

THE KWAJALEIN HOURGLASS



USAKA and U.S. Army distinguished visitors are greeted by the women's club on Enniburr Sept. 13. From left is Katherine Hammack, Assistant Secretary of the Army; Col. Nestor Sadler, USAKA Commander; Col. Timothy Faulkner, IMCOM-P Deputy Director; USAKA Sgt. Maj. Roderick Prioleau; and Maj. Matt Sova, USAKA Director of Host Nation Activities. For more, see page 3.

Photo by Sheila Gideon

Range Operation Scheduled

A range operation for GT-208GM-1 is scheduled for Thursday. Caution times are 9:01 p.m. through 5:01 a.m. In conjunction with this operation, during this time, a caution area will extend into the open ocean east and west of the Mid-Atoll Corridor.

Mid-Atoll Corridor will be closed and restricted from 4:30 p.m., now through mission completion. The caution area extends from the surface to unlimited altitude.

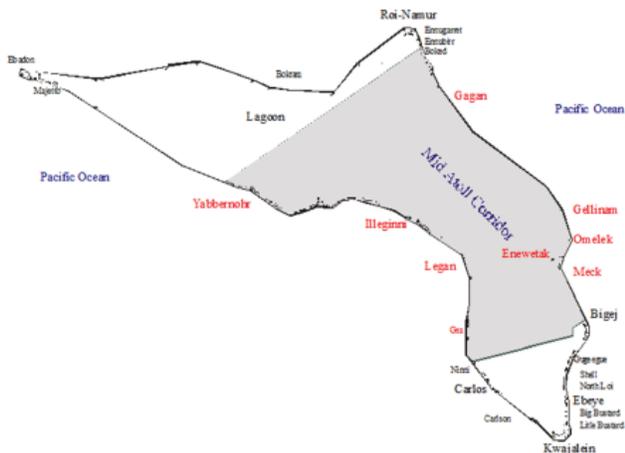
Questions regarding the above safety requirements for this mission should be directed to USAKA Command Safety Directorate, Kwajalein Range Safety Officer, at extension 54121.

Juon ien kokemelmel enaj koman ilo Sept. 26 awa ko rej kauwotota ej jen 9:01p.m. nan 5:01 a.m. Ilo ien in ba kake, ijoko rej kilok nan kokemelmel kein ej tu rear im tu rilikin bedbed ko ilo Mid-Atoll Corridor.

Mid-Atoll Corridor enaj kilok jen 4:30pm jen Sept. 18 ma ien enaj dedelok jermal in kokemelmel kein.

Ne elon kajitok jouj im kirtok USAKA Command Safety ilo 54121.

KWAJALEIN ATOLL



Manit Day

Sept. 28

George Seitz Elementary School presents:
A Carnival of Culture

- 8:45 a.m.: Tour the Marshallese Cultural Center. Grades K-6 will ride the bus to visit a visual history of the Marshall Islands, view the exhibits on display and explore the traditions of the Marshallese people
- 12:30 p.m., MP Room: Kick off the carnival with student performances
- 1-2:45 p.m., MP Room: Visit the carnival booths and get your passport stamped as you learn various aspects of Marshallese Manit
- 2:45 p.m., MP Room: End the afternoon with a special dance from the Ri'katak students

The Marshallese Cultural Society invites you to join us! Come experience a taste of Marshallese Culture/Manit:

- 5-6 p.m., at the tent outside Kwajalein High School: Demonstrations of fire making, weaving, coconut husking, traditional foods and medicines
- 6:15-8 p.m., MP Room: Music and dance program

Questions? Call the Host Nation Office at 52103, or contact Karen Brady.

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-

ment, Department of Defense, Department of the Army or USAKA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

Phone: Defense Switching Network 254-2114;
Local phone: 52114
Printed circulation: 1,200
Email:
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Assistant Secretary of the Army visits USAKA

Tours Kwajalein, Roi-Namur to identify installation critical needs

Article and photos by Sheila Gideon
Managing Editor

Katherine Hammack, assistant secretary of the Army (installations, energy and environment) visited U.S. Army Kwajalein Atoll Sept. 12-13. She was accompanied by Col. Timothy Faulkner, Installation Management Command-Pacific deputy director. While here, Hammack toured various infrastructures on both Kwajalein and Roi-Namur, and visited the host nation at Enniburr Island.

