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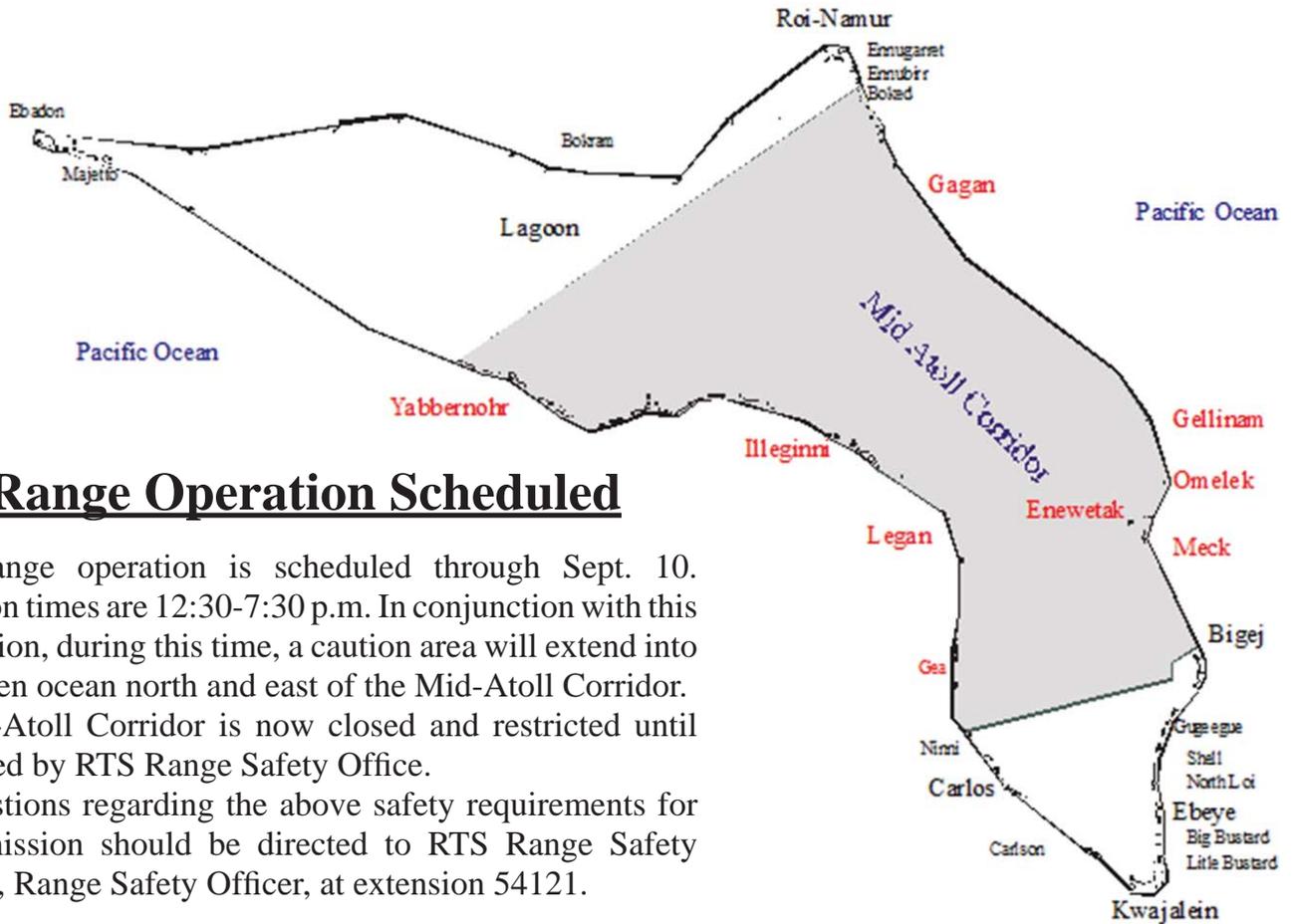
THE KWAJALEIN HOURGLASS

Kwajalein High School French students visit Paris during their trip abroad to Europe this summer. For more, see page 4.

Photo courtesy of Molly Premo



KWAJALEIN ATOLL



Range Operation Scheduled

A range operation is scheduled through Sept. 10. Caution times are 12:30-7:30 p.m. In conjunction with this operation, during this time, a caution area will extend into the open ocean north and east of the Mid-Atoll Corridor.

Mid-Atoll Corridor is now closed and restricted until released by RTS Range Safety Office.

Questions regarding the above safety requirements for this mission should be directed to RTS Range Safety Office, Range Safety Officer, at extension 54121.

Juon ien kokemelmel enaj koman lok nan Sept. 10. Awa ko rej kauwotota ej jen 12:30 pm nan 7:30pm aolep ran. Ilo ien in ba kake, ijoko rej kauwotota nan kokemelmel kein ej tu ean im tu rear bedbed ko ilo Mid Atoll Corridor.

Mid Atoll Corridor ej kilok kio nan ma ien enaj dedelok jerbal in kokemelmel kein. Ne elon kajitok jouj im kirtok USAKA Command Safety ilo 54121.

