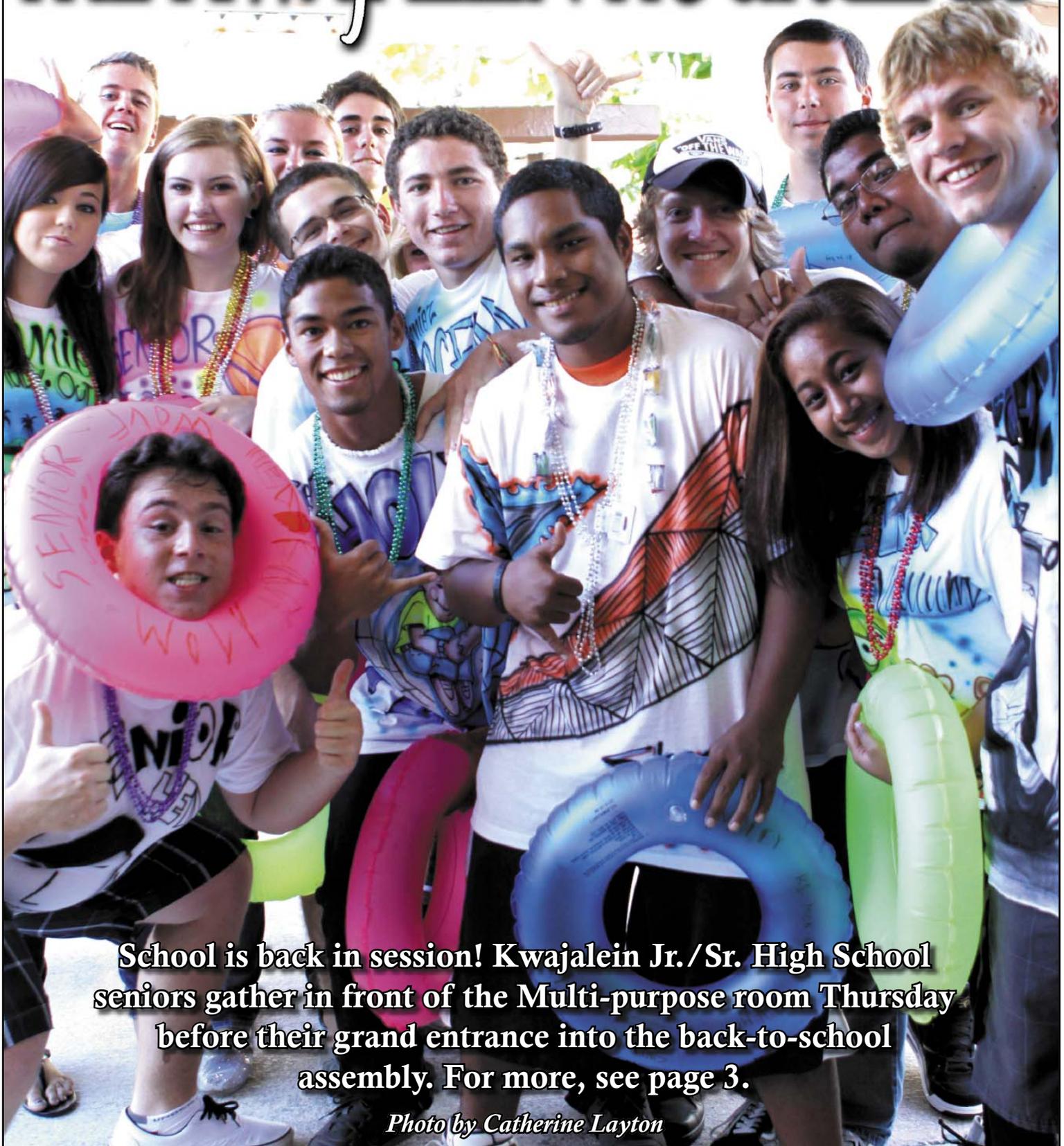


THE KWAJALEIN HOURGLASS



School is back in session! Kwajalein Jr./Sr. High School seniors gather in front of the Multi-purpose room Thursday before their grand entrance into the back-to-school assembly. For more, see page 3.

Photo by Catherine Layton

KRS Ri'katak Lunch Program needs your continuing support

KRS provides lunch meals for 50 guest students from Ebeye for the 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 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 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 603, hospital administration office, second floor. Checks should be made out to "KRS" and annotated in the remarks section to indicate "Ri'katak Lunch Program." For questions, e-mail Janette at Juanita.Bishop.ctr@smdck.smdc.army.mil or call 52225.

The Weather Ballad

Why have we had so much rain in 2011?

Q: We are more than 21 inches above our normal rainfall for 2011. What's up with that? Is it El Nino?

A: Our wet February and March were caused by an unusual dry season weather pattern that created "shearlines" over the central Marshall Islands. That put our rainfall 17 inches above normal.

Since May 2011 we have been in a "neutral" or "transitional" El Nino situation, with near-normal ocean temperatures. Kwajalein often gets 20-30 inches of extra rain in the transitional years between La Nina to El Nino events. We were 2 inches below normal in April, so we've had another 6 inches above normal due to the transition out of La Nina.

