

THE KWAJALEIN HOURGLASS



Roi residents were treated to a performance by local band, *Smells Like Fish*, and a night of Bingo fun, pictured inset, this past weekend at the Outrigger. For more, see page 6.

Photo by Sheila Gideon



Thumbs Up!



... to the gentleman who assisted our daughter by paying for the remainder of her school supplies when she was short on cash. Please stop by the Engelhard residence and collect what we owe you.

... to Dr. Paulette Galbraith for going above and beyond for her patients even when called in on the weekend. You are appreciated!

... to the Religious Services employees that brought food to the delayed United travelers Monday night.

... to KRS Housing and MDA for finding accommodations on short notice for 35 stranded employees on Roi-Namur on Aug. 19 due to bad weather. Updated information in flight delays were timely, transportation around Roi was great, our meals at Café Roi were great, and our rooms were very nice and accommodating.

The on-island Print Shop is currently waiting on equipment for printers that publish the Hourglass and TV Guide. Please be patient regarding the print quality until repairs can be made. We apologize for the poor quality these past few months. Electronic versions of the paper can be viewed online after the 2 week OPSEC delay at: http://www.smdc.army.mil/2008/Publications.asp#Kwajalein_Hourglass.

MANIT MINUTE

Family Structure (part 1 of 4)

An old Marshallese saying, "Jitdam kapeel," advises that asking about your family relationships guarantees wisdom. In the island environment, everything from basic tasks such as gathering and cooking food to more labor intensive projects like building houses and canoes are only possible through group efforts. Knowing your family relations was, and in many cases still is, the basis of survival. For Marshallese, identities and obligations are based on their family unit, their family clan and their home island.

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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Meals on (bicycle) Wheels

Kwaj Caring Meals will deliver groceries, dinner to your door

Article and photo by Sheila Gideon
Managing Editor

Sometimes, cooking dinner or going to the grocery store is the last thing you want to do; and if you just brought home a new baby, are recovering from an illness or are dealing with a family crisis, these simple tasks can feel overwhelming. In the States, there are services to support you in your time of need; there is on Kwajalein now, too. The Christian Women's Fellowship, a registered private organization, initiated the Kwaj Caring Meals program in May. Their mission is to provide meals and grocery services to on-island residents in need; these needs could be for any number of reasons including family crisis, a new baby,

illness, or simply being new to the island or PCSing soon. Whatever the reasoning behind your needs, Kwaj Caring Meals is there to help.

The program was initiated by Judy McGuire. She participated in a similar program at her church back in Las Cruces, N.M. McGuire's background is in nursing, in particular, home care. She has lived on Kwajalein for one year, although this is her third tour. She is about to take over as CWF president when current president Joyce Dashner heads back to the States on Tuesday.

The Kwaj Caring Meals program is open to all island residents. Whether you live in family housing or the bachelor quarters, belong to the church or not, you simply need to contact McGuire or a team leader to receive services. Kwaj Caring

Meals caters to food preferences, allergies, number of family members and considers whether you have children when they prepare your meals. Meals are delivered in disposable containers to reduce clean-up and the need to return dishes. Typically, meals are large enough to provide leftovers for the following day, so meal deliveries are usually every two days. All delivered meals are free of cost. Kwaj Caring Meals will also handle your grocery shopping for you if needed. Simply provide them with a list, they do the shopping and then Surfway delivers.

The program is coordinated by a group of volunteers. While they

See CARING MEALS, page 4

Fun scramble tournament gives new golfers opportunity to shine

Article and photos by Sheila Gideon
Managing Editor

Holmberg Fairways and Bogey's Country Club have both been getting a facelift over the past few months. Tony Savage, KRS Business Operation Supervisor, has been offering golf programs to residents in order to increase usage at the golf course. He has especially targeted women, offering several classes to beginners. The Red, White and Blue Fun Tournament on Monday was the perfect opportunity for these beginners to come out and show off their newly-learned skills.

There were 14 teams consisting of four players who participated in the golf tournament. The game was played using the Best Ball format; each player on the team hits and then they decide which hit is best and everyone then shoots from that spot. The only catch was you had to use each team member's drive and first putt at least once during the nine holes. Teams ranged from newbies, to experienced golfers, to visiting college students. Each team was given a handicap based on each individual player's handicap, which ended up being pretty high for some teams, and rather low for others. If you didn't have a handicap, you were given a zero, which definitely hurt some teams' chances. Even



Pat Branham tees off on hole 6. His team placed third, tying two other teams with a low of net 28.

with high handicaps, some of the newer golfers were still unable to keep up with skills and experience of long-time Holmberg Fairway veterans.

