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AUGUST 9, 2014

# THE KWAJALEIN HOURGLASS



Chargogg's Jenny Cunningham fends off Turbo Turtles' Bill Williamson during the 2014 Water Polo Summer Fun Season championship match Aug. 1. For more, see page 2.

*Photo by Sheila Gideon*





## 2014 Antiterrorism Awareness Message

*What are the dangers which menace us?  
If any exist they ought to be ascertained and guarded against.*

~ James Monroe, 1st Inaugural Address, March 4, 1817

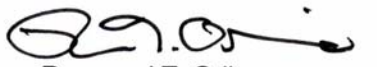
August marks the Army's fifth annual observance of Antiterrorism Awareness Month. Each year, we improve our defenses through increased threat awareness and organizational and individual protection measures. Throughout this past year, we have focused on risk management, evolving terrorist tactics and how to synchronize our overall efforts. During Antiterrorism Awareness Month, we must build on these concepts by stressing the integral role heightened awareness and vigilance plays in the prevention of terrorist acts.

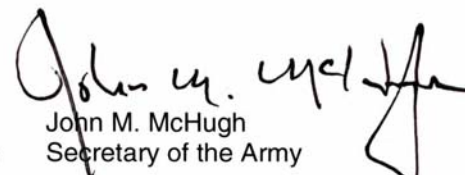
This year, command antiterrorism training and events should focus on three specific areas: 1) recognizing and reporting suspicious behavior that may be a precursor to a terrorist act; 2) establishing procedures to properly vet contractors who require access to Army facilities and to thoroughly train those government-cleared contractors in antiterrorism awareness; and 3) planning and conducting effective antiterrorism exercises that address the range of threats and associated protective measures.

As part of our observance, leaders at all levels should also seek to integrate Army Families and Family Readiness Groups into our protective umbrella. Not only are they vital members of the Army community, they represent a formidable group that greatly extends the eyes and ears of our law enforcement and security professionals.

We urge all commanders to actively engage with your Soldiers, Civilians and Families, conduct training and exercises, and sponsor events that reinforce the importance of protecting our communities against the persistent terrorist threat. Leaders should identify ways that each individual can uniquely contribute to the collective effort to keep our Army and our installations safe from those who would do us harm. Working together, we can and will present a unified defense for the strength of our Nation. Army Strong!

  
Raymond F. Chandler III  
Sergeant Major of the Army

  
Raymond T. Odierno  
General, United States Army  
Chief of Staff

  
John M. McHugh  
Secretary of the Army

## 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 Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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## Celebrating Women's Equality Day – 26 August 2014

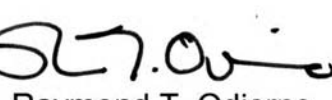
The Nation's annual observance of Women's Equality Day commemorates the addition of the 19th Amendment to the Constitution, which guaranteed women the right to vote. This victory moved our Nation forward on the path towards equal civil and political rights for all Americans.

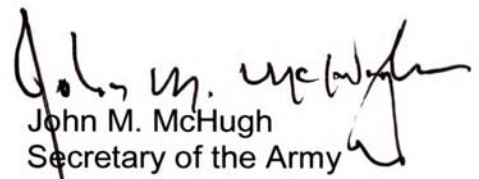
The roles of women in the Army have changed dramatically since 1775. Then, women only nursed the ill and wounded, laundered and mended clothing and cooked for the troops in camp on campaign – services that did not exist among the Army's uniformed personnel until the 20th Century. Now, women make up nearly 16 percent of the Active Army and serve in 95 percent of all Army occupations. Women continue to have a crucial role in current operations, and their contributions to defending freedom underscore their dedication and willingness to share great sacrifices.

We are incredibly proud of our courageous and patriotic Army personnel. Daily, each member proves people are the strength of our Army. Together, they make the Army the strength of our Nation. The Army has long been a leader in understanding the power and potential that is created by embracing diversity in the ranks. To that end, women of the highest caliber have served in our Army for generations and have proven that sacrifice and selfless service are genderless. We are a world-class force because we recruit and integrate the best talent in ways that enhance decision-making and inspire high performance.

This Women's Equality Day, join us in honoring those who fought tirelessly for women's right to vote. We are grateful for all who have helped to shape America and to make America's Army what it is today – a place where women and men from all walks of life stand proudly together in service to our Nation. Army Strong!

