

THE KWAJALEIN HOURGLASS



School is back in session. See the back to school coverage on Page 4.

File photo

Reminder to parents and students. The 10 p.m. school night curfew is now in effect until the end of the school year. The curfew on weekends and nights before holidays is midnight.

Reminder of road closure

KPD will erect barricades blocking Third Street from Ocean Road to Lagoon Road and Fourth Street from Taro Road to Ocean Road during school days. This will create an area around the elementary school that is off-limits to vehicle traffic, with the exception of emergency and maintenance vehicles that need direct access to the area. The barricades will be erected at 8:15 a.m. and removed at 3:45 p.m.

Additionally, KPD will have officers to assist with crossing guard duties from 8:15-8:30 a.m., 11:30-11:45 a.m. and 3:30- 3:45 p.m. Despite the precautions taken by USAKA and KPD, parents and students should still exercise caution when travelling to and from the elementary school.

THUMBS UP

To Erik Wills and Retail Services for the delicious End of the Summer dinner at the Country Club Aug. 29. Special thanks to Erik Wills, who went above and beyond and out of his way to be sure that every guest was accommodated. All had a fantastic time. Much thanks!

OPSEC TIP

Although the asking for military/government identification is totally permissible by commercial establishments, many government personnel are unaware of the prohibition on duplication of government identification. There are no safeguards in place to insure a government identification card won't be counterfeited or 'cloned' based on a photocopy by a commercial establishment.

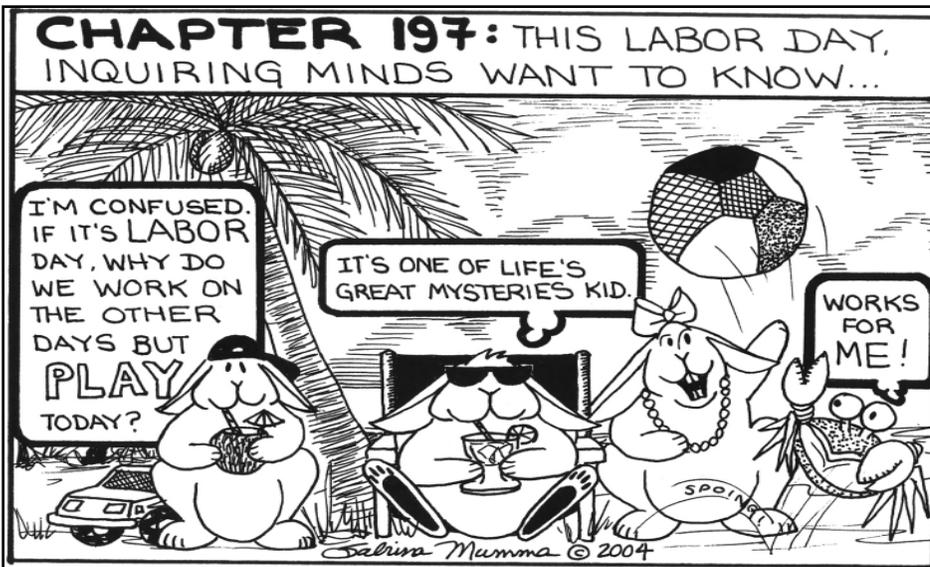
Criminal elements and terrorist organizations place U.S. government identification as a high value logistical element when planning acts against the U.S. military. It is recommended that military/DoD travelers provide a state driver's license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.



THUMBS UP

To the Quality of Life Committee for funding the race clocks that were recently used during the Kwajalein Running Club's first "Fun Run" of the season. There were 100 participants.

Buckminster and Friends by Sabrina Mumma



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

THE KWAJALEIN HOURGLASS

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

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

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

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Phone: Defense Switching Network 254-3539;
Local phone: 53539 Printed circulation:1,200

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Congressman meets challenge, lives on lonely island near Kwajalein for week

Hourglass Reports

When someone thinks of arid Arizona, the first thing that comes to mind probably wouldn't be water.

But fifth-term Republican Congressman Jeff Flake, who represents the sixth Congressional District in Arizona, has always loved the water. "I grew up on a hot, dusty ranch where there was very little of it so as soon as I could, I went away to Brigham Young University on the North Shore in Hawaii."

Flake related that he first met the young woman who would become his wife of 25 years on the beach in Hawaii.

Even though he is from Arizona, Flake's passion for travel and love of water has given him the chance to dive and snorkel at the Great Barrier Reef, Pohnpei, the Caribbean and off the coast of South Africa.

"I've always been drawn back to islands," he said. "I love to read adventure books, mostly about sailing adventures gone bad to see how people survived. I've always wondered if I could do that."

Flake decided to find out by coming to Micronesia to spend a week alone on a small uninhabited island.

He decided on an island in this part of the world after making stops in Majuro and Kwajalein while traveling elsewhere in the Pacific. "The types of islands here are just what I was looking for," said the congressman. "I knew it would be easy to find a small, uninhabited island and I wouldn't have to worry about wildlife or 'things that go bump in the night.' The regular flights going to Majuro and Kwajalein made it easier as well."

