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THE KWAJALEIN HOURGLASS



Environmental engineer Kevin Russell, a member of the U.S. Army Public Health Command dive team, collects and records samples of sediment from the Kwajalein harbor.

For more, see page 3.

Photo courtesy of Dr. Lisa Ruth

THUMBS DOWN



- To people who litter the beaches with cigarette butts and bottle caps. Clean up after yourself and leave the glass bottles at home!
- To Emon pavilion users at night whose music volume is not considerate of the housing areas closest to Emon Beach. Please keep your music at a respectable level.

THUMBS UP



- To the gracious donors to the Grace Sherwood Library. Thanks to you the library has added several books to circulation!
- To those who continue to keep the island clean and beautiful through the Adopt-an-Area program.

SWING INTO A GOOD BOOK!
AT THE...
GRACE SHERWOOD LIBRARY!

Sign-up during regular library hours to be part of the Summer Reading Program! Earn prizes until Aug. 17. All ages welcome.

THE RUMOR MILL



Col. Joseph Gaines addresses circulating rumors head-on. Rumors can earn from one to five ears. One ear is an unfounded rumor, while a rumor earning five ears is the truth.

Rumor: Since pedestrians always have the right of way, they can walk or jog anywhere they want around Roi and Kwajalein, regardless of traffic.

This is false. Pedestrians should use sidewalks and designated crossing areas where available, always looking both ways before crossing the street. They should stay to the left side on all roadways, not just around the airfield. Walking or jogging against the flow of traffic allows pedestrians to see oncoming traffic and be seen by oncoming motorists and cyclists. As always, cyclists should follow the same rules as vehicles and ride on the right side of the road. Anyone with questions regarding this should contact the PMO's office at 52124.



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.

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Photos courtesy of Dr. Lisa Ruth

Members of the U.S. Army Public Health Command dive team get ready to collect and record samples of sediment from the Kwajalein harbor. They visited Kwajalein to conduct a study on harbor sediment contamination. From left, Dr. Lisa Ruth, Ellyce Bushong, Kathleen Simmers and Kevin Russell.

Divers collect samples of sediment from Kwajalein harbor, test for contaminants

By Sheila Gideon
Managing Editor

Diving is their job – at least while they are at U.S. Army Kwajalein Atoll. A dive team from the U.S. Army Public Health Command visited Kwajalein in July to conduct an investigation for harbor sediment contamination. Their primary focus was to compare this year’s results with those collected in 2005, when the study was first conducted; they collected a new set of samples and made observations of effects on marine life in the harbor. The team included Dr. Lisa Ruth, aquatic biologist; Kathleen Simmers, environmental engineer and team supervisor; Kevin Russell, environmental engineer; and Ellyce Bushong, University of Maryland intern. The team works out of Aberdeen Proving Ground, Md. They arrived July 12 and departed Tuesday, finishing their work four days

in advance. The team was requested to come out to Kwajalein and conduct the study by Anthony Hoover, USAKA environmental engineer. “The information they collected will be included in an Ecological Risk Assessment related to contaminated sediments in the harbor,” Hoover stated.

Ruth and Simmers first visited in 2005 to conduct a study in the harbor “to sort of delineate the nature and extent of contamination around the whole harbor,” Ruth explained. “We looked at all different kinds of contaminants, what might be there, and that prompted this particular study.” As expected, elevated levels of metals and pesticides were found in the harbor; however, the concentration was evenly spread, suggesting there was no widespread contamination source

See HARBOR DIVERS, page 6

Wreck-diving journalist visits Kwajalein, Roi for article series, video documentary

By Sheila Gideon
Managing Editor

Admit it. She makes you a little jealous that she gets paid to dive. Barbara Buchanan works for *Wreck Diving Magazine*, a quarterly publication that focuses on the historical aspect of diving. She is here for six weeks, documenting and filming as many Kwajalein and Roi wrecks as she can for a series of articles and eventually a three to four part video documentary. She arrived July 4 and is set to head home to Wilmington, N.C. Aug. 15.

History of wrecks is what Buchanan seeks to discover out here. "*Wreck Diving Magazine* is all about the history. ...There's a lot of history here and the Battle of Kwajalein is very famous," she commented. "Not too many people get the privilege to be able to see the wrecks, so filming them is pretty much why I'm here."

While Buchanan appreciates the aquatic life here, she is most interested in the historical monstrosities that loom underwater. "I love history so I focus on wrecks," Buchanan said. Her project is not just about enjoyment; she also strives to preserve the wrecks before they deteriorate. "That's why it's very important to me to be able to document them ... now. Eventually, the salt water is going to eat them up and they're not going to be there." She is looking to help preserve the past through her documentary. "The only

thing you're going to have [in the future] is photography or video."