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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Email:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Commanding Officer Col. Nestor Sadler
Sergeant Major...Sgt. Maj. Roderick Prioleau
Public Affairs Officer Michael Sakaio
Managing Editor Sheila Gideon
Media Specialist..... Eva Seelye
Media Specialist..... Chris Delisio
Media Services Intern.....Molly Premo

Family, friends join Lt. Col. Bethel in promotion ceremony via video teleconference from Colorado

Article and photos by Sheila Gideon
Managing Editor

Maj. Joseph E. Bethel was promoted to lieutenant colonel on Aug. 9, at the Reagan Test Site conference room. Bethel is stationed at Peterson Air Force Base in Colorado Springs. Bethel was joined by his wife Karen, daughter Abigail, friends and coworkers in Colorado Springs via video teleconference. Attending on the RTS side were Lt. Col. Dean Wiley, Thomas Webber, Sgt. 1st Class Joseph Slancauskas, Master Sgt. Marcus Weiland and Mary Jane Lavender.

In Colorado Springs, TREX Sgt. Maj. Luther Harris Jr. recognized

Bethel for his past accomplishments and alluded to his success in the future.

“I want to make sure we recognize a great American for what he’s done for the Army,” Harris said. “As soon as Joe got to the command, we knew that he had the potential to succeed.”

In light of his patriotism, valor, fidelity and abilities, Bethel has demonstrated potential for increased responsibility, and was promoted to lieutenant colonel. Wiley pinned the new oak leaf to Bethel’s uniform.

Bethel thanked Harris for his kind words, and for his mentorship, which helped get him to where he

is today. He then thanked his wife, whom he met two months into his Army commission, for being such a great Army spouse. He told his daughter he knows being a military child is not always easy, but he appreciates her being there for her mom and being such a great supporter. Flowers were presented to Karen and Abigail on Bethel’s behalf.

Bethel also thanked his friends and coworkers for attending. A small reception was held at RTS and in Colorado Springs in honor of his promotion.



RTS Director Lt. Col. Dean Wiley pins the lieutenant colonel oak leaf onto newly promoted Lt. Col. Joseph Bethel’s uniform Aug. 9.



Lt. Col. Joseph Bethel’s family, friends and coworkers join him at his promotion ceremony via video teleconference from Colorado Springs.

Visiting Marines take Roi historical tour



Lt. Gen. Terry Robling, Commander, U.S. Marine Corps Forces Pacific, views the WWII photos at the Roi terminal.

Article and photos by Sheila Gideon
Managing Editor

A visiting group of Marines, including U.S. Marine Corps Forces Pacific Commander Lt. Gen. Terry Robling, and 1st Marine Expeditionary Forces Commander Lt. Gen. John Toolan Jr., took a short trip to Roi-Namur on Aug. 10. While there, Archeologist Leslie Mead took them on a portion of the Roi-Namur National Historic Landmark World War II Battlefield Tour.

Toolan said he tries to take advantage of touring different areas of the Pacific in order to get a feeling for each

See ROI HISTORICAL TOUR, page 6

Kwajalein High School students visit Europe over summer break

Article and photos by Molly Premo
Media Services Intern

A lucky group of Kwajalein Jr./Sr. High School French students and three chaperones got to explore Europe over the summer. Their 10-day trip began on July 8, and brought them through London, across the English Channel and into France, visiting both the Loire Valley and Paris.

The group spent two days in London, visiting landmarks Big Ben, Parliament and London Tower, where they saw the crown jewels, including Queen Elizabeth's crown. They also took in Westminster Abbey and St. Paul's Cathedral; many of the students took the journey up to the top of the tower. The changing of the guards entertained the group and brought them to the front of Buckingham Palace. Other highlights were crossing the London Bridge and riding the London Eye, a huge Ferris wheel holding 20 people per car, which gave them a panoramic view of the city. The only disappointment upon leaving the city was missing the arrival of the newest royal, Prince George Alexander Louis of Cambridge.

Prior to crossing the channel, stops were made at the Salisbury Cathedral and Stonehenge. Then a small cruise ship took them across



KHS students visit Stonehenge during their trip abroad to Europe this summer.

the English Channel and into France where they could show off their French skills by ordering food, or asking questions like "Where's the bathroom?" Another bus drove them through the Loire Valley, stopping many places including the D-day beaches and the Normandy American Cemetery and Memorial. A few castles were visited, and another cathedral where the group got to witness a wedding. Paris was the next and last stop.

The first night in Paris, the group went to see the Eiffel Tower and many chose to take a Seine River cruise that previewed many sights

they were to see the following days. The next morning started off early with a trip to Versailles. After touring the palace and learning historic facts about French royalty, a bike ride was taken through the huge garden full of plants, fountains and lakes. Next, a guided tour was taken around Paris introducing attractions such as the Arch de Triumph and Napoleon's grave. The tour also took them down the Champs-Élysées and dropped them off in front of Notre Dame Cathedral. At this point, a few headed over to the "Lock Bridge," where lovers can put a lock on the sides of the bridge to symbolize their undying love for each other, before throwing the key into the river. The next stop was the Louvre where famous artwork such as the Mona Lisa and Venus de Milo are exhibited.

The group happened to be in Paris on Bastille Day, the French Independence Day, and got to enjoy special events. Cossey commented, "The crowd was hard to push through, but it was worth it in the end because the firework show was the biggest I have seen!"

On their final night, some went up the Eiffel Tower, and although the wait to get up and down was long, they felt it was not to be missed. The next day, the group headed home from their great adventures with many memories.



KHS students visit Versailles during their trip to France over the summer.

