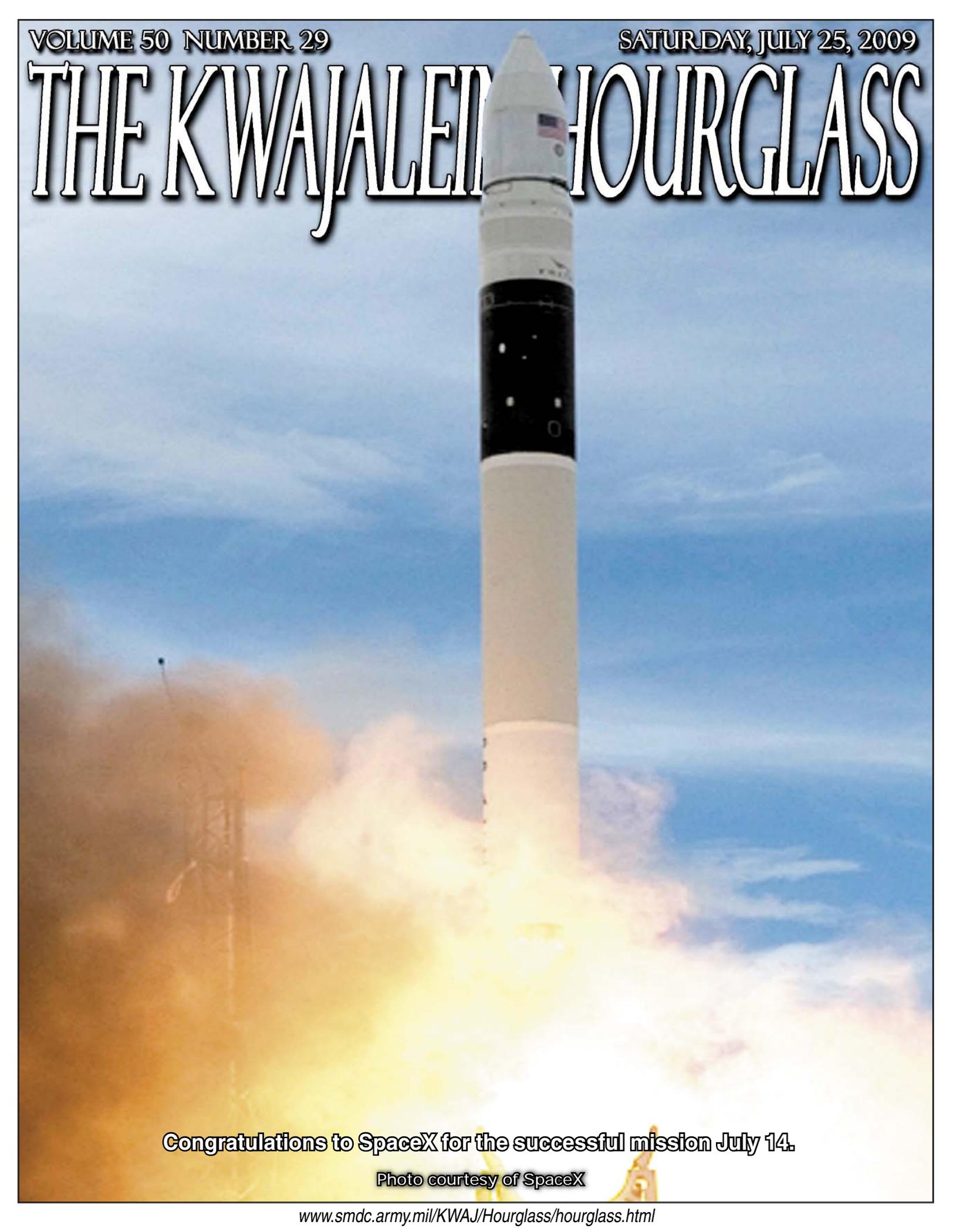


VOLUME 50 NUMBER 29

SATURDAY, JULY 25, 2009

# THE KWAJALEIN HOURGLASS



**Congratulations to SpaceX for the successful mission July 14.**

Photo courtesy of SpaceX

# It's not Mall of America, but it's still shopping

So now that I'm out of college and making big time money (and by big time money, I mean more than minimum wage), I want to do what every responsible woman wants to do — shop.

But alas, on Kwajalein there is no smorgasbord of stores to easily convince me that I need their products. There are no advertisements with skinny models in cute bathing suits or commercials bombarding you with the latest fashion items and accessories. But for some reason that I blame on 'woman nature,' I still feel the need — the need to shop.

AAFES sells a lot of what a woman should need, but sometimes it's not about need, it's about want. And sometimes I just want to spend my hard-earned cash on useless junk simply because I can. AAFES takes care of some of that desire, just not all of it.

There are yard sales of course, which are great. You can find good

deals and useful items you never imagined you would find on this island. Nothing thrills me more than to be able to buy other people's junk they don't want anymore for just a few bucks. One's man's trash is another's treasure, right? What a bargain. But getting up at 7 a.m. on weekends to fight the crowds around small picnic tables outside in the awful humidity is not my idea of fun.

Then there's the Mic Shop. It has beautiful and unique handicrafts that sometimes take your breath away at how amazing they are. It's incredible that everything was painstakingly made by hand. I love everything in there which can sometimes lead to OCS (obsessive compulsive shopping). Suddenly your inner voice starts saying, "Oh, I need to send one to my mom. And my sisters. Oooh, and my dad would love this." That seems pretty reasonable. But then the OCS kicks in and it's, "These seashell earrings would look great on Aunt Melda,

## Just my Opinion

Sheila Bigelow  
Associate Editor



even if I haven't seen her in five years. Oh, and I should send some little ornaments to my cousins in New York. And I can't forget about Barbara, my best friend back in pre-K. And I should really send something to my niece's babysitter; she's such a nice girl."

Good intentions and hundreds of dollars later, I'm kicking myself, especially once I pay to ship all of it back to the states, if I even get around to shipping it at all.

You can shop online, but with dial-up internet, our snail mail and outrageous shipping costs, it kind of kills

See SHOPPING, Page 16

### Buckminster and Friends by Sabrina Mumma



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](mailto:hourglass@kls.usaka.smdc.army.mil).

Correction: In the July 3 issue in a commentary by Dan Adler, some statements made about John Hart, one of the signers of the Declaration of Independence, were incorrect. Hart's wife was not killed during the Revolution nor were his children taken captive by the British. He did die before the end of the war. These incorrect statements were brought to light by James Hart in Kuwait who says he is a direct descendent of John Hart. *The Hourglass* and the author regret the errors.

## 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

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

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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

# Veterans Services representative visits Kwajalein to counsel vets on benefits

By Dan Adler  
Media Services Manager

**M**any veterans, especially those who were in the pre-1995 military, are woefully unaware of the benefits and programs that are available to them through the Veterans Administration.

David Larson, a Veterans Services representative based on Guam, knows that all too well. "When I got out of the Navy in 1977, it was pretty much 'there's the door dude.' I didn't have a clue as to benefits or any of that. All they wanted was a warm body in a uniform and if you weren't going to cooperate and re-enlist, they didn't give you the time of day."

Larson said, "I didn't know the VA existed, never heard the word. I lived on Guam for years and then one day the Internet was born. I was researching jobs and I saw Department of Veterans Affairs. I thought, 'Department of Veterans Affairs — on Guam? I've lived here for 20 years. Where is it?'"

According to Larson, "A lot of the old-timers like the Vietnam-era group never heard about the VA either. They didn't know anything about it. A lot of problems follow veterans all of their lives and they don't realize what help they can get. Some things like Post Traumatic Stress Disorder might not manifest itself until 20 or 30 years later and a lot of veterans just don't know what to do or what services are available to them."

