

THE KWAJALEIN HOURGLASS



School Age Services Summer Camp kids visit the library as part of the reading program. SAS recently received national accreditation. For more, see page 3.

Photo by Kim Yarnes

AAFES Food Court Specials: July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Any order over \$15 receives two free 2-liters of soda; over \$10 receives one	22 <i>Burger King</i> \$5 for two Whoppers; \$5 for two Tender Crisps \$5 for three Jr. Whoppers	23 <i>Anthony's</i> Three medium single topping pizza for \$15	24 <i>Burger King</i> \$5 for two Whoppers; \$5 for two Tender Crisps \$5 for three Jr. Whoppers	25 Military Star Card Day	26 <i>Anthony's</i> Buy any hot dog, chips and drink, receive 10% off	27 <i>Anthony's</i> \$13 pizzas all day
28 Any order over \$15 receives two free 2-liters of soda; over \$10 receives one	29 <i>Burger King</i> \$5 for two Whoppers; \$5 for two Tender Crisps \$5 for three Jr. Whoppers	30 <i>Anthony's</i> Three medium single topping pizza for \$15	31 Military Star Card Day	1 <i>Subway</i> Buy any sub combo and add a bowl of soup for \$1	2 <i>Anthony's</i> Buy any hot dog, chips and drink, receive 10% off	3 <i>Subway</i> Free 6-inch sub with a platter purchase

Thumbs Up!



... to Furniture Warehouse and Appliance Shop employees for working hard to help make our home, away from home, a home.

... to Buildings and Grounds for making my backyard much, much safer to ride through. Thank you!

... to Post Office personnel, for always greeting me with a smile, no matter how long the line is!

MANIT MINUTE

There are only two museums in the Republic of the Marshall Islands dedicated to preserving the history and conserving the folk arts, traditional skills, historic accounts, oral literature and other traditions of the Marshall Islands. Alele Museum is located in Majuro, the capital of the RMI. The Marshallese Cultural Museum is located here at U.S. Army Kwajalein Atoll.

Alele Museum, Library and National Archives, PO Box 629,
 Majuro, RMI, 96960/E-mail: alele@ntamar.com/Website:
alelemuseum.tripod.com.

Marshallese Cultural Center, PO Box 1448, APO, AP, 96555.

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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School Age Services' Kwaj Kids Club program receives national accreditation

Hourglass Reports

Recently, the Kwaj Kids Club section of School Age Services received accreditation by the Council on Accreditation. Accreditation demonstrates that the program is recognized as an after school provider that successfully implements high performance standards and, as such, is delivering the highest quality services to all of its children, youth and families. Not only were they accredited, but they did so without receiving any out of compliance ratings in any of the fundamental practice or core standards, which is an amazing achievement, according to Sheila Carter, a COA representative.

The CYSS Kwajalein School Age Center's mission is to provide quality care for children during their out of school time by promoting the development of academic and life skills and reducing the conflict between parental responsibilities and their mission requirements. This is fulfilled by a before and after school program that runs from 7-8:30 a.m., and 3:30-5:30 p.m., weekdays. SAS also offers half and full day programming when school is out for holidays or teacher in-service days. While the Kwaj Kids Club regularly enrolls 10-15 children for the before and after school program, they additionally have around 40 children who participate in their twice monthly Open Recre-



Photo by Sheila Gideon

From left, SAS Lead Instructor Juliana Lucido, SAS Director and Program Trainer Susannah Prenoveau, and SAS Program Assistant SonnyBhoy Sallador all took part in the national accreditation achievement for School Age Services.

ation events and monthly 4-H project clubs (such as photography, citizenship, cooking, etc.). These are programs offered during SAS hours as well as after hours and weekends as extra-curricular programming.

The program is run by SAS Director and Program Trainer Susannah Prenoveau, and supported by SAS Lead Instructor Juliana Lucido, and SAS Program Assistant SonnyBhoy Sallador.

The components for the accreditation process were compiled by Prenoveau, who had to complete a

self-study. The self-study had the director look at their program and ensure they are providing a safe, productive, effective and ethical environment addressing all children's needs in a developmentally appropriate manner. It also makes sure they are utilizing researched and proven methods (best practices) for the before and after school programming and services.

Accreditation included a site visit by a COA endorser, who observed the before and after school program, interviewed staff members and sat down with the self-study binders to review and provide feedback. The self-study was compiled into three binders worth of material that included information regarding the administration, human resources, and programming and services of the Kwaj Kids Club. Kwajalein parents were also included via online and phone surveys, and face-to-face interviews to get their thoughts on the program and services for their children.

