools, \$50; Play Station 2 drum set, \$30 and an entertainment center for a 32 inch T.V., \$25. Call 50800 or 52400.

ULTRASONIC CLEANER, two cup capacity, \$20. Call 54211

OVER-THE-TOILET CABINET, new, \$25; nine feet by 12 feet beige carpet, great condition \$50; same sized blue carpet good condition \$30; small pool table with equipment, \$35; tall computer desk, \$65; king size mattress pad, yellow sheet set, \$20; full length hanging mirror \$10; half round glass table, bronze, \$20 and a plastic outdoor shelving, beige, \$25. Call 3808.

LA JOLLA BICYCLE, two months old, 26 inch, aluminum frame single speed, \$175. Call 58752.

**COMMUNITY NOTICES**

DURING THE ABSENCE of a priest, the Liturgy of the Word and Communion Service will be held on Sunday mornings at 9:15 a.m. in the Island Memorial Chapel. This service will be held June 28 through August 2.

COMMUNITY ACTIVITIES invites licensed vendors, private clubs and organizations to sell items at this year's July fourth celebration. Deadline to register is June 27. To register, please contact Kim Yarnes at the Community Activities Office, 53331.

WOODSHOP ORIENTATION classes are held 6-9 p.m., the first Tuesday of each month. Come by the Hobby Shop to sign up for the class. The fee is \$10. Questions? Call Denise, 51700.

SUMMER SOFTBALL TOURNEY men's, women's, and coed teams invited. Tourney dates: June 17-30. Regular season game format. Questions, call Community Activities, 5-3331 or email: [amy.hansen@smdck.smdc.army.mil](mailto:amy.hansen@smdck.smdc.army.mil).

KPD WILL BE CONDUCTING a Pistol Range on June 30, from 8 a.m. till 1 p.m. Observe the red flag hazard areas. If you have any questions contact KPD Training, 54448.

THE ROI NAMUR COUNTRY Club is holding an 18-hole, Bud Open on July 4. The first tee time is at 7 a.m. Free hot dogs and drinks will be provided at the turn as well as a nice dinner for all of the participants and bingo for those who are interested. To RSVP, contact Ricky Everette, Bill Lewis or Dale Sponseller by June 27.

AA MEETINGS on Roi-Namur are now being held at 1:30 p.m., every Wednesday, in the KEAMS Training Room at the Terminal Building. Call Bill, 52338 or Marion, 55362.

RELAXATION and stress relief techniques are being offered in the Adult Recreation Center, free, to all island residents who need help balancing their lives. Meetings are from 5:30 p.m. to 6:30 p.m. every Tuesday starting on June 9th, attend when you can, no sign up is needed. Questions? Call 53243, enter pager number 0579, then enter call back number, or e-mail [KwajMFLC@gmail.com](mailto:KwajMFLC@gmail.com).

FOURTH OF JULY Beach Blast is coming. Volunteers are needed to help run a number of the activities, including: the parade, banana boat rides, carnival games, bounce house, slip-n-slide, joust, family fun frenzy activities and air guitar mock rock show. Contact Kim at Community Activities, 53331 if you are interested

**Café Pacific****Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 4
Crab benedict	Roast chicken	Spaghetti	Bod almandine	Beef tamales	Meatloaf	Brown rice pilaf
Country fried chicken	Quiche lorraine	Cheese manicotti	Indonesian pork	Spanish rice	Chicken stew	Chicken cordon bleu
Vegetarian beans in broth	Garlic herb penne pasta	eggplant parmessan	Braised short ribs	Chicken chimichangas	Steamed potatoes	Sweet and sour pork
Grill: Brunch station open	Grill: Brunch station open	Grill: Sloppy Joe's	Grill: Grilled hot dog	Grill: Burritos and tacos	Grill: Super bird	Grill: Ranchero burger

