

THE KWAJALEIN HOURGLASS



Thomas Armbruster, fourth from left, the newly appointed U.S. Ambassador to the Republic of the Marshall Islands, visits TRADEX on Roi-Namur during his first official visit to Kwajalein. Pictured with the ambassador are USAKA commander Col. Shannon Boehm, USAKA senior enlisted advisor Sgt. Maj. Roderick Prioleau, MIT site manager Kurt Schwan, RTS director Lt. Col. Dean Wiley, Radars manager Keith Peacock, Host Nation director Maj. Alonzo Garcia and TRADEX manager Jon Mitchell.

For more about the ambassador, see page 3.

Photo by Conrad Nakasone

Thumbs Up!

... for playing the military music once again at 6 a.m., 5 and 10 p.m. It was missed!

... to Nancy Moscone for never saying "no" for an opportunity to help out and is always willing to do more. Thank you for all you do!



Thumbs Down!

... to people who do not use their turn signals while driving the golf carts.

... to the individual who stole my bike on Sept. 15 between the hours of 8 - 10 a.m. from the hospital bike racks. It was extremely inconvenient for me to not have a bike to get my infant home from the hospital. Do not take a bike if it doesn't belong to you.

Thank You

To Aliceia Haacke, Shane Jacobs, Kim Vredenburg and the rest of the airport and United staff involved for their help in getting our daughter's iTouch back to Kwaj after she lost it on the United flight back from Hawaii. Most importantly, a heartfelt thank you and thumbs up to the honest United employee in Pohnpei who found it on the plane during the security check and turned it in so it could make its way home!!

-The Finley Family

MANIT MINUTE

Marshall Islands History

Germany purchased the Marshall Islands from Spain in 1899. Japan seized the Islands in 1914, governing them under a League of Nations mandate until the U.S. Navy occupied them in 1945. In 1947, the islands became part of the U.S. Trust Territory of the Pacific Islands under United Nations trusteeship. The Constitution of the Marshall Islands entered into force on May 1, 1979, at which time the parliament chose Amata Kabua to be the country's first president.

- Information taken from rmiembassyus.org, the website for the Embassy of Republic of the Marshall Islands in Washington, D.C.



Manit Day

3 - 5 p.m., Oct. 8

Marshallese Cultural Center

Demonstrations include traditional Marshallese dancing, weaving, rope making and fire making. Tour the museum and enjoy the history of the Marshalls.

THE KWAJALEIN HOURGLASS

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

The *Kwajalein Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Govern-

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Armbruster named U.S. Ambassador to RMI

First official visit includes facilities and radar tours

Hourglass Reports

Thomas Hart Armbruster of New York, was sworn in as Ambassador to the Republic of the Marshall Islands on August 16, 2012. Armbruster was nominated in May by President Barack Obama. His official title is Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Marshall Islands.

He paid his first official visit to U.S. Army Kwajalein Atoll Sept. 13 and 14, touring hospital and school facilities, the Marshallese Cultural Center and traveled to Roi-Namur to explore the radars and historical WWII sites.

According to his official biography, Ambassador Armbruster served as Diplomat in Residence in New York City from 2010 until 2012 and was consul general in Vladivostok, Russia, deputy chief of mission in Dushanbe, Tajikistan and consul general in Nuevo Laredo, Mexico. Other overseas assignments include Helsinki, Havana and Moscow. Armbruster has served as polar affairs officer in Washington, D.C., and was the



Photo by Maj. Alonzo Garcia

USAKA commander Col. Shannon Boehm, U.S. ambassador to the Republic of the Marshall Islands Tom Armbruster and USAKA senior enlisted advisor Sgt. Maj. Roderick Prioleau tour the WWII Japanese headquarters on Roi-Namur Sept. 14.

chief U.S. negotiator for an emergency response treaty with Russia. He has led trade and counter-narcotics missions to Afghanistan

and is the only American diplomat to have arrived in the then Soviet Union by kayak. He speaks Russian and Spanish.

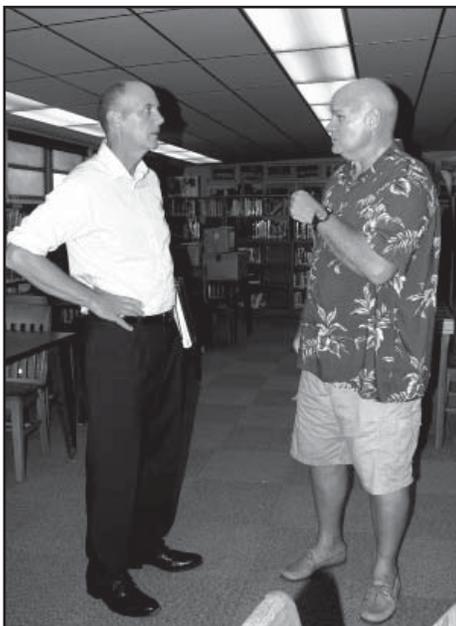


Photo by Catherine Layton

U.S. ambassador to the Republic of the Marshall Islands Tom Armbruster and superintendent of schools Al Robinson discuss the Ri'Katak program at USAKA.



