

VOLUME 51 NUMBER 38

SEPTEMBER 18, 2010

THE KWAJALEIN HOURGLASS



Julia Sholar is one of the youngest participants of the Kwajalein Running Club's Fun Run held Monday, but that doesn't stop her from finishing her run like a champ. The Fun Run was held in conjunction with the Pump and Run, also on Monday. For more, see page 6.

Photo by Melissa Peacock

Town Hall Meetings



COL Joseph N. Gaines

- Kwajalein Community, 6:30-7:30 p.m., Sept. 30, MP Room, High School
- Roi-Namur Workforce, 1-2 p.m., Oct. 1, Tradewinds Theater
- RMI Workforce, 1:30-3 p.m., Oct. 2, Island Memorial Chapel

Hobby Shop hours posted in the Sept. 11 issue of the *Hourglass* were incorrect. New hours for the Hobby Shop are as follows:

Wednesday, Friday:
12:30-5 p.m. & 6-9 p.m.

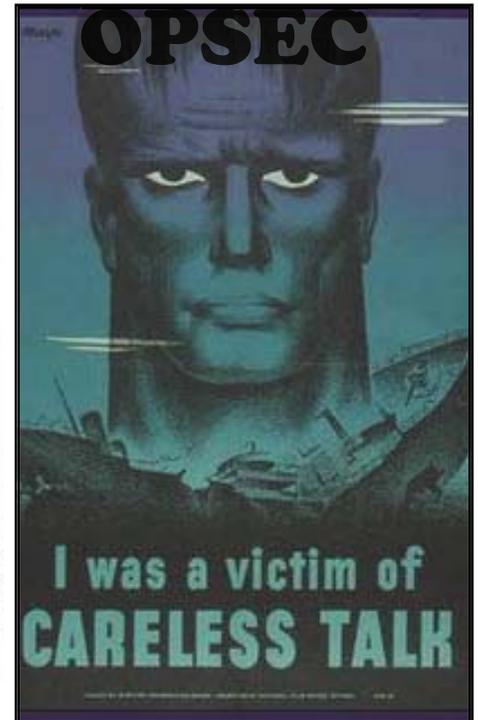
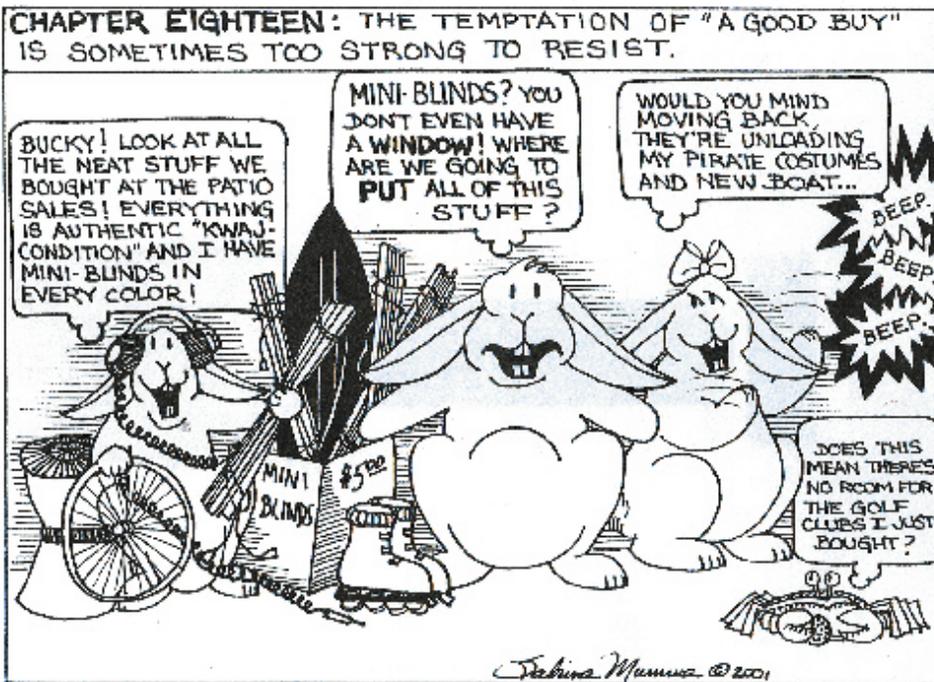
Thursday, Saturday,

Sunday, Monday:
12:30-5 p.m.

Closed Tuesdays

Hours effective Oct. 1

Buckminster and Friends by Sabrina Mumma



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

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Kwajalein teens support troops in honor of 9/11

Hourglass Reports

Once again demonstrating the enthusiastic spirit of the youth on Kwajalein, a group of nearly 50 teens, ranging from grades 7-12, joined together at the Namu Weto Youth Center on Sept. 11 to participate in the Pen Pals for Soldiers project. The Youth Center operates under CYSS, which partners with the Boys and Girls Club of America for numerous teen programs. In honor and remembrance of Sept. 11, the BGCA asked all clubs and affiliates to take part in a service project. The project was chosen by each individual club but some suggestions ranged from community clean-ups to letter writing. In the end, the Kwajalein teens chose to expand on the letter writing campaign and actually attempt to create pen pal relationships between Kwaj teens and Soldiers in Afghanistan and Iraq, in their Pen Pals for Soldiers project. The project was run by Jared Barrick, CYSS Youth Services Director, and was enjoyed immensely by the teens.

