

THE KWAJALEIN HOURGLASS



Third graders at George Seitz Elementary School show their support for 'Peace One Day,' part of World Peace Day Sept. 21. Third grade teachers Alex McGlinn and Anne Alrick helped the students spread the word of peace and asked everyone to wear red Tuesday to show their support for world peace. For more, see page 3.

Photo by Masina McCollum

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

KRS Ri'katak Lunch Program Needs Your Continuing Support

KRS provides lunch meals for 51 guest students from Ebeye (Ri'katak Lunch Program) since they do not have the opportunity to return home as the island resident students do. These meals are not provided as part of the contract, but rather they are supported by voluntary donations.

Individuals, companies and different organizations may voluntarily contribute to the program to ensure that Ri'katak students have a nutritious meal for lunch. The box lunches include deli sandwiches, baked chicken and rice, fruit, vegetables, water and cookies. All of the lunches are prepared by Café Pacific and are delivered to the schools.

The cost of each lunch for School Year 2010-2011 is \$3.25 daily per student and based on a 180-day school year, the total cost per student for the entire academic year is \$586.

Voluntary donations can be made in any amount up to and including a full year's worth of lunches. Anyone wishing to support this worthwhile cause may send a donation to Janette Bishop in Building 702 (KRS Corporate Office/Finance/Travel). Checks should be made out to "KRS" and annotated in the remarks section to indicate "Ri'katak Lunch Program."

MANIT DAY



A celebration of Marshallese Culture and Traditions will be held 3-5p.m., Oct. 4, at the Marshallese Cultural Center. There will be demonstrations highlighting traditional Marshallese weaving dancing and other skills. Volunteers are needed to help. Call Sue at 54364.

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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Photo by Chad McGlinn

George Seitz Elementary School students ‘jump for joy’ on Tuesday in their red shirts. The students asked the community to wear red in appreciation for World Peace Day Sept. 21.

GSES students celebrate Peace Day

By Sheila Bigelow
Managing Editor

Jeremy Gilley successfully established the first ever annual day of global ceasefire and non-violence over 10 years ago. Students at George Seitz Elementary School banded together this year on Sept. 21 to spread the word of peace across Kwajalein and all the way back to the States.

Third grade teachers Alex McGlinn and Anne Alrick are all about showing their students that one person can make a difference. This is their second year participating in World Peace Day. Each year they have their students read *Peace One Day* by Gilley; they then discuss what they can do to make a difference. The students followed in the footsteps of the previous third grade class and decided to promote that everyone wear the same color on Peace Day and encourage them to keep their unkind words to themselves for the day. To spread their new mantra for peace, the internet savvy students asked McGlinn and Alrick to E-mail as many people

as they could to get them involved. “Put it on Facebook!” they said; so they did. They also made signs and put them up in the community and asked other residents to spread the message verbally.

To show participation, red was chosen as the color to wear to signify you were supporting World Peace Day. “Red was the color that was chosen by the kids because it’s the color of love and of hearts...we’re supposed to be showing love towards the world today,” said Alrick. Wearing red also made it easy for the kids to visually see that they had made a difference.

And boy did they! This year they received even more support from the community, and further, from family and friends in the States and even other countries! McGlinn and Alrick asked those participating in the States to send photos of their participation so their students could visually grasp just how far their effort had reached. They got pictures from Jamaica, Canada, Russia, Oregon, Utah, Maine and

Florida to name a few. They came from former Kwajalein teachers, former Kwaj residents, friends and even some strangers who caught wind of their project. A teacher in Jamaica is now also incorporating ‘Peace One Day’ as a unit of study into his classroom.

When the third grade teachers asked their class how they felt after seeing the effect they had made on the world, they said that they felt good and like ‘Peace One Day’ was actually being celebrated all over the world. To celebrate their successful endeavor, the class decided they would like to show their success through dance. The class choreographed and performed for their peers and families. “It was wonderful to watch their plans come to fruition,” said McGlinn.

McGlinn and Alrick plan to continue the ‘Peace One Day’ celebration each upcoming year. They would like to continue to include all classes at GSES and of course, those classrooms, family and friends around the world.