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: MWR funds are not coming to Kwajalein and Roi as promised.

The AAFES dividends generated from local sales are managed through Army Morale Welfare and Recreation in Hawaii. Currently, about \$200,000 has accumulated in this account. The Directorate of Community Activities is working with MWR Hawaii and KRS Community Activities to order items to support the community. Some of the items on order include new motors for the B-boats and a mower for the golf course. The AAFES dividend is controlled through MWR and DCA and is separate from the Quality of Life funds, which are controlled by a committee with wide representation from the island population.



THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily official views of,

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New hours, vendor mall at local AAFES

By Ruth Quigley
USAKA/RTS Public Affairs Officer

The main PX on Kwajalein will no longer be stocked with AAFES merchandise starting Oct. 7. The entire store will be made available to local vendors, and depending on the operating hours of individual vendors, the store could be open from 8 a.m. to 8 p.m. daily.

Timothy Neal, the general manager for AAFES Kwajalein, explained the merchandise currently located in the PX will be consolidated and moved to the PXtra and Shoppette. He said his plan is to reduce the amount of stock for some items, but retain all the general categories for these. For example, instead of having five patterns of dishes available, Neal said it may be reduced to one or two.

Col. Joseph Gaines, USAKA commander, was notified of these changes earlier this week. "The new management here is dedicated to getting us the products that are more appropriate for the island, like fishing gear and island wear specific to Kwajalein. The possibilities with this new arrangement are endless. Allowing on-island vendors to move into the PX should fuel the entrepreneurial spirit here, while AAFES maintains the essentials," Gaines said in response to the news.

Neal said the decision to reduce

the hours at some stores was determined by looking at foot traffic and usage. He added that not all the changes are a reduction in hours and things like the newly added late-night delivery service are staying.

"We are also keeping the [Shoppette] open until [11 p.m.] on Saturdays on a trial basis," Neal said in an e-mail.

Effective Oct. 7, the operating hours for the following AAFES locations will be as follows:

Roi Shoppette

Tuesday to Saturday: 9 a.m. to 6 p.m.

Sunday: 9 a.m. to 5 p.m.

Monday: Closed

Burger King

Monday to Friday: 10 a.m. to 7:30 p.m.

Saturday and Sunday: 10 a.m. to 8:30 p.m.

Subway

Monday to Friday: 10 a.m. to 7:30 p.m.

Saturday and Sunday: 10 a.m. to 8:30 p.m.

Kwaj Shoppette

Sunday to Friday: 7 a.m. to 8 p.m.

Saturday: 7 a.m. to 11 p.m.

PXtra

Monday to Sunday: 10 a.m. to 6 p.m.

The American Eatery and Anthony's Pizza will maintain their current hours.

Savings at Your Kwajalein Exchange

"You Save, We Give Back"

- 25% off rain sets until Sept. 2
 - Serta Mattress sale Sept. 2-15
 - NEW ARRIVAL: Hawaiian spear fishing slings
 - Late night pizza delivery Saturday and Sunday until midnight; 12-pack beer available at Shoppette prices
 - Anthony's Sunday Special: \$3 off any pizza
- Take advantage of soon-to-end Facebook coupons:

Official Facebook Coupon

SAVE \$1
on Gain or Bounce 80-ct. dryer sheets or Downy liquid fabric softener



EXCHANGE FACEBOOK COUPON
Not a manufacturer's coupon. Valid only at the Exchange or Express/Shoppette. Selection varies by location. Limited to stock on hand. Limit one Exchange coupon per product purchased. May be combined with manufacturer's coupon. Valid in-store only at Army & Air Force Exchange stores 29 Jun-31 Aug 2011.



First day of school met with enthusiasm



Seventh grader Parker Girod is not only a "sevie," but is new to Kwajalein's school system. Coming from Colorado, Parker plays the flute and enjoys swimming.



Dayna Hepler begins her eighth grade year looking forward to meeting her new teachers. She spent her summer at basketball camp in Nebraska.



Eighth-grader Dustin Bonham spent his summer in the Philippines visiting family, and is excited about the new school year, as well as playing soccer.

Photos by Catherine Layton

Kwajalein is in good hands – spiritually

By Sheila Gideon
Managing Editor

Kwajalein is a charming, feel-good community to those who visit from big, frantic cities. Visitors seem to instantly pick up on our close-knit ties and friendly atmosphere. At least that's the impression Col. Douglas Kinder got during his visit last week. Kinder is the U.S. Army Space and Missile Defense Command Chaplain under Lt. Gen. Richard Formica. He arrived at U.S. Army Kwajalein Atoll Aug. 18 and departed Monday. After hearing a lot of talk about Kwajalein, he decided he just needed to see it for himself.

While here, Kinder met with Kwajalein spiritual leaders. He spent time with Protestant chaplain Jon Olson, Catholic priest Fr. Victor Langhans and employee assistance program director Marion Ruffing. He discussed common island concerns such as alcoholism and relationship issues. In the end, he was confident of the ministry team here. "I feel like you're in very good hands, spiritually, with these people," Kinder said. "They care about people. They're extending, they're proactive and that's what we like to see. They're reaching out to their congregants. I'm just getting great impressions from what those guys are doing here."

