

# THE KWAJALEIN HOURGLASS



**Captain Graham Shaw of the Kwajalein Fire Department and John Finley, Assistant Chief of Training for KFD, demonstrate how to use the portable decontamination system during the Subject Matter Expert Exchange held Aug. 19-22. Dr. Mary Thorne and Occupational Health Nurse, Carolyn Valles-Pippett, assist in setting it up.**

Photo by Sheila Bigelow

# Reader disagrees with health care commentary

It's hard to believe that the *Hourglass*, a publication of the U.S. Army – the same army that has fought for centuries to defend our freedoms – would feature a two-page rave in favor of socialism. A letter to the editor is nowhere near sufficient to rebut the article's simplistic support of this terrible idea. The author listed all the supposedly good aspects of socialism while ignoring all the negative aspects. European-style socialism may look good from the author's superficial examination, but no mention was made of the enormous hidden costs.

These costs include an ever-increasing debt which is mortgaging my children's future, the end of nuclear families and religious institutions due to relying on the government instead, increased bureaucracy, the end of free choice, the lowering of quality, decreased self-reliance, large negative effects on the free market, and higher taxes. If you imagine that socialism works in Europe (which is certainly debatable), consider that they are only able to afford this luxury because the United States has born the tremendous cost of defending

Europe for the past several decades. All the U.S. governmental agencies listed by the author as beneficial have also had huge negative, but mostly hidden, costs that cannot begin to be explored in this letter. If the author wants to make a serious examination of the topic instead of believing that the government can provide him a benefit at no cost, he should consider reading something from the pro-freedom point of view, such as F.A. Hayek's *The Road to Serfdom*.

—Jeff Wrobel

## Curfew returns with start of school year

A reminder to parents and students. The 10 p.m. school night curfew is now in effect until the end of the school year.

## Reminder of road closure

KPD will erect barricades blocking Third Street from Ocean Road to Lagoon Road and Fourth Street from Taro Road to Ocean Road during school days. This will create an area around the elementary school that is off-limits to vehicle traffic, with the exception of emergency and maintenance vehicles that need direct access to the area. The barricades will be erected at 8:15 a.m. and removed at 3:45 p.m.

Additionally, KPD will have officers to assist with crossing guard duties from 8:15-8:30 a.m., 11:30-11:45 a.m. and 3:30- 3:45 p.m. .Despite the precautions taken by USAKA and KPD, parents and students should still exercise caution when travelling to and from the elementary school.

## THUMBS UP

To Dan Adler for the excellent article on health care reform in last week's *Hourglass*.

— Bridget Helm



To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. No personal attacks will be printed. Letters must be signed. However, names will be withheld if requested. We will edit for Associated Press style, grammar and punctuation and if you exceed the word limit, will be edited for space. Limit one letter every 30 days.

Send your letter to: *The Hourglass*, P.O. Box 23, APO AP 96555; or [hourglass@smdck.smdc.army.mil](mailto:hourglass@smdck.smdc.army.mil).

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# Pursuit of excellence

## USAKA's David Stewart inducted into the 2009 Ordnance Corps Hall of Fame

By Dan Adler  
Media Services Manager

David Stewart, USAKA Equipment Specialist, became a member of an exclusive club on May 7 of this year. In a ceremony conducted at Aberdeen Proving Ground in Maryland, Stewart was inducted into the 2009 Ordnance Corps Hall of Fame along with nine other inductees.

Each honoree received a medallion inscribed with the date of induction and a leather-bound certificate. A special pin was also given to inductees to wear on their formal dress uniforms.

The Hall of Fame was established in 1969 to recognize those who have made outstanding contributions to the U.S. Army Ordnance Corps.

The Corps can trace its roots back to 1776 when a Board of War and Ordnance was created to supply troops in the field. In 1812, the Ordnance Corps was formalized by Congress. Over the years, it has grown to a force of 146,000 active duty Army personnel plus a number of Department of the Army civilians.

According to Stewart, the Corps does not develop weapons or weapons technology. The 'Big Army' does that. The Corps' function is to supply weapons, ammunition and technology to the troops and to train them on how to properly use and maintain the weapons which can range from small caliber ammunition, to artillery field pieces to main battle tanks. Corps members are dispersed throughout the Army in worldwide locations including combat zones.

"Anyone having anything to do with ordnance is considered part of the Ordnance Corps," said Stewart.

Keeping the Army supplied with the best weapons and the best weapons training takes hard work and dedication on the part of all members of the Ordnance Corps. They can be general officers, scientists, enlisted personnel or civilians. The Hall of Fame honors the best of them. They are judged on how well they performed their missions and how well they took care of Soldiers and civilians under their supervision if they were in a position of authority. Inductions have also been done posthumously on occasion.

To be considered for the honor, military personnel must be retired from active duty service for a minimum of three years before they can be considered for induction. The same applies to federal service civilians in the Corps.

They must be nominated in order to be a candidate for recommendation to the Hall of Fame. Nominations are sent to a board and the Corps Commander. They evaluate the recommendations and decide

which of the nominees are worthy of induction.

"They're may be seven or eight people recommended in a given year," said Stewart. "Out of those, maybe four would be selected. It's based on leadership, dedication to the military and sacrifices made. There are some members of the Corps who have spent as much as five years in a combat zone."

Stewart has spent much of his life serving the country. "I spent 30 years on active duty from 1974 through 2005," he said. "I deployed to combat zones three times."

He added, "I served in positions that were not normally filled by Ordnance Corps members," he said. "I'm an ordnance guy which is considered logistics, but I served in combat arms positions too. The military has specialties and people in those specialties are usually not assigned to duties outside the realm of their expertise."

Serving in those positions however, Stewart rose to the challenge. He served as 1st Sergeant in both combat arms and in an aviation regiment.

"I still maintained weapons and I had an almost flawless record doing it," he said. "My job growth carried me to a MACOM [major command]. I served as Command Sergeant Major of the U.S. Army Field Support Command."

In 2003, Stewart was deployed to Iraq and after he left the Army, he worked in Iraq for two and a half more years in support roles for the Army logistics command as both a federal service employee and a contractor. He worked at Camp Liberty and Camp Stryker near Baghdad.

As far as the Hall of Fame is concerned, Stewart said, "I feel privileged that somebody thought enough of me to nominate me. I never spent an hour of my time with the Corps at headquarters. I spent all my time out in the field. I never once thought that I would be considered for the Hall of Fame."

He continued, "I felt it was an honor, not for me, but for the Soldiers I worked with whose names nobody knows. Our accomplishments were done together. They made me look good because they were good. I remember their names and I know what they did. I shed a tear because I was thinking about them and how they deserved all the credit."

Stewart said his 30 years of serving the country was a "fun run."

"It was over before I knew it," he said.



David Stewart



The large decontamination system that would be used by Kwajalein Fire Department, hospital and dental staff if there was ever an incident with hazardous materials. The center lane is for non-ambulatory patients and the outer two lanes are for male and female ambulatory patients. The staffs were trained on how to use the system during the Subject Matter Expert Exchange held Aug. 19-21.