After nine holes, a few bouts of heavy rain and lots

See GOLF TOURNAMENT, page 5

CARING MEALS, from page 3

have a number of team leaders already, they are looking for more people willing to cook and grocery shop. In particular, they are in need of volunteers who live in BQs; this way, they will have better insight into what grocery items should be purchased and the best method to deliver meals. If you are interested in volunteering, or are need of services, contact McGuire by email at judymcguire2@gmail.com.

Tina Wiley was one of the first island residents to receive services from Kwaj Caring Meals after she hurt her foot and was unable to walk for several weeks. "When I was down, it really was a relief to know that I didn't have to worry about what my family was going to do for dinner. The community rallied together and provided delicious, nutritious meals to us for several weeks." Wiley not only looked forward to the meals, but also to the fellowship and visits from volunteers. "It gave me a chance to visit and tell them how much their thoughtfulness meant to me and my family." Wiley now volunteers for the program. "I want to repay all the kindness!"

The Christian Women's Fellow-



New Christian Women's Fellowship President Judy McGuire, left, and former president Joyce Dashner are the women who run the new Kwaj Caring Meals program. The program is designed to deliver meals and groceries to island residents in need or crisis.

ship meets monthly, September through May. They offer a luncheon a fellowship program that is open to all island women. They participate in several events and charity donations throughout the year. They sell their CWF cookbook at craft fairs, donate baskets for the YYWC silent auction, coordinate a Christian movie trade program, sponsor a book club/Bible study, and collect

shoes and Bibles to hand out in the RMI. The CWF also offers monetary donations to families in crisis, and maintains a Prayer Chain Ministry. One of their biggest programs is the Kwaj Caring Hearts, where their quilting ministry sends out handmade prayer quilts to people in need locally and stateside. For more information regarding CWF, contact McGuire.



Yokwe!

Marion Ruffing is the new counseling psychologist for the Employee Assistance Program. While new this year, this is Ruffing's third tour on Kwajalein. She most recently came from Camp Zama, Japan, where she worked for the U.S. Army at the USAG-J mental health and substance abuse program. Ruffing has no family members on island with her, but she has a son serving in the African Command who is currently stationed in Vicenza, Italy. Ruffing said Kwajalein is a special place and she is looking forward to seeing friends again, and unlike Japan, no traffic. "It is my pleasure being afforded the opportunity of serving on Kwajalein," Ruffing said. "I invite the community to drop in; you don't have to have a problem to see me. Pop in anytime at the Kwajalein Hospital, room 236."

