

VOLUME 55 NUMBER 38

SEPTEMBER 20, 2014

# THE KWAJALEIN HOURGLASS

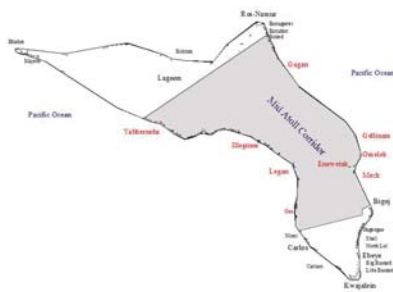


George Seitz Elementary School Ri'katak student Weisson Nam proudly shows off his "Mr. Apple" during a Ri'katak student field trip to the Kwajalein Yacht Club Wednesday. For more, see page 3.

*Photo by Jordan Vinson*

# MISSION ANNOUNCEMENT

## KWAJALEIN ATOLL



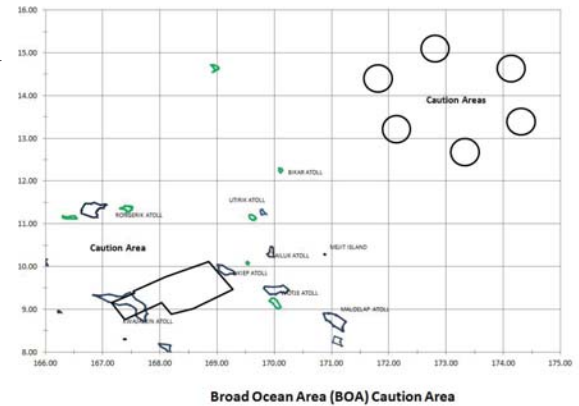
Range operations are scheduled Sept. 23-25. The caution times are daily from 9:45 p.m. through 5:45 a.m. or through mission completion. During these times, a closed caution area for ships will be in effect in the open ocean east and west of the mid-atoll corridor.

The mid-atoll corridor will be closed from 4:30 p.m., Sept. 19 through mission completion.

Questions regarding the above safety requirements for this mission should be directed to the RTS Range Safety Division at 52230.

Juon ien kokemelmel enaj koman ilo ran in juje nan taije, 23 nan 25 ran in September 2014. Awa ko rekauwotata ej 9:45 jota lok nan 05:45 jimarok ilo ran kein, lok nan ne ededelok kokemelmel kein. Ilo awa kein ba kaki, ijoko renaj kauwotata im kilok 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 19 ran in september 2014 nan ne ededelok kokemelmel kein. Ne ewor kajitok jouj im call e lok RTS Range Safety Division ro ilo 5-2230.



# HAZARDOUS MAINTENANCE OPERATION

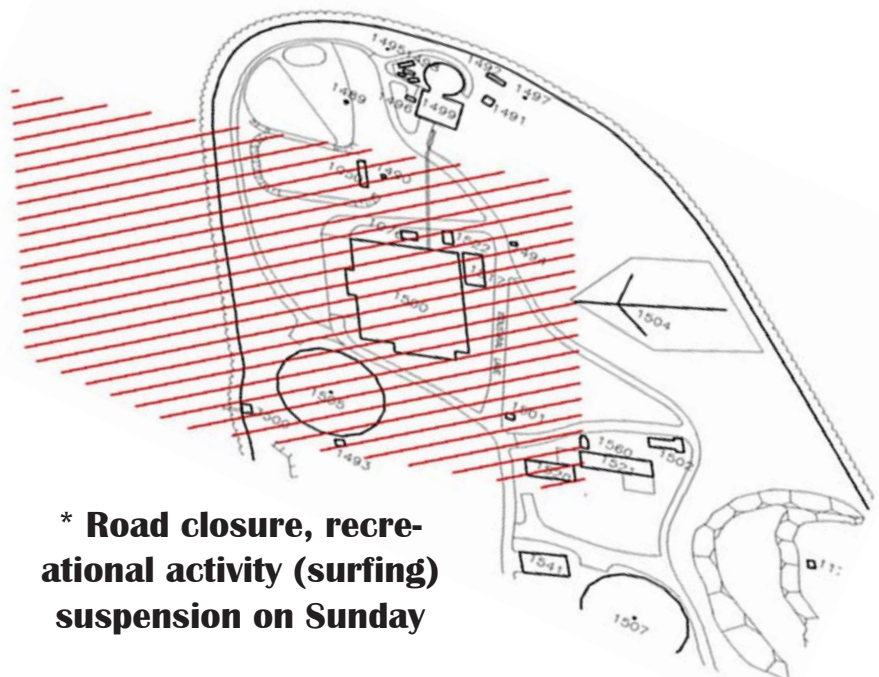
Public Works will be conducting a hazardous maintenance operation from 7:30 a.m. to 5 p.m., Sunday, in the area just north of the incinerators.

In the interest of public safety, Kwajalein Police Department will not allow pedestrian traffic past facility 1520 (Recycling Plant) during that time.

Essential personnel only will be allowed in the shaded area shown on the map.

All normal work and recreational activities in the area, to include surfing, will be suspended until operations are completed.