Photo by Catherine Layton

U.S. ambassador to the Republic of the Marshall Islands Tom Armbruster asks Harden Lelet about the artifacts at the Marshallese Cultural Center on Kwajalein Sept. 13.

Armbruster has a bachelor's degree from McDaniel College in Westminster, Maryland and a Masters Degree in Conflict Resolution from St. Mary's University in San Antonio, Texas and a Masters from the Naval War College in Newport, Rhode Island. He is married to Katherine Chandler Armbruster of Westminster, Maryland. They have two children, Bryan and Kalia, who grew up in the Foreign Service.

Additionally, Armbruster is the author of "U.S.-Russian Nuclear Cooperation: Actionable Intelligence," published by the Naval War College, and has published articles in State magazine, the Foreign Service Journal and Chesapeake Bay magazine.

Senior Tradition

STREET PAINTINGS



COOKOUT



Photos by Logan Cornett

Photos by Catherine Layton



Columbus Day Runabout scheduled for Oct. 9

Run, walk or maybe even break a record

By Bob Sholar

Community contributor

Some of the records below are badly in need of being broken. Can you top these? Kwajalein Running Club's 35th Annual Columbus Day Runabout begins at 6 a.m., Oct. 9. Some of the division records are now over 25 years old! Come put your name on the record sheet. Alternatively, take a leisurely walk and enjoy the possible beautifully clear sunrise with your spouse or friends. Seize the holiday!

Registration forms with course maps and race information are available at the mini-mall bulletin board, or at quarters 473-A on Palm Rd. Pre-registration by Oct. 6 is required to avoid a late registration fee. The course is basically the paved road perimeter of Kwajalein Island, starting and ending at Namo Weto Youth Center. One loop is 6.52 miles and two loops make 13.04 miles.

As longtime race director Eric Lindborg used to say, "In case you don't already have anything penciled in on that 6 a.m. slot for the Columbus Day holiday, please consider the Columbus Day Runabout." Registered participants will receive custom commemorative T-shirts. Call me or Jane at 51815 for information.

Men's competition records

D.	Category	RecordHolder	Record	Year
¼	Under 13	Daniel Radcliff	45:16	1984
¼	13-21	Scott Davis	36:53	1983
¼	Open	Scott Davis	36:53	1983
¼	Masters	Mark Daugherty	40:40	2003
¼	SSE	Jack Carey	1:01:00	2007
½	Under 13	Kenny Jourdan	1:52:50	1983
½	13-21	David Rehman	1:40:43	2000
½	Open	Bob Sholar	1:22:06	1993
½	Masters	Dennis Fitzgerald	1:23:26	1980
½	SSE	Jack Carey	2:28:12	2010

Women's competition records

D.	Category	RecordHolder	Record	Year
¼	Under 13	Jennifer Homan	50:40	1983
¼	13-21	Jennifer Homan	52:54	1985
¼	Open	Brigid Shank	43:33	1991
¼	Masters	Carolyn Homan	51:02	1985
½	Under 21	Julianne Kirchner	1:56:21	2008
½	Open	Cathy Stores	1:31:44	2006
½	Masters	Sharon Greenbaum	1:41:48	2003

SOCCER RESULTS

MEN'S LEAGUE

WEDNESDAY, SEPT. 12

FC SWOLLEN VS. SPARTANS - 4 - 4

FC Swollen: Jarrod English, 1; Rob Ewbank, 1; Mike Turner, 1; Jeremy Owens, 1
Spartans: Dave Bonham, 3; Scott Swanby, 1

LOCALS VS. CRUSH - 4 - 1

Locals: Thomas Cardillo, 1, Curtis Childress, 1, Rich Erekson, 2
Crush: Travis Cornett, 1

FRIDAY, SEPT. 14

CRUSH VS. FC SWOLLEN - 3 - 2

Crush: Adam Ropella, 1, Mark Housman, 1, Travis Cornett, 1
FC Swollen: Kenny Leines, 1, Rob Ewbank, 1

