



U.S. Army Garrison-Kwajalein Atoll residents and visiting Navy Seabees rest after a 2-mile run or 1-mile walk in honor of Sept. 11, 2001 victims and for suicide prevention awareness.

Residents run and walk for good cause

Article and photos by Sheila Gideon
Managing Editor

While the 6 a.m. bugle call, “Reveille,” may coincide with some people’s alarm clocks, on Thursday it served as a start signal for a command-sponsored Run/Walk to honor victims of 9/11 and to raise awareness of suicide prevention. U.S. Army Garrison-Kwajalein Atoll residents and visiting U.S. Navy Seabees gathered at the flagpoles Thursday, showing their support on the grim anniversary of the attacks on the World Trade Center Towers Sept. 11, 2001.

USAG-KA Commander Col. Nestor Sadler delivered opening remarks following the bugle call, reminding the early morning participants to recall and honor the victims of 9/11. He also reminded them that September is Suicide Prevention Month. He urged the Soldiers, Civilians, Contractors and their families to look out for their buddies and to step up if they need help.

The group got into formation. Sadler led the 2-mile run, while Kwajalein Range Services President Cynthia Rivera led the 1-mile walk. Both groups made it back to the flagpoles just as the sun peeked over the horizon.

During cool down, USAG-KA Master Resilience Trainer Ray Drefus led a demonstration for suicide prevention awareness. Five envelopes were passed out to the crowd. One at a time, they came forward and read



U.S. Army Garrison-Kwajalein Atoll residents finish up a 2-mile run Thursday in honor of 9/11 and Suicide Prevention Month.

aloud the paper inside. Drefus asked everyone to listen and reflect. They read:

- Robin Williams
- Suicide is a permanent solution to a temporary problem.
- Suicide doesn’t take away the pain, it gives it to someone else.
- Suicide is not caused by weakness or a lack of courage, but rather by having had to be strong for too long.
- Words are powerful. They have the power to save a life or take a life. So be sure to taste your words before you spit them out.

Drefus closed by reminding the group that one suicide is too many.

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;
Local phone: 52114
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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

U.N. Samoa summit brings small island nations together for development talks

By Jordan Vinson
Associate Editor

Heads of state, business leaders and activists from 115 countries gathered in Apia, Samoa Sept. 1-4 for a landmark U.N. summit aimed at strengthening the economic and political futures of small, developing island nations in the world.

During the U.N. Small Island Developing States summit, the first of its kind to be held in the Pacific region since the forum's launch three years ago, international players joined regional nations, such as the Republic of the Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia, to discuss an array of issues impacting their wellbeing and future economic development.

More than 3,000 international leaders came together during the conference, one of the largest international summits in the history of the region, according to the U.N. Together they forged nearly 300 individual partnerships, amounting to a total of \$1.9 billion pledged for development projects in areas relating to: economic development, climate change, the health of the oceans, sustainable energy, social development, water and sanitation, food security and waste management.

"Without a doubt, these partnerships leave a legacy with impact," said the Secretary-General of the conference, Wu Hongbo. "Many of the initiatives announced here are looking at the unique position of small island developing states as an opportunity to accelerate advancements on renewable energy, disaster preparedness and sustainable food systems, to name just a few key areas."

Given the slogan, "Island Voices, Global Choices," the summit was organized by the U.N. to draw global attention to the plight of small island developing states. Because of their relatively small landmasses, limited natural resources and remote locations, small island developing states are particularly vulnerable to issues like climate change, environmental damage to the oceans, overfishing and economic malaise.

Conference speakers, however, stressed the link between the futures of these small states and larger, more developed nations half a world away.

"These issues are a priority for small island developing states because of their unique circumstances, remote location and high vulnerability," Wu said. "But we must remember that some of these issues, such as climate change and

disaster resilience, have global consequences, and we must all work together to ensure a sustainable future. Never before have multi-stakeholder partnership dialogues been so integral to a U.N. conference. The understanding that achieving sustainable development is a joint endeavor by all, is reflected in this approach. I believe it is the approach of the future."

