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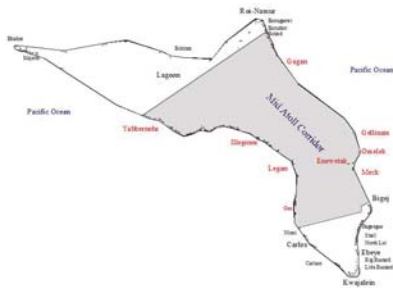
THE KWAJALEIN HOURGLASS



Ebeye resident and C-badge worker Jimmy Akeang addresses USAG-KA Command with a question during a town hall meeting Aug. 7 at the Island Memorial Chapel. For more, see page 3.

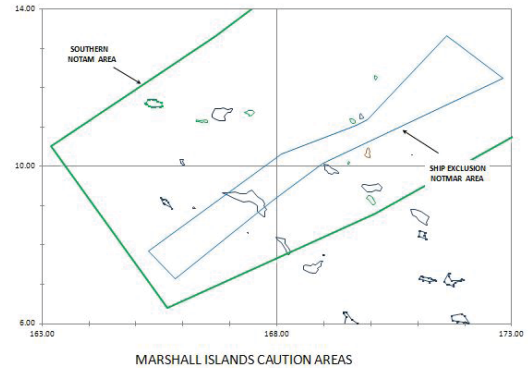
Photo by Jordan Vinson

KWAJALEIN ATOLL



Ene ko ilo iolap in aelon in renaj kilok jen 4:30pm awa elkin raelep ilo 21 ran in august 2014 nan ne ededelok kokemelmel kein. Ne ewor kajitok jouj im call e lok rts range safety division ro ilo 5-3357.

Questions regarding the above safety requirements for this mission should be directed to RTS Range Safety Division, at 53577.



Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

After a long process, Sunrise bakery is pleased to announce that fresh donuts are back on Kwaj! Those who have indulged claim they are better than ever! Stop by the Bakery to try our expanded selection: enjoy the new and improved donuts, an assortment of muffins (blueberry and strawberry), and fresh zucchini bread. The Bakery also offers special orders.

MANIT MINUTE

The sheath contains a warrior's fighting spear or "Made" and his shark tooth sword or "Rujru". These implements of war are often lashed together to enhance maneuverability but as fighting becomes imminent they are united and made ready for use. The untied sheath is referred to as "Mejal Tur" to indicate readiness and preparedness for war.

THE KWAJALEIN HOURGLASS

Media Services Intern.....Molly Premo

Garrison leaders tour Roi, Kwajalein for town halls

Hourglass Reports

Photos by Jordan Vinson and Kim Yarnes

U.S. Army Garrison-Kwajalein Atoll Command and a host of other installation leaders joined the communities of Kwajalein and Roi-Namur in a series of town hall meetings last week.

USAG-KA Commander Col. Nestor Sadler took the opportunity to introduce some of the new faces working with the Command. Reagan Test Site Director Lt. Col. Humberto Jones, who took the reigns from outgoing RTS Director Lt. Col. Dean Wiley one month ago, thanked Kwajalein residents for the warm welcome he and his family have experienced during their short time on the island. Also introduced were: Deputy Garrison Commander Jenifer Peterson; Maj. Jeff Anderson, USAG-KA's new operations officer; Capt. Pamela DeVille, the garrison's incoming provost marshal; and Sgt. First Class Thomas Bedwell, the new provost sergeant for the installation.

Sadler invited Command staff and other leaders to the front at each forum to answer questions that community members had written and sent into the Command during the weeks prior. They also provided updates on projects of particular importance within their respective areas of responsibility.

Maj. Matt Sova, director of the Host Nation Activities Office, announced that a contingent of Navy Seabees will soon arrive on the installation to begin several construction projects on the atoll. Flying in from Biloxi, Mississippi, the Seabees will rebuild some facilities and construct entirely new ones on Roi-Namur, Ennibbur, Kwajalein and Ebeye.

Anderson, the USAG-KA operations officer, made one of the first formal announcements from USAG-KA to the communities regarding one of the hottest topics currently discussed on the atoll—the Air Force Space Fence. He emphasized that all details on the project, such as a construction timeline and the number of jobs that may open up locally during the construction phase, are in the hands of the Air Force and Lockheed Martin, the prime contractor on the project. But he said residents should expect the initial building phase to get underway in the beginning of next year. The Air Force and Lockheed Martin expect the new Space Fence to be fully operational by 2019, Anderson said.