The congressman pointed out that he flew on Continental and emphasized that this was not an official trip and he paid for it himself and no official funds were spent on his behalf.

There's no doubt that Flake enjoyed his time on the island.

"I had good weather, he said. "There were no big storms, just a couple of rain showers. The rest of the time, it was sunny and beautiful. Sunrise and sunset seen from an island is just spectacular for a farm boy from Arizona. There was no moon at all for the first few nights and there was literally a canopy of stars. I'm used to northern Arizona out on a ranch seeing a lot of stars, but it just seemed to stretch from horizon to horizon here. It was unbelievable."

While he was on the island, it wasn't a big problem figuring out what his diet would be.

"It was coconut, crab and fish," he said.

As far as fishing goes, Flake noted, "There were quite a number of fish but to my chagrin, there were a number of sharks as well. It was a little unnerving. Gratefully, they were black-tips and just curious. They would circle me a few times and got within a few feet, but then they would go on their way. The first time I

spear a fish, I was about two hundred yards out and I knew I better get to shore pretty fast. As I headed in, I looked down about 20 feet and there was a gray reef shark on the bottom. He didn't move — but I did, fast. The biggest challenge of the week was learning to be 'tolerant' of the sea life around me."

Another eating 'treat' were the crabs on the island.

"The little crabs that run along the beach were quite easy to spear," he said. "And the hermit crabs were quite noisy as they crunched their way through my camp."

In an effort to get to know his 'neighbors,' Flake marked their backs with numbers. He said that way, when he woke up for breakfast, he would know which ones were visiting him. He labeled 126 of them. He remembers number 12 especially because, "he climbed up on my foot and pinched me." He was also fond of number 44 because that was his old football number.

He cooked the crab and fish he caught over fires he started with a magnifying glass and coconut husks.

"I told my 11-year-old son, who is becoming a Scout, I wasn't going to use matches or a lighter to start a fire. I used a magnifying glass on coconut husks until a spark ignited. I even filmed it showing him how I did it. It worked very well. I never made Eagle Scout, but I've got two kids who have. Maybe this was my penance," he said laughing.

On the last day, Flake speared a Rainbow Runner which he said was the best fish meal he ever had. "I'm not particularly fond of fish, but that was a good meal, hungry or not."

He added, "But after seven days, you start hitting re-runs on the fish and the coconuts are getting a little old."

As to whether he could have survived those sailing adventures gone bad he said, "I didn't answer my question completely. I had a desalinization pump for water, a good pole spear and a mask and fins. But I wanted to see if I could spend a week alone on an island and survive off of what I could catch or spear. It went well and I enjoyed it."

He also had a satellite phone which his wife insisted on before he left. "I needed it anyway to stay in touch with my office," he said.

When asked if he would do it again, Flake said, "Not without my wife and I'm not sure she would do it until there is a hotel on that island. This will probably be a once in a lifetime experience. It was every thing I thought it would be and more."



Honorable Jeff Flake

School Days



Kwajalein welcomes six new teachers



Ben Powers

Where are you coming from?
Oxford, Miss.

What are your first impressions of Kwajalein?
I may be here a while!

How long have you been teaching? Six years.

What subjects will you teach?
Special education at the elementary school.

What college/university did you attend?
I attended the University

of Mississippi

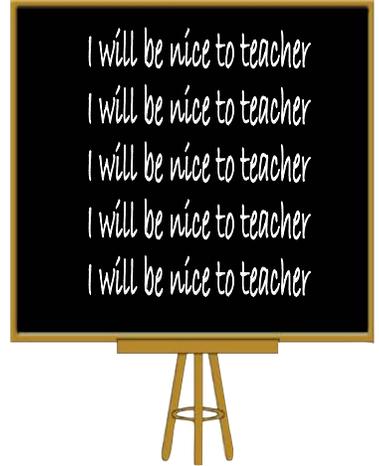
What degrees do you hold?
A bachelor's degree in therapeutic recreation.

Why did you come to Kwajalein?

I was born in Hawaii and always wanted to come back and live on an island.

What are your favorite hobbies/activities?

Ole Miss football and golf.



Casey Schuh

Where are you coming from?
Fort Wayne, Ind.

What are your first impressions of Kwajalein?
Casey taught school on Kwajalein 2005-2008. This is her second tour.

How long have you been teaching?
Four years.

What subjects/grade will you teach?
Kindergarten

What college/university did you attend?
Indiana University.

What degrees do you hold?
A bachelor's in education.

Why did you decide to come to Kwajalein again?

I left and taught international students in Shanghai, China for one year. I got homesick for Kwajalein quickly.

What are your favorite sports/hobbies?

Travel, soccer, tennis and scuba diving.



Tonya Thompson

Where are you coming from?
Myrtle Beach, S.C.