Because of those veterans who don't know about their earned benefits or who have questions and don't know where to get answers, the Veterans Service has started an outreach program. There are 57 regional offices in the Veterans Services. Larson operates under the Honolulu office, but he works out of a satellite office on Guam. The office is expanding to three persons because of the outreach program. Larson's area covers Guam and Micronesia and he travels this area to counsel veterans. The trip he made on July 16-17 was the first time he has been on Kwajalein.

"We're trying to get a feel for what veterans need," he said. "There are quite a few veterans who live on Guam, Saipan, Majuro and other islands in the Micronesia area and the circumstances on each island are different. Determining what vets living in this part of the world need requires a lot of traveling, 'so here I am.'"

Larson said how often he comes to Kwajalein in the future will be determined by what veterans on Kwajalein need and how much paperwork is generated

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***"When I got out of the Navy in 1977, it was pretty much 'there's the door dude.' I didn't have a clue as to benefits or any of that. All they wanted was a warm body in a uniform and if you weren't going to cooperate and re-enlist, they didn't give you the time of day.'"***

— David Larson, Veterans Services representative

by those needs.

"You guys have a distinct advantage because English is the primary language and you have a veterans organization here in the American Legion," he said. "They can sometimes serve as a point of contact and information for veterans. The other Pacific islands don't have any such organization."

Larson stated that in the past, claims adjudication for service-related disabilities for veterans living overseas was done in Pittsburgh. All of Micronesia was done there. But if veterans lived in Guam or Saipan, claims were processed in Honolulu.

A lot of veterans complained about the time zone difference with Pittsburgh even though Pittsburgh didn't handle that many claims from this part of the world. Larson said that may have been because a lot of veterans living in this area just didn't know what to do or how to do it. "So we're trying to lead them by the hand right now," he said.

Fortunately, the policy of dealing with Pittsburgh has changed recently and veterans living in Micronesia can now contact the Honolulu or Guam offices.

Larson explained that many things are different in the military and VA since 1995 and especially Post 9/11.

Before 1995, there was no transition program for veterans separating from the service other than the 'there's the door dude' treatment that Larson experienced.

Now however, the VA, Department of Labor, Small Business Administration, Social Security, and other federal agencies participate in a mandatory Transition Assistance Program. All military personnel leaving the service are required to go through a five-day briefing on the transition process. The session on benefits is four hours long and it caters to two groups, those who are retiring and those who aren't retiring. In addition to the other transition services, facilitators are also available to help servicemembers in developing resumés or to explain how to dress for success, how to handle job interviews and how to search the Internet for federal jobs.

"If a person gets out of the service now and doesn't know about the VA, they were sleeping in the classes," Larson said. "They might not remember everything they heard, but they remember the words VA and compensation."

While all applications, claims and inquiries can be handled online, Larson pointed out that only works if a vet is comfortable with a computer environment.

"The Vietnam-era guys didn't grow up with computers and by and large, they're scared to death of them," he said. "A lot of them were draftees and high school drop-outs and so forth. Many didn't have a good education. I tell them how to go to the Web site and how



David Larson

See VETERANS, Page 7



## A Helping Hand

A Hawksbill Turtle hatchling is rescued from tall grass enroute from its nest to the ocean.

# Hawksbill turtle hatchlings on Omelek get some help from a lot of their friends

Article and photos by Hannah K. Fronzak  
Contributor

**K**wajalein SpaceX engineers have yet another thing to check off their to-do lists. In addition to successfully launching a mission just a few days ago, they have also indirectly saved the lives of an entire nest of Hawksbill sea turtles, a critically endangered species.

In mid-May, a group of SpaceX engineers were on

Omelek working on their latest mission. At approximately 9 p.m. on July 13, a worker who was keeping watch over the operations noticed a large turtle climbing out of the water — unusual enough in itself.

Then, to add to the peculiarity, it selected a spot between a few trees and began digging a hole in the dirt. Upon realizing what was happening, employees hurried to watch as the female Hawksbill went into turtle-labor, apparently unembarrassed by the oohing and aahing audience that had gathered. They might have been more sympathetic had they ever given birth to 100-200 offspring in one go.

Mike Malone of the Kwajalein Range Services Environmental Safety and Health Department on Kwajalein got wind of the nest and began making plans to assist the turtles in any way possible. The area around the nest was designated 'off-limits' and SpaceX personnel agreed to monitor the nest along with their security for the rocket.

More unusual precautions were taken as well. Science currently says that turtle hatchlings usually exit the nest at night and through some innate sense head toward the brightest source of light, which is the reflection of the moon on the ocean. Artificial lighting can confuse



A hatchling makes its way through tall grass to the beach.

hatchlings and has led to multiple tragedies in the past wherein hundred of baby turtles cluster in confusion around lamp posts. Because of this, personnel on Omelek were advised to keep lights off at night until the turtles had made it out of the nest and safely into the water.

All the waiting and watching and wandering around in the dark were not in vain. The turtles wisely chose to appear right on cue, so as not to disturb the mission being prepared all around them.

On the night of July 5, SpaceX personnel noticed two baby turtles crawling out of the nest. At the request of Kevin Foster of U.S. Fish and Wildlife Services, KRS ES&H waited a few days to be sure that a majority of the hatchlings made it to the water naturally, then traveled to Omelek to excavate the nest by hand in the search for stragglers.

The expedition was comprised of Mike Malone, Justin DeCoster and Hannah Fronzak, along with the Marine Police, who successfully navigated the ocean waters to Omelek.

Upon arrival Malone, DeCoster and Fronzak located the nest site, and began digging carefully with their hands in an effort to rescue trapped hatchlings.

Their work was quickly rewarded. Not five minutes into the digging, they unearthed three hatchlings in rapid succession much to the delight of the Marine Police and SpaceX personnel who had gathered around and were cheering on the expedition with all the enthusiasm of Red Sox fans at the World Series.

The turtles were lifted out of the nest and began making their slow trek down to the boat ramp under the sharp eyes of volunteers who rescued them from obstacles such as tall blades of grass and particularly large pieces of gravel. Observers even went so far as to shade the hatchlings with hands and a hat and pour water on the concrete ramp to prevent the hatchlings' feet from getting burned.

Meanwhile, the excavation continued and within the hour two more hatchlings were found; one healthy baby and one that looked small and weak, but nevertheless made it to the ocean unaided.

But that was not all. In addition to the five saved hatchlings, dig-



**A Hawksbill turtle lays her eggs on Omelek.**

*Photo courtesy of SpaceX*



**Personnel from SpaceX, KPD Marine Police, and KRS ES&H lend a hand in assisting Hawksbill turtle hatchlings on Omelek.**

gers also found 116 eggs still in the nest. Of those, 101 had hatched and the babies presumably made it to the ocean. That would mean the survival rate was an encouraging 88 percent. This gives the turtles, who normally have a one in 1000 chance of survival, a better chance

of living. Now the SpaceX personnel have a gem of a story to attract ladies with when they go back to the states, "Well, I was on this exotic island working on a rocket to launch into space when we found this nest of really endangered turtle babies we knew we just had to save..."