Linda Lowry, the AAFES general manager on USAG-KA, updated the community on the efforts she and her staff are making to create a better shopping experience for residents and laborers on Kwajalein and Roi. Improving the logistics required to get merchandise and consumables from vendors to the shelves on the islands is one of their top goals, she said. She also announced several new vendors that have set



Photos, clockwise, from top-left: 1) USAG-KA Commander Col. Nestor Sadler introduces Capt. Pamela DeVille, USAG-KA's new provost marshal, during a Roi town hall Aug. 6. 2) RMI workers listen to leaders discuss improvements to the Third Island Store. 3) AAFES General Manager Linda Lowry announces upgrades to the Exchange on Kwaj. 4) Jenifer Peterson, USAG-KA's new deputy garrison commander, stands up to introduce herself to the community during the Kwajalein resident town hall. 5) KRS President Cynthia Rivera addresses a question from a C-badge worker on Kwaj Aug. 7. 6) RMI workers fill the Island Memorial Chapel for the Kwaj RMI meeting.

up shop in the Macy's building on Kwajalein and announced that the next RMI Shopping Day should take place in either October or November.

Chief Warrant Officer 4 Sharnta Adams, USAG-KA's food service advisor, highlighted a round of upcoming changes set to take root at the Zamperini Dining Facility. More special meal nights—such as a Filipino fiesta night and a Mongolian grill night—will introduce more menu variety for unaccompanied personnel. The cafeteria's extended salad bar menu, a USAG-KA satisfaction survey, along with name tags and new uniforms for cafeteria staff, are other improvements that Adams mentioned.

At the end of each meeting Sadler reminded the communities that USAG-KA and community leaders are committed to excellence. He encouraged residents and day workers to continue sending in questions and suggestions.

"This gives us a chance to fix things and helps us improve," he said.

SMDC political aide travels to Kwajalein Atoll, Majuro Atoll

Article by Jordan Vinson
Associate Editor

The U.S. Army Space and Missile Defense Command's chief political affairs specialist flew into the Marshall Islands last week for a tour of Kwajalein Atoll and Majuro Atoll. It was Dr. James Isbell's first trek to U.S. Army Garrison-Kwajalein Atoll since taking the reins in April as SMDC/ARSTRAT Commander Lt. Gen. David Mann's top advisor for host nation issues.

The trip was designed to give Isbell the opportunity to meet and speak with many of the people that are involved with and affected by the unique relationship between the SMDC and the Republic of the Marshall Islands.

Having flown out early last week from his office at Redstone Arsenal in Huntsville, Alabama, Isbell's first stop was Kwajalein Atoll, where he met with USAG-KA Command staff and toured the installation's test range and space tracking assets. He also visited Ebeye, Carlos and Enniburr to meet with local citizens and check in on some of the USAG-KA Host Nation Directorate's development projects for island residents.

Afterward, a Monday flight south-east to Majuro Atoll took Isbell to more meetings, this time with RMI federal government officials, as well as U.S. officials with the State Department and the Department of the Interior. Afterward, he planned to fly to Hawaii to meet with his counterparts with U.S. Pacific Command.

There were a lot of miles to fly and a lot of hands to shake for the political advisor. But Isbell said that it was important to set his feet on the coral outcroppings of land here in order to prime himself on the host of political issues and people that make up the SMDC-RMI relationship.

"I'm in kind of a receive mode right now," Isbell said during an interview Aug. 9. "I'm looking at what the issues are I need to be following."

At the very top of his agenda is maintaining an open, transparent channel for high-level communication between the SMDC and the RMI government. The goal is to ensure all parties involved—whether U.S. or Marshallese—understand the desires and objectives of one another. This is crucial, he said, for enabling the Regan Test Site and its clients to accomplish their missions.

"The garrison, the range here, is a national strategic asset. It's essential to space tracking, missile defense," Isbell explained. "Consequently, we wouldn't be able to do that very important, strategic mission without the cooperation—without the assistance—of the RMI and the people of the RMI. And so, ensuring those relations remain solid ... is essential."

It's not always an easy job. There are many parties involved in the relationships between the RMI, SMDC and the U.S. government that he must work with. On one hand, there are local and national RMI interests, and on the other hand there are Army, SMDC and USAG-KA interests. Then there are the interests of the State Department and Department of the Interior, which administers the Compact of Free Association between the United States and the RMI. Getting so many different parties to sing the same tune can be challenging, Isbell said.