Photos by Kyle Cassidy and Melissa Peacock

U.S. Coast Guard Cutter *Sequoia* Coasties tell Kwajalein residents about their mission during the tour for community residents on Tuesday. They are here to perform maintenance and repair of buoys in and around the Kwajalein Harbor.

Sequoia performs aid to navigation at Kwajalein

By Sheila Bigelow
Managing Editor

The United States Coast Guard Cutter *Sequoia* and crew of about 50 male and female Coasties just finished a three-week long post here at Kwajalein. While here, the *Sequoia's* aid to navigation mission was to perform maintenance and repair of buoys in and around the Kwajalein harbor.

The *Sequoia* team on average was able to service four to five buoys per day. They pulled the buoys up and out of the water with their crane nicknamed the “Winch-a-saurus”, which can lift up to 40,000 pounds. While the buoy was out of the water, they cleaned and inspected it while also taking the time to service the lights and batteries.

On Tuesday, the crew welcomed the community to tour the boat, educating them on their mission here in Kwajalein, and also provided some interesting facts about their boat and the Coast Guard. They explained how dirty and sometimes dangerous their job can be. While the largest waves they see are only around 10-12 feet, they have to maintain balance while working on the huge buoys while the boat rocks back and forth in the water. They make sure the buoys are securely fastened while aboard; the chains on the buoys can weigh up to 16,000 pounds so they want to be sure they aren't rolling around on deck while they service them.

Up on the bridge, they showcased all the navigation tools the *Sequoia* uses. It is equipped with a dynamic

positioning system that allows the ship to float in one place without moving with just a push of a button. This system is essential during buoy work.

While on Kwajalein they kept busy with water and land sports, including some volleyball, Frisbee, swimming and chili cooking at the annual Labor Day Chili Cook-off and Beach Party Sept. 6 at Emon Beach. Their chili recipe won third place at the event.

Their trip was not all fun and games. The *Sequoia* brought over 2,000 pounds of donations ranging from clothes, toys, kitchenware, TVs and much more to send to Ebeye and Enniburr. Commanding Officer of the *Sequoia*, Lieutenant Commander Matthew Salas, left the donations with MAJ Chris Mills, Director of Host Nation Activities, USAKA/RTS, and Jelton Anjain, RMI Liaison to USAKA, to be distributed.

The *Sequoia* is 225 feet long and weighs over 2,000 tons. It is considered the “Cadillac of Coast Guard ships” by many of its crew members, with the ability to stay out at sea autonomously for three to four weeks without having to come back to shore to replenish supplies. The *Sequoia* performs five missions: aids to navigation, search and rescue, maritime law enforcement, maritime homeland security and marine environmental response. When they are enforcing maritime law, they deal a lot with laws about the kinds of fish that can be caught, how many can be caught and what gear is okay to use to catch them. The *Sequoia* was performing missions at Palau before Kwajalein and left Thursday to head toward Guam to continue their mission.



Once a Coastie is worthy, they carve their name in this wooden picnic table that has been on the U.S. Coast Guard Cutter *Sequoia* since it was built.



U.S. Coast Guard Cutter *Sequoia* Coastie Lewis shows Kwajalein residents the bridge of the *Sequoia* during the tour given on Tuesday.



Lieutenant Commander Matthew Salas of the *Sequoia*, left, leaves over 2,000 pounds of donations with RMI Liaison to USAKA, Jelton Anjain, center, and Director of Host Nations Activities, MAJ Chris Mills, right. Items donated ranged from toys, clothes, TV's, bicycles, kitchenware and much more.

School Advisory Council thanks its members

Hourglass Reports

The School Advisory Council is a council consisting of members who represent various aspects of our great community. These members are representatives from USAKA, the various contractors, the Ri'katak parents and the Parent Teacher Organization.

The SAC members were given certificates at 7 p.m., Sept. 15 in the Coconut Room of the George Seitz Elementary School by Deputy Commander Joe Moscone. Individuals who received certificates were Brian Brady, Joe Pedro, Brad Walker, Donna Grimes and Henry McElreath. Individuals who received certificates at the end of the school year were Jeff Fronzak, Amy LaCost, Stacey O'Rourke and Dennis Health.

