

VOLUME 50 NUMBER 26

FRIDAY, JULY 3, 2009

# THE KWAJALEIN HOURGLASS



**A Martin 162A PBM aircraft at a forward base in the Pacific during World War II. The plane had many uses during the war. For more coverage, see Page 4.**

*(Photo courtesy of Blue.Jacket.com)*

# One document and 56 men changed the world

Here are some names. As you read them, see if you can guess what these men did during their lives. Are you ready? Here goes:

George Read  
 Thomas McKean  
 Caesar Rodney  
 George Clymer  
 Robert Morris  
 Benjamin Rush  
 James Smith  
 George Tyler  
 John Morton  
 George Ross  
 James Wilson  
 Elbridge Gerry  
 Robert Paine  
 Josiah Bartlett  
 Matthew Thorton  
 William Whipple  
 Stephen Hopkins  
 William Ellery  
 Lewis Morris  
 Frances Lewis  
 Philip Livingston  
 William Floyd  
 Button Gwinnett  
 George Walton  
 Lyman Hall  
 Richard Henry Lee

Carter Braxton  
 Thomas Nelson, Jr.  
 Francis Lee  
 Benjamin Harrison  
 George Wythe  
 William Hooper  
 Joseph Lewis  
 John Penn  
 Edward Rutledge  
 Thomas Lynch, Jr.  
 Arthur Middleton  
 Thomas Heyward, Jr.  
 Abraham Clark  
 Francis Hopkinson  
 John Witherspoon  
 John Hart  
 Richard Stockton  
 Samuel Huntington  
 William Williams  
 Roger Sherman  
 Oliver Wolcott  
 Charles Carroll  
 Thomas Stone  
 Samuel Chase  
 William Paca

Still don't know what these men did? Here's a few hints. It was on a sweltering day in Philadelphia in the month of July. They were joined by a few others — Benjamin Franklin, Samuel Adams, John Adams, John Hancock and Thomas Jefferson.

Together, they were the 56 men who met on July 4 in 1776 and changed the world. They signed a masterful document declaring simple truths — that all mankind has a basic human desire to be free and to determine his or her own destiny.

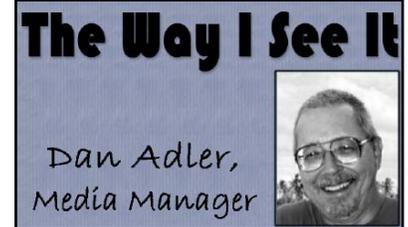
What kind of men were they? They were lawyers, jurists, merchants, farmers and large plantation owners. Most of them were wealthy and well-educated.

While Franklin, Adams, Hancock and Jefferson are remembered and revered, most of the men who signed the Declaration of Independence faded into obscurity. They deserve better. When they signed that piece of paper they pledged 'our lives, our fortunes and our sacred honor' to the cause of liberty. They all knew they might be signing their death warrant.

Have you ever wondered what happened to those men

who changed the course of history? What was the fate of the men who gave the world a nation that for more than two centuries has been a beacon of hope and liberty?

- Five of them were captured by the British, tortured and executed.
  - Twelve lost their homes, businesses and farms when the British ransacked and burned them.
  - Two of them lost their only sons who were fighting with the Continental Army. Two sons of another were taken prisoner by the British and both died in captivity.
  - Nine of the 56 men fought in the war and died in battle.
  - Carter Braxton of Virginia, a plantation owner and trader, was one of the wealthiest men in the colonies. His fleet of merchant ships was destroyed by the British Navy. After the war, he was forced to sell his home and what was left of his properties to pay his debts. He died a broken man.
  - Thomas McKean was fiercely hunted by the British. He was forced to move his family constantly to keep them in hiding. He served in the Continental Congress without pay. He lost all of his possessions in the war and died in poverty.
  - British soldiers looted and burned the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton. None of them ever recovered what they had lost.
  - Thomas Nelson, Jr. commanded several Continental Army artillery batteries during a battle. The British had set up headquarters in his home and camped on his land. He ordered a massive bombardment on his house and property, destroying everything he owned. He died penniless.
  - Francis Lewis' home and businesses were destroyed and the British jailed his wife. She died in prison.
  - John Hart's wife was killed and his 13 children were taken away by the British. He never saw them again. He died alone and despondent.
- The men who signed the Declaration of Independence could have lived out their lives in prosperity and comfort. They chose instead to fight tyranny and many of them paid a terrible price for it. So this Independence Day, when we enjoy cookouts, friends, family and fireworks, let us remember, if only for a few moments, the courageous men who pledged their lives, their fortunes and their sacred honor to the cause of freedom.



## 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.

P.O. Box 23, APO AP 96555  
 Phone: Defense Switching Network 254-3539;  
 Local phone: 53539

Printed circulation: 1,200  
 E-mail: [hourglass@smdck.smdc.army.mil](mailto:hourglass@smdck.smdc.army.mil)

**Commanding Officer.....Col. Frederick Clarke**  
**Public Affairs Officer .....Vanessa K. Peeden**  
**Media Manager.....Dan Adler**  
**Associate Editor.....Sheila Bigelow**  
**Media Specialist.....Coleen Engvall**  
**Media Specialist.....Cheryl Stewart**

# Kwajalein Hospital's newest family doctor brings military, civilian experience to job

Article and photo by Dan Adler  
Media Manager

Dr. Kevin Skinner, Kwajalein Hospital's newest doctor, began his career in medicine by attending a four-year school in San Francisco where he earned a degree in podiatry. Podiatry is the care and treatment of ankles and feet which sometimes requires surgery to repair ailments

After earning his podiatry degree, he attended medical school in the Philippines and in Connecticut where he received a medical degree. Skinner brings a wealth of experience and knowledge to his job.

