

VOLUME 55 NUMBER 34

AUGUST 23, 2014

# THE KAWAIALEI COURGLASS



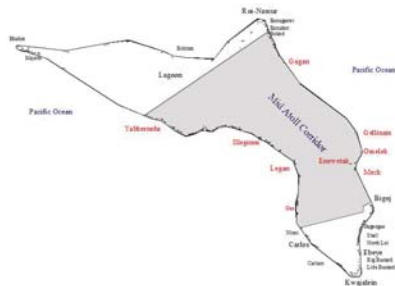
Staff Sgt. Courtney Clifford, a vocalist in the U.S. Air Force Band of the Pacific's subgroup Small Kine, pauses for a photo with a dozen children during the band's Aug. 15 concert at the Ebeye Island Community Center. For more, see page 3.

*Photo by Jordan Vinson*



# MISSION ANNOUNCEMENT

## KWAJALEIN ATOLL



MID ATOLL CORRIDOR CLOSED FROM 1630L 21 AUGUST 2014

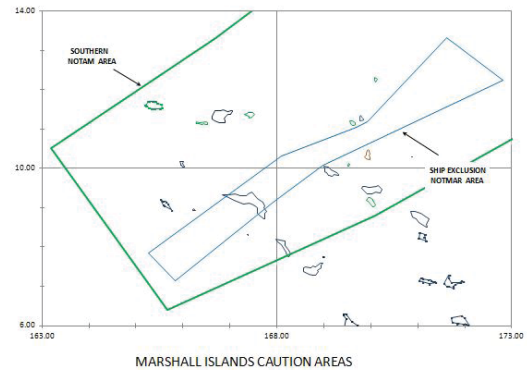
**Juon ien kokemelmel enaj** koman ilo ran in monday nan friday, 25 nan 29 ran in august 2014. Awa ko rekauwotata ej 7:30 jota lok nan 11 jota ilo ran kein. Ilo awa kein ba kaki, ijoko renaj kauwotata ej malo ko turear im malo ko turilik in ene ko ilon aelon in.

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.

**Range operations are scheduled** for Aug. 25-29. The caution times are 11 p.m. through midnight or until mission completion. During these times, a closed caution area for ships will be in effect in the open ocean east and west of the Mid Atoll Corridor.

The Mid Atoll Corridor is closed until mission completion.

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



MARSHALL ISLANDS CAUTION AREAS



## Yakwe!

Maj. Jeffrey T. Anderson is US-AG-KA's new operations officer. He came from Colorado Springs, Colorado where he served with SMDC's 1st Space Brigade.

He came with his wife Ashley, his son Dirk, 6, and his daughter Aubrey, 3.

Anderson heard about Kwajalein during his prior tours working on SMDC missions in the United States.

One of the things he looks forward to the most is the opportunity to spend quality time with his family on the island.

## MANIT MINUTE

When blackbirders came and began stealing people from the islands to sell as slave labor in other countries, the peaceful Marshallese islanders took revenge and started attacking foreign ships. A fleet of 10-20 large outrigger canoes loaded with warriors would prepare themselves for battle. In traditional Marshallese this would be referred to as "Inejin Kopata".

## 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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Phone: Defense Switching Network 254-2114;

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Email:

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

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

# Small Kine shines

*Band treats Enniburr to the island community's first off-island concert*

Article by Jordan Vinson  
Associate Editor

A Honolulu-based Air Force band flew out to the Marshall Islands last week for an unprecedented concert tour on Kwajalein Atoll.

Small Kine, an offshoot of the Honolulu-based U.S. Air Force Band of the Pacific, performed for about 1,000 Marshall Islands citizens and U.S. Army Garrison-Kwajalein Atoll residents during the four-island tour.

During the group's stay on the atoll, they travelled by plane and boat from island to island to play a mix of Top 40 hits, classic rock, new rock, pop and country for residents on Enniburr, Roi-Namur, Ebeye and Kwajalein.

The tour was a historic first for both the band and those they performed for. While it was the U.S. Air Force Band of the Pacific's first trek out to Kwajalein Atoll, it was also the first instance in which an off-island group came to Enniburr for a live performance.

For Staff Sgt. Aaron Kusterer, the group's guitarist and the noncommissioned officer in charge of the band, the experience on the islet was something he'll never forget.

"I think one of the highlights for me thus far ... was the outreach to [Enniburr]. I think that's super cool," he said. "I was told that's the first time a band has ever performed there. ... That was a major, major pleasure for us to be out there. The people out there were wonderful."