## Kwajalein hospital, dental and fire department staffs train to handle hazardous material decontamination

Article and photos by Sheila Bigelow  
Associate Editor

Two members from the Joint Task Force – Homeland Defense division visited Kwajalein Aug. 19-21 for a Subject Matter Expert Exchange concerning hazardous material decontamination. Mike Machado and Master Sgt. Paul Price from JTF-HD teamed up with the Kwajalein Fire Department and Kwajalein Hospital and Dental staffs to review Kwajalein's current hazmat decontamination plan. They conducted a field training exercise that gave the hospital, dental and fire department staffs a chance to utilize the decontamination system hands-on.

On day one of the SMEE, Dr. Don Shuwarger, Chief Medical Officer, welcomed the group and gave a brief summary of what decontamination is and how Kwajalein hospital, dental and fire department staffs can best handle situations concerning hazmat on Kwajalein.

Decontamination consists of the removal of hazardous substances from employees and equipment to the extent necessary to preclude the occurrence of foreseeable adverse health effects, according to the Occupational Safety and Health Administration.

The most likely instances of decontamination on Kwajalein would probably involve chlorine, diesel fuel or hydraulic fluid. Regardless of the substance, the hospital, dental and fire department staffs were trained on how to handle any sort of potential hazmat-related occurrence.

Price invited the KFD to demonstrate their Level A suit, a form of personal protective equipment. Firefighter Jeff Sawmiller dressed in the suit with the help of fellow firefighter Chad Goodrum. The Level A suit gives the highest level of respiratory and skin protection. It is required when there is an unknown material substance or a skin absorption, splash or vapor hazard. Any time the Level A suit is required, staff must use the buddy system. First, Sawmiller put on his respiratory aid consisting of an oxygen tank and mask and then put on a helmet. Next, Goodrum assisted him in stepping into the large suit and zipped him up. After the suit was on, he put on his boots, with the suit legs over the top. He then put on gloves and Goodrum used duct tape to seal the area where the gloves meet the suit. At that time, Sawmiller was fully protected from any harmful agents. If he were working in an outdoor hazardous area on Kwajalein, he would be allowed to stay in the suit for a maximum of 15-20 minutes. A



**Judy Curnow and Chad Goodrum transport patient Annabelle Scott from the ambulance to the decontamination system during training.**

buddy would constantly be nearby to monitor how long the responder is in the suit. This is to protect the staff member's health in the harsh Kwajalein environment.

Machado went over basic decontamination awareness, capabilities of the decontamination system, discussed operational procedures and techniques, and took a look at different decontamination systems that are used in other areas similar to Kwajalein.

Machado explained that 'Hot Zones' are the contaminated areas in which an incident occurred. In these areas, all staff must be in PPE, such as the Level A suit. The 'Warm Zone' is the monitoring area in between where decontamination takes place and medical attention is given. The 'Cold Zone' is the clean area where only patients that have been thoroughly decontaminated are allowed to seek medical attention.

The first step of decontamination is clothing removal. Sometimes, clothing removal is 90 percent of decontamination. All clothing and other belongings are to be 'bagged and tagged' before the person is sent to the next stage which is the gross wash. This is where the response team must use whatever decontamination agent is necessary to cleanse the patient. Most of the time, the cleansing solution will simply be soap and water. Victims could be injured and Machado reminded the staff to be delicate and mindful of patient care.

Once the patients have been thoroughly washed they would move into the next stage where they are rinsed off. Next patients are moved from the Hot Zone into the Warm Zone where they are monitored. Staff uses the APD 2000 (Kwajalein's monitoring device) to determine if the patient is clean enough to send onto the medical station. If they are cleared, they are sent on into the Cold Zone for medical treatment. If they are still found to be contaminated, they are sent back to receive the entire treatment again.

Machado thoroughly explained the process to set up and break down the decontamination system used on Kwajalein before the hands-on field training exercise on day two of the SMEE.

On the morning of Aug. 20, members of the KFD set up the decontamination system in the parking lot of the Kwajalein Hospital. John Finley, the Assistant



**Jeff Sawmiller, right, of the Kwajalein Fire Department, demonstrates to the SMEE training group how to properly wear the Level A suit, a form of personal protective equipment required when working with unknown hazardous materials. Chad Goodrum, left, from the KFD assists.**

Chief of Training for KFD, and Machado gave the training group a tour through the system explaining how everything works and the proper procedure to follow when in use.

The system itself is set up under a large, retractable tent. It unfolds and folds back together quite easily with only the help of a few people. The whole system sits on top of a large water catchment pool or berm that helps to contain any spills that may contain hazardous material. A generator is hooked up that powers the water lines into the decontamination system. It has a container that is filled with the cleansing solution, which will most likely be soap of some sort. Inside the tent, there are three lanes. The two outside lanes are for ambulatory patients.

They are separated by privacy curtains and one lane is for females while the other is for males. Shower heads are dispersed along the top of the tent and the patient is sprayed down with each as they make their way down their lane. The middle lane is reserved for non-ambulatory patients. A metal conveyer equipped with rollers is set up in order to easily push the patient down the lane on a backboard. Handheld shower heads

**See DECONTAMINATION Page 8**

# Teachers prepare for new school year, get briefing on flu preparedness, prevention

Article and photos by Dan Adler  
Media Services Manager

Parents of children who will be attending Kwajalein schools this year can rest assured that their children's safety and health is uppermost on the teaching staff's list of priorities.

As part of their preparations for the new school year, Kwajalein teachers met on Tuesday for briefings and discussions. One of the main topics covered was the possibility of a new wave of H1N1 flu on both Ebeye and Kwajalein during the school year.

Both Dr. Don Shuwarger, Chief Medical Officer at Kwajalein Hospital and Dave Norwood, Kwajalein Range Services President, spoke to the teachers giving them information on the steps they could take to minimize the impact of flu and some of the contingency plans that have been put in place by KRS and USAKA.

Shuwarger began by saying H1N1 flu is a strain of flu that started back in 1918 and has morphed several times since then. He noted the 'first wave' that produced about 200 cases on Kwajalein has passed.

"Flu always comes in waves," he said. "This wave we think was pretty much the early warning sign and that the second wave might have higher numbers. I hope that's not the case, but we're making preparations as if it were."

Shuwarger said that teachers were going to be on the front lines if a new wave of flu struck the island.

"You guys have already figured out what it takes to stay healthy in your classroom," he said.

According to the doctor, flu virus is transmitted through respiratory droplets and by hand. Consequently, he said the obvious ways to help prevent transmission were washing hands with warm water and soap or using an alcohol-based hand sanitizer containing at least 60 percent alcohol plus covering coughs and sneezes. "Hand sanitizers will kill the flu virus as well as other germs children so easily pass around," Shuwarger said.

He told the teachers they should stress the preventative measures to students and that hopefully, the children would eventually adopt good preventative habits without being prompted.

As far as school closure, Shuwarger said, "Both the CDC (Center for Disease Control) and the FDA (Food and Drug Administration) have said there is no point to closing schools as it has not been shown that such



**Dr. Don Shuwarger, Chief Medical Officer at Kwajalein Hospital, speaks to teachers about H1N1 flu on Tuesday.**

an action makes any difference in transmission of the flu or curtails outbreaks. In order to be effective, you would have to close schools just before an outbreak and none of us has that crystal ball."

Shuwarger told the teachers they should try to maintain social distancing by keeping children as far apart as possible in the classrooms and in large group meetings (such as assemblies).