# Flu cases confirmed on Ebeye, Kwaj *USAKA* community action plan in place

## Hourglass Reports

GRMI Health officials have confirmed eight flu cases and a death on Ebeye presumed to be H1N1. More flu cases have also been confirmed on Majuro and Guam. Kwajalein Hospital Officials have confirmed flu cases and are treating them as if they are H1N1 as a precautionary measure. USAKA has an active pandemic plan in place and is working with Ebeye and GRMI officials to monitor the situation. Additional measures to protect the community will be added as needed. Kwajalein Hospital staff along with Tripler Medical Center are prepared to assist the community. There is plenty of excellent information available at [pandemicflu.gov](http://pandemicflu.gov)

Ekkar jen ra eo an Jikin Ejmour rej kamool bwe ewor rualitok flu cases ko / naninmej in blu im juon mej ear walok ion Ebeye, tomak bwe ej itok jen H1N1. Ebar wor naninmej in ba kake rej walok ion Majuro kab Guam jimor. Hospital eo ion Kwajalein ej kamool bwe naninmej kein (flu cases) rej itok jen H1N1. Ewor bunten ko USAKA ej jerbali ibben Ebeye & ro jen ra eo an Jikin Ejmour non na kuttien jokjok ko rejolet wewein ewalok. Bunten ko ikkujeen jerbale wewein kojbarok jukjuk-im-bed eo ion Kwajalein renaj bareinwot kommon ekkar non jonan aikuij. Ri'jermal ro an Kwajalein Hospital im ro jen Hospital eo an Tripler Medical Center rebojak in jiban ilo wewein ko jet non jukjuk-im-bed kein jimor. Elab melele ko remulal kab remonlok ilo website in [pandemicflu.gov](http://pandemicflu.gov)."



Be sure to cover coughs and sneezes.



If you are sick, stay at home for a least seven days.

## FLU PREVENTION TIPS



Wash hands frequently using hot water and soap or an alcohol-based hand sanitizer.

With the current concern regarding H1N1 Flu, a renewed emphasis on hand washing is one of the most important preventative measures to prevent the spread of germs. **PREVENTION TECHNIQUES** to reduce the spread of airborne and contact diseases:

- Always cover your nose & mouth with a tissue, dispose of the tissue and wash hands immediately.
- Do NOT reuse the tissue or place it in your pocket. If no tissue, use your elbow instead of hands.
- Wash hands for at least 10-20 seconds with warm soapy water. If not water, use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Keep a social distance of at least 3 feet from other people.
- If you are sick and have a fever of 100.4, go to First Stop for medication and stay at home for seven days or at least 24 hours after symptoms subside.

For more information visit these WEBSITES:

<http://www.cdc.gov/swineflu/>

<https://blog.amedd.army.mil/tsg/?page=PostViewSingle&postId=102>

<http://www.cdc.gov/swineflu/pdf/brochure.pdf>

# Flu health care information for residents

## CATEGORY I

Self-help measures for generally healthy adults not exhibiting extreme flu symptoms include the following:

- Take non-aspirin medications for fever and aches or pains
- Drink plenty of clear liquids to keep yourself hydrated
- Eat nutritious meals to keep up your strength, chicken soup is a good example
- Stay in bed and rest
- Wear a mask when in close contact (within approximately 1m or 3 ft) with caregiver or others.

## CATEGORY II

• Symptoms: Fever, cough, sore throat, sneezing, chills, muscle ache and/or runny nose

• Antiviral drugs for the flu are available; however most of the previously reported flu cases fully recovered without requiring medical attention and antiviral medicines.

• Masks are recommended for the following individuals: Health care workers with direct patient contact, those at high risk for complications of influenza, symptomatic individuals and contact with known flu individuals.

## CATEGORY III

If the following symptoms occur, the patient should seek immediate medical attention: Fever of 100.4 or higher, weakness/not able to stand, lethargy, unconsciousness, convulsions, very difficult/obstructed breathing or shortness of breath, inability to drink fluids and dehydration. Report to the Hospital First Stop or call for an appointment if you have the above mentioned flu symptoms and are identified as a special category: Pregnant woman, diabetic, a person with chronic respiratory or medical illnesses except high blood pressure and children under five.

## VETERANS, from page 3

to download a form and I know they just walk away saying 'forget that.'"

Larson continued that each war has its own set of problems and its own demographics. "I haven't seen many problems with the 'kids' from 1991 on. They're smarter for one thing. They're more educated. They know how to use the Internet. They know how to get resources themselves. They're not as lost in space as some of the older guys. And they went through the transition program. They know what's out there for them."

Even with all of the new polices though, living in a foreign country can have its challenges.

According to Larson, some benefits like home loans aren't available in foreign countries. Getting medical care in the states is not an issue since there are VA and acute care facilities, but in foreign countries it can be a real problem. The VA is trying to be creative and innovative with such issues. A long-term goal is to have a VA doctor or nurse practitioner come out to Micronesia every three months or so to see how veterans on Kwajalein and other islands are doing. That may begin next year.

Some of the counselors who deal with PTSD have already started travelling to reach vets who otherwise wouldn't be getting help. Mostly, they deal with combat-related problems that go back to Vietnam, Korea and even World War II. Of course, they also deal with vets from Iraq and Afghanistan.

Larson explained the enormous job the VA has to keep up with. The VA has 280,000 employees. It's the second largest department under the Department of Defense. The VA has three administrations. Larson works for the benefits administration. The other two are health and cemetery. "Health is the big one on the block," said Larson. "They have most of the resources and most of the employees. Health care is very expensive. Out of the \$90 billion budget, half of it goes out in compensation for disability claims and benefits such as education. The rest is used to run the entire organization which is quite large. [President Barack] Obama is going to increase the budget and we have a new secretary who is very pro-veteran. The new philosophy is 'leave no veteran behind.'"

During the meeting Thursday afternoon, Larson went through some of the benefits veterans are entitled to such as insurance, injury claims and education.

• There are no time limits for service-related injury compensation. Generally, once a claim is made, it takes about 90 days to process and determine if the claim is valid. If a vet lives in the Micronesia area, an appointment will be made for him or her to get a medical check in Honolulu or Guam to determine a disability rating and if the problem is actually service-related. The trip is paid for by the VA.

• Vocational rehabilitation and job training is available if the disability rating is at least 20 percent and the veteran cannot continue in his or her current job (if employed). However, if veterans are eligible for the G.I. Bill or the new Post 9/11 program, they are expected to use those benefits for education and job retraining before any other rehab/education benefits can be obtained.

• Job retraining can include many varied things. For the older Vietnam-era guys Larson said, "The VA will buy computers if someone wants to learn computers, they'll pay for vocational school like welding. I've even seen them pay for culinary school. But those guys didn't have [higher] education benefits. With the new programs, everybody in today's military has [college] education benefits."

• There is no expiration date on home loan programs or health care whether it's service-connected or not. However, as stated earlier, home loans do not apply to vets living abroad.

• There is a limit on life insurance. When a veteran leaves the service, he or she has one year and 120 days to elect whether to keep the service group life insurance or convert it to veterans group life insurance and pay for it themselves. The insurance is \$400,000. The premium for the insurance rises every five years. If a vet gets up in years, it can become very expensive to keep. However, a vet can elect to lower the coverage which in turn will lower the premiums. Most of the Vietnam-era group, which Larson is most familiar with, didn't keep it. They

**See VETERANS, Page 10**

# Vive la France

## Kwajalein French class students take nine-day tour of Europe visiting London and Paris

Article and photos by Coleen Engvall  
Media Specialist

Every other year at Kwajalein High School, French class teacher Barbara Bicanich, more commonly known to her students as Ms. B, invites her students to accompany her on a tour of France.

The preparations for the trip began before the 2008 school year even started. In order to go on the trip, many of the students elected to take French instead of Spanish during the school year. The teens had waited a long time for the opportunity to go to Europe and this summer it was finally their turn.