Buchanan planned this trip for six weeks. She goes out on a boat every day the small boat marina is open and tries to fit in as many dives as she can. Six weeks may seem like a long time, but with all the wrecks and all the history here at Kwajalein, it really isn't enough. She has already planned another trip for next year, with a crew, to continue her work here.

Her first trip to Kwajalein was in June 2010 for one week. During that trip she focused on the *Prinz Eugen*. After meeting and talking with Dan Farnham, our resident wreck diver, she was turned on to the 'Glens.' They are a pair of submarine-based reconnaissance aircraft discovered in Kwajalein waters. "They're the only two Glens known in the world. Archeologically- and historically-wise, that is very important," Buchanan stated. "That is a big prize." The fall issue of *Wreck Diving Magazine* will have Buchanan's story on the 'Glens' and the issue following will have her part II on the *Prinz Eugen*.

As for the documentary, Buchanan has experience filming them. Last year, after leaving Kwajalein, she and a team of seven went to Japan to film a Russian submarine that was sunk during the Cold War. "Once we get it documented and filmed, we'll get it put together for a network," she said.

Buchanan got interested in the histo-



Photos by Dan Farnham

Barbara Buchanan is on a six-week visit at Kwajalein, diving the historical wrecks for a series of articles and a video documentary.

ry part of diving when she became certified in 1991. "At first I was all about the fish and everything; then I got into photography," she said. "Shortly after that I got into videography. Being in North Carolina, my backyard is basically full of war ships. So when I would dive locally, that's all we had was ship wrecks and I just loved it." After seeing the wrecks, it sparked all sorts of questions for her: How did it get here? Who sunk it? "You start getting into the history of things because you want to know. At least I did." That is what eventually led her to Kwajalein.

Buchanan has dived all over the world, but keeps coming back to the South Pacific in particular. "As far as other places in the world, I would say this is one of the top five [places to dive]." Truk Lagoon and Bikini Island are also places she recommends history buffs to dive.

Buchanan's work can be seen in upcoming issues of *Wreck Diving Magazine*. It will be a few years before the video documentary is compiled, produced and picked up by a network. Until then, she will continue her search for the world's most interesting wreck dives and keep all the 200 or so members of Kwajalein Scuba Club green with envy for having such an interesting and pleasurable job.



Barbara Buchanan shoots footage of a Japanese 'Jake' plane wreck near Ebeye June 7, 2010, during her first visit to Kwajalein Atoll.

Residents have multiple shipping options

By Catherine Layton
Associate Editor

The post office plays an important role in the lives of island residents. Boxes and packages containing everything from medications to children's toys flow through our little hard-working and efficient post office. There are some limitations, though; you can't send or receive anything weighing more than 70 pounds, or bigger than 130 inches, length plus girth. Time is always a bit tricky, too. Some things get out here within a week, while other boxes can take 30 days. According to Karla Long, Postal Manager, the fastest service is First Class/Priority. "We do not have EXPRESS mail due to our location and military flights." There are some cost-saving ways to ship some items as well. "Media rate is the most economical for books, movies, CD's and paper, but it must be only those products and nothing else. The heavier you pack the box, up to 70 pounds, the better rate you get," said Long.

Residents do have some other options when it comes to getting various items. For large personal items, the Supply and Transportation Department on Kwajalein can handle the shipments via the barge *Islander*. Generally, send an e-mail to Jimmy Matsunaga, Kwajalein Transportation Manager, detailing what you want to ship, where the item is coming from, along with the weight and size of the shipment and approximate delivery date of the item to the KRS facility in San Leandro, Calif. When you get approval back from Matsunaga, you can arrange delivery of your item to the San Leandro facility. Though it may take some time, usually up to eight weeks, it can be well worth the wait. Refer to standard practice instruction 1703, revision 2, titled "Requesting and Authorizing the Transportation of Personal Items via the Vessel *Islander*" for all the details on shipments through the supply and transportation department.

A couple other options are available for time-sensitive shipments, but the extra time you save will probably cost you. Continental offers a service called "QUICKPAK," designed for airport to airport shipments. Dimensions for shipments within the U.S. should not exceed 90 linear inches, length plus width plus height and the maximum gross weight per package is 100 pounds. For international shipments, use the U.S. limit as guidelines, but sizes are restricted by aircraft limits for size and weight per piece, but can be determined at the airport. Your minimum cost for this service starts at \$90. For more information, go to Continental's Web site, or contact Rinky Batongtong at 58660 at the Kwajalein airport.

