

THE KWAJALEIN HOURGLASS



USAKA/RTS Commander Col. Shannon Boehm welcomes ROTC cadets who are here for a cultural immersion mission on Ebeye. For more, see page 3.

Photo by Sheila Gideon

ASVAB Prep Classes

Visiting Reserve Officer Training Corps (ROTC) cadets will offer ASVAB test training:

Monday through Thursday on Ebeye. Check for times and locations on the AFN Roller.

For questions, call the Host Nation office at 54848.

All are welcome, free of charge.

Thumbs Up!



... to those who properly use bicycle signals. It makes a big difference to others on the road and increases safety for everyone.

... to courteous people. Whether it's holding open a door, helping with packages at the post office or returning a cart to Surfway – the little things add up and are appreciated!

... to everyone who helped install the new ATMs at the Kwaj Lodge and Shoppette. Special thanks to KRS Public Works and USAKA for their support.

Thumbs Down!

... to whomever moved the new benches purchased by the Quality of Life fund from oceanside. Please return them, no questions asked.

... to all the bike and trailer snatching that has been happening on-island recently.

MANIT MINUTE

“Jab korkor ion kuro, bwe kuro wot lal.” This literally means: “Don’t paddle over there for groupers, for there are groupers underneath you.”

Basically, it means: Value what one has, don’t give up what you have to pursue risky ventures.

THE RUMOR MILL



Col. Shannon Boehm addresses circulating rumors head-on. Rumors can earn from one to five ears. One ear is an unfounded rumor, while a rumor earning five ears is the truth.

Rumor: Passport services have changed at USAKA. Yes. Applications for tourist passports (blue book), will no longer be processed by the USAKA/RTS Legal Office. Only official “No Fee” passports and tourist passports in conjunction with the “No Fee” applications will be processed. Contact the USAKA/RTS Human Resources Office at 53252 for more information.



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.

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Cadets converge in the Marshalls

Cultural immersion mission broadens education, experience

By Sheila Gideon
Managing Editor

Seven Reserve Officer Training Corps cadets will call the Republic of the Marshall Islands home for 20 days during a cultural immersion mission through the Cultural Understanding and Language Proficiency program. They are being given an opportunity most only get a glimpse of through internet searches – a look into the lives of our RMI neighbors. The seven cadets and cadre Capt. Jacob Naylor arrived at Kwajalein July 7. They will visit Ebeye, Enniburr and Majuro, departing July 27. The students are from universities all across the U.S.

“[CULP is] a program through ROTC where students from all across the country get together and deploy to different countries,” explained Naylor. “We were given the task to come here to the Marshall Islands and support the Host Nation. What they’ve asked us to do is some [Armed Services Vocational Aptitude Battery test] training and then help out with sports with kids.” The cadets will host ASVAB prep classes beginning Monday, where they will help tutor and prepare Marshallese citizens who wish to join the U.S. military.

According to the U.S. Army ROTC website, “The Army recognizes the need for young leaders to develop more cultural awareness and foreign language proficiency skills. Overseas immersions help educate future leaders in ways the classroom cannot.” The experience is meant to expose them to everyday life in different cultures and intensify language study. “Immersion into foreign cultures exposes cadets to the realities that other countries have vastly different lifestyles, economic standing and world perspective.”

Cadets competed for their slot by filling out an online application. CULP slots were awarded on a competitive basis and were based on several merit factors including grade point average, physical fitness and community service.

Each cadet had different reasons for wanting to participate in the CULP program. Cadet Chrystal Chase wants to gain more knowledge on Marshallese culture. Her first impression after visiting Ebeye is that it’s a really neat place. “It’s a little different but the people are actually ... much friendlier than I might have expected,” she commented.

Cadet Patrick Lydon is interested in learning how to work with people when there is a language or cultural barrier. “I believe in the field of Homeland Security, you’re going to have to work with people who don’t align with you ... culturally,” he said. “With a cultural immersion [mission] like this, it puts me in a good place to be able to do that ... once I get a career in that field or even in the Army.”

For commission purposes, this mission will help make the cadets more competitive for active duty. “That may not be why they chose it,” Naylor said. “That’s just an added incentive.”



