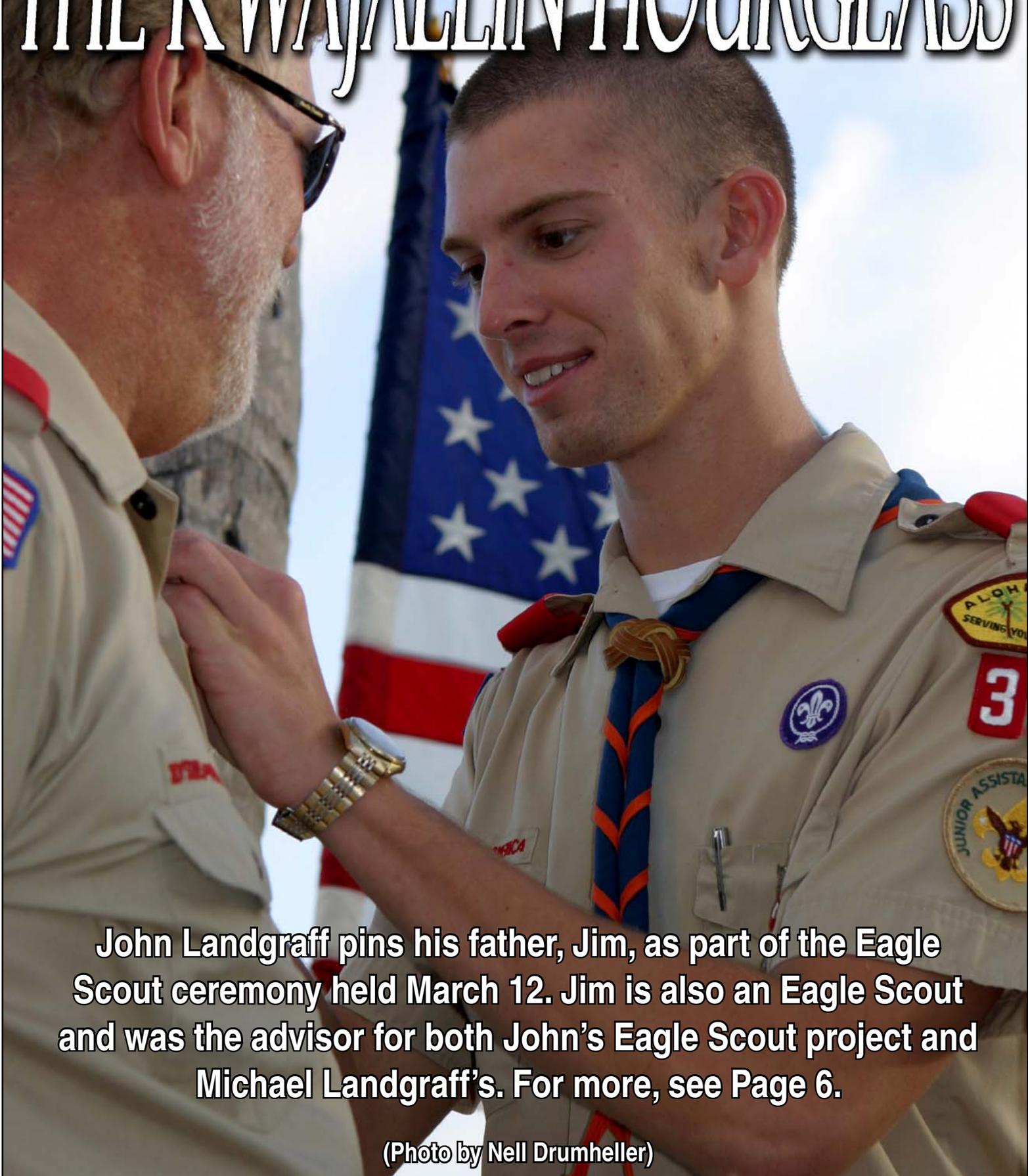


THE KWAJALEIN HOURGLASS



John Landgraff pins his father, Jim, as part of the Eagle Scout ceremony held March 12. Jim is also an Eagle Scout and was the advisor for both John's Eagle Scout project and Michael Landgraff's. For more, see Page 6.

(Photo by Nell Drumheller)

Community Activities cutbacks hurt teens

By Michael Hillman

Kwajalein is experiencing a variety of transitions and the people who live here are integrally involved with all of them.

Teenagers are being affected significantly whether authorities realize it or not. Getting rid of jobs at Ivey Gym, the Gear Locker and scorekeeping positions have had a big impact on teens.

Future changes, including eliminating more teen-related jobs and eliminating recreational areas geared towards island youth, such as the library and the Bowling Center, will also negatively affect teenagers.

Everyone realizes that we all need to conserve money in order to meet the budget for next year. However, continually taking away recreational activities and services geared towards teenagers will ultimately result in teenagers being left in a Catch-22 situation.

Teenagers get into trouble every now and then, but that does not mean they're bad. Activities such as sports, jobs and youth organizations such as the Teen Center help keep teens out of trouble.



What will happen when all this is taken away?

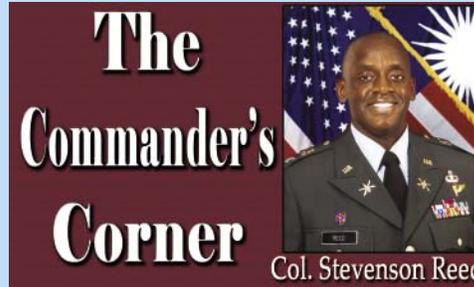
With recent budget cutbacks, the softball season now has only one referee per game and one night supervisor per night. This eliminates two jobs for two teens per game. That's a 16-person workload reduced to a six-person workload. What are those 10 teenagers supposed to do now?

Community Activities is a big part of teenager's lives out here. Money is obviously important to the decision makers and to everybody else for that matter, but to teenagers, Community Activities is a big part of our adolescent lives.

