

VOLUME 55 NUMBER 24

JUNE 14, 2014

THE KWAJALEIN HOURGLASS



Security and Access Control
Sgt. Mike Ellison plays with his
working dog, Karla, during a
CYSS summer camp class field
trip to the dog handler facility on
Kwajalein Wednesday afternoon.

For more, see page 3.

Photo by Jordan Vinson

Marshall Islands Development Bank awards scholarships to 2014 graduates

Article and photo by Jordan Vinson
Associate Editor

The Marshall Islands Development Bank and the Marshall Islands government awarded scholarships to Kwajalein Jr./Sr. High School graduates John Sholar, Jennifer Hibberts and Shenandoah Wrobel last week.

During a short ceremony at the U.S. Army Garrison-Kwajalein Atoll Command headquarters building June 7, the three top performers of the 2014 senior class were recognized for not only their scholastic achievements, but also their charitable contributions to local communities.

Lanny Kabua, the Republic of the Marshall Islands liaison to USAG-KA, presented the scholarships and addressed the recipients, their families and Command staff.

“On behalf of the board of directors of the Marshall Islands Development Bank, I’d like to award these checks to the top two graduates,” Kabua said. “And this year, I understand that there were two that tied for second.”

He acknowledged the stiff competition between Wrobel and Hibberts, both of whom scored the status of salutatorian with identical grade point averages. Special recognition was reserved for the 2014 class’ top finisher.

“Let me award the valedictorian for this year, and it goes out to Mr. John Sholar,” Kabua announced, invoking a round of applause from those at the ceremony.

The scholarships the graduates received are products of Kabua’s effort to bestow special congratulations—both in spirit and in cash—onto accomplished students on not only Kwajalein, but also Ebeye and Gugeegue.

An effort that has only recently begun to bear fruit, 2014 was the second year in which the development bank and



The Marshall Islands Development Bank’s Kwajalein Atoll representative, Lanny Kabua, gathers with scholarship recipients for a photo at the USAG-KA headquarters building June 7. From left: Jennifer Hibberts, Shenandoah Wrobel, Kabua and John Sholar.

the government awarded scholarships on Kwajalein. For students in high schools on Ebeye and Gugeegue, 2014 was the first year in which they were eligible for the development bank scholarships.

Since the late 1980s, the bank has worked to expand the economy of the Marshall Islands and improve citizens’ standard of living by developing and mobilizing human, technical and natural capital. Because it concentrates traditionally on loans and investments in local enterprises, the scholarship program is something special—a firm acknowledgment of the importance of young people and education to the future of the country.

Sholar, Hibberts and Wrobel thanked Kabua for the gifts, assuring him that the money will go a long way as an early investment in their higher education careers.



HAPPY 239TH BIRTHDAY, UNITED STATES ARMY!

JUNE 14, 2014



THE KWAJALEIN HOURGLASS

<p><i>The Kwajalein Hourglass</i> 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.</p> <p><i>The Kwajalein Hourglass</i> is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the <i>Hourglass</i> are not necessarily official views of, or endorsed by, the</p>	<p>U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.</p> <p>Phone: Defense Switching Network 254-2114; Local phone: 52114 Printed circulation: 1,200 Email: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil</p>	<p>Garrison Commander..... Col. Nestor Sadler Garrison CSM..... Command Sgt. Maj. Reginald Gooden Public Affairs Officer Michael Sakaio Managing Editor Sheila Gideon Associate Editor Jordan Vinson Media Services Intern.....Molly Premo</p>
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An afternoon with the working dog team

Article and photos by Jordan Vinson
Associate Editor

The Security and Access Control dog handler team invited one of the Child, Youth and School Services summer camp classes out to the working dog kennels for a field trip Wednesday. SAC Sgt. Mike Ellison and Sgt. Wade Ballard spent part of the afternoon talking with the elementary school children about their working dogs, the jobs they perform, the care they require and how they are trained.

“Our dogs are like our kids,” Ellison told the class and their chaperones inside his office. “We have to come in and take care of our dogs every day. And our dogs aren’t like your normal pets. They’re at home with you, and they can run around and let everyone pet them. Our dogs are working dogs, so they’re different. They have a lot more energy than a normal dog. And that’s why they’re working dogs.”

The kids and the canines, separated by an aluminum fence running in between them, were able to meet each other outside at the kennels facility. Those who stuck their fingers through the fence got a good licking from Ellison’s dog, a dark-coated, four-year-old German shepherd named Karla. Ballard’s dog, a caramel-coated, four-year-old Belgian malinois named Dino that was imported from Slovakia, was just as excited to see the visitors. But he kept his tongue to himself.

Part of their duties, Ballard explained while Ellison prepared Karla for a bath, is to keep the dogs healthy and in tiptop shape. The care they provide ranges from ensuring the canines have clean facilities to making sure they get required preventative medical treatment like checkups and immunizations at the Kwajalein Vet Clinic.

“Usually about every six months, there will be some actual vets who come from Hickam AFB, and they do inspections,” Ballard said. “They have to come out here to make sure we keep our facility clean. They have to check out the dogs and make sure that they look good and that we’re



Wade Ballard, part of the Security and Access Control dog handling team, follows his Belgian malinois during a training exercise Wednesday. Jolyn Botes, right, and the rest of her CYSS summer camp class made a visit to the kennels to learn about the dogs and the training they receive.

cleaning them and all that good stuff.”

Her tongue hanging out of her mouth, Karla was all grins as Ellison soaked her shiny coat with water from the hose and lathered her up with shampoo. After a quick rubdown with a dry towel and some vigorous shakes, Karla set out to blow dry her fur by dashing excitedly around the kennels.

