

THE KWAJALEIN HOURGLASS



A diver from the 7th Army Engineer Dive Team inspects the reef during a restoration project involving NOAA, U.S. Fish and Wildlife, USAKA and KRS that took place in the last two weeks of September.

For more, see Page 4.

Photo by Matthew Perry

E-Talk

The Black Widow spider is occasionally found on Kwajalein Atoll. The female black widow spider is the most venomous spider in North America, but seldom causes death as it injects a very small amount of poison when it bites. Anyone bitten by a black widow spider should seek medical care; an attempt should be made to catch the spider for identification. Only the female Black Widow is dangerous to humans; males and juveniles are harmless.



Kaulalo kilmej in etan in Black Widow Spider kwoj lo jet ien ion Kwajalein Atoll. Kokra in black widow spider ej spider eo e'poison tata ilo North America, botab ejjab kanooj lon mej rar walok jen an spider in kadrelon jidrik poison ilo an ikuk. Jabdrewot armej im black widow spider ar kiji ej aikuj kebaak jikin takto ko; kajeon kojeke spider eo im boklak bwe ren maron kakilen kain spider rot eo ar kiji eok. Kokra in black widow spider wot elap aer kauatata non armej; komaan im spider jidrik ko rej-jab kauatata.

Safely Speaking

Elevated Work Platforms

All employees working with aerial lifts or elevated work platforms must complete the KRS Fall Protection Training Course prior to work. Contact the KRS Safety services at 5-1134 for more information.

Aolep rijerbal ro rej jermal ilo forklift ko im elon man basket ko ie ak elevated work platforms rej aikuj in kad-edelok aolep katok ko ak training ko an KRS ikijen Fall Protection mokta jen aer jembali. Kir KRS Safety services ilo 5-1134 non bok melele ko relap lak.

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

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.

THUMBS UP

To the staff of Kwajalein Hospital, notably, Dr. Shuwarger and nurses Susan Gentry, Sheila Bolen, Christie Logan, Yvonne Scott-Tolle and Zoe Joncich, and anesthesiologist Marion Naretto for the exceptional care received during my recent stay.

— Mary Stone

Discontinuation of Roller birthday and anniversary announcements

Due to the current TV situation arising from damage to the antenna cable on the tower, the weather from RST Weather Station and the Roller announcements will be combined on Channel 9. Due to the combination of the two, it is taking a very long time for the Roller to cycle through. Therefore, no birthday or anniversary notices will be put on the Roller until further notice. Community notices will air for 10 days before the event and end at midnight the day of the event. Environmental E-talk, Safely Speaking, and other slides that the community needs to be aware of will be published in the *Hourglass* and KRS Newsline.

Cheryle Johnson achieves Six Sigma Black Belt

Congratulations are in order for Cheryle Johnson who has completed a rigorous training and evaluation process leading to certification as a Six Sigma Black Belt. Cheryle is the latest in a series of highly motivated and talented folks who have served in this role for KRS. I look forward to working with Cheryle as she creates her own legacy in finding ways that we can execute our mission safely with greater efficiency, better productivity, and lower cost. She is a valuable resource, and I encourage you to seek her out if you have a good idea that needs to be developed.

— Dave Norwood, KRS President

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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Recruit Indoctrination Program helps ready Marshallese, Kwajalein residents for ASVAB

Article and photos by Sheila Bigelow
Associate Editor

For those looking to pursue a future in the U.S. Armed Forces, there are a few requirements that must be met before admission can be granted. One requirement is to take the Armed Services Vocational Aptitude Battery test.

Preparation for the ASVAB can be difficult, but the Recruit Indoctrination Program was designed to help Kwajalein residents and Marshallese better prepare themselves to take the test.

The RIP was offered again in September and a total of 10 Marshallese students took part to prepare themselves to take the ASVAB. The RIP concentrates on teaching math and English subjects. Volunteer teachers used a variety of methods to help teach students including playing Scrabble to help expand vocabulary.

"I was very fortunate to be able to participate in the RIP program," said Tonya Thompson, one of the volunteer teachers. "Our main focus in the math tutoring was on refreshing basic skills and geometric concepts, but most importantly making sure that the participants were able to understand the questions. Many times the vocabulary used in the math questions became the stumbling blocks that prevent the students from being successful rather than the math itself. The students were encouraged to actively participate in class through discussions, acting out vocabulary and helping each other with our assistance."

The RIP would not have been possible without these giving volunteer teachers. There were 13 volunteers that took time out of their schedules to teach classes four nights per week throughout the month of September.

Volunteer teachers in the subject of math were Tonya Thompson, Jerry Collins, Julie Wathen, John Irwin and Jennifer Yezek. Volunteer teachers in the subject of English were Judy Davis, Cherie O'Brien, Judy Hoagland, Lolita Al-

las, Robin Smith and Rick Funk. Volunteer staff assistant responsible for signing-in and signing-out the students at the DSC throughout the course was John Pennington.

The students weren't the only ones thankful for the volunteer teachers. Col. Frederick Clarke and Sgt. Maj. Patrick Kutac addressed the RIP class, along with the volunteer teachers, on Sept. 23 to thank the teachers for all that they had done for the students.

"I think this is really important to honor and recognize the people who helped you out because they put a little bit of themselves into you," said Clarke. "In some cultures, the most important people in the world are not doctors or engineers, they are people that take time to teach somebody else something to make them better people. I really appreciate what they've done."

Clarke presented Certificates of Appreciation to all volunteer teachers, thanking them each personally for their time and effort put forth.

Kutac also took the time to award three students Perfect Attendance certificates for having made it to every class, every week, from start to finish. Those students were Troy Walter, Jason Lalimo and Neili Yotama.

"Congratulations to everyone," said Kutac. "We really appreciate everyone coming here. I know it's tough with jobs and family, and I know it's hard for you to come here every week. But I really appreciate your dedication."

Maj. Christopher Mills addressed the RIP class. "The test is around the corner," he said. "The level of instruction you got here has been spectacular so I'm very confident that you guys are going to hit the mark and do very well. Thank you for all your effort and dedication you put in. It's going to pay off for you."

The RIP is offered twice per year, before the ASVAB is given. Volunteer teachers are always needed, especially in the areas of electronics and mechanics.



Col. Frederick Clarke thanks volunteer teacher John Irwin with a Certificate of Appreciation.



Sgt. Maj. Patrick Kutac presents a Perfect Attendance certificate to Neili Yotama, who participated in this year's Recruit Indoctrination Program

"This program is the beginning of the confidence that they [students] need to score higher on the ASVAB test," said Thompson. "They see the advancements and the success a life in the military can provide and want the same for themselves and their families. It was very rewarding and I am looking forward to helping again during the next session."



U.S. ARMY

Rescuing the Reef

An Army diver goes into the water to collect debris from the ocean reef near the Shark Pit.

Photo courtesy of Matthew Perry



Divers from U.S. Army Pacific's 7th Engineer Dive Team move a large piece of coral during the reef restoration project carried out in late September.

NOAA, U.S. Fish and Wildlife, USAKA, KRS combine in reef restoration project

By **Dan Adler**
Media Services Manager

In late March and early April, the environmental departments of USAKA and Kwajalein Range Services became concerned that damage was occurring to the ocean reef near the Shark Pit area due to deteriorating coral debris.

USAKA notified the National Oceanic and Atmospheric Administration and the U.S. Fish and Wildlife Agency of the concern and requested that an inspection of the reef be done.

As per the request, Kevin Foster, a marine ecologist who has

been with U.S. Fish and Wildlife for 19 years and has been coming to the Kwajalein area for 10 years, along with Steve Kolinski, a fishery biologist with NOAA's Fisheries Services, came out to conduct a survey of the area.

Kolinski said, "We work closely with [KRS and USAKA] environmental to help them meet their mission from an environmental compliance standpoint. We always have a good strong collaborative effort. Kevin and I came out once it was understood what happened."

He continued, "USAKA was very supportive of that. We did some preliminary survey work and met

with Anthony Hoover [USAKA Environmental Engineer] and Col. [Frederick] Clarke and gave them a presentation of what was associated with the reef as far as what resource damage there was."

According to Kolinski, there were several large and small pieces of debris that were being driven into the reef from wave action and pulverizing the coral.

Kolinski said, "It's a high-energy zone because it's on the ocean side and when you have a lot of big pieces of rock debris that are loose in that area, when the

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summer swell comes in, it's like a bunch of bulldozers. If you leave it there, it's going to cause further injury."

The survey showed that about 1.3 acres of reef was involved and extended out around 200 feet from the Shark Pit. The depth ranged from 18 feet to 80 feet.

After Foster and Kolinski determined that a problem existed, a request was made by USAKA to U.S. Space and Missile Defense Command for assistance. SMDC in turn contacted U.S. Army Pacific requesting dive engineers.