Engineering contact for this operation is Mike Woundy.



**\* Road closure, recreational activity (surfing) suspension on Sunday**

## 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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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



# Elementary School Ri'katak students take trip to the Kwajalein Yacht Club

Article and photos by Jordan Vinson  
Associate Editor

A busload of George Seitz Elementary School Ri'katak students took a field trip out to the Kwajalein Yacht Club Wednesday to stretch their legs, enjoy an outdoor lunch and talk sailing.

KYC Vice Commodore Dave Dethlefsen took the opportunity to present a check on behalf of the club to First Grade Teacher Jamye Loy, a teacher-parent liaison for the U.S. Army Garrison-Kwajalein Atoll Host Nations Committee that works with Ri'katak families. The symbolic mega-sized check, crafted by Kwaj resident Melissa Dethlefsen, represented a \$1,224 donation the Yacht Club made to support the Ri'katak Lunch Program.

The club has always tried to be an avid supporter of the Kwajalein School System's Ri'katak Program, the vice commodore said.

"We put in enough money to supply two students with lunches for the school year, because this is important to us. It's no secret that one of the most basic fundamentals to providing quality education is ensuring that the children are ready to learn," he said. "How can we expect them to concentrate if they have empty stomachs?"

The children who came out ranged from kindergarteners to sixth graders, and for many of them it was their first trip to the Yacht Club. Excited for a change of location for their lunch hour, nearly 30 kids streamed out of the installation's big, white bus and onto the club's spacious deck, yelling and laughing before plopping down onto long benches with their bagged lunches.

Coming as a surprise to Dethlefsen and Yacht Club member Tim Cullen, the children stood up before digging into their sandwiches to express thanks. They did so the Marshallese way—by song.

"O.K. first of all, I would like to thank you guys for inviting us to come and eat here with you guys," fourth grader Varleen Lorok spoke up above the crowd, smiling. "And thanks for your help. And we have a song for you guys; It's a thank-you."



A group of 28 Ri'katak students from George Seitz Elementary School gather for a group photo at the Kwajalein Yacht Club Wednesday.

Clapping their hands together about every second or so, the kids sang in soft harmonies and paraded in single file to Dethlefsen and Cullen, shaking their hands one by one before finishing the chorus.

"Thank you for the treat today," Dethlefsen yelled out, clapping when they finished.

"Ah, back to eating again," yelled one boy, running back to his lunch. After finishing his sandwich, Weisson Nam made what he called a "Mr. Apple" by biting eyes and a mouth out of the fruit. Dethlefsen tried to con a couple kids into giving him a Dorito or two. After finishing their sandwiches and fruit the kids played around on the beach, picked up hermit crabs and took a couple of photos.

As the kids picked up their trash and headed back to the bus to return to school, Dethlefsen talked about an interesting idea he and Kwajalein Yacht Club Commodore Ed Zehr came up with during the club's last meeting.

"So during last month's club meeting—and taking a cue from the much-publicized 'ALS Ice Bucket Challenge'—I suggested the Yacht Club issue a challenge to other clubs and organizations to match or beat KYC's donation to this cause," he explained. "And Commodore Ed [Zehr] took it up and said something along the lines of, 'I challenge each and every private club on Kwajalein to do something that will create a positive influence on our own little world: Sponsor at least one Ri'katak child for the school year for the Ri'katak Lunch Program.' So, yeah, we're doing that; we're challenging other clubs."

Loy, the teacher who volunteered to take the kids to the Yacht Club, said she wished she could take the students on similar trips more often.

"The Ri'katak students had a wonderful opportunity to enjoy lunch and learn what the Yacht Club does here on island," she said. "The students and their parents were very grateful for the club's lunch contribution; the thank you song was lovely. And it was amazing to see the personal connections made between the Yacht Club members and the students. I encourage more clubs, groups and individuals to reach out and give back to those within our community."

\*To view a video of the children singing, go to the Kwajalein Yacht Club's Facebook page by searching "KwajaleinYachtClub" on *Facebook.com*.



Dave Dethlefsen, vice commodore of the Kwajalein Yacht Club, presents a check for \$1,224 to Jamye Loy, a liaison for the USAG-KA Host Nations Committee that works with Ri'katak families.



# The Marshallese Cultural Center: Past and Present

By Jordan Vinson  
Associate Editor

**T**he Republic of the Marshall Islands annual celebration of Marshallese culture and history is around the corner. Held the last Friday of every September, Manit Day is one of the RMI government's most visible efforts to encourage its citizens and visitors to engage with the past and celebrate the island nation's traditional heritage.

To get primed on the Manit Day celebrations planned locally for Kwajalein Atoll, I made a visit to the Marshallese Cultural Center Monday afternoon. Located in an unassuming, white-colored building parked north of Bucholz Army Airfield, the center isn't a huge museum. But it's brimming with meticulously organized artifacts and objects that were generously donated by Kwajalein Senator and Iroij Mike Kabua, his extended family and the Alele Museum in Majuro.

One of the first questions I set out to answer Monday was the story of how the cultural center came about in the first place. I picked the brain of the cultural center's current director, Harden Lelet.