A five-show tour that took the band to four separate islands in six days, the trip to Kwajalein Atoll was one of Small Kine's trickier assignments. Just getting their instruments and gear from one venue to the next was a challenge in and of itself.

In order to do the Enniburr performance, the gear was flown up to Roi-Namur on the Metro, transported by van to the Roi Dock Security Checkpoint, ferried over to the island by boat, and wheeled to the venue by hand-drawn carts with help from local residents. To get the juice they needed, they plugged their gear into a diesel-powered generator they brought with them.

It was an adventure that the band thoroughly enjoyed, Kusterer said. After all, not every band gets the opportunity to access a community as far off the beaten path as Enniburr, let alone perform Daft Punk and Bon Jovi hits on makeshift stage amidst imperial Japanese ruins destroyed during WWII.

"We're going into places that, otherwise, might be a lot more difficult for a band to go," Kusterer explained. "And that makes it that much more special. That's what makes it different from a lot of our other tours."

Taking the opportunity to perform for local Marshall Islands communities, was a driving focus among Small Kine's members from the beginning, said Midori Hobbs, the Kwajalein Range Services community event and entertainment coordinator who worked with the band to plan the tour.

Because Small Kine, or any other offshoot of the U.S.



**Top:** Small Kine plays an intimate show on Enniburr the morning of Aug. 15. It was the first known performance of an off-island music group on the island. Photo by Shannon Paulsen.

**Bottom:** The band's percussionist Staff Sgt. Troy Griffin, at right, gets a warm welcome by a procession of Enniburr residents at the island's pier. Senior Airman Brian Plank, the group's bass player, follows behind at left. Photo by Mike Sakaio.

Air Force Band of the Pacific, had never yet trekked to U.S. Army Garrison-Kwajalein Atoll, Kusterer and Hobbs had to piece together the band's transportation, logistics and tour schedule from the ground up. Kusterer made the initial contact, expressing to KRS Community Activities Manager Kim Yarnes the interest among Small Kine in performing in the Marshalls on USAG-KA. Hobbs took over at that point and had been working with Kusterer since.

"Midori Hobbs has been awesome," Kusterer said. "She's been an excellent [point of contact]."

While the band members did a sound check before their show at the Richardson Theater Aug. 16, Hobbs explained a little of the work she and Kusterer, who doubles as the group's tour manager, had done to get Small Kine

**See BAND, page 6**



# The Kwajalein Hourglass Time Capsule

>>>> Take a look at what the Kwajalein Amateur Radio Club was up to 10 years ago. This article was originally published Aug. 20, 2004.

## ***Radio Club bounces signal off the moon back to Earth***

**By Jan Waddell**  
Reporter

**S**unday morning at around 6 a.m. a 100-foot rope antenna strung between two coconut trees made it possible for a small group of Kwajalein amateur radio enthusiasts to make history.

"Thank you very much for the contact. Best wishes," was the reply from an Earth-Moon-Earth contact made, said Jeffery Parker, Kwajalein Amateur Radio Club president.

The club successfully completed an EME that made Marshall Island history.

Transmitting a signal at 144 MHz, the club was able to communicate with another amateur radio station in Wisconsin by reflecting a signal off the moon.

Several months ago, Kwajalein resident and amateur radio operator, Dave Fortin was approached by Dave Schmocker, an amateur radio operator in the United States, about the possibility of trying EME communication from Kwajalein.

Fortin assembled a team of KARC members and began the process of crafting the antenna and assembling the required radio equipment.

In order to bounce a signal off the moon and communicate with Wisconsin, conditions must be just right, Parker said.

"Our first window was last Sunday morning and the next is not until mid-September," Parker said.

The KARC members met at the Ham Shack at around 4:30 a.m. Sunday, in the pouring rain, and began their quest to transmit a

radio signal to other ham radio operators by bouncing the signal off the moon. A transmission that takes around two seconds to complete.

They strung the homemade or 'home-brew' antenna, as Ivy Springer, KARC member, referred to it, between two palm trees and waited for the new moon to rise.

At around 5:50 a.m., the moon rose and the ham radio crew began their first transmission.

Parker sat at the console and transmitted Morse spelling out Schmocker's call sign, KJ9I, followed by the KARC's club call sign, V73AX. Then he and other club members gathered around the speakers waiting for a reply.

Transmissions from Kwajalein were sent for one minute on every odd minute and club members listened for Schmocker's transmissions during every even minute.

At approximately 6 a.m., KJ9I could be heard through the noise and the contact was quickly acknowledged and completed.

