

THE KWAJALEIN HOURGLASS



Johnny Hadley sings the *Star-Spangled Banner* to open the Independence Day celebration at Emon Beach. Col. Frederick Clarke and Kim-Scruton Yarnes stand at attention. For more coverage of Independence Day, see Page 4.

Photo by Dan Adler

Commander thanks all for great 4th of July

From U.S. Army Kwajalein Atoll and Reagan Test Site, thank you Kwajalein community for a beautiful and most memorable 4th of July celebration.

The way this community comes together to have fun and share is like no other.

A debt of gratitude to the coordinators of the event, the volunteers,

Community Activities, Police Officers and Fire Fighters who worked as a team to ensure the events were safe for all to enjoy.

A special thanks to the Quality of Life Committee for providing the unbelievable fireworks display that topped off the 4th of July celebrations.

Thanks to all of you."



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.
All 'for sale' ads are limited to 50 words or less.

Buckminster and Friends by Sabrina Mumma



Letters to the editor

To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. No personal attacks will be printed. Letters must be signed. However, names will be withheld if requested. We will edit for Associated Press style, grammar and punctuation and if you exceed the word limit, will be edited for space. Limit one letter every 30 days. Send your letter to: *The Hourglass*, P.O. Box 23, APO AP 96555; or hourglass@kls.usaka.smdc.army.mil.

THUMBS DOWN

To the people who have been taking the table lights from the Mobile Kitchen and Country Club buffet. These lights belong to KRS Catering and they were provide for a romantic setting aside from providing better lighting. We would be very grateful if you would return these lights to the Retail Office no questions asked.

The *Hourglass* staff apologizes to the community for the poor print quality of the paper for the past several months. New printers have been ordered and should be on island shortly. Your patience and understanding is greatly appreciated.

THE KWAJALEIN HOURGLASS

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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

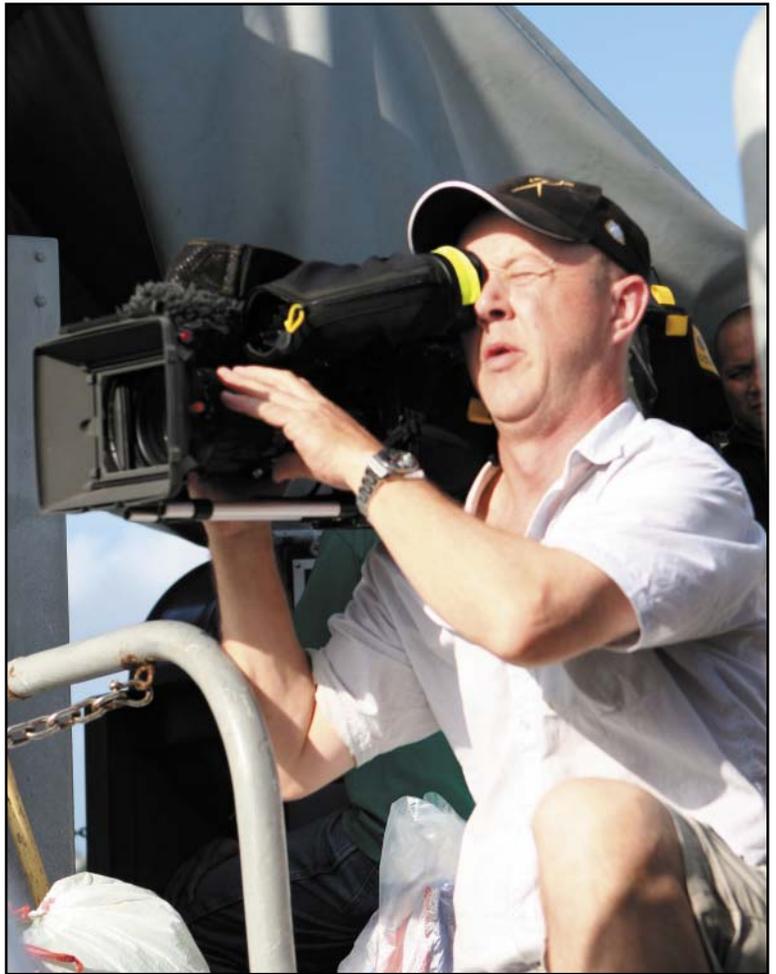
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Holy cow!
Golly gee!
Kwajalein's
gonna be on
TV!



Cameraman David Martin shoots film from the deck of the LCM on the way to Ebeye June 29.

Kwajalein is subject of documentary by Australian Broadcasting Corporation



Australian Broadcasting Corporation's award-winning news team consist of, left to right, producer Greg Wilesmith, reporter Mark Corcoran and cameraman David Martin.