ARMY
ROTC

On Tuesday, U.S. Army Kwajalein Atoll/Reagan Test Site Commander Col. Shannon Boehm met with the cadets, welcomed them and told them about the benefits of a military service career; he spoke about the challenges and opportunities that could await them. He told them to appreciate the culture they’re about to immerse themselves into. Observing other cultures can be like looking through a different set of glasses and can be eye opening. Finally, Boehm told them to take this mission on as an honest challenge and realize it’s a two-way street; they’re going to gain just as much from their interaction as the Marshallese will from their instruction.

The cadets will do work on Ebeye, Enniburr and Majuro during their 3-week mission, “to get the full flavor of the Marshall Islands,” said Naylor. So far, the cadets have only taken preliminary visits to Ebeye and have begun the planning stages of their mission. For most, this is their first overseas experience.

Yellow Belts added to KRS ranks

Students learn tools to save time, money

By Sheila Gideon
Managing Editor

Budget constraints are rarely considered a good thing; however, the tightening of funds can sometimes help to push companies to save time and money wherever possible. This is where Six Sigma comes in for Kwajalein Range Services. KRS utilizes Six Sigma to identify and realize cost savings through optimization of processes. Since the inception of Six Sigma at KRS through May 2012, there has been a total savings of \$80 million, working through 136 processes. KRS utilizes three levels of Six Sigma – Process Manager, Black Belt and Yellow Belt. Recently, 20 new Yellow Belts were trained and added to the ranks at KRS – 18 at Kwajalein and two from Huntsville, Ala.

The Yellow Belt class was taught by KRS' resident Black Belt, Cheryl Johnson. According to Johnson, it's been a couple years since there has been a full wave of Yellow Belt training. With turnover, it was time to replenish the ranks. Classes for the 20 students began in February with training in process management systems. The first two months of training was to teach the students to map, measure and identify whether their process was meeting performance or not. Students then went back in June for the Yellow Belt portion of the training. "That teaches them and gives them the skills to use tools to improve the process if and when it's not meeting performance," Johnson said.

When employees are sent to Yellow Belt training, their supervisors, or champions, often have a project idea in mind for them to work on throughout the course. An ideal project would be a process the manager or champion thinks is not meeting performance. It could also be a project they've heard a lot of complaints about. Budget constraints

and staffing difficulties can often highlight a process that is redundant or inefficient. It can also bring to light similar processes in different areas. Two Yellow Belt students found they needed to improve the same process for oil changes. "Once they realized they were having the same problem, they worked together to come up with a solution that could work company-wide," Johnson commented.

Kim Yarnes, Community Activities Manager, was also looking to improve a vital process within her department. Yarnes is using Yellow Belt training to streamline the Community Activities reservation system and reduce rework. She hopes once they come up with a resolution and it's put into place it will save time not only for Community Activities employees, but also for customers making the reservations. "One of the benefits I'm hoping to achieve is increased customer satisfaction," Yarnes said. "We're always trying to keep our customers happy and serve the community in the best way that we can."

The tools learned in Yellow Belt training taught Yarnes a lot about the reservation process. "You would think looking at a process you do

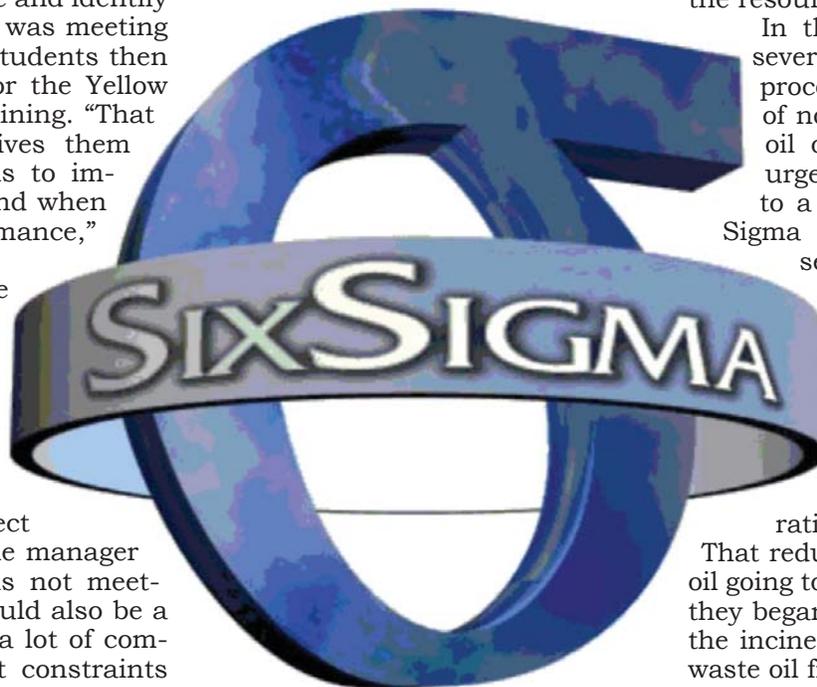
every day, you would be able to easily put it on paper. But there were quite a few hidden factories (extra work)." Certain Yellow Belt tools, like the process map, helped bring hidden rework to attention. The Fishbone Diagram was also helpful in Yarnes' project. She was able to visually see what was holding back her process: availability of resources, office hours and payment options being just a few.