"I heard his call sign and sent back a string of the letter OOs," Parker said. "Dave Schmocher responded with a string of ROROs and I acknowledged with a string of RRRs to complete the contact."

Following the contact with Schmocker, contact was made with two other amateur radio operators; Gary Crabtree, KB8RQ, in Ohio and David Blaschke, W5UN, in Texas during the 15-minute window.

"The contact with Gary was quite loud during which he responded 'thank you and best wishes,'"



*Photo by Ivy Springer*

**Stan Barge and Jeffrey Parker listen for signals reflected from the moon.**

Parker said. "It was amazing and very exciting hearing his signal from the moon."

Springer said, "It was fantastic, a truly magical moment in our Ham Shack. It was a great club effort."

Parker added, "We used the moon to reflect the signal back to Earth. The moon was a target. The antenna worked very well."

According to Parker, the EME amateur radio community is very excited about last weekend's success and a number of U.S. and European stations are hoping for a chance to contact Kwajalein during September's two windows of opportunity.

The KARC also has many other events such as hidden transmitter hunts and provided amateur TV for the Rustman and Rusty Family events on Kwaj.

Springer encouraged anyone interested in joining the club to contact her, Parker, Richard Perry or Jack Carey.

# Kwajalein Hospital: Avoid peroxide and alcohol when treating wounds

Article by Rita L. Dominguez  
RN, BSN, CNOR

**S**o, you were out snorkeling and cut your leg on a piece of coral? What do you use to clean your wound?

The first thought for many residents might be to grab that brown bottle of peroxide, pour it all over the wound and watch those bubbles form. You might add a few doses of rubbing alcohol for good measure and scream out in pain. As you've likely heard before—if it hurts, you're doing it right. Right?

Well, while you may have successfully demonstrated a classic chemical reaction fit for a science fair project, what you've done is actually bad news for your open wound.

It is true that the chemical reaction that produces those bubbles—and that painful burning—destroys the bacteria that might have been transferred from the coral. But what the peroxide and alcohol also destroy is the surrounding tissue, along with specialized cells used in the healing process. Contrary to popular opinion, by saturating your wound with peroxide and rubbing alcohol, you're actually delaying your wound's healing process.

To put it simply, it doesn't matter if you have an abrasion, cut, puncture, laceration or bite: Anytime you have a break in the skin, bacteria, spores and other microscopic critters now have an easy path into your body. ***By applying peroxide and alcohol, you're delaying the healing of your wound—in effect, keeping that pathway into your body open longer and inviting more and more bacteria inside.***

What's the outcome? You may end up with wounds that take much longer than normal to heal. You may end up developing scar tissue or an illness. And you might even get a nasty infection that requires serious medical attention.

Fortunately, the safest and most thorough way to clean your wound is also the least painful.

The next time you wreck your bike or cut your leg on some coral, follow the guidelines at right to properly treat your wounds and get it right the first time.

The acronym **C-L-E-A-N** is easy to remember and will help give your wound the foundation it needs to heal. All the ingredients described are either in your home already or can be picked up cheaply at the store.

**C**LEAN your wound with **W**ATER—not peroxide and alcohol! You want to flush the wound with lots of water for at least five-seven minutes. If you want, you can use antiseptic soap and a scrub brush to remove loose dirt and debris. The key is to remember to flush the wound with plain water—lots and lots of **W**ATER.

**L**OOK inside the wound for debris. Sand, coral bits, gravel, pieces of glass and more can remain embedded. You need to try and get them out. If you need to, you can use tweezers that have been cleaned with alcohol to extract the embedded particles. But remember to continue to flush the wound with **W**ATER. If you cannot get the debris out yourself, please don't hesitate to come to the hospital for help.

**E**XAMINE the wound and its edges for cleanliness. If it still looks dirty, it most likely is. Continue to flush it with water. Also, if your wound continues to bleed, or if you are unable to remove embedded debris, gently cover the wound and immediately come to the hospital for help. If you have a wound with excessive bleeding, always apply pressure and keep adding bandages if break-through bleeding develops. Try to keep the wound above the level of your heart, and get to the hospital quickly.

**A**PPLY antibiotic ointment liberally to your wound and cover it with a bandage for at least 48 hours. Make sure to change the bandage if it gets dirty or wet. You can judge for yourself how long to keep the bandage on by what activities you do. Just remember to keep the wound clean and re-apply the antibiotic ointment before re-covering.