Kezin Lotte holds a community activities vendor license and utilizes both DHL and UPS to get his orders shipped to Kwajalein. Both companies require a physical address, so your quarter's number and street name can be used, along with the zip code of "96970" for the Marshall Islands, such as:

Your Name
100-A 6th Street
Kwajalein, Kwajalein
Marshall Islands, 96970

It is also required you have your phone number listed on the package. You do have to track your package as well, as Lotte explains, "DHL packages require some intervention to make sure the package is flagged in Guam for Kwajalein delivery. You would have to follow your package online and when it is about to arrive in Guam, you contact the office there and give them your waybill number and they will make sure it is directed to Kwajalein and not Majuro, which is the default destination for Marshall Islands."

FedEx and UPS are viable alternatives for shipping and delivery as well. To ship something from Florida to Kwajalein using either of these services, it will cost you around \$160 for a five-pound package. In order to ship from here, the commercial companies require an account with that company. Visit the respective Web sites to find your best shipping options.



HARBOR DIVERS, from page 3

and no threat to human or marine health. The proposed action at the time was to continue monitoring for future spikes in concentration. This year, both USAKA and Space and Missile Defense Command supported the decision to have the Public Health Command team return to look at the harbor further and determine if there are any ecological effects due to the state of the harbor. "The goal of this [trip] was to see if anything we found in 2005 would have an adverse effect on the ecological receptors in the harbor [and to] make sure there's nothing

causing adverse effects to harbor organisms," explained Ruth.

Each day, the team headed out to the environmental warehouse to pack up their gear. "We had great support [from] the small boat marina," Ruth said. "We had two really great Marshallese mariners that came out with us and took us all around the harbor. Coming into the project, we knew we had 30 planned sites throughout the harbor, primarily around the fuel pier, Echo Pier and the dry dock ship-lift area." Usually, two divers were in the water while two people were

doing collection at the surface. The two divers submerged with mesh bags filled with various bottles to collect sediment, overlying water and port water, which is the water down within the sediment particles. The water samples were sent to the surface using a vacuum pump. The two team members up on boat support filled and labeled the bottles; they then communicated to the divers when they were set and let them know it was OK to move to the next site.

The team jumped at the opportunity to dive while at USAKA. "We all sort of vie for the ability to go in the water and not be stuck on the boat," Ruth joked. "It's a lot more interesting, a lot more fun. It's interesting to dive for a scientific purpose." Working underwater also comes with its challenges; something that would be very easy to do on land can be rather difficult when in dive gear 50 feet down. Even roping off a quadrant to take samples from can be time-consuming and complex. "It's a really different, neat kind of way to work together as a team," Ruth stated.

The team departed Tuesday and took the samples back to their lab in Maryland. "The data will determine what happens next and what the recommendation will be," Ruth explained.

As of right now, Ruth and other members from Public Health Command are coming out in September to do similar work at the landfill. "We've got a couple things in the works, depending on funding and what the data comes out to this time," Ruth said.



Ellyce Bushong, an intern from University of Maryland, working with the U.S. Army Public Health Command dive team, collects sediment samples from the Kwajalein harbor.



AAFES Exchanges offering \$4,200 for healthy after-school snack recipes

By Sgt. 1st Class Jon Cupp
Exchange Pacific Region Public Affairs

The Army & Air Force Exchange Service is putting its money where its mouth is as it will dole out \$4,200 in winnings for the tastiest, healthiest after-school snack recipes.

The winner of the "Patriot Family Healthy Snack Recipe Contest" will sink their teeth into a \$1,500 Exchange gift card and their choice of a fitness item, valued up to \$600, provided by Icon Sports. Second place will scarf down a \$750 gift card, along with a fitness item valued at up to \$600, while the third and fourth best recipes will receive \$500 and \$250, re-

spectively.

"Military shoppers can 'dig in' to this 'tasty' contest," said the Exchange Pacific Region's Senior Enlisted Advisor Sgt. Maj. James A. Pigford. "In addition to the great prizes offered, the winners will also be featured on Operation Be-

Fit and Patriot Family Connection Web sites as well as the 'Taste of Home' Web site and magazine."

Entries must include an original photo of the healthy after-school snack and 50 words describing the origin of the recipe. A complete list of rules, as well as detailed information on entry, can be found at <http://www.shopmyexchange.com/Community/patriotfamily/contests.htm>. The deadline for entering the "Patriot Family Healthy Snack Recipe Contest" is Aug. 11.

Winners will be determined based on criteria that includes flavor, originality, healthy ingredients, ease of preparation and feasibility. Winning entries will be selected on or about Sept. 30.