"One thing that Cheryl says to do is to look at what else is out there," Yarnes said. "What is the industry standard?" She did research on what other MWR programs used for reservations and also consulted with her USAKA counterpart, Steve Gauthier, and found most use an online reservation system. A likely solution will be an online reservation system, but Yarnes is still in the phase where she is collecting data. A Yellow Belt project of this nature takes about 1-3 months to come up with a solution and implementation.

Yarnes sees several other possibilities for Yellow Belt projects within her area. "We constantly want to be engaged in using the tools to improve the work that we're doing so that we're taking full advantage of the resources we have."

In the past there have been several successful Six Sigma process improvements. One of note was concerning waste oil on island. There was an urgent business need due to a backlog of waste oil. Six Sigma tools were used to assess the various inputs, or contributors, to waste oil on the island. Two separate improvements were determined: one was to reclaim, filter and reuse the oil in some areas; the other was to extend the duration between oil changes.

That reduced the amount of waste oil going to the landfill. Additionally, they began burning the waste oil in the incinerator. Kwajalein is now a waste oil free site.



Graduation: a class of one

Graduation ceremonies mark great achievements by participants, and are eagerly anticipated by not only the graduates, but their family and friends. A long-awaited graduation ceremony was held Saturday afternoon for Evangellen Ebel at the command conference room. For Ebel, her remarkable journey began in the large city of Cebu in the Philippines in 2007. She was working in a photo shop, helping out an aunt. She met her future husband, Brian, and began classes at Negros Oriental State University, majoring in hospitality management in 2008. In 2009, she and Brian married and they moved to Guam, where she attended University of Guam, then transferred to the University of Maryland University College. In 2010, the Ebel's moved to Japan, and Evangellen completed the requirements for her degree, taking online and night classes. Just before her graduation ceremony, the Ebel's moved to Kwajalein. Through the University of Maryland and USAKA, Ebel finally got her associate degree presented by USAKA/RTS commander Col. Shannon Boehm, in front of colleagues and friends.



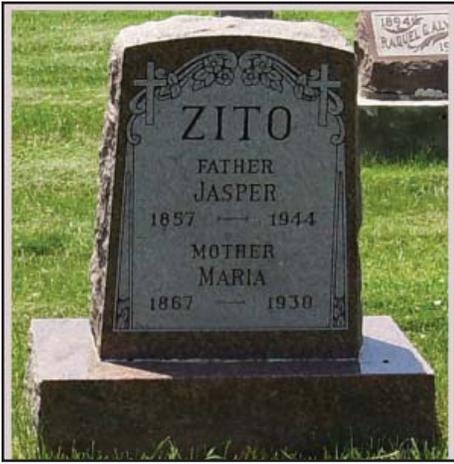
Photo by Catherine Layton

THEN AND NOW - "THE FERRY"



Photos by Catherine Layton and from Hourglass archives

The ferry that runs between Kwajalein and Ebeye is part of a daily logistical wheel which primarily enables the RMI workforce and students attending Kwajalein schools to report to their respective places on the island. The first ferry, shown top left, was named the *Tarlang*, or "storm-proof" in Marshallese. It was a modified landing ship and carried up to 400 passengers and crew on three decks. In the 1980s, the *Tarlang* was replaced by four modified landing craft units, which made up to 17 runs daily, including one vessel at Roi-Namur, which does similar tasks for residents of Ennibur. Last month, four brand new ferries arrived at USAKA. They were built by Blount Boats, Inc., out of Warren, R.I., and arrived via cargo ship to the atoll. They are 75 feet long and can carry 150 passengers and crew. The first passenger-filled run took place July 3.