The Army sent 13 divers to help with the clean-up and reef restoration. NOAA Fisheries Service per-

sonnel were also dispatched along with a contingent from U.S. Fish and Wildlife.

The NOAA personnel, in addition to Kolinski, were Matthew Perry, fishery biologist and Robert Schroeder, fishery biologist. The Fish and Wildlife personnel, in addition to Kevin Foster, were Jeff Phillips, marine ecologist and Dwayne Minton, marine ecologist.

As far as restoring the reef, Kolinski said, "Removing the debris in and of itself is a restoration action because its removal helps restoration to occur. If you leave the debris there, it will take a much longer time for the damaged area to come back. Stabilizing the

debris opens up the reef to natural recovery and there is great potential for the reef to heal itself."

According to Kolinski, in order to give the reef a headstart on recovery, the divers cemented some of the largest living coral pieces in place at the base of the reef. That will help provide habitat for a diversity of marine life by putting some of the topography back. In places, the reef was also reinforced to mitigate wave action damage.

The NOAA and Fish and Wildlife personnel praised the Army divers. "The 7th Engineers are in the water and they're doing good work down there," said Kolinski. "The Army divers are assisting in the removal of rubble and they supply a lot of the labor and engineering ideas about how best to go about it."

Kolinski stated that the clean-up and moving of debris was done by marking out sections on the reef and once debris was collected from a section, it was transported to a deeper channel (or crevice) within the reef where it was stabilized so it will not move about in wave action.

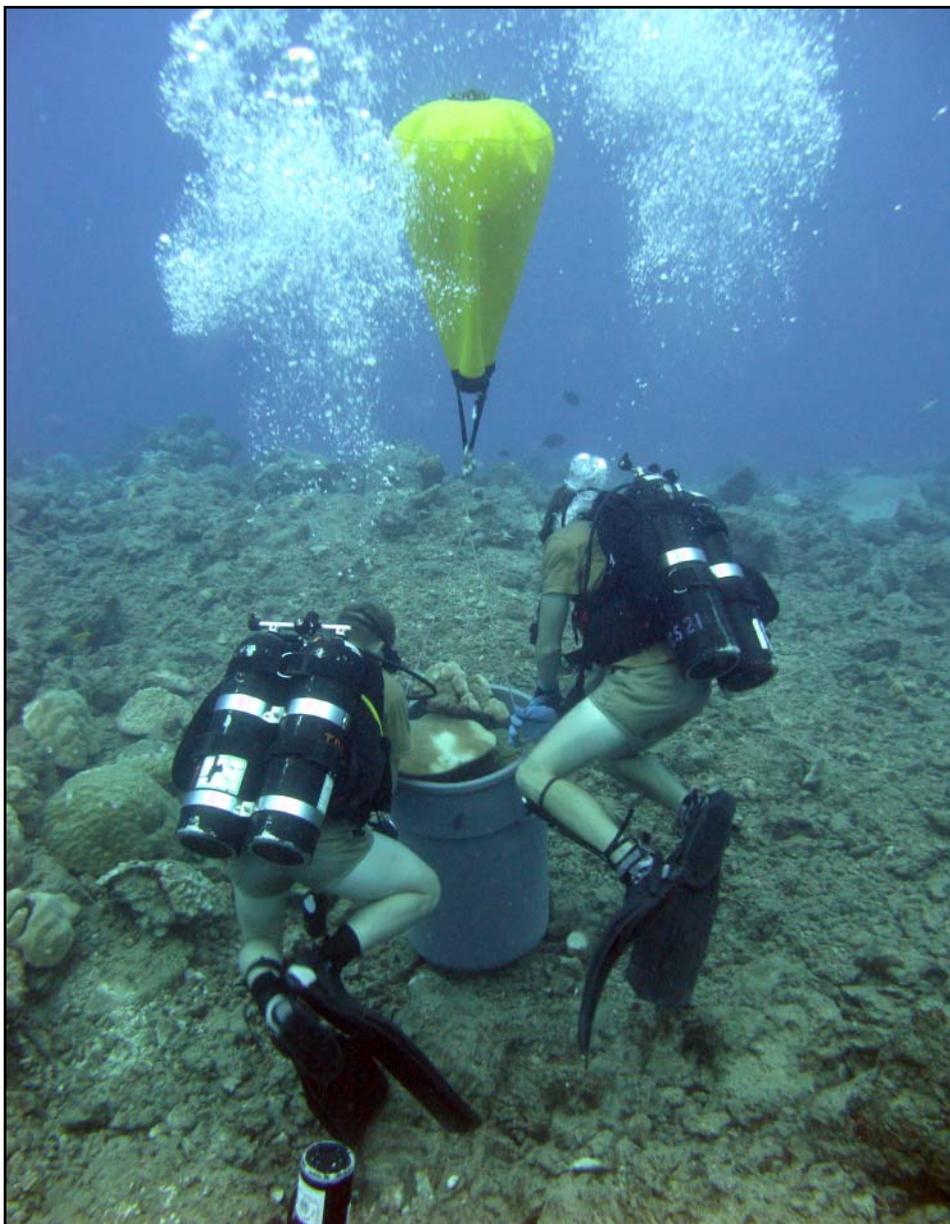
"It's not just the larger boulders and pieces of debris," Kolinski said. "The smaller debris was also collected and moved as it can still cause severe damage if hammered against the coral by waves."

He explained that the procedure "Had to be done carefully and painstakingly so as not to damage the uninjured coral while picking up the broken sections. That's why buckets were being used. If all the coral was in pieces, then a net with a lift bag could be used to collect everything and hook it to a boat and tow it out somewhere."

He added, "We had to go in betwixt and between. We had to pick things up in a manner where your fins are off the ground and you're not kicking at things."

The teams dove four times a day, usually with nine divers at a time. They stayed down for an hour each dive.

Kolinski said that by doing the restoration work, the reef should experience a 70-90 percent recovery within 10-20 years. However, it may not fully recover for more than 100 years although some



A container full of debris is moved with the assistance of an air bag.



A large piece of coral is cemented to the reef. By stabilizing living coral on the reef, recovery should occur more quickly than if left to nature.

species recover faster than others.

“We will be doing periodic checks to see how recovery is progressing,” he added.

The NOAA Team and the Fish and Wildlife Team have no doubts about USAKA’s and the Army’s commitment to conservation and the environment.

Kolinski stated, “The relationship working with USAKA is one of the best and everyone in the agency feels the same way. We have a great partnership between Fish and Wildlife, NOAA and USAKA.”

Hoover said the standards of USAKA are stringent because of the large mission here and also because the Compact of Free Association calls for compliance with U.S. laws on environment and conservation.

He also said, “If we have a problem, we’re going to pick up the

phone and call the appropriate agencies and notify them right away. “We are solution focused. We have open, honest communications and work cooperatively with the agencies.”

Dwayne Minton of Fish and Wildlife is impressed with USAKA. “The Army and USAKA take the environment seriously,” he said. “Bi-annual surveys on bird population and plant life are done in accordance with USAKA Environmental Standards.”

The reef restoration effort was supported by USAKA which paid for the team’s expenses and for necessary logistics. Other support came from the Kwajalein Scuba Club which provided air tanks and gear and the KRS Marine Department which



Debris is stacked by divers in a deeper part of the reef in order to keep it from being moved by wave action.

provided two boats and crews.

NOAA and Fish and Wildlife personnel left Kwajalein on Sept. 28. The Army divers went to Roi-Namur on the 26th and are repairing a sewage pipeline.

President presents Medal of Honor

By Gerry J. Gilmore
American Forces Press Service

Army Sgt. 1st Class Jared C. Monti demonstrated “a life of character and commitment,” President Barack Obama said before presenting the military’s highest honor, posthumously, to Monti’s family at a White House ceremony.

Then-Staff Sergeant Monti was killed June 21, 2006, after making several attempts to rescue a fellow Soldiers who had been wounded during a battle with Taliban insurgents, and ultimately died, in Gowardesh, Afghanistan, near the border with Pakistan.

Monti was posthumously promoted to sergeant first class. His name was slated to be enrolled among other Medal of Honor recipients at the Pentagon’s Hall of Heroes following a ceremony in the Pentagon auditorium Sept. 17.

Obama presented the award to Monti’s parents, Paul and Janet Monti, during a ceremony in the White House’s East Room. The ceremony was attended by Defense Secretary Robert M. Gates, Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff; newly confirmed Army Secretary John McHugh; and other senior officials.

Monti, a native of Raynham, Mass., was 30 years old at the time of his death. He was assigned to the 10th Mountain Division’s 3rd Squadron, 71st Cavalry, 3rd Brigade Combat Team, based at Fort Drum, N.Y. He enlisted in the Army in March 1993 and trained as a forward observer for artillery.