Ban Ki-moon, the current secretary-general of the UN, echoed that sentiment, drawing parallels between threats to small island developing states and those that may impact developed nations further down the road.

"I see small island developing states as a magnifying glass," Ki-moon said. "When we look through [their] lens, we see the vulnerabilities we all face. And by addressing the issues facing small island developing states we are developing the tools we need to promote sustainable development across the entire world."

After days of meetings, workshops and side events, the conference culminated in the formation of an agreement called the Small Island Developing States Accelerated Modalities of Action—or Samoa Pathway. Unanimously approved by those present, it will serve as a vehicle the global community can use to support and invest in small island developing states' efforts to achieve sustainable development across the board. The U.N.'s Department of Economic and Social Affairs will report on the progress of commitments made to these nations to hold participants accountable.

A common theme at the conference and during events leading up to it was the looming threat of climate change to the small island nations of the world. In his opening address, Samoan Prime Minister Tuilaepa Aiono Sailele Malielegaoi implored the international community to do more to stem the catalysts of climate change and to realize that rising sea levels do not discriminate between different countries.

"The big problems of our small islands will sooner rather than later impact every country irrespective of level of development of prosperity," he said. ... "There are always great opportunities to deliver moralistic statements and declarations of intent. But grandstanding won't achieve our cause."

RMI President Christopher Loeak echoed Malielegaoi's statement. During a Sept. 1 speech on the first official day of the conference, he called on the world to act and to act now.

"All this talk of partnerships—and all we can achieve here in Samoa—will be moot if we don't address the greatest threat to the very future of all of our island homelands: climate change," he said. "Already our atoll islands are under threat, and our fresh water is becoming saltier. The king tides are higher, and the droughts more frequent. While we are doing what we can by boosting our resilience through strong adaptation efforts—including through the Micronesia Challenge—for a country like my own, barely two meters above sea level, this is quickly becoming a full blown climate change emergency."

"We are not just talking about impacts to our economies and to our societies," Loeak continued. "We are talking about a world where many of our countries could literally cease to exist. While history has always been a story of territorial conquests and the redrawing of lines on a map, the potential loss of entire countries due to the pollution of others is completely without precedent. We cannot allow this to happen."

Another major international summit is slated for Sept. 23 at the U.N. Headquarters in New York, where member states will gather for more climate talks and negotiate on the effort to hold the world to a rise in global temperature to less than 2 degrees Celsius. There, representatives from small island nations will continue to lobby nations to cut carbon emissions and employ more renewable resources in their energy grids.

Small Island Developing States, as defined by the U.N.

Pacific Region

Cook Islands
Fiji
FSM
Kiribati
Marshall Islands
Nauru
Niue
Palau
Papua New Guinea
Samoa
Solomon Islands
Timor-Leste
Tonga
Tuvalu
Vanuatu

Caribbean Region

Antigua and Barbuda
Bahamas
Barbados
Belize
Cuba
Dominica
Dominican Republic
Grenada
Guyana
Haiti
Jamaica
Saint Kitts and Nevis
Saint Lucia
Saint Vincent and the Grenadines
Suriname
Trinidad and Tobago

AIMS Region

(Atlantic, Indian Ocean, Mediterranean, and South China Sea)
Cape Verde
Comoros
Guinea Bissau
Maldives
Mauritius
São Tomé and Príncipe
Seychelles
Singapore

Students delighted by mystery readers

Article and photos by Sheila Gideon
Managing Editor

U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler and Command Sgt. Maj. Reginald Gooden surprised elementary students Wednesday at the library when they appeared as the mystery readers during their class.

Sadler read "Squids Will Be Squids" by Jon Scieszka and Lane Smith to the fourth grade class. The book of fables was rich with morals and lessons that the students related to. The class eagerly raised their hands and answered Sadler's questions about each story, often offering up a personal tale about how they learned a lesson in the past. They discussed the importance of listening to your parents and being kind to one another.