Making a splash in Barcelona

Marshall Islands swimmers earn personal bests at World Championships

By Alice McAlpine
The Reporters' Academy UK

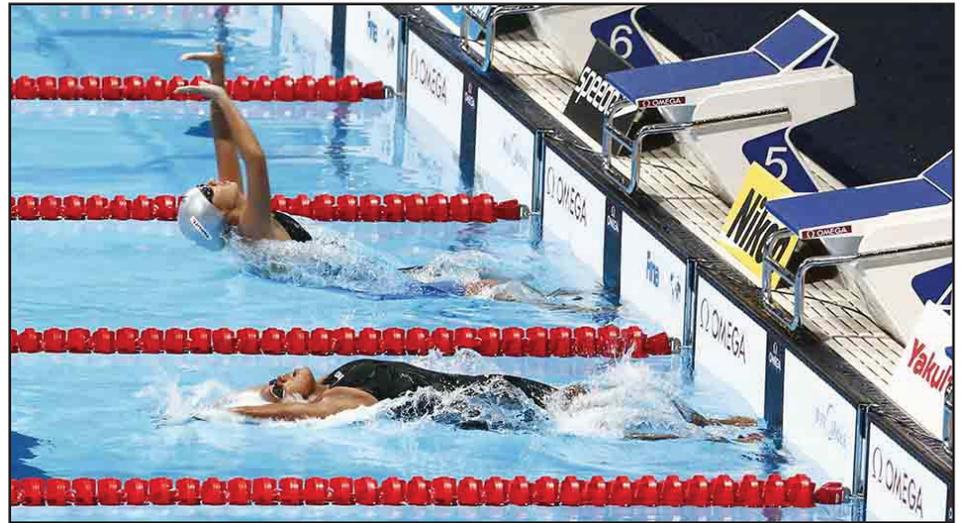
This article was produced by The Reporters' Academy, a media production company run by young people, tasked with the mission of telling the stories of Oceania's swimmers at the World Championships in Barcelona. The Reporters' Academy is integrated into the world of media, education and employment, based in the sporting city of Manchester, England.

Troy Kojenlang got the Marshall Islands competition off to a solid start at the 15th FINA World Championships in Barcelona. He finished the 100 Breaststroke with a time of 1 minute, 10 seconds, and 42 tenths of a second, beating his qualifying time by 2.45 seconds. Kojenlang, who trains in Maui, Hawaii, was happy to have beat his qualifying time and described his first time at the World Championships as "amazing."

Kojenlang began swimming on a Learn to Swim program, telling us, "That's when I got hooked on swimming." He believes that swimming has helped him to become more productive and ambitious, and has high hopes for his future in swimming. "Now I'm reaching up to the Olympics. I just need to train really hard to make it up there – that's my goal."

At the start of Day 3, Kojenlang was keen to maintain his progress at the championships by posting a positive time in the one length version of the 50. He produced the joint second fastest reaction time off the blocks of all 80 starters. "It was pretty good," he commented. "My plan was to get out there and kill it and stroke as hard as I could and to see what time I could get." This strong start clearly helped Kojenlang as he forged his way to second place in a time of 31.38 seconds; a time which was a very creditable 2.73 seconds inside his qualifying time for these championships and only seven hundredths of a second behind his heat winner. These championships have seen a positive start in Kojenlang trying to lower those times in order to take a step nearer to the Rio Olympics.

Colleen Furgeson and Giordan Harris took up the mantle for the



Colleen Furgeson, of the Marshall Islands Swim Federation, competes in the Women's 50 Backstroke during the FINA World Championships in Barcelona.

Marshall Islands' swimmers on Day 4. With 11 swimmers competing in the morning heats from the Pacific islands, it was both an important and busy day in the pool.

The Women's 50 Backstroke was the opening swimming event and Furgeson lined up alongside fellow islander Osi Chilton from Palau. Going out hard from the wall it was the Marshall Islander who led the Pacific girls to a one-two in front of the enthusiastic crowd and the world's media. The 14-year-old from Kwajalein clocked a personal best time of 34.48 seconds and naturally was buzzing with pride afterwards.

"It was really good. I enjoyed it and I've knocked off about 4 seconds from my PB (personal best)." The young Marshall Islander spoke before the championships about her hopes to "leave it in the pool and put all my effort in. I also hope to make my country proud of me, especially my parents, family and coach."

Harris is almost considered a veteran, having first competed at the FINA World Championships in Melbourne in 2007. However, the first swim at a World Championships can naturally bring a few nerves with it, and Harris admitted to being no different.

"I was really nervous about going into my 100 (Freestyle) and it being my first race at these championships, but I PB'd (personal best) so that must mean I did something

right. Everyone feels a little nervous before their first race. Standing on the blocks I was really nervous but as soon as I hit the water it's just instinct – swim fast!" Swim fast he did, dipping under the one minute mark in a personal best time of 58.50 seconds.

On a very busy morning of heats in the pool on Day 6, Harris was in the largest field of the week, 105 entries, in the Men's 50 Freestyle. The nerves he'd felt before his first race of the championship had clearly gone as he came home with his second personal best time of the week, 26.41, which was enough to give him second place in Heat 3. Harris has lowered his time from the London Olympics by nearly half a second in a year, a significant achievement.

On Day 7, Furgeson was looking for her second personal best of the week. She showed no signs of nerves as once again she left the field trailing and touched first in a personal best of 29.09 seconds in the 50 Freestyle.