Article and photos by Dan Adler
Media Manager

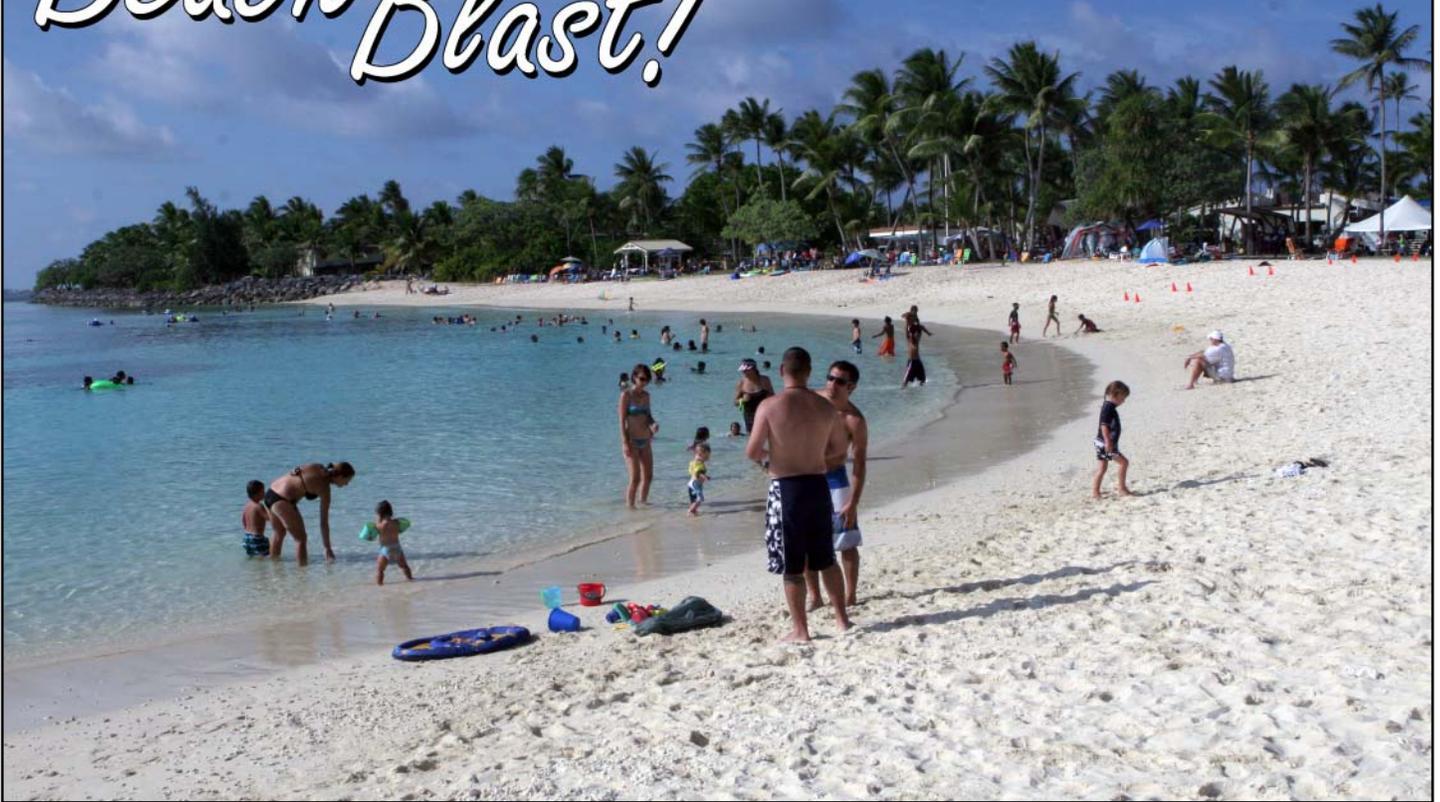
To those who live and work on this island, Kwajalein is . . . well, Kwajalein. There's not much residents find all that interesting.

But to many in the 'outside' world, Kwajalein can be fascinating and even, perhaps, a little mysterious. First of all many would ask, what the heck is Kwajalein? The next question would be where in the world is it? Other inquires that might follow could be . . . What goes on there? They test missiles? They track stuff in space? It's a small town in the middle of the vast Pacific Ocean? How do people live and work? How many people live there? What about the native people? Are there schools? And that's just a few of the things people may wonder about Kwajalein.

It seems the Australian Broadcasting Corporation wondered about Kwajalein too and thought that since

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Beach Blast!



Kwajalein residents come out in force to enjoy a beautiful day and to celebrate America's birthday.

Kwajalein celebrates Independence Day



Amy Hansen, KRS Community Activities Manager, leads the patriotic bike parade to Emon Beach.

Article and photos by Dan Adler
Media Manager

What could have been better than being on Emon Beach for this year's Independence Day celebration?

Unlike some years when Mother Nature woke up cranky with rain and thunder, she was in a great mood all day with plenty of sun interrupted only by a brief shower in the early evening.

The day's celebration got 'rolling' at 1:45 p.m. with the patriotic bike parade from the CRC to Emon Beach. Children and their bikes made a dazzling display of red, white and blue.

After the children parked their bikes near the stage and posed for photos, resident Johnny Hadley sang the National Anthem to officially open the celebration.

Col. Frederick Clarke then addressed the crowd saying that the United States is a free nation

because of those warrior-citizens who sacrifice and wear the nation's uniform. He asked residents to remember those in harm's way on this Independence Day and reminded them of the importance of the work done at USAKA/RTS. He concluded by wishing everyone a safe and happy time.

Kim Scruton-Yarnes, KRS Community Activities Entertainment Director addressed the crowd.

She outlined all the fun events that would take place during the day. On a personal note, she made mention that she first arrived on Kwajalein on the Fourth of July and that she was so impressed with the spirit of community and the friendliness of Kwajalein's citizens, she fell in love with our island that day. She asked everyone to be careful and have a safe day.

After the remarks were made, the audience was treated to a hilarious 'dance' to YMCA by Community Activities members Amy Hansen, So-



The egg toss is messy and fun.

tin Maie, Aister Clemen, Mike Bill, Asmond Arelong and Thompson Tarwoj.

Then it was time to eat, barbecue, shop for trinkets at the various vendor booths, play carnival games, get face tattoos, bounce in the bounce house, take banana boat rides, get up a game of Baggo, serve up some volleyball, get out in the lagoon for a refreshing dip or just relax on the beach.

Later in the day, the egg toss was held. Dozens of participants formed two lines to toss eggs to each other. Unfortunately, a lot of 'good eggs' didn't survive, but it was all for a good cause and fun too.

After the egg toss, it was time for the jousting tournament sponsored by the American Legion. While it wasn't exactly *The Contender* or *Fight Quest*, the bouts were spirited with fierce but friendly competition. It wasn't hard to keep track of the female jousting as only two Kwajalein ladies were brave enough to sign up for the event. Their competition saw Sheila Bigelow get the best of Brianne Wagner. In the men's competition, Justin DeCoster came out on top as the 'Ultimate Jouster.'

The highlight of the day was yet to come. After a brief hiatus last year, fireworks returned to Kwajalein.

As evening fell, the crowd increased as residents flocked to the beach with great anticipation and they weren't disappointed. The 25-minute show was spectacular. Many



Community Activities members, left to right, Amy Hansen, Sotin Maie, Aister Clemen, Mike Bill, Asmond Arelong and Thompson Tarwoj perform their version of YMCA.