**Dinner**

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Short rib stew	Minute steak	Island rice	Lumpia	Pinto beans	Ratatoille	Pancake supper
Roast potatoes	Boiled potatoes	Island jerk chicken	Thai chicken	Baked potato	Veal alfredo	Broccoli stir-fry
Fajita chicken	Sauteed mahi mahi	Cajun roast beef	Chinese plum sauce	Carved top round	Eggplant parmesan	Fried chicken



## Fourth of July hours of operation

**Kwajalein**

Emon Beach.....	1noon-7 p.m.
All other beaches.....	Buddy system
CRC/Raquetball Courts.....	7:30 a.m.-1 p.m.
Golf Course.....	Sunrise to sunset
Driving Range.....	Closed
Country Club.....	Closed
Hobby Shop.....	Closed
Ivey Gym.....	Cipher lock
Library.....	Closed
Adult pool.....	Closed
Family pool.....	Closed
Skate Park.....	Buddy system at all times
Small Boat Marina.....	8 a.m.-1p.m.
ARC.....	noon-10 p.m.
Surfway.....	10 a.m.-2 p.m.
Shopette.....	7 a.m.-6 p.m.
Px and Pxtra.....	7 a.m.-5 p.m.
Laundry.....	Closed
Beauty/Barber.....	Closed
Sunrise Bakery.....	7 a.m.-noon
Ocean View Club.....	4:30 p.m.-2 a.m.
Post Office Kwaj.....	Closed
Community Bank.....	Closed

in helping.

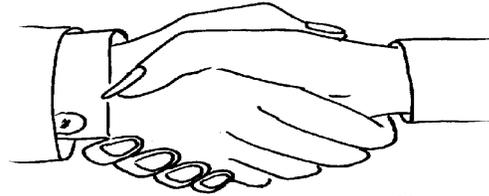
CIRCUIT TRAINING CLASS on Mondays, 9 to 10 a.m., has precedence over all Ivey Gym equipment they are using for class. The only equipment available for public use are items not being utilized by the class. If you are unsure if a piece of equipment is available for use, please ask the class instructor. Questions? Call Community Activities, 53331.

REMINDER TO DRIVERS: Emon Beach pathway is off limits to all vehicular traffic. This includes scooters. Pavers will break under a vehicle's load. Questions, call Community Activities, 5-3331.

HOBBY SHOP summer classes for children begins in June. The fee is \$15 per child payable in advance. Classes are limited so sign up now.

CYSS PRESENTS Camp Adventure 2009. Youth entering into grades K-6 who are CYSS registered will be eligible for camp this summer. Camp will run for 10 weeks starting on June 16. Registration for camp is at the CYSS Central Registration Office, building 356. Registration Hours: 8 a.m.-12:30 p.m. and 2:30-5:30 p.m., Tuesday through Saturday. For more information,

## The Summer Hollywood Handshake Tour will appear as follows:



- 8 p.m., June 28, at the Parrot Head on Roi
- 6 p.m., June 29 in the Kwajalein multi-purpose room

e-mail [CYS@smdck.smdc.army.mil](mailto:CYS@smdck.smdc.army.mil) or call 52158.

IS Training now has classes available for adults who do not have a CAC. E-mail [cindy.brooks@smdck.smdc.army.mil](mailto:cindy.brooks@smdck.smdc.army.mil) for a schedule of classes.

THE OPTOMETRIST will be on island to see patients from June 14-25. Call the Hospital, 52223 or 52224 to schedule an appointment.

WEIGHT MANAGEMENT Support Group meets every Friday at 5 p.m. in the Hospital Conference Room. The community is invited. Questions? Call 55362.

THE MARSHALLESE CULTURAL Center is open on Mondays and Thursdays from 3-5 p.m. and by appointment. Call Judy at 51444 for more information.

ARE YOU Interested in learning more about Marshallese culture and history? Volunteer at the Marshallese Cultural Center. We need volunteers for July and August on Mondays and Thursdays from 3-5 p.m. Little training needed. Call Judy at 51444 for more information.