During the summer, the Kwaj Kids Club is not operational; however, children are invited to participate in the all-day Summer Camp program, which is run by the SAS staff.



Photo courtesy of Susannah Prenoveau

Cheerleading Club is just one of the programs that School Age Services offers to Kwajalein children.

Achievement awards presented to departing USAKA, Reagan Test Site staff members

Article and photos by Sheila Gideon
Managing Editor

Master Sgt. James Albrecht was awarded the Meritorious Service Medal Wednesday at a ceremony in the U.S. Army Kwajalein Atoll command conference room. His award was presented by Reagan Test Site Director Lt. Col. Dean Wiley, who described Albrecht's work as the RTS noncommissioned officer for the past two years as outstanding. He has meticulously overseen details for over 11 missions and numerous distinguished visitor visits in that time. Staff Sgt. Geraldine Turituri read aloud the orders. "Albrecht's dedication and professionalism contributed immeasurably to the command's successful mission accomplishment. [His] performance is with keeping with the finest traditions of military service and reflect great credit upon himself, USAKA, RTS, SMDC/ARSTRAT and the U.S. Army." The award was signed by Lt. Gen. Richard P. Formica, SMDC/ARSTRAT Commanding General.

Albrecht thanked Wiley and the command for supporting him over the past two years. "I'm glad I'm leaving, but I'm going to miss this place," he said. He PCS'd on Thursday.

William White was awarded the Achievement Medal for Civilian Service by Garrison Manager Joseph Moscone. White arrived in November 2010 as a Host Nation Liaison Officer. Moscone described how busy and important the Host Nation Office is. He recognized White not only for his exceptional work in the Host Nation Office, but for his role in various departments he's filled in for over the years; this included duties as the public affairs officer, protocol officer, paralegal specialist and helping with timetables.

"This is the epitome of what we call civil service ... and teamwork," Moscone said. He thanked White for his "classy professionalism" and support to USAKA. Moscone also presented a framed USAKA photo montage to White and his wife, Kayoko Masuda.



Master Sgt. James Albrecht, left, receives a Meritorious Service Medal from RTS Director Lt. Col. Dean Wiley at an awards ceremony held Wednesday.



Garrison Manager Joseph Moscone, left, presents a framed USAKA photo montage to William White and his wife, Kayoko Masuda. White also received the Achievement Medal for Civilian Service.

Turituri read aloud the orders. "The Achievement Medal for Civilian Service is awarded to William White for exceptional performance while serving as the RMI Liaison Specialist. White's dedication and interaction with the Marshallese people, including the highest levels of dedication to elected and traditional leadership directly contributed to the command's success

and positive relations with our host nation, which positively impacted the RTS mission." The award was signed by Moscone.

White thanked his wife, his Host Nation Office coworkers and finally the USAKA command for their support. He offered them his gratitude, respect and friendship. White will PCS to Peterson Air Force Base, Colo., to work as a technical writer.

Swimmers to compete at World Championships

Local RMI representatives chosen to travel to Barcelona for competition

Hourglass Reports

Local Republic of the Marshall Islands swimmers are making the long trek to Barcelona next week to compete in the 2013 FINA World Championships, held every two years. The 15th FINA Championships will host 180 countries with 2,500 athletes participating. The Marshall Islands received a formal invitation to participate, which specifies how many swimmers can be sent. For this event, the invitation included three representatives. Marshall Islands Swim Federation goes through a process to look for the fastest Marshallese swimmers that are current swimmers in training. For this championship, competitors from MISF will be Colleen Furgeson, Giordan Harris and Troy Kojenlang. Furgeson will compete in the 50 backstroke and 50 free, Harris will compete in the 50 free and 100 free, and Kojenlang will compete in the 50 breaststroke and 100 breaststroke.

When a country, such as the Marshall Islands, does not have any swimmers with qualifying times, FINA offers what's called a universality position; it is FINA's goal to have every country in the world participate in

the championships. "It's an opportunity to swim with the best swimmers in the world, even though our swimmers will more than likely swim two events in the morning heats and will not make finals swimming against [swimmers like] Ryan Lochte," explained Mary Harris, MISF president. "It is still a once in a life time experience that is sought after by every professional swimmer in the world."