Emon Beach fills up with residents waiting to see the fireworks show.



A spectacular fireworks show caps off the Independence Day celebration.

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CELEBRATION from Page 5

long-time residents said it was the best fireworks show they've seen on Kwajalein. Thunderous cheers and applause could be heard all along the beach and Perimeter Road in appreciation of the display.

All in all, it was a great day. And of course, any article about Independence Day wouldn't be complete without acknowledging and thanking the Community Activities staff who always work so hard with cheerful attitudes, the volunteers, and the vendors, and all who were involved in bringing fireworks back to the island this year.

All of you made Kwajalein's Fourth of July a very enjoyable day and one to remember.



Children line up for the carnival games.



Vendors sell their wares at the beach.



It's red, white and blue everywhere as children park their bikes after the parade to Emon Beach.



Justin DeCoster, right, comes out as top dog in the men's jousting.



Sheila Bigelow, right, gets the best of Brianne Wagner in women's jousting.

Seven servicemembers die in Iraq, Afghanistan

Four Soldiers died from wounds suffered when an improvised explosive device detonated near their vehicle June 29, in Baghdad, Iraq. They were assigned to the 120th Combined Arms Battalion, Wilmington, N.C. Killed were: **Sgt. 1st Class Edward C. Kramer**, 39, of Wilmington, N.C.; **Sgt.**

Roger L. Adams Jr., 36, of Jacksonville, N.C.; **Sgt. Juan C. Baldeosingh**, 30, of Newport, N.C. and **Spc. Robert L. Bittiker**, 39, of Jacksonville, N.C.

Two Soldiers died July 4 at Combat Outpost Zerok, Afghanistan, of wounds suffered when insurgents attacked the outpost using small arms

and indirect fires. They were assigned to the 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska. Killed were: **Pfc. Justin A. Casillas**, 19, of Dunnigan, Calif. and **Pfc. Aaron E. Fairbairn**, 20, of Aberdeen, Wash.

Lance Cpl. Charles S. Sharp, 20, of Adairsville, Ga., died July 2 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

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>

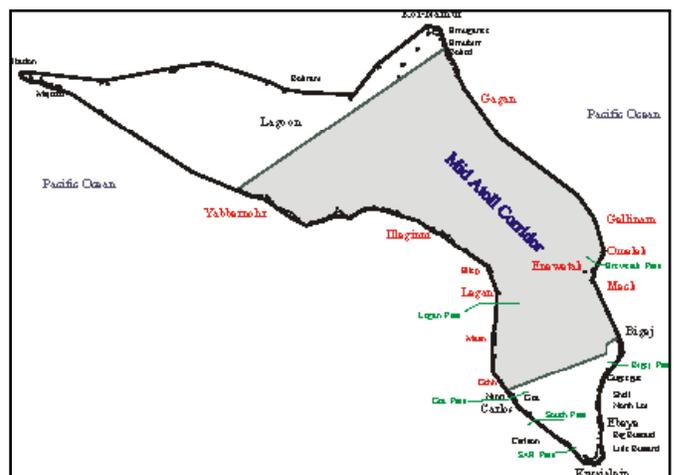
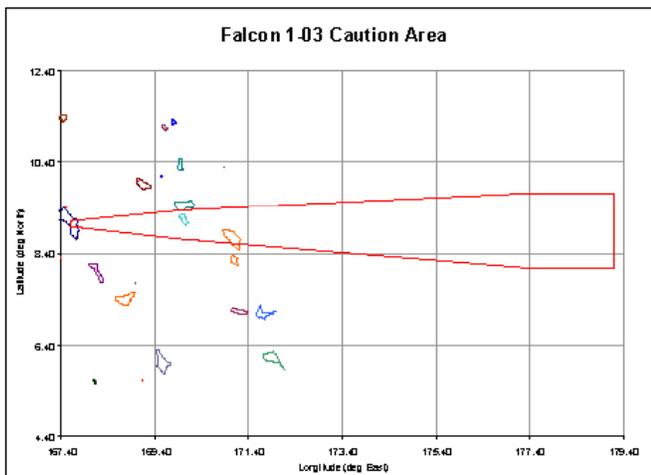
Range operation scheduled for Tuesday

A range operation is scheduled for Tuesday. The backup day for this operation is Wednesday.

The mid-atoll corridor will be closed through mission completion. Both the east and west reefs within the mid-atoll corridor are closed.

A broad ocean caution area will be in effect from 10 a.m. (local) until 5 p.m. (local) on Tuesday. The

broad ocean caution area extends east of Omelek. If the backup day is required, the broad ocean caution area will be in effect during the same time on that day. Questions regarding the above safety requirements for this mission should be directed to USAKA Command Safety Directorate, Range Safety Officer, 51361 or 52477.



DOCUMENTARY from Page 3

the Pacific area is their 'home' base, a visit to Kwajalein and the surrounding islands might be of interest not only to Australians and New Zealanders, but to other Pacific island nations as well. "We like to show people some places they ordinarily would never see," said reporter Mark Corcoran.

With the consent of U.S. Army Kwajalein Atoll and the RMI Consulate, a news crew from the Australian TV program *Foreign Correspondent* visited Kwajalein last week to film a documentary about life and work on the atoll. *Foreign Correspondent* is a weekly international current affairs program that is seen in Australia and across Asia and the Pacific. Many of the reports done on the show are picked up by CNN, CBC in Canada, TVNZ in New Zealand and NHK in Japan. "Some of our programs have even been picked up and shown by such diverse outlets as Al Jazeera," Corcoran said.

The three-person team visiting Kwajalein consisted of Corcoran, producer Greg Wilesmith, and cameraman David Martin. All three men are award-winning journalists who each have 20 plus years experience in broadcasting.

All three have been in places not quite as peaceful as Kwajalein — places such as Darfur, Bosnia, Kosovo, Afghanistan, Columbia, Papua New Guinea and Iraq. Some of their experiences in those places were pretty intense.