The answer seems simple. Teenagers with less Community Activity involvement should do more homework and read more. But the answer is not that simple. Teenagers need to feel a sense of accomplishment

See TEENS, Page 5

Commander clarifies town hall statement



If I said something that offended someone personally in the March 14 edition of the *Hourglass*, I apologize. My comments in the

March 14 edition of the *Hourglass* which were taken out of context regarding "a lack of leadership" as we moved forward with implementing the Transformation plan for USAKA/RTS. With regard to my comment, I meant that the leadership here on Kwajalein (current), not the higher head quarters at SMDC/ARSTRAT. When I assumed command here, there was no plan for how to execute Transformation.

See COMMANDER, Page 12

Letters to the editor

Linmarks thank Kwaj community

On behalf of the Linmark family, I would like to thank the Kwajalein community for your prayers and support as we mourned the loss of our son, Frank. Your compassion and generosity pulled us through in a time of great need.

We dearly appreciate all that you have done for us.
Komol tata,

— Roland Linmark and family

McNickle family says thanks for prayers

The McNickle family would like to thank all of our Kwaj friends for their kind words, thoughts, prayers and condolences during our recent loss.

— Fred and Jane McNickle and family

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 Kwajalein Atoll. Contents of *The Hourglass* are not necessarily

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New counselor excited about coming to Kwajalein, looks towards helping people

Hourglass reports

John Connors is the new employee assistance program professional, psychologist and counselor at Kwajalein Hospital.

Connors holds a bachelor of science degree in Business and Finance from Mount Saint Mary's University, Emmitsburg, Md. and a master's degree in Community Counseling from Fairfield University, Fairfield, Conn.

Since 1992, he has been a private practice based out of Charlotte, N.C., San Diego, Calif. and the Netherland Antilles where he maintained a private consulting-counseling and coaching practice.

His expertise is in short-term brief solution focused therapy specializ-

ing in stress management, cognitive behavioral therapy, hypnotherapy, Reiki, and energy psychology.

Besides working in private practice, Connors has consulted in various settings including Fortune 500 companies, U.S. Navy/Marine Corps alcohol-drug programs, domestic violence shelters, and executive coaching.

"I'm excited about coming to Kwajalein, and realize that the island is going through some major changes," he said. "Change often brings about feelings such as fear, doubt, and uncertainty. I want everyone to know that the EAP is an employee benefit that is free to all employees, and family members. It is totally confidential-with the goal of assisting people

experiencing a wide variety of issues."

He came to Kwajalein hoping to broaden his life experiences, his children are grown and he saw moving to Kwajalein as an opportunity with different cultures, "the Marshallese are perfect [in that it's a cultural group he hasn't work with before] because it's a group that have been underserved from a mental-health point of view," he said. "It's great that I can work with Americans and Marshallese and give them the mental health care that they need."

Connors added that he wants to provide services



Photo by Yael Beals

John Connors is the new employee assistance program counselor at Kwajalein Hospital.

when and where they are needed and so he will have flexible hours when he can see people, including lunchtime and after typical work hours.

Connors will be on Roi-Namur 9 a.m. - 3 p.m., every other Friday beginning March 28. Call Gail Choquette at 52223 for an appointment to see him on Roi or call Connors at 55362.

Kwajalein residents attend ambiguity seminars



Photo by Yael Beals

Therapist Janet Yeats gives a seminar on handling stress Monday evening.

By Yael Beals
Reporter

"I recognize a huge sense of loss and ambiguity on this island. There is a need to figure out how to handle the stress and how to interact with co-workers and family, as well as how to handle the unknown," said Janet Yeats, marriage and family therapist and traumatologist. Yeats, a Ph.D. student at the University of Minnesota Medical School in the Medical Reserve Mental Health Unit, spent a week on Kwajalein giving seminars about ambiguous loss.

The Rev. Rick Funk, Kwajalein's Protestant chaplain, is an old friend of Yeats. "Janet and I were talking on the phone about the changes on Kwajalein and she said you ought to give a seminar about ambiguity and I said no, you're the expert, you should give the seminar." Funk invited Yeats

to Kwajalein and she offered seminars that focused on topics concerning living with ambiguity and how to handle not getting answers. Yeats used materials written by Dr. Pauline Boss, professor Emeritus at the University of Minnesota.

Forty-five Kwajalein residents attended Yeats' three seminars last week and she conducted four private consultations. Some members of the audience were there to learn how they can help others. "We are living in ambiguous times with lots of transitions," said Dr. Jill Horner, a physician at Kwajalein Hospital. "There are an increased number of people with stress related issues coming through the hospital and I hope to hone in my counseling skills and help people through this. We have a new counselor, John Connors, and we are

See SEMINARS, Page 12

Kaleidoscope showcases island talent, raises scholarship money

By Nell Drumheller
Editor

Kwajalein's population may be dwindling, but the amount of talent found on island hasn't lessened.

More than 40 performers strutted their stuff Sunday night at the Kaleidoscope of Music held in the Davye Davis Multi-Purpose Room.

The annual event, now in its eighth year, raises money for scholarships for local students; but it also gives island talent the opportunity to dazzle community members with song and dance routines. Tickets were sold for admittance at \$15 each. Local artists donated product for an auction this year. Auctioned off were pottery, paintings, stained glass, a pen, an embroidered picture and a baby quilt. The auction brought in \$830.



Photos by Nell Drumheller

Ric Fullerton, left and Jerry Davis perform at Kaleidoscope of Music Sunday evening in the multi-purpose room.

Jennifer Aakre has spear-headed the program for two years. "I start the thinking process right after the last one is done and then I start contacting people in October or November," she said.

Her planning paid off, literally, as she was able to plunk down \$3,439 by the end of the evening.

Aakre, a pianist herself, praised the other performers. "The dance groups were a great addition to the program this year, all the performers were wonderful," she said. "But I'm a little biased on the group my son was in. I thought those kids gave such a fantastic performance. I was so proud of them all."