The SAC conducts monthly meetings to establish and



Photos by Kyle Cassidy

USAKA Deputy Commander Joe Moscone presents Donna Grimes with her School Advisory Council certificate in the Coconut Room Sept. 15.

review school-wide policies and procedures. SAC meet-

ings are open to the public and advertized in local media outlets such as the

Hourglass and AFN Roller. Parents are encouraged to provide input concerning school policies and procedures at these meetings. Policies approved by SAC are sent to USAKA Command for approval and then implemented by school administration and instructional staff.

SAC members are Brian Brady, Joe Pedro, Brad Walker, Donna Grimes, Henry McElreath, Jeff Fronzak, Amy LaCost, Stacey O'Rourke and James Heidle.



USAKA Deputy Commander Joe Moscone presents Brian Brady with his School Advisory Council certificate in the Coconut Room Sept. 15.

September is suicide prevention month

Department of Defense joins suicide prevention alliance

By Army Sgt. 1st Class Michael J. Carden
American Forces Press Service

Taking care of Servicemembers is among Defense Secretary Robert M. Gates' top concerns, he said Sept. 10, and that includes preventing military suicides.

"It is always a horrible tragedy to see a Servicemember safely off the battlefield only to lose them to this scourge," Gates said. "It is the ongoing duty of this department to do everything possible to care for those who protect our nation."

Speaking at the launch of the National Action Alliance for Suicide Prevention at the National Press Club, Gates underscored the importance of a nationwide approach to suicide prevention. The alliance's strategy pools federal and private-sector research and resources in hopes of better addressing the national suicide rate.

Veterans Affairs Secretary Eric K. Shinseki and Health and Human Services Secretary Kathleen Sebelius are part of the alliance and represent the public sector on the board. Army Secretary John M. McHugh represents the public sector as co-chair.

The military suicide rate has increased steadily over the past five years, exceeding the national average of 11.1 suicides per 100,000 people. The military last year averaged 12.5, according to a Defense Department task force.

Suicide claimed 309 military members last year, and 267 troops committed suicide in 2008, the task force said. From 2005 to 2009, more than 1,100 servicemembers took their own lives, an average of one suicide every 36 hours, the task force said.

"We must and we will do better," Gates said.

Gates outlined some of the challenges the military faces in suicide prevention, citing nearly a decade of war and advancements in protection and battlefield medicine. While more troops are surviving physical injuries, psychological war wounds have taken a toll on the military, he explained.

The stigma associated with seeking help for post-traumatic stress and traumatic brain injuries also is a challenge in suicide prevention, he said, noting that such conditions can increase the risk of suicide.

"We are also confronting a historical stigma attached to these kinds of wounds — a lack of understanding that they, too, are an inevitable consequence of combat, that those fighting to recover deserve respect for their sacrifice, as well as the best state-of-the-art care," Gates said.

The Defense Department has taken several measures to reduce stress on the force and help troops and their families in need, he said.

Gates noted that the Army and Marine Corps are growing the size of their forces to increase time at home between deployments. Also, the Pentagon is working to improve access to care by adding more 2,000 mental health providers at military health care facilities. Initiatives are also under way to improve care for reserve-component troops and their families, many of whom don't have the same access to support as active-duty troops, he said.

The Pentagon's most notable — and perhaps most difficult — challenge is working to change the reluctance within the military culture to seek mental health care. Gates said troops who seek psychological care are not at risk of damaging their careers. In fact, he added, he praises their willingness to come forward.

"As with almost every issue in our military, progress on this

Warning Signs for Suicide

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life
- Contact the following for help: Protestant Chaplain, 53505; Catholic Chaplain, 52116; Employee Assistance Program (Marion Ruffing), 55362.

front comes down to leadership among those in command and leadership positions," he said. "They need to aggressively encourage those under them to seek help if needed, and also set an example by doing the same."

Tackling the military's suicide issue will translate to success in the civilian world, he added.

"In everything we do, we must remember that every Soldier, Sailor, Airman or Marine is part not just of the military, but also of a larger community," the secretary said. "Their Families, their hometowns, their civilian employers, their places of worship all must be involved in the solution."