How long have you been teaching?
24 years.

What subjects/grade will you teach?
Fifth grade.

What college/university did you attend?
University of N.C. at Wilmington.

What degrees do you hold?

A bachelor's in education.

Why did you come to Kwajalein?

I began reading the *Hourglass* and looking at the school Web site. My boyfriend also told me how wonderful everyone is here.

What are your favorite hobbies/activities?

Math, stamping, card making, singing and anything that involves crafts and creative activities.



Back to School



Phillip Wachslar

Where are you coming from?
Merritt Island on Florida's east coast.

How long have you been a teacher?
Eight years.

What subjects/class will you be teaching?
Science and social studies.

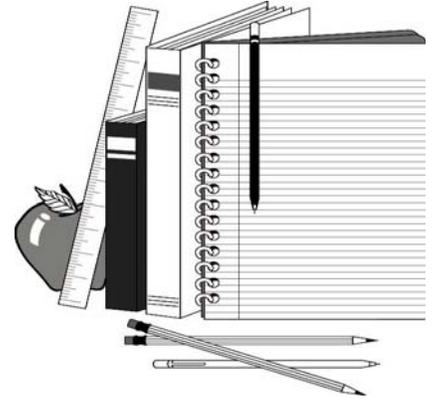
What college/university did you attend?
University of Central

Florida.

What degrees do you hold?
A bachelor's in education.

Why did you come to Kwajalein?
It's an awesome opportunity.

What are your favorite hobbies/activities?
Surfing, fishing and diving.



Susannah Jones

What is your hometown?
I am transferring from Child and Youth Services. I am originally from Alabama.

How long have you been teaching?
Since 1998. I've taught at the College of the Marshall Islands on Gueegee and UMUC and last year at School Age Services.

What subjects/class will you be teaching?

English language learning.

What college/university did you attend?
University of Maryland and Indiana University.

What degrees do you hold?
A bachelor's in English and a master's in education specializing in English as a second language.

Why did you come to Kwajalein?
Susannah is a long-time resident.

What are your favorite hobbies/activities?
Scuba diving, yoga and being with my two sons.



Carol Hockenberger

Where are you coming from?
North Canton, Oh.

How long have you been teaching?
37 years

What subjects/class will you be teaching?
Geometry, pre-algebra and U.S. history.

What college/univeristy did you attend?
Mount Union College and Indiana University in

Bloomington.

What degrees do you hold?
Elementary education and secondary math and data processing.

Why did you come to Kwajalein?
I was here in 1992-1999 and 2001-2004. This is my third tour.

What are your favorite hobbies/activities?
Walking, exercising, swimming, sailing and cooking.



Back to School

Kwajalein High School students talk about their summer fun and hopes for the new school year.



Jake Villarreal

Age: 16 Grade: 11

What was something fun you did this summer? I swam in the World Championships [in Rome, Italy].

What are you looking forward to most this year? Marine Science class. I love the water.



Molly Premo

Age: 12 Grade: 7

What was something fun you did this summer? I went on a cruise to Canada.

What are you looking forward to most this year? Meeting all the teachers.



Ashley Kutac

Age: 12 Grade: 7

What was something fun you did this summer? I went to the Big Island.

What are you looking forward to most this year? Finally being in high school.



Blake Larson

Age: 17 Grade: 11

What was something fun you did this summer? I went back home to Houston, Texas to see my family and work.

What are you looking forward to most this year? Summer.



Mereille Bishop

Age: 12 Grade: 7

What was something fun you did this summer? I went to see my family in the Phillipines and swam a lot.

What are you looking forward to most this year? Being on time for all my classes.



U.S. Navy photo

USNS *Richard E. Byrd* will perform humanitarian duties in the Marshall Islands Sept. 7-18

Pacific Partnership returns to Marshall Islands

By Lt. Matthew Breedlove
U.S. Navy

Pacific Partnership 2009 returns to the Republic of the Marshall Islands for 12 days, September 7-18, when USNS *Richard E. Byrd* (T-AKE 4), an underway replenishment ship, arrives at Majuro as part of a four-month humanitarian civic assistance mission.

Pacific Partnership works by, with and through partner nations, non-governmental organizations and other U.S. government and international agencies to execute a variety of humanitarian civic assistance missions in the Pacific Fleet area of responsibility from a ship dedicated to this HCA mission.

Building on partnerships forged in previous missions, the team for Pacific Partnership 2009 includes military and government personnel from Australia, Canada, Republic of Korea and the United States, as well as civilian volunteers who will work alongside their Marshallese counterparts.

For this mission, The *Byrd* is outfitted with HCA equipment and supplies and a staff augmented with a robust multi-specialized team of preventive medicine personnel, veterinarians, medical and dental teams and engineering personnel.

This year Pacific Partnership 2009 will focus its mission efforts ashore by conducting medical, dental, veterinary and engineering programs at specific sites on Majuro and Kwajalein atolls.