  
Raymond F. Chandler III  
Sergeant Major of the Army

  
Raymond T. Odierno  
General, United States Army  
Chief of Staff

  
John M. McHugh  
Secretary of the Army

### MANIT MINUTE

The death of Irooj or Leroj has special significance in Marshallese tradition. The term "Bwiloklan" or the "Breaking of the heavens" is associated with such a loss and refers to loss of power and influence of the Irooj at time of death. Upon death this power falls to earth and is gone until another Irooj is chosen.





# Defending water polo champs unseated

Article and photos by Sheila Gideon  
Managing Editor

The Family Pool buzzed with excitement and cries of victory and frustration Aug. 1 during the Summer Fun Inner-Tube Water Polo championship. The Turbo Turtles—a team stacked with veteran water polo players—were looking to make this year a three-peat victory. Chargogg—with plenty of veteran players of their own—were ready to take down the defending champs. Chargogg rallied after an intense first half, taking advantage of a combination of goals by Mandie Morris and Adam Vail, not to mention stellar saves by goalie Curtis Childress, to shut down the Turbo Turtles. Winning their first championship since 2009, Chargogg claimed the coconut trophy with a 50-30 victory.

The Family Pool was under construction during the regular Water Polo season, so a short, Summer Fun season was organized by Community Activities later in the year. Six teams participated, some with the usual standout players and others with newbies that quickly impressed with their skills.

Turbo Turtles have been a force to reckon with for years. Top scorers Bill Williamson and Bruce Premo dominate offense; most teams can't comprehend how to defend Premo's height or Williamson's tricky behind-the-back shots. New-to-the-team, but old-to-the-sport, Paul McGrew added another element of experienced play to the Turbo Turtles this season. When all three played, they dominated teams, even beating Soggy Bottoms 64-21 in the semi-finals. Unfortunately, when it came time for the championship Aug. 1 both Premo and McGrew were off-island. That is the nature of sports on Kwaj, though.

Chargogg's season was somewhat of a saga. They started strong, defeating teams by 20-30 points some



Team Chargogg wins the 2014 Water Polo coconut trophy. Pictured top to bottom, left to right are Miguel Busquets, Jim Roby, Mandie Morris, Fred Cunningham, Adam Vail, Jenny Cunningham, Jeremy Gideon and Curtis Childress. Not pictured: Stan Jazwinski.

games. Then they lost players, either due to vacation or work. They squeaked out a tie against the USAG-KA Splashers, playing two men down. Luckily, when they faced them again in the semi-finals, top scorer Vail returned to assist with a dominating win. When Chargogg played Turbo Turtles for the first time, they were still missing players and suffered a devastating loss, so they were hopeful that with their full team they could pull out a win in the championships.

The first half was intense and tensions were running high for both teams. Turbo Turtles started out strong, taking advantage of sunny skies that hindered Chargogg's goalie Childress' vision. Offensive leaders Williamson and Tommy Ryon fired off shot after shot, taking the Turtles into an early lead. It took a while for Chargogg's offense to get in their groove. After a hat trick from Morris, Chargogg took the lead at the end of the first half.

Chargogg carried their momentum from the first half



Bill Williamson passes the ball to teammate Tommy Ryon while Chargogg defenders Jim Roby and Miguel Busquets fend them off.





Jenny Cunningham, of team Chargogg, right, defends Tommy Ryon's shot on goal during the water polo championships Aug. 1.



Chragogg defender Jim Roby, left, dunks Bill Williamson before he can take a shot on goal.



Adam Vail tries to dunk Turbo Turtles' Nick Dahl before he can pass the ball.



Chargogg's Jeremy Gideon throws a pass over defender Adrienne Chavis during the water polo championship game.

into the second half. Alley-oops between Jeremy Gideon and Vail created a comfortable distance in the score.

"You goalie much better without the sun in your eyes," Jenny Cunningham told teammate Childress. It was true. Childress blocked rocket after rocket from Williamson and Ryon. Teamed with veteran defender Jim Roby, Chargogg shut down Turtles' offense. They only managed to score 10 points that half, while Chargogg racked up 26.

It was a sweet victory for Chargogg. Not only did they unseat the defending champs, but they dedicated their win to teammate Stan Jazwinski, who had to leave the island during the season due to a death in the family. They will present the winning coconut trophy to Jazwinski when he returns.