The push to create a space set aside for historical and cultural reflection on Kwajalein was a joint effort, he said. It was the royal family of Kauba that gave the initial push to create the center. Kabua, with the collective agreement from the chiefs of the Ralik Chain of atolls in the RMI, had made it a priority to make knowledge of traditional Marshallese culture and history accessible to the community.

"One of the primary goals of the Kabua family—the royal family—was a place here on Kwaj similar to the Alele Museum in Majuro," Lelet said. "They wanted to have a place where they can restore, preserve and display all these artifacts. It captures not only the Marshallese history, but also their relationship with the Americans as well. Keeping that relationship strong is important to the Kabua family."

Reading more into the history of the center, it became clear to me that the Kabua family's idea couldn't have come at a better time.

According to Eric and Cris Lindborg, former long-time residents of Kwaj and the first directors of the cultural center, then-U.S. Army Kwajalein Atoll had been busily developing a collection of new projects on Kwajalein in the 1990s aimed at ensuring that the base's environmental policies reflected U.S. and Army environmental policies. In a journal article the Lindborgs wrote in 2006 for the *Micronesian Journal of the Humanities and So-*

*cial Sciences*, they explain the process that USAKA and the community took to get the project off the ground.

Between 1993 and 1997 federal money had become available for everything from upgrading solid waste recycling capabilities to conducting biodiversity studies of the island's land and aquatic habitats. And one special component of the Army's environmental plan focused on highlighting cultural and historic preservation.

Taking advantage of money available from the U.S. National Park Service for historical preservation projects, Kwajalein resident Don Ott and others at the USAKA Environmental Department turned in a plan to the National Park Service in 1993. They called for a center to be built, generally, for the purpose of cultural and historical preservation, choosing to decide later on what the building would actually showcase. In 1995 the funding was granted, and construction got underway.

While Bob Wanslow, a USAKA logistics contractor and architect, handled the building's designs, the U.S. Army 23rd Engineering Company from Alaska took on the construction phase. As the building slowly grew up from its foundation, USAKA met with groups of island residents like the Yokwe Yuk Women's Club, to home in on the history and cultural traditions that should be featured in the center.

A few legal hurdles had to be cleared, though, the Lindborgs wrote: "As plans and discussions proceeded, USAKA undertook a legal and budgetary review of proposed Center operations. Army funds could not support a museum unless it were a U.S. military history museum and there were concerns regarding USAKA liability for exhibits and artifacts unrelated to the U.S. military presence. The upshot of these meetings was that although USAKA environmental funds supported construction of the center there were no funds that could be used directly for operating the center."

What resulted from discussions between USAKA and the community was a loosely organized Board of Trustees of the center in November 1996. A private, volunteer group overseen by the USAKA public affairs officer at the time, the board was able to get to work putting together the content that would go inside the center without too much involvement from and responsibilities for USAKA.

The Marshallese Cultural Center's grand opening in 1997, though, was a rushed, ad hoc affair, the Lindborgs continued.

"The USAKA Command was intent on dedicating the new cultural center building by October 1997," they wrote. "There was pressure to have something to show the public besides an empty building. Something had to be done soon."

To fill the newly completed, but empty, building with



materials to go on display, the board called out for residents to donate or loan items they had that might be of historical or cultural value. Volunteers with the Micronesian Handicraft Shop set up displays of excess Marshallese handicrafts. Kwajalein residents came together to loan and arrange loads of Micronesian seashells, artifacts from WWII and other woven handicrafts. And a small collection of 10 photographs taken by famed Likiep Atoll doctor and photographer Joachim deBrum were loaned by the Alele Museum in Majuro.

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While the grand opening that October was a success, the Lindborgs wrote, both USAKA and the volunteers working at the cultural center acknowledged the need for a more permanent and better prepared committee to run the center in the future.

USAKA Command, the USAKA Environmental Department, the Host Nation Directorate and the Yokwe Yuk Women's Club came together and in 1999 created a new organization: the Marshallese Cultural Society. A strictly volunteer group, it was officially chartered as a private organization by USAKA in 1999 and is able to work outside the legal constraints that would be involved were the Army to run the center.

The founding mission of the society that year was to preserve knowledge of Marshallese history and culture and make it accessible to the community by creating temporary and permanent exhibits at the center. And 15 years later, that mission is still alive and well.

Currently staffed by Harden Lelet, Karen Brady, Brian Brady and Fumiko Kemem, the Marshallese Cultural Society continues to reach out to the community and share a little of the past with those that care to stop by and take a look.

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Having come a long way from its rather improvised beginnings in October 1997, the Marshallese Cultural Center now boasts a first-rate collection of Marshallese cultural artifacts and displays that provide unique glimpses into how the islanders communicated, played, fished, cooked, fought, worshipped, looked at the stars and much more. Nestled into glass-top display cases and strewn along the high walls inside the center are traditional tools, large navigational stick charts, models of outrigger canoes, hundreds of polished seashells, catalogued specimens of many types of land and sea vegetation, traditional jewelry and dozens of woven baskets. There's a wide ar-

ray of plaques, posters, murals and photographs depicting everything from timeless cultural practices like men's preparation for inter-island warfare to modern political accomplishments, such as the RMI's first constitutional convention in 1977.