Engineering teams are currently scheduled to provide the following services at these locations:

- Refurbishing the roof and cistern of the Ennibur Island Water Catchments System Sept. 7-18
- Installing a new water catchments system at the

Ebeye Community Center Sept. 7-18

Medical and dental care will also be provided. Registration for medical and dental care will end each day when the maximum capacity is reached.

This will be before 4 p.m. each day and is dependent upon a number of factors including the type and severity of cases and the number of medical providers, volunteers and translators available.

Medical teams are currently scheduled to provide services at the following locations:

Ennibur: Third Island Community Center Sept. 14-15

- Primary Health Care Services
- Basic Dental Care (including Cleaning, Examinations and Extractions)
- Optometry (including Eye Exams and Glasses)
- Public Health Education (including First Aid, and Basic Life Support)

Ebeye: Ebeye Hospital Medical Sept. 9-12

- Primary Health Care Services
- Basic Dental Care (including Cleaning, Examinations and Extractions)
- Optometry (including Eye Exams and Glasses)
- Vet services (including Vaccination and De-worming)
- Public Health Education (including First Aid, Basic Life Support, Preventive Care, Pest Control and Water Quality Control)

For more information, contact the U.S. Embassy Majuro's Public Affairs Office at (692)247-4011 or visit <http://www.cpf.navy.mil/subsite/pp09/index.html> for additional information.

Seventeen servicemembers die in Iraq, Afghanistan

2nd Lt. Joseph D. Fortin, 22, of St. Johnsbury, Vt., died Aug. 23 in Hussaniyah, Iraq, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to 1st Squadron, 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas.

Cpl. Darby T. Morin, 25, of Victoria, Canada, died Aug. 22 in Logar Province, Afghanistan, of injuries sustained during a vehicle rollover. He was assigned to the 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

Lance Cpl. Donald J. Hogan, 20, of San Clemente, Calif., died Aug. 26 while supporting combat operations in Helmand Province, Afghanistan. He was assigned to 1st Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

Four Soldiers died Aug. 25 in southern Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. They were assigned to the 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade, 2nd Infantry Division, Fort Lewis, Wash. Killed were: **Capt. John L. Hallett III**, 30, of California; **Capt. Cory J. Jenkins**, 30, of Arizona;

Sgt. 1st Class Ronald W. Sawyer, 38, of Trenton, Mo. and **Spc. Dennis M. Williams**, 24, of Federal Way, Wash.

Pfc. Matthew E. Wildes, 18, of Hammond, La., died Aug. 27 in Afghanistan of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Two Soldiers died Aug. 28 in Rashid, Iraq of wounds suffered when insurgents attacked their vehicle with an explosively formed penetrator. Both Soldiers were assigned to the 41st Special Troops Battalion, 41st Infantry Brigade Combat Team of the Oregon Army National Guard in Portland. Killed were: **Sgt. Earl D. Werner**, 38, of Mondovi, Wis.; and **Pvt. Taylor D. Marks**, 19, of Monmouth, Ore.

Spc. Abraham S. Wheeler III, 22, of Columbia, S.C., died Aug. 28 in Logar province, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to the 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

Two Soldiers died Aug. 29 in Paktika Province, Afghanistan of wounds sustained when they were shot by

enemy forces Aug. 28 while conducting combat operations. Both Soldiers were assigned to the 1st Battalion, 75th Ranger Regiment, Hunter Army Airfield, Ga. Killed were: **Staff Sgt. Jason S. Dahlke**, 29, of Orlando, Fla. and **Pfc. Eric W. Hario**, 19, of Monroe, Mich.

Lance Cpl. David R. Hall, 31, of Elyria, Ohio, died Aug. 31 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.

Two Soldiers died Aug. 31 in Shuyene Sufia, Afghanistan of wounds suffered when enemy forces attacked their unit with an improvised explosive device. The Soldiers were assigned to the 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade, 2nd Infantry Division, Fort Lewis, Wash. Killed were: **Spc. Jonathan D. Welch**, 19, of Yorba Linda, Calif. and **Pfc. Jordan M. Brochu**, 20, of Cumberland, Maine.

Spc. Tyler R. Walshe, 21, of Shasta Calif., died Aug. 31 in southern Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade, 2nd Infantry Division, Fort Lewis, Wash.

Kwajalein Range Services Ri-Katak school lunch program needs support

By Dan Adler
Media Manager

A lunch program begun as a pilot project by Kwajalein Range Services in May 2003 is now in its sixth year of operation.

Students in the first through twelfth grades who travel from Ebeye to attend schools on Kwajalein receive free box lunches courtesy of Kwajalein individuals and organizations.

KRS administers the program and school officials have emphasized how important it is for students to have a good lunch in order to do well in their afternoon classes.

Before the program began, many students from Ebeye had no meal during the school day. Some of their fellow students who lived on Kwajalein would go home at lunch to make sandwiches and give them to the Ebeye students.

KRS felt a better system was needed and thus began the lunch program.