It’s all about keeping the dogs healthy and happy, ready to do their jobs, the handlers explained. And the dogs and their handlers have an important one.

“We’re mainly a deterrent,” Ellison said, explaining their overarching mission. “We’re out checking anything that arrives on this island: all aircraft, all vessels, even Matson containers that come on the barge.”

Anyone who has moved to USAG-KA or come for a visit has surely seen the teams at work. One of first things you see after disembarking the plane and entering the airport terminal is a handler and his canine scanning passengers’ luggage. But, as Ellison stated, there’s a lot more the K-9 team does that many residents don’t know.

They do patrols, letting the dogs sniff around the island to pick up on anything that shouldn’t be where it is. They check Bachelor Quarters rooms and housing. They inspect high-traffic areas like the Post Office and the Dock Security Checkpoint a couple times a week to ferret out anything dangerous or illegal that people may be shipping by mail or transporting by boat. They also inspect shipping containers, LCM vessels and a wide range of buildings strewn across the island from warehouses containing non-sensitive items like automotive equipment and foodstuffs to mission-essential vulnerable areas.

Covering all that ground would be impossible without Karla and Dino. Bred by professional breeders in the U.S. and Slovakia, the working dogs—purchased at a cost of up to \$10,000 each—are prized for their high levels of energy, which helps keep them focused and on task throughout the day.

“These dogs’ drive is so much higher than a normal dog that you would have in your house as a pet,” Ellison told the children after Karla’s bath. “And that’s why they are picked to do these specific jobs, because their prey drive is so high.”



Sgt. Karla, a four-year-old German shepherd, chomps down on a toy after locating an odor-emitting packet during a training drill.

A LOOK BACK: NIKE-ZEUS demonstrates ASAT capability with project MUDFLAP

By Sharon Watkins Lang
USASMD/ARSTRAT Command Historian

In the early 1960s, the opportunities of space were explored, and potential new threat was also recognized. As newspapers and magazines reported that the Soviet Union was developing a bomb with orbit capability, the NIKE-ZEUS Project Office received a new mission.

Having successfully intercepted a long-range target in April 1962, Secretary of Defense Robert McNamara tasked the command's engineers and scientists to develop and deploy an anti-satellite capability at the Kwajalein Missile Range. The deadline was May 1963.

The result was Project 505, also known as Project MUDFLAP. With the ZEUS Acquisition Radar's long-range tracking capability, the issue was to increase the power and thereby extend the range of the interceptor. Few modifications were to be made to the basic ZEUS missile to achieve higher altitudes. The DM-15S would incorporate a dual-phase gas generator in a



The proven capabilities of the Zeus Acquisition Radar and the Target Track Radar led to the new ASAT mission for NIKE-ZEUS, Project MUDFLAP.

two-stage hydraulic pump to extend the control power for longer distances. A new booster propellant was in development for the ZEUS DM-15C and would also be adopted. Other features improved radio frequency communication and increased the battery life of certain components from two minutes to five.

Six modified ZEUS interceptors were developed for this program. Two initial tests were conducted at White Sands Missile Range. The first DM-15S was launched on Dec. 17, 1962 and successfully intercepted a fixed space point at 100 nautical miles. Two months later on Feb. 15, 1963, the modified ZEUS achieved a space point intercept at 151 nautical miles.

From there, testing transferred to Kwajalein. The next two flights proved unsuccessful as the Missile Track Radar failed.

On May 23, 1963, however, the NIKE-ZEUS Project Office achieved its goal, successfully intercepting an AGENA D earth satellite. Missile ZK-20 (20138) was the 20th ZEUS mission at Kwajalein and the 100th firing in the overall ZEUS research and development program.

The designs for the DM-15S continued to evolve. The MUDFLAP ASAT defense system was declared operational on Aug. 1, 1963 with a mission readiness requirement to engage a designated satellite within 24 hours of guidance received. As the missiles were tested against simulated satellites and booster space targets, Kwajalein personnel were trained to perform a possible tactical ASAT mission. Bell Labs and Western Electric personnel conducted a number of test runs to reduce the time needed for Kwajalein-based Soldiers to launch the missile if necessary.

Following the final test series in 1965, four missiles remained on Kwajalein to serve a standby capacity, with one always in a state of readiness until the mission was terminated in 1968.



Photos courtesy of Sharon Lang

The MUDFLAP program was not publicly acknowledged until September 1964. Secretary McNamara confirmed that the Army had intercepted its first satellite in May 1963. McNamara noted, "The two systems have been effectively tested and have intercepted satellites in space, their missiles passing so close as to be within the destruction radius of the warheads." At this time the ASAT bases were not identified.



K WAJALEIN A R E S O R N E R

It's travel season: have a happy, healthy, safe vacation using these vital travel tips

Hourglass Reports

Overseas travelers have a 50 percent chance of suffering from a travel-related illness. Don't spend your vacation in the room! Go prepared. Travel Fitness requires following some simple traveling tips.

The Warm-up: Be prepared.

Before you "leave it all behind" make sure that you are healthy and feeling your best. Have a medical checkup and ensure that your immunizations are up to date. Special immunizations may be recommended or required before going to certain destinations. Some vaccinations will need to be administered weeks or months before traveling. It is best to see your doctor six to eight weeks before your trip. Evaluate your medical condition for the type of adventure that you are planning.