Apart from operating the cultural center, though, the Marshallese Cultural Society organizes several educational outreach programs each year to foster knowledge of traditional Marshallese culture and history. The center's annual Manit Day celebration is certainly the most visible opportunity for the community to learn more about the ways of the past on the islands. Slated for Sept. 29, this year's event should give residents a rare first-hand view into how Marshallese lived their lives before the intervention of traders, missionaries and foreign belief systems.

"The island is invited to come down and watch traditional rope making, fire making, try traditional food, coconut husking, basket weavings and a lot more," said Karen Brady, an officer with the cultural society who also showed me around the center Monday. "It's one of your best opportunities to get a glimpse of how life was for the native islanders before modernization."

Even if residents won't be able to attend the Sept. 29 Manit Day celebration, they can still visit the cultural center every other Monday—typically the second and the fourth Monday of each month—during regular open hours from 1-3 p.m. During these hours, the community should get the chance to spend time with a special group of women called "Mike Kabua's Weavers." Keeping alive the strong Marshallese tradi-

tion of weaving pandanus leaves, palm fronds and other vegetation into hardy tools, decorations and jewelry, the group plans on showing visitors how they weave everything from ornamental wall décor and sleeping mats to baskets and small handicrafts.

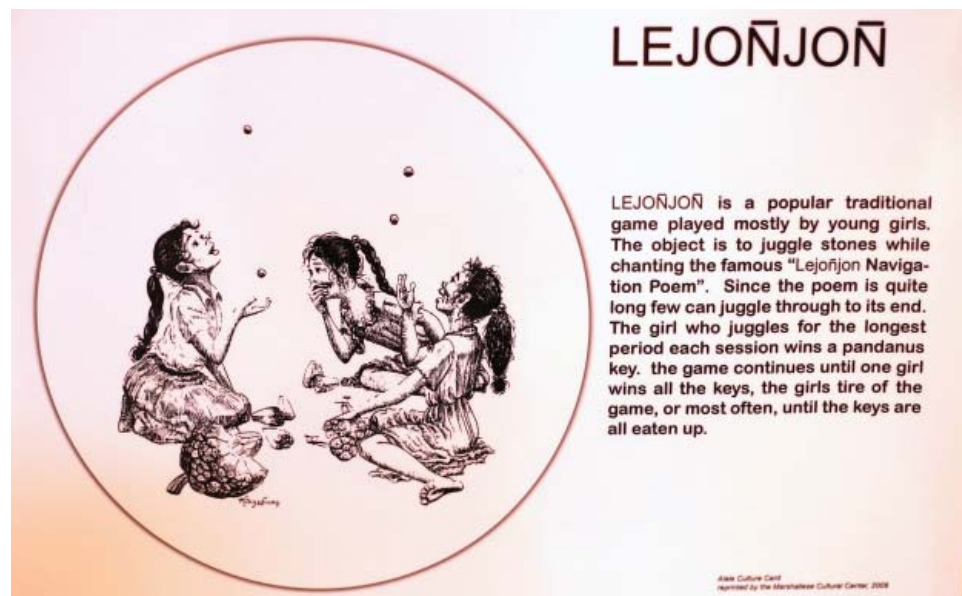
Private tours of the cultural center are also available on request. The Yokwe Yuk Women's Club, for instance, will go to the center at the end of October for a personal weaving demonstration. And as part of George Seitz Elementary School's "Month of Manit," the island youth will get a chance to visit the center as a group on Sept. 26.

Outside the duties of maintaining the cultural center and engaging in educational opportunities, the cultural society's other main goal is historical preservation.

Perhaps the best example of the society's contributions to the preservation of RMI history is the work the group did in digitizing and archiving a large cache of photographic glass plates taken by famed Likiep Atoll resident Joachim deBrum in the Marshall Islands and elsewhere in Micronesia in the late 1800s and early 1900s.

Known simply as the Joachim deBrum Photo Collection, the photos taken by deBrum offer an exceedingly rare glimpse of life on Likiep and other atolls as it was before external influence from western missionaries, traders and imperial governors had become firmly rooted in the island communities.

For a little history of the Marshallese Cultural Society's involvement in the Joachim deBrum project, take a look at next week's *Hourglass*.



One of dozens of posters at the Marshallese Cultural Center explains particular cultural practices from the past.

# Community Relations Council discuss mutual USAG-KA, GRMI interests

Article and photos by Michael Sakaio  
USAG-KA Public Affairs Officer

On Sept. 4, U.S. Army Garrison-Kwajalein Atoll and Government of the Republic of the Marshall Islands leaders held the 226th meeting of the Community Relations Council on Ebeye. Hosted and chaired by the RMI, the meeting was attended by GRMI officials from the Kwajalein Atoll Local Government mayor's office; Kwajalein Atoll Joint Utilities; RMI Ministries of Health, Education, Finance and Foreign Affairs and the RMI Environmental Protection Agency. For USAG-KA, delegation was headed by the commander, Col. Nestor Sadler. Accompanying him were the command sergeant major, director of host nation activities, legal counsel and provost marshal.