She added that volunteers make it all possible, "A huge thank you to all the performers and all the people

that helped out, as it takes all the people involved to make the program work. And a special thank you to Dick Shields. He does a huge amount of behind the scenes work. Congratulations to the graduating senior class and I'd like to thank them for their assistance this year with Kaleidoscope 2008."



Corie Dowell belts out a Santana favorite, Sideways, at the Kaleidoscope of Music Sunday night.



Karla Long acts as master of ceremonies.

Cheney: U.S. must finish job in Iraq

By John J. Kruzal
American Forces Press Service

The United States must continue operations in Iraq until the job is done, Vice President Richard B. Cheney said Monday in Baghdad.

"I think given the enormous effort that's been made and the sacrifices that have been made—both in terms of lives and national treasure—to succeeding in Iraq, it's very, very important that we succeed," he said, "(and) that we not quit before the job is done.

"We need to remember that our objective here is victory and that we need to be prepared to do what-

ever it takes in order to achieve that," he added.

On his second trip to post-Saddam Hussein Iraq, Cheney met Monday with Iraqi and U.S. officials, including Iraqi Prime Minister Nouri al-Maliki, Army Gen. David H. Petraeus, the top U.S. commander in Iraq, and U.S. Ambassador to Iraq Ryan C. Crocker.

The vice president noted significant security and governmental progress since his last visit, which came on the heels of a 33,000-troop surge designed to curb violence and increase security in Iraq.

The deployment of the five additional combat brigades, which com-

pleted this time last year, coupled with an invigorated counterinsurgency effort has been considered by officials to be a largely successful U.S. strategic military shift.

"It's been a remarkable turnaround in the overall security situation and the level of violence, both in terms of military and civilian casualties," Cheney said of the strategy during a news conference at the U.S. Embassy.

The Iraqi government has made some political progress, the vice president he said, but he also noted that Iraqi policymakers have been unable to pass legislation concerning the sharing

of provincial power and the Iraqi oil revenues.

"I think they are seized with these issues," he said. "My interest today was encouraging them to move rapidly and aggressively to get them resolved."

Cheney said the timing of his trip is significant, as this week marks the fifth year since U.S. forces toppled Saddam and set Iraqis on the road to democracy.

"So if you reflect back on those five years, I think it's been a difficult, challenging, but nonetheless successful endeavor," he said. "(I think) that we've come a long way in five years, and that it's been well worth the effort."

Seventeen servicemembers die in Global War on Terror

Five Soldiers died March 10 in Baghdad of wounds suffered when a suicide bomber detonated an explosive device. They were assigned to the 1st Battalion, 64th Armor Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga. Killed were: **Sgt. 1st. Class Shawn M. Suzch**, 32, of Hilltown, Penn.; **Staff Sgt. Ernesto G. Cimarrusti**, 25, of Douglas, Ariz.; **Staff Sgt. David D. Julian**, 31, of Evanston, Wyo.; **Cpl. Robert T. McDavid**, 29, of Starkville, Miss. and **Cpl. Scott A. McIntosh**, 26, of Houston.

Three Soldiers died March 10 in Balad Ruz, Iraq of wounds suffered when their vehicle encountered an improvised explosive device. They were assigned to the 2nd Squadron, 3rd Armored Cavalry Regiment, Fort Hood, Texas. Killed

were: **Sgt. Phillip R. Anderson**, 28, of Everett, Wash.; **Spc. Donald A. Burkett**, 24, of Comanche, Texas and **Capt. Torre R. Mallard**, 27, of Oklahoma.

Three Soldiers died March 12 in Tallil, Iraq of wounds suffered when their vehicle was hit by indirect fire. Killed were: **Staff Sgt. Juantrea T. Bradley**, 28, of Greenville, N.C., who was assigned to the 7th Special Troops Battalion, 7th Sustainment Brigade, 10th Mountain Division (Light Infantry), Fort Eustis, Va.; **Spc. Dustin C. Jackson**, 21, of Arlington, Texas who was assigned to the 350th Adjutant General Company, Grand Prairie, Texas and **Pfc. Tenzin L. Samten**, 33, of Prescott, Ariz. who was assigned to the 7th Special Troops Battalion, 7th Sustainment Brigade, 10th Mountain Division (Light Infantry), Fort Eu-

stis, Va.

Staff Sgt. Collin J. Bowen, 38, of Millersville, Md., died March 14 at Brooke Army Medical Center, San Antonio of wounds suffered Jan. 2 in Khowst Province, Afghanistan when his vehicle encountered an improvised explosive device. He was assigned to the 1st Battalion, 175th Infantry Regiment, Maryland Army National Guard, Towson, Md.

Two Soldiers died Monday in Baghdad from wounds suffered when their vehicle encountered an improvised explosive device during combat operations. They were assigned to the 1st Battalion, 68th Armor Regiment, 3rd Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo. Killed were: **Staff Sgt. Michael D. Elledge**, 41, of Brownsburg, Ind. and **Spc. Christopher C. Simpson**, 23, of Hampton, Va.

TEENS, from Page 2

and responsibility. This can be a result of working and earning a paycheck or playing a sport with their friends and winning a championship basketball game.

Teenagers on this island are being affected physically, mentally and emotionally by recent Community Activities cutbacks and this can indirectly lead to unwise choices and bad decisions which they will regret later in life.

As I write this, there are significant changes occurring on this island. A lot of those changes are having negative effects, directly or indirectly on teenagers.

I encourage you to consider the detrimental effects of your decisions on teenagers. Think of us as your own children.

Thank you for your consideration.

Two Scouts earn Eagle

Landgraft, Hillman join elite five percent, set example for Kwajalein Boy Scouts of America

By Nell Drumheller
Editor

Last week Robert J. Mazzuca, Boy Scouts of America chief Scout Executive, made a quick visit to Kwajalein. It was a stop-over on his way from Guam to points east. He climbed off the Continental flight, hurried across the tarmac, jumped into a van and was whisked off to a quick, but important ceremony honoring two of Kwajalein's Scouts.