Photo by Sheila Gideon



Carmel Shearer and Larry Cavender



First place team: Jeff Beackman, Jeff Beckley, Rudy Gil and Sean Johnson

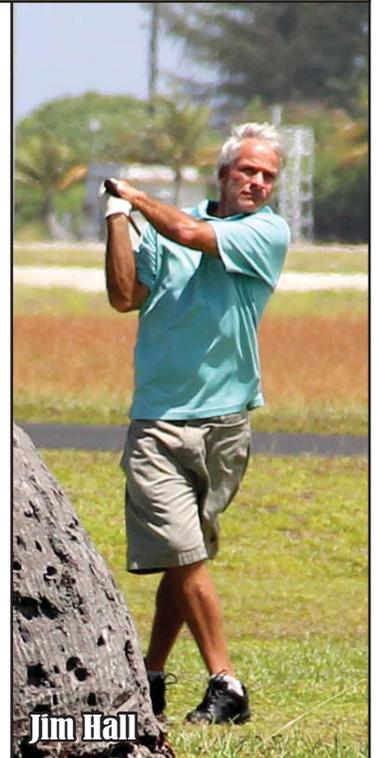


Rob Medrano

GOLF TOURNAMENT, from page 3

of laughs, the top four teams were awarded prizes for the lowest score. Three teams actually tied with a net score of 28. A random drawing was held to determine first through third place. Even though it was random luck they ended up in first, this team definitely deserved it after scoring five birdies in a row! The first place team was Jeff Beackman, Jeff Beckley, Rudy Gil and Sean Johnson. The second place team was Milton Barnett, Pat Dowell, John Finley and Flynn Gideon. The third place team was Pat Branham, Larry Cavender, Brent Peterson and Carmel Shearer. The fourth place team was Danny Bittner, Rita Dominguez, John Hutchins and Dirk Roesler with a net 29. There was also an award for the highest score, which went to all new golfers Jane Cavender, Patrice Kramer, Shelby Rowe and Amy Spock; each player was given a box of ladies golf balls. The one special prize hole during the tournament was Closest to the Pin (on your first shot) on hole 6. The actual winner was Dominguez, but since she had already won a prize, it was given to the next closest person; the team consisting of Paul Allas, Selentina Beniamina, Tracy and Rihna Hampson snagged that prize, including a sleeve of golf balls for each player.

A BBQ at Bogeys followed the tournament, where players recapped their games, either bragging or shamefully recounting each hole. The next fun tournament will be held in August, and the Kwajalein Golf Association will be gearing up for the Kwajalein Open Tournament, to be held sometime in October.



Jim Hall



Nancy Maurer



Deb Crawford



Milton Barnett

DISPATCH FROM ROI

Roi Rats stay busy with Bingo, local band at Outrigger Bar



Mary Stone, right, helps Bridget Rankin search for numbers during Bingo on July 27.



Rachel Shidler enjoys Bingo at the Outrigger on July 27.

Photos by Kim Yarnes

By Sheila Gideon
Managing Editor

The Outrigger Bar and Grill was busy with activities this weekend, keeping Roi residents and visiting TDY personnel entertained.

The weekend began with Bingo on July 27. Roi residents were polled earlier this year about which new activities they would like to see on Roi; Bingo was one of them. Kim Yarnes, deputy Community Activities manager on Kwajalein, and Laura Pasquarella-Swain, Roi Community Activities manager, hosted the game. Each game prize was a percentage of the money taken in; all money taken in was given out as prizes. Besides the “suspiciously lucky Kwajalein resident” who kept winning all the games, Bingo had a great turn out and will likely con-



Sandra Garrison and Gene Littlefield enjoy a game of Bingo after work July 27 at the Outrigger Bar.

DISPATCH FROM ROI



tinue in the future. Players were sure to recycle their cards by turning them into paper airplanes and used them to distract fellow players during the game.

The fun continued on Sunday night. Local band, *Smells Like Fish*, debuted their second tour, "The More You Drink, the Better We Sound." The band's first performance was back in March 2013. Allan Foreman is a Jack of all Trades when it comes to music. Not only does he play lead guitar, but he sings and plays keyboard. He is also a master synthesizer; he adds in tracks to accommodate for the instruments the band doesn't have, like drums. Shelley Easter and Stacey Helt trade off as lead and back up singers. Between the three of them, they were able to produce some breathtaking harmonies. "Bassmaster B" rounds out the band on bass guitar. John Mohr helps out the band by overseeing the sound mixer.

It was immediately obvious that the band has been practicing quite a bit over these last four months. They began with an a cappella rendition of "Pine Box," that drew large cheers from the audience. It took a little time to coax people onto the dance floor, but once they started, they didn't stop. Easter got even more people onto the dance floor when she proposed a challenge: "We know Roi folks can dance – how about you TDY folks?!" Several TDY workers rose up to the challenge, but none as well as Bert Waldron Jr. The dance floor stayed full all night, and when the band tried to wrap it up for the evening, chants of, "One more song!" convinced them to do just that.



Bert Waldron Jr., gestures to other TDY folks to join him on the dance floor after he answers Shelley Easter's dance challenge.



Stacey Helt shows she can sing and dance with John Mohr during her band's performance Sunday at the Outrigger.



Ricky Everett takes the Golly's for a spin around the dance floor, beginning with Janet, top, and then Steve, during the local band performance by *Smells Like Fish* Sunday night.



K WAJALEIN A RES CORNER

It's no joke: cold showers have benefits

Despite all of the obvious jokes that can be made about "the benefits of a cold shower" – there are some definite medical benefits to cooling your shower temperature to a reasonable (and probably much cooler than you are used to) temperature. Studies show that if you ask 100 people if they enjoy a hot shower, almost 75 percent will answer, "Yes." Think about your own temperature preferences, and now learn a little about human body thermodynamics and temperature regulation.