**N**OT HEALING after five days? Check for signs of infection: increased redness, swelling, increased pain, warmer than usual or hot to touch, red streaking, foul odor, drainage or pus coming from the wound. You definitely want to seek medical attention for a possible infection. Don't hesitate—it can escalate!

The potential for a serious infection requiring hospitalization, IV antibiotics or surgical intervention is always a possibility, especially out here.

Knowing the signs of infection and taking the steps to follow C-L-E-A-N, can help reduce the odds of a super infection. Please remember, medical help is always available. Call the Hospital at 52223/52224 anytime you have questions regarding wound treatment.

**References for this article:** <http://www.mayoclinic.org/first-aid-cuts/basics/art-20056711>; <https://www.medlineuniversity.com>; <http://www.livestrong.com>





**BAND, from page 3**

Photos by Jordan Vinson

**Top:** Hundreds of Ebeye residents crowd into the Island Community Center for Small Kine's Aug. 16 performance on the island.

**Middle:** Staff Sgt. Aaron Kusterer, Small Kine's guitarist, joins Senior Airman Devin Martin, right, and Senior Airman Brian Plank in the chorus of a song by the band Imagine Dragons.

**Bottom:** Staff Sgt. Courtney Clifford, one of Small Kine's vocalists, left, dances with Ebeye resident Jason Kaminaga and children during the Ebeye concert.

## Small Kine: Key Facts

### >> WHO

GUITAR:	Staff Sgt. Aaron Kusterer
VOCALISTS:	Senior Airman Devin Martin Staff Sgt. Courtney Clifford
BASS:	Senior Airman Brian Plank
PERCUSSION:	Staff Sgt. Troy Griffin
AUDIO ENGINEER:	Senior Airman Michael Smith

### >> WHAT

Small Kine is smaller, acoustic subgroup of the larger U.S. Air Force Band of the Pacific. The current con-

to USAG-KA and from gig to gig.

"It was basically about working from the ground up for both of us," Hobbs explained. "Because it was [Kusterer's] first time coming out to Kwaj and my first time working with the U.S. Air Force Band of the Pacific."

Having shepherded the band to and from the Enniburr and Roi-Namur performances, she said that the music Small Kine played was a breath of fresh air for those on USAG-KA and its neighboring islands. After all, it's not every day that the installation residents and their Marshallese neighbors get to enjoy live, professional concerts by bands flown in from the States.

"I'm hoping some Enniburr kid heard [Bon Jovi's] 'Dead or Alive' for the first time, and that it changes his life forever," she laughed. "He might pick up a guitar and go to the Berkeley School of Music and become a star."

All in all, the band members said that the trip was like no other tour Small Kine had ever experienced.

"We've had an awesome time here," Kusterer said. "It's been an awesome first time. We couldn't ask for anything better."

Both Hobbs and Kusterer said they'd like to arrange another trip sometime in the future. Now that the groundwork has all been laid out in terms of logistics, it should be much easier next time around.

"Community Activities and USAG-KA know what to expect," Hobbs said. "And Small Kine knows what to expect ... they know Kwaj now."

*A special thanks goes out to the everyone involved in helping Small Kine and KRS Community Activities during the tour: the RMI Kwajalein Atoll Local Government, the RMI Liaison Office and the USAG-KA Host Nation Directorate.*



Photo by Jordan Vinson

**The band wraps up its five-show tour of Kwajalein Atoll at the Vet's Hall Monday night.**

figuration of Small Kine has been together for 6-7 months.

### >> WHERE

Based out of Hickam Air Force Base in Honolulu, Small Kine usually sticks to the Hawaiian island chain, performing for American service members and civilians. But every now and then the band members pack their bags, grab their instruments and fly out to entertain U.S. service members and civilians in more far-flung locations like Wake Island, American Samoa and Australia. The trip to Kwajalein Atoll was one such outreach initiatives. Their next international destination might be New Zealand.



# Uniting Kwaj and Ebeye with music

## Hourglass Reports

**K**wajalein and Ebeye residents were treated to a series of unique music acts Sunday at the Island Memorial Chapel.

Organized by Kwaj resident Princess Gooden, the first annual Gospel Explosion featured musicians whose performances ran the gamut from acoustic folk to religious hymns.

The overarching goal of the event, Gooden explained, was to encourage a greater sense of unity between the communities of Ebeye and Kwajalein and to bring the islands' residents together with music.

"It was really an event to bring unity through our faith," Gooden said. "My idea was that they love to sing and dance on Ebeye. I was looking for something that we could do to bring them over for community unity."