Tip of the Week

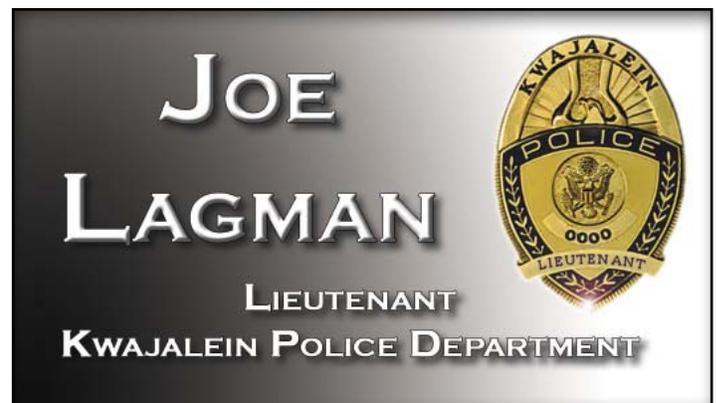
Make sure you know the rules of the road

Bicyclists are required to operate bicycles on the right side of the road. You may ride no more than two abreast when no other motor vehicles are traveling in the same direction as you are riding. When a bicyclist is approached from behind by a motor vehicle, riders should move into a single file until the vehicle has passed. Bicyclists will use hand and arm signals when turning.

Bicyclists should operate the bicycle at a speed that is reasonable and prudent under existing conditions and should never exceed posted speed limits. No bicyclist may cling to a motor vehicle while moving along any roadway. All riders need to keep at least one hand upon the handlebars at all times. Carrying passengers on bicycles is prohibited except when carrying a young child or infant secured in an infant pouch or a permanent seat. Use of a cell phone is prohibited while riding a bicycle or operating a vehicle.

Bicycle registration is mandatory. Bicycle owners need to register their bicycle within two weeks of buying, making or receiving a bicycle as a gift. Registration requires a bill of sale from the previous registered owner or both parties present at KPD for registration. Personnel departing U.S. Army Kwajalein Atoll/Reagan Test Site who leave a bicycle behind must show the disposition of the bicycle to KPD.

All vehicle operators must have a valid license to



operate a vehicle. After the first 30 days of residency, the operator must obtain a USAKA/RTS driver's license. Posted ground guides must be used when the driver of a vehicle over 1/2 ton operates the vehicle in reverse. Operators and passengers need to wear seat belts when the vehicle is so equipped. Once again, it is prohibited to utilize a cell phone while operating a vehicle or a bicycle. All personnel being transported as passengers in the bed of a truck or trailer, covered or uncovered, should sit directly on the floor of the truck unless the truck is equipped with installed seating devices.



DISPATCH FROM ROI



Photo by Sheila Gideon



Photo by Laura Pasquarella-Swain



Photo by Sheila Gideon

ROI RECIPES BY CAROL RIVARD

CAFÉ ROI
SHIFT SUPERVISOR



When you have extra fish, like from the Genovese fish recipe (featured in the July 23 issue of the *Hourglass*), but not enough for an actual meal, this is a great way to stretch what's left into a fun appetizer or sandwich. The coolness of the cucumber sauce perfectly compliments the zesty flavor of the fish cakes.

Recipe: Fabulous Fish Cakes

- | | |
|--|---------------------------------|
| 4 c. cooked fish such as Salmon or Ono, crumbled into small pieces | |
| 1 small onion - diced very fine | 1 c. shredded parmesan |
| 1 red bell pepper - diced small | 2 c. panko bread crumbs |
| 3 stalks celery - diced small | Salt, pepper, granulated garlic |
| 1 to 2 c. mayonnaise | 2 Tbs. dried dill |
| ¼ c. horseradish | ½ c. lemon juice |

In a frying pan over medium heat sauté onion, pepper and celery with olive oil. Allow vegetables to cool briefly. In a big bowl, gently mix together all ingredients, including vegetables. The mixture should be moist and hold together but not too wet; add more bread crumbs if necessary. Form into patties, small for appetizer portions or larger for sandwiches or to serve as an entrée. Fry patties in olive oil over medium high heat. Serve with cucumber-yogurt sauce below.

Cucumber Sauce: 1 cucumber, peeled, deseeded and shredded; juice of one lemon; ¼ c. green onion, chopped very small; 2 c. plain yogurt; salt and pepper. Combine all ingredients and serve.

View from Kwaj

Submit your own photo! E-mail to hourglass@smdck.smdc.army.mil.



By Catherine Layton



By Sheila Gideon



By Sheila Gideon



By Col. Joseph Gaines



By Sheila Gideon



By Sheila Gideon



By Melissa Peacock



By Sheila Gideon

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, substitute teacher and HR temp pool office support. Questions? Call 54916.