Individuals, companies and company departments can contribute to the program to ensure that Ebeye students have a nutritious meal for lunch.

This school year, the lunches will vary and include deli sandwiches, baked chicken and rice, fruit, vegetables, water and cookies. All of the lunches are prepared by Café Pacific staff and are delivered to the schools.

The cost of the lunches is \$3.02 per day for each student and based on a 180-day school year, the total cost per student would be \$542.

Donations are strictly voluntary and confidential. A receipt will be provided for each donation, but no list of donors will be published. Individuals, offices, clubs and organizations may want to participate. Any donation, no matter how small, will be appreciated for this very worthy cause. Anyone wishing to help can make checks payable to KRS and submit them to the secretary at the high school or to Janette Bishop in Community Services Building 735.

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.

GIVE AWAY

UPRIGHT PIANO, currently located at Quarters 486-B, some keys not working. For assistance in moving call Dave at 51564.

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.

WANTED

SUN BIKES and used parts in any condition, working or not. Call 52642.

FENCE OR fence materials. Call 51596.

LOST

KIDS GLASSES, Vera Bradley, pink frames with black flowers. If found, contact 54396.

PATIO SALE

SATURDAY, 4-7 p.m., Qtrs. 411-D in back. Toys, clothes, electronics, household items and beach items.

SATURDAY, SUNDAY AND MONDAY, 8-11 a.m., Qtrs. 126-A. Clothes for all ages, toys, bikes, kitchen items, videos.

MONDAY, 8 a.m.-noon, Qtrs. 118-F, PCS sale.

FOR SALE

BIG SCREEN TV stand, black, three glass shelves; Mickey Mouse toddler bed with mattress and new sheet set; Mickey Mouse TV and DVD player; kids Karaoke Star machine and boys Halloween costumes. Call 55176.

TODDLER BED with mattress, \$40; outdoor durable plastic storage bench, \$15; Burley trailer, good tires, \$10; light weight stroller, \$5; two small three door night stands, \$5; toddler kitchen with accessories, \$40; Papasan chair, \$20. Call 55382 after 5 p.m.

SMALL SPLINE crank for Nexus 4 Sun bike, new, paid \$38, asking \$30. Call 52434.

PLANTS, wide selection of both indoor and outdoor, great prices. Call 53336 after 4 p.m.

ELECTRIC UNDERWATER scooter, \$60 and Canon i560 printer, \$20. Call 54173.

JVC TV, 27 inch, remote, \$85; JBL SB-5 speaker and subwoofer for stereo speaker system, \$50. Call 52379.

LIGHTNING BOLT SURFBOARD, eight feet long, excellent condition, nose and tail guards, perfect for beginner to intermediate surfers, comes with four sets of side bite fins, new center fin, board sock and new leash, \$450. Call John at 59283.

TWO ISOTONIC ISO-COOL memory foam



**hours of operation
 Tuesday, Sept. 8**

Kwajalein

Emon Beach.....	11 a.m.-6 p.m.
All other beaches.....	Buddy system
CRC/Raquetball Courts.....	7:30 a.m.-9 p.m.
Golf Course.....	Sunrise to sunset
Driving Range.....	Closed
Country Club.....	7 a.m.-2 p.m.
Hobby Shop.....	12:20 p.m.-5 p.m.
Ivey Gym.....	Cipher lock
Library.....	Closed
Adult pool.....	Buddy system
Family pool.....	11 a.m.-6 p.m.
Skate Park.....	Buddy system at all times
Small Boat Marina.....	8 a.m.-6:30 p.m.
ARC.....	noon-10 p.m.
Surfway.....	11 a.m.-6:30 p.m.
Shoppette.....	7 a.m.-6 p.m.
Px and Pextra.....	7 a.m.-5 p.m.
Laundry.....	Closed
Beauty/Barber.....	Closed
Sunrise Bakery.....	7 a.m.-noon
Ocean View Club.....	4:30-11 p.m.
Post Office Kwaj.....	Closed Monday/normal hours Tuesday
Roi Post Office.....	Normal hours
Community Bank.....	Closed

pillows, new, standard size, \$100 for pair; faux suede bedding set, king size, beige, with comforter, sheets, two king pillow cases and bed skirt, \$60. Call 52642.

BEACH CHAIRS, two, \$5 for both; Rubbermaid burley, \$100; Schwinn burley, \$15; computer desk, \$50; Sun Bike Frame, \$50; second generation iPod housing, waterproof, for an iPod Nano, \$20 and iPod Photo, 40 gigabytes, \$50. Email briannew1@hotmail.com.

MICROWAVE CART, \$20; small two-drawer desk, \$20 and 12-foot by 15-foot carpet, \$30. Call 51421.