Shortly after their arrival, the team was given an unclassified briefing by Reagan Test Site Commander Lt. Col. Harold Buhl, Jr. During the briefing, Buhl told the visitors of the importance of RTS and the missile defense tests and civilian satellite launches that are done here. He explained the strategic value of Kwajalein and how it protects not only the United States and its allies, but all mankind through its tracking of space objects.

After the RTS briefing, the three were given a tour of the *U.S.A.V. Worthy* by Henry McElreath.

They visited Roi-Namur on June 28 for a look at the radars and were taken on a historical World War II tour by Tony Stephens, Roi Community Activities Director.

From Roi, they travelled to Enniburr and interviewed Mike Sakaio, RMI Relations Specialist, and Julius Lejjena, RMI/KALGOV representative of Enniburr, about living conditions. They heard what Enniburr residents would like to see done for their island, both by the Republic of the Marshall Islands government and by the United States, to improve their quality of life.

During their visit, the news crew spent a day with local resident and World War II historian Dan Farnham touring and video taping the *Prinz Eugen*.

The team also visited Ebeye on June 29 and Corcoran talked with *iroij* Michael Kabua. He also spoke with the Chairman for the Kwajalein Atoll Alap Organization, Irumne Bondrik and Senator Jeban Riklon. Corcoran's purpose was to get the Marshallese point of view concerning the use of Kwajalein by the United States and other matters.

Following the visit to Ebeye, Corcoran interviewed Col. Frederick Clarke on June 30 and one of the first questions he asked was about the Land Use Agreement dispute.

Clarke answered that the agreement had been negotiated between the U.S. government and the RMI government in 2004. He added that in the view of the U.S. government, the agreement is legal and binding and that any dispute over the terms of the agreement by the landowners is



Left to right, Chairman for the Kwajalein Atoll Alap Organization Irumne Bondrik, Sen. Jeban Riklon and *iroij* Mike Kabua meet with ABC reporter Mark Corcoran on Ebeye June 29.

strictly an RMI internal matter.

Corcoran also asked about the overcrowded conditions on Ebeye. An estimated 15,000 Marshallese live on the tiny island because many people are drawn from other islands in the hope of finding work on Kwajalein.

Clarke replied that there is a finite number of jobs on Kwajalein and that the RMI government knows that. He stated that if too many people are coming to Ebeye from other islands, that it is up to the RMI to control immigration. He acknowledged that the living conditions on Ebeye could certainly be better, but as the installation commander, he has authority over USAKA only. He has no authority to control overcrowding on Ebeye or to rectify it.

He said he recognizes that the Marshallese on Ebeye are an integral part of USAKA and a valuable workforce, however "At our level on Kwajalein and Roi-Namur, we can only try to provide the best work environment we can for our Marshallese employees," he said. "We know what happens to them affects us as well."

The Colonel emphasized that USAKA works very closely with the RMI on such issues as jobs and the betterment of the quality of life for the people on Ebeye and other islands. He also pointed out that several Marshallese have been elevated to supervisory jobs and live on Kwajalein.

Clarke stated that many Kwajalein residents, on their own initiative, give of their time, money and effort doing projects to aid the Marshallese on Ebeye. He also pointed out that USAKA has helped Ebeye many times by doing such things as providing generators when Ebeye's power plant broke down. USAKA has provided water to Ebeye when there have been shortages. He mentioned the U.S. Pacific Command projects on Enniburr that will better the lives of the residents there.

Corcoran then commented on the millions of dollars the United States pays for the use of Kwajalein and other islands. "Where does the money go?" he asked.

Clarke replied, "That's a good question. That's for the Marshallese to answer. I have no idea what they do with the money. I've never looked into it. It's not my role here to do so. I'm more concerned with running this installation and making sure we remain mission operational and that

the people who work for us here are taken care of.”

Corcoran said that some in the Marshallese government would like to see Kwajalein closed down.

Clarke answered that there is an agreement in place so he doesn't worry about that. "I refer all such issues to the embassy in Majuro," he said. "Those are government to government issues."

Corcoran said that in the past, Kwajalein has received a lot of negative press and asked what, if anything, could be done to improve it's image?

Clarke replied that he thinks the United States is doing all it can within the chain of command to help support the Marshallese and in the long term give them a better standard of living. He again referred to the many projects done by both the U.S. government and by private individuals to aid the Marshallese in improving their churches and schools. He said that Americans who live on Kwajalein feel a closeness to the Marshallese people and have nothing but goodwill towards them and that the disparity in living conditions translates into a willingness to help.

Corcoran asked about moving some of the operations back to the states and what that would mean for Marshallese jobs on Kwajalein.

Clarke answered that although some operations will be moving, there will always be a certain number of people needed to keep Kwajalein operational.

"It's a two-edge sword," he said. "On one hand, we're creating jobs causing problems and on the other hand, we're reducing jobs causing problems. It's a delicate balance. We work and think about what's the best way to move forward every day."

Corcoran asked what would happen to the Marshallese if Kwajalein ever closed.

Clarke responded that such a scenario was pure speculation at this point, but that in any event, he was sure the



Australian Broadcasting Corporation reporter Mark Corcoran interviews Col. Frederick Clarke.

Marshallese would find a way to continue on.

When asked if it was a problem attracting people to work on Kwajalein Clarke said, "It's a great place if you're the kind of person that doesn't need a lot like shopping malls. If you enjoy a very simple lifestyle, then you will get along fine here."

The news team departed Kwajalein on July 1. They will return to Australia and turn the hours of video they shot and the interviews they did into a 28 minute program to be shown on TV in the near future. When the documentary is completed, the news crew will provide USAKA with a video copy and arrangements will be made to have public showings on Kwajalein and Roi-Namur.



Several children 'assist' cameraman David Martin and producer Greg Wilesmith in setting up a shot on Ebeye Monday.

Fixer-upper

Café Pacific renovation to begin in FY10

Article and photos by Dan Adler
Media Manager

Two years of planning, meetings and preparation will result in a much needed renovation of Café Pacific and Sunrise Bakery. The work is scheduled to begin in the first quarter of FY10.

Kwajalein Range Services Public Works and Food Services have worked closely together to ensure the work will cause as little disruption and inconvenience for patrons as possible.