"Not all the time are U.S. government or U.S. military priorities necessarily the host nation's priorities," he said. "And, so therefore, bringing those together and bringing those interests together, when you possibly can is always a challenge."



Photo by Mike Sakaio

Dr. James Isbell, right, speaks with Maj. Matt Sova, director of USAG-KA Host Nation Activities, during a visit to Enniburr.

Isbell is certainly up to the job, though. For one, in 2002 he earned a doctorate, focusing on history, political science and national security issues like arms control. Also, prior to beginning his new job he had already gotten plenty of experience bringing U.S. military and host nation interests together. Two tours in Afghanistan, where he worked with U.S. and Afghani officials, as well as stints working with the Albanian military and the government of Azerbaijan, gave him practical host nation experience on the ground that he can use today.

He's also no stranger to the SMDC or the Army. Before finishing his six-year service with the Army National Guard in the late 1990's, he had already begun supporting the SMDC as a contractor, working in SMDC Command's arms control office.

"As a contractor I've supported the Command pretty much continuously since 1996," he said. It was only last April, following 18 years of contractor work with SMDC, that he joined the Civil Service to work directly for the Command's host nation assignments.

The transition from arms control work for the SMDC to host nation work was "a fairly seamless transition," he said, especially considering that the SMDC arms control office and the military and political advisory office are one in the same.

It's his dual experience in both security and political science, he said, that made him ideal for the SMDC political advisor position. He'll be able to use that experience to explain weapons testing and space tracking missions at USAG-KA and translate into political terms the importance of those missions to all the parties that are involved.

"You're trying to explain U.S. goals and objectives," he said. "You're trying to build confidence, whether we're talking about a nuclear power or a country in the middle of the central Pacific. The tools that you use are the same."

As for the next time Isbell will make the trek to the Marshall Islands, he wasn't certain. Most of his work can be done from the SMDC headquarters, after all. But he said he plans to fly out to Kwajalein Atoll and Majuro Atoll at least once each year, in addition to attending Joint Committee Meetings, in which U.S. and RMI agencies gather to discuss the Compact of Free Association.

Ebeye techies wrap up Lincoln Lab internship

Article and photos by Jordan Vinson
Associate Editor

Two Ebeye residents finished a special Massachusetts Institute of Technology Lincoln Laboratory computer technology and networking internship Wednesday at the Reagan Test Site on Kwajalein.

Following 10 weeks of training with some of RTS' brightest, Bredalynn Jatios and Clann Clament successfully finished their training this week and received certificates of completion Wednesday.

U.S. Army Garrison-Kwajalein Atoll Command staff and RTS personnel were on hand to congratulate the two on their accomplishments and attend presentations the interns had prepared regarding their experience this summer.

"Thank you all. Thank you, USAG-KA," Jatios said after her presentation. "And Thank you, MIT for this great opportunity. Thank you for choosing me."

The two had been selected earlier this year by the MIT Lincoln Laboratory for its 2014 RMI Student Intern Program, an annual internship that gives local Republic of the Marshall Islands citizens opportunities to advance their careers in computer technology fields.

Working with Ranny Ranis, the program instructor, and Melina Lake, the program technical advisor, Jatios and Clament got their hands on gobs of hardware needed to build computers, install operating systems, configure servers and computer networks, make network cables and more. They also toured a range of high-tech RTS assets, such as the Kiernan Reentry Measurement Site on Roi-Namur and the RTS Weather Station. There, they got to know more about the systems on USAG-KA and how information technology is employed across the spectrum of technology-related fields.

Jatios, who concentrated mostly on building and maintaining computer networks, said that the hands-on training the program provided was just what she needed.

"I now can configure switches and routers. Before I didn't know how to do all this," she said. "I learned how to install operating systems. ... I also know how to troubleshoot a network and computers."

Clament, who has already has an Associate's degree in business and computer science from the College of the Marshall Islands, said that he applied for the MIT Lincoln Laboratory



Clann Clament, left, and Bredalynn Jatios present to USAG-KA Command and RTS staff highlights of their experiences during the 10-week MIT Lincoln Lab internship program.

internship in order to more thoroughly understand computer servers and networks.

Even before the internship's completion, Clament's experience with the internship had already begun to bear fruit.

As an information technology technician at the Ebeye Hospital, he was able to update the facility's computer network from an outmoded 2003 version to a more advanced version released in 2008. The network now runs much smoother, and he said it was all due to the internship.

"I faced a lot of problems with the network before," Clament said. "But right now it's really working. Everything's working very, very well. ... I'm really excited that I learned a lot from this program."