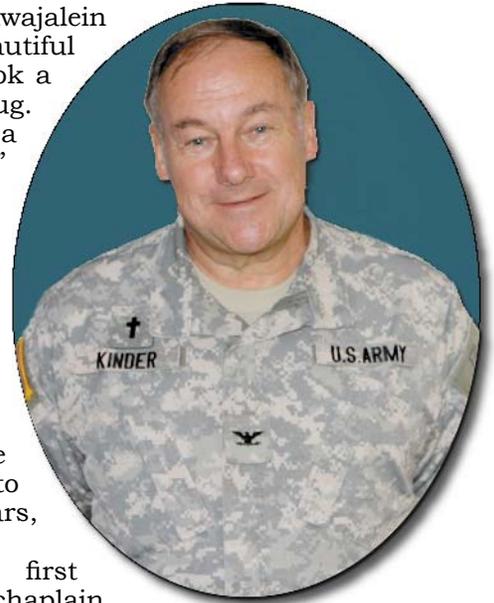
Kinder also took the opportunity to host suicide prevention training for government employees. He held the session Aug. 19 with 40-50 people in attendance. "[Suicide prevention is] something that's really important in the Army," Kinder stated. He focused on recognizing symptoms of depression and being proactive in offering support. "Suicide is a permanent solution to a temporary problem." He stressed the importance of being aware of employees' normal behavior, so should it change, you can take action and direct them to the proper channels for help.

Kinder also spoke at the morning Protestant services at Island Memorial Chapel Sunday. He took the

time to tour Kwajalein to see our "beautiful beaches" and took a trip to Ebeye Aug. 20. "It really is a beautiful place," he said. "I think the most impressive thing I've seen is the way the community ... has closeness here. It just strikes you. ... I can see why people have been here 20 to even up to 40 years, I've heard."

Kinder is the first ever command chaplain for SMDC. He travels to installations both local and abroad to link up Soldiers with local chaplains, who can immediately council them and continue to do so as necessary. Throughout the past three weeks, Kinder has been in Osan, Korea; Osawa, Japan; Okinawa; Alaska; Hawaii and Kwajalein. He joked he would wake up and have to think hard to remember what time zone he was in and what day it was; the math became tricky to figure out a good time to call his wife back in Alabama. "Lt. Gen. Formica says, 'The sun never sets on SMDC.' That is really a true statement."

A native of Milwaukee, Kinder joined SMDC after a tour of duty as the European Region chaplain. He began his military career in 1972 where he served two years in the Adjutant General Corps at Fort Knox, Ky. Kinder then returned to college to earn his Master of Divinity in 1978. After pastoring churches in Kansas City, Mo., and Atlanta, he became an Army chaplain in 1986.



Draft Environmental Assessment for Launch of NASA Routine Payloads on Expendable Launch Vehicles

NASA has prepared a draft Environmental Assessment for the launch of NASA routine payloads on expendable launch vehicles. The proposed launches would occur from launch facilities at Cape Canaveral Air Force Station, Fla.; Vandenberg Air Force Base, Calif.; U.S. Army Kwajalein Atoll/Reagan Test Site in the Republic of the Marshall Islands; NASA's Wallops Flight Facility, Va.; and the Kodiak Launch Complex, Alaska. The Draft EA was prepared in accordance with the National Environmental Policy Act of 1969 as amended, the Council on Environmental Quality Regulations for Implementing the Procedural Provisions of NEPA and NASA policy and procedures. The Draft EA is available for public review at <http://www.nasa.gov/green/nepa/routinepayloaddea.html>. Copies of the draft EA are available for review at the following locations:

- NASA Headquarters, Library, Room IJ20, 300 E Street SW, Washington, D.C. 20546 (202-358-0167).
- Vandenberg Air Force Base Library, 100 Community Loop, Building 10343A, Vandenberg AFB, CA 93437 (805-606-6414).
- Grace Sherwood and Roi-Namur Libraries, P.O. Box 23, Kwajalein, Marshall Islands APO, AP 96555 (805-355-2015).
- Alele Public Library, P.O. Box 629, Majuro, Republic of the Marshall Islands 96960 (692-625-3372).

A Notice of Availability of the Draft EA is also being published in the Federal Register. Interested parties are invited to submit comments on the Draft EA no later than 45 days from the date of publication of this notice or the Federal Register Notice, whichever is later. Comments should be submitted via e-mail to routine-payload-ea@lists.nasa.gov. Comments may also be submitted via postal mail addressed to George Tahu, NASA Program Executive, Science Mission Directorate/Planetary Science Division, Mail Stop 3V71, NASA Headquarters, 300 E Street SW, Washington, D.C. 20546. For further information contact George Tahu via telephone at 202-358-0723 or e-mail at routine-payload-ea@lists.nasa.gov. Limited hard copies of the Draft EA are available by contacting George Tahu at the address or telephone number indicated herein.

The Gimmicks Don't Work!

