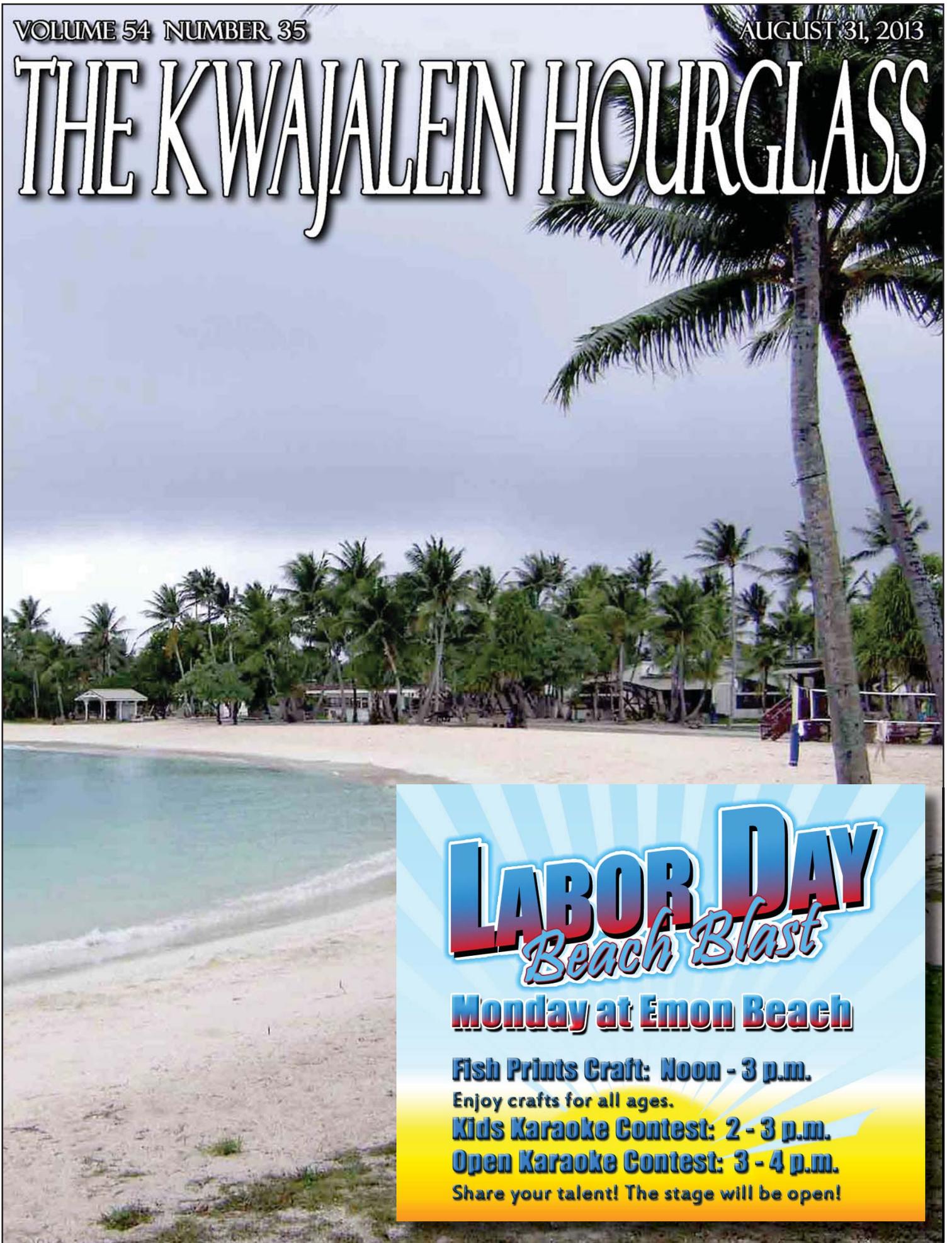


VOLUME 54 NUMBER 35

AUGUST 31, 2013

# THE KWAJALEIN HOURGLASS



## LABOR DAY *Beach Blast*

**Monday at Emon Beach**

**Fish Prints Craft: Noon - 3 p.m.**

Enjoy crafts for all ages.