After completing a three-year family medicine residency in Johnson City, Tenn., Skinner moved to Arizona where he practiced family medicine for three years before getting into emergency room and urgent care practice.

He has been a member of the Army Reserves for 24 years and has attained the rank of Colonel. As a military doctor, he has worked as an emergency room and trauma physician.

In the Army he obtained the Air Assault, Airborne, Flight Surgeon and Expert Field Medical Badges. "I've jumped out of perfectly good airplanes and rapelled out of helicopters," he said.

He has lived in the Philippines and in Italy and speaks Italian. "I would live in Italy if I could," he said.

He has also been to Kiev in the Ukraine during joint military exercises with Ukrainian forces.

"That was fascinating. We would all get together and have great times. It was just wonderful," he said. "Ukraine is a great place."

During his time in the Reserves, Skinner has been activated five times. He was in the first Gulf War and was assigned to a mobile Army surgical hospital for eight months. He has also been deployed to Bosnia and three times to Iraq.

On his second deployment to Iraq in 2005, he was assigned to the infamous Abu Ghraib prison. Skinner said the abuse of prisoners

happened before he was assigned to the prison. During that assignment, he was responsible for the care of the almost 4,500 prisoners, as well as U.S. military personnel at the prison. He also treated Iraqi military personnel in the vicinity.

While stationed at Abu Ghraib, he had some interesting moments. "I got to go to Saddam's trial for a couple of days," he said. "I was part of the medical team in a rapid reaction force for security."

He continued, "Watching the trial was very interesting. They had U.S. Marshals there and Justice Department guys were there. Saddam was in our control, but once he went into court, he was in the hands of the Iraqis."

It wasn't hard for Skinner to remember there was a war going on. "Our region included Ramadi and Fallujah. When I was at Abu Ghraib there was fighting all the time. We could hear the gunfire as the prison was pretty close to those areas. Fallujah was only five miles away."

Skinner was deployed to Iraq for a third time in 2008. He was assigned to a hospital at the Marine Air Base at Al Asad about 100 miles from the Syrian and Jordanian borders. Thankfully, he did not see many casualties while at the base.

"It had quieted down a lot when I was there the second time," he said. Most of the injuries Skinner treated were from vehicle accidents such as roll overs. He did see some gunshot wounds, but not that many.

Skinner said that in the past few years, "I had been contemplating something different. I saw an ad as I recall and I contacted Dr. Eric Lindborg frequently in the last five years to see if there were any openings here. Finally, last year, he contacted me and said a temporary doctor was needed so I came out in September and October of 2008."

After Skinner finished his two months on Kwajalein, he went back home and took a job in Las Vegas.

"We have a house in Arizona and my wife didn't want me commuting between Arizona and Las Vegas," he said. "I was going to work three



**Dr. Kevin Skinner**

days a week and then I would fly back home."

After some discussion, he decided to seek a permanent position at Kwajalein Hospital.

"My wife, Kathy, is still at home doing all the things that need to be done in order to move here," he said

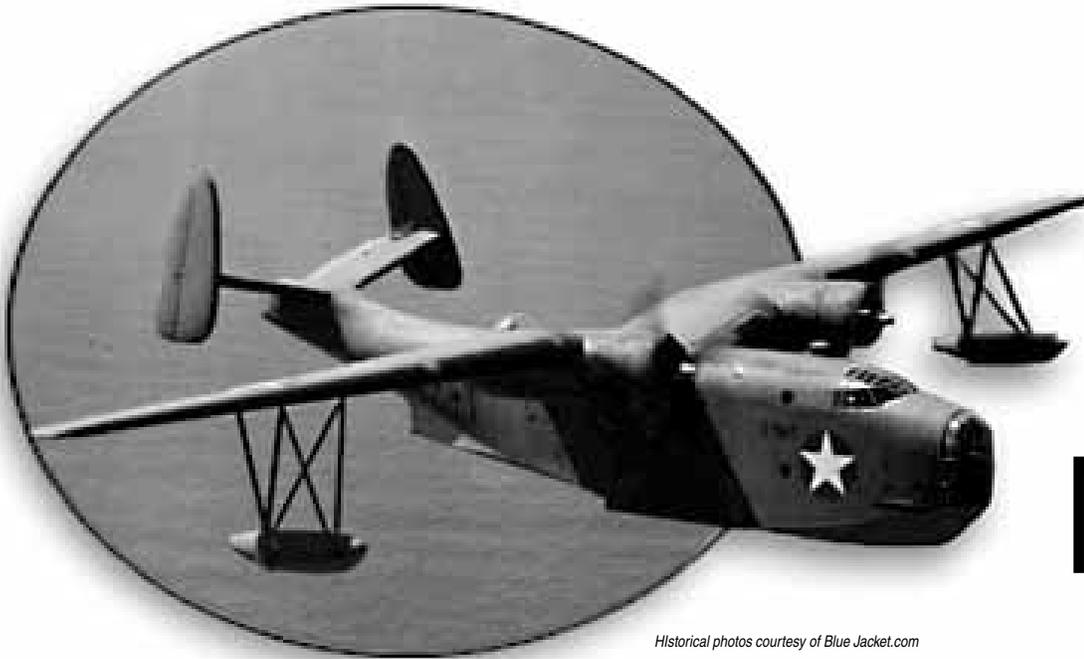
Skinner stated that it's been hectic for his wife because their older son just got married and their older daughter just had their first grandchild.