As Endotherms, human core temperature has a thermal set point around 98.6 degrees and is maintained by negative feedback systems. Skin blood flow, hair distribution, skin texture and thickness, amount of adipose

(fatty) and muscle tissue distribution, and level of activity all play strategic roles in the maintenance of that set point and the ways our body adjusts to temperature variances. The brain hypothalamus receives information from the skin receptors as well as the temperature receptors for the blood in the brain.

The hotter the water we expose out skin to, the more surface blood vessel dilation occurs. Blood pressure tends to decrease and muscle metabolism and activities changes. Hot water also dries out the keratinized (non-vascular superficial layers) of the skin surface and removes the essential oils from the skin surface, frequently worsening itching and skin irritation. There are other direct effects on more per-

sonal, sensitive areas that you can discuss with your doctor if you have any questions.

There is a significant amount of data to suggest that the cooler the water temperature, the better reduction of inflammation, improved sleep patterning and less muscle irritation. Cooler showers have been shown to help clear the complexion, relieve fatigue, improve mental alertness, and in one study, actually helped with depression. Finally, the one caveat for cold showers is that you should talk to your doctor first if you have a history of heart disease. So, enjoy your shower – and keep in mind the temperature and its effects on your body.

— Paulette L. Foster-Galbraith, MD, DABFM

Sunrise Bakery

now has...

- Now open on Sundays from 8 a.m.–2 p.m.
- Open on Tuesday–Saturday: 6 a.m.–1:30 p.m.

For questions, contact Telina Jacklick at 53445.



View from Kwaj

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



From Julie Savage



From Sheila Gideon



From Julie Savage



From Sheila Gideon



From Julie Savage



From Sheila Gideon

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.

LOST

WD PASSPORT TRAVEL hard drive and thumb drive in small, black carrying case, lost July 22. Call 54397 or 54591 with any information.

WANTED

DISHWASHER. Call 55190.

BQ OR HOUSE FOR visiting parent, Aug. 22 through Sept. 6. Happy to care for plants and pets as needed. Contact Amber or David at 51480.

HOME FOR 12.5-YEAR-OLD Kwaj cat. Preferably a single or couple without other pets. She is a bit fussy, but will be sweet to those that feed her. Call 53764.

FOR SALE

ENTERTAINMENT CENTER, five shelves,

black glass, great condition, perfect for TV and components, \$100; men's new golf shorts, size 38. Call 52525.

PCS SALE. Two IKEA Poang chairs, \$20-25 or \$40 for both; brown microfiber recliner, \$30; poker chip set with metal case, \$30; men's large dive gear, BC, hoses, air computer, \$225; Matrix Master dive computer, air puck style, \$75; assorted snorkel gear; Etrex GPS loaded with dive sites, \$50. Call Ted at 51939.

BIKE, ELECTRA DELUXE, good condition, with new 3-speed rear wheel and shifter, seat and post, front sprocket and chain, front and rear tires, handlebars and grips, \$200; vacuum cleaner, \$50; floor steamer, \$30. Call 59154.

PENN INTERNATIONAL II 130ST, two speed with pole, ready to go fishing, \$875. Call Tony at 52949.

GAS GRILL with two extra propane tanks and cover, Kwaj condition but still works good, \$50. Call 51938.

PCS SALE. Women's size 6.5 Diadora soccer cleats, \$20; men's medium Mares BCD with ScubaPro regulator, \$100; Sharper Image electric wine opener, \$15; Sony Handycam DCR-SX44 digital camera/camcorder, \$100; tutus, one small peach and one medium pink, both handmade, \$20 each; full-size mattress and box spring, available Aug. 20, \$100. Call 51662 and leave a message.

DISHWASHER, \$100; Definitive surround sound speakers, pair, \$180; 400-series blinds, great condition, \$200. Call 51829.

SUN BIKE, basket, \$200; Huffy women's bike, new, \$75; sofa, brown, \$200; microwave, black, nine months old, \$35; large indoor cabinet, light brown wood, \$50; youth girl's bed, with storage drawers under and foam mattress, excellent condition, \$100; heavy duty Rubbermaid outdoor storage shelving, four levels, \$40. Call 52902.