The teens met at the Youth Center after school on Sept. 11. Barrick explained to the teens that the purpose of the project was to recognize the national day of re-



Photos by Melissa Peacock

Kwajalein teens look up Soldiers to write to for their Pen Pals for Soldiers project at the Namu Weto Youth Center on Sept. 11.

membrance. Barrick instructed them to utilize various websites, such as *anysoldier.com*, to spark correspondence with Soldiers in Iraq and Afghanistan. The websites used provided the teens with names and addresses of Soldiers that either do not get any mail or very infrequently receive mail over-

seas. The teens were encouraged to draft letters that promoted further correspondence so they could continue to keep in touch with the Soldiers. Teens were encouraged to ask their pen pals questions as well as thank them for their service to the country.

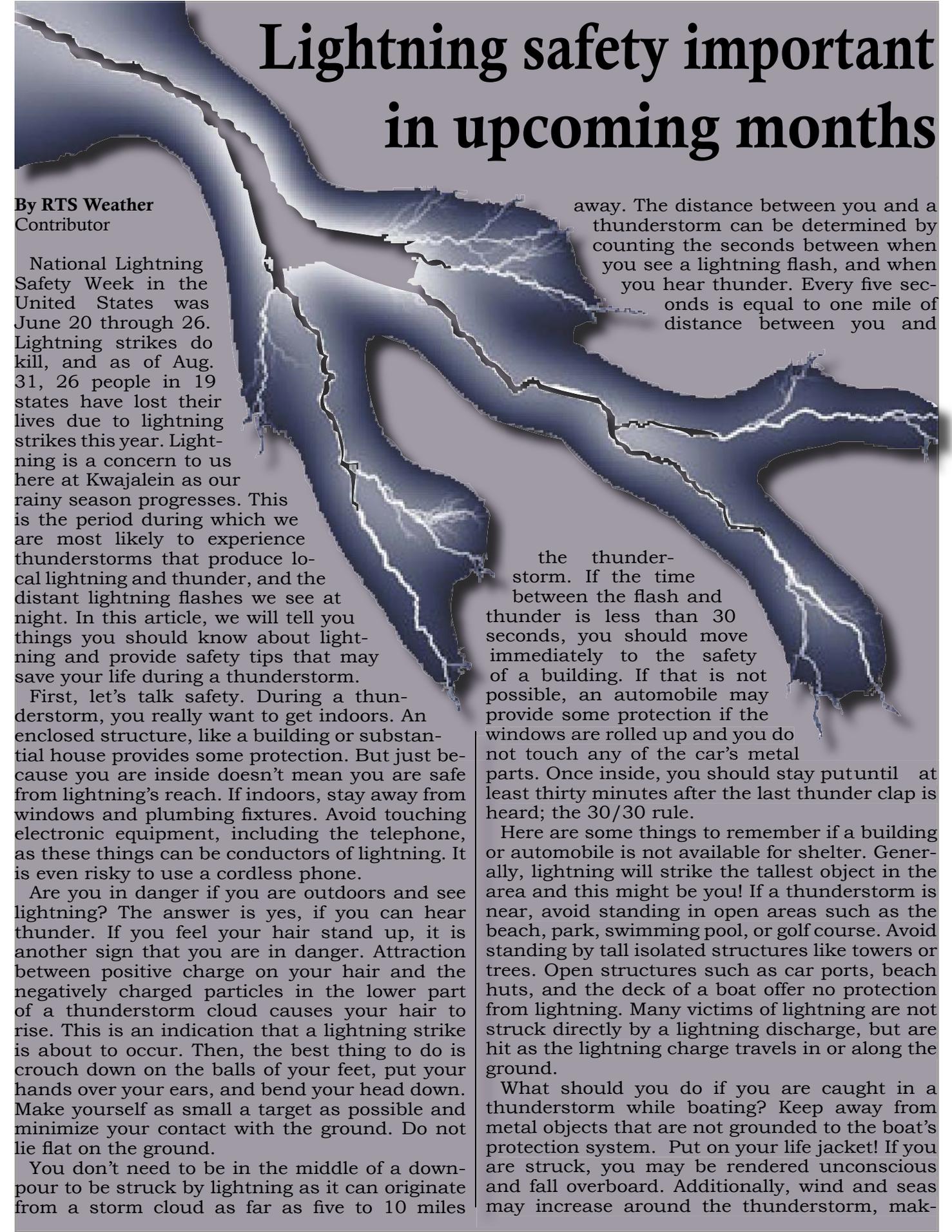
While this project was primarily an event to help teens thank and appreciate those Soldiers that serve our country, it was also an educational lesson for the teens. This exercise promoted teamwork, creativity, writing and community service; all valuable lessons.

Barrick saw the project as a great success, especially with nearly 50 teens from all grades in participation. Barrick said it was nice to have such a big turnout from the Youth Center teens and it shows again just how willing they always are to contribute to a worthy cause.

All participating teens were treated to a BBQ on Emon beach after the 1.5 hour project. Hot dogs and chicken were grilled up, provided by Barrick and tenth grader Austin Skinner. The teens socialized and discussed the project while enjoying dinner on the beach; everybody had a great evening.



Jared Barrick, CYSS Youth Services Director, explains the Pen Pals for Soldiers program to Kwajalein teens at the Namu Weto Youth Center on Sept. 11.