The fallen Soldiers, Obama said, was a kindhearted, persistent young man who had befriended those in need at home and also helped others during his overseas military duty.

Monti “was the Soldiers in Afghanistan who received care packages, including fresh clothes,” Obama said, “and gave them away to Afghan children who needed them more.”

The fallen Soldiers had been rejected several times for a slot on



U.S. Army photo by D. Myles Cullen

A Navy Lt. Cmdr. holds the Medal of Honor that President Barack Obama posthumously awarded to Army Sgt. 1st Class Jared C. Monti, as his parents, Paul and Janet Monti, from Raynham, Mass., stand by in the East Room of the White House in Washington D.C., Sept. 17.

his high school basketball team, Obama said. But, he added, Monti persisted and ended up on the varsity basketball squad.

Monti rose to noncommissioned officer rank in the Army, Obama said, where he was engaged in “caring for his Soldiers and teaching his troops.” Deeply held values and love for his fellow Soldiers, Obama said, caused Monti to risk his life on a rocky ridge in Afghanistan, where Monti’s 16-man patrol was attacked by 50 Taliban insurgents.

Monti quickly called in artillery support, Obama said. And then, he said, the young NCO did something beyond military training when he saw that one of his Soldiers was wounded and in danger.

“Jared Monti did something no amount of training can instill,” Obama said. “His patrol leader said he’d go, but Jared said: ‘No. He is my Soldiers; I am going to get him.’”

Monti twice braved massive enemy rifle and rocket fire in attempts to reach his wounded comrade who was lying on the ground some 20 yards away,

Obama said. Forced to turn back and taking shelter behind a rock, Monti contemplated his next move. He decided to give it another try.

“Faced with overwhelming enemy fire, Jared could have stayed where he was behind that rock,” Obama observed. But, he said: “That was not the kind of Soldiers Jared Monti was.”

Monti embodied the Soldiers Creed, Obama said, some precepts of which include: “I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade.”

Emerging from safety from behind his rock, Monti for the third time attempted to reach his fallen troop, Obama said, when he himself was fatally wounded by a rocket-propelled grenade.

Monti’s last words, according to Obama, were: “I’ve made peace with God; tell my family that I love them.”

The NCO’s final charge was witnessed by his patrol leader, who later commented that “it was the bravest thing I had ever seen a Soldiers do,” Obama said.

Combined Federal Campaign kicks off

Hourglass Reports

The Combined Federal Campaign is the world's largest and most successful workplace program for giving in existence. Although there are over 200 state-side CFC organizations, there is only one CFC overseas.

The CFC overseas encompasses five combatant commands: Central Command, Europe Command, Africa Command, Pacific Command and Southern Command. Since 1961, the CFC has offered military and civilian federal employees the opportunity to contribute to causes or charities of their choice in an easy, organized and cost-effective fundraising campaign. The CFC-O is managed by Global Impact, an organization appointed by the Department of Defense in 1995. Global Impact is a nonprofit organization dedicated to raising funds to support humanitarian

relief and development programs for the world's poorest people.

Thousands of federal employees and military personnel will have an opportunity to donate to their favorite charities through the annual CFC overseas campaign. This year, the campaign kicks off on Oct. 5 and runs until Dec. 4.

Last year, military and civilian federal employees throughout PACOM raised more than \$4.5 million dollars. Unique to the CFCO is the Family Support and Youth Programs. With this program, contributors stationed overseas can give to their local base or installation and 100 percent of the monies they donate are returned to the installation to be used for quality of life programs at the commander's discretion. No costs are taken out of these donations.

Wonderful things happen on military stations when people donate to the FSYP through the CFCO. An

installation in Australia used their funds to purchase equipment for their loan locker since it takes up to a month for personnel to receive their household goods when relocating there.

One location in Iraq used its funds to purchase equipment and DVDs to set up a movie tent for service members to use during downtime. In Germany, an installation was able to purchase a van to take children's athletic teams to competitions around Europe.

The CFC truly makes a global impact. Contributors and volunteers needing more information can contact the Kwajalein Atoll CAPO Master Sgt. Charles George, 51517, or email: Charles.george@smdck.smdc.army.mil or PACOM CFC-O staff through the following channels: DSN (315) 225-9997; Fax (315) 225-9943; (civilian 011-81-311-755-9997) or email: pacific@cfcoverseas.org.

Seven servicemembers die in line of duty

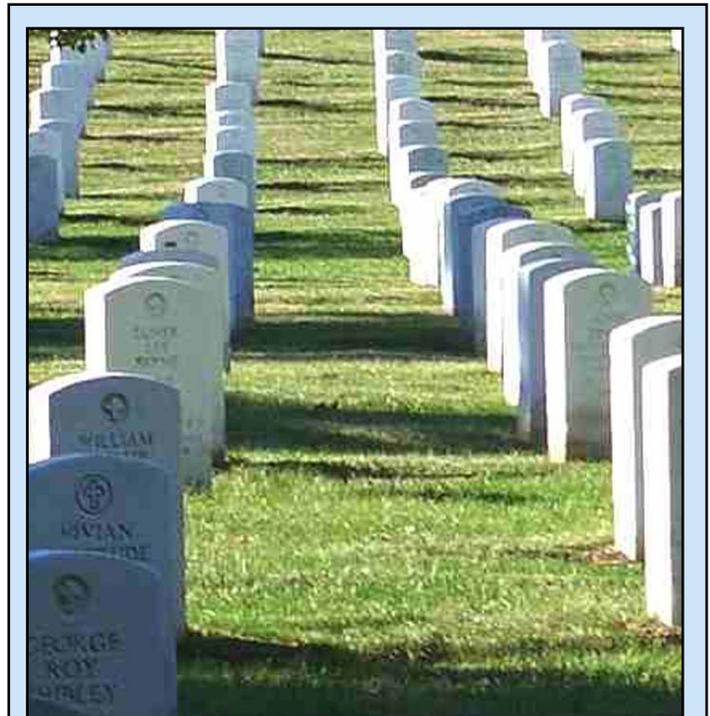
Tech Sgt. James R Hornbarger, 33, of Castle Rock, Wash., died Sept. 12 as a result of a non-hostile incident in the Mediterranean. He was assigned to the 9th Aircraft Maintenance Squadron, Beale Air Force Base, Calif.

Sgt. David A. Davis, 28, of Dalhart, Texas, died Sept. 19 at Bagram Airfield, Afghanistan, of wounds suffered when enemy forces attacked Bagram Airfield using indirect fire. He was assigned to the 32nd Transportation Company, 68th Combat Sustainment Support Battalion, 43rd Sustainment Brigade, 4th Infantry Division, Fort Carson, Colo.

Three Soldiers died Sept. 24 in Omar Zai, Afghanistan of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. They were assigned to the 4th Battalion, 23rd Infantry Regiment, 5th Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis, Wash. Killed were: **Sgt. Titus R. Reynolds**, 23, of Columbus, Ohio; **Sgt. Edward B. Smith**, 30, of Homestead, Fla. and **Spc. Joseph V. White**, 21, of Bellevue, Wash.

Pfc. William L. Meredith, 26, of Virginia Beach, Va., died Sept. 21 in Kandahar, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to the 569th Engineer Company, 4th Engineer Battalion, Fort Carson, Colo.

Lance Cpl. John J. Malone, 24, of Yonkers, N.Y., died Sept. 24 while supporting combat operations in Farah province, Afghanistan. He was assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division,



"It is foolish and wrong to mourn the men who died; rather, we should thank God that such men lived."

— Gen. George S. Patton

III Marine Expeditionary Force, based out of Marine Corps Base Hawaii, Kaneohe Bay.

USAKA Fire and Emergency Services announce fire prevention week Oct. 4-11 “Stay Fire Smart! Don’t Get Burned.”

Hourglass Reports

National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on Oct. 8, 1871. This tragic conflagration killed some 300 people, left 100,000 homeless and destroyed more than 17,000 structures. The origin of the fire has generated speculation since its occurrence, with the fact and fiction becoming blurred over the years. However the massive fire began, it swiftly took its toll, burning more than 2,000 acres in 27 hours. The city of Chicago quickly rebuilt and within a couple of years residents began celebrating their successful restoration to memorialize the anniversary of the fire with festivities.

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, October 4-10, 1925, he noted that in the previous year some 15,000 lives were lost to fire in the United States. Calling the loss “startling”, Coolidge’s proclamation stated, “This waste results from the conditions which justify a sense of shame and horror, for the greater part of it could and ought to be prevented.”

As the cliché goes, once a child touches a hot stove he learns his lesson— stay away from a hot stove. This cliché does not take into account the pain and suffering from burns and that burns should not be part of the learning process.