Gathered with other Scouts, friends and family members at "Old Camp Hamilton" were Michael Hillman and John Landgraft.

On March 12th the young men were presented, officially, with their

Eagle Scout badges. Less than five percent of all Scouts make it to the lofty heights of Eagle Scout, according to Mazzuca. He described what it meant to be an Eagle Scout, "First of all, it's an honor. And when you receive it, it's huge. There's a lot of responsibility. You know you can be a former Boy Scout, but you can't be a former Eagle Scout."

Mazzuca wasn't surprised that both Hillman and Landgraft were Eagle Scouts, even though the scouting organization on Kwajalein is small, the support for the group is significant.

In 1910, the Boy Scouts of America was founded to help young people grow into responsible, well-rounded citizens, accord-

ing to its Web site. As a result, more than 100 million Americans have experienced the traditional, values-based program offered by the BSA.

Landgraft and Hillman have each been in Scouting for more than ten years. "My father is an Eagle Scout," Landgraft said. "I've always enjoyed Scouting." He set his goals high young and admitted, "I wanted to be an Eagle Scout very early on. Eagle is Scouting's highest honor and a great achievement." He continued, "Eagle Scouts are recognized for their entire lives for their accomplishment. I also learned a lot on the way to earning the rank of Eagle."

Hillman, on the other hand, took a different

route to reach the same results. "It was a milestone," he said of becoming an Eagle Scout. "I did not become interested in achieving the rank of Eagle until I was almost 17 years old. It was something in that I had little time to achieve, since all the requirements necessary to achieve the rank of Eagle are due before your 18th birthday. I wanted to see if I could make the cut, as well as to see if my determination could make this happen."

Becoming an Eagle Scout takes a lot of effort, and support. "A Scout must first earn the seven preceding ranks," Landgraft described the steps. "This requires a great deal of patience as a Scout masters many skills, ranging from knots to first aid. Getting to the last requirements for Eagle takes a lot of dedication and hard work."

Mazzuca added, "Becoming an eagle scout doesn't happen by accident. It doesn't happen just because I boy wants it to."

Part of becoming an Eagle Scout is completing an Eagle Scout project. Both young men picked projects that would improve the community. Landgraft's project was on Enniburr. "I knew that I wanted my project to benefit the Marshallese people, but was having trouble finding a suitable project," he said. "After looking around Kwajalein, I heard about a small school building on Enniburr that had not been renovated with



Photos by Nell Drumheller

John Landgraft kisses his mother, Michelle, while his father watches at the Eagle Scout ceremony March 12. John was one of two Kwajalein Boy Scouts of America who earned Eagle Scout.

the main school, by the Army's Humanitarian, Civic Action Program."

The building served as a seventh and eighth grade school and house for a teacher. "I traveled to Enniburr and found the building was dilapidated and in need of new plywood walls," he continued. "I liked the idea repairing the building and that it was in need of major renovations."

After Landgraff defined his goal, he set about making it happen. "I spent about eight hours a week on my project for three months, and 71 hours at work parties. That is [more than] 115 hours planning and 71 hours of labor for a total of 186. Other volunteers put in 333 hour at various work parties."

Landgraff identified his needs: labor, material, money and cooperation would make it all work. He outlined his project and then started the coordination portion; clearing the requirements with Col. Stevenson Reed, U.S. Army Kwajalein Atoll commander and soliciting funds from various charitable organizations on island including the Kwajalein Range Services Quality of Life committee. "After funds were raised and materials were purchased the work began," Landgraff said. The 30

sheets of marine-grade plywood he needed was donated by the San Juan Construction Company. He, along with volunteers, painted the plywood on both sides on Kwajalein prior to being shipped to Roi-Namur and on to Enniburr. "I arranged for transportation and lodging for my work crew," Landgraff said. "We stayed on Roi for a weekend and traveled to Enniburr for two consecutive work days. We were aided in this final phase of the project by two carpenters from Roi and several Enniburr residents. In the end we had replaced all of the exterior plywood siding with new more weather resistant painted plywood and studs that had rotted and repainted the interior of the building," Landgraff said Boy Scout Troop 314 provided support and manual labor; Ed Hillman [Michael's father]; Jim Landgraff [John's father] and Paul Lewis helped supervise and offered elbow grease.



Michael Hillman is congratulated by his father, Ed, on earning Eagle Scout. Hillman and John Landgraff earned Eagle Scout this year. Only five percent of all Boy Scouts reach the Eagle Scout level.



The Boy Scouts of America was founded in 1910 to help young people grow into responsible and well-rounded citizens.

Carpenters Russell Leon and Danny Mabu offered their professional opinions and assistance, the people of Enniburr and many more helped make this project a success according to Landgraff.

"While working on my Eagle project I learned a lot about organization and time management skills," Landgraff said. "An Eagle project is a lesson in how to plan work. I did not realize how much planning was required for something like this."

Hillman took on "Old" Camp Hamilton as his Eagle Scout Project. "I always liked the idea of fixing up "Old" Camp Hamilton because it is a pretty location but has been in serious disrepair. I

always wanted to clean up the area but had no incentive to do so. When I decided to go for Eagle it was my window of opportunity."

Like Landgraff, Hillman spent many hours planning and outlining the project requirements.

"I personally worked on the project for over 120 hours," Hillman said. "This is equivalent to three weeks working a full time job. The total hours spent working on the project; volunteer help included, totaled over 480 hours."

In overview, his project included basic clean-up of the area, installation of a new archway at the entrance; improvement

See SCOUTS, Page 8

SCOUTS, from Page 7

of the area by the ocean the stone stage; installation of a large barbecue and installation of tables, benches, bike racks and garbage containers.

Jim Landgraff mentored both Scouts on their Eagle Scout projects.