Lightning safety important in upcoming months

By RTS Weather
Contributor

National Lightning Safety Week in the United States was June 20 through 26. Lightning strikes do kill, and as of Aug. 31, 26 people in 19 states have lost their lives due to lightning strikes this year. Lightning is a concern to us here at Kwajalein as our rainy season progresses. This is the period during which we are most likely to experience thunderstorms that produce local lightning and thunder, and the distant lightning flashes we see at night. In this article, we will tell you things you should know about lightning and provide safety tips that may save your life during a thunderstorm.

First, let's talk safety. During a thunderstorm, you really want to get indoors. An enclosed structure, like a building or substantial house provides some protection. But just because you are inside doesn't mean you are safe from lightning's reach. If indoors, stay away from windows and plumbing fixtures. Avoid touching electronic equipment, including the telephone, as these things can be conductors of lightning. It is even risky to use a cordless phone.

Are you in danger if you are outdoors and see lightning? The answer is yes, if you can hear thunder. If you feel your hair stand up, it is another sign that you are in danger. Attraction between positive charge on your hair and the negatively charged particles in the lower part of a thunderstorm cloud causes your hair to rise. This is an indication that a lightning strike is about to occur. Then, the best thing to do is crouch down on the balls of your feet, put your hands over your ears, and bend your head down. Make yourself as small a target as possible and minimize your contact with the ground. Do not lie flat on the ground.

You don't need to be in the middle of a downpour to be struck by lightning as it can originate from a storm cloud as far as five to 10 miles

away. The distance between you and a thunderstorm can be determined by counting the seconds between when you see a lightning flash, and when you hear thunder. Every five seconds is equal to one mile of distance between you and

the thunderstorm. If the time between the flash and thunder is less than 30 seconds, you should move immediately to the safety of a building. If that is not possible, an automobile may provide some protection if the windows are rolled up and you do not touch any of the car's metal parts. Once inside, you should stay put until at least thirty minutes after the last thunder clap is heard; the 30/30 rule.

Here are some things to remember if a building or automobile is not available for shelter. Generally, lightning will strike the tallest object in the area and this might be you! If a thunderstorm is near, avoid standing in open areas such as the beach, park, swimming pool, or golf course. Avoid standing by tall isolated structures like towers or trees. Open structures such as car ports, beach huts, and the deck of a boat offer no protection from lightning. Many victims of lightning are not struck directly by a lightning discharge, but are hit as the lightning charge travels in or along the ground.

What should you do if you are caught in a thunderstorm while boating? Keep away from metal objects that are not grounded to the boat's protection system. Put on your life jacket! If you are struck, you may be rendered unconscious and fall overboard. Additionally, wind and seas may increase around the thunderstorm, mak-

ing boating conditions unsafe. If possible, get below deck. The prudent mariner, seeing an approaching thunderstorm, heads home to port.

Now let's look at some interesting statistics. At Kwajalein, rain showers occur throughout the year, but our rainy season generally lasts from mid-May through mid-December, the months during which we observe most of our thunderstorms. We experience 10.3 thunderstorm days per year at Kwajalein (averaged over 57 years through 2009). A thunderstorm day may include observations of one or more thunderstorms during the particular day. During 2009 we recorded 18 thunderstorm days, about 75 percent above our long-term average.

Around the globe, there are, on average, more than one hundred lightning strikes during every second, every day. Between 1959 and 2003, there were nearly 4,000 people killed by lightning in the U.S. This figure does not reveal the thousands of other injuries caused by lightning, including severe burns, memory loss, even brain damage. On average, 10 percent of lightning victims die. Seventy percent suffer serious long-term effects. Talking on the telephone is the number one cause of lightning injuries that occur inside the home. During your lifetime, the odds of becoming a victim of lightning in the United States are one in three thousand. Lightning can raise the air temperature by an astounding fifty thousand degrees Fahrenheit, and can contain one hundred million volts of electricity. Lightning can and will strike the same person or place twice. Lightning may even appear to come from out of the blue. This is "positive lightning" which originates from an area of positive charge near the top of a thunderstorm. Positive lightning is particularly dangerous because it can strike as far as five to 10 miles from the storm cloud. Imagine standing out under a clear blue sky and being struck by the terrible force of one of these lightning bolts.

Everyone has a role to play when lightning safety is considered. The Kwajalein Weather Station issues lightning warnings in support of USAKA aviation operations, RTS range activities, for the boating areas, and for island residents.



Lightning can be dangerous on and off the water. Be safe and head to shore when you see a storm heading your way.

The Weather Station uses cutting-edge technology to provide these warnings. Data from our dual-polarized Doppler weather radar are automatically evaluated in real-time to warn of any potential lightning threats. Audible alarms from this system immediately alert the meteorologist on duty if a threat is developing. Additionally, an Atoll-wide lightning detection system reports the location of any cloud-to-surface lightning strikes that actually occur within the Atoll area. Depending upon location of a thunderstorm, a lightning warning may be issued for an island or recreational boating area. Marina personnel and Harbor Control are notified and warnings are scrolled on the TV weather channel. Warning cancellation notification is also provided. Coaches, life guards, police, teachers, and parents should all be especially vigilant to guard their charges when lightning warnings are issued and thunderstorms are near.

Remember, if caught in a thunderstorm, head indoors. If you are unable to get into a building, try a vehicle with metal roof, but avoid contact with any metal inside. Otherwise, avoid open fields, tall trees and towers, fences, swimming pools, salt water, open boats, and electrical equipment. Use the 30/30 rule, stay low and safe.

The sources for information provided in this article are the websites of the National Lightning Safety Institute, National Weather Service, University of Oklahoma, and the National Geographic News.