There were multiple purposes to her visit. One of the primary reasons was the upcoming change of management to IMCOM taking place Oct. 1 here at USAKA. "Sometimes, at a time of transition, it's a good time to take a look at what was done before and why, and what the plans are for the future, and how," Hammack commented. "That was information I wanted to get while I was here." She wanted to better understand the mission at USAKA and to take a look at the facilities, infrastructure, energy, environmental challenges and get an idea of the responsibility IMCOM is going to be taking over.

While here, Hammack tried to get an idea of what USAKA's needs are. This is especially important because the last 10-12 years have seen bud-



Right, USAKA Department of Public Works Director, Jamie Heidle, explains the critical needs at Echo Pier to the Assistant Secretary of the Army, Katherine Hammack.

gets increasing; now they're decreasing. "We have to focus on the critical," she explained. "That's part of my role - to help put together the budgets and defend the budgets to Congress and the President. I really need to know what we need, why we need it, and where we need it, so I'm able to represent the needs of the entire installation community."

Hammack regards the mission at USAKA to be interesting and important. Sometimes, Hammack

said, the focus on the mission is so direct, that some of the installation needs are neglected. At USAKA, that neglect can be seen in some of the infrastructure. "IMCOM [recognizes] that if we don't support our infrastructure appropriately, it will decay to a point where it's extremely costly to replace." Part of the mission is to ensure that the Soldiers, support staff and families have adequate places to live and work. IMCOM will bring advantages that come from being managed by a central organization. "With the Installation Management Command team here, there will be that reach back capability to other assets and other resources throughout the organization to ensure that you're deploying the appropriate technologies and strategies."

When Hammack tours installations, she looks for consistency. If she sees the same challenges at multiple locations, that tells her there's a policy or strategy that's flawed. One consistency she has seen is poor construction from the 1970-90s. In that time period, there was a low cost to produce electricity, and air conditioning meant you didn't have to build infrastructure



Center, Kwajalein Hospital Chief Medical Officer, Dr. Paulette Galbraith, explains the functions and needs of the Kwajalein Hospital to Assistant Secretary of the Army, Katherine Hammack, right, and USAKA Commander, Col. Nestor Sadler, left.

See **HAMMACK VISIT**, page 7

First USAKA RMI worker passes Water Treatment Operator exam

Article and photo by Sheila Gideon
Managing Editor

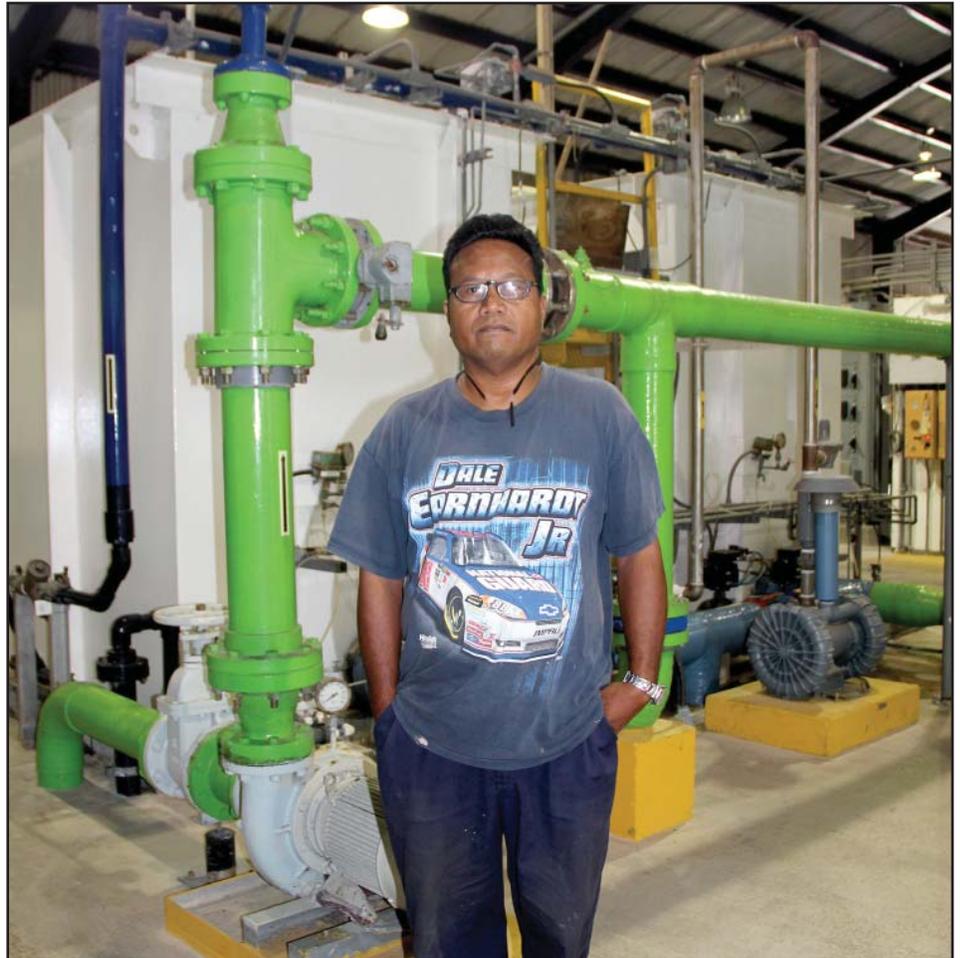
Nine years of persistence and hard work have paid off for Richard John, Kwajalein Water Plant operator, who passed the Class 1 Water Treatment Operator exam on Aug. 31. The license, from the Association of Boards of Certification, reads that he has fulfilled ABC's standards for education, experience and examination. The test was administered online here at the Testing Center. John is the first Republic of the Marshall Islands employee at U.S. Army Kwajalein Atoll to pass this test.