Gooden read "Chicken Soup for the Preteen Soul" to the sixth grade class. The 11- and 12-year-olds shared with Gooden some of the issues they are experiencing and he read passages from the book pertaining to those topics. Family and friends were highlighted, along with the importance of giving to those in need.

George Seitz Elementary School Librarian Phelia Weir began the mystery reader program last year. She requests volunteers from the community to visit her library classes and read to the students for 30 minutes. The mystery readers provide a few facts about themselves, which Weir reads to the students, who attempt to identify the upcoming guest reader.

If you are interested in being a mystery reader, contact Weir at weirp@kwajalein-school.com.



USAG-KA Commander Col. Nestor Sadler reads a book to fourth graders at George Seitz Elementary School.



Command Sgt. Maj. Reginald Gooden, a mystery reader at George Seitz Elementary School, reads to the sixth grade class.

Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

Adult Pool Hours: Community Services is proud to offer a newly renovated facility which has the capability to be open 24 hours a day, six days a week. The Adult Pool is closed (caution tape up) from 8 a.m. on Fridays until 8:30 a.m. on Saturdays. This allows for proper cleaning, filling and chlorination of the pool. Adult Pool patrons should refrain from entering the pool area while the caution tape is up. In the past month, multiple work days at the pools were necessary in order for Liquid Systems to resolve some flow issues. We appreciate your patience and your patronage.

MANIT MINUTE

Traditional Marshallese medicine is usually prepared by pounding the roots, leaves or stems of various plants in order to obtain the juices for drinking or applying to the body. Before application of the medicine, the healer chants and asks for good fortune in order to successfully cure the sick person. For more information on Marshallese traditional medicine, visit the Marshallese Cultural Center.

DISPATCH FROM ROI



From Jordan Vinson



From Alana Brooks



From Dale Pauline



From Jordan Vinson



From Alana Brooks



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.

FOUND

NICE WRENCH, probably a personal tool that the owner would like returned. Call 50617 or 52486 to identify.

LOST

TWO CONTIGA WATER BOTTLES, yellow and green, outside the hospital on Ocean Road Thursday morning around 6:15 a.m. Feel free to drop them at quarters 467-A any time.

CHILDREN'S-SIZED Seahawks costume football helmet, last seen Halloween 2013, most likely left at a friend's house. Call 52642 if you have seen it.

IPAD, reward if returned. Contact Kim at 51256 or 50096.

SUNNUTO D4I dive computer, initials "KR" on wrist band, lost in May-June time frame. Please call Kathy 52809 if found.

WANTED

THE PERSON WHO bought the aquarium from quarters 478-A in July. Please come and remove it.

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
- 9:15-10:15 a.m., Sunday School for Kids, REB. Contact Dolly Ghearing with questions.
- 11 a.m., Sunday, Island Memorial Chapel
- Youth Fellowship will meet on Monday
- 6:30-7:30 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's). Come check it out and invite a friend; anyone is welcome. Call the Wilsons at 52370 with questions.

- 6:30 p.m., Thursday, Roi Chapel

- IMC Ministry for 7-8 graders coming this fall

Latter-day Saints

10 a.m., Sunday, CRC Room 3

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

PATIO SALE

MONDAY, noon-4 p.m., quarters 472-A. Final PCS sale, plants, pots, furniture, clothes, lawn mower, space savers.

FOR SALE

ALPHA LONG RANGE marine Wi-Fi antenna, \$25; bread-making machine, \$25; Sony Hi8, 8mm handycam, 450x zoom, \$75; Panasonic Hi-definition hard disc drive palmcorder, 30GB hard drive, \$200; Paul Reed Smith electric guitar, new, hard case, Fender amp, extras, \$475; Premier juicer, \$50; two vinyl outdoor storage containers, \$25 each; Crystal Optics 55mm camera filter kit with three filters: UV, PL, F-DL, \$25; Quantaray 58mm circular polarizer lens, \$20; Digital Optics 52mm super wide panoramic lens, x.45, \$20; Digital Optics 52mm 2x telephoto lens, \$25; adapter ring 55mm to 52mm, \$10; Rockboard scooter, \$50. Call 52597 or stop by 492-A.