A healthy lifestyle takes time and discipline

Before there was Dr. Atkins, there was this guy named William Banting. Mr. Banting invented the low-carb diet of 1863...not 1963, 1863...during the Civil War. Even then, Americans were trying out nutritional advice that encouraged fish, mutton or any meat (except pork) for breakfast, lunch and dinner.

So our obsession with weight and how to lose it dates back at least 150 years. Another thing that hasn't changed is our quest for a quick, easy fix to the problem. This is proven when we look at the revenues the weight loss industry brought in for 2010. Market-data Enterprises Inc., a leading independent market research publisher of "off-the-shelf" studies of service industries since 1979, released in May 2011 its biennial study of U.S. weight loss and diet control market reporting that revenues for the weight loss industry surpassed \$61 billion in 2010. That is a lot of books, pills, shakes and powders. Yet, with all this information and endless amount of products that claim to be the fountain of youth, we are as unhealthy and out of shape as we ever have been. According to the Centers for Disease Control, the number of states where the population has an obesity prevalence of greater than 30 percent is now 12. In 2007, that number was one. So, over the past four plus years, 11 more states have joined this very



unhealthy club. Clemson University sociologist Ellen Granberg states that "we grossly, grossly underestimate the difficulty of changing behaviors that fuel obesity. We're not dealing with some brand new, scary phenomenon we've never dealt with before."

So why are we still failing with this growing epidemic? One major reason is we as a society want a quick fix to a problem. Unfortunately, there are no quick fixes to weight loss. It takes work. There is a good reason why you don't see any mention of work and effort for weight loss marketing campaigns. Diet marketers know the last thing millions of overweight or obese Americans want to hear is losing weight takes work and time. That type of message doesn't sell books, shakes or diet plans. But as long as we continue to wear those blinders, the weight loss industry will continue to profit, at our health expense.

So how do we get this right? Well, here are a few tips to remember as you embark on a healthier lifestyle:

Diet vs. healthy eating plan – the word diet means everything you put in your mouth. Over time, this word has evolved from a simple term to a multi-billion dollar industry geared toward quick fixes that prey on our insecurities. The goal of any diet is to restrict our intake of food and beverages in an effort to lose weight. Regardless of what the diet restricts, they all share a common theme: obsession over what we put in our mouths and not enough thought of what we do with our bodies.

A healthy eating plan is a complete program which improves overall health via the quality of REAL foods you eat. Rather than restriction, a healthy eating plan educates you in how food impacts your body so you can make informed choices. The focus is on eating well, not necessarily eating less.

Long term results – a healthy program is going to educate you how to lose weight slowly (1-2 pounds per week) in an effort to keep weight off permanently. Fad diets will focus on the quickest way to lose weight possible.

Holistic weight loss – this simply means you must implement lifestyle changes to guarantee success. Your level of activity is crucial to your long term weight sustainment. In order to lose weight, you must create a caloric deficit, meaning you expend more energy (calories) than you take in. Fad diets will just focus on what you are eating and drinking.

Balanced meals with real food – any healthy eating program will encourage you to eat a balanced diet with real food. This means fruits and vegetables regardless if they contain carbohydrates. One of the easiest ways to spot a fad diet is the insistence you eat only one or two types of foods or eliminate specific foods.

Unfortunately, there are no quick fixes to this growing epidemic. Healthy eating plans recognize this and that is why there are no gimmicks with them. This is a long-term effort. Fad diets today rely heavily on outlandish gimmicks and claims to convince you that you can wake up tomorrow looking like a supermodel. Deep down we all know that, but with the \$61 billion the weight loss industry made in 2010, it's sometimes easy to forget.



New teachers pre 2011-2012 school



Kristen Hosek

Earth Science, Chemistry, Physics
Graduating from Colorado State University with a double major in zoology and natural sciences, Hosek is up for the challenge in her first year teaching. Also recruited from the Iowa Overseas Recruitment Fair, Hosek "...decided to accept the job offer because I wanted to begin my teaching career overseas. It seemed like a great adventure in a beautiful location at a fantastic school - how could I refuse?" Hosek enjoys sports like ultimate Frisbee, lacrosse and swimming, and is enthusiastic about the soccer season on Kwaj.



Travis Gilbertson

Math, Calculus

Hailing from Minneapolis, Minn., Gilbertson discovered Kwajalein at the Iowa Overseas Recruitment Fair. He graduated from University of Minnesota in 2006 with a B.S. in mathematics, and is currently pursuing his Master's. Gilbertson is happy to be here, saying, "I often find myself needing to be reminded that I came here to work and not just play. I have taken over 300 photos in my first week here." He will fill his time with soccer, swimming, and a host of other interests.

Pam Melinauskas

Cooking, Sewing, Health, PE
As a first-year teacher, Melinauskas has taken on quite a diverse class load. Coming from Chicago, she attended Eastern Illinois University, receiving her B.S. in career and technical education. In addition to her skills in the classroom, she has played soccer since she was eight, continuing throughout her college years. "I love Kwajalein so far! The scenery is beautiful. There are so many activities going on all the time, and everyone has been very kind and welcoming."