The student tourists in this year's group included Kelly Grant, Kaitlynn Phillips, Ryan DeCoster, Kitlang Kabua, Leimamo Wase, Dan Valles, Carrie West, Coleen Engvall, Kyle Cassiday and former Kwajalein residents Ali Powell and Maddie Hall. The job of watching over the teenagers was entrusted to Dayna Wiley and her mother Margie

Fryman, Gloria Cassiday, and of course, Ms. B.

The group met in Boston, excited and ready for nine days in Europe. Although the adventure is called the 'French Trip,' the stay in Europe not only took the group to France, but also to England and even went through Rome. The tour group followed the path that had been chosen through ACIS, the agency that organized the tour.

The teens and adults took off from Boston for a flight to London that went through Rome. The flight lasted almost 10 hours.

Everyone was tired after they got off the plane and loaded onto the bus, but they were also excited to finally have arrived in England. Running on excitement and adrenaline, the group managed to make the most of the afternoon, shopping and sightseeing at the famous department store, Harrods, before giving in to sleep.

There was not much time to rest however, as the London portion of the trip was only two days.

**The monastery atop Mont Saint Michel was one of the group's first stops in France.**

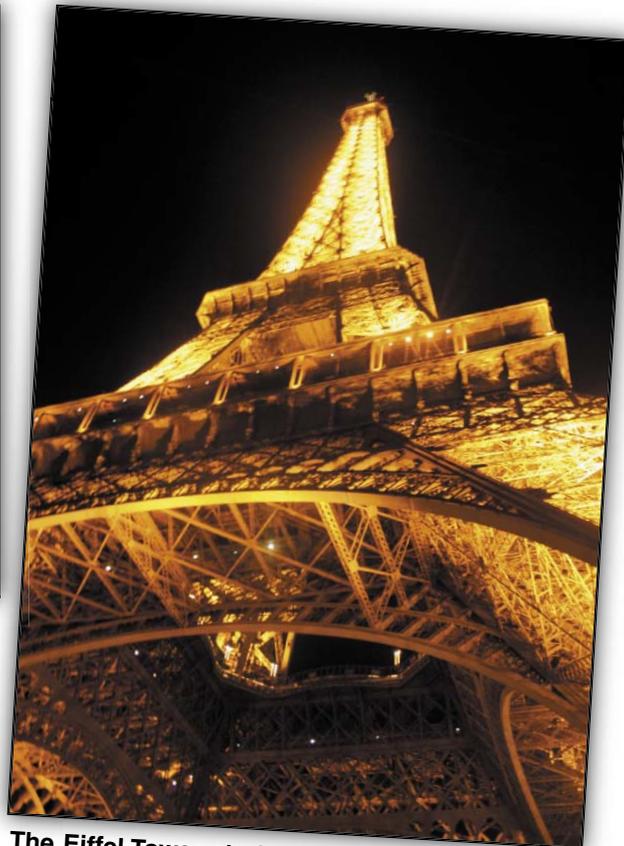




Students pose in front of Napoleon's Tomb.



Notre Dame Cathedral is one of the most famous churches in the world.



The Eiffel Tower at night is one of the reasons Paris is called the 'City of Lights.'

But Ms. B and Rob, our ACIS tour guide, managed to help make the absolute most of it. The tour covered the peaceful cathedrals, the horrific Tower of London dungeon, ancient Stonehenge, the original Hardrock Café and nearly everything in between.

Everyone was very tired when it was time to cross the English Channel by boat over to France. Despite how tiring the constant touring in England was, everyone seemed to have enjoyed it and was sad to leave England behind.

After a six-hour cruise on a massive ship, complete with restaurants and a movie theater, the group reached their destination — France!

Just before going through security, Ms. B reminded the students that it was now time to use the French she had been teaching them for the past few years. This common sense advice turned out to be some of her best, as the locals seemed to really appreciate the effort at speaking their language, even if it wasn't perfect.

The trip to Paris seemed to be blessed. Sunny weather and good traffic were two things that our tour guide Rob said he had never seen in such abundance in all of his time with ACIS. But blue skies and clear roads were everywhere the group went, even at the infamously overcast Mont Saint Michel, known for its clouds, rain and massive mountain-top monastery.

Leaving the northern coast of France behind, the trip now focused on the 'City of Lights,' the capital of Paris. There was no shortage of architecture and historical monuments for the students to see and explore. The Notre Dame cathedral was not only steeped in culture and constructed in a beautiful gothic style, but it was also a good place to witness a French street performer and a few of the students were able to experience it more personally when they were included in his act. After the talented performers in the Tube in London and on the streets of Paris, all of them respected these musicians and actors more and now appreciated them as part of the culture. The group also made a stop at the beautifully re-gilded Palace of Versailles.

The students managed to hit all of the major highlights of Paris in the two-and-a-half days they were

there, wrapping it up with a trip to the Louvre and the Eiffel Tower. When the group that rode all of the way to the third floor, the very top of the Eiffel tower, found a sign that pointed to Majuro, they couldn't help but feel a little proud.

Without ever having a chance to rest fully, everyone was glad to be heading towards home, but they were also reluctant to leave France. Thanks to Ms. B, Rob and the ACIS tour guides, they were able to experience France at its fullest and helped them enjoy it as much as possible in the nine short days that they were there. The fact that the students and adults were all jet-lagged and exhausted the whole time and still managed to have as much fun as they did and see as much as they did shows the success of this year's 'French trip.'

On behalf of all of the students who attended the 2009 French trip, we'd like to say 'thank you' to Ms. Bicanich and all of the adults who helped make our trip such a great experience.



The group visits ancient Stonehenge in England.

just let it lapse. Most of the newer vets are keeping it. If a vet lets it lapse, he or she can't get it back unless they return to active duty.

The VA has also established a life insurance policy of between \$10,000-\$20,000 for veterans who suffer from service-related injuries or illness, because most vets with such medical problems aren't able to get private life insurance. The insurance policy provided by the VA expires 24 months from the date of being issued.

As one of the vets present at the meeting said, "At least it's enough to bury you." That could be important because VA burial benefits are very limited.

Possibly the most important benefit associated with military service is education. "It's the biggest recruiting and retention tool the military has," said Larson.

Education benefits do have time limits and expiration. If a veteran paid the \$1,200 into the Montgomery G.I. Bill, post-Vietnam era, he or she has 10 years to use it from date of discharge or they lose it.

The new education program starting Aug. 1 is called the Post 9/11 Veterans Educational Assistance Act of 2008 and it is good for 15 years from the date of leaving the service. Servicemembers don't have to pay into it and it is retroactive for any servicemember who

got out after 9/11. The Assistance Act provides that if a servicemember leaves the military and becomes a full-time student in a classroom environment, the benefits will pay tuition, housing allowance and other fees. However, if a servicemember takes distance learning while still in the military, he or she will not be eligible for some of the benefits such as the housing allowance. But if a servicemember begins distance learning while in the military and then leaves the service and continues full-time education in a classroom environment, he or she will then become eligible for the housing allowance and other benefits. "It's a really good program," Lar-

son said.

A new procedure will also start soon to begin out-processing several months before separation if a servicemember has military-related injuries or illness that render he or she not 'duty ready.' That would enable a vet to begin receiving benefit checks within 30-40 days after leaving the service. In the past, that might have taken 10 to 12 months or longer.

Larson invites veterans on Kwajalein, Roi and other islands in this area who need information or help with claims to contact him at his Guam office at 671-472-7217. His Fax number is 671-472-7221. His e-mail is david.larson6@va.gov.

## Lead Levels Above the Drinking Water Action Level on Meck Island

### Hourglass Reports

The Meck Island water tests performed during first quarter FY08 showed lead levels in the water above the limit or action level.

This is not an emergency and the high levels of lead detected were either due to the water in the building plumbing remaining stagnant because of decreased usage on Meck and/or water plumbing containing lead com-

ponents.