In answer to a question about vaccines, Shuwarger said, "There will probably be one or two vaccines available in the near future. There will be the usual seasonal flu vaccine and the H1N1 vaccine is in production. It's a little more challenging to make than other flu vaccines so it will probably be a late October or early November release. Depending upon when we get our shipments, we may wind up with one or two vaccination rounds."

Shuwarger said the H1N1 vaccine is in the last stages of being tested for safety and effectiveness and is being manufactured in the United States in the same plants and using the same techniques as seasonal flu vaccine, so there should be no reason for concern about safety.

The doctor added that he hoped everyone on island is taking the flu seriously and when the vaccine becomes available that everyone gets vaccinated.

"It [the flu] can impact our workforce and our entire community," he said. "In an ideal world, everyone would get vaccinated, but if we can get better than 50

percent of the island vaccinated, we're going for it."

Shuwarger noted that while getting vaccinated is optional, he hoped everyone would recognize the health benefits of vaccination to the community in general. The doctor said that all employees at the hospital are required by the Department of Defense to be vaccinated.

He added that the groups most 'at risk' are children under five, pregnant women and those 65 or older. Also at risk are persons with chronic asthma, bronchitis or any significant medical problem such as diabetes, along with people on chronic steroids and those with HIV.

"If you are in one of those categories and think you are sick with the flu, we want to see you at the hospital," he said. "This flu seems to have a special predilection for the respiratory tract, more so than seasonal flu and it can be deadly."

Shuwarger added that at this time it is not known why children are more at risk with H1N1 than older adults. He said it may be that older adults were exposed to a similar strain of deadly flu that hit the United States in 1957 and therefore have some immunity to it.

In answer to a question as to whether there would be an alternative vaccine for people who are allergic to eggs, Shuwarger said there is no alternative at this time.

The doctor concluded his remarks by again stressing that teachers are ambassadors of good hygiene and prevention to the students.

Following Shuwarger, Norwood said that employees in some positions would be required to be vaccinated in order to continue to work.

He added that during the summer, there were an estimated 200 cases on Kwajalein believed to be H1N1 flu. There were also numerous cases on Ebeye.

"We know we had 1,000 people a day coming over here to work and we know that was communicating the virus back and forth," Norwood said. "That's just the environment we live in. There's nothing we can do about that but what we can do is re-emphasize what Dr. Shuwarger said."

He continued, "Be as careful and as cautious as you can and take those actions to keep your environment as clean and germ-free as you can. We've put hand cleaner in the classrooms and if you run out of it, let

us know. We have plenty of it here and we have more on order. We also have masks if you feel you would want to wear one."

Norwood also noted that hand sanitizer dispensers were located at workplaces throughout the island and that the janitorial staff has been trained to do sanitary cleaning with disinfectants if employees have been sick in work areas or students sick in the schools.

He stressed that USAKA and KRS leadership expects several more waves of flu and assured the teachers that preparations are being made to deal with it.

"We are going to do everything we can to mitigate it—we can't eliminate it," he said. "Some of you will have to confront it with children in your classroom. If they have any of the symptoms, send them home. We're going to have seasonal flu and H1N1 flu and we can't sort it out. We will have to treat everyone the same way."

Norwood said arrangements were being made to equip classrooms so that teachers could take temperatures and if a student has a fever of 100.4 or higher and a persistent cough, he or she should be sent home.

In addition, Norwood stated that off-site triage locations were being set-up at island entry points and if another wave of flu comes, anyone from Ebeye or other islands showing symptoms will be sent to the Yuk Theater to be checked out instead of to the hospital.

If any worker from Ebeye is found to have symptoms, he or she will be sent home for 10 days and Entry/Exit at the Dock Security Checkpoint will lock out the worker's badge for 10 days. In addition, any Kwajalein or Roi worker (living on Kwaj or Roi) who is sick will also be sent home for seven days.

Norwood said the RMI now has a nurse in the airport reception area to check incoming passengers going to Ebeye or other islands in the RMI. He added that one of the USAKA/KRS contingency plans would involve setting up a triage area at the airport if needed.

For those teachers who were just returning to the island after summer break, Norwood explained the new no-charge take-out meal policy at Café Pacific so those who are sick or just do not want to eat at the facility could call in and have meals prepared for them to be picked up at the back door.

"If you are sick, we would rather you not go into the dining facility with everybody else," he said.

He noted that a strong effort is being made to keep AAFES stocked with cold and flu medicines.

In answer to a question, Norwood said he did not expect any change in airline travel.

He concluded his remarks by saying that if the teachers had any ideas or they felt something else needed to be done, to contact him.

Al Robinson, Kwajalein School Superintendent said, "It's a fine line between under-reaction and over-reaction. Hygiene is really going to be important as we go through what we hope will be a non-issue. But in order to make it a non-issue, we're going to have to work hard at preventing it."



**Kwajalein school teachers get together for breakfast and meetings Tuesday morning.**

## DECONTAMINATION from Page 5

are installed throughout the lane used to cleanse the patient. All the water used for decontamination is fed through a hose to a waste water catchment bladder off to the side of the decontamination system and out of the Hot Zone.

Captain Graham Shaw of the KFD walked the training group through two, more simple decontamination systems. The first consists of water catchment pools with a couple crates set up inside. The first is in the Hot Zone. Patients step up onto the crate, which is surrounded by a smaller water catchment pool, and are sprayed down and scrubbed with a brush. They move on to the next crate to receive the same treatment. From there, they move into the Warm Zone for monitoring and if cleared, into the Cold Zone.

The last system is a portable, stand alone shower system. Water mixed with the decontamination solution flows through the hoses and sprays down onto the patient. This system is convenient because it can be taken directly to a location if there is an incident. For example, if one or two people become contaminated at the water plant, KFD can quickly set up this system and decontaminate them in minutes instead of having to take the time to set up the larger, more complicated systems for just a few patients.

After the training group was shown how to set up and operate the large system, it was time for them to do a practice run on their own. They broke down into teams. Some helped set up the tent while others got the generator and decontamination solution set up. Some helped to hook up the shower heads inside the tent while others hooked up the hoses to the waste water catchment bladder. On the first try, they successfully set up the entire decontamination system in less than 20 minutes. After everything was securely in place, they broke it down and set it up again, this time much faster.

It was then time to practice with 'real' patients. Members of the community volunteered to act as patients so the training group could get a real world understanding of how to use the equipment. Annabelle Scott volunteered to be the non-ambulatory patient. KFD members Judy Curnow and Goodrum arrived on the scene with Scott in an ambulance strapped to a gurney. They quickly transported her from the ambulance to the decontamination system. They transferred her from the gurney onto the rolling conveyer into the capable hands of Occupational Health Nurse and Decontamination Team Lead, Carolyn Valles-Pippett, and Dental Assistant, Linda Amador. Pippett and Amador used the handheld shower heads to act out how they would really decontaminate a patient. They shielded her eyes from the water spray from the hose. They were sure to cleanse her backside and feet as well. Next, they pushed her down the conveyer to Physician Assistant, Bess Buchanan, and Dental Assistant, Daleiana Chong-Gum. Buchanan and Chong-Gum repeated the process. Scott was then sent to the monitoring station where she was 'checked' to be sure she was fully decontaminated. She was then transported to a gurney and taken into the hospital.