Findagrave.com has actual photos of headstones, like SHERALYN ZETO's great great grandfather shown above.

son. I've seen as much as 3 years difference in the children listed; the same thing is common with immigration dates. Census data shows all family members, boarders, ages, occupations, place of birth, immigration dates to U.S. and address. The Zito's all lived on Cherry Street in Kansas City, generation after generation.

Findagrave.com: It may seem morbid but it's not; they have volunteers nationwide who have gone to cemeteries and taken pictures as well as created a database. You can search by name, state, cemetery, etc. You can also request a volunteer go and take a picture for you,

which his helpful when you're wondering if that person was married or had kids.

Ellis Island and Social Security: Surprisingly, you can find social security death index records online for most people, including their social security numbers. Always print out or write down all information; sometimes when things don't add up, it's that one little piece of information that validates what you're looking for. When working the Rendina side of my family, I found some ship manifests but wasn't 100 percent sure it was my family – until I scrolled all the way over and saw that all of them were musicians.

Children's names: It was common if a couple had a child who died young, to use that name again on another child. This was very confusing to me in the beginning.

Marriages: My great great grandfather, Gaspere, married many of his daughters off at a very young age; one of them was only 12. Because they were young, he had to sign off on their marriage licenses, which helped me identify them. There were a fair amount of Zito's out there and many were named Giuseppe, Concetta, Maria and Antonino. Having just one more little piece of information was valuable.

Poster Board: Get a big poster board and write everything down,

including lots of notes. I had the audio/visual department on island print me poster size family charts. It's just too difficult to try to use the computer alone or small pieces of paper. You need something big you can write it out on and refer to when searching online.

Be prepared for mysteries: This is the fun part! My great great aunt, Liliana, married a man named Joseph Sciortino. The only other record I found for her was a second marriage to someone else. I thought this was strange in an era where divorce was very taboo so I figured Joseph died. Sure enough, I found a grave for him and a death certificate. He was shot in 1923. Although I need to do more digging, I now know that his brother Sam was reportedly in the La Costra Nostra. Reportedly, the current underboss of Kansas City is Johnny Joe Sciortino and he's in prison... could be an interesting story there!

Most importantly, talk to family members and find out all you can; even the smallest of details can make a difference. I have some notes I took many years ago while talking with a relative about how Savino Rendina married his wife "when the women got the vote." Knowing that little tidbit narrowed down the years I needed to search for more information.

Quality of Life Monthly Update

The Quality of Life Committee meets monthly to discuss and vote on submitted proposals for funding from the community. Updates on approved funding projects will be printed monthly in the Hourglass.

Recent Project Funding Approvals and Updates:

- Kwajalein Yacht Club enhancement project (schematics and construction drawings are pending approval)
- Kwajalein Golf Course enhancement project (new patio tables and chairs have arrived and are out for use; TV has been mounted inside Country Club; patio walls were painted; patio flooring was removed and painted)
- Kwaj Lanes seats are installed and ready for use
- Family Pool decking (materials are on island and awaiting installation)
- Bike racks for Adult and Family Pools (materials are on island; Doug Hepler has cut the wood and Hobby Shop volunteers are helping to assemble them)



New seats are ready to use.

DISPATCH FROM ROI



Article and photos by Laura Pasquarella-Swain
Roi Community Activities Manager

It started out as a beautiful day on Roi Sunday, and the setting was perfect at the Surf Shack for the annual Roi Coconut Cup Race sponsored by Enniburr Children's Christmas Fund. Contestants showed up with their coconuts as registration began; the crowd grew larger as more and more spectators arrived. There was music playing and beach games going on while everyone anticipated the race time. Just before the start of the race, the skies let loose with a rainstorm we thought would never end, but that didn't stop anyone from supporting their favorite fundraiser of the year. Race time was delayed by a half hour, then it all began.

The winds and currents were high on the water. The drop boat was bouncing around trying to release the modified class into the water. Bystanders waited patiently for the race to begin. The six modified coconuts were released into the water. The wind and current took them immediately towards the finish line at the pier. Raymond Stigler's number 29 and Gene Littlefield's number 22 took the lead. They were side by side for quite awhile when Littlefield's sail got the big gust of wind it needed and went flying towards the finish line for first place.