You won't forget your ticket and passport, so don't forget to take along other medical items that might help keep you comfortable along your journey. Make a list of all medical conditions and medications that you are currently taking before your trip. Pack the list and leave a copy with a trusted friend or family member. Pack enough of your prescription medications and always keep them in your carry-on luggage. If you are traveling with controlled substances or injectable medications, pack a note on letterhead stationery from the prescribing physician or a copy of the prescription. You might consider

adding some of these over-the-counter medications: antidiarrheal, antihistamine, decongestant, anti-motion sickness, mild sedative, sleep aid, pain/fever reliever, laxative, cough suppressant/expectorant, antacid, antifungal/antibacterial ointments or one percent hydrocortisone cream. Other supplies to prevent illness or injury might include: insect repellent containing DEET or picaridin, sunscreen, antibacterial hand wipes or alcohol-based sanitizer, eye lubricant, basic first aid items (Band-Aids, tweezers, gauze, antiseptic) and aloe gel for sunburn.

Check your insurance policy before traveling to be sure you are covered during your travel, what countries might not be covered and if there are any activities that might be precluded from your plan. Travel insurance can be obtained easily and reasonably. Check with your travel agent, ticketing agency, the Centers for Disease Control and Prevention or many other websites.

Consider your medical history, age and any special needs you might require. Will your accommodations be adequate? Will there be medical facilities close to your travel destination? Check the area online and review what is available. What season is it where you will be traveling? Take clothes and hats to suit the climate. Do you have back or joint problems? Use luggage with built-in wheels. Will you need assistance during travel? Wheelchairs, special meals, special seating assignments, a travel com-

panion, oxygen, electronic assistive devices, car seats or strollers can be handy. Are you pregnant? Traveling with an infant? Always check with your transportation agency well in advance to make sure your required accommodations will be set up. Know if you meet their regulations and how much the agency will do to help accommodate your needs while traveling.

The Travel: How to you maintain your travel fitness.

The cabin environment is much different in the air than on the ground. By following a few air travel tips, you can feel your best from takeoff to landing.

Cabin air pressure is reduced once in flight. For healthy individuals there is ample oxygen. Passengers with cardiovascular, respiratory disease or certain disorders of the blood may not tolerate a reduced oxygen level or hypoxia well. You may feel lightheaded or fatigued. If this is extreme let flight personnel know immediately.

Cabin air pressure reduction also affects air-filled body cavities. You may experience moderate discomfort in your abdomen. You may feel pain in your ears, especially during descent; equalize by swallowing, chewing or yawning. You may experience a headache or pressure in your sinus cavity; use nasal drops or try a forceful expiration against a closed nose and mouth. If you have an ear, nose or sinus infection you should avoid flying as further inju-

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DOGS, from page 3

But there's also another advantage dog handling teams have over other standard security or police forces: their dogs' insanely acute sense of smell. At between 10,000 and 100,000 times stronger than a typical human's olfactory strength, a dog's sense of smell enables it to sniff out even the faintest odors. With snouts like that, canines have become invaluable detection tools used even by doctors to detect the presence of cancer in a patient, using only samples of the patient's breath.

Though the dogs possess the innate ability to detect specific odors, they do need training to home in on certain scents that their handlers want identified. When a working dog arrives on USAG-KA, it has already received obedience training and been trained to detect certain odors. But once the dogs arrive, handlers on Kwaj work to expose the dogs to more scents—up to a dozen—and solidify their ability to pick up on them. The main tool here is repetitive training.

"They're trained on at least 12 different odors, depending on the dog," Ellison explained. While unsure of whether a dog could lose the ability over time to pick up a scent, he said handlers should repeatedly expose their dogs to their trained scents to maintain their skills. The children got to see one of the core training exercises they use to keep the dogs' snouts up to par.

With the dogs out of view, the handlers grabbed a chemical packet emitting a particular odor the dogs are trained on and hid it in one of a dozen large, white boxes spread across the green grass of the working dog facility. The job for Karla and Dino? Find the box containing the scent.

While Ellison held Karla back 30 yards away, Ballard picked up a slender rope and explained how the box would produce a reward upon the dog pinpointing the location of the odor. He emphasized the connection between scent detection and play.

"What we have in this box is a little tube, and when I pull this cord, the tube will pop up and shoot out a reward for the dog, which is a rolled-up towel," he said. "So, the dogs want to work really hard, because they know if they find where we hide the scent that they're going to get to play. ... That's what the dogs love to do. The whole reason they work is that they know as soon as they find the scent, it's play time."

As soon as Ballard and the children were ready, Ellison let go of Karla's collar, allowing the German shepherd to race toward the boxes, skirting past them with her powerful nose leading the way. In only 10 seconds, she found



Dino is ready for his close-up.

the odor and sat down in front of the box from which it came. Ballard, positioned with the kids on the other side of the fence, pulled on the rope, shooting a white, rolled-up towel a couple feet above the box before Karla snatched it out of the air with her teeth and ran off in a crazed pattern toward the lagoon. After hooting and hollering at Karla and wrestling with her on the grass—one of Karla's absolute favorite games—Ellison reminded the kids of the tie between odor detection and play.

"We want them to find something they like, and boom, they're going to get that reward and interaction with the handler," he said. "Find the odor and you get this great reward."

When a new dog enters the force, it gets paired up with a single dog handler for the duration of its career. For instance, when it comes to going out on patrol and checking passenger luggage or shipping containers, Ellison will always take Karla, while Ballard always teams up with Dino.

"We stay with one dog," Ellison said. "That's the dog that gets assigned to you. You keep that dog for the duration that you're here. ... You want to build that rapport with your dog. When you switch people in and out, your dog's not going to respond like it should."