**Kids Karaoke Contest: 2 - 3 p.m.**

**Open Karaoke Contest: 3 - 4 p.m.**

Share your talent! The stage will be open!

# MANIT MINUTE

## Traditional Beliefs

Marshallese have traditional cures for just about anything that ails you. The Marshallese Cultural Center has some displays and occasionally hosts Marshallese demonstrations and discussions on this topic. There are also a few books available on Marshallese myths and legends.

- Wuno: medicine
- Kautiej: respect
- Rutto: elders
- Kabuñ: religion, worship
- Manit: custom
- Tomak: believes
- Etto: ancient
- Inoñ: myth/legend
- Bwebwenato: talking stories
- Aj: weave

## Thumbs Up!



... to people who park their bikes and trailers appropriately in the bike racks so everyone has space to park.

... to Marie Pimenta for always being so helpful and cheerful at Surfway.

... to bicyclists who pay attention and are safe at crosswalks now that school is back in session.

... to Sgt. Maj. Roderick Prioleau for helping the seniors with their walk-in. Thanks!

## Labor Day Hours of Operation

Tuesday, Sept. 3

Emon Beach	11 a.m.-6 p.m.
All other beaches	Buddy system
CRC	Closed
ARC	Open 24 hours
Bowling Center	Closed
Golf Course	Sunrise to sunset
Country Club	7 a.m.-2 p.m.
Hobby Shop Kwaj	Noon-5:30 p.m.
Grace Sherwood Library	Closed
Adult pool	Buddy system
Family pool	11 a.m.-6 p.m.
Small Boat Marina	8 a.m.-6:30 p.m.
Roi Marina	8 a.m.-6:30 p.m.
Surfway	1-7 p.m.
Laundry	Closed
Beauty/Barber	Closed
Sunrise Bakery	Closed
Ocean View Club	2:30-11 p.m.
Post Office Kwajalein	Closed Monday Regular Hours Tuesday
Shoppette Roi	Closed
Shoppette Kwajalein	10 a.m.-6 p.m.
Pxtra	Closed
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony's Pizza	10 a.m.-4 p.m.
American Eatery	10 a.m.-4 p.m.
Community Bank	Closed
Third Island Store	8 a.m.-noon
Outrigger Snack Bar	Noon-2 p.m. 5:30-9 p.m.
Outrigger Bar	5 p.m.-12:30 a.m.

## 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, or endorsed by, the U.S. Govern-

ment, Department of Defense, Department of the Army or USAKA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

Phone: Defense Switching Network 254-2114;  
Local phone: 52114  
Printed circulation: 1,200  
Email:  
[usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto: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

# Marshall Islands teen makes Martha's Vineyard her new home to attend school

By Janet Hefler  
The Martha's Vineyard Times

A chance meeting last November with a student from Vineyard Haven has led to a new life on Martha's Vineyard for Yolani Korab, a 15-year-old from Enniburr Island. In June, thanks to the generosity of a Vineyard Haven family, Korab left Enniburr for the opportunity to attend high school at the Martha's Vineyard Public Charter School this fall. She is sponsored by Lara O'Brien and her husband Charles Robinson, and their children.

Korab's journey to an island more than 7,000 miles by air from her own was sparked by a visit to her school last November by the Robinsons' 13-year-old son, Cathal. He and his dad, along with his grandmother, Patricia Robinson, made a trip to Enniburr over Thanksgiving vacation to visit his aunt, Anne Robinson. She was working as a senior environmental scientist in the Marshall Islands with San Juan Construction Company of Colorado under a U.S. Army contract.

Cathal and his family members visited the local school, where they met teacher Stefanie Stretch and her multi-age class, including eighth-grader Korab. Stretch, a 25-year-old from Philadelphia, worked as a volunteer for WorldTeach, a non-profit, non-governmental organization that places volunteers in schools in developing countries that request educational assistance. Cathal chatted with Korab's class, who speak English as a second language, and spent the afternoon playing baseball with them.