“For this project alone I have learned a lot about the bureaucratic procedures that have to happen in order for things to get done,” Hillman said. “For example, I had to get approvals from various organizations before I could even start. This took a lot of time and effort before the “real” work even began.”

Hillman had lots of help, just like Landgraff on his project. He said Larry Cotton provided 4,000 pounds of cement and Matson Corporation donated \$300 for the project.

Becoming an Eagle Scout is a personal goal, and requires personal determination. “You’re not in competition with anyone; nobody has to lose so that you can win,” Mazzuca said. “But it takes a lot of great people to really provide the support, especially as the boys get a little bit older,” he said. There are a lot of distractions as boys get older, girls, cars, sports, school, etc.”

Even though it is up to the individual boy to make the commitment, Mazzuca said the community is a big part of the success. “It takes a lot of good people to make that happen. He’s not surprised that there are two new Eagle Scouts on Kwajalein, even though the overall scouting population is small. “It’s wonderful. I wish there were more groups of people like you,” he said of the Kwajalein community and its support of the young people on island.



Michael Hillman pins his mother, Emily, at the Eagle Scout ceremony.



Dozens of volunteers assisted Michael Hillman with his Eagle Scout project, cleaning up and refurbishing “Old” Camp Hamilton.

“Villages of people who cared as much about their kids, I love working with military folks. The military influence on children is incredible. I’m not surprised that you have a couple of Eagle Scouts, and I see you have a couple of life badges.”

The Scouts on Kwajalein have a real advantage ac-

ording to Mazzuca. “Of being a part of the world community that they recognize. And scouting is a real bridge to that; they recognized that it is the same everywhere. They all say the same oath.”

Mazzuca recommends Scouting for all boys, “Have fun, it’s an adventure. They don’t join

to get their characters developed. They join to climb a mountain. I tell a young boy to join to climb a mountain, and the character building sneaks up on them. I’d tell an older boy that we are going to teach you about leadership, how to be a man, we’re going to teach you character.”

HELP WANTED

KRS and CMSI job listings for On-Island positions will be available at the Kwaj, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board outside of DVD Depot, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for Contract positions are available at www.krsjv.com, on the bulletin board outside of DVD Depot and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for Contract positions are located online at www.krsjv.com.

NEED EXTRA money? KRS employment applications are continually accepted for all Community Services Departments and the Human Resources Temporary Pool for Casual Positions. Some examples of these positions are: sport officials, scorekeepers, delivery drivers, lifeguards, medical office receptionists, temporary office support, etc. For more information, call the KRS HR Office at 5-4916.

U.S. Army Kwajalein Atoll

OFFICE AUTOMATION ASSISTANTS, GS-0326-6. Temporary position not to exceed two years. The employee provides clerical support to ensure efficient office operations. The employee accomplishes various duties to provide essential office automation support and production. The employee performs a variety of assignments using the advanced functions of various database software packages. The employee prepares varied documents with complex formats using the advanced functions of word processing, desktop publishing, and other software types. The employee performs systems maintenance functions for electronic mail systems. The employee performs a variety of assignments using the advanced functions of one or more spreadsheet software packages. Performs a variety of secretarial and other clerical and administrative functions, using judgment to answer recurring questions and resolve problems. Apply at <https://cpolwapp.belvoir.army.mil>.

WANTED

PART-TIME NANNY for four-year-old, early childhood education experience preferred. Call 54396.

SEWING MACHINE. Call 53569.

COMIC BOOKS and graphic novels. Call 58792.

SPANISH TEACHER for lessons one night per week. Call 53496 or 51071.

ROWING SHELL/SCULL with sliding seat and oars. Call 55317 or 51515.

LOST

COSTA DEL MAR sunglasses, black, at Emon Beach during Mobile Kitchen dinner March 9. Call 54396.

LEGENDLX SCUBA regulator with Cobra computer, believed to have been left at the marina dip tank on March 10.. Call Chris, 54211 or 54011.

PATIO SALES

MONDAY, 7 a.m.-12:30 p.m., Quarters 433-B. Final PCS sale.

MONDAY, 7:30 a.m.-?, Quarters 136-F (inside). No early birds.

MONDAY, 8-11 a.m., Quarters 473-A. Costume jewelry, earrings, bracelet, headbands, adult clothing and plants.

FOR SALE

CRIB BED, converts to toddler bed with built-in five-drawer dresser and changing table, \$50. Call 53398 or 52014.

RIFFE ISLAND mind-handle teak spear gun, 61 inches, three-inches by 5/8-inch bands, extra shaft including slip tip, \$600. Call 52567.

HP DV9500T NOTEBOOK computer, 2.4Ghz, T7700 CPU, Vista Home Premium, 4GB RAM, 17-inch WSXGA+ screen (1680 by 1050), GeForce 8600M GS 256MB dedicated video RAM, 2 internal hard drives (160GB + 120GB), HDMI, modem, GB Ethernet, Wireless LAN, Bluetooth, Lilon battery, IR Remotel, A/C Adapter, \$1,750. Call 51545.

MAN'S RUSTMAN BIKE, \$200; custom single-speed woman's bike, high handle bars, stainless steel chain, \$95; complete Sea Hunt TV series DVDs, \$100 and mature audience DVDs, \$5-10. Call 53612.

HAMMOCKS (three) like new, \$20 each; surf trailer with Burley hitch, \$25; Hoover vacuum, \$50; Over-the-toilet organizer, \$30; patio table, \$25; patio chairs, \$5 each; woman's rash guard size medium, \$20 and man's rash guard, size extra-large, \$25. Call 52813.

HOOKED ON PHONICS three-DVD pack, new, in box, \$30; cradle/bassinet, \$25 and Boys' Land's End sandals, new, size 11, \$10. Call 52757.

SHARP FLATSCREEN TV, 27-inch, with controller, \$225. Call 54230.