SPARTANS VS. LOCALS - 4 - 1

Spartans: Dave Bonham, 1, Scott Swanby, 3
Locals: Thomas Cardillo, 1

WOMEN'S LEAGUE

TUESDAY, SEPT. 11

GO GREEN VS. SPARTANS CO-ED - 4 - 1

Go Green: Lindsey Mattson, 2, Pam Melinauskas, 1, Krystal Peterson, 1
Spartans Co-Ed: Dash Alfred, 1

SPARTANS I VS. KAT - 6 - 0

Spartans I: Logan Cornett, 1, Mary Doerries, 2, Annie Hepler, 3

THURSDAY, SEPT. 13

SPARTANS II VS. SPARTANS CO-ED - 5 - 4

Spartans II: Merelle Bishop, 1, Addison Cossey, 1, Leightyn Cossey, 1, Molly Premo, 2
Spartans Co-Ed: Manini Kabua, 3, DeVante Floor, 1

SPARTANS I VS. GO GREEN - 1 - 1

Spartans I: Annie Hepler, 1
Go Green: Pam Melinauskas, 1

TUESDAY, SEPT. 18

SPARTANS II VS. GO GREEN - 2 - 1

Spartans II: Hannah DeLange, 2
Go Green: Krystal Peterson, 1

KAT VS. SPARTANS CO-ED - 5 - 1

KAT: Angela Banducci, 1, Anne Jahnke, 1, Kristen Hosek, 2, Laura Callaway, 1
Spartans Co-Ed: DeVante Floor, 1

TEAM STANDINGS

MEN'S LEAGUE

Spartans:	1-0-1
Crush:	1-1
Locals:	1-1
FC Swollen:	0-1-1

WOMEN'S LEAGUE

Spartans II:	2-0
Spartans I:	1-0-1
Go Green:	1-1-1
K.A.T.:	1-1
Spartans Co-Ed:	0-3

(As of Sept. 18)



SPOTLIGHT

CONCESS

Story and photos by Catherine Layton
Associate editor

The entrepreneurial spirit is alive and well on Kwajalein, with the former AAFES main base exchange store now filled with independent vendors. Each store is diverse and innovative, and fills a need on Kwajalein for residents and visitors alike to purchase items both needed and unique.

Bill Williamson runs the aptly named “Kwajalein Dive and Bike,” a space packed with snorkels and fins; dive lights and regulator vests; bike rims and tires and all the small parts and accessories to keep a human swimming or riding. Williamson started his shop about two years ago, with a small 10 by 12 foot dive store in the area now occupied by the Mic shop. AAFES approached him about moving his items into the larger area, and move he did. Someone mentioned he should start carrying bike parts, and so his shop grew some more. Now he has a full-service dive shop as impressive as any one stateside. He runs the bike repair shop, and has enough lines to build a bike, if necessary. The shop has hot items like underwater scooters and stand-up paddle boards. “Keeping it in Kwaj style, the boards arrived, but the paddles didn’t,” said Williamson. Williamson’s shop is open Tuesday through Saturday 1:30 – 6 p.m., Sundays from 12:30 – 2 p.m. and Mondays from 10 a.m. – 2 p.m.

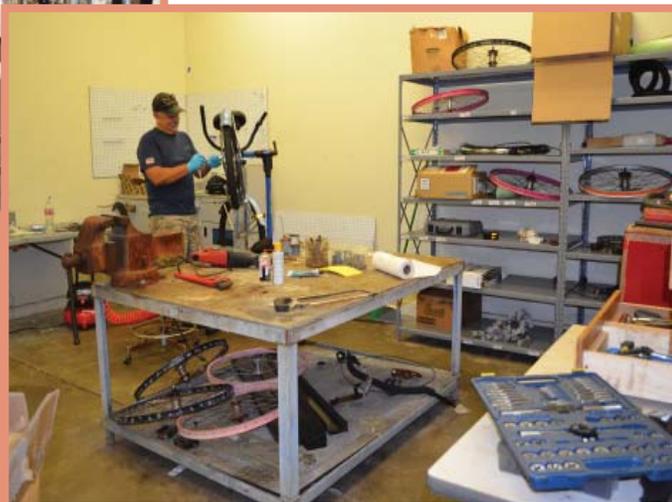
Daw Frase’s shop is like a general store, carrying everything from underwear to cosmetics. She stocks colorful light fixtures and other home décor items to make your quarters feel more like home. Her retail area is open and easy to shop, with neat aisles and organized shelves. Frase’s main goal is to carry items people request. “I write down everything people have asked for when they come in. I do my best to get it here for them,” said Frase. “We have to be patient though. It can take a while to get the things out here.” Frase has stock coming in now, and is expecting backpacks, and shoes for the whole family. Frase’s shop is open 10 a.m. – 6 p.m. Monday through Saturday and Sundays from 1 – 5 p.m.