**THANK YOU TO EVERYONE** who helped make the 2014 Inner-Tube Water Polo Season a huge success. Due to the Family Pool construction, the season was at a different time of year and shorter than normal. However, it still was action-packed and lots of fun. This unique Kwaj sport takes a lot of effort by so many different people, and everyone involved did an excellent job. A huge thanks goes out to all the volunteer officials. Everyone worked hard to help maintain the integrity of the league and make play safe and fun for everyone. Also, much appreciation goes to Jim Roby, Bill Williamson and Stan Jazwinski, who volunteered to teach and mentor all the volunteer officials. Their knowledge, expertise, willingness to educate and volunteer is greatly appreciated. A special thanks goes to Zoe Spock, who painted the awesome Coconut Trophy for league winners, Chargogg. Finally, Inner-Tube Water Polo wouldn't have been complete without the assistance of all of our coaches and managers. Your interest, efforts and support was greatly appreciated.

The success of this year's season was all due to the efforts of everyone involved. So again, thank you so much! We could not have done it without you.

—Mandie Morris,  
Recreation and Programs Manager

## INNER-TUBE WATER POLO

### Team Standings

### High Scorers (# Goals)

Chargogg	5-1-1	Bill Williamson (Turbo Turtles)	81
Turbo Turtles	5-2	Bruce Premo (Turbo Turtles)	59
Micro Comm.	3-2	Shawn Carpenter (USAG-KA)	52
USAG-KA	2-3-1	Jeremy Gideon (Chargogg)	51
Zissou	1-5	Adam Vail (Chargogg)	28
Soggy Bottoms	2-5	Joseph Kemem (Micro Comm.)	26



# Kwaj kids go to Space Camp

Article and photos by Jason B. Cutshaw  
USASMDC/ARSTRAT

HUNTSVILLE, Ala.—

16 young students had a summer adventure among the stars.

The students, recipients of an Air, Space, and Missile Defense Association scholarship, had a chance to spend a week at Space Camp at the U.S. Space and Rocket Center in Huntsville June 29-July 4.

On July 2, the scholarship winners were treated to lunch by members of the ASDMA board and had a chance to speak with those who made the week possible.

"This is one of our favorite programs," said Brenda Carr, U.S. Space and Rocket Center vice president of Development. "You join more than 200 students who have come through this program courtesy of ASDMA. There were a record number of applicants this year and judging was hard, so congratulations to each of you."

Since 1996, ASDMA has sponsored children, ages 9-11, of a parent or guardian currently assigned to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, Program Executive Office



Three Kwaj kids pose for a photo with their peers and members of the Air, Space and Missile Defense Association. Ryan Hess and Sean Hepler—bottom row, second and third from left—and Morgan Dethlefsen—top row, second from right—were among the 16 youth who received the 2014 ASDMA Space Camp scholarship.

Missiles and Space, Joint Functional Component Command for Integrated Missile Defense, Missile and Space Intelligence Center, NASA Marshall Space Flight Center, and Missile Defense Agency, whether military or government civilian, for their Space Camp scholarship.

The 16 Space Camp students this year are from Madison, Brownsboro and Hampton Cove; Fort Greely and Delta Junction, Alaska; Fayetteville, Tenn.; Aliquippa, Penn.; Bellevue, Neb.; Colorado Springs, Colo.; and Kwajalein Atoll, Republic of the Marshall Islands. They are: Kennedy Gibson, Catherine Hare, Faith Johnson, Maanasi Limaye, Ethan Willcockson, Alena Crabtree, Woodson Hicks, Emmalee Jones, Steven Stalp II, Griffin Stevenson, Luke Guzman, Mackenna Guadagnoli, Tripp Foster, Morgan Dethlefsen, Sean Hepler and Ryan Hess.

"We are so, so happy to welcome you this year to our 18th annual space camp," said Doug Allen, ASDMA president. "You might ask why we are interested in you. You are the next generation coming up, and we want to give you everything we can to promote

science and engineering.

"Congratulations again for being selected, and we are so proud of you and hope you enjoy the rest of your time here at Space Camp," he added.

Students were selected for the scholarship based on an essay, school grades, interest in science and space, and financial need. The scholarship covers one week at Space Camp, travel, a flight suit, clothing package, a calling card and spending money.