Korab's school only goes up to eighth grade. Students from Enniburr who want to attend high school must travel to Ebeye and live there. However, Stretch had recognized that Korab was a good student that would benefit from further education.

At the time of the Robinsons' visit, Stretch had already started



Photo by Ralph Stewart

**Fifteen-year old Yolani Korab, a native of Enniburr Island, is sponsored by a family in Matha's Vineyard in order to attend high school.**

looking for someone to sponsor Korab to go to school in the United States.

"It was like a lining up of the stars," O'Brien said. "When Stefanie mentioned it to my son and husband, he said we might be able to take it on, and slowly over the next several months it came about."

O'Brien and her husband talked things over in December and agreed they would sponsor Korab, which involved her mother signing papers to allow them to be her legal guardians.

When asked what made her want to come to America, Korab answered without hesitation, "Education." She already has a goal to become a nurse.

"That's her driving focus, and we think she's so brave and so courageous to have done what she did to get here, which was huge," O'Brien said.

Korab's days are now spent playing soccer and volleyball, watching movies, playing music on her

prized ukulele, and of course, school work. Since leaving home, Korab's life has been filled with many "firsts," including a seven-hour plane ride with Stretch to Philadelphia, a car trip to Woods Hole, a ferry crossing and the sight of cows and horses. Korab already talks like a Vineyarder, O'Brien noted with a laugh. "When she gets to Five Corners now, she says, 'Oh, the traffic.'" Korab has been open to new foods and especially loves popcorn and ketchup, which she puts on everything. Naturally athletic, Korab recently tried ice-skating for the first time and caught on in 10 minutes.

"She's very happy and very positive," O'Brien said. "She's brought a lot of love and light into the house. She's making us laugh more."

For the full article, go to: <http://www.mvtimes.com/2013/07/31/marshall-islands-teen-makes-marthas-vineyard-her-new-home-16579/>.

Copyright The Martha's Vineyard Times. Reprinted with permission.

# Local teen performs astrophysics research in Santa Barbara over summer break

**Summer Science Program**  
Westmont College

Over 39 intense days this summer, Madison Greene, Kwajalein Jr./Sr. High School senior, operated a telescope to take images of a near-Earth asteroid, and wrote her own computer software to measure its position precisely and calculate its orbit around the sun.

Greene joined 35 other top science students from around the U.S. and the world for learning, late nights and collaboration at the Summer Science Program on the campus of Westmont College in California. Since 1959, gifted teenagers have come to this unique program to

spend their days in college-level lectures, and their nights imaging and measuring the speck of light from a distant asteroid. Years and even decades later, many alumni refer to SSP as “the educational experience of a lifetime.”

Greene and her colleagues worked closely with university professors, met prominent guest speakers, and enjoyed behind-the-scenes tours of the Jet Propulsion Laboratory, Caltech, and Kavli Institute for Theoretical Physics.

SSP is an independent non-profit, operated in cooperation with Caltech, Massachusetts Institute of Technology, New Mexico Tech and Westmont College.



# The fin(e) art of Fish Prints

## *Try out an exciting new craft for Labor Day*

### Hourglass Reports

After a long day of fishing, bringing back a catch that's worth capturing a print of can be done so through a unique means if you have the time and materials. Gyotaku is the traditional Japanese method of fish printing. Gyotaku was originally done as a way to record catches before there were cameras, and over time, developed into a form of art itself. The earliest prints were “recorded” using leaves, or other relatively flat natural objects, and were later replaced with rice

paper and wood. Fish were painted with ink and the natural materials or rice paper were laid over the fish, pressed and smoothed, then lifted to reveal an impression of the fish that captured size, shape, texture, scale patterns and veins. Fish prints developed into a form of art, using a second or third print with fainter ink to hand color and detail the fish. Today, the most common method is to apply colored inks and paints to create unique and colorful prints and the canvas is not limited to paper. The medium and subjects of prints have evolved as well. Regular paper, cloth and T-shirts work well, and octopus, crab, starfish and squid also make great prints.