Religious Services

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.
Sunday Mass, 9:15 a.m., in the main chapel.
Mass on Roi is at 12:30 p.m., in Roi chapel.

Protestant

Sunday
8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.
Sunday school for all ages is at 9:15 a.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in
Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office for more information.

SAMSUNG HDTV 27-inch, with remote control, \$300; Panasonic convection oven, \$100 and scanner, \$10 or best offer. Call 53936.

GEORGINA, 36-foot McGregor catamaran, 300 square feet of trampoline space, twin cabins and 30-horsepower kicker, includes trailer, boat shack, mooring, rib dinghy, sails and extras, fully rigged, in the water, ready to sail, \$8,000 or best offer. Call Jon, 58123.

CHEST FREEZER, 12 cubic feet, \$100 and air-conditioning window units, \$50-100. Call 52400 or 50800.

PCS SALE. Living room set, complete with sofa, love seat, end tables, coffee table, and table lamps \$1,300; curio cabinet, \$75; CD racks (set), \$25; gas grill with cover, tank and lava rocks, \$50; small TV stand with cabinet, \$25 and patio ceiling fan, \$25. Call 51982, after 6 p.m.

HEAVY-DUTY lined, pinch-pleated, light blue patterned, patio panel drape, 96-inches wide by 84-inches long, use with one-way draw traverse rod, fits sliding glass patio doors in new housing, new from JC Penney catalog, \$125, will sell for \$75. Call 53759.

PHOTO SCREEN, holds 12 8 by 10 photos, \$50; CD storage rack, \$20; train case, lots of storage, \$20; travel jewelry box leather, \$45; Sony radio/cassette player, \$25, and massager with two different heads, \$20. Call 53627.

Café Pacific

Lunch

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	March 28
Swedish meatballs	EASTER BRUNCH	Beef tips of Burgundy	Broiled ono	Stuffed cabbage	Southern fried chicken	Bistik tagalog
Roast kalua pork	Peking duck	Whole roast chicken	Broccoli rice casserole	Stuffed peppers	Short rib stew	Inahow baboy
Macaroni/cheese	Pacific catch	Ham Marco Polo	Beef/peapod stir-fry	Chicken pot pie	Red beans in broth	Pancit bihon
Grill: Cheese gobbler	Carved steamship round	Grill: Brunch station open	Grill: French dip	Grill: Tuna melt	Grill: Pepper Jack stacker	Grill: Teriyaki burger

Dinner

Tonight	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Pot roast	Chicken-fried chicken	Spaghetti	Sweet-and-sour pork	Salisbury steak	Carved top round of beef	Roast pork
Chicken adobo	Parker ranch stew	Veal Alfredo	Chicken hekka	Barbecued chicken	Lemon herb chicken	Beef fajitas
Beer-battered cod	Vegetarian	Baked mahi mahi	Korean beef steak	Spicy tofu/veggies	Beer-battered cod	Chicken enchiladas

Holy Week Services

Catholic

- 8 p.m., tonight, Good Friday Celebration of the Lord's Passion, in the chapel
- 7:30 p.m., Saturday, Easter Vigil Mass, in the chapel
- 9:15 a.m., Sunday, Easter Mass, in the chapel

Protestant

- 6:30 p.m., tonight, Faces Around the Cross, in the chapel
- 6:30 a.m., Sunday, Easter Sunrise Service, on Emon Beach
- 10:45 a.m., Sunday, Easter Service, in the chapel

JVC PROJECTION TV, 65-inch, \$1,800; two children's 20-inch bikes, \$10 each; two Sun aluminum adult bikes with new rims, tires, chains and bearings, \$50 each; two Burleys, \$50-100; double jogging stroller with rain cover \$125 and two beach chairs, \$5 each, TV available Tuesday, rest end of March. Call 51576 or 59188.

BOAT SHACK 402, aluminum, eight-feet by 12-feet, includes some tools, two-inch drill press, seven-drawer tool cabinet and a 1988 500cc Yamaha Wave Runner, \$1,500 for all. Call 51943 or 50974.

PCS SALE. Queen-size mattress set with steel frame, \$100; two sets of curtains and rods for new housing, \$20 and color TV, good condition, \$100. Call 52713.

PCS SALE. 21-foot boat, fiberglass hull, bimini top, 225-horsepower outboard, 50-gallon fuel tank, radio, safety equipment, trailer and house, \$8,400 and Bose 901 speakers with EQ, \$300. Call 59662.

DIVE EQUIPMENT, includes Integrated BCD (XXL), primary/secondary air with dive computer and bag, knife, size 12 reef shoes, 22 pound weights and large bag to contain it all. bought brand new, has about 25 dives; \$800 for entire set and two sets of golf clubs with bags, \$100 per set. Call Veda, 52337.

COMPUTER DESK with hutch, \$80; computer desk, \$25; filing cabinet, \$20; scrapbook, \$3; bike handle bars, \$3 and small bike basket, \$5. Call 52310, after 5 p.m. Answering machine is in Spanish.

THE EASTER EGG HUNT will be at 4 p.m., Sunday, at the Richardson Theater. Children through Grade Six are invited to bring their Easter baskets to collect eggs and prizes. Questions? Call 53331.



The Easter Bunny and Café Pacific invite you to Easter Brunch

The staff at Cafe Pacific would like to extend their invitation to join them for Easter Brunch Sunday.

The chefs will prepare an array of delicious entrees including slow-roasted steamship round of beef and herb-crusted rack of lamb, crab-stuffed mushroom caps, tortellini with asiago cream sauce, Peking roast duck, Pacific Island catch, strawberry crepes and char-broiled ham steaks. Also on the menu are a chilled seafood bar including jumbo peel-and-eat shrimp, mussels on the half shell, cajun crawfish and smoked salmon, an international cheese bar, assorted salads, fresh fruits, and a variety of delicious desserts. The grill will have cooked to order eggs, omelettes and pancakes.