Kathy should arrive with their younger children, 14 year old twins Ashlee and Austin, in August. The twins won't be new to Kwajalein as they spent two weeks on the island during Skinner's temporary job.

"They made good friends here and have kept in contact with them and they've even exchanged e-mails with kids out here they haven't met yet," Skinner said. "I hear the schools here are very good and many of the kids go on to really good colleges. That's another reason I'm glad about being here."

He added that Austin likes water sports, fishing and the outdoors. He wants to get his boat license and get scuba certified. Daughter Ashlee is a little more reserved according to

**See DOCTOR, Page 6**



Historical photos courtesy of Blue Jacket.com

# MARTIN 162 MARINER

## Bomber had versatile role in World War II

*Editor's note: This is Part 9 of a continuing series by Dan Farnham on the World War II planes that can be found in the 'Aircraft Graveyard' of Kwajalein Atoll.*

**D**esigned in 1937, the Martin 'Model 162' was the replacement for Martin's earlier open-cockpit P3M flying boats, which had been in service with the U.S. Navy since 1931. The new Model 162 was a massive design and Martin built a quarter-scale, single-seat model known as the '162A' to test its flight characteristics. On June 30, 1937, the U.S. Navy ordered a single full-size prototype for flight testing. It was given the designation XPBM-1. The first flight of the prototype was on Feb. 18, 1939 and in December the U.S. Navy placed an order for 20 of the new planes

and it was given the name Mariner.

PBM stands for Patrol, Bomber and the 'M' was the letter assigned by the Navy to all aircraft built by Martin Aircraft Corporation. The PBM had two engines, each with a three-bladed propeller, and the elongated engine nacelles also had room for four 500-pound bombs or depth charges. The wingspan measured 118 feet and it was just under 80 feet long from nose to tail. Defensive armament consisted of six machine guns located in the nose, dorsal, tail and waist positions on the aircraft. Later versions of the Mariner had improved engines with a four-bladed propeller, and they could carry up to eight 500-pound bombs, depth charges, or mines in the nacelles. The Mariner could also carry two torpedoes under the wings of the plane. A total of 1,285 PBMs were built until production ceased in April 1939.

Several squadrons operated PBM's at Kwajalein Atoll during and after World War II.

VP-202 was the first Mariner squadron to become operational in the Pacific. In early January 1944, VP-202 flew from Tarawa in the Gilbert Islands to patrol the Japanese-held Marshall Islands. The following month, after Kwajalein Atoll was captured by the Americans, VP-202 moved its base to Ebeye Island, where the Japanese had built a seaplane base prior to the outbreak of the war. After a rotation back to Kaneohe, Hawaii for repairs and crew rest, VP-202 returned to Kwajalein Atoll in June 1944 and provided daily mail flights between Kwajalein Atoll and Saipan. This was the only air contact with the outside world for the troops on Saipan during the early days of the invasion.

In September 1945, VPB-32 was transferred from the Atlantic and based at Saipan, establishing mail and passenger flights to Truk. VPB-32 formed detachments at several locations, including Kwajalein Atoll.

In the summer of 1946, 15 PBMs from VBP-32 and



Photo by Dan Farnham

**Former Kwajalein diver Kristy Olin at the nose of the PBM-3R, showing the massive size of the plane.**

VH-4 were based at Naval Air Station Ebeye Island, and flew in support of Operation Crossroads, which was the nuclear weapon test series conducted at Bikini Atoll. The PBM's carried mail, supplies, VIPs, and performed technical missions including photography, radiometry, radiological reconnaissance, damage estimation, and air-sea rescue standby. A typical Mariner schedule between Kwajalein and Bikini was two flights per day, but extra flights were quite frequent.

In September 1946, VPB-32 was transferred to Saipan, where it operated until mid-1949.

VPB-32 participated in Operation Sandstone, the nuclear weapons testing in 1948 at Eniwetok Atoll in the Marshall Islands. The Mariners performed the same type of missions as they did two years previously during the testing at Bikini Atoll.

VR-23 operated a detachment of PBMs at Kwajalein Atoll in 1949, prior to being reassigned to the Philippines and merged with VR-21. VR-23 performed similar cargo and passenger carrying missions as previous PBM squadrons based at the Atoll.

At least two PBMs lie on Kwajalein Atoll's lagoon floor just a few miles west of Ebeye. One of these is a PBM-3R, which was an unarmed transport version of the Mariner. Fifty PBM-3Rs were built and they featured a strengthened cargo floor, cargo loading doors, and space for 20 passengers.