### JULY FOURTH OCEAN VIEW CELEBRATION

Food, music and fun from 9 a.m. to 2 p.m. for all adults over 21 with a valid ID.

## REMINDER

Airport Shuttle Service is available for ATI and Continental flights. The last scheduled pick-ups are 30 minutes before lock out. Call 58294 24 hours in advance to make a reservation.

### Projected menu-subject to change

### Café Roi

#### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 4
Chicken pasta	Eggs andlouse	Sauerkraut	Fried rice	Mashed potatoes	Fried rice	Flank steak
Huevos rancheros	Pesto grilled chicken	Ginger chicken	Orange chicken	Hamburger steak	Pork stir-fry	Corn on the cob
Lemon Garlic stifed pork	Tender boiled pot roast	Roast potatoes	Stir-fried noodles	Macaroni and cheese	Baked Hunan style fish	Smokey BBQ ribs
Grill: Brunch station open	Grill: Brunch station open	Grill: Sloppy Joe	Grill: Shang Hai ribs	Grill: Turkey croissant	Grill: Spicy pork stir-fry	Grill: Cornmeal catfish

#### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 4
Garlic toast	Seafood stew	Beef bourgninone	Leg of lamb	Mashed potatoes	Red rice	Pesto Foccacia
Turkey tetrazini	Hibachi style chicken	Parsley egg noodles	Baked potatoes	Roi fried chicken	Pico de gallo	Penne with eggplant
Spinach lasagna	Sweet and sour pork	Herb butter roasted chicken	Grilled game hens	Sweet potato stew	Frijoles borrachos	Cabernet braised short ribs

# 'Eclipse of the Century' to take place July 22

## *Experts warn of danger to eyesight looking directly at sun*

### Hourglass Reports

The longest total solar eclipse in the 21st century will take place on July 22 and will be plainly visible to Kwajalein Atoll residents.

Health experts warn of the dangers at looking directly at the eclipse. Their advice is to *never* look at the Sun directly without proper viewing glasses. Sunglasses will not provide protection. Eyes will be permanently damaged if the eclipse is watched with regular sunglasses.

Some safe ways to view an eclipse or to see sunspots is through glasses made with special filters expressly designed for viewing the sun. Such glasses can be obtained from science and astronomy stores. Also, a piece of number 14 welder's glass would work. The glass can be

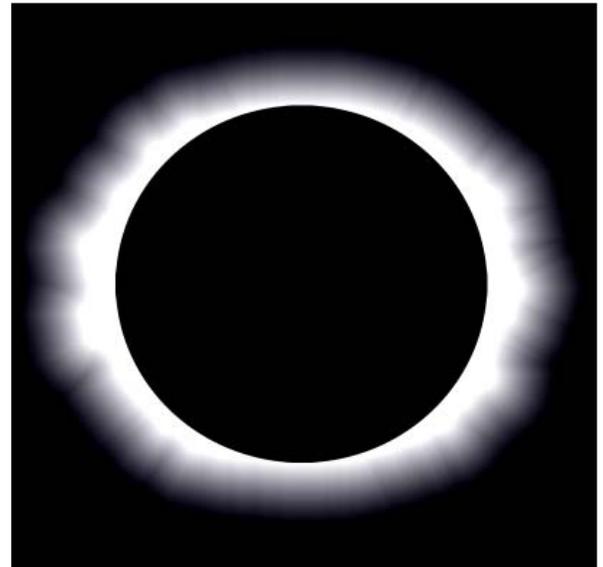
obtained from a welding supply store.

Always test any glasses in advance. View the sun on any day with these proper devices. But even with these special glasses, experts advise watching the sun only for short periods of time.

If the glasses are at all damaged with scratches or holes in the protective coating, do not use them.

Safety experts also strongly advise parents to keep small children indoors during a solar eclipse as toddlers may not understand the danger of looking directly at the sun.

For more information on the



eclipse and how to safely view it, go to [space.com](http://space.com).

### SHUWARGER from Page 3

Kwajalein Hospital. "We had challenges in private practice we don't have here, but we have challenges here that we don't have in private practice," he said.