TELEVISION, USED, 35 inch, remote, surge protector, cable cords and phone cord splitter, \$125; phone, used, AT&T cordless, \$10;

Café Pacific

Lunch

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sept. 12</i>
Eggs florentine	Pork chops	Egg noodles	Lumpia	Vegetables	Kalua pork	Pot roast
Twice baked potatoes	Herb roast chicken	Grilled hot dogs	Chicken katsu	Lyonnais potatoes	Cauliflower	Chicken nuggets
Cornish hen a la orange	Garlic mashed potatoes	Heuvos rancheros	Oriental fried rice	Breaded herb polluck	Turkey Tetrazzini	French cut green beans
Grill: Brunch station open	Grill: Brunch station open	Grill: Brunch station open	Grill: Teriyaki burger	Grill: Swiss steak	Grill: Grilled cheese	Grill: Grilled chili dogs

Dinner

<i>Tonight</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breaded fish	Fried eggplant	Collard greens	Succotash	London broil	Fried chicken	Soft polenta
Penne with herbs	Cantonese pork	Boiled potatoes	Kwaj fried chicken	Baked potato	Franconia potatoes	Chicken cacciatore
Chef's choice entrée	Vegetable du jour	Hamburger steak	Seared honey lime ono	Barley rice pilaf	Turkey white bean chili	Zucchini with tomatoes

Samsung Microwave, white, used, \$15 and Timberland Boots, new, size 10w, paid \$130, asking \$40. Call 52434 and leave a message.

GRACO PACK AND play, four feet by four feet, great condition, \$75 and an art easel for children, brand new in box, \$30. Call 51596.

ROOM DIVIDER, for new housing, \$300 and a barbecue, Weber Genesis Gold, stainless steel, \$350. Contact 52788.

COMMUNITY NOTICES

CELEBRATION OF THE MASS will resume at 5:30 p.m. tonight in the Island Memorial Chapel. Father Yohanes Sujono from Queen of Peace Church on Ebeye will be the celebrant.

LABOR DAY WEEKEND Party, 8 p.m., tonight at the Ocean View. Come join us for exotic mixed drinks, dance music and spicy chicken wings while supplies last. Questions, contact Eric Wills 53338.

THE FAMILY POOL will be closed for paint touch up and minor repairs until Sept. 5. The family pool will reopen on Sept. 6. The adult pool will have guarded swim hours on weekdays 3:30 - 5 p.m. Emon Beach will be guarded its normal weekend hours 11 a.m.- 6 p.m. Questions? Call Sandy Lummer, 52847.

THE BARGAIN BAZAAR will be open during normal hours beginning Sept. 7. Hours of operation are 1-3 p.m. on Mondays and 5-6:30 p.m. on Wednesdays and Fridays.

START SMART BASKETBALL 2009 is beginning for pre-kindergarten children ages three through five. Registration is open August 11 through September 5 and the program begins September 16. Contact 52158 for registration information.

CYSS YOUTH BASKETBALL 2009 registration opens from Aug. 4-29. Open to boys and girls in grades kindergarten through six and the league dates are Sept. 10 through Oct. 31. Coaching opportunities available as well. Contact 52158 for registration information, building 356. Contact 53796 for sports program information.

THE BOY SCOUTS are inviting all boys from first to fifth grade to join Cub Scouts. Registration is from 10-11 a.m. on Sept. 7 at



SPLASH for TRASH
Sept. 19

The Splash for Trash will be from 9 a.m.-noon on Sept. 19 starting at the Pacific Club. Snorkelers, beach combers and divers are needed to help clean up Kwajalein's reef's and shorelines. Lunch will be provided for volunteers. Contact John.Pennington@us.army.mil, 53290 or Sandra.Lummer@smdck.smdc.army.mil, 52847.

Emon Beach. Questions? Call 52885 or go to www.scouting.org.

A LABOR DAY golf tournament will be at 8 a.m. on Sept. 7 at the Roi Namur Country Club. Everyone is invited, with or without handicap, for \$10. Free food and drinks will be served at the turn and for everyone afterwards. Contact Ricky Everette or Bill Lewis if you are playing.

OCEAN VIEW OPEN 4:30 p.m.-2 a.m., Sept. 7 after Labor Day Celebration festivities at Emon Beach. Join us for tacos, beer specials and classic rock music from 7-9 p.m.. Dance music will begin at 10 p.m. Questions, contact Erik Wills 53338.

BEGINNING BAND instrument rental meeting will be held at 7 p.m., Sept. 9 and 10 in the Elementary music room. This is the time to sign up your fifth grade child for band and get an instrument.

NATIONAL HONOR SOCIETY information meeting at 6 p.m. on Sept. 8 in the MP room. Questions, call the high school office at 52011.

KWAJALEIN SCUBA club meeting on Sept. 9 at the Pacific Club. Snacks and beverages will be served at 6:30 p.m., meeting begins at 7 p.m. Johnny Hadley will present a slide show and overview of his live-aboard dive trip to Chuuk lagoon. This is the same charter that KSC and Dolphin members are booking in Oct. Questions, contact John Pennington at 53290.