Caroline Eggers has been refining her store since 1999, starting out with a table at the annual craft fair. She travels to Bali and beyond looking for and working with artists to make creative handcrafted gifts that are lightweight and packable as well as decorative items that personalize resident and bachelor’s quarters. Her shop has exotic items for the home like intricately carved statues, ornate textiles and colorful, whimsical figurines. Eggers’ jewelry selection is not unlike the jewelry you’d spot in trendy boutiques in the states, but has a wide range of prices. “I like having a place even a 7-year-old can have something to buy, like a 3-dollar ring,” she said. Channel your inner home decorator and shop with Eggers Sundays from 12 – 3 p.m.; Mondays, 11 a.m. – 3 p.m.; Tuesdays, 4:30-6:30 p.m. and Wednesday through Saturday noon to 6:30 p.m. Best rule is to look for the colorful banners flying outside of the main store.

Sherry Olson has been doing pottery for more than 25 years. Everything in her area is handmade, and it is all from her personal collection. “I love doing pottery, it is very relaxing, I make so many different pieces that there is only so much I can keep,” she said when asked why she started her shop. Olson has



Bill Williamson’s Dive and Bike Shop is geared toward the particular needs of residents on island. His selection of scuba gear keeps the underwater explorer swimming while his selection of bike accessories keeps the whole island rolling. His bike shop helps those with weak mechanical capacities moving along, with the help of Andy Carden.



LIGHT CONCESSIONAIRES



ed some friends and fellow artists to sell their wares, making her shop
re of an artist co-op and boutique. Items range from pens made from
tic woods to original batiks and framed prints by local photographer
n Breen. Olson's store hours coincide with Eggers shop.
ne oldest retail establishment on Kwajalein has a new area of their
a. Located in the former "Tape Escape," the Micronesian Handicrafts
op, better known as "The Mic Shop," is strictly volunteer and not for
fit. Proceeds from sales at this store go directly to education in the
shall Islands.

portion of all the sales from these vendors go to Kwajalein's morale,
are and recreation fund, supporting our local quality of life. With the
days coming fast, Kwajalein's independent vendors provide plenty of
ons for gifts for friends and family. Whether it's needed or a desired
n, the concessionaires will more than likely fill your requirement.



Sherry Olson has been creating her pottery pieces for more than 25 years. She started selling her creations in a small corner of a different space before moving into her present space. It was so large, she decided to ask a few of her artistic friends to join her, creating an artistic boutique featuring pens made from exotic woods, batiks, photography and Olson's pottery.

Caroline Eggers has been selling her exotic wares since 1999 on Kwaj from her home, at craft fairs and now at the "mall." She travels to Bali and beyond at least twice a year, and strives to find new and exciting items to intrigue her clientele. Her shop carries primarily things for the home decorator, tropical clothing, hand-painted silks and unique jewelry.



Daw Frase's shop has a dizzying array of items, from fine gold to clothing to trendy home decor. She mostly carries what her customers ask for: backpacks, undergarments, sunglasses and jewelry. Her shop is reminiscent of general stores in the states; it has a little touch of everything.

