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SEPTEMBER 14, 2013

THE KWAJALEIN HOURGLASS



Matt Hess helps to pick up garbage from Kwajalein beaches during the KSC-sponsored Splash for Trash event Monday. For more, see page 4.

Photo by Eva Seelye

Need to contact a physician or nurse? Here's how:

It is the policy of Kwajalein Hospital not to participate in any medical care through email communication. This policy allows for accurate documentation in your medical records.

Physicians and staff at Kwajalein Hospital are happy to handle any questions, medication refills, results, appointments, etc., through the appropriate channels of communication.

For prescription refills, call the pharmacy directly at 53406 so that a message and chart review can be handled by the duty doctor.

For Aetna or other mail-in pharmacy refills or questions, call the nursing staff at 52223 so that a message can be generated and the prescription appropriately recorded in your chart.

If you need a medical record, call 52223 and ask for the medical record department.

If you have a medical question and want or need to speak with a provider, call 52223 and give the name of your provider and your telephone number. You will be contacted by the nursing staff, who will triage your call. Give them a brief description of your question or issue. They will speak with your provider and you will receive a call back. Unless it is an emergency, morning calls will be answered during the afternoon and afternoon calls will be answered before the close of business that day.

We know this may be a new system of communication for Kwajalein Hospital, and thank you in advance for your help as we more accurately and efficiently address your medical needs.

Thumbs Up!



... to all the Splash for Trash volunteers. Thanks for taking time out of your weekend to help keep the Kwajalein beaches and harbor clean! You all rock!

... to all the soccer fans who made it out to this week's games. It was nice to have a cheering section! What a great sense of community spirit!

MANIT MINUTE

U.S.-RMI Relations

The United States administered the Marshall Islands under the Trust Territory of the Pacific Islands from July 18, 1947, until Oct. 21, 1986. At that time the two countries entered into a bilateral agreement, the Compact of Free Association. Under the Compact, the U.S. government provides the Marshall Islands defense and substantial annual economic assistance, mainly through a series of grants to the Marshall Islands government.

On April 30, 2003, the Republic of the Marshall Islands Foreign Minister Gerald Zackios and U.S. Ambassador Mike Senko signed the amended Compact of Free Association Agreement that had been under negotiation for about four years.

The new agreement included funding for grants, a trust fund of more than \$800 million and a pact for the extension of use of Kwajalein Atoll through 2066, valued at about \$2.3 billion.

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 official views of, or endorsed by, the U.S. Govern-

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Ebeye team claims coconut trophy in tennis tournament

Article and photos by Michael Sakaio
USAKA Host Nation Office

While most tennis fans may have focused on the U.S. Open at Flushing Meadows, N.Y., the Kwaj tennis die-hards and their dedicated following could not wait for its own “Open” to kick off. Welcome to the 2013 Kwaj-Ebeye Labor Day Doubles Tennis Tournament. With no cloud cover, no rain and prevailing winds at a stand-still, the annual Labor Day tennis matchup between the Ebeye tennis team and Kwajalein tennis team kicked off at 9:30 a.m., with welcome remarks and tournament guidelines from Marc Rivera, president of the Kwajalein Tennis Club. Fr. Tetoanikai gave an invocation, blessing the day’s event and tournament.

The matchup began with the Kwaj team of Matt Sova and Barnabas Laeo against Romeo Alfred and Tetoanikai at Court 1, while Berny Price and Diego Pabon competed against Reni Langrine and Aruo Aluka at Court 2. The hustle and consistent serving of Sova/Laeo proved to be the difference in overcoming the doubles team of Romeo/Tetoanikai. While the scores of the Price/Pabon vs. Langrine/Aluka at Court 2 appear lopsided, this highly anticipated matchup lived up to its expectations of power serves, beautiful forehands and exciting net plays.