ELECTRIC PRESSURE washer, \$75; ironing board, \$20; bicycle trailer, \$35. Call 54506.

PCS SALE. Mountain bike, men's Raleigh Venture 30, 26-inch aluminum frame, \$300 or best offer; Cruzor trailer, spare parts, new de-railers, cranks, halogen generator headlight, spare rear wheel with tire. Call Sonny at 54310.

tonight, at Holmberg Fairways, followed by music featuring, "The Who," at Bogey's. Food will be available.

WOODSHOP SAFETY orientation class will be held at 6 p.m., Tuesday, at the Hobby Shop. The cost is \$10 and closed-toe shoes are required. Call 51700 to sign up.

THE EMPLOYEE ASSISTANCE Program will be on Roi every Wednesday, beginning this week. Walk-ins and appointments are available from 9 a.m. to noon, in the KEAMS Computer Room. Call 55362 for questions or to make an appointment.

BASIC BOATING CLASS will be held from 6-8:30 p.m., Wednesday and Thursday, at CRC Room 1. Cost of the class is \$40. Stop by the Small Boat Marina to sign up.

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 57 numbers, \$1,700 payout; Windfall completion at 23 numbers, \$1,300 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.

KWAJALEIN AMATEUR RADIO Club meeting is at 7 p.m., Thursday, at the Ham Shack, south of the Adult Pool. Information and study materials available for HAM licenses. RMI operating license applications are available. Contact Rick Johnston at 50948 with questions.

DUE TO CONSTRUCTION, the Kwajalein Yacht Club Ship Store will have limited hours. The next opening is from 5-7 p.m., Thursday. Questions, contact commadore@kwajyachtclub.com.

A SMOKING CESSATION program is available for all KRS employees and patients. Don't forget that the program pays for many types of aides to help you stop smoking. Register for the Smoking Cessation classes, and begin a healthier lifestyle and longer life now. Call 52223 for more information.

KWAJALEIN SCHOOLS will begin the 2013-2014 school year on Aug. 22. Jr./Sr. High School begins at 8 a.m., and George Seitz Elementary School begins at 8:30 a.m. If your child is new to Kwajalein Schools this year, be sure you have completed all registration requirements prior to Aug. 22. Questions,

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.

COMMUNITY NOTICES

PAU HANA SKINS GAME will be after work,

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 10
Hoisin Roast Pork Loin	Beef Tips Burgundy	Vegetarian Quesadillas	Grilled Cheese	Blackened Chicken Breast	Meatball Stroganoff	BBQ Roast Pork
Soyu Chicken	Chicken Cordon Bleu	Kwaj Fried Chicken	Corned Beef & Cabbage	Beef Carnitas	Roast Chicken	Cheese Pizza
Bacon/Cheddar Quiche	Eggs Florentine	Hawaiian Chopped Steak	Kung Pao Chicken	Rice Jambalaya	Fettucini	Au Gratin Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 10
BBQ Chicken	Chicken Fried Steak	Spaghetti & Mostacioli	Grilled Top Sirloin	Roast Turkey	Teriyaki Chicken	Braised Short Ribs
Mac & Cheese	Parslied Potatoes	Italian Sausage/Meatballs	Buffalo Style Chicken	Mashed Potatoes	Oriental Beef Stir-fry	Chicken Nuggets
Beef Stew	Squash/Spinach	Alfredo/Marinara Sauce	Soyu Baked Salmon	Vegetarian Sauté	Egg Foo Yung	Roasted Potatoes

contact the high school office at 52011, or the elementary office at 53601.

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.

ALCOHOLICS ANONYMOUS meets at 6 p.m., every Wednesday and Sunday in the Religious Education Building, upstairs. Contact Terry at 53661 or 51809, or the Employee Assistance Program at 55362 with questions.

YOUR INPUT HELPS US measure how well the Employee Assistance Program delivers responsiveness and understanding of our community. Take our survey at <https://kwajweb.smdck.smdc.army.mil/Pages/default.aspx>. Thank you for your participation.

ENVIRONMENTAL PUBLIC Awareness Announcement: Workers and residents on Kwajalein, Roi-Namur and Meck Islands are advised whenever possible to avoid prolonged presence in the areas downwind of temporary generators when the generators are in use. Any questions may be directed to

the KRS ES&H department at 51134.