PATIO SALE

MONDAY, 7 a.m.–noon, quarters 136-B. Men's and women's clothing, kitchen and household items and gas grill.

MONDAY, 7-11 a.m., quarters 481-A, back patio. Rain cancels.

Religious Services

Catholic

5:30 p.m., Saturday,
Island Memorial Chapel
9:15 a.m., Sunday,
Island Memorial Chapel
4:45 p.m., Tuesday through Friday,
Island Memorial Chapel

Protestant

8 and 11 a.m., Sunday, on Kwaj.
Roi-Namur service at 7 p.m. on Friday

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.

MONDAY, 8–11 a.m., quarters 211-B. Kitchen and household items, clothing and various furniture.

WANTED

PERSON(S) TO FILM and edit a live musical performance. Primary objective is to compile samples of live shows at venues on Kwaj into a short video to be distributed to prospective agents or employers. Requisite format is "Windows Media." Further details on request. Contact Karaoke Dan at 52349.

FOUND

RED INSULATED BAG on Lagoon Road in front of the Vet's Hall. Call Lyn at 55105 or 54913 to claim.

SILVER EARRING at the Adult Pool on July 18. Call Jude at 51293 to claim.

NEW KSC towel near Emon Beach July 4. Call 51675 with a description to claim.

LOST

RED WRAP-AROUND sunglasses lost sometime in the past few weeks; may have left them at the Adult Pool or KYC. Call Jude at 51293 if found.

DIVE REGULATOR. Call Valeska at 51666.

FOR SALE

SOLID WOOD TABLE, seats six, \$50; antique rocking chair, wood and cloth, \$50; solid wood bunk bed set with mattresses, \$200; boys kick scooter, \$20 and headphone amp with four inputs, \$75. Prices are as recommended or best offer. Call 59363 after 5 p.m. or leave a message.

IPOD NANO, 8GB, blue color with protective case and accessories, \$100; Canon Pixma iP6000D printer, \$50; alto saxophone; and men's aviator polarized sunglasses, new with bag, \$20. Call 52525.

HITACHI 52-INCH big screen TV, high definition, rear projection, beautiful picture, awesome for gaming, come see, you won't be disappointed, \$250 or best offer. Call 54876.

SMALL REFRIGERATOR, \$50; Magic Bullet smoothie/drink-maker with several pieces, \$15; treadmill, \$250; dishes, island tropical design, \$20; lamps, stand up, \$10; aluminum frame men's bike, one year old, \$40; cordless phone, two handsets, \$20; personal shredder,

\$5; leaf blower, \$15 and dishes, off-white, small and large size, 5-piece, \$10. Call 58200 or 54619.

AMANA MICROWAVE, excellent condition, \$40. Call Debbie at 58822.

DVD MOVIES, six for \$30, 12 for \$50; three-shelf bookcase, \$20; books; Rubbermaid storage shed, \$40 and electronic parts. Call 52742 or view at quarters 485-B.

WORKOUT VEST with weights, up to 65 pounds, \$50; chair, solid wood, \$50; roltop desk, solid wood, \$100; crock pot slow cooker, seven quart capacity, \$35. Call 52517.

BROTHER 7720 multi-function laser printer/copier with two spare toners, excellent condition, \$95; Sun bike, very good condition, \$100; bagless vacuum, good condition, \$25 and bookcase, 3x4 feet, \$20. Call 50798 or 52544.

XBOX WITH nine games and three controllers, \$50. Call Dave at 51480, evenings and weekends.

LADIES LARGE BC, Aqua Lung Diva XLT with airtsource, in excellent shape. Call 54365 after work hours.

SINGER SEWING machine, \$50; eight-piece dish set, never opened, \$50; two tool boxes, \$15 each; JVC DVD player, \$35 and two cordless phones, \$5 each. Call 52479.

SELMER CL300 clarinet, \$100. Call 51061 after 5 p.m.

ISLAND THEME indoor/outdoor carpet with palm trees, 27x42 inches, good condition, \$15. Call 53438.

ALUMINUM DIVE cart, \$50; two-drawer wooden file cabinet, \$20; secretary chair, \$20; small one-drawer desk, \$25; two golf pull carts, \$15 each; 8x12-foot Southwest design wool rug, \$75; round metal patio table, \$15; assorted PVC patio chairs, \$4 each; Weber kettle charcoal grill, \$15 and large plants, \$5 each. Call 52262 before 9 p.m.