I dove this wreck on April 10, 2008, with Chris LeBlanc, Al Christ, Amber Martin, Kevin Young, and Kristy Olin. The depth on this plane is 130 feet at the level just below the wings, so bottom time is limited. The area around the wreck is nothing but sand, so anchoring is problematic in all but the calmest conditions on the lagoon. We did this as a 'drift dive,' by dropping a marker line in the water with a float attached to the top. Christ, Martin, and LeBlanc went down to the wreck first while Olin, Young and I remained in the boat, and we switched out when Christ, Martin, and LeBlanc had surfaced and were back in the boat.

Descending down to the plane, one cannot help but be impressed by the sheer size of it. The plane sits mostly upright, and appears to have been scuttled. It is mostly intact, although it appears to have been



The nose of a PBM wreck

Photo by Dan Farnham

stripped of usable parts, much like many of the planes in the aircraft graveyard near Mellu Island at the north end of the Atoll.

Seeing pictures of this plane does little to prepare one for seeing it in person — it is simply massive. At 118 feet, the wingspan is longer than some of the shipwrecks found in the lagoon, such as the 'ski area wreck' and the North Loi shipwreck. In fact, I'd bet a month's pay that the PBMs are the largest aircraft wrecks to be found anywhere in the lagoon!

There is at least one other PBM lying on the lagoon floor, but I have not yet dived that wreck. However, from the photos I have seen of it, it appears to be a radar-equipped PBM-5. I plan to dive that wreck in the near future, and I will know more then.

A few PBM Mariners survive today in museums, but no museum anywhere holds more than one example of the plane. With at least two different versions of the PBM lying on the lagoon floor, divers and history buffs have a unique look into the developmental history of the Mariner, which is not found anywhere else in the world.



A PBM Mariner in flight

# Wellness committee and Surfway team up to make eating healthy food easier

By Jennifer Yezak  
Wellness Committee

The nutrition label found on most packaged products may seem like an overload of information. To help identify those products that pack a powerful nutritional punch, the wellness committee in cooperation with Surfway will begin tagging the following foods:

- **Excellent sources** — products containing at least 15-20 percent of the recommended daily allowance of either Vitamin A, Vitamin E, calcium, iron, protein, or fiber. Look for the tags with yellow and purple borders.

- **Low in fat** — products containing less than three grams of total fat and 0 g of trans fat per individual serving; look for the tags with the green borders.

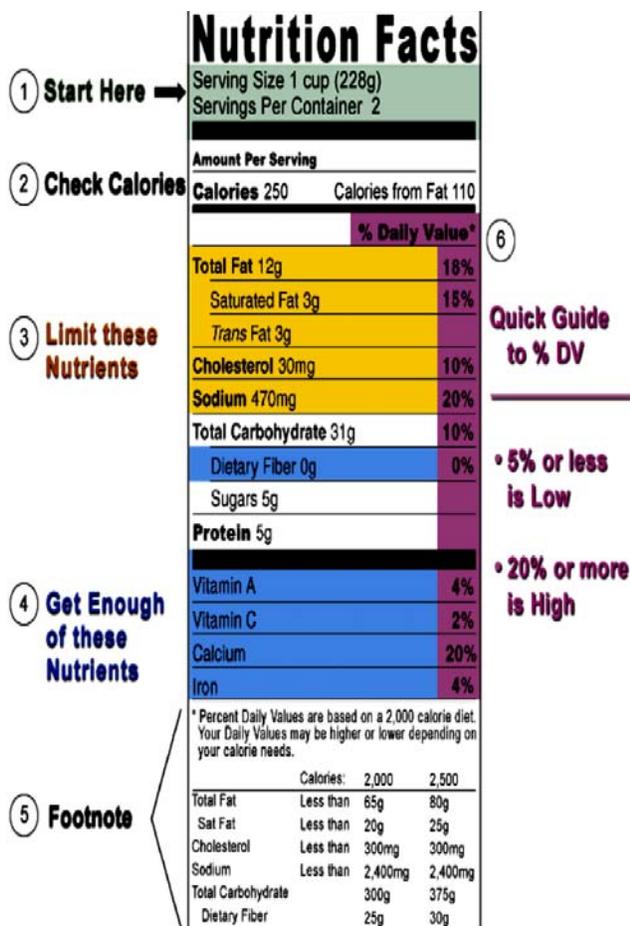
- **Low in sodium** — products containing less than 140 milligrams of sodium per individual serving; look for the tags with blue borders.

- **Low in sugar** — products having the least amount of sugar among similar items; look for the tags with the orange borders.

- **Heart healthy** – products low in fat and having less than 1g saturated fat, less than 480 mg sodium and less than 20 mg cholesterol per individual serving. They also have 10 percent of one (or more) of the following: Vitamin A, Vitamin C, calcium, protein, iron, or fiber; look for the tags with red borders.

Each week, five new foods will be tagged. One of the foods will be featured in a weekly healthy recipe. Copies of the recipe will be available on the bulletin board at the entrance of Surfway. Feel free to encourage your children to find the tags throughout the store and see if they can think of a time when they enjoyed eating a meal with one or more of the items. By incorporating these foods into yours and your family's diet each and every day, you are taking an important step toward a healthier lifestyle.