Residents from both Kwajalein and Ebeye contributed the talent for the event. More than 200 people in all attended, and among them were groups from four of the churches on Ebeye: the Seventh Day Adventist Church, the Queen of Peace Church, the Salvation Army Church and the First Assembly of God Christ Ambassador Church.

Organizing the performances and obtaining the day passes for all Kwajalein visitors was a lot of work, Gooden said. She couldn't have pulled it off without help from the staff at the U.S. Army Garrison-Kwajalein Atoll Host Nation Directorate and Kwajalein's RMI Ministry of Foreign Affairs office, she said.

"It took lots of volunteers from both islands," Gooden said. "And I appreciate all the help we got from everybody."

The payoff was most certainly worth the effort.

"We're connecting now. We made our goal," Gooden said. "We're connected through Facebook now. Even my



**Highlights from the first annual Gospel Explosion. Clockwise, from top-left: 1) A group from Ebeye's Queen of Peace Catholic Church sings a hymn. 2) Princess Gooden, the mistress of the ceremony, addresses the crowd of more than 200 Kwaj and Ebeye residents while musicians get ready to perform. 3) Children from the Seventh Day Adventist Church on Ebeye play recorders. 4) A young couple from Ebeye perform an original song for the crowd.**

visits over to Ebeye are different now. ... We're here on their island. ... I thought we should try to do something to come together."

The joint church service is something Gooden and her volunteers plan on repeating in the future, both on Kwajalein and Ebeye.

As part of another unification initiative further down the road, she plans on organizing a community play on Ebeye, which will incorporate volunteers from both islands.



## Yakwe!

There are some new faces at the U.S. Army Garrison-Kwajalein Atoll Office of the Provost Marshal.

Capt. Pamela DeVille is USAG-KA's new provost marshal. She came with her daughter Annabelle from Fort Jackson, South Carolina.

Sgt. 1st Class Thomas Bedwell is the new provost sergeant. He came from Fort Stewart, Georgia.

After receiving their orders to serve on USAG-KA, they learned about Kwajalein Atoll by researching the installation via the Internet and by perusing back issues of the Hourglass.

Both DeVille and Bedwell look forward to immersing themselves in water sports like SCUBA diving. They agree that the low stress atmosphere and the outdoor recreation available are major selling points for USAG-KA.



# DISPATCH FROM ROI



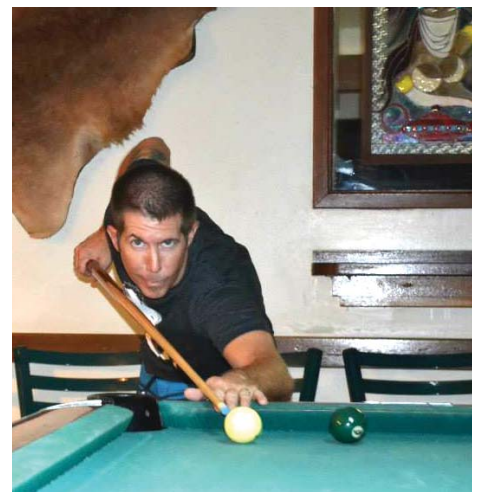
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From Mike Sakaio



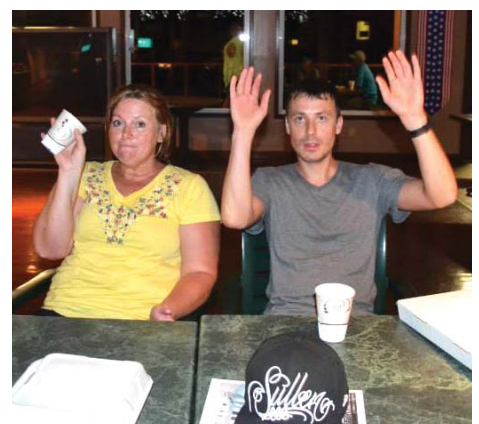
From Mike Sakaio



From Alana Brooks



From Mike Sakaio



From Alana Brooks



# View from Kwaj

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 Jerry Brumm



From Jordan Vinson



From Jerry Brumm



From Julie Savage



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

**FOUND**

JBL INTERNATIONAL spear gun, found in one of the American reef pools near the Adult Swimming Pool. Call 52428 to describe and claim.

SIZE 4 CHILDREN'S Bongo boots, found on path by the Rich Theater Aug. 19. Please call 54547.

**FOR SALE**

TWO FULL, UNCUT sheets of marine-grade plywood, APN 40/20 Exposure, 4 feet-by-8 feet, .562 inches (9/16 inches) thick, \$100 for the pair. Sun female bike frames. Call 52642 and leave a message.