That’s why U.S. Army Kwajalein Atoll Fire and Emergency Services is teaming up with the National Fire Protection Association for Fire Prevention Week 2009, October 4-11, to urge residents to “*Stay Fire Smart! Don’t Get Burned.*” This year’s campaign focuses on ways to keep homes fire safe and prevent painful burns. Additionally, fire safety educators will be teaching local residents how to plan and practice escape from a home in case a fire occurs.

The statistics are staggering. Each year roughly 3,000 people die as a result of home fires and burns, and more than 200,000 individuals are seen in the nation’s emergency rooms for burn injuries.

“The most common types of burn injuries result from fire or flame burns, scalds and contact burns,” said KFD Fire Chief, Michael Diehl. “Burns are painful and can result in serious scarring and even death. When we take extra caution in our homes to ensure that the curling iron is out of children’s reach or pot handles are turned away from the edge of the stove, such injuries are entirely preventable. Keeping our homes safe from fire and preventing devastating burn injuries is a healthy change we can make happen.”

By following these simple safety rules, you can



“Stay Fire Smart! Don’t Get Burned.”

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled over or knocked over.
- Have a three-foot “kid-free” zone around the stove.
- Never hold a child in your arms while preparing hot food or drinking a hot beverage.
- Be careful when using things that get hot such as curling irons, ovens, irons, lamps and heaters.
- Install tamper-resistant receptacles to prevent a child from sticking an object in the outlet.
- Never leave a child alone in a room with a lit candle, portable heater, lit fireplace or stove, or where a hot appliance might be in use.
- Wear short or close-fitting sleeves when cooking.
- Set your hot water temperature no higher than 120 degrees.
- Install anti-scald valves on shower heads and faucets.

The KFD welcomes Kwajalein residents to please come and celebrate the end of another fantastic Fire Prevention Week at the Fire Department Open House.

The Open House will be held at the Fire Department from 1-3 p.m. on Oct. 11. Activities will include displays, fun events and the always popular smoke house. Remember to check out the fire truck and equipment demonstrations. Parents, don’t forget to bring your cameras.

Remember, children who bring their completed “My Fire Inspection Checklist” to the Open House will be awarded a certificate signed by the fire chief and a special fire safety ribbon.

Fire safety tips are given to kick off Fire Prevention week on Kwajalein

Hourglass Reports

The USAKA Fire Prevention Office would like to remind you that smoking is not allowed within 50 feet of the entrance to the building you work or live in. Smoking areas have been set up adjacent to most buildings. If your building does not have one, please let us know. As Fire Prevention Week gets closer, it's time to take a look at our daily activities and see if we can change them to make the island a little more fire safe for everyone.

Here are some statistics that were just released by the National Fire Protection Agency. These numbers may change from the United States to Kwajalein, but the percentages do not. This article is also a reminder of small, easy and necessary steps we can take to make sure we are prepared in case something does happen in our houses or bachelor quarters.

According to the National Fire Protection Association, in 2008, 83 percent of fires in the U.S. occurred in the home, resulting in 3,320 fire deaths.

In the U.S., someone dies from a home fire roughly every 158 minutes. More than 15.5 billion dollars in direct property loss occurs every year.

Roughly half of all home fire deaths in the U.S. resulted from fires that were reported between the hours of 10 p.m. and 6 a.m., but only one quarter of home fires occur between those hours.

Although children five and under make up about 9 percent of the country's population, they accounted for 17 percent of the home fire deaths.

Smoking was the leading cause of home fire deaths overall.

Every 22 seconds, a fire department responds to a fire somewhere in the nation.

SMOKE DETECTORS

Smoke is responsible for three out of four deaths. Install smoke detectors on every level of your home and outside of sleeping areas.



Fires destroy property and lives. Following safety and prevention tips can keep people and property safe from the tragedy of fire such as this one that took place on Ebeye.

Test every detector at least once a month and change batteries twice a year or sooner if the detector makes a chirping sound. Refer to your instruction book for the location of the test button. Keep smoke detectors dust free.

If you have a smoke detector directly wired into your electrical system, be sure that the little signal light is blinking periodically. This tells you that the alarm is active.

Inexpensive smoke detectors are available for the hearing impaired.

FIRE EXTINGUISHERS

They remain your best bet if you're on the spot when a fire begins. Fire extinguishers should be mounted in your military family housing unit.

Purchase an ABC type extinguisher for extinguishing all types of fires. Learn how to use your fire extinguisher before there is an emergency.

Remember, use an extinguisher on small fires only. If there is a large fire, get out immediately and call 9-1-1 from another location.

YOUR EXIT PLAN

As with other things, the best motto is, "Be Prepared." Prepare a floor plan of your home showing at least two ways out of each room. Sleep with your bedroom door closed. In the event of a fire, it helps to hold

back heat and smoke. If a door feels hot, do not open it; escape through another door or window.

Agree on a fixed location outdoors where family members are to gather for a head count. Stay together away from the fire. Call 9-1-1 from another location. Make certain that no one goes back inside the burning building. Check corridors and stairways to make sure they are free of obstructions and combustibles. To help cut down on the need for an emergency exit in the first place, clear all unnecessary items from the attic, basement, garage, and closets.

Use the 9-1-1 system that we have in place to report emergencies. Make this your first call. The USAKA firefighters are trained to handle all types of emergencies. Either at work or in the home, please know your procedure, routes and meeting points for getting out of the facility you are in. Once you are safe, dial 9-1-1 to report what the problem is. For medical emergencies, call 9-1-1 first and the dispatcher can direct the correct response to help you. Some minor situations can escalate very quickly, let's work hard to be safe, rather than sorry. For further education on fire safety or if your shop is in need of fire extinguisher training, call 52137.

Hispanic Heritage Month

Americans of Hispanic descent part of history of our rich diversity of cultures

The contributions of Hispanics to the development and success of America are woven into almost every segment of the nation's history. To envision America untouched by Latinos is to imagine a country without much of its folklore and many of its achievements.

Hispanic Heritage Month celebrates the Latino contribution. It also lets us recognize that America's cultural diversity--and the contributions of all its citizens--have made America's fabric strong throughout its history.

The United States has a rich history that goes back 233 years. Hispanics have always played major roles in building this country and making it a better place.

From the Revolutionary War that freed the United States from England to the Persian Gulf War, Latinos have proudly served this country in the Armed Forces. And throughout U.S. history, Latinos have prominently participated in building the West; in medicine and science; in entertainment, business, education, civil

rights, and politics; and in the great American pastime of baseball.

When the colonies on the East Coast of what became the United States rebelled against England, Hispanics played a pivotal role. As Governor of the Louisiana Territory, General Bernardo de Gálvez sent money, rifles, and other supplies to General George Washington. Latinos also raised special collections to aid the fight for independence.

Captain Jorge Farragut came to the U.S. from the Spanish Island of Minorca to fight against the British. Captain Farragut fought in the Revolution, then in the War of 1812, as part of the U.S. Navy.

As the new nation expanded across the continent, pioneers sought both homes and wealth. The West seemed rich in metals and ores, but the settlers knew little about how to mine them. When gold and other valuable metals were discovered in California and other states, many prospectors knew only what they had. They had no idea of how to get it out of the ground. To do so, they borrowed mining techniques from Mexico, Peru, and Chile.

In a popular California mining legend, James Marshall, upon discovering gold, supposedly proclaimed the news yelling, "Gold! Gold!" What he really said was "Chispa," Spanish for "bright speck."

The end of the Civil War marked the start of a mass migration of people into the Western territories. While settling the frontier, people realized that the farmland differed from the land in the East. Irrigation and water supply became far more important to frontier settlers than they had been back East.

Managing the water supply was an art the settlers learned from the Mexicans, who learned it from the Pueblo Indians.

Early songs and legends of the Old West featured an Americanized version of the "vaqueros" (cowboys) from México. Thus, the enduring legend of the cowboy of the Old West came almost entirely from the Hispanic culture.

The music, folklore, art, and architecture of Latinos were widely adopted in this country. The architecture is particularly well suited to the climate and land in the Southwest. Mural art from the early Southwest still inspires contemporary artists.

As they did in the Revolutionary War, Hispanics have served proudly in each war and conflict entered by this nation. In the course of service, 43 Latinos have been awarded the Congressional Medal of Honor, the highest honor conferred for military bravery.

In the Civil War, David Glasgow Farragut, son of Jorge Farragut, won fame as a Union hero by blocking Southern ports. His contributions prompted Congress



Sonia Sotomayor, first Hispanic Supreme Court Justice

to create the title of Rear Admiral to reward him for his valor.

Federico Fernández Cavada, a Lieutenant Colonel for the Union, fought bravely at Gettysburg, Rafael Chacón also served with the Union and earned the rank of Major. Santos Benavidez fought for the Confederacy. His rank of Colonel was the highest of any Mexican-American army officer in the Civil War.