John's main job functions at the Water Plant include mechanical maintenance, operation and corrosion control. The exam tested his basic skills to be able to operate a Class 1 water plant. Specifically, the exam tested John's knowledge in chemicals used in the drinking water industry and included a lot of math. Eric Nystrom, supervisor of Water Treatment Plants for Kwajalein, Meck and Roi-Namur, explained, "All 50 states have their own requirements for a license. The test is designed to make sure the person who has the license can meet the standards of that state, and ergo the plant that they're working at. [John] has proven that he can through that license."

The exam was not easy, John said. He attempted to gain his license for the first time in 2004, but did not pass the exam. He has been studying since that time, using books and guidance from Nystrom to prepare for his second and final attempt. John not only studied on his own time at home, but also studied for an hour on Kwajalein before each workday.

Nystrom has known John all 13 years he's been at the water plant. "He's always talked about getting his license and he's really proactive in trying to advance himself and has become a tremendous asset for this facility," he said.

John wanted to take the exam be-



Richard John, Kwajalein Water Plant operator, is the first Republic of the Marshall Islands employee at USAKA to pass the Class 1 Water Treatment Operator exam.

cause he always aspired to be an operator. He is also hoping to share his knowledge with water plant workers on Ebeye to help improve the water conditions over there. John said he is proud of his accomplishment and so is his wife.

The license gives John the ability to work more independently, without immediate supervision from Nystrom. Now armed with a license, John could be sent to Meck or Roi to work independently.

"The turnover of our RMI employees is very, very low," Nystrom explained. John has been working at the Kwajalein Water Plant for 13 years. It is a benefit both financially and logistically to promote within the existing employee pool at the water plant. "Richie hope-

fully will be content to stay here for the rest of his working career. ... With him, we have the site knowledge that he's gained over the past 13 years of working here; now combined with that license, he becomes a much more versatile team member."

With the license in hand, Nystrom was recently able to promote John to a Water Plant operator III. This is the first time an RMI employee has held the operator III position at USAKA; all other operator III candidates have been hired as contractors from the States. The minimum requirements to become a level III operator are time worked in a water plant and attaining a water plant operator license. John has now met both requirements.

Col. Sadler hosts seniors for BBQ



Photos by Sheila Gideon

U.S. Army Kwajalein Atoll Commander Col. Nestor Sadler and wife Monica hosted the Kwajalein Jr./Sr. High School Class of 2014 for a barbecue on Sept. 14 at their quarters. Sadler spoke to the high school seniors about choices – the ones they are making now and the ones they will make in the future. Monica shared some of her personal experiences from college, letting the seniors know they will make mistakes, but can recover and thrive. Ray Drefus, USAKA education evaluator, also talked to the seniors about resilience and thinking outside the box. Drefus and Sgt. Maj. Roderick Prioleau had each senior come forward, state their name and their college plans; in exchange, Prioleau handed them a tennis ball, which should be used as their stress/thinking ball when they go off to college. Right, senior Yomoko Kemem receives her tennis ball from Prioleau. Above, the senior Class of 2014 display their tennis balls.