The meeting opened with welcome remarks from the chair, Aeto Bantol, the administrative officer for KALGOV. He thanked all of the participants for their attendance, adding that it was great to have another meeting to go over issues of concern to both communities. Sadler followed with his remarks,



Members of USAG-KA and GRMI leadership meet at the KALGOV offices on Ebeye for the Community Relations Council meeting Sept. 4.

thanking Mayor Johnny Lemari, the RMI participants and the Ebeye local government for hosting this round of CRC meeting, noting that this was his second meeting there in the Ebeye government offices. He also acknowledged the presence of the U.S. Embassy Majuro representative, Jeff Shelden.

Following the introductory remarks, the committee dove right into the agenda. They reviewed and discussed the existing topics from the previous CRC meeting. Next, the group deliberated on new topics that both the RMI and USAG-KA in-

troduced. These ranged from RMI's interest in standardizing the commute hours, expanding areas that the commute list covers, re-instating the Ebeye teacher observation program, clarification on the betel nut policy and USAG-KA's concern for a more effective program moving the purchased trailers to Ebeye and Majuro. In addition, Sadler informed the RMI about the Navy Seabees arrival on USAG-KA and their expected work on Ebeye and Third Island.

The meeting concluded with both delegations offering words of gratitude. Sadler remarked on the 70 year relationship the U.S. and the RMI enjoys—50 with the U.S. Army on Kwajalein—with the hope that the strength of today's relationship will be felt 50 years from now. He reminded the attendees that besides discussing issues of mutual concern, the opportunity to meet regularly was equally important in maintaining and strengthening relations between the communities.

Lanny Kabua, the RMI Liaison to USAG-KA, offered closing remarks on behalf of the RMI delegation, echoing similar words of encouragement and gratitude, and remarking that much was accomplished. He also made a point to thank USAG-KA and Kwajalein Range Services for the fireworks display over Labor Day weekend. According to the KALGOV officials, everyone on Ebeye was outside watching and cheering a belated "Happy Birthday to the U.S."



The Community Relations Council meeting takes place Sept. 4 at the KALGOV offices on Ebeye where USAG-KA and GRMI leadership discuss mutual interests.





# KWJALEIN ARES ORNER

## September is Prostate Cancer Awareness Month

By Victoria Cameron, RN, COHN-S  
Kwajalein Hospital

Other than skin cancer, prostate cancer is the most common cancer diagnosed in American men. Approximately one man in seven will be diagnosed with prostate cancer during his lifetime. The American Cancer Society states that 233,000 men will be diagnosed with prostate cancer in 2014.

Prostate cancer is the second leading cause of death from cancer in American men behind lung cancer. Approximately one man in 36 will die of prostate cancer. The American Cancer Society states that about 29,480 men in the United States will die of prostate cancer in 2014.

Cancer researchers have found that some factors that might influence a man's risk of developing prostate cancer include:

- **Age:** Prostate cancer is rarely diagnosed in men younger than 40. The chance of developing prostate cancer rises rapidly after 50 years of

age. Approximately six in 10 cases of prostate cancer are diagnosed in men over age 65.

- **Race/Ethnicity:** Prostate cancer occurs more often in African-American and Caribbean men of African ancestry than in men of other races. Cancer of the prostate occurs less often in Asian-American and Hispanic/Latino men than in Caucasian men. The reasons for these racial and ethnic differences are not totally understood.

- **Nationality:** Prostate cancer is most common in North America, northwestern Europe, Australia and in the Caribbean islands. It is less common in Asia, Africa and Central and South America. It is believed that the availability of advanced screening procedures in some of these developed countries accounts for part of this difference. Other factors, including lifestyle differences such as diet, are important factors.

- **Family history:** Having a father or brother with prostate cancer more than doubles a man's risk of developing cancer of the prostate.

The risk is even much higher for men with several affected relatives.

- **Genes:** Recent research has shown that some inherited genes have been linked to a higher risk of prostate cancer.

- **Diet:** The exact role of diet in prostate cancer is not well understood. Men who eat a lot of red meat or high-fat dairy products appear to have slightly increased chances of getting prostate cancer.

- **Obesity:** Studies have shown that obese men have a lower risk of getting "low-grade" (less dangerous) forms of prostate cancer. However, obese men are at a higher risk of developing more aggressive forms of this type of cancer.

- **Smoking:** Most prostate cancer studies have not found a link between smoking and the risk of developing prostate cancer.

- **Workplace exposures:** Clinical evidence suggests that firefighters exposed to substances, such as toxic combustion products, may have an increased risk of developing prostate cancer.



# Yokwe!

Dr. Julia Heinz and her daughter, Zayla, 17, arrived on Kwajalein recently for a one-year stay. They came from Haines, Alaska, after hearing about Kwajalein from a former ultrasound technician that worked here. Zayla is a senior at Kwajalein Jr./Sr. High School and will be able to experience all the wonderful, unique traditions at KHS. They are both looking forward to simply being here to live and work, and enjoying the community and lifestyle.