Unaccompanied personnel, from 11 a.m. to 2:30 p.m., families, noon to 2:30 p.m.

Adults \$ 21.95. Children under 12, \$11.95.

Menu subject to change due to availability

COMMUNITY NOTICES

SMALL BOAT MARINA summer hours are now in effect: Closed, Tuesdays and Wednesdays; 1:30-6:30 p.m., Thursdays and 8 a.m.-6:30 p.m., Saturday, Sunday, Monday and holidays.

CONGRATULATIONS TO Max Blackcrow, winner of the \$50 gift certificate. Retail Services would like to thank the community for completing the 2008 Retail Merchandising and Grocery Survey. We value your feedback, suggestions and comments.

CHILD AND YOUTH SERVICES will host a live music night, 7-10 p.m., Saturday, at the Youth Center. Open to students in Grades 7-12.

THE INNER TUBE water polo season begins Tuesday. Cost is \$50. To register or for questions, call Mandie, 52847.

MANDATORY ISLAND orientation begins at 12:45 p.m., Wednesday, in Community Activities Center Room 6. It is required for all new island arrivals. The island orientation is not recommended for dependent children under 10. Questions? Call 51134.

CHILD AND YOUTH SERVICES will host a Spring Break Kickoff Lock-In for Grades 7-12 only, 9 p.m.- 6 a.m., March 29-30, in the Namu Weto Youth Center. Food, drinks and games will be provided. No entry/exit after 10 p.m. Signed permission slips are mandatory and are due not later than March 28, no exceptions. Questions? Call 53796 or stop by the Youth Center.

ALL RETAIL FACILITIES will be closed 1-3 p.m., March 28, for a safety stand-down.

MACY'S EASTER SALE is through March 29. Almost everything is 20-75 percent off. Logo items are 20 percent off. Easter holiday items are 40 percent off.

THE KWAJALEIN SCHOOL yearbook presale is through March 29 at the high school office.

Hours are 7:30-11:25 a.m. and 12:30-4:30 p.m. Yearbooks will also be sold 3:30-4:30 p.m., March 29 at the elementary school. Yearbooks are \$40 during presales and \$45 after March 29. Make checks payable to KHS.

THE SPRING BREAK MUSIC FESTIVAL will be April 6. Performers wishing to be in the program should call Dan Eggers, 55509, evenings.

KWAJALEIN YACHT CLUB will sponsor a chili cook-off April 6, on Emon Beach. Categories will include traditional, hottest and most original. For entry forms and information, contact Monte Junker, 52834, or e-mail: monte.junker@smdck.smdc.army.mil.

JOIN THE FUN with outrigger canoe races, 2-4 p.m., April 6, during the Spring Music Festival. Bring a mixed crew of five. Must be 13 or older. Beginners welcome. Meet at Emon Beach at 2 p.m. for rules and race schedule. Bring sunscreen and water. Contact Tom Anderson to sign up.

THE BARBER will be on vacation April 6-May 8. During that time, the stylist will be available for appointments. Call 53319.

ALL BACHELOR QUARTER residents are reminded to unplug or turn the control knob to the off position when defrosting the freezer units of their refrigerators. Do not attempt to remove the ice with a sharp object. This can result in a puncture of the refrigerant line. The responsible resident will be billed for the cost of a replacement refrigerator. Questions? Call 53288.

Kwajalein Scuba Club invites island children to an underwater Easter Egg Hunt at 2 p.m., Sunday, at Emon Beach. Questions? Call Cowboy, 54240.

**DISCONTINUATION OF THE COMMUNITY BUS SERVICES
ON KWAJALEIN AND ROI-NAMUR**

The following bus services will be discontinued effective March 29:

- The Kwajalein Community Bus, 7:04 a.m.–6:03 p.m. daily/weekends.
- The Roi-Namur Island Bus; 6:30 a.m.–7:30 daily/weekends

The Work Bus on Kwajalein and Roi-Namur will remain in service and continue to serve their posted routes and schedules.

- Kwajalein Work Bus: 6:10-8:15 a.m. and 11:25 a.m.–12:45 p.m. and 4:25–6 p.m., Tuesday through Saturday.
- Kwajalein Express Bus: 7:45 – 11:15 a.m. and 12:45-4:15 p.m., Tuesday through Saturday
- Roi-Namur Work Bus: 5:30 a.m.–6 p.m., Tuesday through Saturday

Questions? Call Joe Makua, 58502.



**will close Sunday
in observance of
Easter.**

**MEDICAL CLINIC FLAT FEE
SCHEDULE AND INSURANCE
FILING REMINDER:**

A new flat fee schedule is in effect for medical clinic services. **Patients will be asked to pay for medical and dental clinic charges at the time of service, and will be responsible for filing their own insurance claims.** Exceptions apply. See the March 7 article in the *Hourglass*. Call 52220 for medical billing questions and 52165 for dental billing questions.

Ballroom Dinner Dance



featuring the *Central Pacific's Most Dangerous Band* is 6:30 p.m., April 20, in the multi-purpose room. Tickets are on sale now for \$40. Get your tickets by calling Dick, 51684, or Cris, 52935. Proceeds benefit the music program.

Grace Sherwood Library is extending its hours of operation due to the generous support of volunteers.

- 1-7 p.m., Mondays, Fridays and Saturdays
- 9-11 a.m. and 1-7 p.m., Wednesdays
- 5-7 Thursdays



Mexican Fiesta



The Mobile Kitchen presents a Mexican Fiesta at 7 p.m., March 29, on Emon Beach. Menu will include chips and salsa, grilled steak, chicken enchiladas, mixed salad, five-bean salad, shrimp salad and pecan pie. Seats are \$30, \$25 for meal card holders. Sign up at Three Palms Snack Bar with Joe or Cathreen at 53402.



Kwajalein Operations is sealing roads starting with the airport loop. Residents and workers should avoid walking, running, biking or driving on sealed surfaces when traffic cones are in place.