Vee Clarke and her daughter Savannah also volunteered to be ambulatory patients. They walked through the side lanes of the decontamination system and went



**Bess Buchanan, left, and Daleiana Chong-Gum practice decontaminating a patient, Annabelle Scott, during training.**



**John Finley demonstrates how to properly decontaminate a patient, Mike Machado, using the simple decontamination system during training Aug. 20.**

through all the necessary steps with the nursing and dental staff until they were cleared to enter the Cold Zone.

Training to handle situations involving hazardous materials requires a lot of knowledge, but the best knowledge comes from hands on experience. This is what the SMEE was all about. The hospital, dental and fire department staffs now have the information and experience necessary to handle a hazmat decontamination situation if one were to arise on Kwajalein.

# OPSEC officer training course offered

Article and photo by Sheila Bigelow  
Associate Editor

The Joint Information Operations Warfare Command and Joint OPSEC Support Center sent a team to conduct a training course about the importance of OPSEC for various organizations here on Kwajalein and Roi-Namur Aug. 20-22.

“OPSEC, or operations security, is the process or program to protect sensitive to unclassified information,” explained Lee Oliver, the Curriculum Manager for the Department of Defense OPSEC officer’s course. “We have programs that are in place to protect secret and top-secret information. People tend to think that if it’s unclassified information, it’s unimportant and the enemy doesn’t need it. OPSEC focuses on the pieces of the puzzle. You don’t have to have the secret stuff, but if you have all the pieces of the unclassified puzzle around it, you can guess what’s in the middle.”

The other two team members here to teach the course were Will Clapp and John Wade, both from SMDC/ARSTRAT and work in the Force Protection branch. Clapp is the Chief of the Force Protection branch and also acts as the OPSEC Program Manager. Part of his roles and responsibilities are to teach the OPSEC 2100 course. Wade’s primary role is Command Physical Security Officer and is an adjunct faculty member to help teach.

Clapp, Wade and Oliver were requested to come out to Kwajalein to teach an OPSEC officer’s course when the command realized that all of the OPSEC trained personnel that were here on island had rotated out.

“Although there are people here (on Kwajalein) that understand OPSEC and have been given basic OPSEC training, there weren’t people designated as OPSEC officers,” said Oliver. “This course certifies a person to be an OPSEC officer by US Army regulations.”

“Because of logistic reasons and funding, it’s not feasible to send a great quantity of folks off-island to get the OPSEC training,” said Clapp. “So we decided that we would come out and run the training and we’re very pleased. We have 18 students. That’s 18 OPSEC missionaries that they didn’t have before. They can go out and help with the promotion of OPSEC and help to make the mission of USAKA and RTS successful.”

Oliver says that it is ideal to have at least one person in each office or organization who has gone through the formal OSPEC officer’s course. In the class, there were representatives from Kwajalein Police Department, Kwajalein Range Services, 500th Military Intelligence Battalion, U.S. Army Kwajalein Atoll and Reagan Test Site.

“This is a 40-hour block instruction,” said Oliver. “We’ve packaged it into three days just because time is very limited here. We’ve done some long days and



**Students listen while John Wade from SMDC/ARSTRAT teaches them about the importance of operation security during the OPSEC officer training course Aug. 22.**

they’ve done a lot of practical exercises. The idea is that each one of these people goes back to their office, takes the material that we’ve given them and say, ‘Here’s the information you need to protect, here’s the threat, here’s our vulnerabilities and here’s how we’re going to fix it.’ They perform what’s called an OPSEC working group. They put together their people and they tackle the problem of OPSEC.”

The team evaluated the unique situation here on Kwajalein and Roi-Namur to come up with the best OPSEC plans for our installation.

“Interestingly enough, here, you deal with a lot of highly technical events that go on as far as I can tell with RTS, USAKA, as well as KRS,” said Oliver. “They’re dealing with highly sensitive, important information that may not necessarily be classified. There may not be too much of a threat, but information is out there, all over. It can be in trash cans. People talk. People leave the island and go other places on vacation. You can’t help but talk about work and people tend to talk about things that maybe they shouldn’t. We have two people from Information Assurance in the classroom. We put a lot of information on computers. That’s where we identify those key pieces of information that need to be protected. Remember, ‘Loose lips sink ships.’”

The ultimate goal of OPSEC is increased mission effectiveness.

“We’re not asking you to be fanatical about OPSEC, but what we hope you’ll do is go out share the information and try to change the mindset,” said Clapp. “It’s not that bad right now, but it can always get better. Try to change the culture so folks start becoming a little more OPSEC aware.”

The course was a benefit to all those involved and the newly trained OPSEC officers are already talking about things that need to be improved in their individual area of operations.

# Bridge being taught on Wednesdays

## Hourglass Reports

Bridge, the card game enjoyed the world over, is being taught Wednesday evenings at 7:30 p.m. in the Adult Recreation Center.

All lessons are free and are taught by Kwajalein's own Chief Medical Officer, Dr. Don Shuwarger. Reservations or enrollment is not needed.

"Bridge is an exciting, thought-provoking, and challenging card game with multiple levels of strategy that continues to interest me even after 25 years of playing," said Shuwarger.

Bridge has been enjoyed by many famous people over the years, such

as Mao Tse Tung, Bill Gates, Warren Buffet and Omar Sharif just to name a few.

Based on the ancient card game Whist, Bridge has a round of bidding followed by play of the hand, then scoring. The object is to bid the number of tricks that one ultimately acquires during card play. Points are earned for either offense or defense, whichever prevails.

Shuwarger has been playing Bridge for more than 25 years. He originally took up the game while in medical school. Recently, during his six months working in Antarctica, he discovered that there were too few Bridge players at McMurdo Sta-

tion for a game. That's when he decided to become a self-taught Bridge teacher.

"I had no curriculum, no materials, and no experience teaching Bridge," said Shuwarger, "so using the internet and recalling the way I was taught, I put together a curriculum borrowed liberally from a variety of sources."

Now Shuwarger teaches from the Audrey Grant curriculum of Standard American Bridge.

"The classes are for anyone who enjoys playing cards, can count to 13 and knows there are four suits in a normal deck of playing cards," claims Shuwarger.

# Skaters asked to abide by skate park rules

## Hourglass Reports

Community Activities would like to remind skaters that even a small wipeout at the skatepark can make someone realize:

- That I was glad that I had on my safety equipment,
- That everyone should always wear their safety equipment in the park
- That I have an obligation to the safety of skaters to make sure they wear their safety gear

Skaters and parents of skaters, are asked to read and abide by the skatepark rules.

Skaters currently have two strikes against them from two separate incidents this past weekend of youths not wearing the proper safety equipment and/or misusing the facility. Another infraction will be strike three and the skatepark will be closed for a week. Skaters can avoid that by following skatepark rules. Community Activities wants the facility used, but used safely.