As a precautionary measure, run the water for one or two minutes prior to utilizing it for consumption. As a result, the environmental department increased monitoring of lead and copper from annually to every six months, investigated the need for a corrosion control treatment, and performed additional source water and water quality parameter monitoring.

The analytical results from the water samples taken during the third

quarter of FY08 showed lead levels below the action levels, however, lead levels were detected above the action level in first quarter FY09. Lead and copper samples were collected again in June 2009 and will continue to be collected at Meck on a semi-annual basis until two consecutive six month monitoring periods demonstrate lead levels below the lead AL.

If you have any further questions, contact Anne Robinson at 58301.

### Elap Jonan Lead eo ilo Dren in Idrak eo ilo Meck

Ilo 1st Quarter in FY08 eo, ar komon teej ko non lale jonan lead eo ilo dren in idrak eo ilo Meck. Im rar loe ke jonan lead eo ar bed ilon in "action level" (15 parts per billion [ppb]). Ejjab menin idin im uwota kin an le jen jonok in "action level" eo an lead ilo tore in. Unin an wor lead ilo teej ko ej kinke dren eo ilo building eo ejjab toor ak ej bed wot ilo pipe kin an driklok operation ilo Meck. Naan in kakkol bwe mokta jen am ilimi dren eo ilo Meck, kotlok bwe en toor 1-2 minute aetok. Im kin un in, enaj laplok im emakijkij lok an department eo an environmental etale im teej e jonan Lead im Copper eo, laplok jen 1 katen ilo 1 yio non aolep elikin 6 alon. Result ko jen teej ko komon ilo kota jilu ilo FY08

rar kwalok ke lead eo ar bed ilal in "action level" eo, ijoke teej ko jen kota juon ilo FY09 rar laplok. Jerbal in teej ko non dren in drak eo ikijeen lead im copper rar koman June 2009 im renaj bar komon lok in aolep 6 alon, non ne jonok ko rebed ilal in jonok ko emoj karoki ilo kakien ko.

Elane ewor am kajitok, kiir Anne Robinson ilo 58301.



# Camouflage Angel

## Nurse shares last moments with dying combat casualties in Iraq

Article and photo By Staff Sgt. Dilia Ayala,  
332nd Air Expeditionary Wing

JOINT BASE BALAD — The emergency-room trauma call and the medical staff's immediate action upon his arrival is only a memory to her now; sitting quietly at the bedside of her brother-in-arms, she carefully takes his hand, thanking him for his service and promising she will not leave his side.

He is a critically injured combat casualty, and she is Army Sgt. Jennifer Watson of the Casualty Liaison Team here.

Although a somber scene, it is not an uncommon one for the Peru, Ind., native, who in addition to her primary duties throughout the last 14 months, has taken it upon herself to ensure no U.S. casualty passes away alone. Holding each of their hands, she sits with them until the end, no matter the day or the hour.

"It's unfortunate that their families can't be here," said Watson, who is deployed here from Fort Campbell, Ky. "So I took it upon myself to step up and be that family while they are here. No one asked me to do it; I just did what I felt was right in my heart. I want them to know they are heroes."

"I feel just because they are passing away does not mean they cannot hear and feel someone around them," she continued. "I talk to them, thanking them for what they have done, telling them they are a hero, they will never be forgotten, and I explain my job to them to help them be at ease knowing the family will be told the truth."

In general, Watson explains to the patients that the CLT works within the Patient Administrative Department here, acting as a liaison for all military and ci-

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***"I feel just because they are passing away does not mean they cannot hear and feel someone around them," she continued. "I talk to them, thanking them for what they have done, telling them they are a hero, they will never be forgotten, and I explain my job to them to help them be at ease knowing the family will be told the truth."***

— Sgt. Jennifer Watson



**Army Sgt. Jennifer Watson, non-commissioned officer in-charge of the Casualty Liason Team at Joint Base Balad, stands in Hero's Highway. Each patient brought via helicopter to the Air Force Theater Hospital passes through the Hero's Highway.**

vilian patients in-theater and initiating the casualty-notification process to the patient's next-of-kin.

Upon their arrival at the Air Force Theater Hospital, Watson speaks with each combat casualty getting as accurate information as possible about the incident. Once the doctor gives their diagnosis and severity of the patient's injuries, Watson and her team complete and send a Defense Casualty Information Processing System folder report to the Department of the Army or the patient's respective service so that their next-of-kin can be notified.

"I make sure we tell their family everything they want to know, so they know everything that's going on," said Watson. "[Through the report], we'll tell the families everything that is going on with their family member ... so that they don't have any questions."

Furthermore, once the initial report has been sent, the CLT and Watson make hourly rounds to the intensive-care ward or unit to check on the patient's well-being, or, for the more critical patients, to check on their

stability.

"We are constantly communicating and making sure the family knows everything we know," said Watson. "We want to put the families at ease and let them know that everything is being done for their loved one. From the moment a servicemember is brought in through Hero's Highway, they are never alone."

Each month, the AFTH, the equivalent of a U.S. Level-1 trauma center, treats more than 539 patients; more than 101 are trauma cases in the emergency department. Although Watson can never predict if and when her fellow brothers- or sisters- in arms may need her, she is always available here.

"The hospital staff is wonderful," said Watson. "They know how important it is for me to be there with them and if they know it's time, someone will come and get me no matter where I'm at."

"I see it as a form of closure, not just for me, but for the families so that they know that somebody was there with their son or daughter," she added. "My heart goes out to every patient that comes into the hospital, especially my wounded in action Soldiers. I feel like everyone who comes through the door is my

**See ANGEL, Page 12**

brother or sister.”

Not surprisingly, Watson’s dedication to duty and her hard work have not gone unnoticed. She has touched the lives of all those who she has come in contact with, to include the 332nd Expeditionary Medical Group commander, Col. Mark Mavity.

“Sgt. Watson’s story is one of the most compelling here in the Med Group,” said Mavity. “She is a Soldier’s Soldier who combines an unparalleled level of compassion and commitment to our most grievously wounded warriors with amazing professionalism each and every day.

“What is truly incredible is that she is a personnelist by training but with the heart of a medic who has taken it upon herself to hold the hand and keep a bedside vigil with every mortally wounded Sol-

dier who has spent their last hours within the AFTH,” continued the colonel. “She will not let her brave brothers or sisters pass alone. This is a heavy burden to bear and at great personal emotional cost to Sgt. Watson, but she is unwavering in her final commitment to these Soldiers. You don’t have to look any further than Sgt. Watson to find a true hero.”

“Angel” and “hero” are only two of the many titles Watson has been given since arriving at JBB; although she is appreciative of the kind words, she remains humble.

“I am far from an angel,” said the sergeant with a smile. “I just do what is in my heart. I guess for me, I think about the family and the closure of knowing the Soldier did not pass away alone. To say I’m a hero ... no. The heroes are my guys who come in [through Hero’s

Highway].”

Reflecting on her time here, Watson said she is extremely thankful for the opportunity she has had to work side-by-side with the Air Force.

“The staff of the 332nd Expeditionary Medical Group has done an amazing job since I have been here,” she said. “They are incredible. They have done procedures and saved the lives of the most critically injured Soldiers, and have been some of the most professional people I have ever worked with.

“I want the families to know that their servicemember was a hero,” Watson concluded. “They made the ultimate sacrifice, but before they passed on, they received the best medical treatment, and the staff did everything they could -- they were not in pain and they didn’t die alone.”