## Sample nutrition label for macaroni and cheese



## DOCTOR, from Page 3

Skinner. He joked, “I think the biggest adjustment they will have to make is not having cell phones.”

Skinner says he loves the island and finds the people extremely friendly and cordial.

He loves swimming and scuba diving. He used to run marathons before he had an injury to his knee, but hopes to get back into running during his time here. He is an avid backpacker and hiker back in the states. He recently took his son backpacking in the Sierra mountains.

“I’m sort of Type-A, so I read a lot of literature on emergency medicine. I hope out here, I can get out and get involved in other things. I’ve usually been all work

and no play,” he said.

While at Kwajalein Hospital, he will primarily handle family practice such as pediatrics, pre-natal care and internal medicine.

He is also in the process of taking refresher flight surgeon courses and will probably be going to flight surgeon schools in Oklahoma and possibly Ft. Rucker, Ala. If he qualifies as a flight surgeon, he can medically certify Kwajalein pilots to fly. Otherwise, the pilots would have to go to Honolulu to be certified and that would be a great expense.

Skinner is looking forward to working with and being part of the Kwajalein community.

# Explore New Worlds

## Summer reading program begins June 24

By Sheila Bigelow  
Associate Editor

The annual summer reading program kicked off June 24 and will go through August 19. The goal of the program is to keep kids reading throughout the summer while out of school. All ages are encouraged to participate.

Children keep a reading record to track which books they read throughout the summer. The books must be age appropriate and not have been read before. The children turn in their reading records to the librarian on duty and must be ready to answer questions about the book's plot or story line. Children that are still too young to read on their own are still encouraged to participate. They may sit down and have a parent read to them. But they must also be ready to answer questions about each book for it to count.

Even children that are off-island for part of the summer are allowed to participate. The program allows for children to redeem the books they've read while off-island when they return. They just need to fill out their reading record and be ready to answer some questions just like all the other kids.

This year's theme is *Explore New Worlds*. Each child made their own construction paper fish tank during the program kickoff June 24 that are displayed in the stairwell of building 805.

Once a child has read five books or 200 pages, they



**Kwajalein kids listen while Chris Hadley reads them a story during the kickoff of the Summer Reading Program June 24.**

*Photo by Kim Scruton-Yarnes*

color in a sea creature and add it to their fish tank. Then they go "fishing" in the big fish tank located in the library that contains all sorts of prizes, including stuffed animals, silly putty, playing cards and beach balls.

The last few years of the summer reading program have been very successful and this year seems no different with almost 30 children signed up already. Sign up is open all summer long and children can start anytime.



## What a catch!

Left to right, Les Czinege, Chad Stiller, Anne Robinson and Anna Sanders show off the giant Marlin they caught about a mile off-shore of Torruji June 21. The Marlin measured 139 inches long, 58 inches in girth and 14 inches knuckle (the area at the base of the tail fin). Weight estimates range between 450 to 525 pounds. It took the crew 2.5 hours to bring her in.

# Annual water quality report available

## Hourglass Reports

**ANNUAL WATER QUALITY REPORT:** The Calendar Year 2008 Annual Water Quality Report (Consumer Confidence Report) will be available to all USAKA residents on 7/1/09. English versions of the report can be picked up at the distribution boxes located outside the Kwajalein Post Office and Roi-Namur Post Office. Marshallese versions of the report can be picked up at the

Kwajalein and Roi-Namur Dock Security Checkpoints as well as the air terminals. Call KRS ES&H at 5-1134 with questions. Additionally, the report is available at KARDS: <https://smdcka00116.smdck.smdc.army.mil:8443/KARDS/drl/objectId/09015496800c2542>

REPORT EO KIN DREN IN IDRAK EO EJ KOMON AOLEP YIO: Consumer Confidence Report eo ej walok melele ko raurok kin dren in idrak

eo ion USAKA in. Report eo an 2008 ilo kajin belle ej bed ilo distribution box ko rej bed nabwojin ilo Post Office ko ion Kwajalein im Roi-Namur. Kajin Majol eo an report in ej bed ilo Dock Security Checkpoint im air terminal ko ion Kwajalein im Roi-Namur jimor. Kir KRS ES&H ilo 5-1134 kin kajitok ko. Report in ej bareiwnot bed ilo KARDS: <https://smdcka00116.smdck.smdc.army.mil:8443/KARDS/drl/objectId/09015496800c2542>

# Seven servicemembers die in Iraq, Afghanistan

**Spc. Casey L. Hills**, 23, of Salem, Illinois, died June 24 in Iraq of injuries sustained during a vehicle roll-over. He was assigned to the 100th Battalion, 442nd Infantry Regiment, Pago Pago, American Samoa.

**1st Lt. Brian N. Bradshaw**, 24, of Steilacoom, Wash., died June 25 in Kheyl, Afghanistan, of wounds suffered when an improvised explosive device detonated near his vehicle. He was assigned to the 1st Battalion, 501st Parachute Infantry Regiment, 4th Airborne Brigade Combat Team, 25th Infantry Division, Fort Richardson, Alaska.