## SKATE PARK RULES

1. Use of the Skate Park is at the users own risk.
2. Users must abide by all rules and posted signs.
3. The Buddy System is required at all times.
4. Safety gear must be worn while inside the fence.
5. The following protective equipment is required: helmet, wrist guards, elbow pads and knee pads.
6. Shoes that cover the entire foot are mandatory.
7. Spectators are not allowed inside the park.
8. Skateboards & rollerblades, without break pads, only allowed in the park. No bikes or scooters.
9. No skateboards with metal shields or any other dangerous device allowed in the Skate Park.
10. No outside ramps, jumps or equipment permitted.
11. No one is allowed underneath any apparatus.
12. Only one person at a time on the 6 foot mini ramp.
13. Do not intentionally fly skateboards into the air.
14. No smoking, alcohol, or glass bottles permitted.
15. Do not use the Skate Park in the rain or when any surface is wet with moisture or has residual water.
16. Users are expected to use common courtesy, pick up their own trash, and comply with all rules.
17. Skaters and rollerbladers will only use equipment that is maintained in safe operating condition.
18. By entering the Skate Park you agree to abide by all rules and posted policies. Failure to follow rules will result in the loss of privileges to use the park and possibly permanent closure of the park.

# Eleven servicemembers die in Afghanistan

**Gunnery Sgt. Adam F. Benjamin**, 34, of Garfield Heights, died Aug. 18 while supporting combat operations in Helmand Province, Afghanistan. He was assigned to 8th Engineer Support Battalion, Combat Logistics Regiment 2, 2nd Marine Logistics Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Spc. Matthew D. Hastings**, 23, of Claremore, Okla., died Aug. 17 in Baghdad, Iraq, of injuries sustained from a non-combat related incident. He was assigned to the 582nd Medical Logistics Company, 1st Medical Brigade, 13th Sustainment Command, Fort Hood, Texas.

Two Soldiers died Aug. 18 in Paktika Province, Afghanistan, of wounds suffered when an improvised explosive device detonated near their vehicle. They were assigned to the 1st Battalion, 501st Parachute Infantry Regiment, 4th Airborne Brigade Combat Team, 25th Infantry Division, Fort Richardson, Alaska. Killed were: **Staff Sgt. Clayton P. Bowen**, 29, of San Antonio, Texas and **Pfc. Morris L. Walker**, 23, of Chapel Hill, N.C.

**1st Sgt. Jose S.N. Crisostomo**, 59, of Inarajan, Guam, died Aug. 18 in Kabul, Afghanistan, of wounds

suffered when an improvised explosive device detonated near his vehicle. He was assigned to International Security Assistance Force Kabul, Kabul, Afghanistan.

**Pfc. Brian M. Wolverton**, 21, of Oak Park, Calif., died Aug. 20 in Kunar Province, Afghanistan, of wounds suffered when insurgents attacked his unit with indirect fire. He was assigned to the 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

**Spc. Justin R. Pellerin**, 21, of Boscawen, N.H., died Aug. 20 in Wardak Province, Afghanistan, of wounds suffered when an improvised explosive device detonated near his vehicle. He was assigned to 2nd Battalion, 87th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

**Sgt. Matthew L. Ingram**, 25, of Pearl, Miss., died Aug. 21 in Kunar Province, Afghanistan, of wounds suffered when an improvised explosive device detonated near his vehicle, and his unit came under small arms fire from enemy forces. He was assigned to 2nd Battalion,



*Let them say of me  
I was one who believed  
in sharing the blessings  
that I received*

*Let me know in my heart  
when my days are through  
America, America,  
I gave my best to you*

Lyrics from American Anthem from Ken Burns' The War

12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Two Soldiers died Aug. 18 in Arghandab, Afghanistan of wounds suffered when an improvised explosive device detonated near their unit. The soldiers were assigned to 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis, Wash. Killed were: **Spc. Troy O. Tom**, 21, of Shiprock, N.M. and **Pfc. Jonathan C. Yanney**, 20, of Litchfield, Minn.

**Staff Sgt. Andrew T. Lobosco**, 29, of Somerville, N.J., died Aug. 22 in Yakhchal, Afghanistan, of wounds suffered when enemy forces attacked his unit. He was assigned to the 2nd Battalion, 7th Special Forces Group (Airborne), Fort Bragg, N.C.

## FLU PREVENTION TIPS



With the current concern regarding H1N1 Flu, a renewed emphasis on hand washing is one of the most important preventative measures to prevent the spread of germs. **PREVENTION TECHNIQUES** to reduce the spread of airborne and contact diseases:

- Always cover your nose & mouth with a tissue, dispose of the tissue and wash hands immediately.
- Do NOT reuse the tissue or place it in your pocket. If no tissue, use your elbow instead of hands.
- Wash hands for at least 10-20 seconds with warm soapy water. If not water, use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Keep a social distance of at least 3 feet from other people.
- If you are sick and have a fever of 100.4, go to First Stop for medication and stay at home for seven days or at least 24 hours after symptoms subside.

For more information visit these WEBSITES:

<http://www.cdc.gov/swineflu/>

<https://blog.amedd.army.mil/tsg/?page=PostViewSingle&postId=102>

<http://www.cdc.gov/swineflu/pdf/brochure.pdf>

# Dining facilities change rules on take out meals

Until further notice pending this period of heightened health awareness, the dining facilities on both Kwajalein and Roi Namur will implement a series of measures promoting responsibility and consideration of others.

Personnel with meal cards who are sick and unable to go to the Café Pacific or Café Roi may contact Café Pacific at 53425, or Café Roi at 56368, to make arrangements for a take out meal. Those needing assistance in obtaining meals will need to confirm the take out with the respective dining facility by providing their name, K badge number, and name of person who will pick up the meal.

The standard practice for obtaining a take out meal remains in place. However, any personnel not wanting to dine at Café Pacific and Café Roi or not choosing to go through the serving line will have the option to receive a take out meal. The \$1.00 fee for all take outs has been temporarily waived. Those desiring this take

out option should report to the main entrance of either Café Pacific or Café Roi and provide either a valid D.O. number, pay cash, or swipe their meal card whereupon the cashier will issue an authorized take out request form.



**Dining facility patrons can now have the option of a take out meal.**

Personnel should then proceed to the east side entrance (back entrance on Roi) of the dining facility and provide the form to a dining hall staff member to receive the meal of the day.

If you have any questions please contact the Café Pacific at 53425 or Café Roi at 56368.

Ro ewor aer meal card im re'naninmej im rejjab maron bed/etal non imon mona kein (PDR) Café Pacific im Café Roi remaron kebaak jikin mona kein ilo -- Café Pacific 5-3245 im Café Roi ilo 5-6368 -- non kommon kon ikkujeen takeout i mona eo kujom.

Ro rej aikuij jiban ikkujeen buki / take-out mona ko kujijer rej aikuij kebaak jikin mona kein non am likit ettam, numba in baaj eo am im etan armej eo kwoj bok mona eo kujjen. Jokjok ak wewein in ikkujeen ebok mona naaj jino kutten. Ijjo ke ro rejjab konan mona

ilo imwon mona kein Café Pacific im Café Roi ak rejjab konan bed im jutak ilo line in mona eo rej maron ebok / takeout kujjeir. \$1 dolla fee / wonen eo non takeout emoj an bwojrak ilo torrein. Kebaak ro tollakeir ilo imwon mona kein ba kaki non melele ko jet.