McHugh agreed. The Army's efforts to better understand what it takes to prevent suicide among its force have determined that many of the issues are not related just to the Army and military, he said.

"Many [psychological issues] are the shared challenges that every citizen in every community in this country and indeed in every corner of this world faces — things like drug and alcohol abuse, financial hardships [and] relationship challenges," he said.

Getting people to seek help and reducing the nation's suicide rate must be a team effort, McHugh said.

"As proud as we are of what we can accomplish, we neither can nor wish to go it alone," McHugh said. "This is such an exciting opportunity and an honor for us to partner with some of the most illustrative organizations and minds, some of the most leading scholars and groups involved in this critical challenge.

"I look forward to the work ahead," he continued. "I look forward to learning and to taking those lessons back to the department."

Soccer
Season

KWAJ SPORTS



2010

Tuesday, Sept. 14
K.A.T. vs. Green Flash

FINAL SCORE: 0-2

Krystal Peterson (Green): 2 goals

Thursday, Sept. 16
Spartans JV vs. Green Flash

FINAL SCORE: 1-6

Alma Rose Ching (Spartans): 1 goal

Mandie Morris (Green): 2 goals

Christina Sylvester (Green): 2 goals

Chrystal Brasington (Green): 1 goal

Lynn Leines (Green): 1 goal

Thursday, Sept. 16
Spartans Coed vs. K.A.T.

FINAL SCORE: 1-2

Danielle Nicholson (K.A.T.): 1 goal

Ann Jahnke (K.A.T.): 1 goal

Eric Tiffany (Spartans Coed): 1 goal

Tuesday, Sept. 21
Spartans Varsity vs. Green Flash

FINAL SCORE: 5-3

Annie Hepler (Spartans): 4 goals

Mary Doerries (Spartans): 1 goal

Krystal Peterson (Green): 2 goals

Mandie Morris (Green): 1 goal

Tuesday, Sept. 14
Spartans Varsity vs. Spartans Coed

FINAL SCORE: 9-4

Annie Hepler (Spartans): 8 goals

Leimamo Wase (Spartans): 1 goal

Eric Tiffany (Spartans Coed): 1 goal

Adam Tiffany (Spartans Coed): 1 goal

Dayna Hepler (Spartans Coed): 1 goal

1 goal deflected off Spartans Varsity defender

Wednesday, Sept. 15
FC Swell vs. Locals

FINAL SCORE: 9-4

Chad McGlinn (FC Swell): 4 goals

Kenny Leines (FC Swell): 3 goals

Pat Gorman (FC Swell): 2 goals

Erik Wills (Locals): 1 goal

Mike Polzer (Locals): 1 goal

John Brook (Locals): 1 goal

1 goal deflected off FC Swell defender

Tuesday, Sept. 21
Spartans JV vs. K.A.T.

FINAL SCORE: 1-5

Alma Rose Ching (Spartans): 1 goal

Ann Jahnke (K.A.T.): 1 goal

Alex McGlinn (K.A.T.): 1 goal

Anna Sanders (K.A.T.): 1 goal

Annie Robinson (K.A.T.): 2 goals

Crime Stoppers

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

Crimes/Incidents reported or observed Sept. 8-22:

Damage to Government Property: 1

Burglary: 1

Grand Larceny: 1

Public Intoxication: 1

Stolen Property: Between June 1 and Sept. 11, person(s) unknown entered the archeology office, building 905, by force and stole the following: 11 brass small arms cartridges, a mica and ferrous metal object (possible radio part), two white ceramic insulators, two Japanese enameled metal rice bowls, a plated brass spoon (possibly Japanese) a three-ring binder containing over 100 photographs of Kwajalein between 1951 and 1953, a 1946 pamphlet titled 'Operations

Crossroads Employee's Guide, and 11 Japanese coins.

Officers observed an intoxicated subject walking in the area of the Tropics BQ. The subject was followed and observed taking a bicycle from the area and proceeded to the Ocean View club where he was apprehended for larceny and public intoxication. The bicycle was recovered and returned to the owner.

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.