**Spc. Joshua L. Hazlewood**, 22, of Manvel, Texas, died June 25 in Arifjan, Kuwait, of injuries sustained from a non-combat related incident. He was assigned to the 614th Automated Cargo Documentation Detachment.

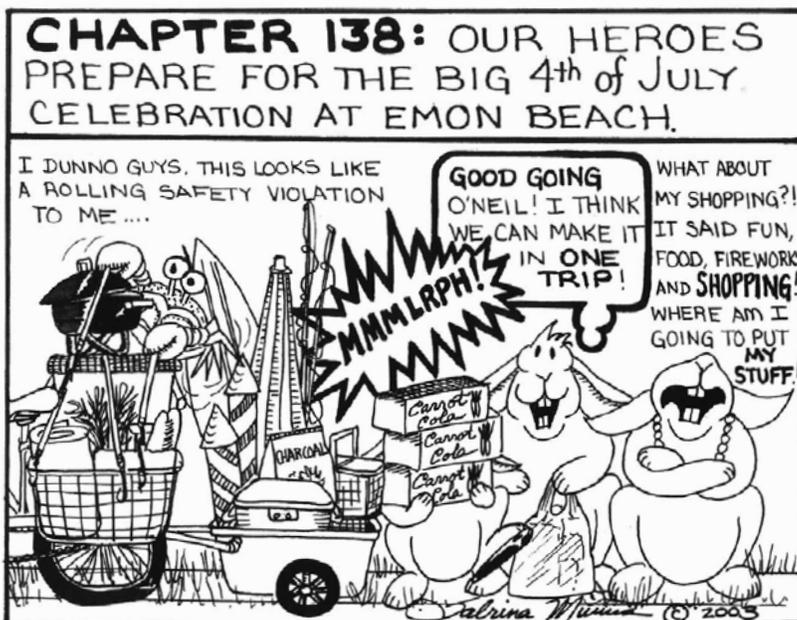
**Pvt. Steven T. Drees**, 19, of Peshtigo, Wis., died June 28 at Landstuhl Regional Medical Center, in Landstuhl, Germany, of injuries sustained June 24 in Konar Province, Afghanistan, when insurgents attacked his unit using small arms fire and a rocket-propelled-grenade launcher. He was assigned to the

2nd Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

**Pfc. Peter K. Cross**, 20, of Saginaw, Texas, died June 26 at Combat Outpost Carwile, Afghanistan, of injuries sustained during a vehicle roll-over. He was assigned to the 2nd Battalion, 87th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

**Sgt. Timothy A. David**, 28, of Gladwin, Mich., died June 28 in Sadr City, Iraq, of wounds suffered earlier in Baghdad, Iraq, when an improvised explosive device detonated near his vehicle. He was assigned to 2nd Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas.

**Sgt. Terry J. Lynch**, 22, of Shepherd, Mont., died June 29 in Wardak Province, Afghanistan, of wounds suffered when an improvised explosive device detonated near his vehicle. He was assigned to the 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.



## THUMBS UP

To the air-conditioning group at Public Works. They went the extra mile and searched warehouses and were able to locate a similar type of compressor used in the Reef BQ AC system. With a lot of effort, they were able to make significant modifications to the unit and install it into the Reef BQ system and restore cooling for the building until the new A/C unit arrives. Great job guys.

# Kwajalein Range Services sponsoring 12-week tobacco cessation class at hospital

## Hourglass Reports

Tobacco use is a significant risk factor for illness and health care costs. According to *breathing association.org*, tobacco use in the United States accounts for up to \$170 billion annually in lost productivity and smoking-related healthcare costs. An estimated 600 tobacco users on Kwajalein, including day workers, could account for up to \$1.67 million in annual costs to U.S. Army Kwajalein Atoll.

There are currently several therapies available to aid in tobacco cessation, but for some tobacco users, the cost of quitting is a disincentive to participation in an effective cessation program and successful discontinuation of tobacco use.

The most effective cessation therapy to date can exceed \$300 for a three-month program, not including the recommended group support meetings. By providing a no cost tobacco cessation program as an enhancement of employee benefits, Kwajalein Range Services expects to see a higher percentage of users successfully stop tobacco use. The goal of the program is to reach a forty percent cessation rate in program participants.

In support of a drug-free work environment, KRS is introducing a no cost tobacco cessation program through Kwajalein Hospital. This program covers all employees, civilian, military, and Marshallese.

This program includes the following services at no cost to the employee:

- Initial physician evaluation
- All approved cessation medications
- Weekly group support meetings
- Relocation to non-smoking BQ upon successful cessation

This program requires the following

activities:

- Compliance with medication therapies
- Attendance at weekly group support meetings

Participants will not be charged any fees if they complete the program and fail to stop tobacco use. Participants may be charged the cost of program if they fail to complete the program without a physician's order to discontinue.

If a participant is successful in quitting tobacco use and moved to a non-smoking BQ room, but then begins smoking again, he or she will be charged the cost of the mandatory move back to a smoking BQ room.

This program is also available for smokeless tobacco users. The program begins at 6 p.m., July 7, in the hospital conference room. Group support will meet each Tuesday at that time for a total of twelve meetings.

Call the clinic at 52223 or 52224 for your physician visit and referral to the program. For additional information, call the Employee Assistance Program at 55362.