**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.

PLANTS: ALOE, HIBISCUS, desert rose, basil and more located at Quarter 104A. Call 51829.

20-INCH BOY'S BIKE, BMX style, black, on Kwaj for two months, good condition, minimal rust, \$75; training wheels, barely used, in box with hardware and instructions, \$20. Call 54692.

MAINSAIL, good condition, maxi-roach, 42-feet, 6-inches luff, 14'-2" foot, full-battens, loose foot, three reefs, triple-stitched seams. Includes all batten hardware and battens, made by Hasse & Co. (Port Townsend Sails), \$1,800 OBO. Call 53470.

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.

**COMMUNITY NOTICES**

BEGINNING MONDAY and continuing through Aug. 30 or until mission completion, all private boats and B-boats will not be allowed to file float plans during the hours of 7 p.m.-6 a.m. due to safety concerns with launch window caution areas and Mid Atoll Corridor closures.

KRC'S MONTHLY FUN Run #1 for 2014/15 season will occur at 5:30 p.m., Monday. The public and visitors are WELCOME. Distance options for Monday are 1/2 mile, two miles and four miles. Just show up near the Bowling Alley entrance by 5:25 p.m. and sign in. Questions? Call Bob and Jane at 51815.

BOY SCOUTS. Is there an Eagle Scout in your future? A parent information session and sign up opportunity will take place at 7:30 p.m., Thursday, at the Scout Hut. The sign up opportunity is for boys aged 11-17 or boys who have entered 6th grade. The meeting will be short, but you are welcome to stay for questions or to sign up. The first weekly Scout meeting will be 7-8 p.m., Sept. 4. Questions? Call Jane Sholar 51815.

QUIZZO 7:30 p.m., Friday, at the Vet's Hall. Your host will be Damien Henning. Questions? Contact Jan Abrams or Mike Woundy.

THE AAFES EXPRESS will close at 6 p.m. on Friday due to painting.

BIRTHDAY BASH. Aug. 30, 8 p.m., at the Ocean View Club. If your birthday is in August, bring your K-badge with you and present it to the bartender to receive complimentary drinks and cake. You Must be 21 years old. Contact Barbara Hutchins

REGISTRATION for the Around the Atoll in 80 Days Challenge is open until Aug. 30. The challenge 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.

REGISTRATION for the 2014 Outdoor Soccer Season is open until Aug. 30. Season play runs Sept. 9-Oct. 24. Cost is \$100 per team. Questions? Call 51275.

KYC WILL HOLD its monthly meeting Aug. 30 at the Yacht Club. Happy Hour at 5:30 p.m.; meeting at 6:30 p.m.; dinner at 7 p.m. Entree will be provided, so bring a side dish to share. Questions? Contact Tim Cullen at [yeoman@kwajyachtclub.com](mailto:yeoman@kwajyachtclub.com).

[kwajyachtclub.com](http://kwajyachtclub.com).

THE KWAJ LABOR DAY Celebration will take place Sept. 1 at Ermon Beach. The schedule is as follows. 3-5 p.m. food, inflatables, crafts, fish prints (Bring a T-shirt to print on); 6 p.m.: Live performance by Radar Love; 8:30 p.m.: Fireworks. Call 53331 for details.

THE FAMILY POOL will be closed Sept. 1 in support of the Labor Day Beach Bash.

KWAJALEIN AMATEUR Radio Club's next meeting is at 7 p.m., Sept. 4, at the Ham Shack. This is our annual meeting for electing KARC Officers. We'll also discuss the upcoming Sept. 8 Work party. There will be a VE session following the meeting. Call Paula at 53470 with any questions.

BALLROOM DANCE Class. Come out and learn to ChaCha and Jitterbug, AKA swing dance. The group will meet at these times and dates: 6:30-7:30 p.m., Sept. 5, 12, 19, 26 at CRC Room 1. We will move on to other ballroom dances in October, including Rumba, Foxtrot and East Coast Swing. For additional info email [kwajdance@gmail.com](mailto:kwajdance@gmail.com).

PER NEW FOOD safety regulations, coffee refills are no longer available for personal mugs or paper cups brought into the bakery. Refills are available for in-house service only--those patrons who remain in the bakery. Thank you for your cooperation.

ENERGY CONSERVATION. Use lights only when you need them. Turn lights off in unoccupied areas, including patio lights when you go to bed. Use energy-saving compact fluorescent lights (CFL); they last much longer, and you won't have to change them as often. Plus, they are FREE at Self Help.