Just as it takes a certain kind of dog to be working dog, it takes a certain kind of person to successfully work with dogs day in and day out, Ellison explained.

"It has a lot to do with just your attitude—if you have a positive attitude and high energy level," he said.

And with the amount of time each handler spends with his dog, it's impossible for them to avoid developing strong bonds with one another, not that they'd want to.

"It's just like you with your pet; it's the same thing," Ballard said. "Yeah, they're working dogs, but you develop a bond with them. ... Everyone goes to work, you know, having a bad day sometimes. But when I see Dino, he's so happy to see me when I first get here. He's running circles he's so excited. That makes me happy."

A working dog will stay on the job until about the age of eight, usually the point in time at which their hips start to begin weakening from work on the job. Then it's adoption time. And because that bond is there, the handler will often be the first to volunteer to take the dog into his home.

"Usually the handler that has the dog will adopt and take that dog with him," Ellison said. "Like me, that's my goal. When [Karla] is done, I'm going to take her with me. ... Because you've had that bond for so long. I mean, you don't want to just give her up and leave her somewhere. ... She's going to live her last years having a good time."



Sean Hess looks on as Mike Ellison finishes grooming and washing his working dog, Karla, Wednesday.

TRAVEL FITNESS, from page 5

ry could result.

Low humidity in the airplane may cause discomfort to the eyes, mouth and nose. Discomfort can be alleviated by maintaining good fluid intake, the application of moisturizers, nasal saline sprays and use of eye glasses instead of contacts.

Dehydration on long flights is common among travelers. Adequate hydration should be considered before and during your flight. Caffeinated and alcoholic beverages contribute to dehydration and should be avoided while traveling.

Adequate hydration will assist with immobility and circulatory problems as you will need to use the restroom facilities more often. Air travelers should stretch arms and legs every 30 minutes to prevent pooling of blood in the legs that causes swelling, stiffness, discomfort and may lead to blood clots. Other helpful tips to avoid developing blood clots include: avoid smoking and alcohol, do not cross your legs when seated, wear loose-fitting clothes, avoid taking sleeping pills and drink plenty of non-caffeinated and non-alcoholic beverages.

Motion sickness can be avoided by avoiding reading, keeping yourself cool, sitting over the wing or in a window seat. If you are prone to motion sickness consider bringing along some Benadryl, Antivert, Scopalamine or prescribed anti-nausea medication from your provider.

Jet lag is common for all travelers. Jet lag is a disruption of sleep patterns that result from abrupt changes in time zones. Jet lag can

be recognized by insomnia, indigestion, reduced physical and mental performance and malaise. To avoid jet lag make sure you are well rested before departure and rest as much as possible during the flight. Drink plenty of fluids during travel periods, and eat lighter meals. Take measures to adjust quickly to the time zone of your destination: stay awake during daylight hours, stay in brightly lit areas at appropriate times and use short-acting sleeping pills only after arrival.

The Fun: Making the most of your vacation.

Water: avoid ice in drinks and use boiled or bottled water whenever possible.

Foods: avoid unpasteurized milk and dairy products, and avoid fruit and vegetables that have been washed in local water. Eat thick-skinned fruit and vegetables that you can peel yourself. Eat foods rich in Vitamin C. Make sure your food is cooked thoroughly, and eat while it is hot. Avoid shellfish and undercooked or raw meat.

Hygiene: frequent hand washing is the best way to prevent communicable diseases. Always carry antibacterial hand gel or wipes, and use them often. Avoid touching your face; you will come in contact with thousands of germs while traveling. Transmitting these germs from your hands to your face, mouth, nose and eyes could allow them access to entire your blood stream and make you ill. Clean any wound or rash with soap and water to reduce the risk of infection.

Insects: serious infectious diseases are transmitted by insect bites. Wear mosquito repellent that contains at least 30 percent DEET. Stay indoors between dusk and dawn. Apply repellent to your clothes and bedding. Use a bed net and shake it out every evening before sleep. Stay in air-conditioned, screened accommodations.

Sleep: Get a minimum of eight consecutive hours of rest to prevent exhausting your body and becoming run down.

The Cool Down: Home at last!

Continue all healthy travel tips to replenish your body from the extra stress of "being on the road." See your doctor right away if you: develop diarrhea, especially if it's bloody; visited an area at risk for malaria and become sick with a fever or flu-like illness; were bitten or scratched by an animal during the trip or were seriously injured.

Play it safe: If you are not feeling well for any reason you should see a doctor and mention that you have recently traveled.

Bon Voyage and safe travels to you!

For many more travel tips, advice and information for traveling abroad, visit the CDC website at: <http://wwwnc.cdc.gov/travel>.

Information contained in this article can be found on the following websites:

<http://wwwnc.cdc.gov/travel>

<http://www.rescuenurse.com>

<http://www.betterhealthchannel.com.au>

<https://www.travelguard.com>

<https://www.united.com>

Kwajalein Missile Impact Scoring System Refurbishment Final Environmental Assessment

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command has completed a Final Environmental Assessment, prepared in accordance with the National Environmental Policy Act of 1969 and the Council on Environmental Quality regulations implementing NEPA. The Kwajalein Missile Impact Scoring System Refurbishment DEA analyzes the impacts of refurbishing the existing KMISS off Gagan Islet in the Pacific Ocean. Gagan Islet is part of the U.S. Army Garrison-Kwajalein Atoll and Ronald Reagan Ballistic Missile Defense Test Site. Based on the analysis, the USASMDC/ARSTRAT has determined in the FEA that proposed activities are not expected to result in significant impacts to the environment.