Challenge yourself to Pump and Run

By KRS Wellness Staff
Contributor

One good test of your fitness level is the Kwaj Pump and Run, a new event this year introduced as part of the KRS little step...BIG DIFFERENCE wellness program. In this event, participants first must bench a predetermined weight (based on age and gender) in the morning and then run a 5K (3.1 mile) race in the evening of the same day. For each bench press repetition completed, 30 seconds is subtracted from the participant's 5K time. In this way, participants are rewarded for muscular strength during the cardio respiratory portion of the event. An overall time is then determined. Although the Pump and Run does not specifically address flexibility, it is always important to stretch as part of an effective warm-up and cool-down before both portions of this event.

While some participants thrive on the healthy competition, others use it as a gauge to determine improvement in their personal fitness levels throughout the year. The most recent Pump and Run took place on Monday. Participants showed up at 10 a.m. to the Ivey Gym to complete the strength portion of the event and then turned up at 5:30 p.m. to complete the cardio respiratory portion of the event, which was run in conjunction with the Kwajalein Running Club Fun Run. The KRS Wellness Team would like to thank the KRC for hosting the 5K portion of the event.

Participants included: (Men) Dane Bishop, Ray Drefus, Ben Bartezyk, Matt Groen, Elliott Moseley, Kevin Skinner and Jake Villarreal; (Women) Linn Ezell, Stephanie Los and Allison Villarreal.



Photos by Melissa Peacock

Athletes of all ages participate in the Pump and Run and Kwajalein Running Club Fun Run.

Overall winners: (Men) Dane Bishop, 11:08; (Women) Stephanie Los, 13:04.



Torrey Landers assists Linn Ezell with the strength portion of the Pump and Run on Monday at Ivey Gym.

For healthy adults, the American College of Sports Medicine recommends the following quantity and quality of exercise in order to maintain and develop cardio respiratory fitness, muscular fitness, and flexibility:

1. Cardio respiratory: aerobic activity using large muscle groups that is maintained continuously.

Frequency: 3-5 days per week

Duration: 20-60 minutes

2. Strength: resistance activities performed at a controlled speed through a full range of motion.

Frequency: 2-3 days per week

Duration: 8-12 repetitions of 8-10 different exercises

3. Flexibility: stretching activity using major muscle groups

Frequency: 2-3 days per week

Duration: 4 repetitions of 10-30 seconds per muscle group

Following these guidelines will put you well on the way to a healthy fitness level. In fact, consistent physical activity ensures you will improve your conditioning and gain more endurance, more strength, and more flexibility.

Giving Back

Lannie Carroll has been helping Roi residents prepare their taxes for a few years now and she always donates the fees she collects from this to a worthy cause, like the Enniburr Childrens Christmas Fund, in the past. After a conversation with one of the World Teach volunteers last year, Carroll decided to use the money to buy a school shirt for all the students of Third Island this year. Carroll got a list of students in each grade, added another 15 percent to the number and ordered 176 t-shirts in varying childrens sizes. On Aug. 30, Carroll and a few volunteers took the ferry over to Enniburr to present the shirts to the school principal and the head of their PTA. Pictured left to right are Richard Carroll, Lannie Carroll, Calvin Lalimo, PTA President, Tony Stephens and Ricky Everette.



Rock On!

The Buoy Critters performed a live show for a crowd of Kwajalein residents Sept. 11 at the Vet's Hall. The members of the Buoy Critters are Coasties from the visiting U.S. Coast Guard Cutter *Sequoia*. The band entertained and impressed residents with their rockin' performance.

Photos by Brianne McDonald

Seasonal changes in Adult, Family Pools' conditions

Patrons at the Adult Pool and Family Pool should be aware of changing conditions in the pool water during this time of year. As the weather on Kwajalein includes more rain, the chances of "green water" and "algae bloom" at the pools will become greater. "Green Water" occurs when a large amount of fresh water mixes with the salt water in the pool causing a rapid change in the pool's alkalinity and pH. "Algae Bloom" is seasonal and is dependant upon lots of sunlight and warm water. It can be escalated by other environmental factors, such as rain.

Community Activities is aware of the changing conditions in the pools' water and is combating them to the best of our ability. These measures include both pools containing a salt-water flow-through system, which allows the water to constantly circulate; both pools are deep-cleaned weekly and finally, chlorine is added to both pools daily in accordance with guidelines set by E S & H.

Please bear with us during these conditions as we are doing all we can to keep the water clean and clear. We appreciate your patience and your patronage. Any questions, please call 53331.



The One That Didn't Get Away



Team 'Grumpy & the Greenhorns' hauled in a huge score during the fishing tournament held Monday. The sailfish was over eight feet tall and weighed a whopping 68 pounds. It took about 35 minutes to reel the fish in. They caught their prize on the oceanside of Bigej. This was the team's first catch of the day and was a winner; they won the 'Biggest Fish' category. Team participants and pictured are Charlie Dodd, Keith Church, Rose Church, James Caughie and Ray Drefus.



Six Soldiers die in Overseas Contingency Operations

Cpl. Philip G. E. Charle, 22, of Goffstown, N.H., died Sept. 7 while conducting combat operations in Helmand province, Afghanistan. He was assigned to the 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Jesse M. Balthaser, 23, of Columbus, Ohio, died Sept. 4 while conducting combat operations in Helmand province, Afghanistan. He was assigned to the 3rd Combat Engineer Battalion, 3rd Marine Division, III Marine Expeditionary Force, based at Marine Corps Air Ground

Combat Center Twentynine Palms, Calif.