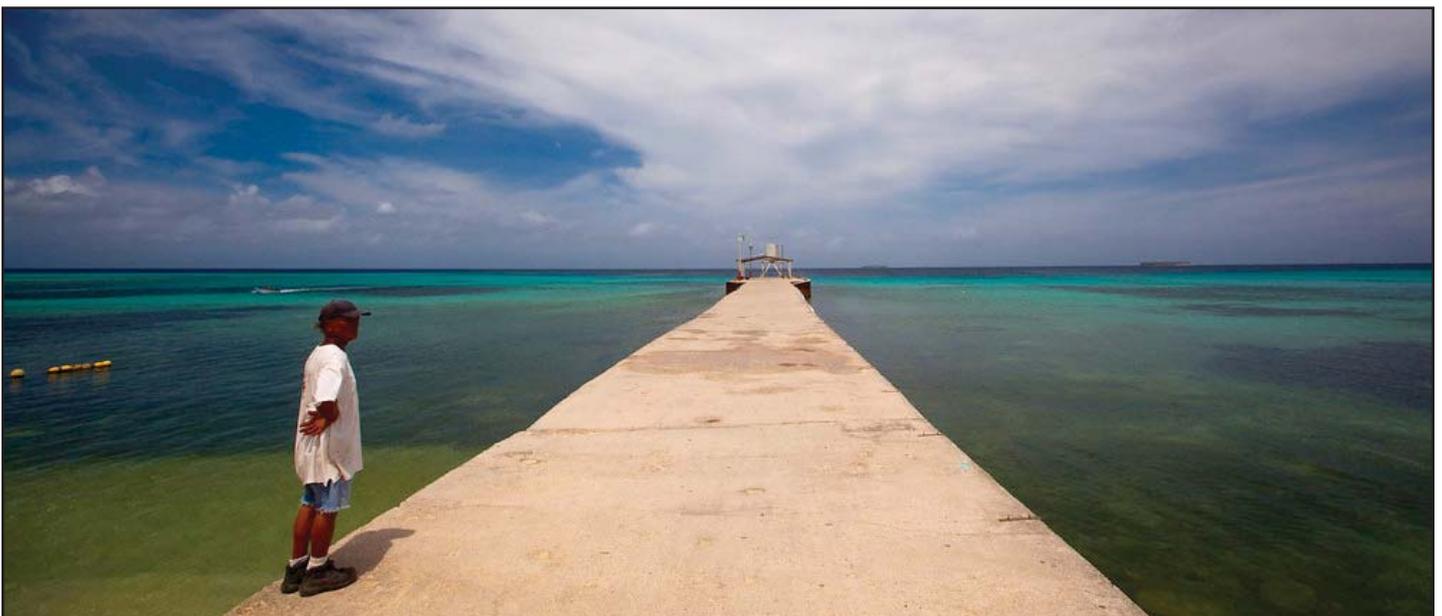


Vicky and Rudy Gil browse at the Micronesian Handicraft Shop, by far the oldest retail establishment on Kwajalein. Ran solely by volunteers, all of the "Mic Shop" profits go towards education in the Marshall Islands. Items found at the Mic Shop range from intricately woven baskets to wood carvings to books about the Republic of the Marshall Islands.



DISPATCH FROM ROI

From the lens of
Louis Jezsik



View from Kwaj

We need your submissions! E-mail your photos to hourglass@smdck.smdc.army.mil.



From Mike Sakaio



From Eva Seelye



From David Awalt



From Dianne Cooper



From Jane Erekson

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 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

MIZUNO GOLF UMBRELLA, new, blue and white. Taken off a blue Sun Mountain push golf cart in the locker room at the golf course. Return it where you took it from, or call 51596.

MAUI JIM SUNGLASSES, brown,

Religious Services

Catholic

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

Protestant

8 a.m., Sunday, Traditional Service
9:15 a.m., Sunday School for all ages
10:45 a.m., Sunday, Contemporary Service
All services at 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.

somewhere between food court and Emon Beach. Call 51829.

BOOGIE BOARD at Emon Beach, black and purple. Call 53771.

WANTED

FABRIC UPHOLSTERED LOVESEAT in good condition, no stains, and small end table. Call Rose at 53731.

PATIO SALES

SUNDAY, 8 a.m., quarters 442-A. Baby and toddler boys clothes, children toys, outdoor and indoor, playhouse, big wheels, school supplies, kitchen supplies, housewares, Ramp Runner and Lamborghini bicycles, bike parts, outdoor items, bookshelves, 2012 Android 5 inch Webtablet, two months old, \$200.

FOR SALE

BROWN CARPET, 14 feet long, 16 feet wide, with a couple of stains on it, there when I got it and I never tried to clean it, \$60; ladies size 2X, 18 to 20 clothes, \$2-\$20 each; plants, \$5 - \$20 each. Call 53342 before 6 p.m. or 51043 and leave message.

TWO WINDOW PANELS, crinkled fabric, grommets, beige color, 54 inches wide, 84 inches long, \$18 for both. Two sheer voile window panels, chocolate color, brand new, 59 inches wide, 63 inches long, \$7 for both. Call 53731.

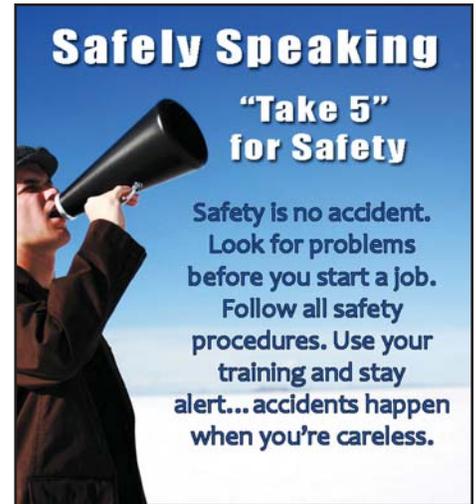
SOCCER CLEATS, women's size 6.5, Diadora, worn one season, \$25. Call 51662 and leave a message.