"My coach told me to swim it all out and try my best. I wasn't trying to race everyone else, just trying to get a personal best by swimming my own race. It's been a good week. I hope my coach, Sarah (Stepchew), is proud of me. We trained really hard and I hope I've given a lot back to her and proved I'm good enough for my spot on the team."

DISPATCH FROM ROI

ROI HISTORICAL TOUR, from page 3

place. After receiving the tour, he will be doing more research on the battle, Operation Flintlock, to learn more about Roi-Namur's history.

Robling was fascinated by the tour. He has done a battlefield study on Operation Flintlock in the past, so it was especially interesting to him to be able to see the battlefield sites up close and personal. He described Mead as passionate, and appreciated her taking the time to tour the Marines around the island.

The historical battlefield tour is divided into two sections: the Roi side, and the Namur side. The tour highlights the beaches where U.S. forces invaded or where battles took place, old Japanese artillery that still stands today, Japanese bunkers and other structures that have managed to hold up over the years, and memorial posts that honor U.S. servicemembers who bravely gave their lives in battle.

The tour can take anywhere from a brisk hour, to a few, depending on how long you take at each stop. Mead has set the record for the longest tour at six hours, when she toured around a visitor who had ties to Operation Flintlock. A printed tour guide can be picked up from the Roi Community Activities office, and will give specific directions on where to find each site. If you are lucky, Mead might be available for a private tour. It is recom-

mended to take the tour on a golf cart, since the entire tour covers both Roi and Namur.

The invasion of Kwajalein, Roi and Namur was the second time that an American force was thrown against a fortified island. The first attempt at Tarawa in the Gilbert Islands, approximately 300 miles southeast of Kwajalein, had been a near disaster. The success or failure of the Marshalls invasion could have affected future Allied strategy in the Pacific and Europe. An attack in the Marshall Islands was also the first on Japanese territory – land held by Japan before the start of World War II.

The first stop is the Roi Invasion Beaches. The 4th Marine Division seized and secured the outlying islands, which served as artillery support bases for U.S. forces. It is hard to imagine forces ever being on that beach, as it is just a beautiful, peaceful sight today.

The next stop is Wendy Point, which is located at the end of the runway. The main purpose of this stop is to recognize the chain of islets seized by the Marines on Jan. 31, 1944, to secure the ocean channel into the lagoon.

Stop three is the Japanese Cemetery, which was dedicated to the memory of nearly 3,500 Japanese soldiers, sailors and airmen who died while defending Roi and Namur.



The Japanese Air Operations Command Building is Stop 7 on the Roi-Namur National Historic Landmark World War II Battlefield Tour.



Stop 16 on the battlefield tour honors Lt. Col. Aquilla Dyess for leading the final assault on the Japanese position. Dyess was mortally wounded during this last action.

The next stop shows off some of the Japanese artillery used during the war. On Speedball Road you will find the Japanese 5" guns. If you stand behind the guns and face the ocean, you hold the view of Japanese defenders who were waiting for an ocean side attack that never came. The guns lying on the ground were recovered from the reef in 1999.

Stop five is a marker that shows the end of the Marine advance that concluded at 6 p.m., on Feb. 1.

Stop six recognizes Private 1st Class Richard B. Anderson, who, while under attack, threw himself on a grenade to save the lives of his fellow Marines. There is a large Japanese pillbox at this location that was severely damaged by air and naval bombardment.

The next stop is probably the most popular and visited historical site on the tour. The Japanese Air Operations Command Building is located on Eleanor Wilson Road, heading toward the Roi terminal. This building was used as the headquarters from which the Japanese commander and his staff implemented the Imperial Japanese strategy for air operations in the Pacific.

The next two stops represent Green Beach 1 and 2, located next



The final stop on the battlefield tour is a complex that stands near ALTAIR radar, and includes what used to be an oxygen generating plant, water storage tank, fuel storage building and main power plant.

to Yokohama Pier, where the 24th Marine Regimental Combat Team landed and advanced.

Next, the tour takes you into the jungle. Here, you will pass two buildings that served as the Japanese diesel fuel storage facilities.

Next, the tour takes you back toward the pier to Nadine Point, the code-name given by American intelligence officers to the Japanese defensive position. The area was a honeycomb of interconnected trenches, designed to support communications to the large blockhouse.

The next Japanese defensive complex is Sally Point, which is now a popular beach to find shells, beach glass, and even a message in a bottle last year.

Stop 13 is a large aerial bomb storage building that caused a large explosion and delay in advance. You can see small arms and tank rocket holes in the building.

The next three stops are memorials that honor various U.S. servicemembers for their brave actions during battle. The first recognizes Lt. John V. Power, who received the Medal of Honor for his actions in neutralizing an enemy pillbox. Next, Pvt. Richard K. Sorensen, who also received the Medal of Honor, is remembered for rolling on a Japanese hand grenade, absorbing the blast in order to protect his fellow Marines. Lastly, Lt. Col. Aquilla Dyess is recognized for leading the final assault, converging from the right and left flanks on the Japanese position. Dyess was mortally wounded during the last action on the island.

The last stop on the tour brings you to several intact buildings including the oxygen generating plant, water storage tank, fuel storage building and main power plant. The area south of this complex was the Japanese cantonment area that included an administration building, hospital and barracks. A plaque was erected by the Fourth Marine Division Association, listing those Americans who died during the landings.