Experience the art of gyotaku for yourself this Labor Day at Emon Beach, where Community Activities will have a station set up with fish and paints. Bring a T-shirt and enjoy the art of fish prints for yourself!

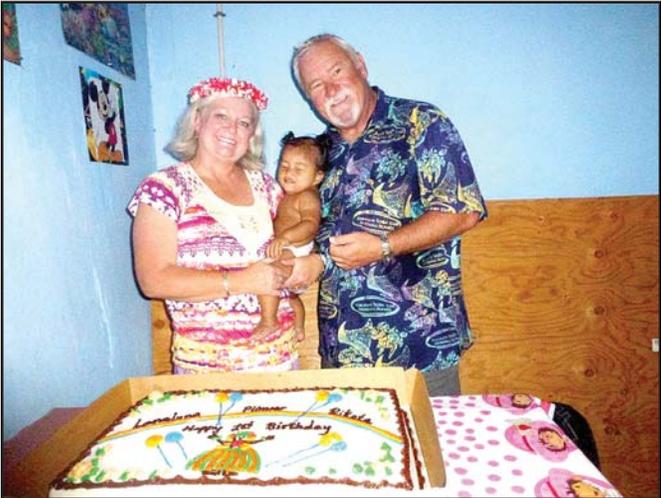


# View from Kwaj

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



From Dave Gray



From Flynn Gideon



From Randy Razook



From Dave Gray



From Tony Chavana

**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](http://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](http://www.krsjv.com).

COMMUNITY BANK IS hiring a Banking Center Service Manager. Position is full-time, 40 hours. Manages service and operations activities to ensure excellent service delivery and maximizes banking center profitability by reducing losses and fostering teamwork; recruits, interviews, and hires tellers; approves customer transactions, resolves customer issues; operates a teller window as needed; reports to Banking Center Manager and may provide backup during their absence. Visit <http://careers.dodcommunitybank.com> to apply.

**WANTED**

USED STAND UP PADDLE BOARD (SUP). Call 55987.

SIZE 8.5 WOMEN'S soccer cleats. Call 55590.

DISHWASHER, for priest's quarters. Call 52379.

USED CASSETTE WALKMAN, so I can listen to all the cassette audio books in the library. Call 53470.

**FOR SALE**

TWO CHARBROIL GRILLS, excellent shape; new 3-inch gel mattress, standard; two pillows; new 3-foot square table with four folding chairs; two new plastic chairs; grill accessories. Available Sept. 10. Call Jim or Howard at 55611 evenings or at work at 59723.

GARMIN GPS 1300 LMT, \$60; Amazon Kindle D00901 with lighted case and two additional cases, charger, \$60;

custom KAI bike, green, as is, needs front tube, \$300; iPod Nano, 16GB, \$60; Hunter ceiling fan, new, 52-inch, \$50; wooden TV stand with swivel top and two drawers, \$40; Panasonic 55-inch plasma flatscreen TV with wall mount and stand, \$700. Call 53764.

PCS SALE. Sun Women's bike, \$75; Sun bike, \$25; Casio keyboard with stand, \$75; aluminum bike trailer, \$75; plastic shelvess, \$10; desk chair, \$30. Call 52680.

TWO 45-GALLON FISH TANKS with wooden stands, \$200 each. Call 53143.

DIVE GEAR: BC size medium, regulator, octopus, barely used and in terrific condition, \$700. Call 51597.

SHERWOOD AVID CQR-2 BCD, medium, \$175; Sherwood AVID CQR-2 BCD, large, \$175; Intova IC-14 digital camera with underwater housing, \$150; black Sun tricycle with custom metal work, \$200. Call Dave at 52487 after 4 p.m.

TILT WALL MOUNT for 32- to 65-inch TVs, new, comes with all mounting hardware, 3-axis bubble level, 10 feet high-speed HDMI cable, \$30. Call 50165.

JETSKI, 2007 SeaDoo RXP, 215 HP supercharged engine, \$5,500 or best offer. Call 51584.