Kids celebrate Roald Dahl day at Grace Sherwood Library



Photos by Chris Delisio

Roald Dahl, best-selling children's author of classics such as "Charlie and the Chocolate Factory" and "James and the Giant Peach," was celebrated at Grace Sherwood Library this week. A special showing of "Willy Wonka and the Chocolate Factory" played on Sept. 14, and crafts and book readings were held on Wednesday. Above, Julie Savage and son Wiley, along with Maddie Hall, make crafts. Right, Midori Hobbs reads with Emerson Moore.





Sunfish Regatta and Beach Party

Hourglass Reports

Kwajalein Yacht Club sponsored the annual Sunfish Regatta and Beach Party on Sunday. Residents were invited to Camp Hamilton to enjoy an afternoon learning how to sail the Sunfish boats around the lagoon. The water trampoline was a kid favorite. Swimmers, Stand-up Paddleboarders and beach bums alike enjoyed the overcast afternoon of fun. The Outrigger Canoe Club also offered canoe rides to any takers.



Mark Long and Bruce Premo help Kaya Sylvester launch a water balloon into the lagoon during the KYC Sunfish Regatta and Beach Party on Sunday.



Father and daughter, Bruce and Molly Premo, navigate the lagoon on a Stand-up Paddleboard on Sunday.



Dan Hopkins gives one of the Sunfish boats a try at Camp Hamilton during the KYC Regatta.

Photos by Molly Premo



The Seelye family hangs out in the lagoon at Camp Hamilton during the KYC Regatta on Sunday.

September is Army's Suicide Prevention Month

By Ray Drefus

USAKA Master Resilience Trainer

Suicide is a serious public health problem. It is the 10th leading cause of death for Americans. Each year, more than 36,000 Americans take their own lives. Deaths from suicide are only part of the problem. More people survive suicide attempts than actually die. In 2011, about 487,700 people received medical care for self-inflicted injuries at emergency departments across the United States.

Suicide impacts the entire Army community. We urge all to work together to prevent suicide by learning the warning signs and what to do if you suspect someone is in distress.

Suicide has many warning signs:

- Talking about wanting to die
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Losing interest in things one used to care about
- Putting affairs in order, tying up loose ends, changing a will

Please note: The above signs may

mean someone is at risk for suicide. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

What to do:

- Do not leave the person alone
- Take that person seriously
- Listen to what he or she is saying without judgment
- Remove any firearms, alcohol, drugs or sharp objects
- Let the person know that you care, understand and are listening
- Take the person to an emergency room or call 911 if necessary
- Do not leave the person alone until professional help arrives

For more information, contact Ray Drefus, Master Resilience Trainer, at 53400 or raymond.w.drefus.civ@mail.mil.

HAMMACK VISIT, from page 3

to be as well insulated. This led to the construction of flimsy buildings, which on Kwajalein can be seen in the "New Housing" area of homes that are now mostly condemned. Looking at buildings that were built in the 1950s, you find better construction, as can be seen in the "Old Housing" area of homes. "That was really evidenced here," Hammack said. "Some of the older buildings are the most durable and some of the newer buildings – housing was a case in point – are the least durable."

The challenge for the future, Hammack said, is the timing of the management transition. "If this was done five years ago ... when our budgets were in a different environment, we would have been able to apply more funds." The Army is getting smaller and funding is being reduced. "We're going to have to get creative and figure out how to solve some of these problems ourselves." One of those solutions includes the continuation of the Net Zero Energy Program at USAKA.

Hammack established the Army's Net Zero Program and 17 installations were identified to achieve Net Zero status by 2020; USAKA was chosen in 2011 as one of those installations.

"The whole Net Zero program is focused on resilience," Hammack said. The Net Zero Program from an energy aspect looks at how USAKA can become more resilient through a diversity of power sources, water sources, water efficiency and waste management. This was discussed at length with Jamie Heidle, USAKA Department of Public Works Director. Future energy projects include solar and wind plans. There was also an energy saving performance contract signed recently. "That's where you hire a contractor and they install energy and water efficiency strategies, and you pay them out of the savings," Hammack explained. If the strategies they install don't operate or show savings, they don't get paid. "It's holding someone else accountable, and working with the private sector to get



Center, USAKA Department of Public Works Director, Jamie Heidle, and KRS President, Cynthia Rivera, second from right, tour Katherine Hammack, second from left, through the condemned homes on Kwajalein.

the best technology employed."