Fifteen Soldiers die in Iraq, Afghanistan

Sgt. Ryan J. Hopkins, 21, of Livermore, Calif., died Jan. 8, at Brooke Army Medical Center, San Antonio, Texas, of injuries sustained in a motor pool accident in Baghdad, Iraq, on Oct. 4, 2008. At the time of the incident, he was assigned to the 64th Brigade Support Battalion, 3rd Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo. At the time of his death, he was assigned to the Warrior Transition Unit, Fort Sam Houston, San Antonio, Texas.

Senior Airman James A. Hansen, 25, of Athens, Mich., died Sept. 15 of wounds suffered during a controlled detonation at Joint Base Balad, Iraq. He was assigned to the 46th Operations Support Squadron, Eglin Air Force Base, Fla.

Sgt. John F. Burner III, 32, of Baltimore, Md., died Sept. 16, in Iskandariya, Iraq, in a non-combat related incident. He was assigned to the 63rd Signal Battalion (Expeditionary), 35th Signal Brigade, Fort Gordon, Ga.

Sgt. Aaron K. Kramer, 22, of Salt Lake City, Utah, died Sept. 16 in Kandahar, Afghanistan, of wounds suffered when insurgents attacked his unit with small arms fire. He was assigned to the 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.

Senior Airman Daniel R. Sanchez, 23, of El Paso, Texas, died Sept. 16 while conducting combat operations in Oruzgan province, Afghanistan. He was assigned to the 23rd Special Tactics Squadron, Hurlburt Field, Fla.

Spc. Deangelo B. Snow, 22, of Saginaw, Mich., died Sept. 17 in Kandahar province, Afghani-

stan, of wounds suffered when insurgents attached his vehicle with a rocket propelled grenade. He was assigned to the 526th Brigade Support Battalion, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.

1st Lt. Scott J. Fleming, 24, of Marietta, Ga., died Sept. 17 while conducting combat operations in Helmand province, Afghanistan. He was assigned to the 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, based out of Kaneohe Bay, Hawaii.

Two soldiers died while supporting Operation Enduring Freedom. They died in the Zhari district, Kandahar province, Afghanistan, of wounds suffered when insurgents attacked their unit with an improvised explosive device. They were assigned to the 1st Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky. Killed were **1st Lt. Eric Yates**, 26, of Rineyville, Ky., who died Sept. 18 and **Staff Sgt. Jaime C. Newman**, 27, of Richmond, Va., who died Sept. 17.

Sgt. 1st Class Ronald A. Grider, 30, Brighton, Ill., died Sept. 18 at Kunduz province, Afghanistan, of wounds suffered when he was struck by machine gun fire. He was assigned to U.S. Army Special Operations Command, Fort Bragg, N.C.

Spc. Timothy L. Johnson, 24, of Randolph, N.Y., died Sept. 16 in Kandahar, Afghanistan, of wounds suffered when insurgents attacked his unit with an improvised explosive device at Arghandab River Valley, Afghanistan. He was assigned to

the 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Pfc. Barbara Vieyra, 22, of Mesa, Ariz., died Sept. 18 of wounds suffered when insurgents attacked her unit using an improvised explosive device and rocket propelled grenade fire in Kunar province, Afghanistan. She was assigned to the 720th Military Police Battalion, 89th Military Police Brigade, Fort Hood, Texas

Maj. Paul D. Carron, 33, of Mo. died Sept. 18 at Qalat, Afghanistan, of injuries sustained in a non-combat related incident. He was assigned to the 2nd Squadron, 2nd Stryker Cavalry Regiment, Vilseck, Germany.

Spc. Joshua A. Harton, 23, of Bethlehem, Penn., died Sept. 18 in Kaftar Khan, Afghanistan, of wounds suffered when insurgents attacked his unit using small arms and rocket propelled grenade fire. He was assigned to the 3rd Battalion, 6th Field Artillery Regiment, 1st Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

Pfc. Joshua S. Ose, 19, of Hernando, Miss., died Sept. 20 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Senior Airman Michael J. Buras, 23, of Fitzgerald, Ga., died Sept. 21 of wounds suffered as the result of an improvised explosive device detonation in Kandahar, Afghanistan. He was assigned to the 99th Civil Engineer Squadron, Nellis Air Force Base, Nev.