KWAJALEIN SWIM TEAM registration forms and practice/meet schedules for Fall 2009 are now available. Registration forms are available at the Community Bulletin Board and each school's administrative office. Registration and payment are due no later than Sept. 11 in order to compete in the first scheduled meet. The first practice will be held on Sept. 7 at the Family Pool. For more information, contact

Projected menu-subject to change

Café Roi

Lunch

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sept. 12</i>
Stuffed pork	Eggs benedict	Pinto beans	Fried rice	Mashed potatoes	Fried rice	Red beans
Huevos rancheros	Parslied potatoes	Cheddar corn bread	Pico de gallo	Hamburger steak	Hunan fish	Roast potatoes
Southwest chicken breast	Seared garlic salmon	Fried potato wedges	Chicken fajitas	Lemon roast whitefish	Hibachi chicken	Ropa viejas beef
Grill: Brunch station open	Grill: Brunch station open	Grill: Brunch station open	Grill: Beef tacos	Grill: Hot Turkey croissant	Grill: Pork stir-fry	Grill: Cuban sandwich

Dinner

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sept. 12</i>
Garlic toast	Game hens	Fried rice	Flank steak	Asian chicken	Roast pork	Chicken parmesan
Pork outlet picatta	Beef bourginione	Lamb curry	Stuffed chicken	Curried noodles	Cheese grits	Cabernet braised beef
Mushroom lasagna	Parsley egg noodles	Stir-fried noodles	Baked potatoes	Vegetable of the day	Mashed potatoes	Tomato parmesan foccacia

**Discover Roi Day
has been
postponed until
October. The
new date will be
announced.**

Karen at 54259, or Glenn at 54310.

FAMILY MOBILE KITCHEN dinner September 12. Menu to include spaghetti with meat sauce/alfredo, chicken marsala, Italian green beans, Cesar salad, garlic bread, water and soda, frosted cake or cheese cake for dessert. Seating is limited. Cost is \$27.50 for adults, \$13 for children 12 and under, children under four eat free. Alcoholic drinks available at the cash bar. For payment see Marie Curtiss at the Retail Service Office, building 805 next to the Bowling Center, 53933.

THE KWAJALEIN COMMUNITY Band will begin rehearsals for the 2009-2010 concert season from 7:30-8:45 p.m. on Sept. 15, in the high school music room, and will rehearse weekly, on Tuesdays, Sept. through May. Adult band members are welcome and needed in all sections, especially clarinet, horn, and drums. A limited number of school owned instruments are available for loan to the band members. Band members may also obtain instruments from a representative of Best Musical Instrument Company, who will be meeting student musicians at 7 p.m. on Sept. 9-10, in the elementary music room. For more information, contact Dick Shields, at home 51684, at the high school 52011, or rshields@kwajalein-school.com.

THE OPTOMETRIST will be here to see patients from Sept. 20 - Oct. 1. Please call the hospital at 52223 or 52224 to schedule an appointment.

OPEN ENROLLMENT for Chugach 401K Plan. Now is a great time to join the Chugach 401K plan. If you want to enroll or are currently contributing and wish to increase your deferral percentage, Open Enrollment for the October 1 period is happening until Sept. 22. Contact Prescilla at 50788 for more information.

HOBBY SHOP PATRONS, if you have any unfinished projects or wood stored in the Hobby Shop facility, come by and pick it up or make sure that your name is on it. If it is not claimed by October 1, it will become the property of the Hobby Shop.

OKTOBERFEST is being celebrated at the Vet's Hall on October 4.

BRIDGE NIGHT WILL BE at 7:30 p.m. every Wednesday at the ARC. Lessons will be given for beginners and there will be Rubber Bridge for experienced players. No reservations are required. Questions? Contact Don Shuwarger at 52223.

Saturday, Sept. 5, 2009

Labor Day Beach Blast



Come on down to celebrate Labor Day on Sept. 7 at Emon Beach.

- 10 a.m.-noon: sand castle building contest
- 1-4 p.m.: bounce castle and jousting arena
 - 1-4 p.m.: beach volleyball
 - 2-5 p.m.: Baggo tourney

Retail Services will be serving food and beverages, pulled pork sandwiches, corn dogs, potato salad, chips, cotton candy and beverages.

BBQ Safety Tips



- Before using, place your grill at least ten feet away from other objects, including the house and any shrubs or bushes.

- Always stay by the grill when cooking.

- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.

- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.

- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.

- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.

- Keep kids and pets well away until grill equipment is completely cool.

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

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 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.

'KARAOKE NIGHT FRIDAYS' are at 8 p.m. at the Ocean View. Join them for drinks, singing and pupu's. Questions? Contact Eric Wills 53338.

COMMUNITY ACTIVITIES is looking for people to help create a nursery of native and culturally useful plants. These plants will be used to increase biodiversity of our native plant population and to beautify our islands. We need both volunteers that are willing to be part of ongoing care of the plants, as well as the occasional muscle to be called in for special projects. If you are interested or would like more information, call Amy at 53331.