Now that Hammack and Faulkner have gathered information about USAKA's critical needs, Faulkner will present the requirements to IMCOM. IMCOM then represents the needs to the Assistant Chief of Staff for Installation Management, along with National Guard, Reserve and Army Materiel Command requirements. Any requests will then cross Hammack's desk for approval before funding is granted.

DISPATCH FROM ROI



From Sheila Gideon



From Sheila Gideon



From Jeff Paquin



From Sheila Gideon

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 Pam Duffy



From Chris Delisio



From Chris Delisio



From Sheila Gideon



From Molly Premo

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

KAYAK, two-man Aquaterra/Keowee2, yellow, with small boat marina sticker #2013-23 and two paddles, missing from Camp Hamilton beach area. Call Cindy at 51712.

TWO AQUA LUNG weight pouches, SureLock II, with 3-4 pounds of weight in each, left at the marina dip tank two weeks ago; Aqua Lung Alu Solo flashlight. Call 51689.

BANGLE CHARM BRACELET, sterling silver, full of charms. Call 55176.

SWIM GOGGLES, clear band, at Adult Pool. Call 51949.

FOUND

SCUBA REGULATOR, on the side of Pointsettia Road. Call 55642 to identify.

WHITE, PLASTIC SUNGLASSES at Brandon Field after the soccer game Sept. 10. Call 52114.

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

8 a.m., Sunday, Island Memorial Chapel

9:15 a.m., Sunday School

11 a.m., Sunday, Island Memorial Chapel

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.

WANTED

CYSS IS IN NEED of vegetable seeds and flower seeds for the 4-H Gardening Club.

FOR SALE

TWO-DRAWER FILE CABINET, \$15; wooden cubby shelving, black, \$5; chair with matching ottoman, gold and beige, \$100; Pier 1 wooden TV table, \$100; easel free-standing mirror, \$25; five-quart slowcooker, \$20; VTech DECT 6.0 mobile phone, two handsets with digital base, \$40; Serta Perfect Sleeper mattress and box spring, full size, \$300; queen down comforter, \$50; white king Matelasse bedcover, \$30; Land's End mattress pad, \$40, small ironing board, \$5; iron, \$5; 16-piece black ceramic dinnerware set, \$20; stemless wine glasses, four per set, \$10 per set; toaster, \$10; 11- and 7-inch electric skillets, \$10-20; Kenmore vacuum with extra bags, \$100; two bamboo shelves, \$10 each; five-tier dark wood tower shelf, \$25; snorkel gear, AKONA mask and snorkel, booties size 8, fins, dive light and AKONA gear bag, \$100. Call 59242 and leave a message.

BIKE, MEN'S Simple Giant aluminum 1-speed, almost new, \$300 or trade for women's bike in excellent condition. Call 52535.

DIVE GEAR, BC size small, dive bag, barely used, in stellar condition, \$250. Call 51597.

BABY BOY clothes and shoes, 6-12 months; Coach tennis shoes, size 5; two adult Halloween costumes, jail convicts. Call 55176.

APPLE IMAC, 24-inch all-in-one computer, 2.8 GHz Core2Duo, 4 GB memory, 3 TB hard drive, latest OS X, \$1,500; propane tank, \$15; microwave oven, \$30; Lexmark inkjet printer, \$20; mini fridge, \$40; small pet porter, \$50; Hawaiian sling, \$30; machete, \$5. Call 52034 or leave a message at 51533.

KIDS 16-INCH Specialized Hotrock bike, new mag rims, new grips, no rust, excellent shape, \$95. Call 53018 and leave a message.

COMMUNITY NOTICES

ARE YOU READY for some football? 7 a.m., college on Sundays and NFL on Mondays, at Bogey's at the Country Club. Popcorn, hot dogs, brats, chili-rice. 70-inch TV plus three other TVs. Air conditioned. NFL Sundays: salsa, chips and popcorn on the bar. Drink specials.

THE USAKA LEGAL OFFICE will be closed through Oct. 5. Legal services will be limited to notarization by appointment only during this time. Call 51403 for an appointment.

KWAJTOBERFEST at the Country Club is 7 p.m., tonight. Shuttle bus will run from 6:45-9:45 p.m., from the tennis courts and Ocean View to the Country Club. Enjoy German beverages and dance

to German Oompah band music all night! Don't forget to wear your lederhosen! Call Community Activities at 53331 for more information.

KWAJALEIN RUNNING CLUB'S second Fun Run will be at 5:30 p.m. on Monday. The general public is always welcome. Distance options are 1/2 mile, 2 miles and 5 miles. Just show up near the Bowling Alley entrance by 5:25 p.m. and sign in.