A final signed Finding of No Significant Impact and the EA are available at www.govsupport.us/kmissrea

and at the following locations:

- Office Lobby of the RMI Environmental Protection Authority, Majuro or Ebeye, Marshall Islands
- Grace Sherwood Library, Kwajalein
- Roi-Namur Library, Roi-Namur

Public comments on the EA and Draft FONSI were accepted through March 17, 2014. An Environmental Impact Statement is not required. Thus, the signed FONSI and the Final EA are being distributed to various individuals and agencies. Questions regarding these documents or request for additional copies should be addressed to: U.S. Army Space and Missile Defense Command, ATTN: SMDC-EN (T. Craven), P.O. Box 1500, Huntsville, AL 35807-3801. Or fax your questions or concerns to 256-955-6659, ATTN: SMDC-EN (T. Craven).

DISPATCH FROM ROI



From Dale Pauline



From Jordan Vinson



From Jordan Vinson



From Jordan Vinson



From Jordan Vinson

View from Kwaj



From Mary Long



From Jordan Vinson



From Karen Brady



From Mike Sakaio



From Jerry Brumm

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.

DEPARTMENT: Department of the Army; **Agency:** U.S. Army Corps of Engineers; **Hiring Organization:** U.S. Army Engineer District Honolulu Job Announcements: #WTEW140564451118500; **Status:** #WTEW140564451117422 (U.S. Citizens); **Opportunities and Location:** 1 vacancy at Kwajalein Atoll, Marshall Islands; **Salary:** \$27,705 to \$36,021/year; **Series and Grade:** GS-0318-05; **Open Period:** Through Monday; **Position:** Secretary; **Information:** Full Time, **TERM NTE 2 Years;** **Who May Apply:** Status Candidates and U.S. Citizens. Interested candidates are encouraged to apply at www.usajobs.gov.

COME JOIN the Kwaj Post Office team! Part-time mail clerk and full-time mail clerk financial positions have been posted. To review the job descriptions and complete an application, stop by KRS Human Resources, Building 700. Questions? Call Julie Gooch at 50777.

FOUND

DENVER Broncos visor at Emon Beach two weeks ago. Leave message at 52428.

WANTED

VHS PLAYERS for Ebeye church. Call Curtis at 51984.

TUTOR OR ASSISTANCE with Python programming. Will pay. Contact Shana at 52524 or 59502.

COUCH. Call 52428.

Religious Services

Catholic

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

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

Roi-Namur service, 4:45 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

6:30 p.m., Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

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

FOR SALE

BEAUTIFUL OAK CABINET, good condition, \$25; 36-inch TV, remote, \$100. Call Geary at home, 52345, or work, 50962.

DELL XPS17 LAPTOP computer, 1TB HDD, 8MB Ram, DVD-R/RW/Blu-Ray, Windows 7 Professional, Intel core i7 processor, 2.4 MHz with turbo boost to 3.6 MHz, HDMI, three USB 2.0, one USB 3.0, NVIDIA GeForce 555 3D graphics, JBL premium speakers, \$750. Call 52597

IGLOO COOLER with wheels, 150 gallon, \$50; aluminum "Fold It" cart, excellent condition, \$100; Weber "Performer" charcoal grill, very good condition, \$100; beautiful oak bed set, queen size, mattress only two years old, \$500. Call 51751.

1987 BENETEAU 432 "Kailuana," length 43, beam 14, draft 5'10, new Yanmar 4JH5E, 53HP diesel, three bedrooms, two heads, full galley with four-burner stove and large fridge, major refit November 2009-April 2011, \$70,000. Email mnast@hotmail.com or call 54203.

RIFFE SPEARGUN, 110cm, 100 foot spearfish float line and surface float, \$550; Cheater Five Surfboard, Phat Pig model by Mark Pifer, \$350; Sun 3-speed bicycle with rack and newer seat, decent condition, \$90; Raleigh 1-speed cruiser with rack, decent condition, \$75; two small bike trailers, very good condition, \$75 each; piano, good condition, \$300. Call 51169.

2000 PROLINE POWERBOAT, 24' Walkaround with cabin, recently serviced 2007, Suzuki 250HP 4 stroke (366hrs), 2007 Mercury 15HP 2 stroke kicker, new, stainless steel prop, new, standard Horizon GX1200B VHF radio, canvas enclosure, long range 150 gallon fuel tank, great boat for fishing, diving and camping, \$25,000. Call 51678.

LIGHT OAK dining table with extended leaf and four chairs, \$500 or best offer; portable playpen, \$45; blue bouncer, \$15; Ashley pink stroller with baby carrier, \$75; 12-inch girls toddler bike, Kwaj condition, \$10; blue musical potty trainer, \$10; outdoor slide, \$15; subwoofer, \$35. Call 53936.

NACRA CATAMARAN, 16 feet, two main sails and jib, all in great condition, two tillers (one new), newer blocks, sheets and tramp, two trapeze harnesses, trailer with new tires and rims, fast boat that sails great, \$900. Call 51394.

35-FOOT JASON SAILBOAT Mali, turn key with new bottom and top sides painted, inboard Volvo diesel engine, reduced for quick sale, \$22,000 or best offer; 12 Noveraina RIB and trailer, \$2,000 or best offer. Call 52625.

ASUS LED MONITOR, 22 inch, VS229H, HDMI, DVI, VGA, \$100. Contact Jon at 54309.