“This won’t be like the work in 2006 when we had to replace the sewer lines which had failed and required major disruption to the kitchen and serving line areas,” said Fred McNickle, KRS Public Works Manager. “When we did that, we had to close down the kitchen area and cordon off half of the serving area at the time. Food Services used the Snack Bar and the Mobile Kitchen for meal preparation.”

Bruce Gretter, KRS Engineering Manager said, “This job will be like changing a tire while you’re still riding the bike. To keep the impact on patrons at a minimum, the work will be done in six stages.”

Gretter explained the broad general outline of the plan. The following does not include many of the



All of the walk-in freezers will be replaced in Café Pacific including the area facing the post office. The freezers will make life easier for the workers and also help to keep food fresh longer.

smaller details that will be involved in the project:

First phase (Bakery)

The first phase will start with Sunrise Bakery. The work will include installing a new walk-in freezer and coolers. The plumbing and floor drains will be inspected and repaired or replaced as needed and a new bathroom and shower will be installed. New tile will be put down in the kitchen and office. A new exhaust hood and fan coil unit will also be installed. Before and during the work to the bakery, the Mobile Kitchen will be set up on the east side of the building to provide coffee and a limited selection of pastries and donuts to customers.

When the work on the bakery is completed, that kitchen area, along with the Mobile Kitchen, will be used to prepare meals for Café Pacific patrons. At the suggestion of Dave Nobis, Dining Services Manager, a covered walk-way will be built so food can be moved easily and quickly from the bakery kitchen to Café Pacific for serving.

Nobis said that Café Pacific would probably have reduced menus during this phase of the project. Paper plates and plastic utensils may be used for a few days while work is being done to the water system and a new dish washing machine is being installed.

McNickle said, “We’re planning on working two shifts, one in the day and one at night, to expedite the work and cause as little disruption as possible to patrons.”

Second phase

The work will involve digging to install new under-



The structural deterioration to Café Pacific is obvious.

ground electrical feeds and a new sewer line for the bathrooms at Café Pacific. Work will begin on a new chilled water supply and return. A new electrical service will be installed for lighting and air-conditioning.

Third phase

This phase extends the existing bakery vault to provide a new electrical feed to the facility and house a new transformer and switchgear as well as chiller system components. In preparation for this phase, temporary generator support will be provided for air-conditioning and hot water heaters in the Café Pacific office and dining room area. Once all of the electrical and other preparations are in place, the chilled water system and the new A/C system will be installed.

Fourth phase

The major components for the new walk-in coolers and freezers will be installed, including rack compressor system, condensers and evaporators. Additionally, the locker, shower and restroom facilities for Café Pacific employees will be renovated as needed. Structural work and repairs to the building will be done as needed.

Fifth phase

The kitchen will be renovated and remodeled. The kitchen will also get new windows, louvers, fans, hoods and duct work.

Sixth phase

The dining room is the area that will be the least impacted by the project. The scope involves air conditioning duct work improvements to better balance air flow throughout the dining area. The bathrooms will also be remodeled and the hoods on the serving lines will be replaced.

Overall, the project is primarily focused on the repair and renovation of the deteriorated kitchen and bakery facilities, including the refrigeration and cold storage rooms and walk-in cooler/freezers, roof, concrete spalling, air-conditioning and ventilation systems, electrical distribution and lighting systems, sewer, and water lines.

The work is expected to take a year to complete at a cost of approximately \$2.4 million. The funding for the project comes from Sustainment, Restoration and Modernization funds received from Space and Missile Defense Command.

“Of course, we could get in there and find more structural work that needs to be done,” McNickle said. “The concrete may be more deteriorated in spots than what we think it is.”

He continued, “There’s really not going to be a lot the public will actually see. This is all upgrading to the functional operation of the facility. There might be some structural work the public would notice, but not much.”

McNickle said the main reason for the project was to repair and upgrade the facility and make life a little easier for the people who work there.

Gretter agreed, “It’s just a 50 year old tired facility that needs some work.”



There is severe cracking in the concrete in the kitchen area of Café Pacific.



The structure supporting the chilled water system is badly deteriorated.

Pumping Iron

Summer shape-up program huge success

Article and photos by Sheila Bigelow
Associate Editor

For most people, spring time is when you start working on your “summer body.” You hit the gym hard and watch what you eat to ensure you look good in that bathing suit on the beach. But for us here on Kwajalein, everyday is beach day, so you need that “summer body” all year long. Not only will you look fabulous in that two piece, but you will be healthy, which is always most important.

Community Activities offered their first-ever Summer Shape-up Program this year. It was a six-week wellness program that ran from May 20 through June 30. Five group fitness classes were offered every week along with nutrition and informational classes.

Sunday afternoons got your heart pumping with Karen Brady’s Step Aerobics class. The hour long sweat session pushed your body to the limit with non-stop cardio and resistance training. Brady played upbeat music to keep your step to. She incorporated cardio, weight lifting and resistance exercises. This was a program favorite and you really felt accomplished at the end of the hour.

Monday mornings, Krystal Peterson, with the help of Jeff Bull, held Circuit Training classes at Ivey Gym. Peterson introduced different circuits each week. This gave participants a variety of machines to choose from and also helped those new to working out or just getting back into a routine learn most machines in the gym.

Each circuit contained ten stations that alternated between upper and lower body and abs. Groups of 10 participants would each man a machine. It was a workout version of Musical Chairs; you would push your hardest for one full minute while the music played. After the minute was up, the music would stop and you would make your way to the next machine. You were given 30 seconds between each machine to



Brianne Wagner shows how to perform a great core exercise. Her pike position is perfect with her arms perpendicular to the floor and her back and legs parallel.

adjust it and get ready to go. The music would come back on and you would push for another minute. This kept up until you made it through all 10 machines. That counted as one full circuit. The goal of circuit training is to keep your heart rate raised while you make your way through weight machines. By alternating between upper and lower body and abs, there is no need to rest muscle groups after each rep. This helps keep your heart rate elevated so you experience cardio along with your weight lifting workout.