KWAJALEIN HOSPITAL would like to remind the community that all pregnant women should be registered with the hospital whether you are receiving prenatal care there or not. This is especially important because of the time for medical evacuations and need for coordination of care for emergencies and unexpected illnesses.

THERE WILL BE A bariatric surgery support group beginning within the next two weeks. Studies show that a combination of counseling or group support along with the post procedure medical care actually improves weight loss in the long term. If you have had or are going to have a weight loss surgery and are interested, contact Marion Ruffing at 52223 for the date and time of the meeting and to get registered.

USAKA REGULATION 190-5, Traffic Regulations, 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.

Military Casualties

Three Soldiers died while supporting Operation Enduring Freedom. They died July 23, in Soltan Kheyl, Afghanistan, of wounds suffered when enemy forces attacked their unit with an improvised explosive device. They were assigned to the 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga. Killed were: **1st Lt. Jonam Russell**, 25, of Cornville, Ariz.; **Sgt. Stefan M. Smith**, 24 of Glennville, Ga.; and **Spc. Rob L. Nichols**, 24, of Colorado Springs.

Two Soldiers died while supporting Operation Enduring Freedom. They died July 27, in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire. They were assigned to the 10th Transportation Battalion, 7th Sustainment Brigade, Joint Base Langley-Eustis, Va. Killed were: **Sgt. Eric T. Lawson**, 30, of Stockbridge, Ga., and **Spc. Caryn E. Nouv**, 29, of Newport News, Va.

Sgt. Stephen M. New, 29, of Bartlett, Tenn., died July 28, in Bagram, Afghanistan, of wounds suffered when his unit was attacked by small arms fire in the Sarobi District of Kabul Province, Afghanistan. He was assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), Jackson, Miss.

WATER OUR MOST VALUABLE RESOURCE



Test Your Water Sense!

How much water can you save per day by turning off the tap while brushing your teeth in the morning and at bedtime?

- A. Up to 2 gallons
- B. Up to 4 gallons
- C. Up to 6 gallons
- D. Up to 8 gallons

D. The average bathroom faucet flows at a rate of 2 gallons per minute; by turning off the tap, you can save more than 100 gallons of water per person each month.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 10
Smoked Sausage	Roast Beef	Spaghetti w/Meat Sauce	Grilled Cheese	Bratwurst/Sauerkraut	Fried Fish	Chicken Fajita Wrap
Baked Chicken	Chicken w/Bacon	Marinara Sauce	Cajun Roast Beef	Macaroni & Cheese	Grilled Chicken Thighs	Stuffed Cabbage Rolls
Eggs Florentine	Egg Muffins	Garlic Bread	Egg Foo Yung	Home Fries	Black Eyed Peas	Cous Cous

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 10
Chicken Schnitzel	Hoisin Spare Ribs	Salisbury Steak	Grilled Sirloin Steaks	Fried Chicken	Quiche	Chicken & Mushrooms
Beef Stew	Sweet/Sour Chicken	Herb Roasted Chicken	Chicken Casserole	Meat Loaf	Bacon/Sausage	Braised Short Ribs
Noodles Romanoff	Fried Rice	Mashed Potatoes	Corn on the Cob	Collard Greens	Pancakes	Roasted Potatoes

One channel, two names: AFN | family channel now AFN | pulse after 7 p.m.

Hourglass Reports

This fall, the primetime and late-evening viewing hours on the American Forces Network's AFN | family TV channel will take on a new name and look. The change is aimed at further defining the primetime and overnight programming blocks on AFN | family for the AFN audience.

Beginning in early September, the evening programming block will be rebranded as AFN | pulse.

"After analyzing audience feedback over the years, we wanted to create a way to clearly differentiate family programming from older skewing programming on the channel," says Karreem Lowe, Chief of Entertainment Programming at the AFN Broadcast Center in California. "We think we've done just that by creating two unique identities on the channel - similar to Nickelodeon/Nick at Nite and Cartoon Network/Adult Swim here in the states."

The rebranding to AFN | pulse also allows AFN to maximize limited airtime on their channels.

"We'll be able to continue our effort to meet our viewer's needs by delivering more stateside programming intended for an older demographic during primetime and late-night hours when most of our younger audience goes to sleep for the night, thus satisfying as much of the AFN audience as possible given the limited bandwidth available for channels," Lowe added.