BARIATRIC surgery support group will meet at 4:45 p.m., Tuesday, in the Hospital Conference Room.

KWAJALEIN ATOLL International Sportfishing 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 Call Andy at 52878.

THE POST OFFICE will be closed on Thursday and Friday to install the new PO system.

JOIN US FOR QUIZZO at 7:30 p.m., Friday, at the Vet's Hall. Special guest hosts Natalie and Shana will "dig" up trivia that may puzzle our minds (archeologists at work)! Questions? Contact Mike Woundy or Neil Dye.

KWAJALEIN YACHT CLUB will hold its September meeting on Sept. 28 at the Yacht Club. Happy hour at 5:30 p.m., meeting at 6:30 p.m., dinner at 7 p.m. Entree will be provided, bring a side dish to share. You do *not* need to own a boat to be a member. Questions? Contact Ed at commadore@kwajyachtclub.com.

OCEAN VIEW CLUB Birthday Bash is at 8 p.m., Sept. 28. Sign up at the KRS Retail Sales office by Friday. Must be 21 years old! Complimentary drinks and cake for registered September birthdays. Call Barbara Hutchins at 58228.

ARC WILL BE CLOSED Oct. 1-2 for carpet cleaning. ARC will reopen at 9 a.m. on Oct. 3. Questions? Call the Recreation Office at 51275.

BASIC BOATING CLASS will be held from 6-8:30 p.m., Oct. 1-2, at CRC Room 1. Cost is \$40. Stop by Small Boat Marina to sign up.

IMCOM-P UNCASING CEREMONY is at 11 a.m., Oct. 2, at the Metro Hangar. Open to the public.

WHAT ARE YOU WEIGHTING FOR? Discover how to separate weight loss fact from fiction. Topics include planning for success, finding the right balance between calorie intake and expenditure, and long-term behavior change. Meet from 4:45-5:30 p.m., first Thursday of each month beginning Oct. 3, in the Hospital Conference Room. Questions? Call 55362.

KWAJALEIN AMATEUR RADIO Club meeting is at 7 p.m., Oct. 3, at the Ham Shack, just south of the Adult Pool. Information and study materials available for HAM licenses. RMI operating license applications are available.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday

Maple Glazed Ham
Fried Chicken
Crab Benedict

Monday

Garlic Roast Beef
Pasta Alfredo
Quiche

Tuesday

Beef Lasagna
Vegetarian Lasagna
Garlic Toast

Wednesday

Roast Turkey
Sage Stuffing
Baked Yams

Thursday

Pork Spareribs
Coca Cola Chicken
Baked Beans

Friday

Grilled Superbird
Pot Roast
Sesame Bourbon Salmon

Sept. 28

Pasta
Italian Sausage
Chicken Stir-fry

Dinner

Sunday

Herb Roast Pork Loin
Chicken Stir-fry
Mixed Vegetables

Monday

Beef Curry
Buffalo Drumettes
Green Beans

Tuesday

Hawaiian Chopped Steak
Potatoes O'Brien
Peas and Carrots

Wednesday

Carved Beef Round
Grilled Chicken
Pineapple Salsa

Thursday

Teriyaki Beef
Pork Egg Foo Yung
Sesame Noodles

Friday

Hamburger Bonanza
Vegetarian Stir-fry
Rice Pilaf

Sept. 28

Salisbury Steak
General's Chicken
Thyme Roast Potatoes

Thumbs Up!



... to Melissa Cooper, KRS disposal specialist, for achieving her Certification as a Professional Property Specialist through the National Property Management Association.

... to BQ residents who are mindful of their neighbors when cooking food in their rooms. Smells travel!

... to all the volunteers who made the KYC Sunfish Regatta a fun day at the beach! Thanks to the Outrigger Canoe Club for the exciting canoe rides!

The Weather Ballad

When will the doldrums end?

"Day after day, day after day,
We stuck, nor breath nor motion;
As idle as a painted ship
Upon a painted ocean." – Rime of the Ancient Mariner

September is the month of Kwajalein's lowest normal wind, averaging 9 mph. However, long periods of doldrums are unusual. This year, Kwajalein has had an extended period of doldrums which began in August and has continued into mid-September. Doldrums like these last occurred in 2006, when they didn't break until the end of October. In September 2006, the mean wind speed was 5 mph, the lowest in the last 30 years. Did someone kill an albatross? Look for the doldrums to break by the end of October.