The tournament also displayed three Kwaj mixed doubles teams of Larry Cavender and Prescilla Consul, Kelly and Miguel Busquets, and DeAnn Brower and Mark Donoghue. All three teams displayed all out effort, but succumbed to the athletic prowess and hustle of Rantak Lincoln and Koba Jude, Handel Dribo and Francis Harry, and Jeru Roadrik and Bingo Jajo, respectively.

The height advantage and high percentage serving of Tommy Ryon and Ben Souther were not enough to slow down Richie Tabu and Polen Kumtak. With the Ebeye teams showing no signs of slowing down, Kwaj had to dig deep to keep pace



Aruo Aluka serves up the ball during the doubles tennis tournament.

or face a lopsided defeat. To curb this possibility, the Kwaj teams of Jay Monnot and Rob Ewbank (in the sun-matching outfit of bright orange T-shirts) and Marc Rivera and Chris Pollard registered much-needed wins for Kwaj. Still, Ebeye was not to be denied. Bolten Joel and Patrick Amos, with their hard precision serving, more than outlasted Ray Drefus and Mike Sakaio.

Hope was still alive for a respectable showing for the Kwaj team and thus, the last match of the day carried the weight of the tournament. The team of Almer Latdrik and Jackson James withstood the late charge of Helbert Alfred and Labtak Langrus in the second set to seal the Ebeye team’s victory.

With visible exhaustion in the faces of the players, the enthusiastic applause of the thinning crowd, and still no breeze to accompany the hot, mid-afternoon sun, Rivera closed the tournament with the presentation of the tournament cup to the Ebeye team. He thanked the participants for their valiant efforts on the court and the outstanding display of sportsmanship, the fans for their support, and remarked on the possibility for yet another re-match, perhaps sooner than later.



Jay Monnot, left, and Rob Ewbank compete in the Labor Day Tennis Tournament.

Kwaj Team	Ebeye Team	Score	Winner
Kelly & Miguel Busquets	Handel Dribo & Francis Harry	1-4 3-4	Ebeye
Berny Price & Diego Pabon	Reni Langrine & Aruo Aluka	4-0 4-2	Kwaj
Ben Souther & Tommy Ryon	Polen Kumtak & Richie Tabu	2-4 3-4	Ebeye
Larry Cavender & Prescilla Consul	Rantak Lincoln & Koba Jude	2-4 3-4	Ebeye
Jay Monnot & Rob Ewbank	Lojan Aini & Walton Shem	4-3 4-1	Kwaj
Marc Rivera & Chris Pollard	Dalton Langrus & Hermond Hemon	4-1 4-3	Kwaj
Ray Drefus & Mike Sakaio	Bolten Joel & Patrick Amos	1-4 0-4	Ebeye
Helbert Alred & Labrak Langrus	Almer Latdrik & Jackson James	1-4 3-4	Ebeye
DeAnn Brower & Mark Donoghue	Jeru Roadrik & Bingo Jajo	2-4 0-4	Ebeye
Matt Sova & Barnabas Laeo	Romeo Alfred & Fr. Tetoanikai	4-2 4-2	Kwaj

Splash for Trash

Hourglass Reports

Kwajalein Scuba Club hosted the annual Splash for Trash event on Monday morning. Scuba divers and beachcombers volunteered in the effort to keep Kwajalein's beaches and lagoon clean.

Divers were able to retrieve underwater trash in the harbor, including two bicycles and a chair. Topsiders found toothbrushes, hairbrushes and 312 flip-flops, including a matching pair. Tires, rope, plastic and glass were found and carried to the trash pile.

Prizes were given for a variety of categories. The Botes family won the most unique prize for the fluorescent light and a refrigerator door. The Hess family won the prize for the most real estate covered; they went all the way to the Country Club picking up trash. The prize for the largest item recovered went to Kiana Ziemba who found a very large spool. The Weiland family came up with Nicorette gum and a glue stick to win the prize for the most toxic to the environment. All participants received a gift certificate for a KSC T-shirt. The grand prize winner was Isaac Weiland for being the junior enthusiast; he won a brand new bicycle.