Harris and MISF Swim Coach Travis Engstrom will attend along with the team. The team will depart on Monday, arriving in Barcelona on Wednesday. Swimmers start the competition on July 28 and finish Aug. 5.

At the FINA World Championships there is a congressional meeting that is held; the president of every federation attends to vote on changes to FINA regulations or discuss motions to change. This year, the FINA Technical Swimming Congress in Barcelona will have the most anticipated topic/debate to vote on; FINA will discuss the rule which allows multiple dolphin kicks on a breaststroke start. Should this pass, it will change the breaststroke around the world and will take effect in the upcoming MISF fall season.

Swimmer Profiles



Colleen Furgeson

From Kwajalein

She recently competed in the Saipan International Swim meet in March 2013. Her coach, Sarah Stepchew, trained her on Kwajalein up until she left in July to increase her competition efforts in Hawaii.

She is currently training at the Veterans Memorial Aquatics Center, at Central Oahu Regional Park, Waipio. She recently participated in the 65th Annual Keo Nakama Invitational July 2013; she was the first swimmer from the Marshall Islands to compete in that event.



Giordan Harris

From Ebeye

He is training at SPIRE Institute, in Geneva, Ohio, under Coach Jim Bocci. He most recently participated in the Robert F. Busbey Invitational Swim Meet, in Cleveland, in June 2013; he was the first from the Marshall Islands to compete in that event. Harris is a veteran swimmer, having competed in the last FINA World Championships held in 2011 in Shanghai, China, and the 2012 Olympics in London.



Troy Kojenlang

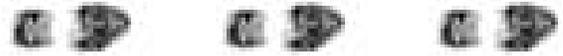
From Maui, Hawaii

He was brought to MISF's attention when he broke the 50 breaststroke record in Maui, Hawaii. He recently competed for the Marshall Islands in the MAGSA LCM "A3" Meet in Maui and is excited to compete for the Marshall Islands at the World Championships in Barcelona.



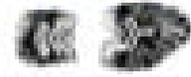
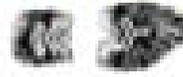
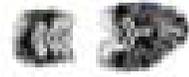
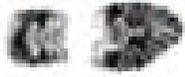
Kwajalein Atoll • Looeie Atoll • Dagea

Wellness



little steps....

BIG DIFFERENCE



The Word on Wellness

little steps...Big Difference Wellness Program has lots to offer island residents

By Mandie Morris

Recreation and Programs Manager

The wellness program is back and wanting your participation. Many have already joined in on activities this year such as Wellness Wednesdays, Walk The Rock and the current SOS Triathlon Challenge. But the wellness program includes much more.

The wellness program offers a user-friendly, motivational approach where individuals can choose from a variety of programs based on their personal needs and goals. Currently, it includes activity-based programs and informative health programs. Four quarterly activity programs are scheduled throughout the year to give participants the opportunity to motivate themselves and get moving by diversifying their cardiovascular workouts. These programs include Wellness Wednesdays, Walk The Rock, the SOS Triathlon Challenge and Around the Atoll in 80 days.

Wellness Wednesdays is a six-week program offered around the first of the year that provides participants with different types of group exercise classes taught by local instructors. Some of the classes this year included Step Aerobics, Fitball, and Stretching and Injury Prevention. The Walk the Rock program was back this year with over 200 participants between Kwajalein, Roi-Namur, Huntsville and San Leandro. Also a six-week program, it encourages participants to achieve the goal of walking 10,000 steps a day. The Survivors of Summer (SOS) Triathlon Challenge is a one-month program offered in the summer that encourages participants to swim, bike and run to achieve the goal of having completed IronMan distances over the course of the challenge. Finally, Around the Atoll in 80 days will be offered in the Fall. Much like the SOS Triathlon Challenge, it will encourage participants

to swim, bike, and run the mileage distance of Kwajalein Atoll over the course of 80 days. Any one is allowed to participate in the activity programs. All require registration through Community Activities for participation, but are available at little or no cost to participants.

The informative health programs are in conjunction with the activity programs. These programs consist of information provided by Aetna, such as tips on exercise, skin care and skin cancer prevention, and the Aetna discount program, which offers a variety of member services. It also includes a program called Simple Steps to a Healthier Life. This online wellness program can help you learn about ways to improve your overall health or simply fine-tune your daily habits. The tool includes a free Health Risk Assessment, which helps you understand potential risks and ways to combat them. It also provides online counseling regarding any issues you may face, such as diabetes awareness and weight loss. All information provided to the online tool is confidential. Simple Steps will roll-out later this Fall in conjunction with the Open Enrollment, however it is available to access at any time. Moving forward into the future, the wellness program will incorporate other benefits such as an on-island health fair, which will include valuable information regarding diet, exercise, insurance benefits and health screenings.