More than 400,000 Hispanics served the U.S. during World War II. About 25,000 served in the Persian Gulf War.

Latinos have contributed much to the fields of medicine and science. In New York in 1959, Dr. Severo Ochoa won the Nobel Prize in Medicine and Physiology for his discovery of RNA (ribonucleic acid), one of the chemical building blocks of life. In 1986, Costa Rican born Dr. Franklin Chang-Díaz, the first Hispanic astronaut roared into space. He was followed by astronaut Sydney Gutiérrez. In 1993, Dr. Ellen Ochoa became the first female Hispanic in space.

At the birth of the movie industry, Hispanic actresses like Myrtle González and Beatriz Michelena were some of the most popular draws in silent films. Hispanic stars in the 1920s and 1930s included Dolores del Río, Lupe Vélez, and Ramón Novarro. The decades of the 1940s, 1950s, and 1960s headlined stars like Rita Hayworth, Fernando Lamas, Anthony Quinn, and Rita Moreno (the only artist to win all four major industry awards: the Oscar, Emmy, Tony, and Grammy).

In the 1950s, Desi Arnaz, the famed Cuban band leader, embarked on an adventure of creating his own television production studio. He introduced the “three camera” technique (now the staple of the industry) for shooting a TV situation comedy. Arnaz was also the first to use film to preserve TV shows for re-runs. The *I Love Lucy* series he produced remains one of the most loved and watched series of all time.

Today, Latino stars include Martin Sheen (and his sons Charlie Sheen and Emilio Estévez), Andy Garcia, Raúl Julia, Edward James Olmos, Rosie Pérez, and Jimmy Smits.

Latinos have long contributed to sports in this nation. In 1871 Esteban Bellan



**Bill Richardson,
Governor of New Mexico**

was the first Latino to play major league baseball. Roberto Clemente, one of baseball’s greatest legends, is remembered as much for his humanitarian efforts as he is for his athletic ability. Great Latino names in professional golf include Lee Treviño, Chi Chi Rodríguez and Nancy López. Tom Flores is well respected as a professional football coach. There are now many Latinas



Fernando Valenzuela, former Major League Baseball great

on the professional tennis circuit.

The first Latino to serve in Congress, Joseph Marion Hernández, was elected in 1822 as a Delegate to the U.S. Congress from Florida. Octaviano A. Larrazolo, who served in 1928, was the first Hispanic U.S. Senator. There are 13.7 million eligible Hispanic voters and 5,170 Hispanic elected officials (1,554 women), including 156 state legislators and 20 members of the U.S. House of Representatives. Two members of President Bill Clinton’s Cabinet at the level of Secretary were Hispanic.

Outside of the political arena, César Chávez (1927-1993), founder of the United Farm Workers Union, led the fight to gain recognition for the workers who harvest this nation’s produce. Under his leadership, farm workers successfully negotiated labor contracts with growers for the first time. César Chavez received the Presidential Freedom Award posthumously from President Bill Clinton in 1994.

Latino contributions to the growth and development of the United States have been many. As this nation looks forward to the 21st century, Latinos will continue to play a major role in meeting the challenges ahead.

HISPANIC THREADS IN AMERICA was written by Cecilia M. García, Director of Communications for the Congressional Hispanic Caucus Institute, Inc.



**César Chavez
Labor organizer**

Dental care makes smiles last a lifetime

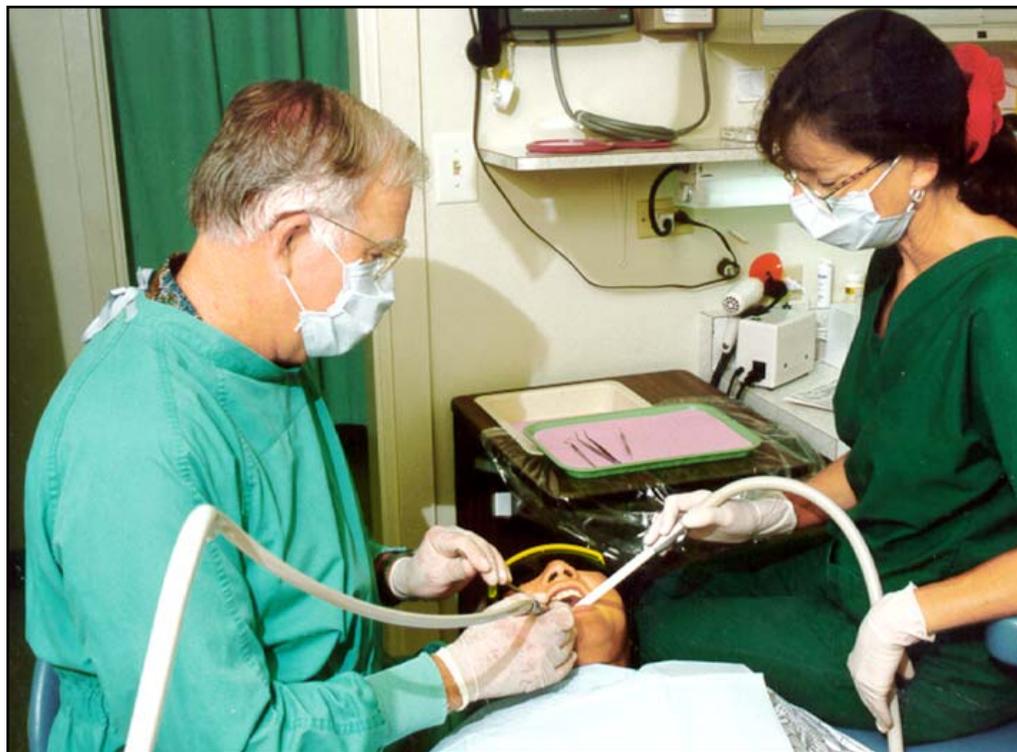
Hourglass Reports

Oral health means more than just an attractive smile. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. October is National Dental Hygiene Month with the national focus on the oral health of the entire family to include emphasizing the value of oral hygiene and to encourage our community to keep a daily oral health routine at the forefront of their minds.

In many cases, the condition of the mouth mirrors the condition of the body as a whole. Recent reports indicate a relationship between periodontal (gum) disease and stroke, heart disease and preterm low-birth-weight babies. According to the Surgeon General's report on oral health in America, released in 2000, a large percentage of the population suffers from a reduced quality of life due to oral and facial pain. A regular exam allows your dentist to keep your mouth in tip-top shape and watch for developments that may point to problems elsewhere in your body. A dental exam also picks up on poor nutrition and hygiene, growth and development problems and improper jaw alignment.

The Kwajalein Dental Clinic's dentists and hygienist assess and diagnose your oral health by doing a thorough evaluation, involving your chief concern, expectations, medical history, dental history, and harmful oral habits. Clinical and x-ray examination of your teeth, gum tissues, root health status, esthetics, occlusion, and temporomandibular joints (TMJs) will be documented. This information, together with mounted tooth models, diagnostic wax-ups, and photos (when needed), will lead to a comprehensive treatment plan to restore your oral health and appearance concerns. Dental treatment plans may be customized for patients with medical conditions to meet their treatment requirements and appearance desires. Your dentist and you can then discuss options and examine the benefits and risks. Your chief complaints, expectations, and finances play an important role in the decision-making process. Once your dentist and you agree on a treatment plan, you can begin scheduling appointments to put the plan into action.

The foundation of gum tissue health generally will be accomplished first. Our hygienist's services include prophylaxis and scaling and root planing treatments; more commonly, called "cleanings or



Proper dental care is vital to healthy teeth and prevents oral diseases.

deep cleanings". The hygienist will then design a home care plan for you to maintain your gum tissue health. Once "cleanings" are completed, the restoration of teeth and/or procedures that can enhance a smile's appearance will begin. The Kwajalein Dental Clinic restorative options include tooth-colored fillings, tooth implants, crowns, bridges and removable appliances. Most root canal treatments and many extraction surgeries can also be accomplished here on-island.

Many dental patients have expressed an interest in having a brighter, more attractive smile. They have been surprised that even small cosmetic changes can make such a dramatic difference in their smile. Often times these changes can be done comfortably and in only a few appointments. The Kwajalein Dental Clinic offers similar advancements in cosmetic dentistry that are available in the United States, and patients can have the kind of smile they have often admired. Tooth whitening, cosmetic bonding and porcelain laminate facings (veneers), are services the dental clinic can offer to give you the kind of smile that you have always wanted. The latest techniques are comfortable with long lasting, natural looking results that can make a dramatic difference in your appearance.

It is never too late to take care of your teeth. Do not let your oral health suffer. Just because you are getting older does not mean you have to lose your teeth. A healthy mouth can be yours for a lifetime if you work at it. The dentists and hygienist will be happy to design a home care plan for you. Call the office at 5-2165 to schedule an appointment for this purpose. The staff is available to help you maintain superior oral health.