Tuesday evenings the class took a break from the gym and headed to the family pool for water aerobics with Sandy Lummer. Even for someone like me who is swimming-challenged, water aerobics is easy and fun for everyone. The 45-minute class was a full body workout, but the kind that you don’t realize worked you hard until the next day when the soreness hits you. Lummer used floating dumbbells for arm exercises. Noodle floats were used to work out your legs and boy were they as fun as they were useful. For one part of the workout, Lummer instructs you to place a noodle under each foot and balance in the water. It sounds easy, but believe me, it’s not. While you would think you would get a good leg workout from standing on the noodles, you actually got a better ab workout laughing at everyone trying to balance. The very first class noodles were popping out of the water and flying in every direction. But once you started laughing at someone else, you would lose your own balance and your noodle would fly out from underwater. It was hilarious. By the end of the six-week program, most of the class had learned to keep their noodles under control.

Wednesdays and Saturdays were the group’s off days, but you could find a good portion of the class in Ivey Gym doing circuit training. If you’re ever in there and hear people yelling, “Ok, go and stop,” that’s us keeping time, doing a circuit together.

On Thursday evening, the Corlett Recreation Center Gym was filled with people ready for Peterson’s Cardio Interval class. The 50-minute class worked out every inch of your body. This was not the type of session for the weak or wimpy. You had better come prepared because Peterson was ready to make you move. The



Brianne Wagner demonstrates how to perform lunges with a medicine ball.

non-stop workout incorporated weight lifting for arms and legs, cardio and ab work. Anyone looking to tighten up their rear end and legs would definitely benefit from this class. Squats and lunges seem to be among the top favorites of Peterson's exercises. You could always tell who went to the class because on Friday's you would see them grimacing while they climbed stairs and wincing as they sat down. Even though it was sometimes painful, it was definitely worth it. This was by far my favorite class during the program and I believe gave me the best overall workout.

Friday evenings was Boot Camp with Jennifer Yezek. Her classes were 30-minute outdoor sessions focused on utilizing nature's resources to work out your body. For people who hate working out in a gym atmosphere, this is the class for you. Each week, Yezek would introduce eight new exercises that alternated between upper and lower body and abs. Every exercise could be done on the field outside of the CRC, which means it can be done virtually anywhere. Yezek even showed us how to use the bleachers to do pushups, pull-ups and triceps dips. After every class she gave the class a small paper with a list of the exercises, how to perform them, and recommended amount of reps and sets. This is the type of workout that doesn't take a long time but really pushes your body to its limits.

Yezek also offered nutrition classes every Friday before her Boot Camp session. Each week she focused on a different aspect of nutrition. She discussed the food pyramid and explained the difference between carbohydrates, proteins and fats, gave examples of each and discussed the recommended daily intake of each. She also talked about portion control and gave easy examples to compare portions to. She also supported her nutrition classes with tags that could be found on wholesome items in Surfway. She posted healthy recipes featuring one of the healthy items tagged that could be found on the bulletin board in the entrance of Surfway (see the June 3 issue of the *Hourglass* for more details).

Amy Hansen offered a class

on weight lifting methods at the very beginning of the program. She thoroughly explained proper techniques for all sorts of arm and back exercises including bench presses, arm curls and dead lifts. Proper technique helps reduce the risk of injury while working out. It was a perfect class for those just beginning or just getting back into a workout regimen that includes weight training.

Community Activities offered a prize incentive for most weight lost and highest percentage of body weight lost. After six weeks, the winner of both was Rich Cunrod. His initial goal at the beginning of this program was to lose 55 pounds by next March. During the program he was looking to lose as much as possible. In the end he lost 22 pounds and over 8 percent of his body weight during the six-week program. He explained his diet over the past six weeks and it wasn't necessarily about what he ate, but more about what he didn't eat.

He had zero desserts, sodas or beers in six weeks. He ate more lean chicken than beef. He only had one slice of dry bread per day with his breakfast. He usually ate his salads dry or went for the low fat choices of dressings. When choosing his meals he "stayed away from the creamy stuff." If it had empty calories, he didn't eat or drink it.

And guess what? Every single meal he has eaten in the last six weeks has all come from the same place — Café Pacific. Cunrod has proven that weight loss can be accomplished even when you eat three meals a day at Café Pacific. A lot of people think it can't be done, but he has proven that it can. You just need to make smart choices and watch your portions.

Cunrod was considered to be at a beginner fitness level when he started the program. He had never taken a cardio or aerobics class before, but those turned out to be among his favorite classes in the program. "I liked Karen and Krystal's classes the best," Cunrod said. "I call Karen the 'Karen-ator'. I also liked the circuit training because you had the ability to learn the exercises and then you could do it on your own." One of the sayings he'll always remember from the classes is, "Pull your bellybutton



Brianne Wagner demonstrates one of the exercises done during circuit training classes in the Summer Shape-up Program. She uses her core to keep herself steady on the balance trainer while she does reps of arm curls with free weights.

to your backbone." Cunrod claims he now has better balance, that it's easier to do sit-ups and has lost a majority of his weight around his mid-section. He believes core strengthening is one of the most crucial points during an exercise program. He plans to continue the program on his own until the fall program is kicked off.

Everyone in the program had different goals they aimed to achieve during the six weeks. Some wanted to lose weight, others wanted to just tone up and some were just looking for some guidance when it came to nutrition and wellness. Regardless of their reasons for joining, the program offered benefits for all.

Congratulations and thanks should be given to Kim Scruton-Yarnes and Amy Hansen for organizing the program and to the incredible instructors for donating their time for the group classes. Community Activities is preparing to offer a larger fall program and flyers will be posted two weeks prior to announce registration instructions. Any questions should be directed towards Kim at 53331.

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, 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.

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

RELIABLE KWAJ BIKE for reasonable price. Anyone PCSing? Call 5-3290.

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

EXPERIENCED SHEEPHEAD card players for

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.

monthly get togethers. Call 53244.

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

LOST

SWISS TRI-FOLD WALLET, dark red, lost somewhere on the road from the marina to Coral Sands or possibly Emon beach, on July 5th around 7 p.m. If found contact Sean at 5-3990.