The next class was the stock class of about 40 coconuts. Since it was so rough, it was hard to see the coconuts from the shore. The coconut boat was the only source of information from the start to finish. They were announcing the race via radio. Again, the current and wind took the coconuts and split them all in different directions. Some ended up on shore, a few made it to the finish line, and some went out towards the Philippines. After competing for his seventh time, Mark Swain's "Altair Nut" finally took the lead and finished first. Second place went to Claire Stepchew and third place went to Rachel Shidler of California. Rachel was here visiting her dad, Steve, prior to the race and graciously donated her money to the cause.

The day was a huge success for the ECCF. Total money raised for the kids on Enniburr Island was \$1,900.

After the race there was a cook-out on the beach in spite of the weather. It just goes to show that we do not melt in the rain and can still have a lot of fun doing good for others.



View from Kwaj

Submit your own photo! E-mail it to hourglass@smdck.smdc.army.mil.



From Wendy Peacock



From Mandie Morris



From Patrick Childress



From Catherine Layton



From Pam Frase

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 Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

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 aid, medical office, substitute teacher and HR temp pool office support. Questions, call 54916.

LOST

CUSTOM MADE UKULELE from quarters 459-D, brown with pearl inlay on the fret reading "Lincoln," has sentimental value. Contact home, 51139, or work, 50002, with information. There is a \$50 reward for the safe return of Lincoln.

FRANKLIN COVEY Day Planner, black synthetic leather with a zipper closure, reward if found. Call work, 52222, or home, 51796.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel
9:15 a.m., Sunday, Island Memorial Chapel

Protestant

11 a.m., Sunday, Island Memorial Chapel
Roi-Namur service at 7 p.m., Friday

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Jewish

Second Friday of the month in the REB.
Times will vary.
Contact the chaplain's office at 53505 for more information.

RED WEIGHT, eight pound, lost near high school. Call 52276 or 51974.

FOR SALE

NEW KITCHEN ITEMS, portable DVD player, Casio TV, radios, bar stool and much more. Call 52161 from 2-5 p.m.

DORM ROOM SIZE refrigerator, \$50; multiple Park Flyer electric RC planes with electronics and accessories, \$50; IKEA wardrobe with sliding doors, 7x7x3 feet, one side hanging clothes and one side shelves, lots of storage, \$250; Rubbermaid deck box, lots of storage and seating, \$75; desk-top computer, works but has memory issues, call for details, \$50 and two computer monitors, \$25 each. Call Bryan at 51433 or evenings at 52036.

51-INCH RIFFE SPEARGUN, \$275; Nintendo Wii, \$75; bucket of 20 fishing lures, \$100 and rolling cabinet with cutting board top, \$75. Call Jobe at 53851.

JVC 200 DISK CD CHANGER, \$45; Sony STR DE985 receiver with Sony surround sound and subwoofer, \$100; Sony DVD Player, no remote, \$15; Sony floor speakers, two for \$45 and Panasonic TC L32X1 LCD TV, \$200. Call 53764.

USED HUFFY 24-inch bicycle, good condition, \$30. Call 59985 after 5 p.m.

SUN MOUNTAIN PRO bag with carry cover, umbrella, rain cover, two golf towels, club cleaning brushes, USGA divot tool, rules of golf book; irons: Callaway putter, XPC irons with metal shaft, good grips, 3 iron to 60 degree wedge, Macgregor 54 degree sand wedge, Affinity 56 degree wedge; woods: Taylormade R7 460 with graphite shaft, Orlimar 18 degree metal fairway wood, Orlimar 14 degree fairway wood, Top Flite utility woods #4 and #5, all with head covers, \$400, will negotiate price. Call 52902.

MAX PAYNE 3 for XBOX 360, \$40. Call 51984.

COMMUNITY NOTICES

CORAL SANDS PAVILION is closed until further notice. Stay clear of barricaded construction areas. Contact Community Activities at 53331 for more information.

THE ARMY VETERINARIAN will be on island until Tuesday. Contact Jenny at 52017

We want to hear from you...

Community suggestions are requested for small, non-complex quality-of-life projects that the Navy Seabees can complete when they deploy to the area in summer FY13. Take the following survey to provide feedback:

<http://www.surveymonkey.com/s/SeabeeQOLprojects>

The survey will close July 24

to set up an appointment.

"UNDER THE SEA" impression wall hangings class from 6-7:30 p.m., July 25, at the Hobby Shop. The cost is \$15 per child and they must be accompanied by an adult. Call 51700 for more information.