MAINSAIL, good condition, maxi-roach, 42.5-foot luff, 14-foot 2-inch foot, full-battens, loose foot, three reefs, triple-stitched seams, includes all batten hardware and battens, made by Hasse & Co. (Port Townsend Sails), \$1,500; Alpha 3000 autopilot with control unit, fluxgate compass, remote unit; two linear drive units and all documentation including wiring diagrams, control unit and remote unit not functioning when removed from boat, so autopilot being sold for parts only with no guarantee, \$500. Call Dale or Paula at 53470.

TUBE TV, 27-inch, built in DVD/VCR with remote, works great, \$125 or best offer. Call 52495.

OLDER MAGNAVOX TV, 32-inch, bulky and heavy but has great picture, \$35. Call 54643 or leave message at 52406.

**COMMUNITY NOTICES**

THE BAKERY will now have fresh-baked wheat bread on Wednesdays. For more information call Telina Jacklick at 53445.

THE KWAJALEIN YACHT CLUB will be holding its August meeting tonight at the Yacht Club. Happy hour at 5:30 p.m., meeting at 6:30 p.m., dinner at 7 p.m. Jambalaya will be provided, bring a side dish to share. You do *not* need to own a boat to be a member. Questions? Contact Ed at [commadore@kwajyachtclub.com](mailto:commadore@kwajyachtclub.com).

MEET THE NEW CHAPLAIN, Pastor Kevin Wilson, and his family from 10-10:45 a.m., Sunday, in the REB.

THE AMERICAN LEGION proudly presents the 1st Annual Labor Day Blowout and Poke Taste-off at 2 p.m., Sunday, at the Vet's Hall. Come out and test your skills in our Baggo and horseshoe tournaments, with cash prizes and giveaways. Barbecue will be available for purchase. Come dance the rest of the night away with the Zooks at 7:30 p.m.! All proceeds will be donated to benefit the USO.

SMALL BOAT MARINA Labor Day hours: today from 1:15-6:30 p.m.; Sunday through Tuesday, from 8 a.m.- 6:30 p.m. Reservations recommended!

GREAT KWAJ SWAP MEET is from 9-11 a.m., Monday, at

Emon Beach. Come find some treasures!

LABOR DAY BEACH FUN IS Monday at Emon Beach. Noon to 3 p.m.: Kids crafts fish prints and snake bubbles (all residents are invited to join in on this activity); 2-3 p.m.: Kids karaoke contest; 3-4 p.m.: open karaoke contest; 4-5:30 p.m. Bring a T-shirt to do the fish print on and an empty plastic bottle for the snake bubble activity. Call Community Activities at 53331 for details.

KWAJALEIN GOLF ASSOCIATION will host a fun tournament in conjunction with Patriot Golf Day on Tuesday. 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. servicemembers. Contact Kim Parker by email to register a team.

KWAJALEIN ART GUILD meeting will be at 5 p.m., Tuesday, 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.

THE COMMUNITY ACTIVITIES Office will permanently operate from the Grace Sherwood Library, starting Wednesday, from 8 a.m.-noon and 1-4:30 p.m., Tuesday through Saturday.

NEED EXTRA MONEY? KSA needs soccer officials for the upcoming season! If interested, attend the officials clinic at 5 p.m., Thursday, on the soccer field. Questions? Call Kenny Leines at 52545.

KWAJALEIN AMATEUR RADIO CLUB meeting is at 7 p.m., Thursday, at the Ham Shack just south of the Adult Pool. Information and study materials are available for HAM licenses. RMI operating license applications are available. Congratulations to Jeff Barnovitz KK6FZY General Class and Rob C. Taylor KJ6RQA Extra Class.

GOODBYE GATHERING FOR the Martindale family will be at sunset, Sept. 7, at Emon Beach Main Pavilion. Bring a pupu to share; drinks are provided.