"I would like to say thank you to the Air Space and Missile Defense Association for sponsoring 16 young individuals to attend Space Camp. Thank you for believing in our future," said Lt. Gen. David L. Mann, USASMDC/ARSTRAT commanding general. "I would like to thank the U.S. Space and Rocket Center for giving me this opportunity to speak to you today, and for providing a place for folks, both young and old, to learn about space exploration."

"I'm a Soldier in the U.S. Army," he added. "You may wonder what does the Army have to do with space and space flight. Well, the Army happens to be the largest user of space in our military. In fact, my organization is involved in many different space-related technologies. Did you know the Army sent the first U.S. object into

**See CAMP, page 8**



USASMDC/ARSTRAT Commanding Gen. Lt. Gen. David Mann addresses the young scholarship winners during a luncheon. He encouraged them to remain curious about the world around them and to continue exploring that world through work in science and technology.

# Eight thinking traps you can overcome

By Ray Drefus

USAG-KA Master Resilience Trainer



## **The Anchoring Trap:**

Over-relying on first thoughts. Your starting point can heavily bias your thinking. Your initial impressions, ideas and estimates “anchor” subsequent thoughts.

### **The Anchoring Trap Solution:**

View a problem from a different perspective. Avoid being stuck with a single starting point. Think on your own before consulting others and seek information from a wide variety of sources. Get many opinions and broaden your frame of reference.

## **The Status Quo Trap:**

Keeping on, keeping on... We tend to repeat established behavior over and over again.

### **The Status Quo Trap Solution:**

Consider the status quo as just another alternative. Know your objectives and ask whether the status quo serves those objectives. Refuse to default to the way things are because you are having a hard time picking the best alternative.

**The Sunken Cost Trap:** Protecting and/or defending earlier choices at all cost.

**The Sunken Cost Solution:** It is OK to make mistakes. Listen to people who were not involved in the earlier decision and focus on your objectives. Do what is right and move on.

**The Confirmation Trap:** Seeing what you want to see. You may find yourself looking for information that will most likely support your initial point of view while conveniently avoiding information that challenges it.

**The Confirmation Trap Solution:** Expose yourself to conflicting information. Examine all evidence with equal rigor. Find a “devil’s advocate” or build a counterargument yourself and don’t ask leading questions.

## **The Incomplete Information**

**Trap:** Initially, not seeking enough information so you hurriedly create assumptions to move forward. Unfortunately, in your hurried state you may be starting with bogus assumptions.

### **The Incomplete Information**

**Trap Solution:** Make your assumptions explicit. Check the validity of your assumptions. Always favor hard data over mental simplifications and/or emotional reasoning. If it is not life or death—slow down.

**The Conformity Trap:** Everybody else is doing it or the “herd instinct.” Other people’s actions may profoundly influence yours.

### **The Conformity Trap Solution:**

Don’t be unduly influenced by others’ opinions. Beware of “Social Proof,” when someone tries to convince you, arguing primarily on the popularity of a choice, instead of on its merit. Be courageous.

**The Recall Trap:** Not all memories are created equal. We analyze information based on experience and on what we can remember from it. We are overly influenced by events that stand out from others, such as those with highly dramatic impact or very recent ones. The more “special” an event is, the greater the potential it has to distort our thinking.

**The Recall Trap Solution:** Find hard data that confirms or discounts your recollection as soon as possible. Be aware of your emotions. If asking for opinions, find people who are not overly emotionally involved. Strive to evaluate information on its relevance and accuracy.

**The Superiority Trap:** The average is above average. Research has shown when drivers were asked to compare their driving skills to other people, almost all the participants, 93 percent, rated themselves as above average. People may have an inflated view of themselves; they overestimate their skills and capabilities, leading to many errors in judgment.

### **The Superiority Trap Solution:**

Be humble; everyone has a “blind or weak spots.” Surround yourself with honest people. Nothing is better than having honest people around to point them out so we do not get blindsided. Strive for excellence in all you do.

## How to get better sleep

By Ray Drefus

USAG-KA Master Resilience Trainer

1. Avoid caffeine after lunch. Switch to decaf or try chamomile tea, both will help your Zzzs.

2. Downsize those big dinners. Make lunch your main meal, and limit dinner to fewer than 500 calories. Skip spicy foods for less heartburn, indigestion and too-vivid dreams.