Namur was officially declared secure at 2:18 p.m., Feb. 2, 1944. American losses on Roi-Namur included 190 Marines killed in action and another 547 Marines wounded. Japanese losses included 3,472 killed in action. Fifty-one Japanese were captured along with 40 Korean laborers.

While the Marshalls were the last of the coral atolls



Battlefield tour stop 4 is where you will see the Japanese 5" guns on the north shore of ocean side. Opposite the guns pictured, are artillery that was recovered from the reef in 1999.



Small arms and tank fire holes can be seen in the Aerial Bomb Storage Building at stop 13 of the historical tour.

captured in the Pacific Theater, they proved amphibious operations could be successful. Strategically, their capture made it possible to launch the drive against the Marianas at a far earlier date than had originally been anticipated, and therefore in the words of Adm. Chester W. Nimitz, "We get on with the war."

Information from the printed tour guide, and reprinted in this article, was prepared by the U.S. Army Space and Missile Defense Command Historical Office with support from the U.S. Army Kwajalein Atoll Environmental Office.

New Post Office system will help to expedite services for customers

By Sheila Gideon
Managing Editor

The Kwajalein and Roi Post Offices will be replacing the IRT system from the 1980s, with a new POS system next week. While some procedures for customers will change, these changes will ultimately result in expedited services.

The big change for customers is they will be required to fill out their customs form online at www.usps.com before bringing their packages into the Post Office to send out. Information needed includes sender and recipient addresses, list of

contents, as well as a best guessimate for weight (final weight will be taken at the Post Office). Once the form is filled out, simply print (it will issue three copies) and bring it along with your packages to the Post Office. Any issues with the online customs form should be directed to the online USPS help forum.

Another added benefit of the new system includes easier tracking of packages. Tracking numbers and insurance information for all packages will now be printed on one receipt.

Postal services will be quicker and smoother, but will have an interruption in service while the new

system is installed. The finance portion of the Post Office will be closed Sept. 12-13, reopening on Sept. 14. The package window will remain open for pick-ups.

The Post Office staff wants to remind customers that appointments can be made to mail out a large number of packages. If you plan to mail more than four boxes, call 53461 for an appointment. They also urge you to mail out packages on Fridays and Saturdays, which tend to be the slowest days.

Help the Post Office help you, and start filling out your online customs forms now.



K WAJALEIN
ARES
ORNER

Emotional Wellness has many different aspects: how well we understand and adapt to change, healthy or unhealthy coping skills, positive or negative self-concept, the ability to love and care for self and others, and the capability to act independently in meeting personal needs. Some additional factors include the capacity to make realistic plans and carry them out, having confidence in one's abilities and strengths, using healthy skills in communication and understanding how to problem solve, and the capacity to manage strong feelings and impulses.

Emotional Wellness is ordinary, not extraordinary, and involves our behaviors, thoughts, and actions learned and developed throughout our life span. One of the ironies of life is we equate ourselves with our thought system and attach our identity to our beliefs and values. A simple way of putting it is our personal version of reality becomes who/what we think we are. Shakespeare said "Nothing is good or bad, but thinking makes it so." Life's strangest secret is you become what you think about all day long. This becomes the "scaffolding." It's often said that if you want to know what your day will be like tomorrow, look at your thoughts today.

Look at your mental dialog (head self-talk) in checking your emotional wellness. Your mental dialog

is around 150-300 words per minute, that is 9,000 to 18,000 words per hour, or 216,000 to 432,000 words per day of head self-talk. Now what if 40 percent of this head self-talk was negative and self-critical? Figure it out - that would be around 86,400 to 172,800 negative words per day bouncing around in your head. Words like "I'm dumb," or "My boss doesn't like me," or "I can't pass this class," or "I'm fat," or "I'm useless."

It is possible to control the quality of your thinking by keeping track of your negative thoughts and identify situations that trigger such thinking. Once you can identify the thought and trigger, try replacing it with a positive thought. For example, "I can't pass this class," can be replaced with "If I have all the material for the class, and if I study, I can pass this class."

Here's my recipe for healthy emotional wellness: (1) make healthy and loving connections, (2) avoid seeing crisis as insurmountable, (3) accept that change is a part of living, (4) look for opportunities for self discovery, (5) nurture a positive view of yourself, (6) keep things in perspective, (7) maintain a hopeful outlook, and (8) take care of yourself.

— Marion Ruffing, Counseling Psychologist/EAP

P.S. Stop by my office after my pack out arrives on island; I have a personality tool that identifies if you are living in your strengths or weaknesses.

View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Barb Doerries



From Sheila Gideon



From Melissa Peacock



From Barb Doerries



From Melissa Peacock



From Melissa Peacock

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, 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.

LOST

LEFT-HANDED Callaway 9-iron on hole 9 at Holmberg Fairways. Call 52577 if found.

FOUND

WOMEN'S SUNGLASSES at Camp Hamilton. Call 51054.

WANTED

KEYBOARD TO RENT OR BORROW for the Zooks shows at the Vet's Hall on Sept. 1, and at Eron Beach on Sept. 2. Hammond B3/Leslie tone important. Call 55509.

WOOD FENCE for 400-series house, enough to close in 6'9"x25'9" area, height no shorter than 4 feet, mainly to keep dogs in yard. Call 54125.

PATIO SALE

AUG. 24, 7 a.m., quarters 419-B. PCS sale.