Two soldiers died while supporting Operation New Dawn. They died Sept. 7 at Balad, Iraq, of wounds suffered in a shooting incident in Salah ad-Din province. This incident is under investigation. Killed were **Sgt. Philip C. Jenkins**, 26, of Decatur, Ind. and **Pvt. James F. McClamrock**, 22, of Huntersville, N.C. They were assigned to the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Advise and Assist Brigade, 25th Infantry Division, Schofield Barracks, Hawaii.

Cpl. John C. Bishop, 25, of Co-

lumbus, Ind., died Sept. 8 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 2nd Battalion, 9th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

1st Lt. Todd W. Weaver, 26, of Hampton, Va., died Sept. 9 in Kandahar, Afghanistan, of wounds suffered when insurgents attacked his unit with an improvised explosive device. He was assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.

KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at www.krsjv.com.

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

WANTED

DONATION OF easy chair or recliner. Please contact Harden Lelet at home, 52641, or work, 50773.

12-INCH WHEEL or bearing to fit burley. Bill Williamson 53096.

DISHWASHER for purchase. Please call Jane or David at 54698.

LOST

TETHER BALL that was hanging from the tether pole in front of 122-E. Please return it to our home. It brought many children hours and hours of fun. It is a neon green "glow in the dark" tether ball. Questions? Call Amy or Doug at 52681.

LITTLE BOYS camouflage jacket between new housing and domes on Sept. 13. Please call 55176 if found.

MARMOT RAIN JACKET, black with grey trim, lost 1-3 weeks ago, reward for the finder. Call Robb Griffith at 53279 or 53607 if found.

NINTENDO DSi, hot pink with case, lost in June before summer vacation. Please return to my little girl, she is heartbroken. Call 50545 with any information.

PATIO SALE

TODAY, 11 a.m.-5 p.m., quarters 124-B, in back. HP computer, computer parts, pillows, houseplants, plants, fabric, crafts, T-shirts, video tape and DVD movies, cassette tapes, rugs, men's shirts, women's shorts and tops, books, decorations, clothes, shoes, assorted tools and hardware, kitchen items, wall shelves, picture frames, iced tea maker, new queen size batting and more. New items added each day.

TODAY, 3-6 p.m., quarters. 487-D. Kids clothing, shoes.

MONDAY, 9 a.m.-noon, quarters 487-D. Kids clothing, shoes.

MONDAY, 7 a.m.-noon, quarters 124-B, in back. Same items as above.

MONDAY, 8-11 a.m., quarters 495-B, on back patio. PCS sale, household goods, kitchenware, clothing, toys and more. NO reasonable offers refused!

SATURDAY, SEPT 25, 7:30 a.m., in the open field on Lagoon and 6th street in front of building 602. Multi-Family sale, children and adult clothing, toys, Halloween costumes, games and other household items.

SATURDAY, SEPT. 25, 11 a.m.-5 p.m., quarters 124-B, in back. Same items as above.

FOR SALE

HP PAVILION DESKTOP computer with Windows 7, comes with external 8TB hard drive for movie storage, \$1000; full kite-boarding package in travel bag, make offer and Vito Alto saxophone, \$300. Call 52525.

LARGE L-SECTION couch that has two recliners and twin bed inside it, reduced to \$500; used scuba gear, three sets, with computers, medium, large and extra-large sizes and 55-gallon fish tank with stand and lights.

Sept. 21 is Peace One Day (World Peace Day). Please show your support for our George Seitz Elementary School 3rd graders by wearing a red article of clothing on Tuesday. Help show them they can make a global AND local impact!

Call John at 53290 to see.

GIRLS 24 INCH coaster-brake rear bike wheel, new, never used, \$30; gas BBQ with propane tank, \$35; girls Schwinn bike, \$45; children's clothes; soccer cleats; girls dresses, excellent condition, great for christmas or special occasions and boys dressy black shoes, like new, size 5, \$15. Call 52544 or 50798.

SUN BIKE, excellent condition, aluminum wheels, hot pink, 26 inch, three-speed, \$125. Call work, 53380, or home, 53832.

SEADOO, 2002, red, needs new engine, and boat shack lot #30, Ryan Wagner's old shack, \$2,000; Lamborghini female bike, \$25; waterproof housing for iPod Nano, second generation, \$20; long board skateboard, \$50 and camping utensils set, new, \$20. E-mail brianne.l.mcdonald@gmail.com.

HOUSTON MARINE Complete Training for Coast Guard Captain's license, VHS tapes included, \$100. Call Mike at 54152.

CANNONDALE PROPHET mountain bike, 2008, full suspension, light weight brushed aluminum frame, excellent condition, zero rust, retails for \$1800, selling for \$1,000 firm. To schedule a test ride, call 52663.

LARGE FAKE PLANT, \$20; JVC TV, 20 inch, \$150; kids play kitchen, \$25; sunflower kitchen containers and border, \$40; dishwasher, \$100; rugs, \$20 each.; 400-series blinds, \$40 and classic Winnie the Pooh lamp, bedding set, bag, etc. Call 52692.

SIX HOME THEATER speakers, white china service for 12, pair of crystal table lamps, torchiere floor lamp, pair of wall-mounted bedside lamps, Odyssey two-ball putter, low voltage patio lighting, microwave, office refrigerator, legal size file cabinet, Netopia router, end table/tv stand, camera tripod and Multipure water filter. Call Dale at work, 52216, or home, 52609.