Photo by Sheila Gideon



## DISPATCH FROM ROI



From Jordan Vinson



From Jordan Vinson



From Michael Sakaio



From Alana Brooks



From Bridget Rankin



# View from Kwaij

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



From Hillary Whatcott



From Julie Gabriel



From Sheila Gideon



From Jordan Vinson



From Julie Savage



From Jerry Brumm



From Karen Simas



**HELP WANTED**

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

**FOUND**

RAY-BAN JR SUNGLASSES at North Point. Call 52670 to claim.

**LOST**

CONTIGA WATER BOTTLE, green, outside the hospital on Ocean Road last week around 6:15 a.m. Feel free to drop them at quarters 467-A any time.

**WANTED**

GOING ON VACATION early in 2015? My parents are visiting Jan. 20-Feb. 23 and would love to stay at your BQ or house during part or all of that window! Non-smoking couple in their 60s, happy to care for pets, ultra responsible. Call Paula at 54210.

**PATIO SALE**

MONDAY, 9 a.m.-noon, quarters 226-B. PCS sale, lots of free stuff; everything \$15 or less.

MONDAY, quarters 460-B. PCS sale.

**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.

**FOR SALE**

LG BRAIDED AREA RUG, 6x9 feet, \$35; Zebra print area rug, 5x7 feet, \$25; 18-inch doll accessories, perfect for American Girl dolls; Doll and Me outfits, size 6, \$8 each; plaid tennis shoes, new, size 7, \$15; Miss Me jeans, capris and shorts, size 12-14 youth girls, \$30-35 each. Call 55176.

BASKET BALL HOOP, rust-proofed, back board and Spalding basketball, no post, \$60 for all; 26-inch Sun Shimano Nexus 3-speed rims, front and rear set with tires and tubes, new, blue, \$200/set; 20-inch heavy duty plastic rims for a bike trailer, black, \$80; Sun female bike frames, \$10 each. Call 52642.

HUFFY BICYCLE, 18 months old, Kwaj condition, painted camo, \$50; men's Giant Simple aluminum frame, good condition, includes handle bars, pedals, chain and seat, \$75. Call Frank at 52330.

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, \$60,000 or best offer. Email [mnnast@hotmail.com](mailto:mnnast@hotmail.com) or call 54203.

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.

**COMMUNITY NOTICES**

DUE TO THE BARGE DELAY this week, expect to see dairy items (milk, cheese, sour cream) stocked at Surfway a few days after the vessel arrival. The delay also impacted produce supplies (potatoes, onions) at the dining facilities.

WORLD WIDE DAY OF PLAY is Monday. 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 today. Questions? Contact Katrina Ellison at [Katrina.m.ellison.ctr.@us.army.mil](mailto:Katrina.m.ellison.ctr.@us.army.mil).

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

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Wednesday 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](mailto: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., Thursday, and 4-6 p.m., Oct. 4. Registration ends today.

COFFEE BREAK with a Book is 9 a.m.-5 p.m., Friday, at the Grace Sherwood Library. Join us for a complimentary cup of coffee or tea and peruse our book collection. Take a break out of your day to enjoy a cup and a book!

REGISTER A TWO- OR four-person team now through Friday for the Fall Bowling League. Play is on Wednesdays Oct. 1-Nov. 26. Space is limited, so register now. Cost is \$70 with shoe rental, \$60 without shoe rental. Email Mandie or call her at 51275 for registration.

KWAJALEIN YACHT CLUB will hold its monthly meeting Sept. 27 at the Yacht Club. Happy Hour is at 5:30 p.m., meeting is at 6:30 p.m., dinner is 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).

RICH THEATER SPECIAL Showing of Marshallese Movie Spotlight: "The Sound of Crickets at Night" (with English subtitles) will be at 7:30 p.m., Sept. 27. Official selection and winner at multiple film festivals. Questions? Call 53331.

KWAJ-TOBERFEST BIRTHDAY Bash is at 8 p.m., Sept. 27, at the Ocean View Club. Join us for this Oktoberfest-themed birthday bash! If you have a September birthday, bring your K-badge with you and present it to the bartender to receive your complimentary drinks and cake. Must be 21 years old. Call 58228 for details.

PARROT HEAD GATHERING will be at 6:45 p.m., Sept. 27, at Camp Hamilton. It's time for Parrot Heads to flock to the beach for a little Jimmy Buffett music. BYOB (Bring Your Own Beverages) and BYOBC (Bring Your Own Beach Chairs). Questions, contact Bill Williamson.

KWAJALEIN OPEN YOGA Association sessions for the month of September: Monday, Thursday 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 Tuesday through Sept. 29. There are limited appointments available during this visit. Contact Jenny at 52017 to schedule an appointment.