UV RASHGUARD SHIRT, Maui Surfwear, medium, navy blue, lost near Kayak shack. Please call 5-4632.

PRESCRIPTION GLASSES in black case. Call 52381.

FOUND

RADIO/IPOD player found at Emon Beach 4th of July weekend. Call to identify, 5-4932.

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

MONDAY, 8 a.m.-noon, Qtrs. 432A. Scuba and fishing gear, patio furniture, tools, lobster pot/deep fryer system, Christmas decorations, bike trailer and bikes, outdoor fans, small t.v., plants and clothes.

FOR SALE

SCUBA GEAR; Okyno 50, two speed reel/pole with tackle, \$500; new patio furniture, \$250; lobster pot/deep fryer; tools; Christmas decorations; bike trailer, \$100; two Kwaj bikes; two outdoor ceiling fans, \$50; small t.v. \$50; large plants. Call 5-9846.

SCUBA GEAR: large BCD, three regulators, dive tool, dive skin, fins, weights, bag. \$100. Call 5-9154.

CHRISTMAS TREE and decorations, George Forman family size grill, stained glass assorted colors and sizes, candles. Email Koalani25@yahoo.com.

CARPET, large enough for 400 series master bedroom, blue, used, \$140 or best offer; BCD (size XL) with regulator set. Call 5-3290.

THREE POTTED PALMS, free to anyone who can cart them away; gas grill, \$30 or best offer; 8" Celestron StarHopper telescope, never used, \$50 or best offer; Cushions for patio furniture, never used, \$20 for set. Call 5-4674.

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.

Café Pacific

Lunch

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>July 18</i>
Kwaj fried chicken	Breaded pork cutlet	Baked chicken	Spaghetti	Meatloaf with gravy	Kwaj fried chicken	Cajun gumbo/rice
Salisbury steak	Chicken/peapod stir-fry	Sesame tofu	Chicken corn sauté	Breaded chicken strips	Three-meat pizza	Beef/cheese turnovers
Quiche Lorraine	Eggs Benedict	Beef tips/Burgundy	Fish and chips	Veggie stir-fry	Veggie pizza	Ahi with herbs
Grill: Brunch station open	Grill: Brunch station open	Grill: Reuben	Grill: N/A	Grill: Cheese sandwich	Grill: N/A	Grill: Teriyaki burger

Dinner

<i>Tonight</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Swedish meatballs	Swedish meatballs	Mini taco bar	Swiss steak Jardiniere	Top round of beef	Breaded pork chops	Stir-fry to order
Garlic ono	Garlic ono	Oxtail stew	Baked Tuscan chicken	Malibu chicken	Chicken stew	Korean beef steak
Cornbread	Cornbread	Chef's choice	Rice and barley casserole	Chef's choice	Chef's choice	Chicken sukiyaki

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.

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.

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 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.

The Excess Property Processing Facility at the DCCB will suspend sales activity on 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.

Water Our most valuable resource

When one inch of water falls on Kwajalein, how many gallons are collected?

- A. 10,000 gallons
- B. 80,000 gallons
- C. 500,000 gallons
- D. 800,000 gallons

Answer: 800,000 gallons.

Kwajalein uses 215,000 gallons of fresh water daily. Do your part to conserve.



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

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 or phone 5-2158 for more information.



Projected menu-subject to change

Café Roi

Lunch

Sunday Roast lamb Chicken breast Salmon filets Grill: Brunch station open	Monday Garlic roast beef Chicken with cilantro Huevos rancheros Grill: Brunch station open	Tuesday Tuscan roast pork loin Blackened fish Penne with broccoli Grill: N/A	Wednesday Chicken fricassee Baked ziti Mashed potatoes Grill: Rueben	Thursday Sauerbraten Alaskan whitefish Provencal Grill: Ham and Swiss	Friday Chicken Roast pork Mexican rice Grill: Taco bar	July 18 Beef lasagna Totellini Spinach lasagna Grill: N/A
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Dinner

Sunday Braised beef ragu Chicken breast Creamy polenta	Monday Thai beef/veggies Garlic chicken wings Szechuan noodles	Tuesday Beef pastichio Chicken with lemon/olives Fish plaki	Wednesday Grilled flank steak Chicken picatta Seared salmon	Thursday Balinese chicken Ginger lime pork loin Sesame tofu	Friday Chicken/mushrooms Short ribs Chickpea stew	July 18 Cornish hens Rack of lamb Veggie kababs
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Veterans Service representative will visit Kwaj to inform veterans about programs, benefits