SCUBA PRO Classic Plus BC, great condition, \$250; Scuba Pro Air II regulator and inflator, \$100; UK D-8 underwater dive light, new, with eight D-cell batteries, \$50; 3mm front zip "Shorty" wetsuit, size XL, new, \$50; dive gear bag, \$20 and snorkel gear bag, \$10. Call 52161 after 5 p.m.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 6
Carved Steamship Beef	Grilled Pork Chops	Beef Stroganoff	Teriyaki Burger	Hot Sicilian Hoagies	Mini Taco Bar	Savory Pot Roast
Vegetable Ragù	Herb Roast Chicken	Chicken Piccata	Roast Pork	Swiss Steak	Kalua Pork/Cabbage	Turkey Tetrazzini
Chicken ala Orange	Ham Marco Polo	Grilled Hot Dogs	Thai Chicken	Tuna Casserole	BBQ Beef Ribs	Chili Dog

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 6
Cantonese Pork Loin	Hamburger Steak	Kwaj Fried Chicken	Carved Tip Roast	Roast Turkey Dinner	BYO Baked Potato Bar	Shanghai Sticky Ribs
Baked Tandour Chicken	Turkey/Peapod Stir-fry	Battered Fish	Garlic Roast Chicken	Ham Steak Hawaiian	Chicken Cacciatore	Thai Shrimp Pasta
Fried Eggplant	Chef's Choice Entree	Hawaiian Chopped Steak	Baked Potatoes	Vegetarian Pasta	Tortellini Carbonara	Genral Tso's Chicken

BQ-SIZE REFRIGERATOR; 72-quart cooler; George Foreman G5 electric grill, new; fishing gear, rods, reels, lures, gaff; Black and Decker circular saw and drill with bits; 6x30 Asahi-Pentax binoculars; Astro-Scan telescope with lens; electronic dart board, new; wireless infrared headphones, new; cased BBQ utensils, new; rock tumbler/polisher kit; two-piece Budweiser pool cue; 1,000-ft spool No.4 nylon cord and double electric hot plate. Call 53669 between 8:30 a.m.-2 p.m.

LAST CHANCE PCS SALE. Trolling pole with Penn Senator 12/0 reel, \$275; Trolling pole with Penn Senator 16/0 reel, \$400; high gain TV antenna, good condition, \$25, available Aug. 1; bookshelves, \$5 each; 19-inch Hitachi color TV, \$50, available Aug. 1; microwave oven, \$50, available Aug. 1; trolling handline, heavy duty, \$20; bike parts for Huffy and Sun, make offer by part or for all; padded recliner chair, Kwaj-condition, \$5; carpet, light blue, 8x10 feet, \$5; Sun bikes, working Kwaj-condition, \$25 each; Mr. Coffee coffeemaker, 12-cup, available Aug. 1, \$5; Riffe metaltech 56-inch speargun with two spare shafts, \$400; two Hawaiian slings, \$15 each; fishing lures and skirts, prices vary; large cast net, good condition, \$35. Call 52823 or drop by quarters 123-D anytime.

QUEEN-SIZE FEATHERBED, \$75; Apelco waterproof handheld radio with case, \$30; folding wall table, \$15; solderless electrical terminal kit, \$10; Alvin drafting kit, \$10 and mask, snorkel, fins, dive knife and mesh bag, \$10. Call 51889.

GRILL WITH side stove, one year old, \$100; RCA stereo with subwoofer, great condition, \$125; two-drawer wooden filing cabinet, \$20; giant tropical plants, \$10 each; dehumidifier, Soleus Air DP1-70-03, 70 Pint Portable Energy Star, \$150; Oxo mandoline, \$20; deep fryer with two baskets, \$30; baby Cook food steamer and processor, \$40; Pottery Barn baby clothing cabinet, \$50; four olive green sheer curtains with decorative rod, \$20; two new floral travel pillows, \$10 each; Medela Swing breast pump, barely used, \$100; baby bottle drying rack, \$4; baby bottle tray for dishwasher, \$4; maternity clothes, \$5 per item; baby clothes, 3-12 months, \$5 per item; Boppy pillow, \$20; Snuggle nest, \$20 and Medela baby bottles, \$1 each. Call 54396.

BARBIES, \$.50 each; girls clothing, \$2 each; girls bike helmet, \$2; DSI "Wizards of Waverly

SCHEDULE OF EVENTS

8 p.m., Aug. 6: Karaoke **8 p.m., Aug. 20: Karaoke**

7:30 p.m., Aug. 12: Quizzo.
Questions, contact Neil Dye. **7:30 p.m., Aug. 26: Quizzo.**
Questions, contact Neil Dye.