BLUE SKY JUMPEROO, by Fisher-Price. Precious Planet, like new, paid \$90 new, will sell for \$45 or best offer. Call 55334.

TRIMFOOT, black leather split-sole jazz and tap shoe, size 6, \$50; Bloch, black jazz and tap dance sneakers, size 3.5, \$50; Bloch, black leather split sole jazz and tap shoe, size 3.5, \$50. Call 51127 day or 54761 evening.

BIKE TRAILER for scuba and fishing. All aluminum heavy duty construction with two new Sun 26 inch front wheels and flame tires, \$250. Call 52642 and leave message.

WOMEN'S NIKE SOCCER CLEATS, size 8, never worn due to injury. Originally \$60. Will sell to best offer. Contact Amy by e-mail at ajmconvay@gmail.com or 51407 between 5-7:30 p.m., e-mail contact preferred.



Safely Speaking
"Take 5" for Safety
Safety is no accident.
Look for problems before you start a job.
Follow all safety procedures. Use your training and stay alert... accidents happen when you're careless.

WEST ELM futon with frame and mattress, \$50; twin size feather duvet, \$5; queen size futon mattress, \$15; twin size futon mattress, \$10. Call 52401.

FENCE \$70 per 8 linear foot section, minimum four sections. Additional sections, \$80 each, compare at \$167. Solid oak dining room table with four upholstered rolling chairs, \$200; pea gravel and decorative granite rock, free, you haul. Café style curtains with rods, tropical prints, from \$25 to \$60. Plants, various prices, 205-B on Lagoon. Call 52395.

EMERSON MICROWAVE, \$25; small Cuisinart food processor, \$10; dive weights, 2 to 5 pounds, \$1 each; Canon A630 camera with Canon underwater housing, \$150; new rollerblades, women's size 10.5 with safety gear, \$50; HP Officejet print/copy/scan with extra cartridge, \$25; JVC 26 inch LCD TV, \$150; Toshiba DVD/VCR player, \$15; Coby DVD/surround sound system, \$40; Canon digital video camera, \$50; laminator machine with plastic sheets, \$40; George Foreman with changeable plates, \$30; vacuum, \$10; Rubbermaid trailer, broken hitch, \$10; USB modem, \$15. Call 58817.

CURTAINS, navy, still in package, \$15; curtain rods, 28 to 48 inch, one black, one silver, still in package, \$3 each; round laundry basket, \$3; small black buckets, \$1 each; Hyperlite 138 walkboard, never used, no bindings, \$100; Call 54609.

PLASMA TV, Panasonic Viera TH-58P2850U, 58 inch, good condition, \$500. Call Mike at 55901 or 51820.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 29
Omelette Station	Vegetable Beef Soup	Minestrone Soup	Cauliflower Cheese Soup	Chicken Rice Soup	Cream of Tomato Soup	Portuguese Bean Soup
Deli Sandwich Bar	Old Fashioned Beef Stew	Garlic Roast Beef	Dry Rub Spareribs	Swedish Meatballs	Grilled Cheese Sandwich	Savory Greek Chicken
Kwaj Fried Chicken	Three Cheese Quiche	Tuna Casserole	Corn Dogs	Chicken Broccoli Saute	Barbecue Pork Chops	Deli Sandwich Bar

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 29
Rosemary Pork Loin	Beef Lasagna	Sauteed Boneless Chicken	Carved Top Round	Teriyaki Beef	Oven Fried Chicken	Grilled Minute Steak
Steamed Potatoes	Spinach Lasagna	Fish Du Jour	Herb Roast Chicken	Sesame Noodles	Mashed Potatoes	Roast Potatoes
White Rice	Vegetarian Stir Fry	Wild Rice	Baked Potato	Chef's Choice Entree	Vegetarian Stir-Fry	White Rice

SUN MEN'S BLACK 26 inch bicycle, like new, triple tree forks, three-speed, 14 inch ape hangers, aluminum rims, stainless steel spokes, new tires, rear rack with basket, well maintained, \$300 or best offer. Leave a message at 51859.

COMMUNITY NOTICES

OCEAN VIEW CLUB KARAOKE 8 p.m., Sunday. Don't let your friends sing alone. Come and let your superstar out. Questions, contact Ted Glynn at 53338.

MANDATORY ISLAND ORIENTATION - Required attendance. Next session is 12:30 - 4:30 p.m. Wednesday. Arrive 10 minutes early to sign in and be seated by 12:30 p.m. Building. 365, CAC room 6. This is required for all new island arrivals. It is not recommended for dependent children under the age of 10. Questions, call the meeting facilitators at KRS Environmental, Safety & Health at 51134.