ALL AVAILABLE TEMPORARY billeting space on USAG-KA (Kwaj Lodge, Jabro and Roi) have been committed to support the influx of TDY personnel during the months of August and September. The Housing Office is unable to accept additional temporary lodging requests for these months. Residents sponsoring guests during this time will need to make alternate housing arrangements.

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.

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.

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

Oven-fried Chicken  
Baked Spaghetti  
Scalloped Potatoes

**Monday**

Herb-roasted Beef  
Baked Tuna Casserole  
Oven Roast Potatoes

**Tuesday**

Beef Stroganoff  
Egg Noodles  
Chicken Breast

**Wednesday**

Herb-roasted Chicken  
Oriental Pork Stir-fry  
Mashed Potatoes

**Thursday**

BBQ Spare Ribs  
Focaccia Chicken Breast  
Baked Beans

**Friday**

Grilled Ham and Swiss  
Fush Du Jour  
Vegetarian Pasta

**Aug.30**

Spaghetti/Pasta  
Italian Sausage  
Garlic Bread

**Dinner****Sunday**

Roast Porkloin  
Oriental Chicken Stir-fry  
Steamed Red Potatoes

**Monday**

Beef Curry  
Buffalo Style Chicken  
Green Beans and Corn

**Tuesday**

Kwaj Fried Chicken  
Potatoes O'Brien  
Peas and Carrots

**Wednesday**

Roast Prime Rib  
Grilled Chicken  
Noodles Romanoff

**Thursday**

Teriyaki Beef  
Veggie Egg Foo Young  
Sesame Noodles

**Friday**

Hamburger Bonanza  
Veggie Stir-fry  
Rice Pilaf

**Aug.30**

Breaded Pork Cutlets  
General Tso's Chicken  
Oven-roasted Potatoes



**Kwajalein Swim Team practices begin Monday! The practice schedule is as follows:**

Monday practice  
13 yrs and older – 8:15-9:30 a.m.  
9-12 year olds – 9:30-10:30 a.m.  
8 yrs and under – 10:30-11:30 a.m.

Wednesday and Friday practices  
8 yrs and under – 5-6 p.m.  
9-12 year olds – 6-7 p.m.  
13 yrs and older – 7-8:15 p.m.

Questions? Contact Lynn Leines at 52545.

## 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

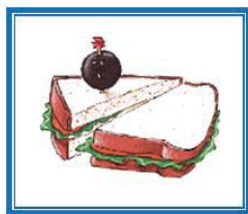
A safety perimeter of 860 feet must be maintained around the water barge and fireworks container at all times. Please do not swim, kayak, SUP, dive or boat within this area. Swimming in the designated areas at Emon will be allowed, until the start of the fireworks show. At that time, all residents will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

## Kwajalein Range Services Ri'katak Lunch Program Needs Your Support

KRS provides lunch meals for 49 guest students from Ebeye (Ri'katak Lunch Program) since they do not have the opportunity to return home as the island resident students do. These meals are not provided as part of the contract, but rather they are supported by voluntary donations.

Individuals, companies, and different organizations may voluntarily contribute to the program to ensure that Ri'katak students have a nutritious meal for lunch. The box lunches include deli sandwiches, baked chicken and rice, fruit, vegetables, water, and cookies. All of the lunches are prepared by Zamperini Dining Facility and are delivered to the schools.

The cost of each lunch is \$3.40 daily per student and based on a 180-day school year, the total cost per student for the entire academic year is \$612.



Voluntary donations can be made in any amount up to and including a full year's

worth of lunches. Anyone wishing to support this worthwhile cause may send a donation to Janette Bishop in Building 603 (Hospital Administration Office, 2nd Floor). Checks should be made out to "KRS" and annotated in the remarks section to indicate "Ri'katak Lunch Program."

For questions, email Janette Bishop at [juanita.a.bishop.ctr@mail.mil](mailto:juanita.a.bishop.ctr@mail.mil) or Kimm Breen at [kimberly.r.breen.ctr@mail.mil](mailto:kimberly.r.breen.ctr@mail.mil).