As noted before, many of the activities and information provided from the wellness program are available at little or no cost. It provides a wide range of information and activities, so there is no reason not to take advantage. Whether you need tips on how to avoid skin cancer or need motivation to get moving, this program has something for you. Remember, little steps can make a big difference, so get started now. For information or questions, contact Mandie at 53331.



Yokwe!

Kaylee West is the new Recreation Specialist for Community Activities. She just finished graduate school in Auburn, Ala. West was actually born on Kwajalein. She and her family left Kwaj for about 10 years and returned; she ended up graduating high school here. Her mother, Kim Morris, still lives and works here as a nurse at Kwajalein Hospital. "I loved growing up here," West said. "It feels like I never left. I'm mostly looking forward to getting to spend time at Emon Beach again. I've missed it so much!"

Photo by Sheila Gideon

A Whale of a Tale...

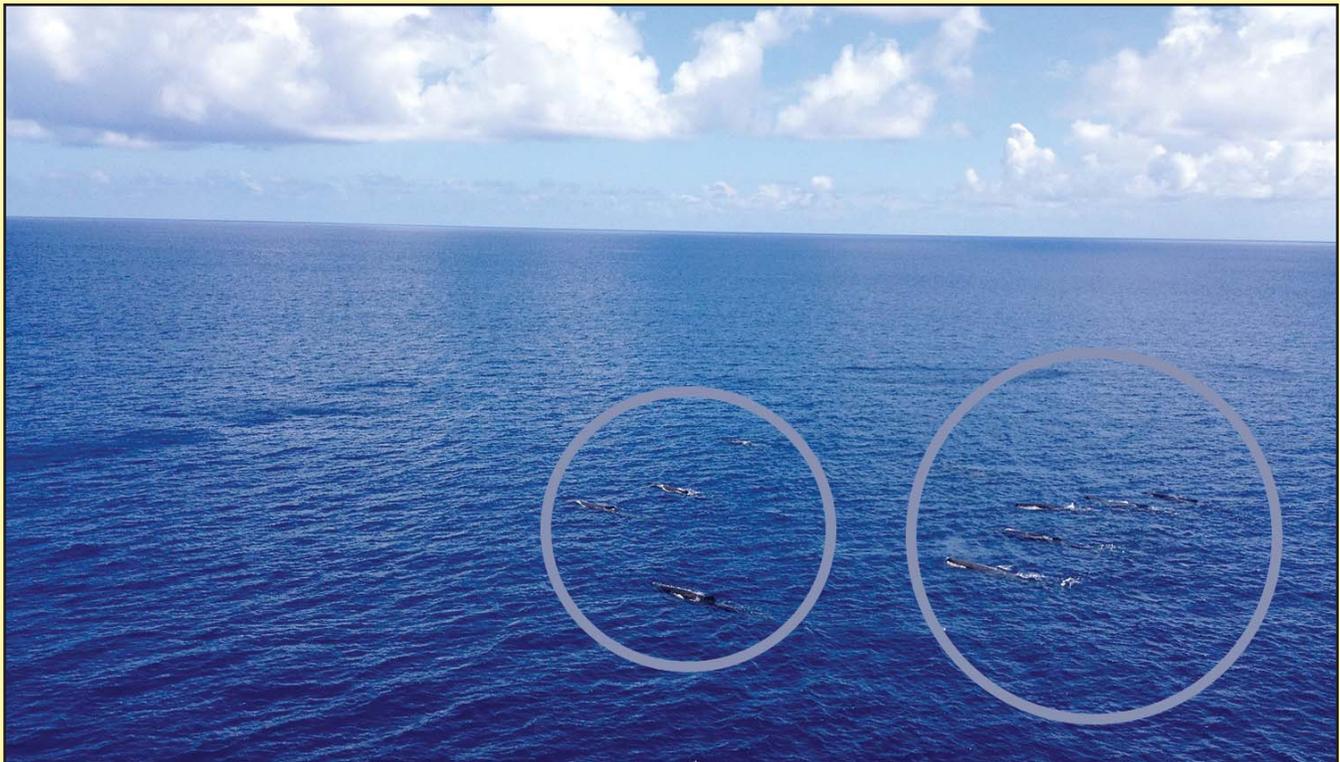


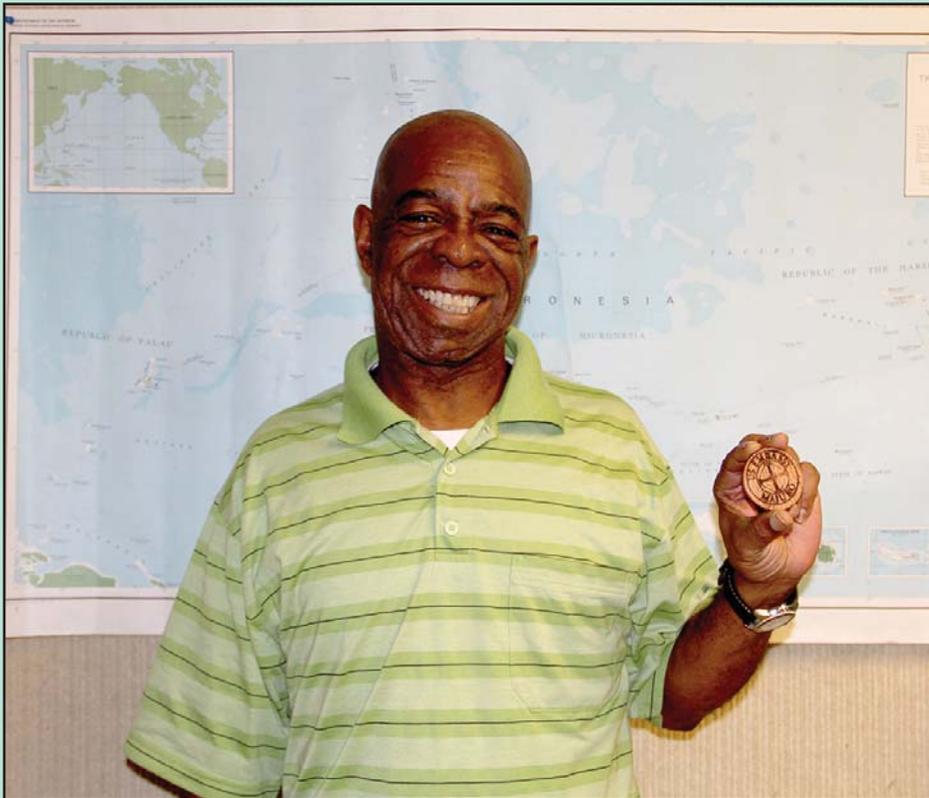
Photo by Maj. Billy LeJeune

Berry Aviation Pilot Steve Simpson and Maj. Billy LeJeune spot a large pod of whales while flying near Legan Island July 3.

DISPATCH FROM ROI



Two Thumbs Up!!