## What tobacco can do for you

- \* lung cancer \* heart disease \* emphysema
- \* mouth cancer \* stomach cancer

### Isn't it time to quit?



**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.

THE KWAJALEIN POLICE Department (KPD) is now hiring for the Common Access Card (CAC)/Administrative Assistant position. The contract is an on-island position, full time and comes with competitive benefits. Must be a US Citizen and able to obtain a secret security clearance. Contact KPD administration for an application at 54427.

**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.

**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.

ProtestantSunday

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.

**LOST**

PRESCRIPTION GLASSES in black case. Call 52381.

**FOUND**

PRESCRIPTION GLASSES with gun metal gray frames found on the sidewalk in front of the Kayak Shack at Emon Beach on June 27. Call 52295.

**PATIO SALE**

SATURDAY, July 11, 7 a.m.-?, Quarters 207-B. Multi-family sale.

**FOR SALE**

JVC UP-CONVERTING DVD PLAYER, \$45; Nintendo Wii with Wii Fit and two games, \$400 and Acer 22 inch LCD Monitor, \$100. Call Justin, 51324.

CARPET SHAMPOOER, Hoover, upright, with shampoo; high quality black graphite kayak oars and vertical sliding glass door fabric blinds, like new, almond color. Questions? Call Rue, 54173.

DISHWASHER, \$200; gas B.B.Q. grill, \$75; entertainment center, \$50; metal two-drawer file cabinets, \$20; baby high chair, \$20 and a new Graco port-a-crib, \$40. Call 54622.

HUFFY AXIS BOY BIKE, 20 inch, \$15 and a 16-inch girl bike with basket, \$15. Both available after July 6. Call 59154.

CARPET, three feet by six feet, cream-colored, \$10. Call 59154.

HONDA O.B., 10 horse power 1996 with brand new five gallon gas tank, \$1500. Contact Ryan Vahle, 52222 before 9 p.m., anytime at 52590 or at his boat house, 51131.

OUTDOOR PLASTIC shelving, grey, 3 shelves, great for swim, scuba or sand gear, \$10. Call 59154.

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.

**COMMUNITY NOTICES**

"THE LAST RESORT TOBACCO Free Program" begins July 7 at 6 p.m. in the Hospital Conference Room. You will not be charged for quit-smoking aids (medication, patches, and/or gum) if you successfully complete the 12-week program from July 7 to September 22. Classes will be every Tuesday at 6 p.m. See your physician for admission into this program. Call 55362 for further assistance.

THE ADULT POOL IS CLOSED for repainting. The Family Pool is open for adult only lap swimming. The new hours are effective July 7. Monday, 6 to 7:30 p.m., Wednesday, 11:30 a.m. to 1 p.m. and 6 to 7:30 p.m., Friday, 6 to 7:30 p.m., Saturday 11:30 a.m. to 1 p.m. Questions? Call Sandy, 52847.

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.

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.

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.

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 in helping.

**Café Pacific****Lunch**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>July 11</i>
Vegetable ragu	Pork chops	Egg noodles	Lumpia	Grilled polluck	Cauliflower	Pot roast
Eggs florentine	Mashed potatoes	Beef stroganoff	Chicken katsu	Lyonnais potatoes	Broccoli stir-fry	Chicken patties
Twice baked potatoes	Herb roast chicken	Broccoli casserole	Szechwan pork	Chicken peapod stir-fry	Kalua pork and cabbage	French cut green beans
Grill: Brunch station open	Grill: Brunch station open	Grill: Grilled hot dogs	Grill: Teriyaki burger	Grill: Swiss steak	Grill: Grilled cheese	Grill: Chili dogs

**Dinner**

<i>Tonight</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breaded fish	Island rice	Collard greens	Succotash	Baked potato	Fried chicken	Soft polenta
Collard greens	Fried eggplant	Chicken patties	Honey lime mahi	B.B.Q. chicken	Vegetarian pasta	Chicken cacciatore
Penne with herbs	Cantonese pork	Hamburger steak	Kwaj fried chicken	Barley rice pilaf	Franconia potatoes	Tortellini carbonara



## 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

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.

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.

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 will be open 3 to 5 p.m. on Mondays in July and August. It will not open on Thursdays due to lack of volunteers. Questions? Call Sue Ellis at 54364.

## Fourth OF JULY Ocean View Celebration

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

### CAMP ADVENTURE REGISTRATION IS ONGOING THIS SUMMER! ALL CAMP PARTICIPANTS MUST BE ENTERING K-6TH GRADE WITH A CURRENT CYSS REGISTRATION.

Week 5 (July 14-18) -Supersonic Outer Space Chase; Registration is July 7-11 and ends at 4 p.m., July 11

Week 6 (July 21-25) -Enchanted Frogs and Fairytales; Registration is from July 14-18 and ends at 4 p.m., July 18

Week 7 (July 28-Aug. 1) -Ice Age Escapades; Registration is from July 21-25 and ends at 4 p.m., July 25

Week 8 (Aug. 4-8) -Bubbles, Beakers and Strange Solutions; Registration is from July 28-Aug. 1 and ends at 4 p.m., Aug. 1

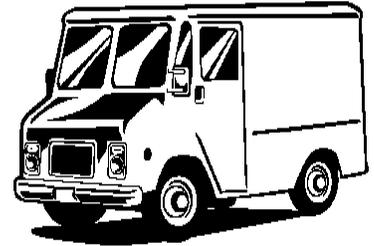
Week 9 (Aug. 11-15) -Amazing All-Star Replay; Registration is from Aug. 4-8 and ends at 4 p.m., Aug. 8

Week 10 (Aug. 18-22) -Top Secret Missions and Expeditions; Registration is from Aug. 11-15 and ends at 4 p.m., Aug. 15.