3. Work out early. Exercising within three to four hours of bedtime can hinder your sleep.

4. Skip the nightcap. Alcohol can pull the bait-and-switch; it makes you initially drowsy and then it makes you restless through the night.

5. Turn off the television, tablets, etc. Glowing screens signals your brain to stay alert.

6. Kick the habit. Nicotine is a stimulant. What, you need another reason to quit?

7. Don’t work in bed. Spreadsheets and work-related tasks equal stress, not quality sleep.



# DISPATCH FROM ROI



From Alama Brooks



From Alama Brooks



From Art Bennis



From Art Bennis



From Jordan Vinson



# View from Kwaij

Email photo submissions to:  
[usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto:usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil)



From Jordan Vinson



From Kim Yarnes



From Jordan Vinson



From Shawn Carpenter



From Jordan Vinson



**HELP WANTED**

KRS AND CHUGACH listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at [www.krsjv.com](http://www.krsjv.com).

**LOST**

TO THE PERSON(S) that thought it appropriate to borrow our iPod Touch and glassware from the Vet's Hall, please return them, no questions asked. We would like to think that with the modest amount of charity and community support that the American Legion provides, that everyone can be counted on to respect the privilege the local community, members and non-members alike, have to be able to enjoy the Vet's hall/ American Legion. Thank you for your continued support. If you have any questions contact Mike Woundy at 54440.

**PATIO SALE**

10:30 a.m.-3 p.m., tomorrow. 106-A.

10:30 a.m.-3 p.m., Monday. 106-A.

**FOR SALE**

Mini refrigerator; lazy boy; swivel chair; mini wine bar; ceiling fans; TV stand; carpets; microwave; patio table and chairs; outdoor storage containers; various plants; miscellaneous household items. Call 51185 to view.

YAMAHA NP-30 Portable Grand Digital Piano, slim design with 76-key touch response keyboard and superior sound quality, includes sustain pedal, Learn to Play Book and DVD set, and an On-Stage

**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., Thursday, Roi Chapel

**Latter-day Saints**

10 a.m., Sunday, CRC Room 3

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

KS-7150 Platform Adjustable Keyboard Stand, paid \$375 for piano alone, selling all for \$300. Call Janis at 52319 or 58880.

TOSHIBA SATELLITE X205 Media Center/Gaming Laptop with 250Gb hard drive, N-vidia G Force 8700gm video card, Windows Vista Service Pack 2, used mostly for photo processing and email, includes HP 3340 all-in-one Photosmart printer with paper, extra ink and travel briefcase, \$550; commercial rock tumbler/polisher with media, can be used for beach glass, \$150.00. If interested please call 54212 and leave a message.

ELECTRIC GUITAR, custom-assembled Strato-caster style, walnut body, maple neck, locking tuners, hardtail bridge, hand-wound Dominguez pickups, \$450; Islander GL6 guitarlele, 6-string baritone scale ukulele tuned like a guitar, great for travel, kids or guitarists wanting to try uke, thick padded case included, \$275. Contact Sean at 52670 or at [smwdfd@yahoo.com](mailto:smwdfd@yahoo.com).

**ROI HAPPENINGS**

"SMELLS LIKE FISH" will perform at 8 p.m. tonight at the Outrigger Bar and Grill. This is their last performance until New Year's Eve. Let's make it hot one! Come out and dance, dance, dance!

**COMMUNITY NOTICES**

REGGAE STRIKE NIGHT will be from 6-10 p.m. tonight at the Kwajalein Bowling Center. \$2 for shoes and \$2 per game. Bust out your tie-dye, bring your beverages and groove to some island jams! Ya' mon! Adults only.

RESILIENCE YOGA! New to the island? Come enjoy a refreshing yoga class at these times: 6:30 p.m., tonight, at CRC Room 7; and 6:30 p.m., Wednesday, at the Adult Pool.

EMPLOYEE ASSISTANCE Program Community Classes for the month: Bariatric Support Class meets Tuesday; ADHD Support Class meets Aug. Thursday; Smoking Cessation Class is ongoing. All classes meet from 4:45-5:30 p.m., at the Hospital Conference Room. For questions, contact EAP at 55362.