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

SPI APPROVED patio cover, we need shade! Please call 51357 or 50617.

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.

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

Second Friday of the month in the REB. Times will vary. Contact the Chaplain's office, 53505, for more information.

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.

PATIO SALE

TODAY, 11 a.m.-5 p.m., quarters 124-B, in back. Computer parts, pillows, houseplants, plants, fabric, crafts, T-shirts, video tape and DVD movies, cassette tapes, reusable video tapes, blank CDs and DVDs, rugs, men's shirts, women's shorts and tops, books, decorations, clothes, shoes, assorted tools and hardware, kitchen items, wall shelves, picture frames, clothes hampers, wire shelving, houseplants, luggage, wineglasses, new photo albums, blue/white Oriental décor, tablecloths/napkins, blue/white/yellow upholstery fabric, new queen size batting and more.

SUNDAY, 7-11 a.m., quarters 457-B. Carpets, lamps, indoor and outdoor shelves, dishes, plants, fence, gazebo, toaster oven, dive weights, Q/S headboard, fans, underwater cameras. Everything priced to sell! Call 59121 or stop by.

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

MONDAY, 7-11 a.m., quarters 457-B. Same items as above.

FOR SALE

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 and microwave. Call Dale at work, 52216 or home, 52609.

KING SIZE pillow top mattress, five years old but in very good condition, \$295; small Polaroid t1035 digital camera with charger, \$65 and roller blades, sizes six and 10. Call 50165.

WATERFORD CRYSTAL and China. Call 53329.

GLASS-PRO BOAT, 23 feet, lot 4, twin Yamaha 50, average 3 gallon total fuel per hour, 48 gallon fuel tank, Icom VHF radio, fish box, Deep Freeze 130 reel with pole and lots of lures, \$40,000 or

Hospital Pharmacy Notice

Effective Oct. 1

Medications that do not require a prescription (over-the-counter medications) will no longer be available at Kwajalein hospital pharmacy. These medications and supplies can be purchased at AAFES Shopette. Employees may continue to obtain treatment with OTC medications through First Stop: 7-11 a.m.

KOJJELLA

Jino jen October 01, 2010. enaj bojrak an hospital wiia kaki uno ko im jemaron wiia jen AAFES Shoppette. Rijerbal ro rej maron wot bok uno kein jen Ejmour-Mokta (First-Stop) iloan awa kein 0700 nan 1100.

best offer. Call work, 59081, or home, 59335.

CAL 20 SAILBOAT, good condition, includes extra parts, safety gear, storage shed with tools, and 4 HP outboard kicker motor, new mooring lines and bottom recently cleaned, \$5,000. Call 51357 or 50617.

SONY DIGITAL camera with case, \$10; bar stool with swivel, \$20; dumbbell weights, \$10; barbell weights and weight bench, \$50; books, \$1.; music CD's, \$2; nice large plants, \$10 and miscellaneous bicycle parts and accessories in new condition, \$5. Call 54578 or 50723.

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. 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

Café Pacific

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 2
Breaded pork cutlet	Salisbury steak	Herb baked chicken	Spaghetti	Meatloaf	Pan fried chicken	Louisiana cajun gumbo
Eggs benedict	Teriyaki chicken	Sesame tofu	Chicken corn sautee	Breaded chicken strips	Seafood alfredo pizza	Beef/cheese turnovers
Chicken/peapod stir-fry	Vegetarian pasta	Beef tips in burgundy	Garlic toast	Vegetarian stir-fry	Taco pizza	Cornmeal fried catfish
Grill: Brunch station open	Grill: Brunch station open	Grill: Superbird	Grill: N/A	Grill: Grilled cheese	Grill: Gyro bar	Grill: Teriyaki burger
Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Shanghai sticky ribs	Swedish meatballs	Mini taco bar	Braised swiss steak	Broiled sirloin	Pork chops	Stir-fry to order
Thai shrimp pasta	Fish and chips	Oxtail stew	Baked tuscan chicken	Noodles romanoff	Chicken stew	Korean beef steak
General Tso's chicken	Oriental turkey stir-fry	Creole beans	Rice/barley casserole	Monteray chicken	Beans in broth	Chicken sukiyaki

occasions and boys dressy black shoes, like new, size 5, \$15. Call 52544 or 50798.