Residents are urged to get flu vaccine

Hourglass Reports

Senior leadership of USAKA and Kwajalein Range Services urges all residents to take advantage of the availability of flu vaccine. At the present time, Kwajalein Hospital has seasonal flu vaccine in stock. The vaccine is given in shot or nasal spray form depending on an individual's age and other factors. The vaccine is free to all residents and is given at the hospital between 1:30 and 4 p.m., Tuesdays, Wednesdays, Thursdays and Saturdays. During a briefing

for school teachers in August, Dr. Don Shuwarger, Chief Medical Officer at Kwajalein Hospital said that those most at risk for H1N1 flu are children under five years of age, pregnant women and those 60 and older. Also at risk are persons with chronic asthma, bronchitis or any significant medical problems such as diabetes and persons on chronic steroids and those with HIV.

A wave of H1N1 hit Kwajalein this summer and leadership expects another wave to hit at some point this winter.

Until the vaccine is available on island, Shuwarger stressed hygiene such as washing hands frequently with warm water and soap or with an alcohol-based hand sanitizer and covering coughs and sneezes. The doctor said he hopes everyone take the flu threat seriously and gets vaccinated for the seasonal flu and H1N1 flu as soon as the vaccine is available.

He noted that while getting vaccinated is optional, it is hoped that everyone recognizes the health benefits to the entire community of everybody being vaccinated.

*Soccer
Season*



2009

Wednesday, Sept. 23 **FC Swell vs. Boys 2 Men**

FINAL SCORE: 8-0

Kenny Leines (Swell): 3 goals
James Hall (Swell): 1 goal
Chad McGlinn (Swell): 3 goals
Ron Tanner (Swell): 1 goal

Friday, Sept. 25 **Spartans II Coed vs. Spartans I**

FINAL SCORE: 1-3

C.C. Brady (Spartans I): 1 goal
Mary Doerries (Spartans I): 2 goals
Annie Hepler (Spartans II): 1 goal

Friday, Sept. 25 **Boys 2 Men vs. Spartans Boys**

FINAL SCORE: 0-5

Josh DeBrum (Spartans): 2 goals
Shawn Brady (Spartans): 1 goal
Chris Saunders (Spartans): 1 goal
Devin Vinluan (Spartans): 1 goal

Tuesday, Sept. 29 **K.A.T. vs. Spartans I**

FINAL SCORE: 3-0

Sheila Bigelow (K.A.T.): 3 goals
Anne Jahnke (K.A.T.): 1 assist
Annie Robinson (K.A.T.): 1 assist
Laura Price (K.A.T.): 1 assist

Wednesday, Sept. 23 **Spartans Boys vs. Ek**

FINAL SCORE: 3-8

Shawn Brady (Spartans): 1 goal
Leroy Denham (Spartans): 1 goal
Chris Saunders (Spartans): 1 goal
Brendan Greene (Ek): 5 goals
Paul McGrew (Ek): 2 goals
Jason Kettenhofen (Ek): 1 goal

Friday, Sept. 25 **K.A.T. vs. Green Flash**

FINAL SCORE: 2-2 (OT)

Anna Sanders (K.A.T.): 1 goal
Sheila Bigelow (K.A.T.): 1 goal
Krystal Peterson (Green): 2 goals

Tuesday, Sept. 29 **Spartans II Coed vs. Green Flash**

FINAL SCORE: 3-0

Annie Hepler (Spartans II): 2 goals
Dave Bonham (Spartans II): 1 goal

Team Standings

(as of Sept. 29)

WOMEN'S LEAGUE		MEN'S LEAGUE	
K.A.T.:	4-0-1	Ek:	3-0-0
Green Flash:	3-1-1	FC Swell:	3-0-0
Spartans I:	1-4-0	Spartans Boys:	1-3-0
Spartans II Coed:	1-4-0	Boys 2 Men:	0-4-0

Kwaj Swap Meet held at Emon Beach

One man's trash is another's treasure...

Article and photos by Sheila Bigelow
Associate Editor

It was a family affair down at Emon beach Monday morning as Kwajalein residents put on their shopping shoes and headed down to the Great Kwaj Swap Meet. Participants got there early to set up their goods on more than 60 tables that were lined up underneath tents and pavilions. There were so many participants, in fact, that an overflow area was set up underneath the main pavilion to provide more space for sellers.

Shoppers got there early, some even before all the sellers had their goods set out and ready. They raced to find the best bargains and steals they could before others even had a chance for their morning coffee.

Sellers were offering everything imaginable that day. You could find clothing for all ages, toys, stuffed animals and games. Residents were also selling kitchen items such as microwaves, toaster ovens, glasses, dishes and utensils. Water lovers were in heaven as many sellers were trying to get rid of excess scuba and snorkeling gear. You could find goggles, flippers, regulators and reefing shoes for dirt cheap.

The one item everyone that lives on Kwajalein loves is of course, t-shirts that have Kwajalein logos on them. This was definitely the place to find them for either yourself or for gifts to send back to your family in the states. Old school logo t-shirts and even newer ones, like from the Spring Break Music Festival, could be found at various tables around the beach.

The Yukwe Yuk Women's Club was also selling their brand new Kwajalein cookbooks. They even sold some older editions for pretty cheap.

Swanby Snow was there to keep everyone cool underneath the warm tents. I'm pretty sure most residents ended up having a snow-cone for breakfast that day.

It was a long morning, shoppers out to try to get every deal they could and sellers trying to get rid of all their extra junk.

At the end of the three hour sale, sellers became desperate and started giving major discounts to late shoppers. It actually paid to stick around, literally, with some sellers giving away items at half off or offering multiple items for the price of one. Right before 11 a.m. you could even hear sellers offering entire tabletops for free. "Take what you can carry" was their motto.

For the items that were left over, an option was given to donate to Bargain Bazaar. A truck was set up as a drop-off point where sellers could bring their excess items they didn't want to cart home and the truck delivered all the items to Bargain Bazaar.

Congratulations and much thanks to Community Activities for planning and executing yet another wonderful Swap Meet for the community.

It was a fun and inexpensive way for residents to treasure hunt while enjoying the morning at the beach.



Shoppers eagerly sort through tables of goodies, looking for the best deals and bargains during the Great Kwaj Swap Meet Monday at Emon Beach.



It was a family affair at Emon Beach Monday for the Great Kwaj Swap Meet. Adults and kids alike shopped over 60 tables looking for bargains on an array of items.

Notice of reclaimed water standard violation

Hourglass Reports

The Reclaim Water Document of Environmental Protection requires public notification when reclaim water standards are violated.

On Aug. 23, the seven-day rolling turbidity average at the reclaim water point of entry was 2.1 Nephelometric Turbidity Units (NTUs) (which exceeds the permitted maximum of 2.0 NTUs).

This average dropped back down to 1.7 NTUs the following day. Turbidity is the cloudiness or haziness of a fluid caused by individual particles that are generally invisible to the naked eye.

No health-based restrictions on the normal use (irrigation, vehicle washing, etc.) of reclaimed/non-potable water are necessary. Additionally, there was no threat to public health or the environment as a result of this turbidity exceedance.

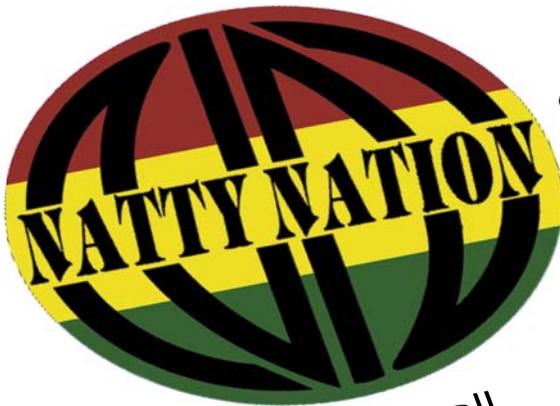
Questions? Contact Anne Robinson at 58301.

Violation ikijen kakien eo kon Reclaim Water eo ion Kwajalein.

Reclaim Water Document of Environmental Protection (DEP) ej aukij koman kojella non public elone kakien ko ikijen tiljek im erre in dren emoj aer rub. Ilo

raan in Jabot, August 23, 2009, average turbidity im ar koman lak in 7 raan ar tobar 2.1 NTU (numba in ar bed ilon in 2.0 NTU ak jonok eo emoj karrok ilo kakien bwe jen lore). Average eo ar wa lallok non 1.7 NTU raan eo juon.