THE FAMILY AND ADULT POOLS will be closed July 26-29 for the annual intake pipe cleaning. Pools will re-open July 30. Contact Community Activities at 53331 for more information.

KWAJALEIN GOLF Association will host a Red, White and Blue Fun Tournament July 31. Registration begins at 9 a.m., rules at 9:30 a.m., and shotgun start following. It will be two person teams with three different formats: tee off on holes 1-3 from the Red Tees using Alternate Shot; tee off on holes 4-6 from the White Tees using Scramble; and tee off on holes 7-9 from the Blue Tees using Best Ball. Cost is \$50 per team for KGA members plus \$15 per person for non-KGA members. Mulligans are available for \$5 each, limit two per person. Select beverages will be provided on the course and lunch served after the round. Contact Flynn Gideon to sign up.

GRACE SHERWOOD LIBRARY Summer Reading Program is blasting off! Come, sign up and earn prizes for reading all summer long. Register any time the library is open through August 15. Kids can even track the books they read while on vacation. Call 53439 for more information.

Café Pacific

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | July 21 |
|---------------------|-------------------|------------------|----------------|-----------------|-----------------|----------------------|
| Carved London Broil | Deli Sandwich Bar | BBQ Pork Butt | Beef Stew | Roast Beef | Chicken Nuggets | Meat Lasagna |
| Crab Benedict | Herb Chicken | Tuna Casserole | Ham and Cheese | Buffalo Wings | Fish Du Jour | Spinach and Mushroom |
| Ham Marco Polo | Quiche Lorraine | Steamed Potatoes | Croissants | Mashed Potatoes | Vegetables | Alfredo Lasagna |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | July 21 |
|------------------------|-------------------|------------------|----------------|------------------|-------------------|---------------------|
| Spaghetti with Sausage | Swedish Meatballs | Roast Turkey | Roast Beef | Fried Chicken | Tostada Bar | Meatloaf |
| Eggplant Parmesan | Chicken Peapod | Chef's Choice | Roast Chicken | Beef Broccoli | Grilled Pork Chop | Macaroni and Cheese |
| Marinara and Alfredo | Parsley Noodles | Rice, Vegetables | Baked Potatoes | Au Gratin Potato | Lyonnais Potatoes | Rice, Vegetables |

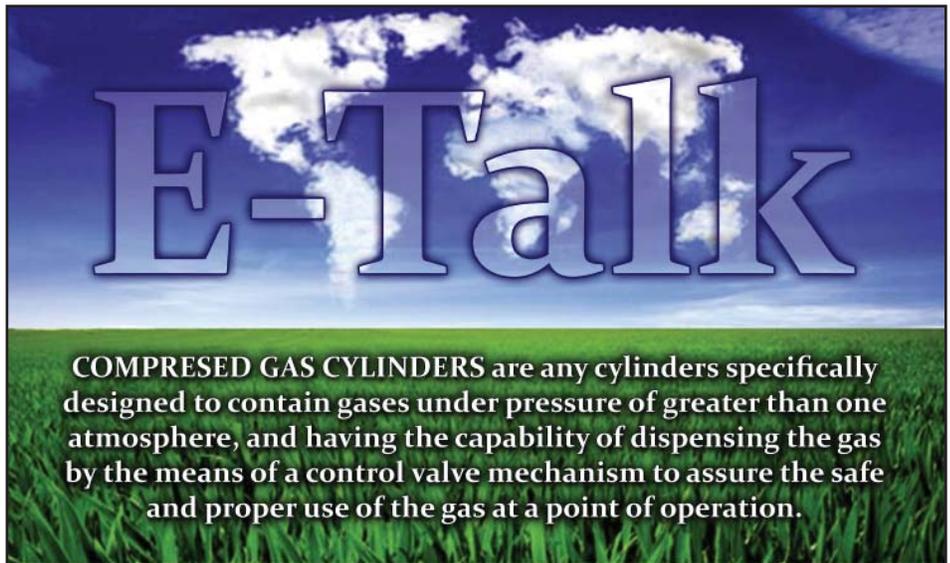
THE KWAJALEIN SECURITY and Access Control Central Patrol Station has property in which the owner cannot be determined or located. Therefore, the items are to be disposed of in a public auction. The auction will be at 2 p.m., Aug. 20, at the Central Patrol Station, Building 807. Items will be available for inspection starting at 12:30 p.m., the day of the auction. The auction is open to the general public with the exception of employees of the Kwajalein Security and Access Control Department, the USAKA/RTS Provost Marshal's Office and their family members, dependents or agents. The items will be auctioned in an 'as is' condition with no expectation stated or implied as to usability or serviceability. Winning bidders must immediately pay for the items they won with U.S. currency only. No checks, money orders, credit or debit cards will be accepted. All property must be removed from the Central Patrol Station within one hour of the auction ending. If requested, a Property Clearance Control Form will be completed for the purchaser to allow transfer of the property out of USAKA/RTS. Call Lt. Chris Ramsey at 59046 between 8 a.m.-4 p.m. with questions.