Matt Gerber

Marine Biology

Coming to Kwaj together with his wife, Mindi, was a dream come true. Starting his fourth year of teaching, Gerber holds a Master's degree in applied science and a B.S. in secondary education in natural science from the University of Nebraska. The decision was easy for the Gerber's to come to Kwaj, saying, "...who could pass up the opportunity to teach great kids on a tropical island?" In his time away from school, Gerber enjoys sports, photography and water activities.

Prepare for School year



Maureen Irwin

Resource Teacher
Coming from Council Bluffs, Iowa, this is the second trip to Kwajalein for Irwin. Though she will miss her four granddaughters, "I really missed this place, and I still know a lot of people here, so why not come back?" Irwin enjoys diving and movies, and is excited to use her e-reader she got as a gift before coming here. Irwin has her Master's in special education, and has been teaching for over 30 years.



Mindi Lea Gerber

Geography, World and U.S. History
Mindi Lea and her husband, Matt, "...have been passionate about teaching overseas for some time..." and heard about Kwaj at the Northern Iowa Overseas Recruitment Fair. Coming from Lincoln, Neb., Gerber received her degree in secondary education from the University of Nebraska. She says, "Kwaj seemed like the PERFECT place to start the journey. Plus we heard how great the students and community would be and about the beauty of the island!"





By Sheila Gideon
Managing Editor

You may think that enjoying a cold beer at the Vet's Hall on a Saturday afternoon is just a way to wind down from the work week. In fact, you are, in your own way, helping to raise funds for various veterans charities.

The Kwajalein chapter of the American Legion has a specific item on their agenda they work toward every year – raising funds for veterans charities. They accomplish this goal with various fundraisers, generous donations and hard work by their members. This year alone they have donated \$4,600 to Disabled Vets of America and \$2,900 to Paralyzed Vets of America. Their volunteers also put together and sent out holiday care packages to Iraq and Afghanistan. They also donate locally, giving out \$3,000 in scholarships for graduating Kwajalein high school seniors. They are gracious when it comes to fundraisers for local residents in need of help; just this year they hosted a fundraiser for Callie Chavana, who is battling cancer. The event was held at the Vet's Hall and they donated profits made that night to help her pay medical expenses. In total, the American Legion has donated about \$12,000 this year to charity.

Raising money is not all they do. They have pride in their vets and organize events like the retirement ceremonies for visiting military branches, and participate avidly in Veterans Day and Memorial Day activities each year.

The American Legion hosts several events that allow them to raise money and offer such generous funds to veterans charities. They held a Steak Night dinner Aug. 14 and will hold their annual Mongolian BBQ Sept. 4. The Mongolian BBQ is a popular tradition on-island where you pile your plate with tender meats and vegetables, add your own spices and sauces, and watch it sizzle on the grill outside. The Vet's Hall matches all profits made at such events with profits made from normal bar business. So again, that Saturday afternoon beer doesn't just get you ready to relax and enjoy your weekend; your purchase, in the end, goes toward worthwhile causes.

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest veterans service organization, committed to mentoring and sponsorship of youth programs in our communities, advocating patriotism and honor, promoting a strong national security and continued devotion to our fellow servicemembers and veterans.



DISPATCH FROM ROI

Attention Roi residents:

We need photo submissions for the weekly "Dispatch From Roi" feature. Photos should be of current residents or employees on Roi, including RMI workers. Photos should be appropriate for print. They can be photos of work, play or even nature/wildlife. Get creative! E-mail any photos to Hourglass@smdc.k.smdc.army.mil. Any questions, call 52114.



Photos by Sheila Gideon

View from Kwaj

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



By Catherine Layton



By Catherine Layton



By Sheila Gideon



By Ruth Quigley



By Kim Yarnes



By David Layton



By Catherine Layton



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.

LOST

EXPRESS SHORTS at Emon Beach bath house. Call Jeff at 51952.

FOR SALE

PANASONIC five-disc CD player, \$75; outdoor plastic patio table, \$20; four folding chairs, \$30; plastic shelving unit, \$20; adult fins, \$5; snorkel/scuba bag with various accessories, \$50; metal two-drawer file cabinet, \$10; industrial sonic cleaner with liquid cleaner, \$75; scuba repair/servicing kit, price negotiable and outdoor plants, \$10-20 various sizes.

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.

Call 54173 after 6 p.m. or leave a message

DIVE FLASHLIGHTS: SL6, \$25 and C8, \$30; Sony 17-inch flat screen computer monitor, \$75; HP 882C desktop color printer, installation CD, one black ink cartridge, \$50; Cuisinart bread maker with recipe booklet, \$65; recliner, black and chrome, \$40; office chair, black, \$5; chair, solid wood, \$25; wood rolltop desk, \$75; Sterilite plastic shelving, three shelves, \$10; plastic shelving, two shelves, \$5; rollerblades, size 12, \$30; skateboard, helmet, skateboard paper, two packages Reds bearings, \$20. Call 52517 and leave a message.

NEW KING-SIZE MATTRESS, Englander model 6454-611-3210 made in Tualatin, Ore., cost \$1,800 will sell for \$800 or trade for high quality, relatively new queen-size mattress; computer, Dell Inspiron 4150, Pentium 4, 1.8 GHz, 768mb RAM, 40gb hard drive, Windows XP, MS Works, older but working fine, \$100; TV signal booster, Radio Shack UHF/VHF/FM 3.6 watt amplifier, model 15-1113B, \$10. Call 54784.