About Kwajalein, Shuwarger said, "This is a beautiful place. The island is lovely. Everyone I've met here has been wonderful and friendly and welcoming. I've really enjoyed meeting the people so far. The Marshallese are absolutely delightful. They are very pleasant and likeable. I'm very pleased to be able to work with them. I look forward to serving the population."

Shuwarger loves scuba diving but he says, "I have a serious character flaw — sea sickness. If I take sea sickness medication I can muddle through, but I'm not comfortable. I wouldn't be a fun person to take deep sea fishing. I love the idea of diving the lagoon. I think that is fabulous. I also like the idea of doing walk-in shore dives."

Another of his passions is bridge. "I love to play

bridge and I would like very much to find bridge partners here," he said. I've been watching the *Hourglass* and the *Coconut Wire* but I haven't seen anything about bridge players, so any of your readers who play bridge, give me a call."

Medicine apparently runs in the family. Shuwarger's 20-year-old daughter, Meris, is a senior in college and plans to attend nursing school after graduation with the intention of joining the military and becoming a flight nurse.

Shuwarger is clear about how he will handle his new position. "I am here to be a resource to the community and the physicians at the hospital. I am here to help support the mission of USAKA and to provide the best medical care we can for the people here. I want to do everything in my power to keep people here healthy, well and to provide medical care that exceeds their expectations."

### Weather courtesy of RTS Weather

**Sunday:** Partly sunny, 10 percent showers. **Winds:** ENE-E at 8-12 knots.  
**Monday:** Partly cloudy, 10 percent showers. **Winds:** ENE-E at 8-12 knots.  
**Tuesday:** Partly cloudy, 20 percent showers. **Winds:** NE-E at 6-11 knots.  
**Wednesday:** Partly cloudy, 20 percent showers. **Winds:** NE-E at 5-10 knots.  
**Thursday:** Partly cloudy, 30 percent showers. **Winds:** Light and variable.  
**Friday:** Partly cloudy, 20 percent showers. **Winds:** Light and variable.  
**July 4:** Partly cloudy, 20 percent showers. **Winds:** Light and variable.

Annual total: 14.46 inches  
 Annual deviation: -21.84 inches

Call 54700 for updated forecasts or visit [www.rts-ux.com](http://www.rts-ux.com).

### Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:34 a.m./7:11 p.m.	12:23 p.m./	8:02 a.m., 4.0'	1:45 a.m., 0.3'
			8:44 p.m., 3.2'	2:32 p.m., -0.1'
Monday	6:34 a.m./7:11 p.m.	1:12 p.m./12:36 a.m.	8:51 a.m., 3.5'	10:06 a.m., 0.7'
			3:21 p.m., 3.1'	9:45 p.m., 0.4'
Tuesday	6:34 a.m./7:12 p.m.	2:02 p.m./1:19 a.m.	9:49 a.m., 2.9'	3:48 a.m., 1.0'
			4:51 p.m., 3.1'	4:16 p.m., 0.7'
Wednesday	6:34 a.m./7:12 p.m.	2:52 p.m./2:02 a.m.	11:06 a.m., 2.5'	5:18 p.m., 1.2'
			5:22 p.m., 0.8'	
Thursday	6:35 a.m./7:12 p.m.	3:44 p.m./2:48 a.m.	12:15 a.m., 3.1'	6:55 a.m., 1.1'
			12:36 p.m., 2.3'	6:33 p.m., 0.9'
Friday	6:35 a.m./7:12 p.m.	4:36 p.m./3:35 a.m.	1:23 a.m., 3.3'	8:08 a.m., 0.8'
			1:52 p.m., 2.4'	7:36 p.m., 0.7'
July 4	6:35 a.m./7:12 p.m.	5:28 p.m./4:25 a.m.	2:16 a.m., 3.6'	8:58 a.m., 0.5'
			2:47 p.m., 2.5'	8:27 p.m., 0.6'