Thumbs Up to Derriek Lemmie, Retail Manager on Roi, for his fine job running the Third Island Store. His efforts were recently recognized by the U.S. Ambassador to the RMI, Thomas Armbruster, during a surprise visit on July 9. Armbruster awarded him a U.S. Embassy Majuro coin.

Photo by Sheila Gideon

Ready, Aim, Click!

Attention Roi residents!
The Hourglass is requesting photo submissions to keep the Dispatch from Roi page full. Send in your pictures of Roi wildlife, BBQs, sunny days at the beach, or work around the island. Article submissions or suggestions are also encouraged. Email: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil or call 52114.



View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Sheila Gideon



From Jane Ereksom



From Dawn Gray



From Dawn Gray



From Dawn Gray

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.

WANTED

DOG FOR EXPERIENCED owner who couldn't split up dog siblings from each other at home to bring one here. I live in the domes and if you need to re-home your dog and want them taken care of, contact me at 53693 in the evenings.

PATIO SALE

MONDAY, 7-10 a.m., dome 150 on Ocean Road.

FOR SALE

FULL SET OF CURTAINS and rods for 200 series housing, \$15; three-speed Sun bike, \$75; kitchen island, perfect for 200-series house, \$75; nice desk with shelves, \$75; bean bag chair, \$20; microwave, \$25; toaster, \$10. Call 51620.