Maddy Greene helps to fill up a trash bag with garbage while cleaning up oceanside.

Photos by Eva Seelye



Cynthia Rivera volunteers to pick up trash off the beach.



Danielle Rivera finds flip-flops and other garbage on the beach during the Splash for Trash cleanup.



Marcus and Mika Weiland help to clean up the beaches Monday.

Japanese general pays respects at memorial



Photos by Sheila Gideon

Left, Japanese Maj. Gen. Tutaka Masuko shakes hands with U.S. Army Kwajalein Atoll Commander Col. Nestor Sadler and Sgt. Maj. Roderick Prioleau, far left. Above, Masuko pays his respects at the Japanese Cemetery during his brief stop at USAKA Tuesday.

Be ready for National Preparedness Month

Hourglass Reports

National Preparedness Month is observed Army-wide in September. It is an awareness campaign initiated by FEMA, aimed at strengthening the security, safety and resilience of our Nation by encouraging individuals, families and organizations to take significant action toward making themselves and their communities fully prepared for unexpected situations. The goal is to increase Army resilience and our nation's readiness for all-hazard events.

Every member of the Army community plays an important role in preparing for unexpected threats to the community. Important facets of the program include the ideas that risk is a shared responsibility, unexpected dangers and events can happen anywhere and at any time, persistent vigilance can prevent and prepare us for unforeseen all-hazard events, leaders must drive a culture of change, and units must provide the best preparedness training and education possible.

Army installations face a wide range of hazards, natural and man-made, that must be addressed. Natural hazards include hurricane, tornado, tsunami, flood, wild fire, severe storm, earthquake, volcano, drought and extreme heat or cold. Man-made hazards include chemical, biological, radiological, nuclear and high-yield explosive.

Ready Army promotes a culture of preparedness throughout the Army. The Ready Army tenets are: be informed, make a plan, build a kit and get involved.

Prepare yourself and your family for a disaster by making an emergency preparedness plan. In this plan, include the following:

- Emergency contact numbers

- Neighborhood and regional meeting areas
- Evacuation routes
- Utility shut-off information
- Vital records

Include the following considerations in your plan, as appropriate:

- Special needs populations
- Pets
- Emergency plans at family member work areas, daycare and schools
- Practice your plan at least twice a year and update it accordingly

Survival kit recommendations:

- Non-perishable food and water to last for at least 72 hours
- First aid kit, AM/FM radio, personal sanitation, local maps, wrench/pliers, flashlight, extra batteries, can opener
- Anticipate limited services for days or even weeks (electricity, gas, water, sewage treatment, telephone service)

Maintain your kit:

- Store canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Change stored food and water supplies every six months

Store your kit:

- Keep in designated place as you may leave your home quickly
- Keep a kit of emergency supplies in your car in case you become stranded (include jumper cables, flashlights and extra batteries, first aid kit, necessary medications, non-perishable food, bottled water, AM/FM radio, blankets)



KWAJALEIN ARES KORNER

This October, Kwajalein Hospital is proud to participate in National Breast Cancer Awareness Month. About 1 in 8 women born today in the United States will get breast cancer at some point during her life. After skin cancer, breast cancer is the most common kind of cancer in women. The good news is that many women can survive breast cancer if it's found and treated early.

The American Cancer Society recommends routine annual screening mammograms beginning at age 40. Talk to a doctor about your risk for breast cancer, especially if a close family member has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. A mammogram, or X-ray of the breast, currently remains the gold standard for the early detection of breast cancer. According to the National Cancer Institute, "The benefits of mammography nearly always outweigh the potential harm from the radiation exposure. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low."

Kwajalein Hospital was awarded a 3-year term of accreditation in mammography in February 2012 from the American College of Radiology. The ACR awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment. A facility must be accredited by the ACR in order to comply with Federal Drug Administration regulations.