Postal Service requires zip code updating

Hourglass Reports

The U.S. Postal Service is always updating zip codes or deleting zip codes or adjusting codes in some way. The attached is a way to fine tune the processing of military mail. It will help make processing in the distribution centers quicker and more efficient.

Besides the attached tables listing the zip+4 for Kwaj and

Roi we have also been assigned a CMR # (consolidated mail room-which identifies us more readily throughout the military). Kwaj is CMR #701. Roi is CMR #702.

All 'official mail' (meaning companies) will be using the zip+4. Kwajalein will be 9998 and Roi will be 9997.

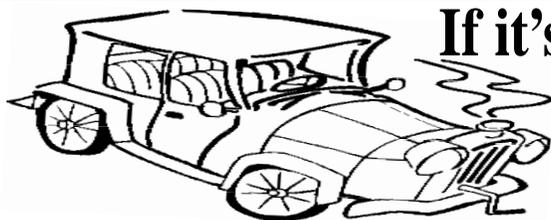
The following is an example as to how mail to Kwajalein and Roi residents should be addressed from now on:

Resident
CMR #791 PO Box 691
APO, AP 96555-0007

KRS
Atten: Finance Department
APO, AP 96555-9998

Residents are to advise persons and companies who send them mail on a frequent basis of the update in the resident's zip code. That will help with mail processing.

Roi-Namur		Kwajalein		Kwajalein	
<u>Range of Boxes</u>	<u>Zip + 4 Assignment</u>	<u>Range of Boxes</u>	<u>Zip + 4 Assignment</u>	<u>Range of Boxes</u>	<u>Zip + 4 Assignment</u>
8001 - 8100	0001	1 - 99	0001	900 - 999	0010
8101 - 8200	0002	100 - 199	0002	1000 - 1099	0011
8201 - 8300	0003	200 - 299	0003	1100 - 1199	0012
8301 - 8400	0004	300 - 399	0004	1200 - 1299	0013
8401 - 8500	0005	400 - 499	0005	1300 - 1399	0014
		500 - 599	0006	1400 - 1499	0015
		600 - 699	0007	1500 - 1599	0016
		700 - 799	0008	1600 - 1699	0017
		800 - 899	0009	1700 - 1800	0018



If it's not movin', it shouldn't be runnin'

Vehicle engines left idling waste fuel and money and could create a safety hazard. If vehicles are not being driven, engines should be shut off.

Weather courtesy of RTS Weather

Sunday: Partly sunny, 30 percent showers. **Winds:** ENE-ESE at 7-13 knots.
Monday: Mostly cloudy, 40 percent showers. **Winds:** NE-SE at 7-13 knots.
Tuesday: Mostly cloudy, 30 percent showers. **Winds:** E-S at 6-12 knots.
Wednesday: Mostly sunny, 10 percent showers. **Winds:** E at 5-10 knots.
Thursday: Mostly sunny, 10 percent showers. **Winds:** Light and variable.
Friday: Partly cloudy, 20 percent showers. **Winds:** ENE-ESE at 5-10 knots.
Sept. 12: Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 5-10 knots.

Annual total: 36.32 inches
 Annual deviation: -22.91 inches

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

Sunrise/set Moonrise/set High Tide Low Tide

Sunday	6:40 a.m./6:54 p.m.	8:22 p.m./ 8:17 a.m.	4:54 a.m., 4.6'	11:04 a.m., -0.8'
			5:10 p.m., 4.4'	11:14 p.m., -0.6'
Monday	6:40 a.m./6:54 p.m.	9:11 p.m./9:06 a.m.	5:19 a.m., 4.5'	11:27 a.m., -0.7'
			5:36 p.m., 4.4'	11:43 p.m., -0.5'
Tuesday	6:40 a.m./6:53 p.m.	9:58 p.m./ 9:57 a.m.	5:46 a.m., 4.2'	11:52 a.m., -0.6'
			6:04 p.m., 4.4'	
Wednesday	6:40 a.m./6:52 p.m.	10:50 p.m./ 10:52 a.m.	6:13 p.m., 3.9'	12:13 p.m., -0.3'
			6:34 p.m., 4.2'	12:17 p.m., -0.3'
Thursday	6:40 a.m./6:52 p.m.	11:46 p.m./11:50 a.m.	6:45 a.m., 3.4'	12:49 a.m., 0.0'
			7:10 p.m., 3.9'	12:46 p.m. 0.0'
Friday	6:39 a.m./6:51 p.m.	12:51 a.m.	7:22 a.m., 2.8'	1:32 a.m., 0.4'
			7:57 p.m., 3.5'	1:20 p.m., 0.4'
Sept. 13	6:39 a.m./6:51 p.m.	12:46 a.m./1:51 a.m.	8:17 a.m., 2.3'	2:36 a.m., 0.9'
			9:21 p.m. 3.1'	2:10 p.m., 0.9'