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

D4 SUUNTO DIVE computer with pc cable and software, barely used, \$399; microwave, \$60; Sun bike, \$150; slingshot fins, \$50 and Turbo fins, \$25. Call 54993 or 52683.

MAX BURTON 1500-watt table top induction cooker, great for BQs, \$100; microwave, 1000 watts, \$50, available Sept. 2; beach chair, \$20; mask and snorkel, two sets, \$25 and Apple iPod touch, \$150. Leave message at 51307.

12-METER NEMISIS kiteboarding kite, '09 model, excellent condition, \$450 and queen-size wood loft with ladder, perfect for BQ, \$250. Call Amber at 52205.

SCUPPER PRO KAYAK, includes fiberglass paddles, seat, transport wheels and anchor, \$200. Call 54632.

COMMUNITY NOTICES

ALL HOSPITAL EMERGENCY services will return to the main hospital effective immediately.

AHOY! Kwajalein Yacht Club will hold its monthly meeting tonight. Happy Hour begins at 5:30 p.m. and the meeting will start at 6:30 p.m. BBQ and burgers will be served after the meeting. Please bring a side. All members of the community are invited to attend.

OCEAN VIEW CLUB Birthday Bash will be at 8 p.m., tonight. Complimentary cake and DJ for August birthdays.

KYC IS HOLDING a race Sunday. The skippers meeting is at 1 p.m. at the SBM and the race starts

at 2:30 p.m. There are three sailboats available to rent; you must have a small boat license with a sailing endorsement. All are welcome to show up and learn to crew on a boat, no experience necessary. For more information, call Jon at 54156.

THE INSANE GECKO Posse will be playing at 8 p.m., Sunday, at the Vet's Hall. Get off the couch and come out and enjoy some rock and roll!

KWAJALEIN SWIM TEAM starts practices Monday. Ages 13 and older practice from 8:15-9:30 a.m., ages 9-12 practice from 9:30-10:30 a.m. and ages 8 and under practice 10:30-11:30 a.m. Bring the entry documents, signed by parents to the first practice. Questions? Call Amy at 52681. Happy swimming!

MANDATORY ISLAND Orientation will be from 12:30-4:30 p.m., Wednesday, at Community Activities Center room 6, building 365. It is required for all new island arrivals but not recommended for dependent children under age 10. Questions, call the KRS ES&H facilitators at 51134.

BINGO WILL BE THURSDAY at the Pacific Club. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 54 numbers, \$1,400 payout; Windfall completion at 28 numbers, \$1,800 payout, Must be 21 to enter and play; bring your ID. Come out and have some fun with us. Questions, contact Darren Moore at 55599 or Maria Elena Curtiss at 58228.

2011 OUTDOOR SOCCER season registration is open until Sept. 2 in the Community Activities Office. Cost is \$200 per team and each team is required to provide an official. Manager's meeting is at 5 p.m., Sept. 2. Season play is Sept. 13 to Oct. 29. For Questions, call Mandie at 53331.

START SMART BASKETBALL registration is open until Sept. 3. Program dates are Sept. 14 to Oct. 19 for ages 3-5 (Pre-K). Adult volunteer coach needed for program implementation. Individual will be eligible to receive the CYSS coaching incentive discount. Contact 52158 for registration information, building 358. Call Jared at 53796 for program information.

WELCOME BACK Double Feature Sept. 3 at the Rich Theater. *Judy Moody and the Not Bummer Summer*, rated PG will show at 7:30 p.m. *Pirates of the Caribbean: On Stranger Tides*, rated PG-13 will show at 9 p.m. KRS Retail Services will be selling a variety of concessions.

REGISTER NOW FOR THE September Session of Learn To Swim at the Community Activities office by Sept. 3. Session dates are Sept. 7-30 on Wednesdays and Fridays. Cost is \$50. Participants must be at least 4 years old. For Questions, contact Mark at 52848.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 3
Carved Top Sirloin	Stuffed Pork Chops	Chili Dog	Chicken with Feta	Pork Carnitas	Pasta Bar with Marinara or Clam Sauce	Ham and Cheese Sand.
Oven-Fried Chicken	Lemon Basil Chicken	Grilled Minute Steak	Liver and Onions	Chicken Chimis	Italian Chicken	Swedish Meatballs
Cheese Quiche	Huevos Rancheros	Turkey Broccoli	Couscous	Tacos		Fish Sandwich

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 3
BBQ Pork Butt	Salisbury Steak	Fried Chicken	Ribeye Steak	Stir-Fry to Order	Pot Roast	Fried Chicken
Chicken Supreme	Tuna Casserole	Breaded Pollock	Roast Chicken	Glazed Spare Ribs	Chicken Adobo	Parker Ranch Stew
Baked Tofu and Cabbage	Pork Pimento	Beef Stir-fry	Ratatouille	Sesame Noodles	Chef's Choice Entree	Potato Dujour

ANNUAL MONGOLIAN BBQ starts at 5 p.m. and has seating available every half hour until 7 p.m., Sept. 4, at the Vet's Hall. 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.