# Hazardous operation scheduled

## Hourglass Reports

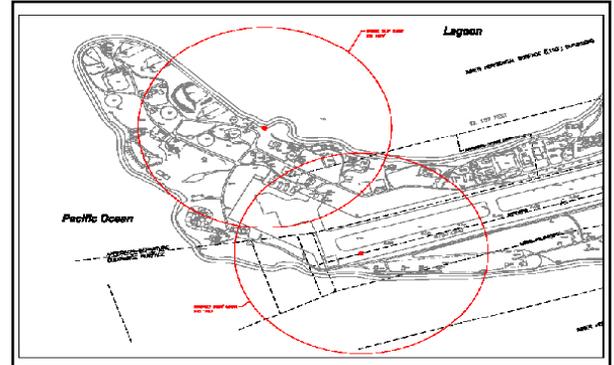
Notice: Due to a Mission Hazardous Operation taking place Aug. 2-3, the airfield and golf course will be closed on Aug. 2 from 5 a.m. until completion of the airfield operations.

KPD will place barricades on the Ocean and lagoon sides of the runway roads on Aug. 2. These barricades will prevent non-mission essential personnel from traveling south/east past Building 1010 on Lagoon side and past the terminal on ocean side until completion of the hazardous operation.

The airfield and golf course will reopen once hazardous cargo moves from the runway to the Barge Slip Ramp on south end of Island, expected COB Aug. 2. The Barge Slip Ramp area will remain off limits through Aug. 3 until the cargo has departed. See map of the hazardous operations areas adjacent to this notice. Inform-

mation will also be on the Roller. Please contact USAKA Safety Billy Traweek at 54841 if you have any questions pertaining to this Hazardous Operation.

Jikin ekake eo an balun im jikin Golf eo renaj kilok ilo ran in Jabot August 2 lok nan Mondre August 3 ran. Ijokein ba kaki renaj kilok jen 5am jibon ilo 2 August ran mae ien eo ededelok an koman jermal kein. Enaj wor menin binej ial ko ilo turilik im turear in airport eo nan bobrae an jabrewot Armij ejelok aer melim in drelontok ilo jikin jermal kein. Ijokein ba kake renaj bar belloko ne emoj komakit men ko rekawotota nan ion barge eo ilo ramp eo elkin raelep in Jabot,



ijoke ke, jikin ektak mweik eo ilo ramp en enaj kilok maien emoj an emakit kein jermal kein ilo ran in Mondre August 3 ran.

Enaj wor Kojela ko week in lal ilo Roller eo im ilo Hourglass eo nan aer kwalok map in ijoko rej kauwotota.

Ne elon am kajitok, jouj im kir tok USAKA Safety opija eo Billy Traweek ilo 54841.

# Eleven servicemembers die Iraq, Afghanistan

**Chief Warrant Officer Rodney A. Jarvis**, 34, of Akron, Ohio, died July 13 in Baghdad of injuries sustained from a non-combat related incident. He was assigned to the 46th Engineer Battalion, 1st Maneuver Enhancement Brigade, Fort Polk, La.

Two Marines died July 13 while supporting combat operations in Helmand province, Afghanistan. Killed were: **Sgt. Michael W. Heede Jr.**, 22, of Delta, Pa., and **Staff Sgt. David S. Spicer**, 33, of Zanesfield, Ohio, Heede was assigned to 1st Combat Engineer Battalion, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif. Spicer was assigned to 8th Engineer Support Battalion, Combat Logistics Regiment 2, 2nd Marine Logistics Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Sgt. 1st Class Jason J. Fabrizi**, 29, of Seffner, Fla., died July 14 in Konar province, Afghanistan, of wounds sustained when his mounted patrol was attacked by enemy forces using rocket-propelled grenades and small arms fire. He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Three Soldiers died July 16 in Basra of wounds suffered when insurgents attacked their unit using indirect fire. Killed were: **Spc. Daniel P. Drevnick**, 22, of Woodbury, Minn.; **Spc. James D. Wertish**, 20, of Olivia, Minn.; and **Spc. Carlos E. Wilcox IV**, 27, of Cottage Grove, Minn.

Two Airmen died July 17 in a F-15E crash near Ghazni Province, Afghanistan. Killed were: **Capt. Thomas J. Gramith**, 27, of Eagan, Minn. He was assigned to the 336th Fighter Squad-



*Let them say of me  
I was one who believed  
in passing on the blessings  
that I had received*

*Let me know in my heart  
when my days are through  
America, America,  
I gave my best to you*

Lyrics from American Anthem in Ken Burn's *The War*

ron, Seymour Johnson Air Force Base, N.C. and **Capt. Mark R. McDowell**, 26, of Colorado Springs, Colo. He was assigned to the 336th Fighter Squadron, Seymour Johnson Air Force Base, N.C.

**Lance Cpl. Brandon T. Lara**, 20, of New Braunfels, Texas, died July 19 while supporting combat operations in Anbar province, Iraq. He was assigned to 3rd Battalion, 4th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

**Cpl. Benjamin S. Kopp**, 21, of Rosemount, Minn., died July 18 at Walter Reed Army Medical Center in Washington of wounds suffered July 10 in Helmand province, Afghanistan, when insurgents attacked his unit using small arms fire. He was assigned to the 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga.

## HELP WANTED

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

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

## WANTED

HOUSE-SITTING situation, pets and plants preferred, short or long-term. Contact at [zorijoki@yahoo.com](mailto:zorijoki@yahoo.com).

FELLOW BRIDGE PLAYERS, any skill level. Call 52843 and leave a message.

PA SPEAKER SET and stand for small-scale private indoor/outdoor musical performance. Will pay reasonable price for used equipment. Call Dan Hopkins at 51460 or 52349.

SEA GLASS/BEACH GLASS. Don't just toss it away! I will buy your unwanted Kwaj Sea Glass/Beach Glass.

## 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.

Call Billy or Jane at 55269 after 5:30 on workdays, anytime weekends. If not home leave a message.

FAMILY-SIZE microwave in good condition. Call 53290.

## PATIO SALE

SATURDAY - FRIDAY, daily PCS sale, 9 a.m.-6 p.m., quarters 467-B. Clothes, sports equipment, t.v.'s, two gas tanks, candles, blankets, desk with glass top. Early Birds are welcome.

MONDAY, 7 a.m. - 12 p.m., quarters 432-A, household items, clothing, bike parts.

MONDAY, 8 a.m. - 1 p.m., quarters 431-B, PCS sale, Kwaj condition bike and trailers, patio table & chairs, clothing and snorkeling gear.

## FOR SALE

HIGH CHAIR, \$20; infant car seat, \$30; tent, fits seven, \$30; high-definition DVD player with five HD movies, \$120; octagon free-standing baby fence, \$30; Baby Bjorn baby carrier, used twice, \$50; baby sling, \$20 and a Play Station 3 Component Cable, \$10. Call 52332.

NINTENDO Wii and Xbox 360 video games, \$15-\$20; men's size 11.5 leather dress shoes, \$25; recliner, \$50; cordless phone, \$25; desktop Dell computer, \$400; Sony rear projection 42 inch TV with matching stand, \$400; formal, black, size 10 dress, \$75; rolling litter boxes, two, \$15 each; Bionaire air purifier, \$75; full/queen duvet cover, new, \$35. Call 54778 or 54216 and leave a message.

OLYMPUS C-3000 Digital camera, \$100. Call Sandy at 54152.

GRADY WHITE OFFSHORE, 24-foot, powered by new Yamaha 4-stroke 115 horse power engines, range of almost 300 miles on inboard tanks, aluminum trailer, Lee outriggers, GPS, VHS, radio, stereo and depth finder, \$45,000; 27-inch Hitachi TV, \$75; 20 inch Sun EZ Rider Recumbent trike, like new, paid \$1200, will sell for \$800. Call Dennis at home, 54489 or work, 51850.