AFN | pulse will air from 7 p.m. to 5 a.m., on Kwajalein channel 26 and Roi channel 5, seven days a week. All programming on AFN | pulse will be intended for and marketed toward the 18+ demographic.

A transition hour of programming will begin at 7 p.m., with general audience programming that includes returning hit shows like *The X-Factor*, *The Amazing Race*, *The Voice*, and *America's Next Top Model*.

After 8 p.m., the programming will "age up" with returning programs like *Pretty Little Liars* and *Vampire Diaries*, and a few new shows for the fall season including the *Vampire Diaries* spinoff, *The Originals* and the *Pretty Little Liars* spinoff, *Ravenswood*. Additionally, the hotly anticipated brand new fall offerings *Sleepy Hollow* and *Tomorrow People* will debut on AFN | pulse. Lastly, also new will be a late night talk show block featuring the *Arsenio Hall Show* followed by *Chelsea Lately*.

The AFN network is planning a multi-platform launch campaign that will both entice and inform the viewers.

"This summer, people watching AFN will see a series of promos that will alert them to the change from AFN | family primetime to AFN | pulse," says Eric Tassill, Chief of Marketing and Promotion at AFN. "We also want to excite the audience by giving them a glimpse of what to expect on AFN | pulse during the upcoming fall season."

Along with various TV spots, AFN will also be reaching out to viewers via their radio, web and social media platforms.

When AFN | pulse goes live on the network, there will also be a dedicated microsite on www.myafn.net that viewers can visit to learn more about AFN | pulse, including a list of programming.

AFN | family programming will not change. Weekday shows for preschoolers will continue to air from 5 a.m. to 3 p.m., followed by programs for tweens and teens until 7 p.m. On weekends, Supercharged Saturday Morning will continue to air on Saturday mornings from 8 a.m. to noon and Funtoon Sunday Mornings will be seen from 8 a.m. to noon Sundays. The family-friendly Together Time will also continue to air on Saturdays and Sundays from 4 p.m. to 7 p.m.

Weather

Courtesy of RTS Weather

Day	Skies	Chance	
		of Rain	Winds
Sunday	Mostly Cloudy	30%	E-ESE at 7-12 knots
Monday	Partly Sunny	20%	ENE-ESE at 5-12 knots
Tuesday	Partly Sunny	10%	ENE-E at 8-12 knots
Wednesday	Partly Sunny	20%	E-ESE at 4-10 knots
Thursday	Partly Sunny	20%	E-ESE at 3-8 knots
Friday	Partly Sunny	10%	N-E at 3-8 knots

Yearly total: 29.09 inches

Yearly deviation: -12.31 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:41 a.m. 7:10 p.m.	4:12 a.m. 5:00 p.m.	2:52 a.m. 3.7' 3:18 p.m. 3.0'	9:21 a.m. 0.2' 9:06 p.m. 0.2'
Monday	6:41 a.m. 7:09 p.m.	5:00 a.m. 5:45 p.m.	3:26 a.m. 4.0' 3:49 p.m. 3.3'	9:50 a.m. -0.1' 9:40 p.m. -0.1'
Tuesday	6:41 a.m. 7:09 p.m.	5:48 a.m. 6:29 p.m.	3:57 a.m. 4.3' 4:18 p.m. 3.6'	10:18 a.m. -0.4' 10:11 p.m. -0.3'
Wednesday	6:41 a.m. 7:09 p.m.	6:36 a.m. 7:12 p.m.	4:27 a.m. 4.5' 4:46 p.m. 3.8'	10:45 a.m. -0.6' 10:42 p.m. -0.4'
Thursday	6:41 a.m. 7:08 p.m.	7:23 a.m. 7:54 p.m.	4:55 a.m. 4.6' 5:14 p.m. 4.0'	11:12 a.m. -0.6' 11:11 p.m. -0.5'
Friday	6:41 a.m. 7:08 p.m.	8:10 a.m. 8:36 p.m.	5:23 a.m. 4.6' 5:43 p.m. 4.0'	11:39 a.m. -0.6' 11:41 p.m. -0.4'
Aug. 10	6:41 a.m. 7:08 p.m.	8:58 a.m. 9:18 p.m.	5:52 a.m. 4.5' 6:12 p.m. 4.0'	12:06 p.m. -0.6' -----