BLACK & DECKER Party Mate cordless blender, extra batteries, charger, \$15; Media Center PC, Intel® Core™2 Duo Processor, 4 GB of DDR2 RAM, Blu-Ray/DVD-RW drive, digital HDTV, Windows 7 Home Premium, Windows Media Center, \$300; two Nintendo DSi systems and six games, \$100; ASUS

Military Casualties

Pfc. Matthew H. Walker, 20, of Hillsboro, Mo., died June 5, in Paktika province, Afghanistan, of wounds suffered when his unit was attacked by enemy fire. He was assigned to the 1st Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

Transformer 10.1-inch 16 GB tablet, \$250. Call 50165 or 50937.

ROI HAPPENINGS

THE ATM AT THE ROI terminal will be closed through Tuesday for replacement.

FATHER'S DAY SUNSET dinner will be at 6:30 p.m., Sunday, at the Pavilion or Gabby Shack. Make your reservations with Café Roi.

B-BOAT CLASS will be held at 6 p.m., Wednesday through Friday, at the C Building. Sign up at the Small Boat Marina.

THERE WILL BE A CAMPOUT at the beach June 21-23 in honor of Great American Campout Day.

BINGO WILL BE HELD at 7 p.m., June 25, at the Out-rigger.

"SMELLS LIKE FISH" will be playing on June 29 at the Vet's Hall on Kwaj for the Steak Dinner. Contact American Legion Post #44 members for dinner tickets.

COMMUNITY NOTICES

SUMMER READING PROGRAM kicks off at 10 a.m. and 3:30 p.m., Wednesday, at Grace Sherwood Library. Come one, come all! Run away with the circus this summer at the library! Join us for the Summer Reading Program's Grace Sherwood Circus, for both children and adults! Questions? Call 53439.

ATTENTION KWAJ YOGIS! June Resilience Yoga classes by Ben Allgood include new formats, styles, durations and locations featuring an expanded exploration of poses, a 90-minute class time, guided meditation and more. Friday class is 6:30-8 p.m., at CRC Room 7. Free to all, and everyone is welcome! Questions? Call Ben at 53851. Namaste.

QUIZZO IS AT 7:30 p.m., Friday, at the Vet's Hall. Special guest host Jim Hockenberger will try to trip us up with his trivia! Questions? Contact Neil Dye or Mike Woundy.

THE ATM AT THE BANK BUILDING is closed until mid-June for replacement. Please use the ATMs at the Shoppette or Kwaj Lodge. Sorry for the inconvenience.

ADULT TEAR BOWL CLASS will be from 9 a.m.-noon, June 23, at the Hobby Shop. Space is limited.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 21
Grilled Shortloin	Baked Meatloaf/Gravy	Roast Porkloin	Sauteed Chicken	Dry Rub Spareribs	Mini Taco Bar	Meat Lasagna
Kwaj Fried Chicken	Chicken Chow Fun	Cornbread Stuffing	Mongolian Beef	Turkey Alaking	Nacho Chips/Cheese	Eggplant Parmesan
Crab Benedict	Quiche Lorraine	Chicken Nuggets	Three Cheese Mac	Biscuits	Smoked Chicken	Chicken Cacciatore

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 21
Spaghetti	BBQ Short Ribs	Grilled Chicken	Grilled Top Sirloin	Stir-fry to Order	Hamburger Steak	Roast Chicken
Marinara/Alfredo	Turkey Cordon Bleu	Beef Broccoli Stir-fry	Herb Roast Chicken	Teriyaki Pork Chops	Baked Manicotti	Sage Stuffing
Oriental Stir-fry	Vegetarian Pasta	Mashed Potatoes	Thai Peanut Noodles	Chinese Fried Rice	Vegetarian Stir-fry	Beef/Peapod Stir-fry

Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

<p>15 1. Spiritual Resilience, see page 14. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362.</p>	<p>16 1. Pick-up Soccer, 6 p.m., Brandon Field.</p>	<p>17 1. Cross Fit, 5:30 a.m., Adult Pool. 2. "SOS Triathlon Challenge," run, swim and bike cardio program, registration starts today. Call 51275.</p>	<p>18 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>19 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Run Intervals, 5:30 p.m., Emon Beach. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.</p>	<p>20 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>21 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.</p>
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To register, stop by the Hobby Shop and pay. Questions? Call 51700.

"WARRIOR TIME" Resilience through Cross Fit is at 5:15 a.m., June 26, at Ivey Gym. All veterans are welcome to participate in a 15-minute introduction followed by a Cross Fit workout led by Nikki Delisio and Adrienne Chavis. Questions? Contact Ray Drefus at raymond.w.drefus.civ@mail.mil.

AMERICAN LEGION POST #44 Steak Dinner will be from 6:30-9:30 p.m., June 29, at the Vet's Hall. Tickets are \$40 and available beginning Sunday from the Vet's Hall or Post #44 members. Dinner includes a generously sized filet, baked potato, vegetable, soda or water. Entertainment by "Smells Like Fish!" Questions? Contact Mike Woundy or Jan Abrams.

THE SOS TRIATHLON Challenge is an indoor/outdoor cardio program. Participants can swim, bike and run to the ultimate goal of completing IRONMAN distances over four weeks. Use the Ivey Gym, Family Pool and other activities to rack up miles of cardio and develop a diverse workout. Registration is June 17-28. Challenge dates are July 1-28. Cost is free! For questions and registration, contact Mandie at 51275.