BOAT 711, 31 foot Japanese style fishing boat powered by 27 horse power diesel with a 25 horse power Mercury outboard kicker, lots of holds for storage, VHF radio, stereo, bimini top and trailer, great for bottom fishing and diving, \$20,000. Call work, 51850 or home, 53711.

LEATHER TIMBERLAND Pro Series boots, size 10 wide, Electrical Shock Hazard/ Steel Toe/Anti-Slip, comes with waterproofing paste/liquid. Paid \$130, asking \$75. Call 52434 and leave a message.

OFFICE DESK, solid wood with 1/4 inch glass top, \$175; VTEC Cordless telephone system, four cordless phones, \$75; Sony v/0 slim pro laptop computer with HP printer, \$150; Dell laptop computer with HP printer, \$150 and a TV, 19 and 29 inch, \$300 and \$200, respectively. Call 55625 or 52435.

GUITAR HERO GAME for Xbox, \$15; Guitar Hero Rock Band for Wii, includes drum set, guitar, microphone, \$130. Call 58209 or 55310 after 5 p.m.

MAYTAG PORTABLE dishwasher, \$25. Call 59363.

HOTPOINT CHEST FREEZER, 9.5 cu., never used, perfect for BQ, \$150 or best offer. Call or email Amy Navarro 51416 or home 52301.

FLAT SCREEN LCD SVGA computer monitor, black, 19 inch, \$60. Call 54612.

AQUARIUM, 125 GALLON, with stand, all accessories included, very clean and ready to go, \$500 or best offer. Call 52680.

TOWELS, shower curtain liners, hair products, cleaning supplies, bedding, brand new bike. Call 52161, after 3 p.m.

HD DVD collection, more than 25 titles, new/unopened, \$7 each. Call 53290.

## COMMUNITY NOTICES

CYSS YOUTH SPORTS is offering six weeks of free recreational sports to island youth. Week five offers 4th-6th graders a week long tennis program, August 5-7. Register July 28 - August 1 at Central Registration, building 356. Limited spots available. Call 53796 for more information.

YOKWE YUK WOMEN'S CLUB would like to invite all women to an Island Welcome on the beach. We will share some information about the island all of the fun and rewards you can enjoy as part of our organization. We will be hosting our welcome at 6:30 p.m., July 29, at the Emon beach pavilion. For more information or questions, call Tammie Wommack at 51590.

ATTENTION BOAT LOT CUSTODIANS, there will be an inspection of the Boat Lots on July 30 and 31. The focus of this inspection will be general housekeeping, proper signage (on both shed and trailer) and visibility of registration decals. Call Susie Marlow at the Small Boat Marina, 53643, with any questions.

MANDATORY ISLAND ORIENTATION will be held from 12:45-4:30 p.m., July 29, in CAC Room 6, Building 365. It is required for all new island arrivals. The island orientation is not recommended for dependent children under the age 10. Questions? Call KRS ES&H at 51134.

SUNRISE BAKERY DAILY SPECIALS for July include banana and blueberry nut bread, iced Christmas cookies, cinnamon swirl raisin bread, strawberry shortcake, applesauce muffins, sweet walnut kiffels and chocolate chip cream cheese cupcakes. Many other items available by special order. Questions, contact Cory Moyer 53445.

MOBILE KITCHEN EVENT at Emon Beach August 15. Menu to include; sesame sweet BBQ pork with blue cheese over a bed of fresh greens, jalapeño corn bread, shrimp cocktail, mix vegetables, creole rice, Kentucky Bourbon flank steak with Cajun crawfish,

## Café Pacific

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 2
Chive potatoes	Turkey tetrazzini	Spaghetti	Beef stew	Mashed potatoes	Breaded fish	BBQ brisket
Teriyaki chicken	Parslied potatoes	Ratatouille	Spicy potato wedges	Turkey cordon bleu	Creamy polenta	Herb baked wings
Carved virginia ham	Hot cinnamon apples	Garlic bread	Lemon pepper chicken	Bratwurst and saurkraut	Chicken cacciatore	Southwestern potatoes
Grill: Brunch station open	Grill: Brunch station open	Grill: N/A	Grill: Philly beef wrap	Grill: Beef steak with gravy	Grill: Ranchero burger	Grill: Mini taco bar

### Dinner

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Minute steak	Fried eggplant	Succotash	Cottage pie	Baked potato	Pork adobo	Chicken stew
Mashed potatoes	Italian meatloaf	Lamb couscous	Potato O'Brien	Carved flank steak	Ham fried rice	Breaded pork chops
Spicy chicken wings	Cauliflower polonaise	Thai grilled chicken	Herb roasted chicken	Chicken florentine	Korean spicy tofu	Garlic mashed potatoes

water, beer and wine, and strawberry shortcake for dessert. Seating is limited. Cost is \$37.50 for meal card holder and \$42.50 for non-meal card holder. For payment see Marie Curtiss at the Retail Service Office building 805 next to the Bowling Center, 53933.

THE MIC SHOP is moving downtown! In preparation for our move, the Mic Shop is permanently closing the doors at its current location and moving next to Gold Mine Jewelry and Tropic Jewelry in the area formerly used by the DVD Depot. Join us for our grand re-opening celebration August 16. Ribbon cutting ceremony at 1 p.m. and extended hours until 5 p.m.

COUNTRY CLUB 'END OF SUMMER' Buffet Dinner is August 29. Menu to include; BBQ spare ribs, southern fried chicken, buttered corn on the cob, cole slaw, corn bread and frosted layered cake for dessert. Seating is limited. Cocktails served at 6:30 p.m., buffet dinner 7 p.m. Cash bar will be open. Bus service is available 6 p.m. to 11 p.m. from Ocean View to the Country Club and back. Cost is \$27.50 per person; for tickets see Marie Curtiss at the Retail Service Office building 805 next to the Bowling Center, phone 53933.

"THE LAST RESORT TOBACCO Free Program" begins at 6 p.m., July 7, 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 at 6 p.m. every Tuesday. 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, 6-7:30 p.m., Wednesday, 11:30 a.m.-1 p.m. and 6-7:30 p.m., Friday, 6-7:30 p.m., Saturday 11:30 a.m.-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.

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.

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

THE MARSHALLESE CULTURAL Center will be open 3-5 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.

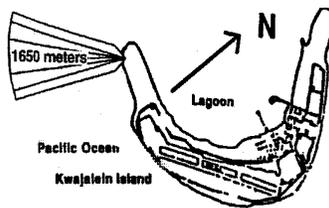
## Operation Security is everyone's responsibility

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



USAKA is hosting an OPSEC Officer Training Course August 20-22 in CRC Room 6. This training is open to all Contractors, Civilian Government Employees and Military Personnel. This is not the basic annual training but instead the class will certify those who attend as DoD (all service recognized) OPSEC Officers. Graduates of this class will be authorized to be appointed as OPSEC Program managers/Officers, conduct annual training, etc. There will be room for 40 - 50 students. Cutoff date for registration is August 1 at noon. Send in reservation to MAJ Hinkle for the class. Send full name (rank if appropriate), phone number and division/section where you work. Questions: 5-4417 or email [Ronald.hinkle@smdck.smdc.army.mil](mailto:Ronald.hinkle@smdck.smdc.army.mil)

**Small Arms Range will be in operation, 8 a.m.-2 p.m., Tuesday. Observe the hazard area between the posted red flags.**



**THE ARMY VET will be on island from July 27 to August 3. Please contact Jenny at 52017 to schedule an appointment.**



Projected menu-subject to change

## Café Roi

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 2
Roast sirloin	Sauteed pork	Malibu chicken	Mahi mahi	Roast pork	Home fries	Chicken gravy
Tomato benedict	Sour cream chicken	Scalloped potatoes	Cheese manicotti	Baked chicken	Sausage and beans	Mashed potatoes
Garlic mashed potatoes	Roasted red potatoes	Whitefish vera cruz	Parmesan twisty bread	Vegetable of the day	Turkey and dumplings	Chef's choice grilled fish
Grill: Brunch station open	Grill: Brunch station open	Grill: N/A	Grill: Spaghetti with sauce	Grill: Sloppy Joe	Grill: Patty melt	Grill: Chili dogs

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 2
Beef stew	Combo pizzas	Braised beef	Baked potatoes	Spare ribs	Coconut rice	Bourginone
Chicken stir-fry	Mashed potatoes	Chickpea stew	Stuffed winter squash	Roi fried chicken	Breaded pork cutlets	Dauphinoise potatoes
Sesame noodles	Chicken tetrazzini	Mashed potatoes	Charcoal grilled steaks	Honey baked beans	Sesame baked pollock	Salmon with hollandaise

## SHOPPING from Page 2

the excitement of buying something new.