FOR SALE

CARBON FIBER GUITAR, composite acoustic, Cargo Raw, acoustic-electric guitar, mint condition, bought to play outdoors for fear of hauling my wooden guitar out in the Kwaj environment, factory installed LR Baggs pickup, not playing enough to justify keeping it, comes

with a padded gig bag, \$850. Call 51061.

STURDY FISHING TRAILER with four pole holders, includes large fish cooler, \$200; 50-inch HDTV 1080i DLP, \$400; empty and cleaned 70-gallon fish tank, very nice lighting system, black wooden cabinet, miscellaneous filters and supplies, \$400. Call John at 53290.

POWER SHARKCAT catamaran, *Slayer*, 30 feet, with dual 225 Honda four stroke outboards, \$60,000 or best reasonable offer. Leave a message at 55334 or e-mail savage.geckos@yahoo.com.

ENTERTAINMENT CENTER, five shelves, black glass, great condition, \$75; men's new golf shorts, size 38. Call 52525.

AMAZING DEAL, PCSing and must sell: Electra Deluxe Cruiser, 3-speed, good condition, with new rear wheel and shifter, seat and post, front sprocket and chain, front and rear tires, handlebars and grips, \$100; floor steamer, \$20. Call 59154.

PENN INTERNATIONAL II 130ST, two speed with pole, ready to go fishing, \$875. Call Tony at 52949.

COMMUNITY NOTICES

BRITISH NAVAL SHIP *HMS DARING*, will hold an Open House for island visitors from 10 a.m. to noon, Sunday, at Echo Pier.

THE OCEAN VIEW CLUB now has Wifi!

A BARIATRIC SURGERY support group will meet from 4:45-5:50 p.m., every second and fourth Tuesday of the month. Meet in the Kwajalein Hospital conference room. Call 55362 to register or for questions.

KWAJALEIN SCHOOLS will begin the 2013-2014 school year on Thursday. Jr./Sr. High School begins at 8 a.m., and George Seitz Elementary School begins at 8:30 a.m. If your child is new to Kwajalein Schools this year, be sure you have completed all registration requirements prior to Thursday. Questions, contact the high school office at 52011, or the elementary office at 53601.

BINGO IS THURSDAY at the Vet's Hall. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Black-out completion at 58 numbers, \$1,800 payout; Wind-fall completion at 24 numbers, \$1,400 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

AMERICAN RED CROSS Lifeguard Class is Aug. 23-Sept. 15. Register now through Thursday. Participants must be at least 15 years old. Cost is \$150 and includes book, pocket mask and certification fees. Fee is due after the first class. For registration, questions and information, contact Kaylee at 51275.

THE KWAJALEIN SWIM TEAM will begin practices on Friday at the Family Pool. Swimmers ages 8 and under will practice from 5-6 p.m., ages 9-12 from 6-7 p.m., and ages 13 and older from 7-8:15 p.m., on Wednesday and Friday nights. Practices will be held for ages 13 and older from 8:15-9:30 a.m., ages 9-12 from 9:30-10:30 a.m., and ages 8 and under from 10:30-11:30 a.m., on Monday mornings. Questions? Call Amy at 52681. Registration forms available via email



This pictogram means the chemical is corrosive to metal and corrosive to skin. Wear the proper personal protective equipment.

and at the practices.

AROUND THE ATOLL IN 80 DAYS is an indoor/outdoor cardio challenge program that will run Aug. 27-Nov. 14. Participants can swim, bike and run to the ultimate goal of completing the entire mileage distance of the atoll. Finish all swim, bike and run mileage distances in 80 days and win a prize! Use the Ivey Gym, pools and other activities to rack up the miles of cardio and develop a diverse workout. Register now through Aug. 26. Cost is free. Contact Mandie Morris or Kaylee West for registration.

2013 OUTDOOR SOCCER Season registration is Monday through Aug. 30. Season play is Sept. 11-Oct. 27. Cost is \$100 per team. There is a mandatory managers' meeting at 5 p.m., Aug. 30, in the CA office. Contact Kaylee or Mandie for registration. For questions, call 51275.

OCEAN VIEW CLUB Birthday Bash will be at 8 p.m., Aug. 31. Sign up at the KRS Retail Sales office by Aug. 30. Must be 21 years old. Complimentary drinks and cake for registered August birthdays. Contact Barbara Hutchins at 58228.

START SMART BASKETBALL 2013 registration is open now through Aug. 31. Program dates are Sept. 11-Oct. 16. The Start Smart program teaches children ages 3-5 the basic motor skills to play basketball, working one-on-one with their parents. To register, contact Central Registration Office, Building 358, or call 52158.

CYSS YOUTH SPORTS BASKETBALL League registration is open now through Aug. 31. Season dates are Sept. 10-Oct. 29. Cost is \$40 per player and is open to all CYSS youth, grades kindergarten-6. To register, visit Central Registration, Building 358, or call 52158. Questions, contact Michelle Huwe at 53796.

CALLING ALL KWAJ WOMEN! Christian Women's Fellowship is resuming monthly luncheons beginning at noon, Sept. 1, in the Religious Education Building.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

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

Roi-Namur service, 7 p.m., Second and Fourth

Friday of each month. Appointments with Fr. Vic

available after dinner.