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 *brienne.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.

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 handline, heavy duty, ready to fish, \$25. Call Steve at 52823.

DIAMONDBACK mountain bike in very good condition, \$175. Call after 5 p.m., 53336.

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

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.

COMMUNITY NOTICES

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!

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Keeping Kwaj Clean is Really EASY!

PICK UP YOUR TRASH

- Have you noticed how windy it is here?
- If you don't pick up the trash that you see around the island chances are you'll find it later either in YOUR yard, your neighbor's yard or on its way into our pretty water.

RECYCLE

- There are recycling bins located all around the island. You can also get recycling bins for your home or office for free. When you do have an empty container that is glass, aluminum or metal, put it in the appropriate bin.

DISPOSE OF WASTE PROPERLY

- If waste isn't disposed of properly, harmful chemicals could reach our drinking water, the lagoon, air or soil. Do not dispose of gasoline, oil, or chemicals down the drain, into surface water, onto the ground, or in the trash. If you have questions just call the Environmental Office at 51134.

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The fun starts at 7 p.m.-2 a.m., tonight at the Vet's Hall. Bus transportation until 2 a.m.

THE NEXT KWAJALEIN Yacht Club meeting will be tonight at the yacht club. Happy Hour starts at 5:30 p.m., meeting at 6:30 p.m. and dinner at 7 p.m. Entree will be provided, please bring a side-dish to share. Questions call Mark at 56526.

COME HELP CELEBRATE September birthdays at 7 p.m., tonight, at Ocean View Club. September birthdays will be celebrated for Jane Cavender, Deborah Douthat, Cassie Wright, Kyle Smith, Dustin Williams and Richard Buffington.

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.

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

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.

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.

WE WILL BEGIN THE Community Cancer Support Group at 7 p.m., Oct. 1, in the Hospital Conference Room. All are welcome, cancer

<i>Café Roi</i>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 2
Roast pork	Dijon roast beef	BBQ spare ribs	Teriyaki chicken	PB/banana sandwich	Turkey/roast beef sandwich	Beef pasticio
Roast salmon puff pastry	Coconut basil chicken	Tempura mahi mahi	Coca-cola ham	Huli huli chicken	Grilled pork chops	Spinich/feta pie
Florentine quiche	Eggs benedict	Chicken lo mein	Grilled pineapple	Baked rotini pasta	Mashed potatoes	Vegetable ratatouille
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 2
Shoyu chicken	Chicken stew	Fried pork chops	Roast steamship	Roi fried chicken	Fish and chips	Marinated tri-tip
Pork adobo	Boiled brisket	Cornmeal catfish	Alice springs chicken	Meat lasagna	Bangers and mash	Grilled salmon
Spicy noodle sautee	Au gratin potatoes	Hushpuppies	Fried eggplant	Cheesy garlic bread	Steak and ale pie	Garlic mashed potatoes

survivors as well as support members. If you have questions, call 55362.

THE KWAJALEIN GOLF Association presents the 41st Kwajalein Open Golf Tournament on Oct. 11 and Oct. 17-18, at Holmberg Fairways. E-mail Jim at jimbishop1@gmail.com for tee time. Call Dick at 52295 for details about this year's tournament activities.

BEGINNING OCT. 1 Bucholz Army Airfield will be closed on Sundays. Rotor wing support is available on an emergency basis. Questions? Contact Airport Operations at 52102.

CYSS START SMART GOLF Program registration open Sept. 28-Oct. 23. Program is skill development open to boys and girls ages 4-7. Cost is \$20 per player. Program dates are Nov. 3-Dec. 8. Limited space available. Call 52158 for registration information, building 358 and contact Jason at 53796 for sports program information.