GOLF GREENS AND LOCKER fees are due by June 30. Payment Options: 1) Annual greens and locker fee (July 1, 2014 – June 30, 2015), \$400; 2) Six-month greens and locker fee (July 1, 2014 – Dec. 31, 2014), \$250; 3) Six-month locker-only fee (July 1, 2014 – Dec. 31, 2014), \$50; 4) One-month locker-only fee (by calendar month), \$10; 5) One-month greens fee (by calendar month), \$60; (Daily and monthly greens fees are required for locker only payments). Payment can be made at the Community Activities Main Office at Building 805, located inside the library, or by mailing a check to: KRS, Community Activities, Attn: Golf Fees, APO, AP 96555 (make checks out the KRS). Questions? Contact Mandie at 51275.

CAMP COCONUTS Summer Camp is officially underway! Come join the fun! Each week we offer a different theme that features games, sports, clubs and fun all week long. Sign up at the central registration office or by calling 52158.

JUNE HOURS for Grace Sherwood Library: Sunday, Closed. Monday, 11:30 a.m.-5 p.m. Tuesday-Saturday, 8 a.m.-5 p.m.

MANIT MINUTE

Traditional Beliefs and Medicine

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 and traditional medicines.

JOIN US FOR 4TH OF JULY festivities at Emon Beach. There will be fun, food, festivities and Quality of Life sponsored FIREWORKS!

ALWAYS REMEMBER to lock your doors! Daytime, nighttime—keep your doors locked.

E-TALK: Do not purchase, harvest, collect or transport from USAG-KA the following species or their parts: black lipped oyster, dolphins, whales, dugong, sponges,

New Hours of Operation for AAFES stores beginning July 1

<u>Kwajalein Shoppette</u>	
Sunday-Monday	9 a.m.-8 p.m.
Tuesday-Friday	7 a.m.-8 p.m.
Saturday	7 a.m.-9:30 p.m.
<u>Kwajalein Pextra</u>	
Sunday-Monday	11 a.m.-5 p.m.
Tuesday-Saturday	10 a.m.-6 p.m.
<u>Subway</u>	
Sunday	9 a.m.-9 p.m.
Monday	9 a.m.-7:30 p.m.
Tuesday	8 a.m.-7:30 p.m.
Wednesday	8 a.m.-8 p.m.
Thursday	8 a.m.-7:30 p.m.
Friday	8 a.m.-8 p.m.
Saturday	8 a.m.-9 p.m.
<u>Roi-Namur Shoppette</u>	
Sunday	Closed
Monday-Wednesday	11 a.m.-6 p.m.
Thursday	Closed
Friday	11 a.m.-6 p.m.
Saturday	11 a.m.-7 p.m.

es, coral, finger shells, sharks, Napoleon wrasse, giant clams, trochus shells, sea turtles, coconut crab. This is a violation of USAG-KA policy, international law and/or international agreements.

SAFELY SPEAKING: Even though you are taking some time off from work, remember not to take time off from safety. Before leaving for vacation, make sure your home is secured.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 21
London Broil	Beef Fajitas	Roast Beef Sandwich	Beef Stew	Char Sui Pork	Tuna Casserole	Meat Lasagna
Turkey Sandwich	Orange Chicken	Grilled Chicken Breast	Chicken Strips	Beef Stir-fry	Yankee Pot Roast	Spaghetti Marinara
Veggie Frittata	Breakfast Burrito	Fried Zucchini	Hot Spiced Apples	Veggie Fried Rice	Vegetable Medley	Cheesy Garlic Bread
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 21
Jambalaya	Spaghetti Marinara	Chicken Fried Steak	Carved Roast Beef	Roi Fried Chicken	Sauerbraten	Philly Cheesesteak
Cajun Roast Beef	Meatballs	Chicken Curry	Herb Chicken	Waffles	Pork Schnitzel	Chicken Wings
Mashed Potatoes	Cheesy Garlic Bread	Mashed Potatoes	Baked Potatoes	Cheeseburger Mac	Spaetzle	Potato Wedges

Mission Announcement

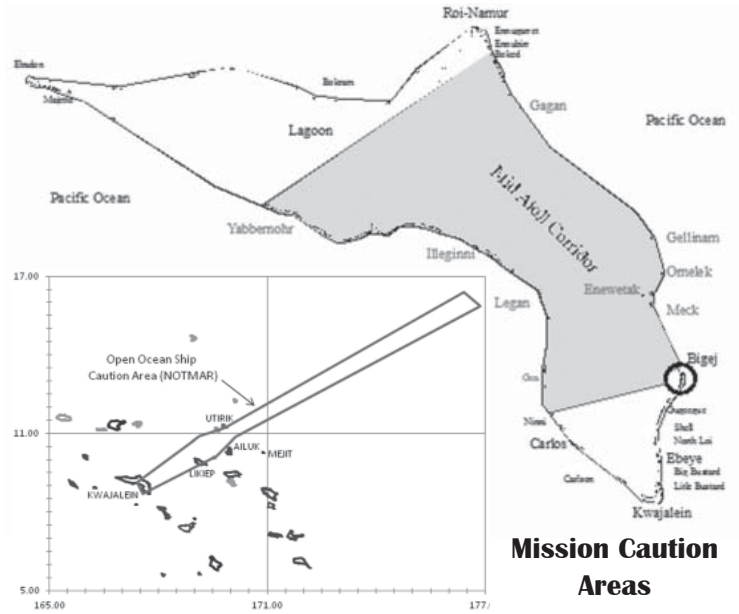
A range operation is scheduled for June 22-23. Caution times are 3 a.m. through 9 a.m. on June 23. During this time, a caution area will extend into the open ocean east of the mid-atoll corridor. June 24-25 are backup days for this operation.

The mid-atoll corridor will be closed from 4:30 p.m., Thursday, through mission completion. The caution area extends from the surface to unlimited altitude.