COME CELEBRATE "Christmas in July" at the Hobby Shop with 50 percent off all holiday molds this month. Call Denise at 51700 for more information.

THERE WILL BE NO stained glass workshop in July. Questions, call Christine, 51954.

THE USAKA PROVOST Marshals' Office now has a new TIPS Line. This is so island residents can report anything at anytime involving crimes or violations to policy and, if they choose, remain anonymous, just by calling 58900.

MARSHALLESE handicrafts or souvenirs are wanted from the community. Are you PCSing and have leftover handicrafts/ Kwaj souvenirs, or do you have some that you would like to give away? Consider donating them to the Marshall Islands Swim Federation. Amy LaCost, Olympic swim coach in London, has many volunteers that are helping them every inch of the way to the Olympics and would like to show appreciation by giving them Marshallese handicrafts/ Kwaj souvenirs. Kwaj calendars are high in demand. If you would like to donate, contact Mary Harris.



Common Compressed Gases found on Kwajalein include, but are not limited to:

Oxygen is a colorless, odorless, and tasteless gas. Oxygen will not burn, but it supports and can greatly accelerate combustion.

Liquid: Oxygen, Carbon Dioxide Gases in liquid form are extremely cold and accidental contact with eyes or skin may cause severe frostbite.

Nitrogen, Argon, Helium and Carbon Dioxide are inert, colorless, odorless and tasteless gases. These four gases can cause asphyxiation and death in confined, poorly ventilated areas.

Acetylene is a colorless gas with a distinctive garlic-like odor. Acetylene is a flammable gas. A concentration of Acetylene in air could cause an explosive atmosphere.

Chlorine is a translucent green-yellow gas that is highly corrosive. It is an oxidizer and a toxic inhalation hazard.

Specialty Gases are special purpose liquids and gases and multi-component mixtures in any compatible combination. They include atmospheric and chemical gases and volatile liquids. Some specialty gases have flammable, toxic, corrosive, oxidizing, and other hazardous properties which can cause serious or fatal injury and property damage if proper safety precautions are not followed. Some toxic specialty gases can result in fatal injuries in very low concentrations. Other specialty gases can cause serious eye or skin injury upon bodily contact. Some specialty gases are flammable and can result in fire or explosions.

Handling and Storing Compressed Gas Cylinders. Compressed gas cylinders may contain flammable, toxic or reactive gases. As a result, each gas cylinder used, stored or discarded should be managed in a way that prevent a threat to human health or the environment. Refer to SPI 1591 "Compressed Gas Cylinders" for additional information.

In an effort to support a healthy, safe environment for all island personnel, contact the KRS Environmental Office @ 5-1134 if you have any questions on the general management of compressed gas cylinders.

| <i>Café Roi</i> | | | | | | |
|-----------------------|-------------------|-----------------------|------------------|-----------------|-----------------------|-----------------|
| Lunch | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | July 21 |
| Rosemary Roast | Beef Machaca | Chicken Pesto Pockets | Memphis Ribs | Burger Bar | French Dip | Cuban Sandwich |
| Pork Loin Au Jus | Southwest Chicken | Cheddar Meatloaf | Grilled Chicken | Turkey Ala King | Blackened Chicken | Ropa Vieja |
| Chicken in Sour Cream | Huevos Rancheros | Mashed Potatoes | Baked Beans | Potato Salad | Cheesy Ranch Potatoes | Black Beans |
| Dinner | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | July 21 |
| Chicken Scampi | Roast Pork Loin | Bangers and Mash | Roast Beef | Fried Chicken | Chicken Tacos | Assorted Pizza |
| Stracotto Beef | BBQ Chicken | Fish and Chips | Chicken Pot Pie | Pork Chops | Mexican Beef Pie | Baked Penne |
| Mashed Potatoes | Marinated Veggies | Sauerkraut | Baked Potatoes | Apples and Sage | Queso and Chips | Grilled Chicken |

Military Casualties

Spc. Jonathan Batista, 22, of Kinnelon, N.J., died July 8 in Zharay, Kandahar province, Afghanistan, when enemy forces attacked his unit with small arms fire. He was assigned to the 2nd Battalion, 321st Airborne Field Artillery Regiment, 4th Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.