ALUMINUM BOAT maintenance stand on wheels, eight-foot long by 27 inches high, folds to make a stand four-foot high, \$75; portable stainless steel gas BBQ, new, \$50 and green glass Japanese fishing float with net, \$50. Call Dennis at home, 54489, or work, 51850.

PREMIUM MONOFILAMENT line, 200# test, approximately 880 yards, for trolling poles or handlines, \$60; refrigerator, large dorm-size, fits 4-5 cases of beverages, not pretty but works well, \$30; Searchlight, 1 million candlepower, runs on 12 volt battery, \$20 and handleline, heavy duty, ready to fish, \$25. Call Steve at 52823.

DIAMONDBACK mountain bike in very good condition,

Religious Services

Catholic

5:30 p.m., Saturday, in Island Memorial Chapel

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

Protestant

8 and 11 a.m., Sunday, on Kwaj.

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 CRC, 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.

Crime Stoppers

"Where the community, media and police work together to fight crime."

Crimes/Incidents reported or observed from Aug. 25 - Sept. 8:

Damage to Government Property: 3

Assault and Battery: 2

Criminal Trespass: 1

Domestic Violence: 1

Theft: 1

Stolen Property:

A government-owned Dell laptop computer was reported stolen from the helicopter hangar. Property number #268382; serial number #F2ZS121; originally valued at

\$3,214.

Crime Stoppers is based on the principle that someone other than the criminal has information that can solve a crime. Crime Stoppers is looking for information leading to the recovery of the property and information leading to those responsible for the theft. Please call 54445.

KPD would like to remind the community to be vigilant, to secure your property, and not to leave it unattended.

\$175. Call after 5 p.m., 53336.

IPOD NANO, 16GB with clear case, brand new, unopened, \$160. Call 52319.

OUTSIDE TV antenna, never used, new mounting brackets, mast, coax cables, splitter and hardware, excellent condition, everything needed for a complete installation, \$100; Sony Digital Camera with case, \$10; bar stool with swivel, \$20; 13-inch Sylvania and JVC TVs with remote, \$25; barbell weights and weight bench \$50; books, \$2; music CDs, \$2; large plants, \$10; Samsung DVD player with remote, \$10; animated Disney movies VHS tapes, \$ 2; garden rake, \$5; carpets, various sizes, \$5-15; complete set of Roman shades and curtains for a 400-series house, \$100. Call 54578 or 50723.

IF YOU PURCHASED our green folding camp chair with attached footrest at the swap meet, please call 53610 or 59939 to pick it up.

INSTEP BIKE TRAILER with child stroller adapter, 1.5 years old, \$40. Call 53610 or 59939.

CAL 20 SAILBOAT, good condition, includes extra parts, safety gear, storage shed with tools, and four HP outboard kicker motor, new mooring lines and bottom recently cleaned, \$5,000. Call 51357 or 50617 for more information.

ELECTRIC FIREPLACE, Sun bike and trailer, poker table and chips set, Christmas trees, black out curtains with rods, 52 inch big screen TV with stand, dinette set with hutch, area rug set and many plants/trees. Call 51274.

MEN'S ALUMINUM frame beach cruiser, one-speed bicycle, stainless steel spokes, alloy wheels, alloy handlebar and crank, memory foam seat, new in box,

\$200. Call Scott at 51323 after 2 p.m., Monday-Friday.

MEN'S HUFFY, new, \$50; blender, \$5 and toaster, \$5. Come by 139-D or call 52843.

HP PAVILION 2.1GHz desktop with Windows 7 Premium, 3GB DDR2, 320GB SATA, and SuperMulti DVDRW, only six months old, comes with SansDigital TR4M 8TB external media storage, hook up to your TV for full media library; Vito alto saxophone with case and accessories, \$350. Call 52525.

COMMUNITY NOTICES

KWAJALEIN SWIM Team will hold its first swim meet of the season at 4 p.m., Sept. 19 at the Family Pool. Come all and cheer on our young stars. GO MAKOS, GO BARRACUDAS!

THE KYC FALL SUNFISH regatta and beach party will be Sept. 20 at Camp Hamilton. It is open to the entire community. Learn how to sail the Sunfish and Laser sailboats from 10 a.m.-4 p.m. Questions, contact at Mark 50070.

KWAJALEIN SCUBA CLUB is hosting the annual "Splash for Trash" shoreline and underwater clean-up from 8-11 a.m., Sept. 20. Meet at the Pacific Club. Seventy volunteers collected over 1000 pounds of trash on Kwaj last year at "Splash for Trash." Bring your family and friends. Contact Carrie West for more information at 53680.

FROM SEPT. 21-DEC. 10, the last flight from Roi on Tuesday through Friday will be delayed 45 minutes. The 4:15 p.m. departure will now be at 5 p.m. The current atoll flight schedule can be located on the Flight Ops SharePoint or the USAKAWeb Business logistics page. Any questions, contact 52102.