CYSS YOUTH GOLF Program registration open Sept. 28-Oct. 23. Open to boys and girls ages 8 through grade 6. Cost is \$40 per player. Program dates are Nov. 2-Dec. 17. Limited space available. Call 52158 for registration information, building 358 and contact Jason at 53796 for sports program information.

THE OPTOMETRIST, Dr. Yamamoto, will be on-island and will see patients Oct. 31-Nov. 11. Please call the Hospital at 52223 or 52224 to schedule an appointment.

HOLIDAY ARTS AND CRAFTS Show 2010 will be from 10 a.m.-2 p.m., Nov. 8, in the CRC gym. Over 50 tables featuring the unique items of Kwajalein artists, crafters and vendors. Vendor applications located on the mall bulletin board.

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.

IS TRAINING NEW fall schedule has been posted and most of the classes are open to the

Lead By Example: Switch It Off!

Reduce Mid-day Demand to Prevent Power Outages

Lights: Turn off lights when leaving a room; reduce general and overhead lighting; request reduction in hallway lighting to a safe minimum.

Equipment: Turn off printers, copiers, personal computers and monitors while idle; activate and use Energy Star® "power saver" and "sleep" features; shut off coffee pots, radios, fans and other appliances in the office.

Air Conditioning: Set thermostat to pre-cool spaces at off-peak times; loosen clothing and dress casually during the warmest hours; make certain vent grills are not blocked by plants, books or furnishings.



community. Please contact it.training@smdc.k.smdc.army.army.mil or call 50787 for more information.

SUNRISE BAKERY Weekly Bread Specials Return! Featuring Jalapeno/Cheddar loaves and Parmesan/Garlic Italian loaves every Thursday. Questions? Contact Darren Moore at 53445 or 55599.

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.Woundy.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.

THE BARGAIN BAZAAR will pick up household goods at your quarters on the first Monday of each month. If you would like to schedule a

pick up please leave a message on the store's voicemail at 53686. Sorry, no large furniture can be accepted.

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.

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.

Weather courtesy of RTS Weather

Sunday: Partly sunny, 10 percent showers. Winds: E-ESE at 4-9 knots.

Monday: Mostly sunny, <10 percent showers. Winds: E-ESE at 5-10 knots.

Tuesday: Mostly sunny, 10 percent showers. Winds: ENE-ESE at 5-10 knots.

Wednesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 7-12 knots.

Thursday: Partly sunny, 20 percent showers. Winds: ENE-E at 7-12 knots.

Friday: Partly sunny, 20 percent showers. Winds: ENE-E at 8-13 knots.

Annual total: 45.26 inches

Annual deviation: -21.85 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	6:38 a.m./6:43 p.m.	8:28 p.m./8:26 a.m.	5:16 a.m., 4.0' 5:31 p.m., 4.4'	11:18 a.m., 0.5' 11:44 p.m., 0.4'
Monday	6:38 a.m./6:43 p.m.	9:14 p.m./9:15 a.m.	5:42 a.m., 3.8' 5:57 p.m., 4.3'	11:41 a.m., 0.3'
Tuesday	6:38 a.m./6:42 p.m.	10:03 p.m./10:07 a.m.	6:09 a.m., 3.4' 6:27 p.m., 4.0'	12:14 a.m., 0.2' 12:06 p.m., 0.1'
Wednesday	6:38 a.m./6:41 p.m.	10:57 p.m./11:01 a.m.	6:40 a.m., 3.0' 7:03 p.m., 3.7'	12:48 a.m., 0.1' 12:44 p.m., 0.2'
Thursday	6:38 a.m./6:41 p.m.	11:53 p.m./11:57 a.m.	7:20 a.m., 2.5' 7:55 p.m., 3.3'	1:32 a.m., 0.5' 1:11 p.m., 0.7'
Friday	6:37 a.m./6:40 p.m.	/12:52 p.m.	8:32 a.m., 2.1' 9:33 p.m., 3.0'	2:46 p.m., 1.0' 2:15 p.m., 1.1'
Oct. 2	6:37 a.m./6:40 p.m.	12:51 a.m./1:46 p.m.	11:29 a.m., 2.0' 11:53 p.m., 3.1'	5:12 a.m., 1.1' 4:56 p.m., 1.3'