BINGO IS THURSDAY at the Pacific Club. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 54 numbers with \$1,400 payout; Windfall completion at 24 numbers with \$1,400 payout. Must be 21 to enter and play, bring your ID. Questions, contact Barbara Hutchins at 58228.

KWAJALEIN ATOLL INTERNATIONAL SPORTFISHING CLUB Monthly Meeting will be held Wednesday at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will commence at 7 p.m. For more information contact Andy at 52878.

SURFSIDE BEAUTY SALON will be closed Sept. 27 and 28, while the stylist is on Roi-Namur.

CRAFTS AND GAMES NIGHT Open Recreation event will be 5:45-7:45 p.m., Sept. 29, at the SAS classroom. Registration dates are Sept. 18-29. Registration is free to all CYSS registered children in grades K-6. Call June Walker at 52158 or e-mail for information.

RIVER DOG PRODUCTIONS presents Dan Hopkins live at 8 p.m., Sept. 28, at the Ocean View Club. Join us for beverages and snacks.

OCEAN VIEW CLUB BIRTHDAY BASH will be at 8 p.m., Sept. 29. Sign up at the KRS Retail Sales office by Sept. 28. Must be 21 years old. Complimentary drinks and cake for registered September birthdays. Contact Barbara Hutchins at 58228 or Ted Glynn at 53338.

KWAJALEIN RUNNING CLUB'S 35th annual

Parrot Head gathering

6 p.m.,
Sunday
Camp Hamilton

Bring your food, drinks and chairs, and we'll bring the fire, music and the beach!

Columbus Day Runabout is 6 a.m., Oct. 9. Registration forms with course maps are available at the mini-mall bulletin board, or at quarters 473-A on Palm Rd. Pre-registration by Oct. 6 is required. Call Bob and Jane at 51815, or stop by quarters 473-A with questions.

OCTOBER LEARN TO SWIM session dates are Oct. 3-26 on Wednesdays and Fridays at the Family Pool. Levels 3-5 are from 3:45-4:15 p.m. Levels 1-2 are from 4:30-5 p.m. Cost is \$50. Participants must be at least 4 years old. Register now through Sept. 29 at the Family Pool. Questions? Contact Mark at 52848.

PUBLIC WORKS is now delivering weed eaters with extension cords in conjunction with lawnmowers. Call 54989 for a delivery time and leave a voicemail. The voicemail is checked throughout the day.

WANT TO KNOW if a pavilion has been reserved? Call the Pavilion Hotline at 52945. Pavilion reservations will be listed on the hotline throughout the week and for each weekend. To make a pavilion reservation, contact the Community Activities Office at 53331.

PERSONS WISHING to donate items to Community Activities facilities should contact the Community Activities office to make proper arrangements. Patrons should not drop off donation items or leave PCS items at the facility. For questions or to make arrangements, contact Mandie at 53331.

ENVIRONMENTAL PUBLIC AWARENESS ANNOUNCEMENT: Workers and Residents on Kwajalein, Roi-Namur, and Meck are advised whenever possible to avoid prolonged presence in the areas downwind of temporary generators when the generators are in-use to support FTI-01 Operations. Questions may be directed to the KRS ES&H Department at 51134.

REMINDER: There are height restrictions for climbing. Before climbing above 6 feet in height, ensure you have a fall protection plan and a climbing clearance. You must obtain a climbing clearance by calling the Fire Department on Roi at 56334 or KMCC on Kwaj at 55300. Questions, call RF Safety at 50721 or KRS Safety at 51134.

E-TALK: Hazardous materials, products, waste and petroleum products require specific management procedures to minimize risks to public health and the environment.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 29
Mahi Mahi	Beef and Broccoli	Chicken Fajita Wrap	Grilled Ruben Sandwich	Chili Dog Bar	Beef/Chicken Tacos	Philly Cheese Steak
Chicken	Fried Pork Chops	Chicken Fried Steak	Crispy Garlic Chicken	Chicken Fricassee	Beef Tamales	Sliced Barbecue Pork
Crab Cake	Blackeyed Peas	Mashed Potatoes	Dirty Rice	Onion Rings	Refried Beans	Macaroni and Cheese
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 29
Thai Beef	Beef Ragu	Roast Chicken	Grilled Top Sirloin	Roi Fried Chicken	Greek Herb Chicken	Sausage and Peppers
Chicken in Peanut Sauce	Chicken Parmesan	Kilbi Ribs	Grilled Fish	Beef Pot Pie	Pork Souvlaki Falafel	Chicken Pesto Alfredo
Fried Rice	Garlic Bread	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Roasted Potatoes	Cheesy Garlic Bread

4-H Club gets a little taste of Egypt



Photo by Shammon Paulson

Nathan Jones prepares the ultimate hummus for the 4-H Club's Egypt project. The club also prepared chicken with chickpeas and learned about Egyptian culture.