8 p.m., Aug. 13: Country Night.
Come down and two-step,
Cha-Cha or just hang out.

8 p.m., Aug. 28:
The Insane
Gecko Posse. Get
off the couch and
come out and
enjoy some Rock
& Roll with the
Posse!

Aug. 14: Sunday Night Steak Dinner.
Tickets are \$20 and available at the
Vet's Hall and from Post #44 members.
All proceeds donated to Veterans
Charities. Questions, contact Mike
Woundy.

5:30 p.m., Sept. 4: Mongolian BBQ. Tickets are \$35 for
adults, \$15 for children and available at the Vet's Hall
and from Post #44 members. All proceeds donated to
Veterans Charities. For more information or questions,
contact Lisa Marks or Mike Woundy.

Place" game, \$25; pumpkin Halloween basket, \$.50; building blocks, \$2; kids tea party set, \$5; crayons, \$.25; toys, \$.25-1 and stuffed animals, \$1 each. Call 54396.

COMMUNITY NOTICES

THE UNIVERSITY OF Maryland requests feedback from potential students interested in enrolling in face-to-face classes that could be offered later this year. Call Jane Russell at 52800 between 1-5 p.m., Tuesday through Saturday. E-mail jrussell@asia.umuc.edu with questions regarding classes and pick up a UMUC catalog.

THE FAMILY POOL and Adult Pool will be closed Aug. 10-13 for intake pipe cleaning. Pools will re-open Aug. 14.

THIRD ANNUAL Grace Sherwood Library Art Show is from 6-8 p.m., Sept. 17. See Denise Dorn for more details or to register your work of art. All media welcome.

AS A REMINDER, children under the age of 10 years must be accompanied at all times by a responsible person aged 15 years or older when at the Family Pool or Emon Beach.

KARAOKE SUNDAY Nights at the Ocean

View are from 8 p.m. to 1 a.m. Join us every Sunday for singing, cocktails and fun. Questions, call Darren at 55599.

THE MICRONESIAN Handicraft Shop announces a new shipment from Pohnpei including sharks, turtles, dolphins, tunas, mobiles and weavings. We also have an excellent assortment of weavings, baskets, handbags and ornaments from the Marshall Islands and masks from Chuuk. The Mic Shop is run by the YYWC and proceeds fund educational grants in the Marshall Islands and Micronesia.

E-TALK. Household batteries should be stored in a secure, dry place and out of the reach of children and pets. Tape over terminals so electrodes are covered. Large batteries generated by individuals may be turned in at the Roundhouse Collection Area, building 987. Smaller batteries may be placed in recycling bins, or dropped off at AAFES Shoppette.

SAFELY SPEAKING. Alcohol affects balance and coordination, two important skills for riding a bike. Don't drink and drive!

HAND SAFETY. Wear special rubber gloves for insulation against electricity.

Café Roi

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 6
Sunday	Herb Pork Loin	Cheeseburger	Sweet/Spicy Meatballs	Turkey/Swiss Croissant	Yankee Pot Roast	Bacon Cheeseburger
London Broil	Creole Chicken	Parmesan Breaded Fish	Asian Chicken Sand.	Beef Pot Pie	Roast Salmon	Chicken Wings
Smoky Mountain Chicken	Breakfast Jack	Battered Chicken Strips	Stir-fry Veggies	Grilled Chicken	Vegetable Medley	Potato Wedges
Veggie Frittata						

Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 6
Roasted Turkey Breast	Assorted Pizzas	Meatloaf	Carved Steamship	Fried Chicken	Carnitas Enchiladas	Beef Tortellini Alfredo
Grilled Pork Chops	Baked Ziti	Chicken Fried Chicken	Chef's Special	Pork Loin	Chicken Fajitas	Chicken Parmesan
Baked Breadsticks	Pasta Primavera	Garlic Mashed Potatoes	Baked Potatoes	Macaroni and Cheese	BYO Nachos	Spaghetti Marinara

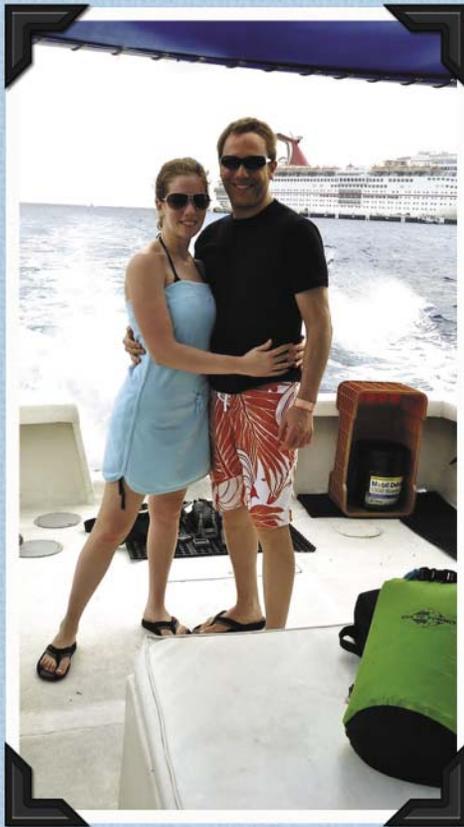


Photo courtesy of Marissa Brown

Yokwe!