Hourglass Reports

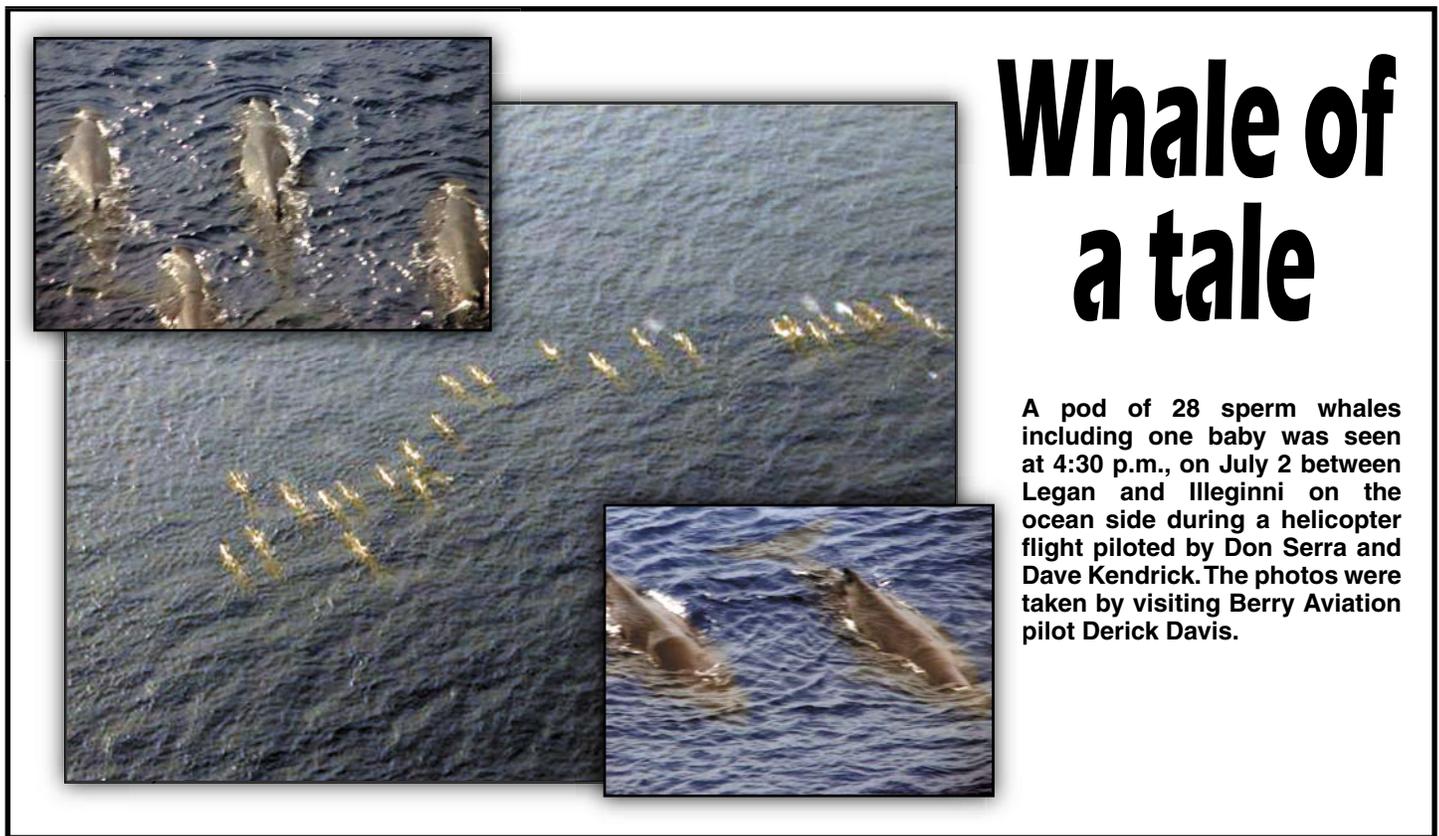
David Larson, a Veterans Service Representative from the U.S. Department of Veterans Affairs under the Honolulu Regional Office will be visiting Kwajalein this month.

He will hold sessions, 1-5 p.m., July 16 and 8 a.m.-5 p.m., July 17, in the REB. The purpose of his visit is to inform and educate all veterans on the various VA benefits and programs that are now available.

Larson will be able to provide information on how you as a veteran may be entitled to and how to receive them. The following is a short list of subject areas which he will be able to help with. Larson will be available for both group and individual counseling sessions as necessary.

- Veterans with Service-Connected disabilities
- VA Health Care
- VA Pensions
- Education and Training

- Home Loan Guaranty
- VA Life Insurance
- Burial and Memorial Benefits
- Reserve and National Guard Benefits
- Transition Assistance (military to civilian)
- Dependents and Survivors
- VA Claims Decisions and Appeals
- Military Medals and Records
- Other Federal Benefits because you're a Veteran



Whale of a tale

A pod of 28 sperm whales including one baby was seen at 4:30 p.m., on July 2 between Legan and Illeginni on the ocean side during a helicopter flight piloted by Don Serra and Dave Kendrick. The photos were taken by visiting Berry Aviation pilot Derick Davis.

Weather courtesy of RTS Weather

Sunday: Mostly sunny, 10 percent showers. **Winds:** ENE-E at 9-14 knots.
Monday: Partly sunny, 20 percent showers. **Winds:** NE-E at 12-17 knots.
Tuesday: Mostly cloudy, 30 percent showers. **Winds:** ENE-ESE at 8-13 knots.
Wednesday: Partly sunny, 20 percent showers. **Winds:** ENE-E at 10-15 knots.
Thursday: Mostly cloudy, 40 percent showers. **Winds:** E-ESE at 8-13 knots.
Friday: Partly sunny, 20 percent showers. **Winds:** ENE-E at 10-15 knots.
July 18: Mostly sunny, 10 percent showers. **Winds:** ENE-E at 12-17 knots.

Annual total: 17.57 inches
 Annual deviation: -22.85 inches

Call 54700 for updated forecasts or visit www.rts-wx.com.

Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:35 a.m./7:12 p.m.	10:30 p.m./10:04 a.m.	6:42 a.m., 4.1'	12:27 a.m., 0.1'
Monday	6:36 a.m./7:12 p.m.	11:08 p.m./10:49 a.m.	7:08 p.m., 3.4'	1:05 p.m., 0.1'
Tuesday	6:36 a.m./7:12 p.m.	11:47 p.m./11:34 a.m.	7:43 p.m., 3.3'	1:35 p.m., 0.0'
Wednesday	6:36 a.m./7:12 p.m.	/12:22 a.m.	7:47 a.m., 3.6'	1:38 a.m., -0.5'
Thursday	6:36 a.m./7:12 p.m.	12:29 a.m./1:13 p.m.	8:26 p.m., 3.2'	2:09 p.m., 0.2'
Friday	6:36 a.m./7:12 p.m.	1:16 a.m./2:08 p.m.	8:29 a.m., 3.2'	2:27 p.m., -0.8'
July 18	6:37 a.m./7:13 p.m.	2:08 a.m./3:08 p.m.	9:21 p.m., 3.1'	2:51 p.m., -0.5'
			9:29 a.m., 2.7'	3:35 a.m., -1.0'
			10:39 p.m., 3.1'	3:50 p.m., -0.7'
			11:05 a.m., 2.4'	5:17 a.m., -1.1'
				5:14 p.m., -0.8'
			12:13 a.m., 3.3'	7:06 a.m., -0.8'
			12:47 p.m., 2.4'	6:48 p.m., 0.7'