UNDERWATER HOUSING/CAMERA, never flooded, zoom button sticks but works, last serviced June 2012, Light and Motion "Sting Ray III" travel package, light system, carrying case, spare bulb, O-rings, two trickle charges and one fast charger for light batteries, Sony DCR-TRV 33 digital video camera, one memory stick for still

photos, camera remote control, two long life batteries, one charging system, sold as is and as one unit, \$310. Call 52308

FOUR-SHELF BOOK CASE with doors, glass inserts, 4.5x1-feet, \$20; 3-5-foot white shelves, wall mounting strips, no brackets, \$10; outside plastic double bench, Adirondack chair, three tables, \$20. Call 51043 or 53342.

PANASONIC MICROWAVE, \$40; stainless steel Cuisinart coffee maker with built-in grinder, \$50. Call 54203.

GEL MEMORY FOAM mattress, queen size, frame, pillows and bedding included, one year old, \$500. Call 54310, shown by appointment.

FOLD-UP BIKE, Dahon Speed D7 2008 (KCO72-08), blue, located on Roi, excellent condition, stored indoors, spare tire and tubes, saddle bags, lock, pump, manuals, \$300 or best offer. Call 59154.

BEAUTIFUL COUCH set, \$500; piano, \$200; desk, \$100; new women's golf set, \$100; vacuum, \$30; dish set, \$25; glass set, \$10; DVDs. Call 51829.

SCUBA GEAR, medium set with Sunto dive computer, \$375; Trex GPS with dive waypoints and serial cable, \$50; three Sun and one Trek bikes, \$25-125; gas grill, \$25; bike pump, \$10; office chairs, \$10; beach chairs, \$5; towels, dishes. Call 52370.

ORGANIC BABY FOOD, Earth's Best and other brands, cases of 12 jars, expiring 2014, \$8; baby food pouches, most expiring late 2013, in various flavors, \$1 each. Call Rachel at 51576 if interested.

ENTERTAINMENT CENTER, black, glass, five shelves, \$100. Call 52525.

COMMUNITY NOTICES

ATTENTION GOLFERS! Starting tonight, there will be the "Pau Hana Skins Game," a five-hole skins match (holes 1,2,3,8,9). A two-tie, all-tie format will be used with skins carrying over to the next week of play. A \$10 entry fee will include skins and after golf snacks at Bogey's. Email Anthony.a.savage7.ctr@mail.mil or call 53768 to register.

LADIES INDOOR GAME DAY is at 11 a.m., starting Monday and continuing on alternating Mondays, at the Country Club. Join us for Dominos, Bunco or Spades. Email Kimberly.S.Yarnes.ctr@mail.mil for details.

THE ARMY VETERINARIAN will be on island through Monday. Contact Jenny at Veterinary Services, 52017, to schedule an appointment.

UNITED IS MOVING the check in times for

UA172 15 minutes earlier beginning Monday. Kwajalein check in times will be 3:30-4:45 p.m.

KWAJALEIN ATOLL INTERNATIONAL Sport-fishing Club meeting will be held Wednesday at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Contact Andy at 52878.

BINGO IS THURSDAY at the Vet's Hall. New games, larger payouts and the Windfall is included in your packet! Packet price will be \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 56 numbers, \$1,600 payout; Windfall completion at 29 numbers, \$1,900 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

LADIES GOLF NIGHT with instruction available before play will continue on alternating Thursdays, but will not conflict with Bingo. Email Tony at Anthony.a.savage7.ctr@mail.mil or call 53768 to register.

LET'S BOWL this summer! Summer two-person team league starts at 6:30 p.m., Friday. Our goal is to have 12 teams. Email Anthony.a.savage7.ctr@mail.mil or call 53768 to register. Cost is \$60 without shoes and \$70 with shoes.

BIRTHDAY BASH WILL be at 8 p.m., July 27, at the Ocean View Club. Sign up at the KRS Retail Sales office by Friday. Must be 21 years old. Complimentary drinks and cake for registered July birthdays. Contact Barbara Hutchins at 58228 or Ted Glynn at 53338 with any questions.

RED, WHITE, AND BLUE Golf Scramble on July 29 at Holmberg Fairways! This will be four-person teams playing nine holes. Check in is at 9 a.m., rules at 9:30 a.m., tee off at 10 a.m. Cost is \$25 for KGA members and \$40 for non-members. Teams will use each player's drive and putt once. The handicaps will be based on a team average handicap. Let's have some summer fun with golf, prizes, drinks and a BBQ to follow at Bogey's. Email Anthony.a.savage7.ctr@mail.mil or call 53768 to register.

HOBBY SHOP will be offering all Christmas ceramic molds half off for the month of July. Come down and get started on your Christmas gifts early!