Chicken with Chickpeas

Ingredients:

- * 4 tablespoons butter
- * 3-5 pounds of chicken pieces, trimmed of fat and cut into serving size pieces
- * 2 medium onions, chopped
- * 4 cloves garlic, crushed
- * ¼ cup finely chopped fresh cilantro
- * 1 can chickpeas (19 oz or 540 ml)
- * 1 ½ - 2 cups water - add 2 chicken bouillon cubes
- * 3 tablespoons tomato paste
- * ½ teaspoon allspice
- * ¼ teaspoon chili powder
- * Salt and pepper to taste

In a large skillet, sauté the chicken pieces in the butter over medium heat until they turn golden brown. Be sure to turn them several times, making sure they brown evenly.

Remove the chicken pieces from the saucepan and set aside. Add the onions and stir-fry until they begin to brown. Add the garlic and cilantro and stir-fry again, about three minutes. Stir in the remaining ingredients, including the chicken pieces and bring to a boil. Cover and simmer over medium heat for 30 minutes or until the chicken pieces are well cooked. Serve hot over rice. Serves 6 to 8.

Recipe retrieved on Sept 6th, 2012, from <http://www.touregypt.net/egypt-in/magazing-mag5.htm>



Military Casualties

Sgt. Kyle B. Osborn, 26, of Lafayette, Ind., died Sep. 13 in Muqer, Afghanistan, of wounds sustained when insurgents attacked his unit with small arms and rocket propelled grenade fire. He was assigned to the 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, Camp Ederle, Vicenza, Italy.

Lt. Col. Christopher K. Raible, 40, of Huntingdon, Pa., died Sept. 15 while supporting combat operations in Helmand province, Afghanistan. Assigned to Marine

Attack Squadron 211, Marine Aircraft Group 13, 3rd Marine Aircraft Wing, I Marine Expeditionary Force (Forward).

Sgt. Bradley W. Atwell, 27, of Kokomo, Ind., died Sept. 15, while supporting combat operations in Helmand province, Afghanistan. He was assigned to Marine Aviation Logistics Squadron 13, Marine Aircraft Group 13, 3rd Marine Aircraft Wing, I Marine Expeditionary Force (Forward).

Weather

Courtesy of RTS Weather

Sunday: Partly sunny, 20 percent showers. Winds: NE-E at 6 - 11 knots
 Monday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 5 - 10 knots
 Tuesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 6 - 11 knots
 Wednesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 8 - 13 knots.
 Thursday: Mostly sunny, 10 percent showers. Winds: ENE-E at 9 - 14 knots
 Friday: Mostly sunny, 10 percent showers. Winds: ENE-E at 10 - 15 knots

Yearly total: 53.64 inches
 Yearly deviation: +0.03 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./6:45 p.m.	1:08 p.m./12:10 a.m.	9:18 a.m. 2.2' 10:15 p.m. 3.0'	3:24 a.m. 0.9' 3:04 p.m. 1.1'
Monday	6:39 a.m./6:44 p.m.	2:03 p.m./1:09 a.m.	12:02 p.m. 2.2'	5:45 a.m. 1.0' 5:36 p.m. 1.3'
Tuesday	6:39 a.m./6:43 p.m.	2:54 p.m./2:06 a.m.	12:23 a.m. 3.1' 1:34 p.m. 2.6'	7:21 a.m. 0.6' 7:17 p.m. 0.9'
Wednesday	6:39 a.m./6:43 p.m.	3:42 p.m./3:00 a.m.	1:37 a.m. 3.5' 2:20 p.m. 3.1'	8:11 a.m. 0.2' 8:12 p.m. 0.4'
Thursday	6:39 a.m./6:42 p.m.	4:28 p.m./3:52 a.m.	2:25 a.m. 3.9' 2:54 p.m. 3.6'	8:46 a.m. -0.1' 8:53 p.m. 0.0'
Friday	6:38 a.m./6:42 p.m.	5:11 p.m./4:43 a.m.	3:02 a.m. 4.1' 3:24 p.m. 4.0'	9:16 a.m. -0.4' 9:27 p.m. -0.3'
Sept. 29	6:38 a.m./6:41 p.m.	5:53 p.m./5:50 a.m.	3:34 a.m. 4.3' 3:52 p.m. 4.3'	9:44 a.m. -0.6' 9:58 p.m. -0.5'