Turbidity ej jonan an lim dren eo im ej itok jen particles (etoon) ko im jej maron loi kon mejed. Ejelok naan ej aikuj koman non kabojrak dren ko im jej kojerbali aolep raan non irrigation, kwalkol wa, im jermal ko jet. Kakobaba lak, ejelok kauwatata im emaron jelot ejmour im ijoko ibelakid enaj walok kon an kar le ilon in jonok eo. Ne elon kajitok, kir Anne Robinson ilo 58301.



"The Midwest's all original hard roots Rock Reggae & Dub band."

Armed Forces Entertainment presents: Natty Nation

8 p.m., Oct. 31 at the Roi Outrigger Club

7:30 p.m., Nov. 1 at the Richardson Theater

Be sure to attend Reggae on the Rock Oct. 12 at Emon beach to make your very own tie-dye t-shirt to wear to the show!

Beer, Brats & Bowling

Oct. 17

7-11 p.m.

Free admission

\$2.25 per bowling game

\$1.50 shoe rental



Beer and brats will be available for purchase. Adults only, please.

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.

SUPPORT SERVICES ASSISTANT (OA), GS-0303-4 Potential 6, temporary position, not to exceed four years, full-time. The employee provides clerical support to ensure efficient office operations, various duties to provide essential office automation support and production, performs a variety of assignments using the advanced functions of various database software packages, prepares varied documents with complex formats using the advanced functions of word processing, desktop publishing, and other software types, performs systems maintenance functions for electronic mail systems, performs a variety of assignments using the advanced functions of one or more spreadsheet software packages and performs a variety of secretarial and other clerical and administrative functions using judgment to answer recurring questions and resolve problems. Must be able to obtain a secret security clearance. Apply at <https://cpolwapp.belvoir.army.mil>. Vacancy Announcement: SCBK09732439DR.

WANTED

WORKING PRINTER and computer monitors, mice (hopefully laser) and keyboards for donation to Third Island school. This is a great opportunity to do something nice, upgrade your equipment and pass the old ones on to those who can use them. Contact George at 56268.

HOUSE/BQ SITTING for visiting family member Dec. 31-Jan. 15. Call Mike or Sandy, 54152 or 58990.

LOST

IPOD CLASSIC, 120GB, in black leather belt pouch with a blue and black rubber sock. Lost somewhere between MDA dome homes and building 1009 on Sept. 21. If found, please call 59992.

IVEY GYM IS MISSING one 30-pound dumbbell and a set of 15-pound dumbbells, hex shape. All Ivey Gym equipment must remain in the gym for community use.

If you have borrowed these items, please return them immediately.

FOUND

SCUBA BOOTS at Camp Hamilton. Call David at 50625 to identify them.

READING GLASSES, at Emon beach. Call community activities at 53331.

FOR SALE

SURFBOARD, seven feet, two inches long, \$300; George Foreman grill, \$10; HP printer, \$10; Sun Bike Frame, \$50; waterproof housing for iPod Nano, second generation, \$20 and 40GB iPod Photo, \$50. Email briannew1@hotmail.com.

BABY EINSTEIN DVD collection, \$15; toddler bed and mattress, \$30; alto saxophone, new, make offer; outdoor garden bench with storage, \$15; outdoor plastic storage unit, \$25; humidifier, \$20 and TV, 21 inch, \$40. Call 59045 or 55382.

DVDS, FIREPLACE, appliances, Playstation 2 with 50 games, best offer for all. Call Ron or Melissa at 52348.

WATERFORD CRYSTAL, six hocks/goblets and one Ship's Decanter, pattern Lismore. Call 55945.

FIBERGLASS, HIGH performance boat, 21 feet, 225 HP Johnson plus 8 HP, boathouse 800 and trailer, includes lot with planted corn and pumpkin, \$6,790 and crown line fishing cruiser, 27 feet, 350 CU 5.7 mercruiser, plus 15 HP, boathouse 309 and trailer, \$19,700. Call 59662.

THREE BLACK "Classic" seven pod AeroGardens with three shelf corner wall unit, paid \$600, asking \$250; mountain bike frame, aluminum, 26 inch, \$10; Kwaj condition boogie boards, \$5 each and metal bike basket, new, black, large, \$30. Call 54784.

BROWN RUG, 12x8 feet, for 400 series living room, \$25; Disney baby sling, new, \$30 and large outdoor umbrella with base, \$10. Call 52864.

CHALLENGER JET boat and boat house, lot 311. Call Mike or Sandy at 54152 or 58990.

WOMEN'S SOCCER CLEATS, brand new, size 6.5, \$20. Contact Lora Kendrick at 54186.

PCS SALE: Rubbermaid outdoor storage box, \$60; two Rubbermaid shelf units, \$25 each; four blinds for 400 series house, wooden, two different sizes; men's wet suit, XL, \$50; carpet, dark brown and gray, 11x8; curtain for window above door with hardware, \$10; window shade, sage green, \$10; two men's Swim Skins, large, \$5 each; ironing board, \$2; microwave, \$50 and two pairs of women's water boots for fins, size nine, \$5 each. Call 53351.

SUN CRUZ BIKE, two months old, basket on front, have rear basket attachments, paid \$385, asking \$275 or best offer; Dunlop golf clubs with bag, \$50; HP Deskjet F4180 All-in-One, like new, \$55; small, BQ size digital microwave, new, \$35; Hamilton Beach Crockpot, large, with travel insulate cover and rubber lid retainer, \$15; GE

Religious Services

Catholic

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

5.8 Ghz phone w/ answering Machine, cordless, \$10 and Fry Daddy, \$12. Call 51572.

THREE WHEEL adult bike, candy apple red, two months old, available Oct. 14, \$300 and overstuffed chair, olive green, very comfy, \$50. Call 58751.

PANASONIC and Sony surround-sound systems, DVDs, VHS tapes, Playstation 2 with 50 games, appliances, LCD HD TVs, best offer. Call 52348 or 52165 and ask for Ron.

HOBIE GETAWAY Catamaran, 2007, fast and comfortable, nearly new condition. Includes sails, wheels, sail trailer and teal Sunbrella material intended for boat cover, \$6,500. Call 53003 or 50619 if interested.

COMMUNITY NOTICES

DRUM DOWN THE SUN, the first ever Kwajalein drum circle, will be at 6:30 p.m., tonight, at Emon Beach. Rain out date is Oct. 4.

OCEAN VIEW 'Party Saturday' starts at 8 p.m. Oct. 3. Come join us for exotic mixed drinks, dance music, and spicy chicken wings while supplies last. Questions, contact Eric Wills at 53338.

CYSS YOUTH GOLF, new program open to boys and girls, ages 8 through grade six. Registration is open Sept. 29-Oct. 24. Program dates are Nov. 4-Dec. 18. Limited space available. START SMART GOLF open to boys and girls ages three to seven. Registration is open Sept. 29-Oct. 24. Program dates are Nov. 4-Dec. 9. Contact 52158 for registration information and 53796 for sports program information.

HANG TIME monthly BBQ will be from 6-8 p.m., Oct. 4 at Emon beach. Unaccompanied, join the Hang Time crew! We'll load up the grill, bring a side if you would like. No alcohol please. Contact Gary or Cheryl at 51314 for more info.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 10
Carved top round	Stuffed pork chops	Minute steak	Greek chicken breast	Spaghetti	Pork chop Mexicana	Swedish meatballs
Oven-fried chicken	Lemon basil chicken	Turkey/broccoli	Lentils	Italian baked chicken	Enchiladas/tacos	Fish sandwich
Cheese quiche	Heuvos rancheros	Mac and cheese	Liver and onions	Beef tortellini	Ncho chips/cheese	Turkey stir-fry
Grill: Brunch station open	Grill: Brunch station open	Grill: Pizza burger	Grill: Grilled cheese	Grill: Chili dog	Grill: N/A	Grill: Ham and cheese

Dinner

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Short ribs	BBQ pork butt	Salisbury steak	Fried chicken	Top sirloin	Stir-fry to order	Pot roast
Broiled fajita chicken	Chicken supreme	Tuna casserole	Mahi mahi	Whole roast chicken	Charsiu spareribs	Chcken adobo
Tex-Mex stir fry	Baked tofu/cabbage	Pork pimento	Chinese beef	Ratatouille casserole	Chicken nuggets	Chef's choice

REGGAE ON THE ROCK
Oct. 12
9 a.m. - noon: Make your own tie-dye t-shirts
11 a.m. - 2 p.m.: Jamaican themed lunch provided by KRS Retail Services
Noon: Hacky Sack Challenge
1 p.m.: Kite flying & Volleyball pickup games

Making a Splash!

FIRE DEPARTMENT OPEN HOUSE

USAKA Fire Department invites the community to their Open House, 1-3 p.m., Oct. 11. Check out the fire trucks, bunker gear and equipment, smoke house, displays and fun activities. Parents, be sure to bring your cameras.