Questions? Call Ric Wolowicz, 51535.

COMMANDER, from PAGE 2

So the responsibility for developing, coordinating, and implementing the plan became my responsibility as a leader. And support for the plan by our higher HQs (SMDC/ARSTRAT) played a key role in establishing a template for further development of our Transformation. My comments were in no way, shape or fashion stating that the leadership of SMDC/

ARSTRAT or at USAKA/RTS did nothing; however, it may have been perceived in that matter. They established the following during the time period 2004-2006:

1. Re-established the POM for future funding of USAKA/RTS.
2. Completed the underwater fiber optic survey from Kwajalein to Majuro to Guam.

3. Established the Kwajalein Distributed Operations Control Center at the ARC in Huntsville.

4. Established relationship with key decision makers to ensure that they understood the importance of Kwajalein Atoll.

And, many other initiatives that helped to lay the groundwork for our follow-up Transformation plan.

SEMINARS, from PAGE 3

referring a lot of people to see him,” continued Horner.

Yeats explained that in times of transitions people may experience ‘ambiguous loss’ which is a loss that is unclear, can’t be fixed and has no closure. For example,

you’re not sure what’s happening with your job; your child’s school; or your community. “It’s a natural response to isolate yourself in these situations and I am here to help people share their experiences and realize they are not alone.” Yeats talked about recognizing, understanding, and coping with losing your sense of security; losing control of your life decisions and losing your self-identity.

“There are so many frustrated and anxious people and I would just like to know what to say to help,” said an audience member.

Yeats discussed issues such as your community becoming unmoored and finding yourself unsure of what’s happening. She also talked about becoming off-balance; unsure of your next move; wondering if you might lose your job; unable to make decisions. Yeats explained that these thoughts are caused by ambiguous loss.

Several people attended the seminars to learn new

self-help skills. “I’d like to see if there is something new I can learn that can help me. I am experiencing general issues about transition,” said Bev Fine, a teacher at the Kwajalein Elementary School.

“I want to learn tips to find a way to focus and balance myself. I’ll be leaving Kwaj soon and I am going to the states and to the unknown. I am feeling a sense of ambiguity and I am having a hard time figuring out if I am coming or going,” said another audience member.

Several audience members asked Yeats how to handle the stress from ambiguous loss. Yeats explained that every individual has their own way of coping with stress and it’s important to realize that the situation is not your fault.

Yeats concluded that you need to remind yourself that the world isn’t fair. There are many things that are out of your control. Bad things don’t always happen to bad

people. Don’t get hung up on thinking that if you work harder or do a better job you will save your job. Try to acknowledge that you are going to make the change that you did not ask for, and then you can look forward to the opportunities ahead of you.

Ambiguous loss can cause some of the following

- conflicts with spouse and family
- depression
- anxiety, guilt, shame
- confusion
- not taking care of yourself
- loss of certainty about the future
- loss of control over your life
- loss of hope
- loss of identity

Tools for living with ambiguous loss

- identify the problem by giving it a name — ambiguous loss
- avoid getting angry, desire for revenge and secrets
- recognize you have less control over life
- avoid believing that the harder your work the more you avoid suffering
- avoid isolation and stay connected to spiritual or community support
- talk about your mixed feelings
- do not expect clarity or closure
- become more comfortable with ambiguity by finding humor in absurd situations
- feel good about yourself even if things don’t go your way

Tips for coping with stress on Kwaj

- scuba-diving
- exercising
- fishing and other recreational sports
- talking with friends, family or co-workers

Weather courtesy of RTS Weather

Saturday: Partly cloudy, 30 percent showers. **Winds:** NE at 12-16 knots.
Sunday: Mostly sunny, 20 percent showers. **Winds:** NE at 13-17 knots.
Monday: Sunny, 10 percent showers. **Winds:** NE at 10-15 knots.
Tuesday: Mostly sunny, 20 percent showers. **Winds:** ENE at 9-14 knots.
Wednesday: Sunny, 10 percent showers. **Winds:** ENE 8-14 knots.
Thursday: Mostly sunny, 10 percent showers. **Winds:** NE at 10-15 knots.
March 28: Partly cloudy, 30 percent showers. **Winds:** E at 12-18 knots.

Annual total: 13.28 inches
Annual deviation: +1.97 inches

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

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Saturday	6:51 a.m./7:01 p.m.	8:03 p.m./7:27 a.m.	4:38 a.m., 4.4' 4:47 p.m., 4.5'	10:42 a.m., 0.6' 10:54 p.m., 0.8'
Sunday	6:51 a.m./7:01 p.m.	8:49 p.m./8:06 a.m.	5:02 a.m., 4.6' 5:12 p.m., 4.3'	11:09 a.m., 0.7' 11:16 p.m., 0.7'
Monday	6:50 a.m./7:01 p.m.	9:38 p.m./8:47 a.m.	5:26 a.m., 4.6' 5:36 p.m., 4.1'	11:36 a.m., 0.6' 5:36 p.m., 4.1'
Tuesday	6:49 a.m./6:59 p.m.	10:27 p.m./9:30 a.m.	5:50 a.m., 4.4' 5:59 p.m., 3.7'	12:02 a.m., 0.4' 11:58 p.m., 0.3'
Wednesday	6:49 a.m./6:59 p.m.	11:19 p.m./10:16 a.m.	6:14 a.m., 4.2' 6:22 p.m., 3.3'	12:29 a.m., 0.1' 6:22 p.m., 3.3'
Thursday	6:48 a.m./6:59 p.m.	/11:05 a.m.	6:38 a.m., 3.9' 6:45 p.m., 2.9'	6:38 a.m., 3.9' 12:56 p.m., 0.3'
March 28	6:49 a.m./6:59 p.m.	12:10 a.m./11:57 p.m.	7:05 a.m., 3.5' 7:10 p.m., 2.5'	12:39 a.m., 0.3' 7:10 p.m., 2.5'