THE BASIC BOATING CLASS for October has been cancelled. The next available class will be advertised via the *Hourglass* and AFN Roller.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 27
Oven Fried Chicken	Herb Roasted Beef	Beef Stroganoff	Bratwurst/Sauerkraut	Smokey BBQ Shortribs	Grilled Ham Sandwich	Spaghetti/Mostacioli
Baked Spaghetti	Baked Tuna Casserole	Chicken Sandwich	Herb Roast Chicken	Garlic Focaccia Chick.	Pot Roast	Cheese Manicotti
Eggs Benedict	Quiche	Vegetarian Stir-fry	Oriental Pork Stir-fry	Baked Beans	Fish Du Jour	Italian Sausage

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 27
Rosemary Porkloin	Beef Curry	Kwaj Fried Chicken	New York Strip Steak	Grilled Minute Steak	Hamburger Bonanza	Breaded Pork Cutlets
Oriental Chicken Stir-fry	Buffalo Chicken	Hawaiian Chopped Steak	Chicken Cordon Bleu	Pepperoni Pizza	Sauteed Chicken Breast	General Tso's Chicken
Mixed Vegetables	Rice Pilaf	Potatoes O'brien	Saute Mushrooms/Onion	Veggie Pizza	Beans in Broth	Vegetable Saute



# Ready and Resilient Wellness Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Spiritual Resilience, see page 10. All welcome.	1. KRC Fun Run #2, 5:30 p.m., Building 805.	1. Cross Fit, 5:30 a.m., Adult Pool.		1. Cross Fit, 5:30 a.m., Ivey Gym.		1. Cross Fit, 5:30 a.m., Ivey Gym.
2. Smoking Cessation Classes, open enrollment, call 55362.	2. Pick-up Soccer, 6 p.m., Brandon Field.	2. Pick-up Tennis, 5:30 p.m., Tennis Courts.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
	3. Kwajalein Open Yoga Association, 6:30 p.m., Adult Pool.			3. Kwajalein Open Yoga Association, 6:30 p.m., Adult Pool.		
				4. Alcoholics Anonymous, 7 p.m., REB Library.		

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.

KWAJALEIN AMATEUR Radio Club meeting is at 7 p.m., Oct. 2, at the Ham Shack, just south of the Adult Pool. We'll be discussing our successful work party from Sept. 8 and planning the next one. Call Paula at 53470 for any questions.

ERIC FRIDRICH AND THE WANDERLUST: Enjoy this free, live entertainment courtesy of Quality of Life! Concerts are at 7 p.m., Oct. 3, at the Roi Outrigger; 7 p.m., Oct. 4, at the Yacht Club; and 8:30 p.m., Oct. 5, at the Vet's Hall.

MUSIC WORKSHOP with Eric Fridrich will be at 5 p.m., Oct. 6, at the Teen Center. Interested in learning to write songs, melodies and music? Have a work in progress you want feedback on? This workshop is for you! Bring a pen, paper and an instrument, if you choose. Questions? Contact the Teen Center at 53796 or Midori Hobbs at 53331.

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and will see patients Friday through 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. Questions? Call Mike Woundy or Jan Abrams.

THERE IS CURRENTLY ONE hairstylist working at Surfside Salon. A second hairstylist has been hired and will PCS to Kwajalein in October. Until that time, hair appointments are booked one month out; call now for an appointment. Manicure or pedicure services are suspended at this time.

THE HOSPITAL ENTRANCE located by the Pharmacy



The Marshallese Cultural Society Presents.

## Manit Day 2014

3:30-5 p.m.  
Sept. 29  
At the  
Marshallese Cultural Center

*Music!*  
*Mon La Mike Band!*

*Traditional dance!*  
*"Kwoj Rok Non Won"*

**Come and enjoy:**  
Music, Dancing,  
Local Medicine,  
Rope and Fire Making,  
Coconut Husking  
Basket Weaving.

Let the spirit of the Marshall Islands be with you!

macy has been converted to exit only due to a new private Pharmacy consultation area. Please use the main Hospital/ER entrance for all Hospital business.

UNIVERSITY OF MARYLAND University College! Check us out at <https://www.asia.umuc.edu>. You can email [Kwajalein-asia@umuc.edu](mailto: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 KALGOV 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.

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.

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 27
Roast Porkloin	Garlic Roast Beef	Sloppy Joe's	Grilled Cheese Sandwich	Make-Your-Own BLT	Trout Meniere	Grilled Cheese Gobbler
Baked Chicken	Egg Muffins	Chicken Wings	Kalua Pork	London Broil	Grilled Chicken Thighs	Salisbury Steak
Eggs Florentine	Chicken/Bacon/Mush.	Cheesy Potatoes	Egg Foo Yung	Macaroni and Cheese	Corn Bread	Cous Cous
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 27
Chicken Schnitzel	Chicken Marsala	Stuffed Peppers	Grilled Steaks	Roi Fried Chicken	Sweet/Sour Chicken	Southwestern Chicken
Beef Stew	Jerk-Style Ribs	Herb Roast Chicken	Fried Fish	Meatloaf	Beef Stir-fry	Beef Tacos
Green Bean Casserole	Mushroom Rice Pilaf	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Chow Mein	Fiesta Rice