A SMOKING CESSATION program is available for all KRS employees and patients. Contact the Kwajalein Hospital for more information.

THE UNITED FLIGHT schedule is changing. Starting Aug. 3, United flight 154 will be leaving Honolulu at 7:25 a.m., instead of the current 5:25 a.m. Kwajalein check in times will be 11-11:30

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel

Roi-Namur service, 7 p.m., Second and Fourth

Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

Summer Schedule

11 a.m., Sunday Service

7 p.m., First and third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 27
Cornish Game Hens	Sautéed Chicken Breast	Grilled Pork Chops	BBQ Short Ribs	Baked Meatloaf	Soyu Chicken	Grilled Reuben
Ham Marco Polo	Beef Pot Pie	Turkey Drumettes	Sweet & Sour Chicken	Pizza	Oriental Fried Rice	Pot Roast
Eggs Benedict	Bacon/Cheese Quiche	Baked Beans	Herb Wild Rice	Mashed Potatoes	Breaded Pollock	Chicken Chop-suey

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 27
Pot Roast	Kwaj Fried Chicken	Minute Steak & Gravy	Grilled London Broil	Oven Fried Chicken	Pancake Supper	Beef Stew
Szechuan Chicken	Oriental Beef Stir-fry	Chicken Chop-suey	Pasta Alfredo	Beef Tamales	Beef Stroganoff	Chicken Fajita Wraps
Boiled Potatoes	Mac and Cheese	Garlic Mashed Potatoes	Huli Huli Chicken	Boiled Potatoes & Gravy	Chicken Nuggets	Cajun Dirty Rice

a.m. UA154 will arrive on Kwajalein at 12:14 p.m., and depart at 12:55 p.m.

THE UNIVERSITY OF MARYLAND University College announces 2013 Fall Session registration is now open. Session dates are Aug. 20 through Oct. 14. Schedules can be viewed by visiting <http://www.asia.umuc.edu/>. Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

USAKA REGULATION 190-5, Traffic Regula-

tions, prohibits the use of portable electronic devices and the wearing of headphones while operating a motor vehicle, bicycle, skateboard, or skates. Wearing headphones is permitted while walking or jogging, as long as emergency vehicles and vehicle horns can be heard. The use of personal protective equipment, such as bicycle helmets, is strongly encouraged.

E-TALK: Never pour water with detergents into the storm drains. When in doubt, call KRS Environment for consultation.

Military Casualties

Lance Cpl. Benjamin W. Tuttle, 19, of Gentry, Ark., died July 14 at the Landstuhl Regional Medical Center following a medical evacuation from the aircraft carrier the *USS Nimitz (CVN 68)* during a scheduled port visit in the 5th Fleet Area of Responsibility. This incident is under investigation. He was assigned to Marine Fighter Attack Squadron 323, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, I Marine Expeditionary Force, Marine Corps Air Station Miramar, Calif.

Staff Sgt. Sonny C. Zimmerman, 25, of Waynesfield, Ohio, died July 16, in Mushaka, Afghanistan, of wounds suffered when his vehicle was attacked by a rocket propelled grenade. He was assigned to the 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, Fort Campbell, Ky.



Exclamation Mark

The exclamation mark is one of the new OSHA symbols you'll start to see in the workplace chemicals. The exclamation mark pictogram means it will irritate the skin, eyes and lungs



USAKA Policy Memorandum 600-8, Tobacco Use in Facilities on USAKA/RTS, has been updated.

The most important changes include:

1. No smoking at Emon Beach. Smoking permitted at other beaches, except during events where children are present (new).
2. No smoking on public roads (new).
3. No smoking within 50 feet of building entrances (existing rule).
4. No smoking in the downtown area (existing rule).

**The Provost Marshal's Office will be strictly enforcing these changes as well as existing policy regulations. For questions, call the USAKA Legal Office at 53417.*

Pool and Beaches Hours: July

Emon Beach:

- 12:30-3:30 p.m.: Tuesday-Saturday
- 1-4 p.m.: Sunday and Monday

Family Pool:

- 1-6 p.m.: Tuesday, Wednesday, Friday, Saturday
- 1-4 p.m.: Sunday
- 9 a.m. - Noon: Monday
- Closed Thursday