BETTER BUBBLE BUILDING at 1 p.m., Sept. 5, at Emon Beach. Children under age 10 must have adult assistance. Supplies are limited; come early to build the biggest bubble! Call Community Activities at 53331 with questions.

BEST OF THE BEVERAGES Contest at 3 p.m., Sept. 5, at Emon Beach. Enjoy a variety of beverages entered into two categories, alcoholic and non-alcoholic. Home brew beer and wine will compete with sangria and other mixed drinks. Examples of non-alcoholic entries are homemade root beer and lemonade, slushies and smoothies. Register at Community Activities by Sept. 3. Bring two gallons of your beverage to the beach. The community will taste test and vote for their favorites. Prizes will be awarded.

LABOR DAY POKER RUN Activity Challenge will be from 2-4 p.m., Sept. 5, at Emon Beach. Complete six fun challenges to gain the chance to earn cards and make the best poker hand. First, second and third best poker hands win cash prizes! Register in person at Community Activities by Sept. 2. There is a \$10 registration fee and you must be a K-badge holder and 21 years or older to participate. Call CA for details at 53331.

KSC IS LOOKING for a new T-shirt design. Submit a 'camera-ready' design with no more than four colors. It will be voted on at the Sept. 14 KSC meeting. Designs can include a back-of-shirt design as well as a front, pocket-size logo. Submit entries no later than Sept. 7 to Sharon Skalko at sskalko@gmail.com.

OPEN RECREATION "Celebrate the New School Year Pool Party" will be 3:30-5:30 p.m., Sept. 10, at the family pool. Register Aug. 30 to Sept. 7. Visit CYSS Central Registration to sign up. Open to all CYSS registered children in grades K-6.

FALL BOWLING LEAGUE registration is Aug. 23 to Sept. 9 in the CA office. League play is Sept. 13 to Nov. 8 on Tuesday nights. Sign up teams of 3 or 4 bowlers. Cost per person is \$110 with shoe rental, \$100 without shoe rental. For Questions, contact Community Activities at 53331.

THE GREAT KWAJ SWAP MEET will be from 8-11 a.m., Sept. 12, at Emon Beach. It's time for spring cleaning – turn your clutter into cash! One complimentary table per household; additional table is \$10. Pick-up service provided; please request when reserving your table. No oversized items. Bargain

2011 Annual Roi-Namur Chili Cook-Off

Benefiting
The Ennubirr Children's Christmas Fund

Contact Laura at 5-6580
for details on
entering your Chili

12:00 p.m
Monday
September 19
at the Pavillion,
Roi-Namur

Wild Roi-Rats
in their Native
habitat!!!

Games
Fun
Food & Beverages
(some HOT, some NOT)
Pie Toss!

Bazaar will be accepting donations. Call the CA office at 53331 to reserve your table. Space is limited.

THE HOBBY SHOP will offer a wood shop safety orientation class at 6 p.m., Sept. 13. The cost is \$10 and closed-toe shoes are required. Call Denise at 51700 to sign up.

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.

SPLASH FOR TRASH will be from 8 a.m. to 1 p.m., Sept. 19. Volunteers are needed for an island-wide clean-up on land and under water. Lunch provided for all volunteers. Contact John at penningtonscuba@gmail.com or 53290 to sign up. Prizes will be awarded. Come have fun and help our environment! Co-sponsored by the Kwajalein Scuba Club and KRS Community Activities.

OPEN RECREATION "World Wide Day of Play" will be 6-8 p.m., Sept. 24 at the youth center

field. Games and activities will be led by teen volunteers. Register Sept. 13-21. Visit CYSS Central Registration to sign up. Open to all CYSS registered children in grades K-6.

KARAOKE SUNDAY nights at the Ocean View. Join us for singing, cocktails and fun from 8 p.m. to 1 a.m. Questions, call Daren at 55599.

E-TALK. The Eniwetak Conservation Area has been established to promote conservation of wildlife and coral reef resources within Kwajalein Atoll, as referenced in a memorandum of understanding between the RMI and the landowners of Eniwetak Islet. No visitors are allowed on Eniwetak without the consent of USAKA. Questions, please contact KRS Environmental Office.

SAFELY SPEAKING. Proper lifting technique: Stand close to the load with your feet apart. Bend at the knees, keeping your back straight and your stomach in. Grasp the load firmly. Lift slowly with your legs. Hold the load close to the center of your body. Communicate your moves if working together.