PORTABLE SOLAR PANELS, new Soda Stream, Mr. Beer kit, women's soccer shoes, sewing kit/books, men's road bike shoes, mens Chaco sandals, all priced to sell. Call 51054.

FREE PLANTS with pots. Call Seremay at 53550.

1987 BENETEAU 432 "Kailuana," length 43 Beam 14 Draft 5'10, new 2010 Yanmar 4JH5E, 53hp diesel, three bedroom, two heads, full galley with 4-burner stove and large fridge, major refit Nov. 2009-April 2011, new electrical, three solar panels and wind generator, autopilot, new cabinetry, flooring, plumbing, upholstery and much more, \$65,000 or best offer. Email mmast@hotmail.com or call 54203.

COMMUNITY NOTICES

ALL WOMEN ARE INVITED to join us for the Christian Women's Fellowship 2014-2015 kick-off 12:30-2 p.m., Sunday, at the Religious Education Building. Lunch is provided. Questions? Call Jenn Anderson 51955.

SCHOOL YEAR 2014-2015 4-H Club sign-ups will be held from 4-6 p.m., Monday, at the Namu Weto Youth Center. The sign up is for all 4-H Clubs and all ages of members. Questions, call the Youth Center at 53796.

ALCOHOLICS ANONYMOUS meets weekly every Thursday from 7-8 p.m. in the Religious Education Building Library on the second floor. Questions, call 51157 after 5 p.m.

WORLD WIDE DAY OF PLAY is Sept. 22. Come join us at the Youth Center field for games and inflatables. The teens will be coming up with games for the youth to play. Register at the CYSS Central Registration Office by calling 52158 by Sept. 20. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr.@us.army.mil.

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Sept. 24 at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Contact Henry at 51808.

WOULD YOU LIKE to be added to the CYSS Babysitter List? If you are between the ages of 13-18 or will be 13 in the next six months, please email Michelle Huwe at michelle.r.huwe.ctr@mail.mil or call 53610 to sign up for the 4-H Babysitter Training Class. The training will take place at 1-4 p.m., Sept. 25, and 4-6 p.m., Oct. 4. Registration ends Sept. 20.

THUMBS UP!



... to the Lescalleet family, who generously loaned a handicapped traveler their cart for an hour when they could not get into the shuttle van for a ride to the airport on Labor Day. You guys are what make this a true community!

... to everyone who helped us in the search for our missing dog Keanu. We finally found him 96 long hours later! We could not have made it through without our Kwajalein and Ebeye families and friends. Thank you!

... to people who are courteous to runners and leave their water bottles where they found them while they are out exercising.

ISLAND ORIENTATION is required for all new residents and will be held from 12:30-4:30 p.m., Sept. 26, in CRC Room 6. Island Orientation is repeated every month on the last Friday. Questions? Call 51134.

KWAJALEIN OPEN YOGA Association sessions for the month of September: today, Wednesday, Sept. 22, Sept. 25 and Sept. 29. All classes begin at 6:30 p.m. and are held at the Adult Pool. Relax, Recharge and Renew. Contact Ben Allgood with questions.

THE ARMY VETERINARIAN will be on-island and will see patients Sept. 23-29. There are limited appointments available during this visit. Contact Jenny at 52017 to schedule an appointment.

COME CELEBRATE MANIT DAY 2014 from 3-5 p.m., Sept. 29, at the Marshallese Cultural Center Grounds. There will be music, dancing, food and demonstrations on local medicine, rope making, fire making, coconut husking and basket weaving.

IT'S REGISTRATION TIME! All children who participate in CYSS activities are required to renew their membership every year. All renewals are due by Sept. 30 and are active for one year. Request a registration packet from the Central Registration Office from 7 a.m.-5:30 p.m. Tuesday through Saturday. Questions? Call 52158.

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and will see patients Sept. 26-Oct. 7. Call the Hospital at 52223 or 52224 for an eye exam appointment. For prescription safety glasses, call ES&H at 58855.