Jatios and Clament received \$1000 scholarships from MIT Lincoln Laboratory to help further their education, and both plan on attending the University of South Pacific on Majuro to obtain more certifications to work in IT. Lake, the technical advisor for the internship, said that this is the design of the program.

"Really, the objective is to provide the instruction, mentoring and the resources while they're here, but also to encourage future learning and continuing that education," she said.

The two affirmed that they will use what they've learned this summer to give back to the communities of Ebeye and Majuro.

"I want to assist the Ebeye community," Jatios said. Clament, meanwhile, said that he will continue improving the computer network at the hospital until he leaves for more schooling in Majuro.

Now in its seventh year, the MIT Lincoln Laboratory RMI Student Intern Program is designed to advance interns' technical knowledge and help connect them to future IT- and science-related careers within the Marshall Islands.

It has been a launching pad for several past interns, who now work in the IT field throughout the island nation, building, maintaining and troubleshooting computer networks. They work at the RMI National Telecommunication Authority, the College of the Marshall Islands, the National Oceanic and Atmospheric Administration, public schools on Ebeye and elsewhere.



The interns pause for a group photo with the MIT Lincoln Laboratory staff who administered the program this summer. From left to right: Matt Brown, Lincoln Lab employee; Ranny Ranis, program instructor; Clament, intern; Jatios, intern; Melina Lake, program technical advisor.

HELP WANTED

FCE BENEFITS has an immediate opening for a Part-time Benefits Assistant Representative on Kwajalein Perform a variety of duties associated with administrative and support functions for the FCE Benefits office, partnering with the HR teaming companies (KRS/CMSI/BAI). This includes written and verbal correspondence, customer service, basic office duties, and processing of Benefits documentation. Assist Benefits Administrator with monthly New Employee Orientation and Annual Open Enrollment. Requirements include a H.S. Diploma, 2 years administrative experience, strong computer skills, excellent organizational and interpersonal communication skills, and the ability to obtain a CAC (Common Access Card) and Network Access. Stop by the Human Resources Office (Bldg 700) for an FCE Benefits Employment Application, Tues - Sat 7:30am to 4:30pm or contact Diane Peters at #5-0939 diane.r.peters.ctr@mail.mil.

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.

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 en-

joy the Vet's hall/ American Legion. Thank you for your continued support. If you have any questions contact Mike Woundy at 54440.

FOR SALE

2000 PROLINE POWERBOAT, 24-foot 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.

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 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. 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. Contact Sean at 52670 or at smwdf@yahoo.com.

COMMUNITY NOTICES

GOSPEL EXPLOSION, 11 a.m., Sunday, at the Island Memorial Chapel. Enjoy live musical acts and "make his praise glorious."

BACK TO SCHOOL BASH, 5:30 p.m., Sunday, at the Rich Theater. Ring in the new school year with inflatables, food sales and a special live performance by the U.S. Air Force ensemble "Small Kine," all of which is followed by the Disney nature film "Bears." Fun for the whole family!

IVEY GYM will be closed Sunday and Monday for A/C repair and installation. The gym will re-open Tuesday. For questions, contact the Recreation Office at 51275.

BINGO, 6:30 P.M., Thursday, at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Windfall completion at 24 numbers \$1,400 payout; Blackout completion at

54 numbers \$1,400 payout. Shuttle transportation available from the Oceanview and Tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play. Bring your ID.

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."

IVEY GYM REMINDER: Closed-toe athletic shoes are required for use of Ivey Gym. This provides for safe exercise practice by all patrons using the gym to include cardio, strength and free weight equipment. Patrons wearing sandals or inappropriate footwear will be asked to exit the gym and return with proper footwear. Questions? Call the Recreation Office at 51275.

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.

REGISTER BETWEEN Aug. 19-30 for the 2014 Outdoor Soccer Season. Space is limited, so apply early! Season play runs from Sept. 9 to Oct. 24. Cost is \$100 per team. Questions? Call 51275.

SUBSCRIBER'S OF RESIDENTIAL INTERNET: We have been notified by our Internet Service Provider (ISP) that several of our subscribers have offered the downloading of copyrighted material to others. As a reminder, sharing copyrighted material is against the law and therefore against our Acceptable Use Policy (AUP). Please refrain from allowing uploads from your system via Bit Torrent or any other peer-to-peer file sharing in order to avoid further violations. Any violation puts the availability of everyone's Internet access at risk.

E-TALK: The Eniwetak Conservation Area has been established to promote conservation of wildlife and coral reef resources. Visitors are NOT allowed without consent from USAG-KA.