## and Patriot's Golf Day

The Kwajalein Golf Association will participate in the third annual Patriot's Golf Day, a joint initiative of the PGA and the USGA. Golfers across the country have the unique opportunity to donate \$1 or more to benefit the Folds of Honor Foundation which provides post-secondary educational scholarships to families of those who have become disabled or lost their lives in the line of duty. The KGA will request at least an additional \$1 from each golfer participating in the Moonlight Madness Tournament Sept. 5 and welcomes donations from the community. For more information on Folds of Honor, see [FoldsofHonor.org](http://FoldsofHonor.org).



**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](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at [www.krsjv.com](http://www.krsjv.com).**

**NEED EXTRA MONEY? KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.**

**Religious Services**

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.  
 Sunday Mass, 9:15 a.m., in the main chapel.  
 Mass on Roi is only on the first Sunday of the month at 12:15 p.m., in Roi Chapel.

Protestant

Sunday  
 8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

**Native Plant Stewardship Program**

Community Activities is looking for people to help create a nursery of native and culturally useful plants. These plants will be used to increase biodiversity of our native plant population and to beautify our islands. We need both volunteers that are willing to be part of ongoing care of the plants, as well as the occasional muscle to be called in for special projects. If you are interested or would like more information, call Amy at 53331.



**FOUND**

GLASSES with a black lanyard, found at the hospital. Call to retrieve at 52223 or 52224.

BIKE, found between the bachelor's quarters and family housing. Call 51668 to claim.

**PATIO SALE**

SATURDAY, 1-6 p.m. and MONDAY, 7:30 a.m.-1 p.m., at Quarters 483-B. Children's clothing and shoes, toddler and baby items, a pack n' play, an art easel, women's clothing and household and kitchen items.

MONDAY, 8 a.m.-noon, Quarters 118-F. Household items, toys, clothes, kitchen items and plants.

**FOR SALE**

BEACH CHAIRS, two, \$5 for both; Rubbermaid burley, \$100; Schwinn burley, \$15; computer desk, \$50; Sun Bike Frame, \$50; second generation iPod housing, waterproof, for an iPod Nano, \$20 and iPod Photo, 40 gigabytes, \$50. Email [briannew1@hotmail.com](mailto:briannew1@hotmail.com).

MICROWAVE CART, \$20; small two-drawer desk, \$20 and 12-foot by 15-foot carpet, \$30. Call 51421.

MAYTAG WHIRLPOOL Dehumidifier, 25 pints, \$50; bike basket, large, \$10 and a box of 300 Huggies Snug and dry diapers for babies from eight-15 pounds, \$35. Call 52864.

**GIVE AWAY**

UPRIGHT PIANO, currently located at Quarters 486-B, some keys not working. For assistance in moving call Dave at 51564.

**WANTED**

LOVE SEAT and sofa/sectional. Will pay reasonable asking price. Call Cory at 55525 or 53445.

FENCE OR fence materials. Call 51596.

BBQ GRILL, in any condition. Call 55391.

SMALL CARD TABLE and an outdoor shower nozzle with hardware. Contact 52370.

*Café Pacific*

**Lunch**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sept. 5</u>
Brussels sprout	Quiche lorraine	Focaccia	Short ribs	Spanish rice	Meatloaf	Cordon bleu
Potato pancakes	Chicken fried steak	Spaghetti	Cod almandine	Refried beans	Chicken stew	Brown rice pilaf
Carved sauerbraten	Rosemary roast chicken	Eggplant parmesan	Mixed vegetables	Chorizo enchiladas	Veggie stir-fry	Sweet and sour pork
Grill: Brunch station open	Grill: Brunch station open	Grill: Sloppy Joe's	Grill: Grilled hot dog	Grill: Burritos and tacos	Grill: Super bird	Grill: Ranchero burger

**Dinner**

<u>Tonight</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Fajita chicken	Minute steak	Garbanzo beans	Lumpia	Pinto beans	Ratatouille	Pancake supper
Short Rib stew	Boiled potatoes	Savory Island rice	Thai chicken	Baked potato	Garlic toast	Scalloped potatoes
Roast potatoes	Chicken sukiyaki	Island jerk chicken	Cajun roast beef	Carved top round	Veal alfredo	Savory fried chicken

## Are You Ready to Drum Down the Sun?

The first drum circle of Kwajalein will be at 6:30 p.m., Sept. 1, on Emon Beach. Everyone is invited to join. You don't even have to be a drummer, just bring something to sit on and something to beat on. Dancers are also welcome. For more information, contact Bill Williamson at 53068.

TELEVISION, USED 35 inch, will fit in government supplied TV stand, JVC CRT, with remote, surge protector, cable cords, and phone cord splitter, \$125; phone, used, AT&T cordless, \$10; Samsung Microwave, white, used, \$15 and Timberland Boots, brand new, size 10 wide, paid \$130, asking \$40. Call 52434 and leave a message.

GRACO PACK AND play, four feet by four feet, great condition, \$75 and an art easel, for children, brand new in box, \$30. Call 51596.

PLAY STATION 2 with 50 games, \$500 or best offer. Call Cory at 53445 or 55525.

ROOM DIVIDER, for new housing, \$300 and a barbecue, Weber Genesis Gold, stainless steel, \$350. Contact 52788.

EZ-3AX RECUMBENT TRIKE, 27 speed, state of the art, aluminum frame, front and rear disk brakes, cambered rear wheels, like new, paid \$1200 selling for \$800 and Posiedon Cyklon 5000 regulator, with octopus, \$300 or best offer. Call Dennis at work 51850 or at home 54489.

NINTENDO WII CONSOLE along with Wii Guitar Hero World Tour, \$300; Xbox 360 Guitar Hero game, \$20; blender, \$5; iPod Stereo Dual Alarm, black, \$35 and a floor lamp, \$5. Call and ask for Caroline or leave a message at 55310.

PCS SALE. Sharp microwave 800-watt, eight cubic feet, \$25; butcher block top dishwasher, \$50; countertop one-gallon distiller, \$50; queen-size 12-drawer oak platform bed, \$200; computer desk with hanging file drawer, \$50; entertainment center corner unit, \$75; Sony STR-DE197 200-watt receiver, \$100; Epson Stylus Photo R800 printer, \$125; six-foot tall four-shelf bookcase, \$10; small vacuum and bath scale. Call Joi, 55306, home, or 51940, work.

WIDE VARIETY OF PLANTS, \$2 to \$25. View at Quarters 229-B. Call 53336.

ARMBAND, NEW with silicone case for SanDisk Sansa Fuze, great for the Gym, \$9 and an air conditioner, new with car charger for SanDisk Sansa Fuze, \$9. Call Brian 51081.

BOAT, 21 FEET, fiberglass, high performance, 225 horsepower, Johnson plus eight horsepower, boathouse Lot 800 and trailer, includes lot with planted corn and pumpkin, \$6,990 and boat, 27 feet crown line fishing cruiser, 350 CU, 5.7 mercruiser, plus 15 horsepower, boathouse Lot 309 and trailer, \$19,900. Call 59662.

YAMAHA KEY BOARD, portable, YPT 310 model, with stand, \$100. Contact 52367.