<i>Café Roi</i>						
Lunch						
Sunday Roast Pork Coconut/Basil Chicken Eggs Benedict	Monday Braised Steak Glazed Pollock Quiche Florentine	Tuesday Beef Pasticio Spinach/Feta Pie Ratatouille	Wednesday Tuna Melt BLT Sandwich Salisbury Steak	Thursday PB/Banana Sandwich Huli Chicken Beef/Wild Rice Casserole	Friday Grilled Chicken Sand. Pork Chops Mashed Potatoes	Sept. 3 Beef or Fish Tacos Chicken Chimis Black Beans
Dinner						
Sunday Shoyu Chicken Kahlua Pork Asian Noodle Sautee	Monday Chicken and Dumplings Roast Beef AuGratin Potatoes	Tuesday Pulled Pork Commmeal Catfish Red Beans and Rice	Wednesday Steamship Round Chef's Choice Chicken Baked Potatoes	Thursday Fried Chicken Beef Stroganoff Parsley Noodles	Friday Greek Herb Chicken Pork Souvlaki Roasted Potatoes	Sept. 3 Tri-Tip Roast Grilled Salmon Mushroom Risotto



Military Casualties

Master Sgt. Charles L. Price III, 40, of Milam, Texas, died Aug. 12 in Kandahar province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He was assigned to Headquarters and Headquarters Company, 2nd Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Sgt. Matthew A. Harmon, 29, of Bagley, Minn.; and **Spc. Joseph A. VanDreumel**, 32, of Grand Rapids, Mich., died Aug. 14 in Paktika province, Afghanistan, while conducting vehicle recovery operations, and encountered a secondary explosion while dismounted. They were assigned to the 1st Battalion, 2nd Infantry Regiment, 172nd Infantry Brigade Grafenwoehr, Germany.

1st Lt. Damon T. Leehan, 30, of Edmond, Okla., died Aug. 14 in Laghman province, Afghanistan, of wounds sustained when insurgents attacked his unit with an improvised explosive device. He was assigned to the 1st Battalion, 179th Infantry Regiment, 45th Infantry Brigade Combat Team, Oklahoma National Guard, Stillwater, Okla.

Spc. Dennis G. Jensen, 21, of Vermillion, S.D., died Aug. 16 in Helmand province, Afghanistan, from a non-combat related incident. He was assigned to the 153rd Engineer Battalion, 196th Maneuver Enhancement Brigade, Sioux Falls, S.D.

Spc. Joshua M. Seals, 21, of Porter, Okla., died Aug. 16 in Paktia province, Afghanistan, from a non-combat related incident. He was assigned to the 1st Battalion, 279th Infantry Regiment, 45th Infantry Brigade Combat Team, Oklahoma National Guard, Tulsa, Okla.

Lance Cpl. Travis M. Nelson, 19, of Pace, Fla., died Aug. 18 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Pfc. Douglas L. Cordo, 20, of Kingston, N.Y., died Aug. 19 in Zabul, Afghanistan, of injuries sustained when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade Combat Team, 25th Infantry Division, Fort Wainwright, Alaska.

AAFES Food Calendar Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 3
Burger King Subway Anthony's \$1.99 Kids Meals	Baskin Robbins 2 Scoops for only \$2	American Eatery Purchase a two-piece dinner, receive 2 Croissants free	Military Star Card Day Double stamps, 10% off and a free small drink	American Eatery Popcorn shrimp for \$4.99	Burger King 10% off all Croissants	Subway 15% off all salads

Weather

Courtesy of RTS Weather

Sunday: Mostly sunny, <10 percent showers. Winds: ENE-E at 11 - 16 knots
 Monday: Mostly sunny, 10 percent showers. Winds: ENE-E at 9 - 14 knots
 Tuesday: Partly sunny, 10 percent showers. Winds: ENE-E at 8 - 13 knots
 Wednesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 7 - 11 knots
 Thursday: Mostly cloudy, 30 percent showers. Winds: E-SE at 4 - 8 knots
 Friday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 5 - 10 knots

Annual total: 69.71 inches
 Annual deviation: + 20.26 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:41 a.m./7:00 p.m.	5:24 a.m./6:04 p.m.	3:31 a.m., 4.7' 3:55 p.m., 4.1'	9:52 a.m., -0.8' 9:53 p.m., -0.7'
Monday	6:41 a.m./6:59 p.m.	6:21 a.m./6:53 p.m.	4:07 a.m., 5.0' 4:30 p.m., 4.5'	10:25 a.m., -0.1' 10:31 a.m., -0.9'
Tuesday	6:41 a.m./6:59 p.m.	7:18 a.m./7:42 p.m.	4:43 a.m., 5.1' 5:05 p.m., 4.7'	10:58 a.m., -1.2' 11:09 p.m., -1.0'
Wednesday	6:41 a.m./6:58 p.m.	8:14 a.m./8:32 p.m.	5:19 a.m., 5.0' 5:41 p.m., 4.8'	11:31 a.m., -1.1' 11:48 p.m., -0.9'
Thursday	6:41 a.m./6:58 p.m.	9:12 a.m./9:23 p.m.	5:55 a.m., 4.7' 6:17 p.m., 4.7'	12:05 p.m., -0.9'
Friday	6:41 a.m./6:57 p.m.	10:11 a.m./10:16 p.m.	6:32 a.m., 4.2' 6:56 p.m., 4.4'	12:38 p.m., -0.5' 12:28 a.m., -0.6"
Sept. 3	6:41 a.m./6:57 p.m.	11:11 a.m./11:11 p.m.	7:10 a.m., 3.5' 7:38 p.m., 3.9'	1:13 a.m., -0.1' 1:11 a.m., -0.1'