## 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	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 30
Baked Ham	Pepper Steak	Kahlu Pork	Hamburger Steak	Stir-fry Beef	Chicken Enchilada Casserole	Meatball Sub
Eggs Benedict	Glazed Pork Loin	Stir-fry Veggies	Mac and Cheese	Chicken and Broccoli	Pinto Beans	Bratwurst
Franconia Potatoes	Quiche	Roast Potatoes	Grilled Bacon and Cheese	Veggie Chow Fun	Mexican Rice	Mashed Potatoes

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 30
Chopped Steak	Chicken and Dumplings	Pork Loin	Roast Beef	Fried Chicken	Mongolian Grill Night	Pot Roast
Spicy Asian Noodles	Braised Beef	Baked Chicken	Baked Potatoes	Jamaican Meat Pie		Herb-baked Fish
Steamed Rice	Au Gratin	Baked Beans	Veggies	Hot and Sweet Tofu		Mashed Potatoes



# Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

Community Services strives to offer a variety of events for both families and unaccompanied residents. We have weekly karaoke, club events, bi-monthly bingo, quarterly bowling functions, sports leagues and facilities including the movie theaters, hobby shop and library that all offer services for adults.

If there is some other type of programming you would like to see, please take a moment to complete our survey at: <https://www.surveymonkey.com/s/CVVWS2K>

## THUMBS UP!



... to Small Kine for all their awesome shows on Third Island, Roi-Namur, Kwajalein and Ebeye. We hope to see the Air Force Band of the Pacific again in the future. Komol Tata!

... to Midori Hobbs for all her work organizing the Small Kine trip out to Kwajalein Atoll and their performances on all the islands they visited.

... to Dr. Larry Whitcomb and his medical team, all of whom successfully performed surgery on Lucky, the Busquet family's dog. You guys saved his life.

## 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
<b>Sunday</b> 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.	<b>Monday</b> 1. Circuit Training, 8 a.m., Ivey Gym. 2. Yoga, 1 p.m., CRC Room 7 3. Pick-up Soccer, 6 p.m., Brandon Field.	<b>Tuesday</b> 1. Cross Fit, 5:30 a.m., Family Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Court.	<b>Wednesday</b> 1. Circuit Training, 5 a.m., Ivey Gym.	<b>Thursday</b> 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Court. 3. Interval Running, 5:30 p.m., Emon Beach 4. Yoga, 6:30 p.m., CRC Room 7. 5. Alcoholics Anonymous, 7 p.m., REB.	<b>Friday</b> 1. Circuit Training, 5 a.m., Ivey Gym.	<b>Saturday</b> 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	Partly Sunny	30%	E-SE at 8-12 knots
Monday	Partly Sunny	20%	ENE-ESE at 5-9 knots
Tuesday	Partly Sunny	20%	E-SE at 4-8 knots
Wednesday	Mostly Sunny	10%	ESE-SE at 5-9 knots
Thursday	Mostly Sunny	10%	ESE-SE at 4-8 knots
Friday	Partly Sunny	20%	SE-E at 3-6 knots

Yearly total: 76.84 inches

Yearly deviation: +28.73 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
<b>Sunday</b>	6:41 a.m. 7:02 p.m.	5:19 a.m. 5:56 p.m.	9:55 a.m. -0.3' 9:52 p.m. -0.2'	3:36 a.m. 4.1' 3:56 p.m. 3.6'
<b>Monday</b>	6:41 a.m. 7:01 p.m.	6:05 a.m. 6:37 p.m.	10:21 a.m. 1.1' 10:21 p.m. 1.0'	4:05 a.m. 4.3' 4:23 p.m. 3.9'
<b>Tuesday</b>	6:41 a.m. 7:01 p.m.	6:50 a.m. 7:18 p.m.	10:46 a.m. 1.3' 10:49 p.m. 1.2'	4:32 a.m. 4.5' 4:49 p.m. 4.1'
<b>Wednesday</b>	6:41 a.m. 7 p.m.	7:35 a.m. 7:58 p.m.	11:11 a.m. 1.0' 11:17 p.m. 1.1	4:59 a.m. 4.5' 5:15 p.m. 4.1'
<b>Thursday</b>	6:41 a.m. 7 p.m.	8:21 a.m. 8:38 p.m.	11:36 a.m. 0.7' 11:45 p.m. 0.7'	5:25 a.m. 4.4' 5:42 p.m. 4.2'
<b>Friday</b>	6:41 a.m. 6:59 p.m.	9:07 a.m. 9:20 p.m.	12:01 p.m. 0.3' -----	5:51 a.m. 4.2' 6:09 p.m. 4.1'
<b>Aug. 30</b>	6:41 a.m. 6:59 p.m.	9:54 a.m. 10:03 p.m.	12:27 p.m. -0.3' 12:14 a.m. -0.2'	6:18 a.m. 4.0' 6:38 p.m. 3.9'