Cpl. Juan P. Navarro, 23, of Austin, Texas, died July 7 in Kandahar, Afghanistan, when he was attacked with an enemy improvised explosive device. Navarro was assigned to the 1st Battalion, 23rd Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, Wash.

Staff Sgt. Raul M. Guerra, 37, of Union City, N.J., died July 4 in Spin Boldak, Afghanistan. Guerra was assigned to the 502nd Military Intelligence Battalion, 201st Battlefield Surveillance Brigade, Joint Base Lewis-McChord, Wash.

Capt. Bruce A. MacFarlane, 46, of Oviedo, Fla., died July 6 in Kandahar, Afghanistan. MacFarlane was assigned to the 1186th Transportation Company, 831st Transportation Battalion, Jacksonville, Fla.

Your actions have a ripple effect.

ENERGY INDEPENDENCE

DEPENDS ON US.
CHOOSE WISELY. USE WISELY.

FOR STEPS YOU CAN TAKE, VISIT WWW.ENERGYSAVERS.GOV

Safely Speaking

Ground Fault Circuit Interrupters

Ground Fault Circuit Interrupters are used to protect us from a shock. Always check your GFCI before use and always use GFCI's outdoors and around wet locations.

Weather

Courtesy of RTS Weather

Sunday: Mostly cloudy, 30 percent showers. Winds: ENE-E at 11 - 16 knots
 Monday: Mostly cloudy, 30 percent showers. Winds: ENE-E at 10 - 15 knots
 Tuesday: Mostly cloudy, 30 percent showers. Winds: ENE-E at 11 - 16 knots
 Wednesday: Mostly cloudy, 40 percent showers. Winds: ENE-ESE at 12 - 17 knots
 Thursday: Mostly cloudy, 30 percent showers. Winds: ENE-ESE at 11 - 16 knots
 Friday: Partly sunny, 20 percent showers. Winds: ENE-E at 12 - 17 knots

Yearly total: 36.96 inches
 Yearly deviation: +1.91 inches

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

| | Sunrise/set | Moonrise/set | High Tide | Low Tide |
|-----------|---------------------|---------------------|-----------------------------------|--------------------------------------|
| Sunday | 6:38 a.m./7:12 p.m. | 3:01 a.m./3:52 p.m. | 1:43 a.m. 3.2' 2:14 p.m. 2.5' | 8:24 a.m. 0.7' 7:59 p.m. 0.7' |
| Monday | 6:38 a.m./7:12 p.m. | 3:49 a.m./4:42 p.m. | 2:31 a.m. 3.5' 2:59 p.m. 2.8' | 9:05 a.m. 0.4' 8:45 p.m. 0.4' |
| Tuesday | 6:38 a.m./7:12 p.m. | 4:39 a.m./5:31 p.m. | 3:10 a.m. 3.9' 3:35 p.m. 3.1' | 9:40 a.m. 0.0' 9:24 p.m. 0.1' |
| Wednesday | 6:38 a.m./7:12 p.m. | 5:30 a.m./6:20 p.m. | 13:45 a.m. 4.2' 4:09 p.m. 3.3' | 10:11 a.m. -0.3' 9:59 p.m. -0.2' |
| Thursday | 6:38 a.m./7:12 p.m. | 6:21 a.m./7:07 p.m. | 4:18 a.m. 4.5' 4:41 p.m. 3.6' | 10:42 a.m. -0.5' 10:32 p.m. -0.3' |
| Friday | 6:39 a.m./7:12 p.m. | 7:13 a.m./7:54 p.m. | 4:50 a.m. 4.6' 5:12 p.m. 3.8' | 11:12 a.m. -0.6' 11:05 p.m. -0.4' |
| July 21 | 6:39 a.m./7:12 p.m. | 8:04 a.m./8:39 p.m. | 5:22 a.m. 4.7' 5:44 p.m. 3.9' | 11:43 a.m. -0.7' 11:39 p.m. -0.4' |