## SOCCKER RESULTS

### MEN'S LEAGUE

#### WEDNESDAY, SEPT. 10

##### KFC VS. SPARTANS MEN: 7 - 1

KFC: James Young - 1, Derek Miller - 1, Matt Sova - 2, Geoff Lake - 1, Tommy Ryon - 2

Spartans Men: Dash Alfred - 1

##### NANSENSE VS. USAG-KA: 8 - 1

Nansense: Steve Freiburger - 3, Javier Solongren - 2, Curtis Watada - 1, Rich Ereksen - 2

USAG-KA: Josh Cole - 1

#### FRIDAY, SEPT. 12

##### USAG-KA VS. FC SWELL: 0 - 8

FC Swell: Kenny Leines - 1, Alex Coleman - 2, Jerrod English - 2, Jason Huwe - 2, Eric Venghaus - 1

##### KFC VS. NANSENSE: 6 - 0

KFC: Geoff Lake - 2, James Young - 2, Dan Simas - 1, Matt Brown - 1

### WOMEN'S/CO-ED LEAGUE

#### THURSDAY, SEPT. 11

##### BLACKTIPS VS. CO-ED WHITE: 4 - 0

Blacktips: Liam Beguhm - 1, David Kabua - 1, Daniel Ranis - 1

##### SPARTANS WOMEN VS. GO GREEN GO: 0 - 1

Go Green Go: Lindsay Mattson - 1

#### TUESDAY, SEPT. 16

##### GO GREEN GO VS. KAT: 0 - 3

KAT: Jamye Loy - 1, Brittany Nichols - 1, Jill Brown - 1

##### SPARTANS WOMEN VS. BLACKTIPS: 2 - 0

Spartans Women: Caleigh Yurovchak - 2

### MEN'S LEAGUE STANDINGS (W-L-T)

KFC:	2-0-0
FC SWELL:	1-0-0
NANSENSE:	1-1-0
SPARTANS MEN:	0-1-0
USAG-KA	0-2-0

### WOMEN'S/CO-ED LEAGUE STANDINGS (W-L-T)

SPARTANS WOMEN:	2-1-0
KAT:	1-0-1
GO GREEN GO:	1-1-0
SPARTANS BLACKTIPS:	1-1-1
SPARTANS CO-ED WHITE:	0-2-0

### NEXT WEEK'S SCHEDULE: MEN

WEDNESDAY, 6 P.M.: FC SWELL VS. SPARTANS MEN

WEDNESDAY, 7:30 P.M.: KFC VS. USAG-KA

FRIDAY, 6 P.M.: USAG-KA VS. NANSENSE

FRIDAY, 7:30 P.M., SPARTANS MEN VS. KFC

### NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY, 6 P.M.: GO GREEN GO VS. BLACKTIPS

TUESDAY, 7:30 P.M.: KAT VS. CO-ED WHITE

THURSDAY, 6 P.M.: CO-ED WHITE VS. SPARTANS WOMEN

THURSDAY, 7:30 P.M., KAT VS. BLACKTIPS

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	40%	S-SW at 5-10 knots
Monday	Mostly Cloudy	40%	S-SW at 6-11 knots
Tuesday	Partly Sunny	20%	SE-S at 3-8 knots
Wednesday	Partly Sunny	20%	NE-SE at 3-8 knots
Thursday	Partly Sunny	10%	NE-E at 3-8 knots
Friday	Partly Sunny	20%	NE-E at 4-9 knots

Yearly total: 82.46 inches

Yearly deviation: +24.49 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:39 a.m. 6:46 p.m.	4:02 a.m. 4:36 p.m.	9 a.m. 0.0' 9:02 p.m. 0.1'	2:41 a.m. 3.6' 3:05 p.m. 3.4'
Monday	6:38 a.m. 6:45 p.m.	4:47 a.m. 5:16 p.m.	9:25 a.m. 0.3' 9:31 p.m. 0.2'	3:11 a.m. 3.9' 3:30 p.m. 3.8'
Tuesday	6:38 a.m. 6:45 p.m.	5:33 a.m. 5:57 p.m.	9:50 a.m. 0.5' 10 p.m. 0.5'	3:39 a.m. 4.2' 3:56 p.m. 4.1'
Wednesday	6:38 a.m. 6:44 p.m.	6:18 a.m. 6:38 p.m.	10:15 a.m. 0.6' 10:28 p.m. 0.6'	4:06 a.m. 4.3' 4:22 p.m. 4.3'
Thursday	6:38 a.m. 6:44 p.m.	7:04 a.m. 7:19 p.m.	10:40 a.m. 0.7' 10:56 p.m. 0.7'	4:33 a.m. 4.4' 4:48 p.m. 4.5'
Friday	6:38 a.m. 6:43 p.m.	7:51 a.m. 8:02 p.m.	11:05 p.m. 0.7' 11:25 p.m. 0.6'	5 a.m. 4.3' 5:15 p.m. 4.5'
Sept. 27	6:38 a.m. 6:43 p.m.	8:40 a.m. 8:47 p.m.	11:30 a.m. 0.6' 11:55 p.m. 0.5'	5:27 a.m. 4.1' 5:43 p.m. 4.4'