KWAJALEIN RUNNING CLUB will conduct the 34th annual "Run-Walk/Swim-Float" Biathlon at 5 p.m., Sept. 9. Show up by 4:45 p.m. at the Emon Beach Kayak Shack to sign in. Run 2.6 miles and swim 600 yards in the lagoon. Questions? Call Bob or Jane at 51815.

CUB SCOUT parent information and registration night will be held at 6 p.m., Sept. 11, at the Scout Hut. Cub Scouts is open to boys currently in first through fifth grades. Come learn what Cub Scouts is about. When you sign your son up for Cub Scouting, you're signing him up for much more than an after-school activity. Whether it's camping for the first time or catching his first fish, your son will take part in activities that are fun, but also build character and start him on a path to success. While there are lots of cool badges to earn, the experiences along the way are the true rewards. Contact Jon Mitchell at 52084 or email [jdm2000usa@gmail.com](mailto:jdm2000usa@gmail.com) for more information.

BINGO IS THURSDAY at the Vet's Hall. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 59 numbers, \$1,900 payout; Windfall completion at 25 numbers, \$1,500 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and

**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

8 a.m., Sunday, Island Memorial Chapel

11 a.m., Sunday, Island Memorial Chapel

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	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 7
Soyu Chicken	Beef Tips Burgundy	Vegetarian Quesadillas	Grilled Cheese	Cajun Chicken	Giribaldi Sub	Tropical Pork Chops
Hoisin Roast Pork Loin	Chicken Cordon Bleu	Kwaj Fried Chicken	Corned Beef	Beef Carnitas	Meatball Stroganoff	Crab Alfredo Pizza
Cheddar Ham Quiche	Eggs Florentine	Hawaiian Chopped Steak	Kung Pao Chicken	Rice Jambalaya	Fish du Jour	Rice Pilaf

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 7
Barbecue Chicken	Chicken Fried Steak	Pasta	Grilled Top Sirloin	Roast Turkey	Teriyaki Chicken	Braised Short Ribs
Macaroni and Cheese	Country Gravy	Italian Sausage	Pesto Chicken Breast	Gravy and Stuffing	Beef Stir-fry	Chicken Nuggets
Beef Stew	Beans in Broth	Carrots and Green Beans	Twice Baked Potato	Mashed Potatoes	Egg Foo Yung	Mixed Vegetables

# The Weather Ballot

Noon shadows vanish at Kwajalein in August

At Kwajalein, the sun is located on the north side of the sky during late spring and early summer. The sun makes the transition from the north side of the sky to the south in August and will be directly overhead on two days and very close to overhead for several weeks.

• Sun overhead (slightly north): 12:50 p.m., today

• Sun overhead (slightly south): 12:49 p.m., Sunday

Place a can or some other object on the ground while the sun is overhead, you'll see it has no shadow.

Watch the shadow of an object on the ground between 11 a.m. and 2 p.m., you'll see it vanish, and then reappear.

## 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 jermal in kokemelmel kein. Ne elon kajitok jouj im kirtok USAKA Command Safety ilo 54121.

## Military Casualties

Two Soldiers died Aug. 23 in Haft Asiab, Afghanistan, from wounds suffered when enemy forces attacked their unit with an improvised explosive device during combat operations. Both Soldiers were assigned to 2nd Engineer Battalion, 36th Engineer Brigade, White Sands Missile Range, New Mexico. Killed were **Spc. Kenneth Clifford Alvarez**, 23, of Santa Maria, Calif., and **Pvt. Jonathon Michael Dean Hostetter**, 20, of Humphreys, Mo.

play, bring your ID.

JOIN KWAJALEIN SCUBA Club while we Splash for Trash. Not a diver? Help us clean up the beaches. Tons of fun, food and prizes. Meet at 8 a.m., Sept. 9, at the Pacific Club to sign in. Teams will collect garbage until 11 a.m. Around noon we will start announcing prize winners and start the BBQ. Trash bags and gloves will be provided. Prizes for Best Family. This event is sponsored by Kwajalein Scuba Club, KRS Environmental and Community Activities. See Bill Williamson for details.