Contact [cys@smdck.smdc.army.mil](mailto:cys@smdck.smdc.army.mil) or phone 5-2158 for more information.

The Excess Property Processing Facility at the DCCB will suspend sales activity on July 7-8 and July 21-22, and will resume August 4 - 5. Excess property receiving activities will continue as scheduled on July 14-16 and July 28-30, and viewing property for reutilization will continue to be by appointment only. Questions? Call 51770.

## 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 Rai

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 11
Citrus-glazed roast pork	Dijonnaise beef	Missile burger	Coca-Cola ham	Boiled brisket	Memphis rubbed ribs	Roast pork loin
Almond chicken	Baked chicken	Chicken sandwich	Fish du jour	Pasta/clam sauce	Fish and chips	Chicken cutlet
Eggs Florentine	Eggplant pasta	Garlic mahi mahi	Pinto beans	Mashed potatoes	Baked beans	Mac and cheese
Grill: Brunch station open	Grill: Brunch station open	Grill: Brunch station open	Grill: Burritos	Grill: Cheese sandwich	Grill: P & J sandwich	Grill: N/A

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 11
Spaghetti/sausage	Shoyu chicken	Pork chops	Carved roast	Corned beef/cabbage	Chicken with capers	Sirloin steaks
Pesto with sauce	Pork adobo	Fish and chips	Whole chicken	Bangers and mash	Braised beef	Huli-style chicken
Garlic bread	Noodle sauté	Praline/yam casserole	Ratatouille	Potatoes and cabbage	Chicken curry	Tofu/veggie stir-fry



# Join the Independence Day Celebration

## Schedule of events:

1:45 p.m. — Bike Parade

2 p.m. — Opening Ceremonies

2:30 p.m. — Banana rides, bounce castle, carnival games, children's crafts, private vendor sales, putt putt golf, volleyball, ladder ball and baggo

4:30 p.m. — Egg toss

5 p.m. — Jousting for men and women

6 p.m. — Air band contest

8 p.m. — **FIREWORKS!**

KRS Food Services will sell Hotdogs, garlic sausage, nachos, chili, popsicles, cotton candy, barbecued chicken and rice plates, water, soda, beer and wine.

## Weather courtesy of RTS Weather

**Saturday:** Mostly cloudy, 40 percent showers. **Winds:** E-ESE at 7-12 knots.  
**Sunday:** Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 9-14 knots.  
**Monday:** Partly sunny, 20 percent showers. **Winds:** E-SE at 9-14 knots.  
**Tuesday:** Mostly cloudy, 30 percent showers. **Winds:** E-SE at 9-14 knots.  
**Wednesday:** Partly sunny, 20 percent showers. **Winds:** ENE-E at 8-13 knots.  
**Thursday:** Partly sunny, 20 percent showers. **Winds:** ENE-E at 8-13 knots.  
**Friday:** Partly sunny, 20 percent showers. **Winds:** ENE-E at 8-13 knots.  
**July 11:** Mostly sunny, 10 percent showers. **Winds:** ENE-E at 10-15 knots.

Annual total: 15.22 inches  
 Annual deviation: -22.89 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:35 a.m./7:12 p.m.	5:28 p.m./ 4:25 a.m.	2:59 a.m., 3.8' 3:28 p.m., 2.7'	9:37 a.m., 0.2' 9:10 p.m., 0.3'
Monday	6:36 a.m./7:12 p.m.	6:18 p.m./5:16 a.m.	3:37 a.m., 4.0' 4:03 p.m., 2.9'	10:10 a.m., 0.0' 9:47 p.m., 0.1'
Tuesday	6:36 a.m./7:12 p.m.	7:06 p.m./6:08 a.m.	4:11 a.m., 4.2' 4:36 p.m., 3.1'	10:41 a.m., -0.2' 10:21 p.m., 0.0'
Wednesday	6:36 a.m./7:12 p.m.	7:52 p.m./6:58 a.m.	4:43 a.m., 4.3' 5:06 p.m., 3.3'	11:10 p.m., -0.3' 10:54 p.m., -0.1'
Thursday	6:36 a.m./7:12 p.m.	8:34 p.m./7:47 a.m.	5:14 a.m., 4.4' 5:36 p.m., 3.4'	11:39 a.m., -0.4' 11:25 p.m., -0.1'
Friday	6:36 a.m./7:12 p.m.	9:14 p.m./8:34 a.m.	5:44 a.m., 4.4' 6:06 p.m., 3.4'	12:08 a.m., -0.3' 11:56 p.m., -0.1'
July 11	6:37 a.m./7:13 p.m.	9:52 p.m./9:19 a.m.	6:13 a.m., 4.3' 6:36 p.m., 3.4'	12:36 a.m., -0.2'