KWAJALEIN ART GUILD monthly meeting will be held at 5:30 p.m., Tuesday, in the Art Annex. The public is welcome to attend

UNITED TRAVEL Office will host a Travel Fair from 8:30 a.m.-4:30 p.m., Aug. Tuesday-Friday, downtown, outside the Travel Office on Kwaj.

KWAJALEIN SCUBA CLUB monthly meeting will be held at 7 p.m. Wednesday at the Pacific Club. There will be a \$100 prize for the best dive story and a Dive Locker clearance sale—up to 50 percent off select items.

PLEASE JOIN US for Quizzo at 7:30 p.m., Friday, at the Vet's Hall. Special guest host Brandon

McAfee will try and stump the crowd with his trivia! Questions? Contact Neil Dye or Mike Woundy.

IVEY GYM will be closed Aug. 17-18 for A/C repair and installation. The gym will re-open Aug. 19. For questions, contact the Recreation Office at 51275.

CYSS YOUTH SPORTS Basketball League registration is open now through Aug. 26. Season dates are Sept. 9-Oct. 23. Cost is \$40 per player. Open to all CYSS Youth in Kindergarten through grade 6. To register visit Central Registration, Building 358, or call 52158. For questions, call Jason Huwe at 53796.

KWAJALEIN DOG OWNERS Group reminds Dog Park patrons to pick up after their pups: "We're so happy that the park is getting regular use. Just remember to pick up after your dogs. Pick up bags are provided in all four corners inside the park for your convenience. We must keep the park clean for all users to enjoy."

REGISTER BETWEEN Aug. 12-30 for the Around the Atoll in 80 Days Challenge—an indoor/outdoor cardio challenge program that runs Sept. 2-Nov. 20. Participants can swim, bike and run to the ultimate goal of completing the entire mileage distance of the atoll. Make those mileage distances, and win a prize. Questions? Want to register? Call 51275.

E-TALK: On July 24 KRS updated its Environmental Policy to identify KRS' commitment to protecting human health, the environment, and minimizing impact from all USAG-KA activities.

SAFELY SPEAKING: Prepare a family disaster kit with drinking water, food, blankets, flashlights, batteries, extra clothing and prescription medicines. Don't fear bad weather—prepare for it!

**The number of cases of inappropriate vehicle use has steadily increased across the garrison, and USAG-KA wants all personnel to be aware of the proper and legitimate use of work vehicles to prevent waste of resources and abuse of privileges.**

Other than the QOL rental vehicles, all work vehicles on USAG-KA are restricted to official purposes only. Use of work vehicles to travel between your home and place of employment, to transport non-personnel, to run personal errands, to travel to retail establishments, dining facilities, the gym, the bank, or the food court is prohibited.

Transportation of personnel or dependents to or from the airport is also prohibited, unless the traveler is on official business or is PCS'ing.

Transporting alcohol in a work vehicle is also prohibited. Personnel who misuse work vehicles may be subject to adverse personnel action by their employer or adverse administrative action by the Command.

**Captain Louis S. Zamperini Dining Facility****Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 16
London Broil	Baked Meat Loaf	Maple Glazed Roast	Cornish Hen	Dry Rub Spare Ribs	Mini Taco Bar	Meat Lasagna
Kwaj Fried Chicken	Chicken Chow Fun	Pork Loin w/Herb Sauce	Stuffed Cabbage	Turkey Ala King	Smoked Chicken	Eggplant Parmesan
Crab Benedict	Quiche Lorraine	Pepper Glazed Wings	Wild Rice	Potatoes Romanoff	Fire Cracker Salmon	Chicken Cacciatore

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 16
Spaghetti	BBQ Roast Beef	Grilled Chicken	Smoked Spiral Ham	Mongolian BBQ	Grilled Hamburger Steak	Oven Fried Chicken
Marinara Sauce	Turkey Cordon Bleu	Three Cheese Macaroni	Picante Chicken	Teriyaki Pork Chops	Baked Manicotti	Corn Bread Stuffing
Oriental Chicken Stir Fry	Rice Pilaf	Beef Broccoli Stir-fry	Beef Enchiladas	Vegetarian Fried Rice	Vegetarian Stir-fry	Szechuan Shrimp Stir Fry