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? Call Kim Yarnes at 53461. The package pick-up window will operate as normal.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day Weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Register with Laura Pasquarella-Swain at [Laura.a.pasquarella-swain.ctr@mail.mil](mailto:Laura.a.pasquarella-swain.ctr@mail.mil).

THE HOBBY SHOP and Woodshop will be cleaning up all storage areas in the next month. If you have any unfinished projects in either shop, come and claim your work or wood within 30 days or it will be disposed of. For more information, call 51700.

SECURITY UPDATES to computers are failing to deploy properly since many computer users are not restarting their machines each night. Your system will run better and receive required security patches if you reboot instead of just pulling your CAC each day. Automatic rebooting of computers is now being scheduled, so ensure you save data often and reboot your system at the end of each work day to prevent lost work effort. Call the Help-desk or your supervisor if you need help restarting.

E-TALK: Fluorescent light bulbs contain mercury and should be handled carefully to prevent breakage. Households should return spent bulbs to Self Help where they will be crushed in a machine that captures the mercury vapor and collects the glass for recycling.

SAFELY SPEAKING: Compressed Gases: If a cylinder is damaged, in poor condition, leaking or the contents are unknown, contact Supply. Cylinders should be stored in compatible groups.

## Café Roi

### Lunch

#### Sunday

Pasta Primavera  
Cheesy Italian Chicken  
Breakfast Frittata

#### Monday

Roast Chicken  
Bean Chorizo Casserole  
Southern Benedict

#### Tuesday

Chicken Sandwich  
Southwestern Roast Beef  
Corn on the Cob

#### Wednesday

Beef Stroganoff  
Parsley Noodles  
Tater Tots

#### Thursday

Chicken Sandwich  
Honey Mustard Glaze  
Stir-fry Vegetables

#### Friday

Italian Sausage Hoagie  
Onion Rings  
Polenta

#### Sept. 7

Chicken Quesadillas  
Beef Tacos  
Pinto Beans

### Dinner

#### Sunday

Barbecue Ribs  
Fried Fish  
Baked Beans

#### Monday

Chicken Pasta Olivetti  
Pasta  
Fresh Bread

#### Tuesday

Burgers  
Chili  
Three Cheese Pasta

#### Wednesday

Charcoal Grilled Steak  
Broiled Huli Huli Chicken  
Baked Potatoes

#### Thursday

Roi Fried Chicken  
London Broil  
Cornbread

#### Friday

Mongolian Grill Night  
Beef or Chicken  
Egg Rolls

#### Sept. 7

Tuscan Roast Turkey  
Beef Stew  
Ratatouille



# K WAJALEIN A RES CORNER

**W**hat is skin cancer? Skin cancer happens when normal cells in the skin change into abnormal cells. There are two main types of skin cancer: melanoma and non-melanoma. Non-melanoma skin cancer can occur anywhere on the skin, but is often on the head, face, neck, back of the hands, arms and legs. This is because those body parts are most exposed to the sun's rays.

Skin cancer is often caused by sun exposure and sunburn. The damaging effects of the sun build up over time. The more you are exposed to the sun (or to tanning beds) in your life, the higher your risk of skin cancer.

The two most common types of non-melanoma skin cancer are "basal cell carcinoma" and "squamous cell carcinoma." Most forms of non-melanoma skin cancer can be easily treated because they grow slowly. But, if not treated, some non-melanoma skin cancers can become large or spread inside the body. Approximately 13 million white non-Hispanic individuals living in the U.S. in 2007 may have had a personal history of at least one non-melanoma skin cancer. There is striking geographic variation in its incidence; states closer to the equator, such as Hawaii and California, have an incidence of skin cancer at least twice that of the Midwestern U.S.

What are the symptoms of skin cancer? Skin cancer looks like an abnormal area of skin that can be pink, red and swollen, like an open sore, or thick or crusty.

Some people can get scaly, rough, or bumpy spots called "actinic keratoses." Actinic keratoses are often found on the face, ears, arms or scalp. They can sometimes turn into skin cancer. Doctors often treat actinic keratoses to decrease the chance that this will happen.