Café Pacific

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 25
Carved top round	Grilled pork chops	Beef stroganoff	Char siu pork	Swiss steak	Kalua pork/cabbage	Savory pot roast
Vegetable ragu	Herb roast chicken	Chicken piccata	Chicken katsu	Chicken/peapod stir-fry	Cheeseburger mac	Turkey tetrazzini
Chicken ala orange	Ham marco polo	Broccoli/rice casserole	Crab chow fun	Tuna casserole	Tofu/broccoli stir-fry	Vegetarian beans
Grill: Brunch station open	Grill: Brunch station open	Grill: Sloppy Joes	Grill: Teriyaki burger	Grill: Sicillian hoagies	Grill: Gyro bar	Grill: Chili dog
Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BBQ meatballs	Roast pork loin	Hamburger steak	Kwaj fried chicken	Carved london broil	Roast turkey	BYO pizza
Cajun chicken wings	Tandouri chicken	Turkey/peapod stir-fry	Honey lime garlic ono	Garlic roast chicken	Sage stuffing	Chicken cacciatore
Penne with herbs	Fried eggplant	Collard greens	Hawaiian chopped steak	Baked potatoes	Ham steak hawaiian	Tortellini carbonara

Surfway will be closing Sept. 29 for its annual physical inventory. Surfway will re-open at 4 p.m., on Sept. 30.

Beginning on Oct. 4, Surfway's new operating hours will be as follows:

- Monday: 1- 5 p.m.**
- Tuesday: 11 a.m.-6:30 p.m.**
- Wednesday: 11 a.m.-6:30 p.m.**
- Thursday: CLOSED**
- Friday: 11 a.m.-6:30 p.m.**
- Saturday: 11 a.m.-6:30 p.m.**
- Sunday: 1- 5 p.m.**



The Kwaj Dining Committee is looking for new members. If you would like to have some input into the dining service at the Café Pacific please join us. Meetings are currently monthly on the first Friday of the month in the ARC conference room. The next meeting is at 5:30 p.m., Oct. 1. All patrons of Café Pacific are welcome to attend.

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Sept. 22 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!

CYSS FAMILY READING Night is at 6:30 p.m., Sept. 23 in the CDC Bako Classroom. Guest Readers will be CYSS Teens and the Featured Author is Eric Carle. Open to all CYSS registered CDC students and family members. Contact Ms. Becky at 52158 for more information.

4-H CLUB SIGN-UP Party will be from 5:30-6:15 p.m., Sept. 24, in the SAS rooms 6 and 7 at Geroge Seitz Elementary School. We offer Citizenship Club, Cooking Club, Photography Club and Play At Role and Imagination Club. Learn more about Young Authors and Artists club coming in January 2011. 4-H Clubs are open to all CYSS registered Children in K-6th grade. For more information call 52158.

YOUTH ACTION COUNCIL meeting will be at 6:30 p.m., Sept. 24, at the Namu Weto Youth Center. YAC operates under the direction of CYSS and is open to the entire community. The purpose of the YAC is to identify and address issues and concerns that affect youth on Kwaj. All ages are welcome. Contact Jared Barrick at 53796 for more information.

PASSPORT PHOTOS will be taken from 3-4 p.m., Sept. 24, in building 730, room 124. Cost is \$10 per set. Call Nelda at 53417 for more info.

ATTENTION CYSS Parents, SAS Open Rec Night "Worldwide Day of Play" is from 6-8 p.m., Sept. 25, at the Youth Center Field. Open to all CYSS registered children in K-6th grade. For more information call 52158.

IT IS TIME TO celebrate Oktoberfest! It is all about the beer! Special Brews mixed with so much Lederhosen, German food, great music and good friends it will make you yodel! Roll out the barrel Home brew contest with cash prizes! The fun starts at 7 p.m.-2 a.m., Sept. 25 at

The Inspector General will be on island Sept. 21-23. He will be in the Grace Sherwood Library from 9-11:30 a.m. and 1-2 p.m., Sept. 22, for anyone wishing to meet with him. If you wish to speak to the Inspector General, make sure you get to the library.

the Vet's Hall. Bus transportation until 2 a.m.

CONTINENTAL AIRLINES and travel partners from Chuuk, Kosrae and Marshall Islands Tourism offices will host a travel show in front of the Continental Travel Office from 10 a.m.-4 p.m., Sept. 28 and from 10 a.m.-2 p.m., Sept. 29. Stop by and get information to various travel destinations.

CHUGACH QUARTERLY 401(k) Open Enrollment, don't fall short on your retirement goals. Get started in your retirement planning. Your Chugach 401(k) plan can be a great place to start. If you are interested in enrolling or currently contributing to the plan and wish to increase your deferral percentage, open enrollment is now occurring. Forms must be received by Sept. 22 for an effective date of Oct. 1. Contact Prescilla at 50788 for enrollment forms and more information.

THE OPTOMETRIST, Dr. Yamamoto, will be on-island and will see patients Oct. 29-Nov. 11. Please call the Hospital at 52223 or 52224 to schedule an appointment.

VET'S HALL is taking any unwanted Halloween Holiday decorations for upcoming Halloween Event. Anyone wishing to donate or lend Halloween decorations in support of the Halloween Haunted House next month would be most appreciated. Contact Mike Woundy for donation drop-offs. Call 54440 or E-mail *Michael.Wou*

ndy.ctr@smdck.smdc.army.mil or *brianne.mcdonald@smdck.smdc.army.mil*. Vet's Hall is open 4:30 p.m.-midnight on Fridays, 4:30 p.m.-2 a.m. on Saturdays and 7 p.m.-midnight on Sundays.

BARGAIN BAZAAR DONATIONS, donors may request Dock Security personnel open the gate rather than process through security. Store hours are 1-3 p.m. on Mondays, 5- 6:30 p.m. on Wednesdays and 3-5 p.m. on Saturdays.

OPEN BOWLING will now be on Saturday nights from 6-9 p.m. \$2 for shoes and \$4 per game. This new schedule starts Oct. 2.