BOATHOUSE WITH BOAT COVER, Lot 305, small container with power, air conditioned, outdoor lights, buyer needs powerboat or boat hull in order to purchase lot, \$1,500 or best offer and a Mercury two-stroke outboard motor, 225 horsepower, good condition, lots of power, \$2,000. Call Tyler at home, 52371 or at work, 52010.

PLANTS, some small plants free. Call Maria Elena, 53925 after 5:30 p.m. or on weekends at any time.

ROLLER SKATES FOR GIRLS, adjustable, used, for sizes two to four, \$10; roller skates for boys, adjustable, used, for sizes 12 to one, \$10 each; kickstand, \$1; Shimano Shift Levers, two, brand new, for multi-speed bikes, \$10 each; Shimano rear de-railer, brand new, \$10 and break pads, various sizes, brand new, \$5 each. Call 50165 in the afternoon.

LINKSYS USB network adapter with wifi finder.



## hours of operation Tuesday, Sept. 8

Kwajalein	
Emon Beach.....	11 a.m.-6 p.m.
All other beaches.....	Buddy system
CRC/Raquetball Courts.....	7:30 a.m.-9 p.m.
Golf Course.....	Sunrise to sunset
Driving Range.....	Closed
Country Club.....	Closed
Hobby Shop.....	12:20 p.m.-5 p.m.
Ivey Gym.....	Cipher lock
Library.....	Closed
Adult pool.....	Closed
Family pool.....	11 a.m.-6 p.m.
Skate Park.....	Buddy system at all times
Small Boat Marina.....	8 a.m.-6:30 p.m.
ARC.....	noon-10 p.m.
Surfway.....	10 a.m.-2 p.m.
Shopette.....	7 a.m.-6 p.m.
Px and Pxtra.....	7 a.m.-5 p.m.
Laundry.....	Closed
Beauty/Barber.....	Closed
Sunrise Bakery.....	7 a.m.-noon
Ocean View Club.....	4:30 p.m.-2 a.m.
Post Office Kwaj.....	Closed Sept. 7/normal hours Sept. 8
Roi Post Office.....	Normal hours
Community Bank.....	Closed

Contact [ka1iuj@gwi.net](mailto:ka1iuj@gwi.net).

### COMMUNITY NOTICES

THERE WILL BE AN '80's Night from 9 p.m.-2 a.m. on August 29 at the Vet's Hall. You must be over 21 years old to attend.

THE KWAJALEIN YACHT Club monthly meeting is at 6:30 p.m. on August 29. Everyone is welcome, and bring a pupu or side dish. For more information, contact Monte, 52834.

MAIN SOCCER SEASON team registration is from August 11 to 31. Time to get your adult soccer teams together and register them at Community Activities with a \$50 registration fee. If you are looking for a team, contact Community Activities and we will put you on

### Projected menu-subject to change

## Café Roi

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 5
Roast sirloin	Sautéed pork	Brisket dinner	Spaghetti/meat sauce	Baked chicken	Turkey and dumplings	Chicken stir-fry
Salmon filet	Tenderloins/peaches	Whitefish Vera Cruz	Mahi Mahi	Roast pork/sauerkraut	Sausage and beans	Coconut pork
Hock with corn bread	Chicken in sour cream	Scalloped potatoes	Cheese Manicotti	Steamed potatoes	Home fries	Mashed potatoes
Grill: Brunch station open	Grill: Brunch station open	Grill: Chicken sandwich	Grill: N/A	Grill: Sloppy Joes	Grill: Patty melt	Grill: Chili dogs

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 5
Chicken stir-fry	Braised beef	Cheddar meatloaf	Grilled roast	Fried chicken	Pork cutlets	Short ribs
Beef stew	Brown sugar chicken	Chicken tetrazzini	Lemon chicken	Spare ribs	Baked pollock	Duck and sausage
Sesame noodles	Chickpea stew	Combination pizzas	Baked potato	Baked beans	Sweet/sour chicken	Salmon

the free agent list. Season dates are from September 10 to October 30.

THE CYSS SCHOOL Aged Services before and after school care program for kindergarten through sixth graders begins August 25. Registration and enrollment opens on August 11 at CYSS Central Registration, building 356, and space is limited. For more information, contact Micah at 52158.

START SMART BASKETBALL 2009 is beginning for pre-kindergarten children ages three through five. Registration is open August 11 through September 5 and the program begins September 16. Contact 52158 for registration information.

CYSS YOUTH BASKETBALL 2009 registration opens from August 4 to August 29. Open to boys and girls in grades kindergarten through 6th and the league dates are Sept. 10 through Oct. 31. Coaching opportunities available as well. Contact 52158 for registration information, building 356. Contact 53796 for sports program information.

THE YOKWE WOMEN'S CLUB invites all women to their first event of the season, "Cheeseburger in Paradise". Come enjoy dinner and fun with new and returning members at 6:30 p.m. on September 2 in the Emon pavilion. Bring a friend!

THE FAMILY POOL will be closed for paint touch up and minor repairs until Sept. 5. The family pool will reopen on Sept. 6. The adult pool will have guarded swim hours on weekdays 3:30 - 5 p.m. Emon Beach will be guarded its normal weekend hours 11a.m.- 6 p.m. Questions? Call Sandy Lummer, 52847.

COMMUNITY ACTIVITIES will host both a two person A Division and a four person B Division beach volleyball tourney during the Emon Beach Labor Day Celebration on September 7. Register your teams by September 3 by stopping by or calling the Community Activities Office, 53331.

LABOR DAY BAGGO Tournament will be at the Labor Day Celebration on September 7. Register two player teams by September 3, space is limited. Stop by or call the Community Activities Office, 53331.

THE BOY SCOUTS are inviting all boys from first to fifth grade to join Cub Scouts. Registration is from 10-11 a.m. on September 7 at Emon Beach. Questions? Call 52885 or go to [www.scouting.org](http://www.scouting.org).

A LABOR DAY golf tournament will be at 8 a.m. on September 7 at the Roi Namur Country Club. Everyone is invited, with or without handicap, for \$10. Free food and drinks will be serve at the turn and for everyone afterwards. Contact Ricky Everette or Bill Lewis if you are playing.

THE KWAJALEIN SWIM Team will start the fall session just after the Labor Day holiday. Registration and more information is forthcoming. Questions? Call Allison at 52517.

HOBBY SHOP PATRONS, if you have any

unfinished projects or wood stored in the Hobby Shop facility, come by and pick it up or make sure that your name is on it. If it is not claimed by October 1, it will become the property of the Hobby Shop.

OKTOBERFEST is being celebrated at the Vet's Hall on October 4.

BRIDGE NIGHT WILL BE at 7:30 p.m. every Wednesday at the ARC. Lessons will be given for beginners and there will be Rubber Bridge for experienced players. No reservations are required. Questions? Contact Don Shuwarger at 52223.

DURING THE ABSENCE of a priest, the Liturgy of the Word and Communion Service will be held at 9:15 a.m. on Sunday mornings in the Island Memorial Chapel.

AA MEETINGS on Roi-Namur are now being held at 1:30 p.m., every Wednesday, in the KEAMS Training Room at the Terminal Building. Call Bill, 52338 or Marion, 55362.

IS TRAINING now has classes available for adults who do not have a CAC. E-mail [cindy.brooks@smdck.smdc.army.mil](mailto:cindy.brooks@smdck.smdc.army.mil) for a schedule of classes.