The U.S. Air Force Band  
of the Pacific presents

# Small Kine



## Tour Schedule

- 10 a.m., Friday, Enniburr
- 7 p.m., Friday, Roi Outrigger
- 7:30 p.m., Aug. 16, Ebeye Multipurpose Center
- 5:30 p.m., Aug. 17, Rich Theater
- 6 p.m., Aug. 18, Vet's Hall

### Kwajalein Reclaimed Water Standard Violation

The Reclaimed Water Document of Environmental Protection requires public notification when reclaimed water standards are violated. The reclaimed water system has shown higher than normal turbidity levels resulting from a system upset at the Kwajalein wastewater treatment plant. Turbidity is the cloudiness or haziness of a liquid caused by individual particles that are generally invisible to the naked eye. The seven day rolling turbidity average at the reclaimed water system point of entry as well as the entry to the distribution system has exceeded the permitted maximum of 2.0 NTUs. The issue at the wastewater plant has not yet been resolved. Both Liquid Systems and Environmental personnel are actively investigating the problem and working hard to bring the plant back to normal function. There is currently no threat to public health or the environment as a result of this turbidity exceedance. If you have any questions, call 51134.

Ekkar non pepa eo naetan Reclaimed Water Document of Environmental Protection (DEP) kojella ej aikuj koman non jukjuk in ped eo elane kakien ko ikijen tiljek im erreo in dren emoj aer rub. Level in turbidity eo ekkar le jen jonok eo emoj an EPA karroke kon an lon jorren ilo Kwajalein wastewater treatment plant eo. Turbidity ej jonan an lim dren eo im ej itok jen particles (etoon) ko im jej maron loi kon medjed. Average turbidity im ej koman lak in 7 raan ar le ilon in 2.0 NTU, ak jonok eo emoj karrok ilo kakien bwe jen lore. Rejjanin jela ta eo ej koman bwe en le jonok eo ilo wastewater treatment plant eo. Rijerbal ro an Liquid Systems im Environmental rej jermal ibben dren in etale ta eo ej koman jorren. Ejelok kauwatata im emaron jelot ejmour an armij im ijoko ibelakid enaj walok kon an le ilon in jonok eo. Komol! Ne elon kajitok, kir Environmental department ilo 5-1134.

# Reggae Strike Night

## Tonight

**6p - 10p**

**\$2 for shoes**  
**\$2 per game**

**Adults Only, please**

**YA' MON!**

**Bust out your tye-dye, bring your beverages, and groove to some island jams!**

Café Roi						
<b>Lunch</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Aug. 16</b>
Baked Ham	Stir Fry Beef	Fried Fish Sand.	Chicken Turnover	Vegetable Quesadilla	Grilled Cheese	Chicken Fajita Wrap
Chicken Breast	Chinese 5 Spice Chicken	Blackened Pork Loin	Beef Stroganoff	Turkey Cordon Bleu	Country Meatloaf	Swiss Steak
Eggs a la Lucio	Moco Loco	Red Beans	Stir-fry Vegetables	Onion rings	Stir Fry Tofu	Mixed Roast Potatoes
<b>Dinner</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Aug. 16</b>
Italian Meatballs	Kibi Beef Ribs	Beef Tamale	Roast Beef	Roi Fried Chicken	Pork Butt	Baked Chicken
White Clam Sauce	Adobo Chicken	Chicken Enchilada	Chicken Pot Pie	Stuffed Kibi	BBQ Chicken	Fried Fish
Marinara Sauce	Candied Yams	Spanish Rice	Potatoe Bar	Mashed Potatoes	Baked Beans	Fried Okra



## CAMP, from page 4

space, Explorer 1, in 1958.”

Mann talked to the campers and told them how proud everyone was of them for being selected to come to Space Camp and to learn more about space-, math- and science-related fields.

“Everyone here is curious about space flight and other planets but don’t allow your curiosity to be limited to one subject. Explore your world and ask questions,” Mann said. “The world is a complex and wonderful place. Let your curiosities guide you and drive you to understand about your world and worlds beyond this one. You owe it to yourself to seek answers, possibly to questions we don’t even know to ask yet.

“Astronauts do things that have never been done, with technology that has never been used before, and in order to accomplish these feats we

need smart young men and women who are curious about our world and worlds beyond,” he added. “You all have it in you to be astronauts, mathematicians, politicians, or whatever you want to be in life, but you have to work hard and always remain curious.”