So after many failed shopping attempts to quell my inner urge to splurge, I was given an opportunity that made all my shopping dreams come true — Ebeye.

I guess I was ignorant and thought that only the Marshallese came over to Kwajalein to shop. I never imagined that Kwajalein residents went over to Ebeye for the sole intention to shop. But once I realized it, I was pleasantly surprised.

Payless grocery store is incredible. Of course, it may just seem that way because I haven't been inside a super Wal-Mart or an HEB grocery store in four months, but I was impressed.

It's not that they carried things that our stores on Kwaj don't, but they had more variety to choose from. I was thrilled by the littlest things, like finding cookies and cream Pop-Tarts and Reese's peanut butter cup cookies. They also carried products I had either never seen before or haven't seen in years like those long skinny wafer cookies with the sugary cream in the middle that melt in your mouth. They had toys and more candy than you can imagine. I can't even cook in my BQ and I still got excited that they carried my favorite brand of spaghetti sauce and had certain spices and condiments. But groceries were just the beginning of the shopping experience.

I must have gone to ten or twelve little shops while I was on Ebeye. That may not sound like a lot, but when you think about how big Ebeye is and after walking around all day to visit them, believe me, it's a lot.

Most shops carried similar items. Almost all had Marshallese dresses and skirts. I was thrilled since one of the

things nobody informed me of before I moved here is that you should wear a skirt or dress past your knees for cultural reasons while visiting Ebeye or Ennibur. Needless to say, I'm 25-years-old and was moving to a tropical island, so my skirts were definitely not below my knees. I was overjoyed to be able to purchase them during my Ebeye shopping frenzy. While almost every store had skirts, they were all different patterns and colors. It was hard to choose between them. They were all so lovely.

Most shops also carried Marshallese handicrafts. They are the same ones you see in the Mic Shop on Kwaj but with some differences. There is more of a selection of handicrafts on Ebeye. I've been in the Mic Shop quite often and some items I saw on Ebeye I've never seen before. They had cute little ornaments and larger wall hangings that were adorable. They also had a large selection of jewelry: earrings, necklaces, bracelets and rings. It was all gorgeous.

Now I know I'm blaming my shopping obsession on 'woman nature,' but I have an inkling that some men like to shop as well. Maybe you're not looking to diversify your collection of Hawaiian shirts or anything, but I think there's a small urge to shop every now and then. So don't worry, Ebeye has you covered as well. They have a 'man' store called Ace Hardware. They carry tools, paint, nuts, bolts and many other things that I don't have any interest in and don't know how to use. So ladies, if you're looking for a shopping partner, feel free to bring your man with you and send him off to Ace Hardware while you spend his, I mean your money, at Ralik and Sunrise stores, buying clothes and jewelry.

Clothes, jewelry and handicrafts are not all Ebeye has to offer. Triple J is one of the largest stores I went to. It is nearest to the dock, right across the street from Payless grocery store. They had such a variety to choose from. They had a large selection of men's, women's and children's clothing. They also carried sports equipment, cosmetics, kitchen supplies, electronics, toys and more. I would consider it the Wal-Mart of Ebeye. They even sold food there.

I was so excited about my new opportunity to spend my hard-earned cash that I should've done a few things to make my shopping experience a little easier, and much better. First of all, I recommend going in the morning before it gets too hot and bring a water bottle. Wear comfortable shoes, you will be walking a lot. Bring a large bag that is comfortable to carry on your shoulders like a backpack or large purse to store all your smaller, plastic bags in. Bring lots of cash; or if you're like me, bring a set amount of cash to limit what you can spend. They don't have ATM's or accept bank cards at their stores. If you have Marshallese friends that live on Ebeye or know the area, invite them to shop with you. Having a personal tour guide of the island makes it easier and you may get to see some places you never knew were there; not all shops have easy-to-read signs.

Ebeye may not be the Mall of America, but it does offer some incredible shopping opportunities. So if you're looking to purchase 'Kwaj gifts' to send back home, or if you just feel the urge to splurge like I sometimes do, I highly recommend you give Ebeye a try. I think you'll be pleasantly surprised, but possibly broke afterwards.

### Weather courtesy of RTS Weather

**Sunday:** Partly sunny, 20 percent showers. **Winds:** E-SE at 5-10 knots.  
**Monday:** Mostly sunny, 10 percent showers. **Winds:** ESE at 3-8 knots.  
**Tuesday:** Partly sunny, 30 percent showers. **Winds:** ESE at 3-8 knots.  
**Wednesday:** Mostly cloudy, 50 percent showers. **Winds:** ENE-E at 5-10 knots.  
**Thursday:** Partly sunny, 25 percent showers. **Winds:** ENE-E at 5-10 knots.  
**Friday:** Partly cloudy, 20 percent showers. **Winds:** ENE-E at 5-10 knots.  
**Aug. 2:** Partly sunny, 10 percent showers. **Winds:** ENE-E at 5-10 knots.

Annual total: 20.58 inches  
 Annual deviation: -24.47 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:40 a.m./7:11 p.m.	11:05 a.m./ 11:15 p.m.	6:52 a.m., 4.5' 7:19 p.m., 3.9'	6:42 a.m., -0.4' 1:11 p.m., -0.5'
Monday	6:40 a.m./7:11 p.m.	11:56 a.m./11:59	7:28 a.m., 4.0' 7:59 p.m., 3.6'	1:19 a.m., 0.0' 1:45 p.m., -0.1'
Tuesday	6:40 a.m./7:11 p.m.	12:48 a.m.	8:04 a.m., 3.4' 8:44 p.m., 3.3'	2:03 a.m., 0.5' 2:19 p.m., 0.3'
Wednesday	6:40 a.m./7:11 p.m.	1:39 p.m./12:45 a.m.	8:44 a.m., 2.7' 9:41 p.m., 3.0'	2:55 p.m., 0.9' 2:56 p.m., 0.7'
Thursday	6:40 a.m./7:11 p.m.	2:32 p.m./1:32 a.m.	9:43 a.m., 2.2' 11:12 p.m., 2.8'	4:14 a.m., 1.3' 3:51 p.m. 1.1'
Friday	6:40 a.m./7:10 p.m.	3:24 p.m./2:22 a.m.	12:01 a.m., 1.9' 5:39 p.m., 1.2'	6:35 a.m., 1.3' 5:39 p.m., 1.2'
August 1	6:41 a.m./7:10 p.m.	4:15 p.m./3:12 a.m.	1:00 a.m., 2.9' 2:01 p.m., 2.1'	8:14 a.m., 1.0' 7:25 p.m., 1.1'