VETERINARY SERVICES will be closed until Oct. 15. Call the hospital at 52223 or 52224 for any animal-related emergencies.

THE UNIVERSITY OF MARYLAND University College announces 2013 Fall 2 Session registration is now open! Registration ends Oct. 16. Session dates: Oct. 21-Dec 15. Schedules can be viewed by visiting the website <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.

KWAJALEIN HOSPITAL Pharmacy asks patients requesting refills on medications to call or drop your bottles off at the pharmacy at least 24 hours in advance.

THE HOSPITAL has instituted a new message line system. When you call the hospital and have a question for your physician or nurse, need a prescription refill or would like the results of a test, you will be directed to a voice message system. Leave your name, contact number and state the reason for your call. Messages will be reviewed and answered twice daily. This is a confidential voice mail system. If you have questions concerning the message line, call Jackie Jones at 52019.

KRS/CMSI/BAI Health and Welfare 2014 Open Enrollment: The open enrollment period for 2014 is scheduled for early November. This is your once-a-year opportunity to make changes for 2014 benefit elections. You can choose to change your medical/

dental plan; enroll eligible family members; or add, drop or change the level of your life insurance or accidental death and dismemberment coverage. Watch for more information in the following weeks regarding open enrollment.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day Weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Register with Laura Pasquarella-Swain at Laura.a.pasquarella-swain.ctr@mail.mil.

MAKE YOUR CHANGE USEFUL: turn it into cash at Community Bank. Pick up coin rolls at Community Bank.

WATER: our most valuable resource. Easily corrected household water leaks account 8 percent of the average water usage. Leaky faucets that drip at the rate of one drip per second can waste up to 3,000 gallons of water each year!

E-TALK: Fukushima Radiation. Kwaj residents do *not* need to worry about radiation from the Japanese nuclear reactor in the water or in sport fish. For information call Environmental at 55374.

SAFELY SPEAKING: Beat the heat! Drink plenty of water. Avoid alcohol and caffeine; they cause your body to lose water. Take breaks in a cool area.

Military Casualties

Staff Sgt. Robert E. Thomas Jr., 24, of Fontana, Calif., died Sept. 13, at Brooke Army Medical Center, Fort Sam Houston, Texas, of wounds suffered during a non-combat related incident on April 21, in Maiwand, Afghanistan. He was assigned to the 1st Battalion, 36th Infantry Regiment, 1st Brigade Combat Team, Fort Bliss, Texas.

Staff Sgt. Randall R. Lane, 43, of Indianapolis, died Sept. 13, in Kabul, Afghanistan, from a non-combat related illness. He was assigned to the 190th Transportation Battalion, 38th Sustainment Brigade, Franklin, Ind.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 28
Peking Pork Chop	Pepper Steak	Baked Penne	Hamburger Steak	Corn Dogs	Beef Tacos	Cajun Chicken Wrap
Coconut Basil Chicken	Pesto Pork Loin	Spinach Feta Pie	Onions and Mushrooms	Chicken and Broccoli	Enchilada Casserole	Grilled Bratwurst
Vegetable Fried Rice	Quiche	Rosemary Potatoes	Macaroni and Cheese	Ginger Rice Pilaf	Pinto Beans	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 28
Shoyu Chicken	Chicken and Dumplings	Barbecue Pork Ribs	Roast Steamship	Roi Fried Chicken	Potato Pancakes	Mushroom Chicken
Hawaiian Chopped Steak	French Braised Beef	Baked Chicken	Herb Chicken	Parker Ranch Stew	Schnitzel	Braised Short Ribs
Spicy Asian Noodles	Au Gratin Potatoes	Cole Slaw	Baked Potatoes	Parsley Noodles	Braised Cabbage	Roasted Potatoes



SOCCKER RESULTS

MEN'S LEAGUE

WEDNESDAY, SEPT. 11

FC SWOLLEN VS. JUICE - 5 - 5

FC Swollen: Kenny Leines - 1, John McClellan - 1,
Alex Coleman - 1, Michael Osgood - 2

Juice: Peter Goodick - 2, Samuel Porter - 1, James Young - 2

LOCALS VS. SPARTANS - 3 - 1

Locals: Tommy Ryon - 1, Curtis Childress - 2
Spartans: Austin Wiley - 1

FRIDAY, SEPT. 13

FC SWOLLEN VS. LOCALS - 6 - 2

FC Swollen: Kenny Leines - 2, Rob Ewbank - 2, Wes Kirk - 2
Locals: Allen Henning - 2