SURFWAY CUSTOMERS, we value your feedback! Please assist us by completing our new on-line Customer Satisfaction Survey at <http://www.surveymonkey.com/s/Surfway2010>. Questions? Contact Robb Griffith 53607.

BIBLE STUDY CLASSES available. These studies will be open for enrollment until Oct. 3. Groups will be kept ideally smaller rather than large and are confidential. Classes will be held at 7 p.m., Tuesdays, Wednesdays, Thursdays and Fridays in the Religious Education Building. Certain books are required for classes. To join or to inquire regarding the studies please contact Crystal at *crystal.sung.ctr@smdck.smdc.army.mil* or call 54574.

Café Roi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 25
Baked BBQ chicken	Garlic roast beef	Salisbury steak	McMahi sandwich	Sloppy joes	Grilled hamburger steak	Meat calzone
Herb roasted pork loin	Chicken with bacon	Superbird sandwich	Spicy buffalo wings	Roast pork/sauerkraut	Turkey wrap	Spaghetti
Ham/cheddar quiche	Egg McMuffins	Mashed potatoes	Stewed red beans	Macaroni and cheese	Onion rings	Cheesy garlic bread
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 25
Kailua pork	Oven roasted turkey	Whole roast chicken	Top sirloins	Fried chicken/waffles	Carnitas enchiladas	Chicken fried chicken
Spicy ginger cod	Pot roast	Beef bourgninone	Chicken cordon blue	Southern meatloaf	Chicken fajitas	Grilled pork chops
Chicken fried rice	Mashed potatoes	Penne in pesto/cream	Baked potatoes	Collard greens	BYO nachos	Cheesy mashed potatoes

FY11 Recreation Fees at USAKA/RTS

As the financial challenges have increased across the Atoll, it has become necessary to review the USAKA/RTS recreation program services and the fees charged to offset those costs. Many of the recreation program fees have not been adjusted for several years, and the costs have continued to increase. The bottom line is that the overall Recreation Program costs are significantly more than the fees generated.

A benchmark analysis of recreation and other fees has been performed, comparing Kwajalein fees with other installations in the Pacific Region with similar recreation program offerings. In nearly every area, the current Kwajalein fees are lower than the fees charged at other sites.

The benchmark data has been used to develop new fees that take into consideration the amount and impact of any increase. In most cases, the new fees remain well below the fees charged for similar services around the Pacific Region. These fees have been approved by USAKA.

Effective Oct. 1, the following rates will go into effect:

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| <ul style="list-style-type: none"> • Small Boat Marina <ul style="list-style-type: none"> • B-boat rate - \$15/hour – 5hr. ½ day rental - \$75 • Boating Course - \$40 • Kwaj Golf <ul style="list-style-type: none"> • 6 month greens fee with locker - \$350 • Monthly resident fee - \$80 • Monthly TDY/480 fee - \$100 • Daily fee - \$20 | <ul style="list-style-type: none"> • Roi Golf <ul style="list-style-type: none"> • 6 month greens fee with locker - \$150 • Daily fee - \$20 • Bowling <ul style="list-style-type: none"> • League play - \$100 without shoes, \$110 with shoes • Individual game - \$4 • Shoe rental - \$2 • Adult Athletics <ul style="list-style-type: none"> • Team registration fee - \$200 |
|---|---|

Weather courtesy of RTS Weather

Sunday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 7-12 knots.
 Monday: Mostly sunny, 10 percent showers. Winds: E-ESE at 9-14 knots.
 Tuesday: Mostly sunny, 10 percent showers. Winds: E-ESE at 8-13 knots.
 Wednesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 10-15 knots.
 Thursday: Mostly sunny, 10 percent showers. Winds: ENE-E at 7-12 knots.
 Friday: Partly sunny, 20 percent showers. Winds: ENE-E at 5-10 knots.

Annual total: 44.26 inches
 Annual deviation: -20.09 inches

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

Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:39 a.m./6:47 p.m.	3:54 p.m./3:10 a.m.	2:09 a.m., 3.3' 2:44 p.m., 2.9'	8:40 a.m., 0.4' 8:31 p.m., 0.6'
Monday	6:39 a.m./6:47 p.m.	3:34 p.m./3:57 a.m.	2:43 a.m., 3.6' 3:07 p.m., 3.3'	9:03 a.m., 0.1' 9:01 p.m., 0.2'
Tuesday	6:39 a.m./6:46 p.m.	5:12 p.m./4:42 a.m.	3:10 a.m., 4.0' 3:30 p.m., 3.7'	9:25 a.m., 0.2' 9:29 p.m., 0.2'
Wednesday	6:38 a.m./6:45 p.m.	5:50 p.m./5:26 a.m.	3:36 a.m., 4.2' 3:53 p.m., 4.1'	9:48 a.m., 0.4' 9:55 p.m., 0.4'
Thursday	6:38 a.m./6:45 p.m.	6:27 p.m./6:09 a.m.	4:02 a.m., 4.3' 4:17 p.m., 4.3'	10:10 a.m., 0.6' 10:52 p.m., 0.5'
Friday	6:38 a.m./6:44 p.m.	7:05 p.m./6:53 a.m.	4:27 a.m., 4.3' 4:21 p.m., 4.5'	10:33 p.m., 0.7' 10:49 p.m., 0.6'
Sept. 25	6:38 a.m./6:44 p.m.	7:45 p.m./7:39 a.m.	4:51 a.m., 4.2' 5:06 p.m., 4.5'	10:55 a.m., 0.6' 11:16 p.m., 0.6'