After the luncheon, some of the campers spoke about what they had learned and how excited they were to be at Space Camp.

“Space Camp has been awesome,” said 11-year-old Tripp Foster from Fayetteville, Tenn. “I ended up being the shuttle commander. It is hard though, I accidentally left my mission specialist in space. I couldn’t go back to get him so we just left him floating in space.

“Even though it is hard sometimes, it is really a great experience,” he added. “This is great and I am re-

ally glad to be here.”

The luncheon was held as part of the children’s overall week at Space Camp.

During the week, the children participated in activities, including rocket construction and launch, water activities, a simulated Space Shuttle mission, Mars mission simulators, Manned Maneuvering Unit, Multi-Axis Trainer, and enjoyed an IMAX movie.

“Space Camp has been really fun,” said 11-year-old camper Emmalee Jones from Colorado Springs, Colo. “I was the shuttle pilot and we got to push a lot of buttons.

“I would definitely recommend others coming to space camp,” she added. “This has honestly been a really great experience. It is a once-in-a-lifetime opportunity and I am glad I got to come.”

# Ready and Resilient Wellness Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Spiritual Resilience, see page 10. All welcome.	1. Circuit Training, 8 a.m., Ivey Gym.	1. Cross Fit, 5:30 a.m., Family Pool.	1. Circuit Training, 5 a.m., Ivey Gym.	1. Cross Fit, 5:30 a.m., Ivey Gym.	1. Circuit Training, 5 a.m., Ivey Gym.	1. Cross Fit, 5:30 a.m., Ivey Gym.
2. Smoking Cessation Classes, open enrollment, call 55362.	2. Pick-up Soccer, 6 p.m., Brandon Field.	2. Bariatric Support Class, 4:45 p.m., Kwajalein Hospital Conference Room.		2. ADHD Support Class, 4:45 p.m., Kwajalein Hospital Conference Room.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
				3. Run Intervals, 5:30 p.m., Emon Beach.		
				4. Pick-up Tennis, 5:30 p.m., Tennis Courts.		
				5. Alcoholics Anonymous, 7 p.m., REB.		

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	S-SW at 6-12 knots
Monday	Mostly Sunny	20%	SE-S at 4-8 knots
Tuesday	Mostly Sunny	10%	NE-ESE at 4-8 knots
Wednesday	Partly Sunny	30%	Variable at 3-7 knots
Thursday	Mostly Sunny	10%	E-ESE at 4-8 knots
Friday	Mostly Cloudy	40%	NE-E at 8-16 knots

Yearly total: 73.47 inches

Yearly deviation: +30.06 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:41 a.m. 7:08 p.m.	6:30 p.m. 5:41 a.m.	10:06 a.m. -0.9' 10:05 p.m. -0.8'	3:41 a.m. 4.9' 4:08 p.m. 4.1'
Monday	6:41 a.m. 7:07 p.m.	7:26 p.m. 6:42 a.m.	10:45 a.m. -1.1' 10:48 p.m. -0.9'	4:23 a.m. 5.2' 4:49 p.m. 4.4'
Tuesday	6:41 a.m. 7:07 p.m.	8:19 p.m. 7:43 a.m.	11:23 a.m. -1.2' 11:29 p.m. -0.9'	5:03 a.m. 5.2' 5:28 p.m. 4.5'
Wednesday	6:41 a.m. 7:07 p.m.	9:10 p.m. 8:42 a.m.	12:00 p.m. -1.0' -----	5:42 a.m. 5.1' 6:06 p.m. 4.5'
Thursday	6:41 a.m. 7:06 p.m.	9:00 p.m. 9:39 a.m.	12:09 a.m. -0.7' 12:36 p.m. -0.7'	6:21 a.m. 4.7' 6:45 p.m. 4.3'
Friday	6:41 a.m. 7:06 p.m.	10:50 p.m. 10:34 a.m.	12:50 a.m. -0.4' 1:11 p.m. -0.4'	6:58 a.m. 4.2' 7:25 p.m. 4.0'
Aug. 9	6:41 a.m. 7:05 p.m.	11:39 p.m. 11:28 a.m.	1:33 a.m. 0.1' 1:48 p.m. 0.1'	7:37 a.m. 3.6' 8:09 p.m. 3.6'