Questions regarding the above safety requirements for this mission should be directed to RTS range safety division, Kwajalein range safety officer at 52230.

Juon ien kokemelmel enaj koman ilo ran in Sunday nan Monday, 22 nan 23 ran in June 2014. Awa ko rekauwotota ej 3:00 am jimarok lok nan 9:00 am jibon. Ilo awa kein ba kaki, ijoko renaj kauwotota ej malo ko tulik turear in ene ko ilon aelon in.

Ene ko ilo iolap in aelon in renaj kilok jen 4:30pm awa elkin raelep ilo 19 ran in June 2014 nan ne ededelok kokemelmel kein. Ne ewor am kajitok jouj im call e lok Kwajalein range safety opija ro ilo 5-4121.



Positive Total Coliform in Drinking Water on Kwajalein Island

Jejjet im jimwe in drettan ak jonan coliform ilo dren in idaaq eo ilo Kwajalein Island

Drinking water in the distribution systems is tested weekly for microbiological contaminants (coliform). Coliform are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present. Coliforms were found in five samples collected on May 28 in the Kwajalein drinking water system. The drinking water system exceeded the monthly allowable level because coliforms were found in more than one sample. No harmful bacteria (fecal coliform/E. Coli) were found in test sites and the chlorine disinfectant levels were within drinking water standards. Repeat samples were collected at the five positive sample sites as well as up and down stream of the five sites. Total coliforms were not found in all repeat samples. Based on the repeat sample results, the Kwajalein water system is in compliance with the microbiological contaminant drinking water standard. Sampling will occur at an increased frequency of twice per week until negative results are observed for three consecutive weeks. This is not an emergency; no precautionary measures are necessary; and no health problems were reported.

Dren in idaaq jen jikin ko kajojo ilo Kwajalein rej teej aolep wiik non kij (coliform) Coliform ak kij kein rej walok ilo ibe-laak ak mejatoto eo im bareinwot kalikarлак ke emaron lon bar kain kij kan im renana remaron walok. Coliforms ak kij kein rar loi ilo lalem ian sample rar collect i ilo May 28, 2014 ilo dren in idaaq eo ilo Kwajalein. Dren in idaaq eo ilo Kwajalein ear le jen jonan level eo emoj karoke kinke emoj aer lo coliform ilo elon lak jen juon sample. Ijo wot ke ejjelok menin kauwotata ak bacteria ko renana rekar walok ilo test kein im jonan chlorine disinfectant levels ear tobar jonan level eo emon kab jejjet. Emakijkij in teej ar bar koman ilo ijoko sample ko lalem rekar positive im kwalok ke ejjelok coliform ar walok ilo aolepen sample ko. Result in emakijkij in teej ko non kij ilo Kwajalein rej kwalok ke dren in idaaq eo ej bed ilo level ko emoj karoki ilo kakien ko. Emakijkij in teej ak ebok sample enaj koman ruo kotan ilo juon wiik mae ien renaj loi ke e'negative results ko ilo aolepen wiik kein jilu. Ejjab emergency menin; ejjelok menin kakkol rej aikuj komani; im ejjelok problem ko rejelet ejmour an armej renanin report i.

Elane ewor am kajitok, kebaak e Rachael Harris ilo 5-0506.

If you have questions, contact Rachael Harris at 50506.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-ESE at 8-13 knots
Monday	Mostly Sunny	10%	ENE-E at 8-13 knots
Tuesday	Partly Sunny	10%	NE-ESE at 7-12 knots
Wednesday	Partly Sunny	10%	NE-ESE at 7-12 knots
Thursday	Partly Sunny	20%	ENE-E at 7-12 knots
Friday	Partly Sunny	20%	ENE-E at 11-16 knots

Yearly total: 57.56 inches
Yearly deviation: +30.99 inches

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

	Sunrise	Moonrise	Low Tide	High Tide
	Sunset	Moonsset		
Sunday	6:31 a.m.	10:05 p.m.	12:07 a.m. 0.6'	6:29 a.m. 5.0'
	7:09 p.m.	9:17 a.m.	12:56 p.m. 0.9'	6:58 p.m. 3.8'
Monday	6:31 a.m.	10:58 p.m.	12:50 a.m. 0.5'	7:12 a.m. 4.9'
	7:09 p.m.	10:16 a.m.	1:40 p.m. 0.7'	7:43 p.m. 3.7'
Tuesday	6:31 a.m.	11:48 p.m.	1:36 a.m. 0.2'	7:57 a.m. 4.6'
	7:09 p.m.	11:13 a.m.	2:27 p.m. 0.4'	8:32 p.m. 3.5'
Wednesday	6:31 a.m.	-----	2:25 a.m. 0.1'	8:45 a.m. 4.2'
	7:09 p.m.	12:08 p.m.	3:17 p.m. 0.1'	9:27 p.m. 3.3'
Thursday	6:32 a.m.	12:36 a.m.	3:21 a.m. 0.5'	9:39 a.m. 3.7'
	7:09 p.m.	1:02 p.m.	4:13 p.m. 0.2'	10:33 p.m., 3.1'
Friday	6:32 a.m.	1:23 a.m.	4:32 a.m. 0.8'	10:45 a.m. 3.2'
	7:10 p.m.	1:54 p.m.	5:20 p.m. 0.5'	11:53 p.m. 3.1'
June 21	6:32 a.m.	2:09 a.m.	6:03 a.m. 1.0'	-----
	7:10 p.m.	2:46 p.m.	6:34 p.m. 0.6'	12:07 p.m. 2.9'