GET READY for the 4th Annual Halloween Party at the Vet's Hall Oct. 26. Come on down for and join us for a ghoulish night of fright. Costume contest with cash prizes, drink specials and entertainment by Radar Love. Ques-

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 20
Beef Tips in Burgundy	Basil/Lime Chicken	Pork Chops	Teriyaki Beef Steak	Bakes Meatloaf	Super Bird Sandwich	Spaghetti
Fried Chicken	Quiche	Local Boy Chicken Stew	Hoisin Roast Chicken	Taco Pizza	Coconut Chicken Breast	Chicken Picatta
Salmon Croquettes	Beef/Cheese Turnovers	Vegetarian Beans	Vegetarian Stir-fry	Cheese Pizza	Fish Du Jour	Shrimp Alfredo

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 20
Maple Pork Loin	Oven Fried Chicken	Swedish Meatballs	London Broil	Hawaiian Ham Steak	Pancake Supper	Chicken Fajita Wraps
Szechuan Chicken	Oriental Beef Stir-fry	Thai Shrimp Stir-fry	Cheese Tortellini	Wing Dings	Sweet/Sour Pork	Beef Stew
Rice Pilaf	Macaroni and Cheese	Peas and Carrots	Herb Roast Chicken	Vegetarian Stir-fry	Herb Roast Chicken	Jalapeno Cheese Poppers

tions? Call Mike Woundy or Jan Abrams.

UNIVERSITY OF MARYLAND University College! Check us out at <https://www.asia.umuc.edu>. You can email Kwajalein-asia@umuc.edu for more information or come by the office from 1-3:30 p.m., Tuesday-Friday, located on the first floor of the Coral BQ.

FOR ALL MATTERS CONCERNING domestic contracts (housekeepers and nannies), contact the Provost Marshal Office at 52124, building 835. Please remember: A KAL-GOV work permit is required for each domestic worker; housekeepers and nannies are required to obtain an annual PPD test; forward any schedule changes in times or dates and terminations to the PMO office; initial contracts are valid for two years; one form is good for multiple employers, so only one required per employee. Reference USAG-KA Regulation 190-10, Chapter 3.

ATTENTION DIVERS: Please do not place SCUBA tanks on the top of the new dip tank at Emon Beach. The tanks will chip the new finish.

PLEASE INSPECT PROPANE tanks before use and at regular intervals when stored. Recently there have been a few home-use propane tanks that have leaked their contents due to corrosion. If a leak is found, call 9-1-1. If the tank is in questionable condition, contact ES&H at 51134.

E-Talk: KRS Environmental reminds shop personnel to decrease air emissions from painting by: substituting latex or low VOC paints in place of flammable high VOC paints; ensure there are no open floor drains in paint storage areas; avoid using paints containing toxins such as metal flakes; mixing only enough paint to complete the job; use a single solvent for cleanup and paint thinning; use cleaning solvents multiple times before disposing of them.

SAFELY SPEAKING: Avoid slippery areas. If you must walk through a slippery area, take small steps and use handholds, when they are available, to stabilize yourself.

AC Power Cord Recall

On Aug. 26, Hewlett Packard announced a worldwide voluntary recall and replacement for affected AC power cords distributed worldwide with HP and Compaq notebook and mini notebook computers, as well as with AC adapters provided with accessories such as docking stations, sold from Sept. 2010 through June 2012. For more information go to <https://h30652.www3.hp.com/>.



Ilo Okwoj 26, 2014 Hewlett Packard ar kadriwojlak juon kojella nan ibelakin lalin nan kabojrak kojerbale im karoole toon plug in HP im Compaq notebook im mini notebook computer ko, barenwot AC adapter an docking stations ak jikin jaaj ko, im rekar wiakaki jen Jeptomba 2010 nan Juun 2012. Nan bok melele ko relap lak etal nan <https://h30652.www3.hp.com/>.