Peter and Marissa Brown arrived on Kwajalein along with their "spoiled rotten" cat, Dozer, age 4, from Washington, D.C. Originally the Brown's hail from the West Coast. Peter is an Enterprise systems administrator and Marissa is excited to be self-described "Island fluff" for now. They are excited about diving, sailing and snorkeling, but also "not being stuck in traffic!" The couple is looking forward to travelling to other "close-by" neighbors, such as Guam, Saipan and Pohnpei. They are already loving island life and want to thank everyone for such a warm welcome.

Military Casualties

Cpl. Raphael R. Arruda, 21, of Ogden, Utah, died July 16 in Kunar province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 416th Theater Engineer Command, Ogden, Utah.

Two Soldiers died supporting Operation Enduring Freedom. They died July 19 in Kunar province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. They were assigned to the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, Schofield Barracks, Hawaii. Killed were **Staff Sgt. James M. Christen**, 29, of Loomis, Calif.; and **Sgt. Jacob Molina**, 27, of Houston, Texas.

Sgt. Omar A. Jones, 28, of Crook, Colo., died July 18, in Balkh province, Afghanistan. He was assigned to the 126th Chemical Battalion, 92nd Troop Command, Nebraska Army National Guard, Wahoo, Neb.

Master Sgt. Benjamin A. Stevenson, 36, of Canyon Lake, Texas, died July 21 in Paktika province, Afghanistan, of wounds suffered when insurgents attacked his unit using small arms fire. He was assigned to the U.S. Army Special Operations Command, Fort Bragg, N.C.



Don't forget to notify the post office when you leave island by filling out a vacation slip, form PS3801. Mail can only be held 30 days without notification. Forms are located in the post office lobby.

Weather

Courtesy of RTS Weather

Sunday: Mostly sunny, 10 percent showers. Winds: E at 5 - 10 knots
 Monday: Partly sunny, 20 percent showers. Winds: E-ESE at 8 - 13 knots
 Tuesday: Partly sunny, 30 percent showers. Winds: E at 5 - 10 knots
 Wednesday: Partly sunny, 10 percent showers. Winds: E-ESE at 4 - 9 knots
 Thursday: Partly sunny, 20 percent showers. Winds: E at 10 knots
 Friday: Mostly sunny, 10 percent showers. Winds: E-ESE at 5 knots

Annual total: 58.33 inches
 Annual deviation: + 11.63 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:40 a.m./7:11 p.m.	6:43 a.m./7:26 p.m.	4:28 a.m., 4.9' 4:52 p.m., 4.0'	10:51 a.m., -0.9' 10:47 p.m., -0.7'
Monday	6:40 a.m./7:10 p.m.	7:39 a.m./8:15 p.m.	5:04 a.m., 5.1' 5:28 p.m., 4.2'	11:26 a.m., -1.0' 11:25 p.m., -0.7'
Tuesday	6:41 a.m./7:10 p.m.	8:35 a.m./9:03 p.m.	5:40 a.m., 5.0' 6:05 p.m., 4.3'	12:00 p.m., -0.9'
Wednesday	6:41 a.m./7:10 p.m.	9:30 a.m./9:50 p.m.	6:17 a.m., 4.8' 6:43 p.m., 4.2'	12:35 p.m., -0.8' 12:04 a.m., -0.6
Thursday	6:41 a.m./7:10 p.m.	10:25 a.m./10:39 p.m.	6:55 a.m., 4.4' 7:24 p.m., 4.0'	1:10 p.m., -0.5' 12:45 a.m., -0.4'
Friday	6:41 a.m./7:09 p.m.	11:22 a.m./11:29 p.m.	7:35 a.m., 3.8' 8:10 p.m., 3.8'	1:49 p.m., -0.1 1:30 a.m., 0.0'
Aug. 6	6:41 a.m./7:09 p.m.	12:19 p.m. /	8:20 a.m., 3.2' 9:08 p.m., 3.4'	2:32 p.m., 0.4' 2:22 a.m., 0.5'