Kwajalein's mammography program is also inspected every year by the FDA. During its annual inspection, the FDA evaluates the facilities

equipment, personnel, quality assurance program, record keeping and other aspects of the mammography program. To maintain FDA certification, each mammography technologist must perform 200 exams in a two year period. Last year, Kwajalein Hospital only performed 128 mammograms. With a dwindling population, it becomes harder and harder to maintain these numbers. It's possible the Kwajalein Hospital could lose FDA certification of the mammography program if the numbers are not met. We encourage all women to take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam and scheduling your routine screening mammograms.

For more information, call 53522.

Breast Cancer Myths

Myth: Finding a lump in your breast means you have breast cancer.

The Truth: Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not.

Myth: If you have a family history of breast cancer, you are likely to develop breast cancer, too.

The Truth: While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10 percent of individuals diagnosed with breast cancer have a family history of this disease.

• If you have a first degree relative with breast cancer (mother, daughter, sister) who developed breast cancer below the age of 50, you should consider some form of regu-

lar diagnostic breast imaging starting 10 years before the age of your relative's diagnosis.

• If you have a second degree relative with breast cancer (grandmother, aunt) who was diagnosed with breast cancer, your risk increases slightly, but it is not in the same risk category as those who have a first degree relative with breast cancer.

• If you have multiple generations diagnosed with breast cancer on the same side of the family, or if there are several individuals who are first degree relatives to one another, or several family members diagnosed under age 50, the probability increases that there is a breast cancer gene contributing to the cause of this familial history.

Myth: Antiperspirants and deodorants cause breast cancer.

The Truth: Researchers at the National Cancer Institute are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

Myth: Men do not get breast cancer; it only affects women.

The Truth: Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality rate than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

Material for this article is courtesy of the National Cancer Institute.

See BREAST CANCER, page 12

Four steps to prevent foodborne illness

Hourglass Reports

September is National Food Safety Month. What can you do to protect yourself, your family and friends from food poisoning? Following these simple steps on a daily basis can help keep everyone safer from food poisoning at home.

CLEAN: Wash hands and surfaces often. Illness-causing bacteria can survive in many places around your kitchen.

- Wash hands for 20 seconds with soap and running water. Scrub the backs of your hands, between your fingers and under your nails.

- Rinsing utensils, countertops and cutting boards with water won't do enough to stop bacteria from spreading. Clean utensils and small cutting boards with hot, soapy water (110°F), rinse with clean water (120°F), then sanitize surfaces and cutting boards with a bleach solution. Two tablespoons of household-type chlorine bleach in four gallons of water provides a starting solution of approximately 100-ppm Free Available Chlorine. Do not use scented chlorine bleach.

- Wash fruits and vegetables, but not meat, poultry or eggs. Even if you plan to peel fruits and vegetables, it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them.

SEPARATE: Don't cross-contaminate. Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood and eggs can still spread illness-causing bacteria to ready-to-eat foods.

- Use separate cutting boards, plates and utensils for raw produce, meat, poultry, seafood and eggs.

- Keep meat, poultry, seafood and eggs separate from all other foods while you're shopping at the grocery store and in the refrigerator.

COOK: While many people think they can tell when food is "done" simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps. Use a food thermometer to make sure food reaches its safe minimum cooking temperature.

- Internal temperatures should be 145°F for whole meats, 160°F for ground meats, and 165°F for all poultry. Eggs should be cooked until the yolk is firm.

- During meal times, keep food hot (at 140°F or above). After meals, refrigerate leftover food quickly; keep it cold (at 40°F or below).

- Microwave food to 165°F.

CHILL: Illness-causing bacteria can grow in many foods within two hours unless you refrigerate them. During the summer, cut that time down to one hour.

- Refrigerate foods that tend to spoil more quickly, like fruits and vegetables, milk, eggs and meats, within two hours. Warm foods will chill faster if they are divided into several clean, shallow containers.