Is there a test for skin cancer? Yes. Your doctor will do an

exam and check the skin all over your body. If skin cancer is suspected, you will have a biopsy, where a doctor will take a sample of the abnormal area or remove it. The doctor will look at the skin cells under a microscope to check for cancer.

The right treatment for you will depend a lot on the type of skin cancer you have, and its size and location. It will also depend on your age and other health problems.

How is skin cancer treated? Most people with non-melanoma skin cancer have one or more of the following treatments:

- **Surgery:** Skin cancer is usually treated with surgery to remove or destroy the cancer. Doctors can do different types of surgery to treat skin cancer.
- **Radiation therapy:** Radiation kills cancer cells.
- **Skin creams:** Your doctor might prescribe a strong cream for you to put on your skin cancer. The medicines in these creams can kill cancer cells.

What happens after treatment? You will need to be checked every so often to see if the skin cancer comes back or if new skin cancer appears. Your doctor will do an exam and check your skin all over. Show your doctor any skin changes you find.

Can skin cancer be prevented? Sun exposure is the most important environmental cause of skin cancer. You can help prevent it by protecting your skin from the sun's rays. To reduce the chance of getting skin cancer, you can stay out of the sun in the middle of the day (10 a.m. to 4 p.m.); wear sunscreen and reapply it often (SPF of 15 or higher, reapply every 2 hours); wear a wide-brimmed hat, long-sleeved shirt or long pants; do not use tanning beds; and avoid tobacco products.

— Diego Pabon, MD, Board Certified General Surgeon

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	<10%	N-NNE at 3-6 knots
Monday	Mostly Sunny	<10%	N-NNE at 3-5 knots
Tuesday	Mostly Sunny	10%	N-NNE at 3-5 knots
Wednesday	Partly Sunny	20%	NE-ENE at 4-8 knots
Thursday	Partly Sunny	20%	NE-ENE at 3-7 knots
Friday	Partly Cloudy	30%	NE-E at 5-10 knots

Yearly total: 34.14 inches

Yearly deviation: -16.65 inches

Call 54700 for updated forecasts or visit [www.rts-wx.com](http://www.rts-wx.com).

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
<b>Sunday</b>	6:41 a.m. 6:58 p.m.	2:55 a.m. 3:41 p.m.	1:50 a.m. 3.1' 2:28 p.m. 2.6'	8:27 a.m. 0.6' 8:13 p.m. 0.7'
<b>Monday</b>	6:41 a.m. 6:57 p.m.	3:43 a.m. 4:25 p.m.	2:31 a.m. 3.5' 2:58 p.m. 3.1'	8:57 a.m. 0.2' 8:50 p.m. 0.3'
<b>Tuesday</b>	6:41 a.m. 6:56 p.m.	4:31 a.m. 5:09 p.m.	3:04 a.m. 3.9' 3:26 p.m. 3.5'	9:24 a.m. -0.1' 9:21 p.m. -0.1'
<b>Wednesday</b>	6:40 a.m. 6:56 p.m.	5:18 a.m. 5:51 p.m.	3:34 a.m. 4.2' 3:53 p.m. 3.9'	9:50 a.m. -0.4' 9:52 p.m. -0.4'
<b>Thursday</b>	6:40 a.m. 6:55 p.m.	6:06 a.m. 6:34 p.m.	4:02 a.m. 4.5' 4:20 p.m. 4.2'	10:16 a.m. -0.7' 10:21 p.m. -0.6'
<b>Friday</b>	6:40 a.m. 6:55 p.m.	6:54 a.m. 7:17 p.m.	4:30 a.m. 4.6' 4:48 p.m. 4.4'	10:42 a.m. -0.8' 10:51 p.m. -0.7'
<b>Sept. 7</b>	6:40 a.m. 6:54 p.m.	7:43 a.m. 8:00 p.m.	4:59 a.m. 4.6' 5:16 p.m. 4.5'	11:09 a.m. -0.8' 11:22 p.m. -0.7'