BOAT LOT INSPECTIONS will be held Oct. 8-9. The focus of this inspection will be general housekeeping, proper signage on both shed and trailer, visibility of registration decals and need for paint. Call Susie Marlow at the Small Boat Marina at 53643 with any questions.

YOKWE YUK WOMEN'S Club and JineTipTip Club ladies, please join us from 7-9 p.m., Oct. 9, at Vee Clarke's quarters, 241 Ocean Drive, for a casual evening of fun. Bring a pupu or a sweet to share. Newcomers welcome!

MOBILE KITCHEN EVENT at 6:45 p.m. on Oct. 10 at Emon Beach. Menu to include fresh garden salad, shrimp cocktail, steamed vegetables, London Broil, rice pilaf, water, beer, wine and Strawberry Shortcake for dessert. Seating is limited. Cost is \$35 for meal card holder and \$40 for non-meal card holders. Cash bar starts at 8:30 p.m. For payment see Maria Curtiss at the Retail Service Office, building 805 next to the Bowling Center, 53933.

OCEAN VIEW 'Reggae Night' from 7 p.m.-2 a.m., Oct. 12, following the Columbus Day Celebration at Emon Beach. DJ Shaggy will be playing reggae and dance music. Menu will include Jerk chicken wings, dirty rice and hot wings. Drink special of the night will be Rum Runner. Come out with your best Tie-Dye attire. Questions? Contact Eric Wills at 53338.

THE VET'S HALL is celebrating Oktoberfest at 7 p.m. Oct. 11. It is all about the beer! Special brews mixed with

so much lederhosen, great music and good friends it will make you yodel! Home Brew contest with cash prizes! To sign up email vets.hall@gmail.com.

BEER, BRATS AND BOWLING is 7-11 p.m., Oct. 17 at the Bowling Center. Free admission. \$2.25 per game. \$1.50 shoe rental. Adults only.

SCHOOL ADVISORY COUNCIL meeting will be held at 7 p.m., Oct. 21, in the Coconut room of the Elementary school. The public is welcome. Questions, contact Lora Kendrick at 52011.

AAFES IS SEEKING names and addresses of deployed family members and loved ones from the Kwajalein Community for our Patriot Tree to be unveiled on Nov. 11. If you would like to honor a family member or loved one serving our country in support of Operation Enduring Freedom or Operation Iraqi Freedom, please submit their name and address at any AAFES Retail or Food Facility on Kwajalein or Roi Namur. You may also send us an email at kovaskristina@aafes.com, mamarila@aafes.com, or sudderths@aafes.com Subject: Patriot Tree.

SURFSIDE BEAUTY SALON, walk-in Fridays are temporarily suspended. Avoid the wait for your next hair cut by making your appointment in advance. Please call and leave a message at 53319 or email brenda.panto.n.ctr@smdck.smdc.army.mil or Telbi.riklon.ctr.mh@sm dck.smdc.army.mil. Questions, contact Brenda Pantone 53319.

QUIT SMOKING CLINIC will be offered at 5:30 p.m., every Thursday, Oct. 1 until Dec. 3, in the hospital conference room. Call 55362 for sign up and questions. Class size is limited so if you plan to attend, please call the hospital at 52223 and schedule your free physician's appointment prior to the first class.

WEIGHT LOSS/MANAGEMENT class will be held at 4:30 p.m., every other Friday beginning Oct. 2 in the hospital conference room. Questions, call 55362.

FIBROMYALGIA/CHRONIC PAIN support group meets at 4:30 p.m., every first Thursday of the month in the hospital conference room. There is no charge. If you have questions, please call 55362.

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 offers a new schedule of classes every month. Course schedules may be requested by contacting IT.Training@smdck.smdc.army.mil or by calling Cindy Brooks at 50787.

KARAOKE FRIDAY NIGHTS at the Ocean View. Join us for drinks, singing and pupus. Questions, call Erik Wills at 53338.

ATTENTION CANCER survivors. Are you interested in a monthly support group? Call Marion at 55362.

<i>Café Roi</i>						
Lunch						
Sunday Roast sirloin Salmon filet Ham hocks/corn bread	Monday BBQ spareribs BBQ chicken Fried catfish	Tuesday Brisket dinner Whitefish Vera Cruz Patty melt	Wednesday Spaghetti/meat sauce Mahi mahi Cheese manicotti	Thursday Baked chicken Roast pork/sauerkraut Sloppy Joes	Friday Chicken sandwich Turkey and dumplings Sausage and beans	Oct. 10 Chicken stir-fry Curry pork Veggie sauté
Dinner						
Sunday Chicken stir-fry Beef stew Sesame noodles	Monday Bacon meatloaf Turkey tetrazzini Pizzas	Tuesday Breaded pork cutlets Baked pollock Sweet-and-sour chicken	Wednesday Grilled steaks Ginger lemon chicken Stuffed squash	Thursday Fried chicken Spare ribs Baked beans	Friday Braised beef Brown sugar chicken Chickpea stew	Oct. 10 Short ribs New Orleans pasta Salmon

MANIT DAY



Manit Day, a celebration of Marshallese Culture, will be held 3-5 p.m., Oct. 5, at the Marshallese Cultural Center. Demonstrations will include rope making, fire building, mat and basket weaving, Marshallese-style dress making, and an opportunity to taste traditional Marshallese foods and drink. Volunteers are needed to help. Call Judy, 51444.



hours of operation Tuesday, Oct. 13

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.....	Closed
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
Small Boat Marina.	8 a.m.-6:30 p.m.
ARC.....	noon-10 p.m.
Surfway.....	11 a.m.-6:30 p.m.
Shopette.....	7 a.m.-6 p.m.
Px and Pxtra.....	7 a.m.-5 p.m.
Laundry.....	Closed
Beauty/Barber.....	9 a.m.-6 p.m.
Sunrise Bakery.....	7 a.m.-noon
Ocean View Club.....	4:30 p.m.-11 p.m.
Post Office Kwaj...10 a.m.-12:30 p.m. & 3-5:30 p.m.	
Roi Post Office.....	Closed
Community Bank.....	Closed
Burger King.....	9 a.m.-5 p.m.
Anthony's Pizza.....	11:30 a.m.-5 p.m.
Subway.....	9 a.m.-5 p.m.
Baskin Robbins.....	noon-5 p.m.
American Eatery.....	9 a.m.-5 p.m.

Weather courtesy of RTS Weather

Sunday: Partly cloudy, 40 percent showers. Winds: E-SE at 5-12.
 Monday: Partly sunny, 20 percent showers. Winds: E at 5-10 knots.
 Tuesday: Partly sunny, 10 percent showers. Winds: E-SE at 8-13 knots.
 Wednesday: Partly cloudy, 30 percent showers. Winds: ENE-ESE at 8-15 knots.
 Thursday: Mostly sunny, 10 percent showers. Winds: ENE-E 8-15 knots.
 Friday: Mostly sunny, 10 percent showers. Winds: ENE-E at 8-15 knots.
 Oct. 10: Mostly cloudy, 30 percent showers. Winds: ENE-ESE at 5-10 knots.

Annual total: 45.47 inches
 Annual deviation: -24.79 inches

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

Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:37 a.m./6:48 p.m.	5:26 p.m./6:12 a.m.	4:26 a.m., 4.4'	10:05 a.m., 0.7'
			4:15 p.m., 4.6'	10:23 p.m., 0.7'
Monday	6:37 a.m./6:47 p.m.	7:09 p.m./7:01 a.m.	4:26 a.m., 4.4'	10:30 a.m., 0.8'
			4:42 p.m., 4.7'	10:54 p.m., 0.8'
Tuesday	6:37 a.m./6:47 p.m.	7:55 p.m./7:52 a.m.	4:55 p.m., 4.2'	10:56 p.m., 0.7'
			5:10 p.m., 4.8'	11:26 p.m., 0.7'
Wednesday	6:37 a.m./6:46 p.m.	8:46 p.m./8:47 a.m.	5:25 p.m., 4.0'	11:23 p.m., 0.6'
			5:41 p.m., 4.6'	
Thursday	6:37 a.m./6:46 p.m.	9:42 p.m./9:45 a.m.	5:57 a.m., 3.6'	12:00 a.m., 0.5'
			6:15 p.m., 4.4'	11:52 p.m., 0.3'
Friday	6:37 a.m./6:35 p.m.	10:41 p.m./10:45 a.m.	6:33 a.m., 3.1'	12:40 a.m., 0.1'
			6:55 p.m., 4.0'	12:24 p.m., 0.1'
Oct. 10	6:37 a.m./6:35 p.m.	11:42 p.m./11:45 a.m.	7:17 a.m., 2.6'	1:28 a.m., 0.3'
			7:48 p.m., 3.5'	1:04 p.m., 0.6'