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 27
Pasta Primavera	Roast Chicken	Monterrey Sandwich	Roast Beef Sandwich	BBQ Chicken Sandwich	Italian Sausage Hoagies	Chicken Quesadillas
Cheesy Italian Chicken	Chorizo Casserole	Southwestern Brisket	Beef Stroganoff	Chicken/Honey Mustard	Chicken Cacciatore	Shredded Beef Tacos
Breakfast Frittata	Southern Benedict	Corn on the Cob	Tater Tots	Stir-fry Veggies	Onion Rings	Pinto Beans
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 27
BBQ Ribs	Tuscan Roast Turkey	Grilled Burgers	Steak Night	Roi Fried Chicken	Mongolian Grill Night	Chicken Pasta
Fried Fish	Beef Stew	Chili	Huli Huli Chicken	London Broil	Beef/Chicken/Pork	Pasta/Marinara
Baked Beans	Ratatouille	Three Cheese Pasta	Baked Potatoes	Mashed Potatoes	Veggies/Noodles/Rice	Fresh Bread



KWAJALEIN ARES CORNER

There are some very exciting changes happening at the Kwajalein Hospital, and one of them is the new staffing plan for providers.

On July 27, Gilbert Ghearing and his family will be arriving on a two-year contract. Like Dr. Paulette Galbraith, Dr. Ghearing is a clinical preceptor and has a special interest in women's health and office procedures. Dr. Kevin Skinner and his wife, Kathy, will arrive at the end of August 2013, to complete a full complement of primary care providers including our beloved Physician Assistant, Bess Buchanan, who is TDY on the *KRMSS Worthy*.

The hospital is also proud to share the impending arrival of our new pharmacist and dentist. Dr. Wagma Komak, who many of you met recently during

her recent TDY time, will be moving to Kwaj with her family in the next few weeks. In the meantime, Dr. Will Webster, our current pharmacist, is filling that role and making many positive changes within the pharmacy. Not many people realize that both Webster and Komak are Doctorates of Pharmacy and bring a special level of clinical expertise to the hospital.

With these and many more changes, Kwajalein Hospital is working towards a new standard for clinical care. Let us know how we are doing. Look for more information in this periodic Hourglass column. Above all else, though, know that the Kwajalein medical staff is committed to being a true partner in the health of the Kwajalein community.

- Humbly, Paulette L. Foster-Galbraith, MD, DABFM



Don't forget to notify the **post office** when you leave island by filling out a **vacation slip, form PS3801**. Mail will only be held for **30 days** without notification. You can find the forms in the **post office lobby**.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-E at 12-16 knots
Monday	Mostly Cloudy	30%	ENE-ESE at 10-17 knots
Tuesday	Partly Sunny	10%	ENE-E at 12-16 knots
Wednesday	Mostly Cloudy	30%	ENE-ESE at 10-16 knots
Thursday	Partly Sunny	10%	ENE-ESE at 10-16 knots
Friday	Partly Sunny	10%	ENE-E at 6-16 knots

Yearly total: 22.35 inches

Yearly deviation: -14.60 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:39 a.m. 7:12 p.m.	5:35 a.m. 4:36 p.m.	2:53 a.m. 4.5' 3:25 p.m. 3.5'	9:25 a.m. 0.4' 9:17 p.m. 0.4'
Monday	6:39 a.m. 7:12 p.m.	6:35 a.m. 5:39 p.m.	3:41 a.m. 4.9' 4:10 p.m. 3.8'	10:09 a.m. 0.8' 10:04 p.m. 0.6'
Tuesday	6:39 a.m. 7:12 p.m.	7:31 p.m. 6:42 a.m.	4:25 a.m. 5.1' 4:52 p.m. 4.1'	10:50 a.m. 1.0' 10:47 p.m. 0.8'
Wednesday	6:39 a.m. 7:12 p.m.	8:25 p.m. 7:43 a.m.	5:06 a.m. 5.2' 5:32 p.m. 4.2'	11:29 a.m. 1.0' 11:28 p.m. 0.7'
Thursday	6:38 a.m. 7:12 p.m.	9:15 p.m. 8:40 a.m.	5:45 a.m. 5.0' 6:10 p.m. 4.1'	12:06 p.m. 0.9' -----
Friday	6:40 a.m. 7:12 p.m.	10:02 p.m. 9:35 a.m.	6:23 a.m. 4.7' 6:49 p.m. 4.0'	12:09 a.m. 0.5' 12:42 p.m. 0.6'
July 27	6:40 a.m. 7:11 p.m.	11:48 p.m. 10:28 a.m.	6:59 a.m. 4.2' 7:27 p.m. 3.7'	12:48 a.m. 0.2' 1:17 p.m. 0.3'