Protestant

Summer Schedule

11 a.m., Sunday Service

7 p.m., First and third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday

Cornish Game Hens

Ham Marco Polo

Potato Romanoff

Monday

Beef Pot Pie

Sauteed Chicken Breast

Herb Roast Potatoes

Tuesday

Grilled Pork Chops

Chicken Divan

Au Gratin Potatoes

Wednesday

BBQ Short Ribs

Sweet & Sour Chicken

Herb Wild Rice

Thursday

Baked Meat Loaf

Pepperoni & Sausage Pizza

Mashed Potatoes/Gravy

Friday

Soyu Chicken

Fish Du Jour

Oriental Fried Rice

Aug. 24

Grilled Reuben

Pot Roast

Chicken Chopsuey

Dinner

Sunday

Pot Roast

Szechuan Chicken

Boiled Potatoes

Monday

Spaghetti Marinara

Whole Wheat Pasta

Italian Sausage

Tuesday

Minute Steak/Gravy

Chicken Chopsuey

Garlic Mashed Potatoes

Wednesday

Grilled London Broil

Huli Huli Chicken

Pasta Alfredo

Thursday

Oven Fried Chicken

Egg Rolls

Boiled Potatoes

Friday

Pancake Supper

Beef Stroganoff

Chicken Nuggets

Aug. 24

Chicken Fajita Wraps

Black Beans

Cajun Dirty Rice

Thumbs Up!



... to Kijji Phillip of KRS GSK Warehouse Delivery. For years you have shown your hard work and friendly attitude! It's greatly appreciated. We like seeing your smiling face at Building 835.

... to Denise Dorn. She is so welcoming, kind and helpful with all aspects of the Hobby Shop. She welcomes a first-timer with graciousness, just as she does with the regular patrons. Even while she may be giving classes to a group of students, she helps anyone who asks with honesty and love. She makes the Hobby Shop an inviting and comfortable place.

MANIT MINUTE

Family Structure (part 3 of 4)

The family clan, or "jowi," is the foundation of Marshallese family life. There are approximately 30-60 jowis throughout the Marshalls and the root of each clan can be traced back to one woman who is referred to as the mother of that clan.

As in the family unit, responsibilities include providing shelter and food for visiting jowi members, caring for jowi members who may be hospitalized on Ebeje or Majuro, caring for the children of other jowi members when necessary, and assisting during funerals for members of the jowi.

Come to eat, meet and greet. Join us for a great time of fellowship as we focus on our plans and your ideas for the 2013-2014 year. Mark your calendar for the first Sunday of each month at noon in the REB. No need to bring anything!

THE AMERICAN LEGION proudly presents the 1st Annual Labor Day Blowout and Poke Taste-off at 2 p.m., Sept. 1, at the Vet's Hall. Come out and test your skills in our Baggo and horseshoe tournaments, with cash prizes and giveaways. BBQ will be available for purchase. Come dance the rest of the night away with the Zooks! All proceeds will be donated to benefit the USO.

GREAT KWAJ SWAP MEET is from 9-11 a.m., Sept. 2, at Emon Beach. One complimentary table per household; additional table is \$10. Pick-up services provided; ask for the pick-up when registering. No oversized items. Call the CA office at 53331 to reserve your table. Space is limited.

LABOR DAY BEACH Fun kicks off at noon, Sept. 2, at Emon Beach. Enjoy activities for the whole family! Volunteers also needed, call the Community Activities Office at 53331 to sign up.

KWAJALEIN GOLF ASSOCIATION will host a fun tournament in conjunction with Patriot Golf Day on Sept. 3. This is a 4-person scramble. Check in is at 9:15 a.m. Cost is \$30 per person; no daily greens fees or non-KGA member fees applied. Mulligans are available for purchase, \$10 each, max of five per person. All proceeds benefit the Folds of Honor Foundation, which provides educational opportunities and other assistance to the spouses and children of U.S. service-members. Contact Kim Parker by email to register a team. Space is limited, so sign up quickly.

KWAJALEIN ART GUILD meeting will be at 5 p.m., Sept. 3, in the Art Annex next to the Hobby Shop. Bring your suggestions/ideas for the Fall Craft Show and hear about upcoming changes to the club.

WATER DISTRIBUTION PERSONNEL will be flushing the potable water pipes on Kwajalein from now until Sept. 3. This may stir up sediment in the pipes and cause discoloration of the drinking water. Residents should flush the faucet for a few minutes until the water is clear and then resume normal use. If you have a question, call 51847.

TO INSTALL THE NEW Post Office system, the finance windows will be closed from Sept. 12-13. We will re-open for mailing outgoing packages on Sept. 14. Questions? Contact Kim Yarnes at 53461. The package pick-up window will operate as normal.

THE RECREATION AND PROGRAMS Office has moved from Community Activities, Building 805, to the CRC. For information or assistance regarding adult athletics, ARC, CRC, Gear Locker check-out, Ivey Gym, pools and beaches, or wellness, contact Amanda Morris or Kaylee West by email or call 51275.

THE BADGE OFFICE has moved to Building 835. To get your K/C/DOE Badge, use the same entrance as the CAC Office. Call 51072 with questions.

PER USAKA/RTS REGULATION 190-10, domestic workers are not permitted on USAKA/RTS when their employer departs Kwajalein Atoll (TDY, vacation, etc.), nor are they allowed to house-sit during employer absence.

E-TALK: Look for the new Roi-Namur Exhibit and Photo Guide exhibit case at the Roi-Namur Airfield Terminal. There is also a new guide to the World War II photographs.