WEIGHT MANAGEMENT Support Group meets at 5 p.m. every Friday in the Hospital Conference Room. The community is invited. Questions? Call 55362.

'KARAOKE NIGHT FRIDAYS' are at 8 p.m. at the Ocean View. Join them for drinks, singing and pupu's. Questions? Contact Eric Wills 53338.

**COME ON DOWN to celebrate Labor Day on September 7 at Emon Beach.**

- 10 a.m.-noon there will be a sand castle building contest
- 1-4 p.m., a bounce castle and jousting arena
- 1-4 p.m., beach volleyball
- 2-5 p.m., there will be a Baggo tourney.

Retail Services will be serving food and beverages, pulled pork sandwiches, corn dogs, potato salad, corn dogs, chips, cotton candy, and beverages.

Residents are reminded to exercise caution and to be safe during the long holiday weekend. Let's make it a safe and happy holiday for everyone.



**THE SPLASH FOR TRASH will be from 9 a.m.-noon on September 19 starting at the Pacific Club. Snorkelers, beach combers and divers are needed to help clean up Kwajalein's reef's and shorelines. Lunch will be provided for volunteers. Contact [John.Pennington@us.army.mil](mailto:John.Pennington@us.army.mil), 53290 or [Sandra.Lummer@smdck.smdc.army.mil](mailto:Sandra.Lummer@smdck.smdc.army.mil), 5-2847.**

# Doctors, scientists team up for better wound care

By Fred W. Baker III  
American Forces Press Service

Army Spc. Adonnis Anderson said he knew the pain was coming.

After a bomb blew off much of his left forearm in Iraq in 2003, nurses came to his room daily to wash out his wounds. He described the treatment as two minutes of torture. They would swab the open wound as Anderson gritted his teeth and white-knuckle gripped the hospital bed railing.

"On a [pain] scale of 1 to 10, I'd give it a 15. It hurt really bad," Anderson said.

But the pain was a necessary evil. After being evacuated from the battlefield, Anderson's new fight was against dangerous infections that could destroy his chances of keeping his arm.

Anderson's story is not unique. Many soldiers evacuated from today's war zones suffer complex wounds from their injuries.

Bones are broken, and skin is burned or ripped by searing shrapnel. Mud, metal and fuel are fused into the wound. Harmful bacteria and other organisms are at work in the troops' bodies before they can be carried from the battlefield.

For the first time within the Defense Department, military doctors and scientists are working hand in hand to understand and improve the treatment of these complex wounds.

As part of an overarching, interservice combat wound initiative, scientists at the Armed Forces Institute of Pathology are researching the makeup of complex wounds to help

doctors in military hospitals better individualize and chart a course of care.

Dubbed "translational research," this partnership breaks down traditional barriers between the scientists who study the medical intricacies of the wounds and the clinicians who provide the care for the wounded. Now, each supports the work of the other, basically taking the science from "the bench" to the "bedside."

At the core of their work, scientists and doctors hope to discover why some wounds heal and others resist treatment.

Army Col. (Dr.) Alexander Stojadinovic, a surgeon at Walter Reed Army Medical Center here, heads the combat wound initiative program. He said that while two wounds may look similar, they don't always react to treatment the same.

"We were perplexed. Why, when you close one [wound] it heals uneventfully, and when you close the other it has a complication that impairs healing? When by all criteria that we traditionally use you would have expected it to heal," Stojadinovic said.

Since early 2008, Stojadinovic has spearheaded efforts to merge the actions of military and private hospitals to address complex wound care.

He now has a staff of Army and Navy doctors that operates out of Walter Reed's Military Advanced Training Center. They deliver all of the needed specialists to the patients to collaborate on care.

"The nature of battlefield wounds today is complex. These are difficult medical problems that really chal-

lenge our creativity, our knowledge base and bring to bear teams," Stojadinovic said. "There's no single individual that can address all the problems that result from blast injuries."

When Stojadinovic decided to add a research arm to his program, he did not have to look far. The Armed Forces Institute of Pathology sits right in his back yard, situated on the same complex as Walter Reed.

About a year ago, Stojadinovic began talking with officials at the institute about research that can help doctors decide how to treat a wound and determine when it can be closed without further risk of infection. Many wounded troops are forced to endure several additional operations solely to remove infection. According to officials at the institute, the average soldier with complex wounds takes nine trips to the operating room.

Now, using troops enrolled in clinical trials at Walter Reed, doctors provide the scientists with wound fluids, blood and tissue that otherwise would be discarded. Scientists at the institute study the wound and provide feedback to the attending physicians. Scientists also study metal and other fragments that are taken from the wounds.

Depending on the study, scientists work to determine the number of bacteria in the sample, and characterize them genetically. The degree of bacterial contamination in a wound affects how it heals. Providing doctors with the number and type of bacteria allows them to avoid treatments that won't work and target treatments that will.

## Weather courtesy of RTS Weather

**Sunday:** Partly sunny, 30 percent showers. **Winds:** Light and variable.  
**Monday:** Mostly cloudy, 30 percent showers. **Winds:** SE-SW at 5-10 knots.  
**Tuesday:** Partly sunny, 20 percent showers. **Winds:** S at 5-10 knots.  
**Wednesday:** Mostly sunny, 10 percent showers. **Winds:** Light and variable.  
**Thursday:** Partly sunny, 10 percent showers. **Winds:** ENE-ESE at 5-10 knots.  
**Friday:** Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 5-10 knots.  
**Sept. 5:** Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 5-10 knots.

Annual total: 33.93 inches  
 Annual deviation: -22.83 inches

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### Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:41 a.m./6:58 p.m.	3:46 p.m./ 2:49 a.m.	12:42 a.m., 2.6' 2:17 p.m., 2.0'	8:16 a.m., 1.0' 7:27 p.m., 1.3'
Monday	6:41 a.m./6:58 p.m.	4:31 p.m./3:39 a.m.	1:59 a.m., 3.0' 2:45 p.m., 2.5'	8:45 a.m., 0.6' 8:19 p.m., 0.8'
Tuesday	6:41 a.m./6:57 p.m.	5:12 p.m./ 4:27 a.m.	2:38 a.m., 3.4' 3:08 p.m., 2.9'	9:09 a.m., 0.3' 8:54 p.m., 0.4'
Wednesday	6:41 a.m./6:56 p.m.	5:52 p.m./ 5:14 a.m.	3:09 p.m., 3.8' 3:32 p.m., 3.3'	9:32 p.m., -0.1' 9:23 p.m., 0.0'
Thursday	6:40 a.m./6:56 p.m.	6:31 p.m./6:00 a.m.	3:36 a.m., 4.2' 3:56 p.m., 3.7'	9:55 a.m., -0.4' 9:51 p.m. -0.3'
Friday	6:40 a.m./6:55 p.m.	7:09 p.m./6:45 a.m.	4:03 a.m., 4.4' 4:20 p.m., 4.0'	10:18 a.m., -0.6' 10:19 p.m., -0.5'
Sept. 5	6:40 a.m./6:55 p.m.	7:47 p.m./7:30 a.m.	4:28 a.m., 4.6' 4:45 p.m. 4.3'	10:41 a.m., -0.7' 10:46 p.m., -0.6'