Notice of Availability Kwajalein Fuel Farm Bulk Storage Facility Replacement Final Environmental Assessment

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command has completed a Final Environmental Assessment, prepared in accordance with the National Environmental Policy Act of 1969 and the Council on Environmental Quality regulations implementing NEPA. The Kwajalein Fuel Farm Bulk Storage Facility Replacement FEA analyzes the impacts of replacing and optimally reconfiguring major portions of the existing Kwajalein Fuel Farm Bulk Storage Facility. This Proposed Action includes the demolition of 10 bulk fuel storage tanks and the demolition of the Petroleum, Oil, and Lubricant Operations Building FN777; the construction of eight new fuel storage tanks; a new filter building with jet fuel receipt filtration; modifications to Pumphouse FN934; and a new Petroleum, Oil, and Lubricant Operations Building on Kwajalein Island. Based on the analysis, USASMDC/ARSTRAT has determined in the FEA that proposed demolition and construction activities are not expected to result in significant impacts to the environment. A final signed Finding of No Significant Impact and the FEA are available at www.govsupport.us/kffbsfrea and at the following locations: Office Lobby of the Republic of the Marshall Islands Environmental Protection Authority, Majuro; Office Lobby of the Republic of the Marshall Islands Environmental Protection Authority, Ebeye; Grace Sherwood Library and Roi-Namur Library.

Public comments on the EA and Draft FONSI were accepted from May 19 through June 17, 2014. Revisions based on comments received were included in the final version as applicable. An Environmental Impact Statement is not required. Thus, the signed FONSI is being distributed to various individuals and agencies to include with their copy of the Kwajalein Fuel Farm Bulk Storage Facility Replacement FEA. Questions regarding these documents or requests for additional copies should be addressed to:

U.S. Army Space and Missile Defense Command, ATTN: SMDC-EN (D. Harris), P.O. Box 1500, Huntsville, AL 35807-3801. Or fax to SMDC-EN (D. Harris) at (256)-955-6659.

New U.S. Postal Service Rates Effective Sept. 7, 2014

Priority Mail – Commercial Base	OLD	NEW
Letters, Large Envelopes, & Parcels not over 5 pound's, Zone 5	12.47	11.26
Letters, Large Envelopes, & Parcels not over 10 pound's, Zones Local, 1 & 2	9.41	8.28

Priority Mail - Retail	OLD	NEW
Flat Rate Envelopes	5.60	5.75
Legal Flat Rate Envelope	5.75	5.90
Padded Flat Rate Envelope	5.95	6.10
Small Flat Rate Box	5.80	5.95
Medium Flat Rate Boxes	12.35	12.65
Large Flat Rate Boxes	17.45	17.90
APO/FPO/DPO Large Flat Rate Box	15.45	15.90
Letters, Large Envelopes, & Parcels not over 1 pound, Zones Local, 1 & 2	5.60	5.75
Letters, Large Envelopes, & Parcels not over 5 pound's, Zones Local, 1 & 2	8.70	8.95

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 20
Baked Ham	Beef Stir-fry	Tuna Casserole	Chicken Turnover	Vegetable Quesadilla	Grilled Cheese Sand.	Chicken Fajita Wrap
Chicken/Mush. Sauce	Chinese Chicken	Grilled Pastrami Sand.	Beef Stroganoff	Turkey Cordon Bleu	Country Meatloaf	Swiss Steak
Eggs a la Lucio	Fried Rice	Fried Zucchini	Stir-fry Vegetables	Onion Rings	Stir-fry Tofu	Vegetable Casserole

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 20
Italian Meatballs	Kibi Beef Ribs	Beef Tamales	Carved Roast Beef	Roi Fried Chicken	Make Your Own BLT	Blackened Chicken
White Clam Sauce	Adobo Chicken	Chicken Enchiladas	Chicken Pot Pie	Stuffed Cabbage	Tuna Melt	Fried Fish
Pasta/Marinara	Candied Yams	Refried Beans/Rice	Corn on the Cob	Mashed Potatoes	Italian Sandwich	Fried Okra



SOCCKER RESULTS

MEN'S LEAGUE

SEE NEXT WEEK'S HOURGLASS FOR FIRST GAME RESULTS.