Military Casualties

Three soldiers died Aug. 11, of wounds suffered when enemy forces attacked their unit with indirect fire. The Soldiers were assigned to the 4th Battalion, 320th Field Artillery Regiment, 4th Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky. Killed were: **Staff Sgt. Octavio Herrera**, 26, of Caldwell, Idaho; **Sgt. Jamar A. Hicks**, 22, of Little Rock, Ark.; and **Spc. Keith E. Grace Jr.**, 26, of Baytown, Texas.

Spc. Nickolas S. Welch, 26, of Mill City, Ore., died Aug. 6, in Bethesda, Md., of injuries sustained July 23, when enemy forces attacked his unit with an improvised explosive device in Soltan Kheyl, Wardak Province, Afghanistan. He was assigned to the 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 24
Breaded Pork Chop	London Broil	Chicken Fajita Wrap	Grilled Reuben	Chicken Fricassee	Beef Tacos	Philly Cheesesteak Sandwich
Chicken Piccata	Catfish	Meatloaf	Bombay Chicken	Hot Dogs	Chicken Enchilada Casserole	Slow Roasted Kibi Ribs
Eggs Benedict	Black-eyed Peas	Cornbread	Vegetable Quiche	Onion Rings	Refried Beans	Macaroni & Cheese

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 24
Roasted Turkey	Beef Ragù	Smoked Sausage	Grilled Top Sirloin	Roi Fried Chicken	Beef Sauerbraten	Sausage & Peppers
Beef Stew	Chicken Parmesan	BBQ Chicken	Baked Chicken	Swedish Meatballs	Pork Schnitzel	Chicken Pesto Alfredo
Stuffing	Pasta	Macaroni & Cheese	Baked Potatoes	Mashed Potatoes	Spaetzle	Cheesy Garlic Bread

Quality of Life Monthly Update

The Quality of Life Committee meets monthly to discuss and vote on submitted proposals for funding from the community. Updates on approved funding projects will be printed monthly in the Hourglass.

Recent Project Funding Approvals and Updates:

- New high volume bike racks for Bachelor Quarters
- Speaker wire replacement at Roi Tradewinds Theater to improve sound quality
- Funding approved for rock group Prospect Hill (www.prospecthillmusic.com) to perform in early 2014
- Funding approved for a group of comedians to perform on Kwajalein and Roi at the end of 2013
- The old grill at Emon Beach Pavilion 1 will undergo a transformation to become usable counter space

What Do We Need From You?

- Ideas, feedback and suggestions! Contact a QOL representative listed below.
- There are two voting positions on the QOL Committee which need to be filled:
 - An energetic volunteer to represent Reef BQ
 - A family housing representative
- If you are interested in being on the committee, contact Tommy Ryon by Wednesday, at 51513 or richard.t.ryon2.ctr@mail.mil.

QOL Committee Voting Representatives:

BQ: Stacey Helt (Roi), Laura Pasquarella-Swain (Roi), Tim Roberge (Kwaj), Bill Williamson (Kwaj), Jan Abrams (Kwaj)

Housing: Cindy Cullen, Becky Harris, Ed Jednacz, Harden Lelet, Kim Parker, Sarah Stepchew

Student: Elizabeth Elkin, John Sholar

Weather

Courtesy of RTS Weather

Day	Skies	Chance	
		of Rain	Winds
Sunday	Mostly Sunny	10%	ENE-E at 4-8 knots
Monday	Mostly Sunny	10%	E-SE at 2-7 knots
Tuesday	Mostly Sunny	10%	SE-S at 2-7 knots
Wednesday	Mostly Sunny	20%	ESE-SE at 3-8 knots
Thursday	Mostly Sunny	10%	NE-E at 2-7 knots
Friday	Partly Sunny	20%	Light and variable

Yearly total: 32.90 inches

Yearly deviation: -13.20 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:41 a.m. 7:04 p.m.	4:19 p.m. 3:22 a.m.	1:51 a.m. 3.9' 2:31 p.m. 3.1'	8:29 a.m. 0.0' 8:22 p.m. 0.1'
Monday	6:41 a.m. 7:04 p.m.	5:16 p.m. 2:24 a.m.	2:45 a.m. 4.4' 3:17 p.m. 3.6'	9:14 a.m. -0.4' 9:11 p.m. -0.3'
Tuesday	6:41 a.m. 7:04 p.m.	6:10 p.m. 5:25 a.m.	3:30 a.m. 4.8' 3:57 p.m. 4.1'	9:54 a.m. -0.8' 9:54 p.m. -0.7'
Wednesday	6:41 a.m. 7:03 p.m.	7:02 p.m. 6:23 a.m.	4:10 a.m. 5.0' 4:34 p.m. 4.3'	10:30 a.m. -1.0' 10:34 p.m. -0.9'
Thursday	6:41 a.m. 7:03 p.m.	7:51 p.m. 7:20 a.m.	4:48 a.m. 5.1' 5:09 p.m. 4.5'	11:04 a.m. -1.0' 11:11 p.m. -0.9'
Friday	6:41 a.m. 7:02 p.m.	8:38 p.m. 8:15 a.m.	5:23 a.m. 4.9' 5:43 p.m. 4.5'	11:36 a.m. -0.9' 11:47 p.m. -0.7'
Aug. 24	6:41 a.m. 7:02 p.m.	9:25 p.m. 9:08 a.m.	5:56 a.m. 4.6' 6:16 p.m. 4.3'	12:07 p.m. -0.7' -----