SAFELY SPEAKING: Before you take part in any outdoor activity you should make sure you are physically fit. Getting your body ready is the key to avoiding strain and injury.

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.

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

Swedish Meatballs

Salmon Croquettes

Lyonnais Potatoes

Monday

Sauteed Chicken

Beef Pot Pie

Herb Roast Potatoes

Tuesday

Breaded Pork Chops

Local Boy Chicken Stew

Vegetarian Beans

Wednesday

Teriyaki Beef Steak

Roast Chicken

Oriental Fried Rice

Thursday

Baked Meat Loaf

Taco Pizza

Cheese Pizza

Friday

Coconut Breaded Chicken

Fish Du Jour

Rice Pilaf

Aug. 23

Chicken Picatta

Shrimp Alfredo

Tomato Parmesan

Dinner**Sunday**

Maple Glazed Pork Loin

Szechuan Chicken

Rice Pilaf

Monday

Oven Fried Chicken

Oriental Beef Stir-fry

Mac & Cheese

Tuesday

Minute Steak

Thai Shrimp Stir-fry

Garlic Mashed Potatoes

Wednesday

London Broil

Pasta Puttanesca

Herb Roast Chicken

Thursday

Hawaiian Ham Steak

Wing Dings

Vegetarian Stir-fry

Friday

Pancake Supper

Sweet & Sour Pork

Herb Roast Chicken

Aug. 23

Chicken Fajita Wraps

Beef Stew

Cajun Dirty Rice

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.

Kwajalein Schools Announcements

School starts Thursday! Are you ready? High school classes begin at 8 a.m., and classes for elementary students begin at 8:30 a.m. Let's have a great school year! Questions? Call 53601.

Orientation for parents and seventh grade students will be held at 7 p.m., Wednesday, at the MP Room. Questions? Call 52011.

Kwajalein Schools needs substitute teachers at the start of the school year and on an on-going basis. If you are interested and want to work on a casual schedule, please contact the school office at 53601.

THUMBS UP!



... to the Galbraith Family and Cindy Dean for their catfood and litter donations to the feral kittens at the Kwajalein Vet Clinic.

... to Sam Engelhard and the staff at the tank house for the hard work filling up all the tanks KSC members consume each week.

Labor Day Fireworks Show Notices

Boating Notice

The area inside of November buoy will be closed Aug. 29–Sept. 2 to all boating for safety reasons related to the fireworks. Please maintain a minimum distance of 860 feet from the water barge at all times. This includes SCUBA diving. Questions? Call the CA Office at 53331.

Diving Notice

Diving off Emon Beach will be prohibited while the water barge with fireworks is anchored off shore. Tentative off-limits dates are Aug. 29–Sept. 2. Questions? Call the CA Office at 53331.

Fireworks Safety Perimeter

A safety perimeter of 860 feet must be maintained around the water barge and fireworks container at all times. Please do not swim, kayak, SUP, dive or boat within this area. Swimming in the designated areas at Emon will be allowed, until the start of the fireworks show. At that time, all residents will need to vacate the water. Questions? Call the CA Office at 53331.

Disinfection By-Products in Drinking Water on Meck Island

The Meck Island water tests performed during second quarter FY14 showed Total Trihalomethane (TTHM) levels in the drinking water above the maximum contaminant level (MCL). Trihalomethanes represent a group of chemicals generally referred to as "disinfection by-products". They are formed when chlorine is used to disinfect water to make it safe for drinking. They result from a reaction between the chlorine and naturally occurring organic compounds in the raw water. Mandatory public notification is required when a contaminant exceeds the MCL. Potential health effects from long term consumption of water with elevated levels of TTHM include liver and kidney problems or increased risk of cancer. However, potential short term exposure by healthy adults has not been shown to lead to adverse health effects. Potential exposures to Meck personnel can be considered short term due to the limited time the MCL has been exceeded.

Installation of a granular activated carbon (GAC) filter system has begun on Meck and is scheduled to be completed in the fall of 2014. This GAC filter system will treat the entire Meck drinking water system to remove those naturally occurring organic compounds before the water is disinfected with chlorine, effectively reducing the resulting TTHMs to minimal levels.

In the mean time, an activated carbon point-of-use filter is installed on the tap outside the water treatment plant to filter out TTHMs and provide safe drinking and cooking water for Meck personnel from this tap only. Showering and face-washing at other locations will have no negative effects. These activities may continue at any shower or potable water tap.