WOMEN'S/CO-ED LEAGUE

TUESDAY, SEPT. 9

KAT VS. SPARTANS BLACKTIPS: 3 - 3

KAT: Jayme Loy - 1, Jill Brown - 1, Ornela Kilgore - 1

Blacktips: Reuben Merrymon -1, DJ deBrum - 1, David Kabua - 1

SPARTANS WOMEN VS. SPARTANS CO-ED WHITE: 10 - 0

Spartans Women: Mereille Bishop - 1, Dori deBrum -1, Dayna Hepler -2, Molly Premo -2, Shauna Wiltrout -1, Daisy Wiltrout -1, Caleigh Yurovchak - 2

NEXT WEEK'S SCHEDULE: MEN

WEDNESDAY, 6 P.M.: SPARTANS MEN VS. USAG-KA
 WEDNESDAY, 7:30 P.M.: NANSENSE VS. FC SWELL
 FRIDAY, 6 P.M.: FC SWELL VS. KFC
 FRIDAY, 7:30 P.M., NANSENSE VS. SPARTANS MEN

NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY, 6 P.M.: GO GREEN GO VS. KAT
 TUESDAY, 7:30 P.M.: SPARTANS WOMEN VS. BLACKTIPS
 THURSDAY, 6 P.M.: CO-ED WHITE VS. GO GREEN GO
 THURSDAY, 7:30 P.M., KAT VS. SPARTANS WOMEN

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 6. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. Christian Women's Fellowship Luncheon, 12:30 p.m., REB.	1. Pick-up Soccer, 6 p.m., Brandon Field.	1. Cross Fit, 5:30 a.m., Adult Pool.	1. Kwajalein Open Yoga Association, 6:30 p.m., Adult Pool.	1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts. 5. Alcoholics Anonymous, 7 p.m., REB.		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 Sunny	<10%	Light and variable
Monday	Mostly Sunny	<10%	Light and variable
Tuesday	Mostly Sunny	<10%	Light and variable
Wednesday	Partly Sunny	<10%	E-SE at 2-7 knots
Thursday	Partly Sunny	10%	NE-E at 7-12 knots
Friday	Partly Sunny	20%	NE-E at 6-11 knots

Yearly total: 81.61 inches
 Yearly deviation: +26.18 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:39 a.m. 6:50 p.m.	11:10 p.m. 11:05 a.m.	1:06 a.m. 0.0' 1:05 p.m. 0.1'	7:04 a.m. 3.4' 7:27 p.m. 3.7'
Monday	6:39 a.m. 6:50 p.m.	----- 11:58 a.m.	1:48 a.m. 0.5' 1:37 p.m. 0.6'	7:40 a.m. 2.8' 8:10 p.m. 3.2'
Tuesday	6:39 a.m. 6:49 p.m.	12:01 a.m. 12:49 p.m.	2:43 a.m. 1.0' 2:20 p.m. 1.1'	8:27 a.m. 2.3' 9:18 p.m. 2.8'
Wednesday	6:39 a.m. 6:48 p.m.	12:51 a.m. 1:38 p.m.	4:36 a.m. 1.3' 4:08 p.m. 1.4'	10:32 a.m. 1.9' 11:38 p.m. 2.6'
Thursday	6:39 a.m. 6:48 p.m.	1:40 a.m. 2:26 p.m.	7:06 a.m. 1.1' 6:49 p.m. 1.3'	----- 1:18 p.m. 2.1'
Friday	6:39 a.m. 6:47 p.m.	2:28 a.m. 3:11 p.m.	8:01 p.m. 0.8' 7:52 p.m. 0.9'	1:18 a.m. 2.9' 2:07 p.m. 2.6'
Sept. 20	6:39 a.m. 6:47 p.m.	3:15 a.m. 3:54 p.m.	8:33 a.m. 0.4' 8:31 p.m. 0.5'	2:07 a.m. 3.2' 2:38 p.m. 3.0'