JUICE VS. SPARTANS - 4 - 3

Juice: Samuel Porter - 2, James Young - 2
Spartans: Austin Wiley - 1, Keith Brady - 2

WOMEN'S/COED LEAGUE

TUESDAY, SEPT. 10

GO GREEN VS. SPARTANS COED II - 5 - 1

Go Green: Christina Sylvester - 2, Krystal Peterson - 2, Lindsey Mattson - 1
Spartans Coed II: Chad Sykes - 1

K.A.T. VS. SPARTANS COED I - 3 - 2

K.A.T.: Anne Jahnke - 1, Jamiye Loy - 1, Kristen Hosek - 1
Spartans Coed I: Isaac Parker - 1, Dash Alfred - 1

THURSDAY, SEPT. 12

SPARTANS I VS. GO GREEN - 2 - 0

Spartans I: Annie Hepler - 2

SPARTANS COED I VS. SPARTANS COED II - 6 - 0

Spartans Coed I: Dash Alfred - 4, Auguston Lelet - 2

TUESDAY, SEPT. 17

K.A.T. VS. SPARTANS I - 2 - 2

K.A.T.: Anne Jahnke - 1, Kristen Hosek - 1

Spartans I: Annie Hepler - 2

GO GREEN VS. SPARTANS COED I - 3 - 1

Go Green: Lindsey Mattson - 1, Kaylee West - 3, Jane Erekson - 1,
Phelia Weir - 1

Spartans Coed I: Dash Alfred - 1

TEAM STANDINGS (WIN-LOSS-TIE)

MEN'S LEAGUE

FC Swollen	1-0-1
Juice	1-0-1
Locals	1-1
Spartans	0-2

WOMEN'S/COED LEAGUE

Go Green	2-1
K.A.T.	1-0-1
Spartans I	1-0-1
Spartans Coed I	1-2
Spartans Coed II	0-2

Weather

Courtesy of RTS Weather

<u>Day</u>	<u>Skies</u>	<u>Chance of Rain</u>	<u>Winds</u>
Sunday	Mostly Sunny	10%	E-SE at 7-12 knots
Monday	Partly Sunny	20%	ENE-ESE- at 6-11 knots
Tuesday	Mostly Cloudy	20%	ENE-ESE at 5-10 knots
Wednesday	Mostly Sunny	<10%	Variable at 2-7 knots
Thursday	Partly Sunny	10%	SE-SSW at 3-8 knots
Friday	Partly Sunny	30%	SE-SSW at 3-8 knots

Yearly total: 39.29 inches

Yearly deviation: -19.04 inches

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

	<u>Sunrise</u> <u>Sunset</u>	<u>Moonrise</u> <u>Moonsset</u>	<u>High Tide</u>	<u>Low Tide</u>
Sunday	6:38 a.m. 6:45 p.m.	8:48 p.m. 8:39 a.m.	5:27 a.m. 4.3' 5:44 p.m. 4.5'	11:31 a.m. -0.7' 11:56 p.m. -0.5'
Monday	6:38 a.m. 6:45 p.m.	9:35 p.m. 9:30 a.m.	5:56 a.m. 3.9' 6:12 p.m. 4.3'	11:57 a.m. -0.4' -----
Tuesday	6:38 a.m. 6:44 p.m.	10:23 p.m. 10:21 a.m.	6:24 a.m. 3.5' 6:41 p.m. 3.9'	12:27 a.m. -0.2' 12:23 p.m. 0.0'
Wednesday	6:38 a.m. 6:44 p.m.	11:11 p.m. 11:11 a.m.	6:52 a.m. 3.0' 7:12 p.m. 3.5'	1:00 a.m. 0.2' 12:48 p.m. 0.4'
Thursday	6:38 a.m. 6:43 p.m.	----- 12:01 p.m.	7:23 a.m. 2.5' 7:51 p.m. 3.0'	1:36 a.m. 0.7' 1:15 p.m. 0.8'
Friday	6:38 a.m. 6:42 p.m.	12:00 a.m. 12:48 p.m.	8:09 a.m. 2.1' 8:59 p.m. 2.6'	2:29 a.m. 1.1' 1:54 p.m. 1.2'
Sept. 28	6:38 a.m. 6:42 p.m.	12:48 a.m. 1:35 p.m.	10:44 a.m. 1.8' 11:36 p.m. 2.5'	4:34 a.m. 1.3' 4:07 p.m. 1.5'