If you have any further questions, please contact Leigh Pinney, KRS ES&H, at 55374

Café Roi

Lunch

Sunday

Baked Chicken
Roast Pork Loin
Egg Florentine

Monday

Roast Beef
Chicken w/bacon
Egg Muffins

Tuesday

Sloppy Joes
Chicken Hekka
Cheesy Potatoes

Wednesday

Grilled Cheese
Kalua Pork
Egg Foo Yung

Thursday

Make Your Own BLT
London Broil
Mac & Cheese

Friday

Fried Fish
Grilled Chicken Thighs
Pinto Beans

Aug. 23

Grilled Cheese Gobbler
Stuffed Peppers
Cous Cous

Dinner

Sunday

Chicken Schnitzel
Beef Stew
Green Bean Casserole

Monday

Sweet & Sour Chicken
Chinese Spare Ribs
Fried Rice

Tuesday

Salisbury Steak
Herb Roast Chicken
Stuffing

Wednesday

Grilled Steaks
Fried Fish
Baked Potatoes

Thursday

Fried Chicken
Meat Loaf
Mashed Potatoes

Friday

Night in Paris
Poisson Provençal
Boeuf Bourguignon

Aug. 23

Southwestern Chicken
Beef Tacos
Fiesta Rice



Yakwe!

Kevin Chalmers, the new DPM for Community Services, recently arrived on Kwajalein with his wife, MaryBeth. They flew in from Loudon, Tennessee.

A couple of things the new couple look forward to are: enjoying the beauty of the islands, becoming a part of the Kwajalein community and spending time enjoying the sunsets.

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
Sunday 1. Spiritual Resilience, see page 10. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. "Around the Atoll in 80 Days" open enrollment until Aug. 30. Call 51275. 4. Ivey Gym is closed today.	Monday 1. Circuit Training, 8 a.m., Ivey Gym. 2. Pick-up Soccer, 6 p.m., Brandon Field. 3. Ivey Gym is closed today.	Tuesday 1. Cross Fit, 5:30 a.m., Family Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Court.	Wednesday 1. Circuit Training, 5 a.m., Ivey Gym.	Thursday 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Court. 3. Yoga, 6:30 p.m., CRC Room 7. 5. Alcoholics Anonymous, 7 p.m., REB.	Friday 1. Circuit Training, 5 a.m., Ivey Gym.	Saturday 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	30%	SE-SW at 5-11 knots
Monday	Partly Sunny	20%	ENE-SE at 4-9 knots
Tuesday	Partly Sunny	30%	Variable at 3-8 knots
Wednesday	Mostly Sunny	10%	Variable at 0-6 knots
Thursday	Mostly Sunny	10%	Variable at 3-8 knots
Friday	Partly Sunny	20%	N-ENE at 3-8 knots

Yearly total: 74.45 inches

Yearly deviation: +28.69 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:41 a.m. 7:05 p.m.	----- 12:22 p.m.	2:22 a.m. 0.6' 2:29 p.m. 0.6'	8:19 a.m. 2.9' 9:03 p.m. 3.2'
Monday	6:41 a.m. 7:05 p.m.	12:28 a.m. 1:14 p.m.	3:31 a.m. 1.1' 3:26 p.m. 1.0'	9:18 a.m. 2.4' 10:28 p.m. 2.8'
Tuesday	6:41 a.m. 7:04 p.m.	1:17 a.m. 2:05 p.m.	5:33 a.m. 1.3' 5:16 p.m. 1.2'	11:21 a.m. 2.0' -----
Wednesday	6:41 a.m. 7:04 p.m.	2:06 a.m. 2:55 p.m.	7:31 a.m. 1.0' 7:07 p.m. 1.1'	12:26 a.m. 2.9' 1:28 p.m. 2.2'
Thursday	6:41 a.m. 7:03 p.m.	2:55 a.m. 3:43 p.m.	8:26 a.m. 0.7' 8:07 p.m. 0.7'	1:44 a.m. 3.1' 2:24 p.m. 2.5'
Friday	6:41 a.m. 7:03 p.m.	3:44 a.m. 4:29 a.m.	9:01 a.m. 0.3' 8:48 p.m. 0.4'	2:30 a.m. 3.5' 2:59 p.m. 2.9'
Aug. 23	6:41 a.m. 7:02 p.m.	4:32 a.m. 5:13 p.m.	9:29 a.m. 0.0' 9:22 p.m. 0.0'	3:06 a.m. 3.8' 3:29 p.m. 3.3'