- Thaw or marinate foods in the refrigerator, never on the counter or in the kitchen sink.

- Know when to throw food out.

For more information, contact the KRS Food Safety Inspector at 52633 or visit FoodSafety.gov.

All information in this article was sourced from FoodSafety.gov, U.S. Army Medical Technical Bulletin for Occupational and Environmental Health (TB Med 530), and National Restaurant Association.

Food Storage Times		
Category	Refrigerator (40°F or below)	Freezer (0°F or below)
Salads	3-5 days	Does not freeze well
Hot Dogs (open)	1 week	1-2 months
Lunch Meat	3-5 days	1-2 months
Bacon	7 days	1 month
Sausage (raw)	1-2 days	1-2 months
Ground Meat	1-2 days	3-4 months
Beef, Veal, Lamb, Pork	3-5 days	4-12 months
Poultry	1-2 days	1 year
Soups, Stews	3-4 days	2-3 months
Leftover Meat/ Poultry	3-4 days	2-6 months
Leftover Chicken Pieces	3-4 days	1-3 months
Leftover Pizza	3-4 days	1-2 months

Egg Storage		
Product	Refrigerator	Freezer
Raw eggs in shell	3-5 weeks	Do not freeze; instead, beat yolks and whites together, then freeze
Raw egg whites/yolks	2-4 days	12 months; yolks do not freeze well
Hard-cooked eggs	1 week	Do not freeze
Egg substitutes, liquid, unopened	10 days	12 months
Egg substitutes, liquid, opened	3 days	Do not freeze
Egg casserole	3-4 days	Baked, 2-3 months
Eggnog (commercial)	3-5 days	6 months
Eggnog (homemade)	2-4 days	Do not freeze
Pumpkin, Pecan Pie	3-4 days	Baked, 1-2 months
Custard, Chiffon Pies	3-4 days	Do not freeze
Quiche with filling	3-4 days	Baked, 1-2 months

Safe Minimum Cooking Temperatures		
Category	Food	Temperature (°F)
Ground Meat	Beef, Pork, Veal, Lamb	160 for 15 seconds
	Turkey, Chicken	165 for 15 seconds
Fresh Beef, Veal, Lamb	Steaks, Chops	145 for 15 seconds (3 min. rest)
Poultry	Chicken, Turkey, Duck, Goose	165 for 15 seconds
Pork and Ham	Pork, Ham	145 for 15 seconds (3 min. rest)
Eggs	Eggs	145 for 15 seconds (yolk/white firm)
	Egg Dishes	160 for 15 seconds
Leftovers, Casseroles	Various	165 for 15 seconds
Seafood	Fish, Shrimp, Crab, Clams, Scallops	145 for 15 seconds

DISPATCH FROM ROI



From Kim Yarnes



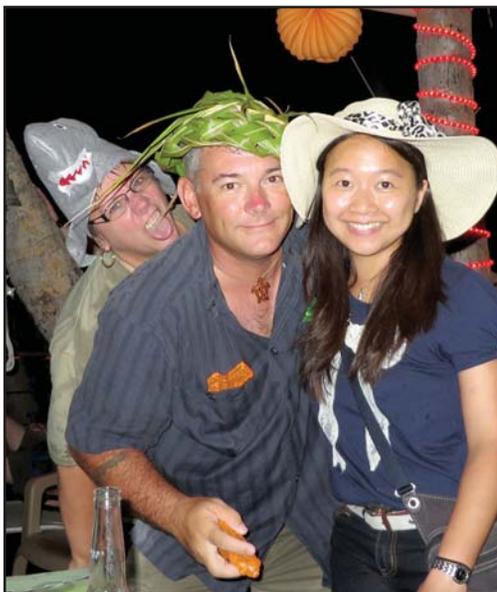
From Kim Yarnes



From Sheila Gideon



From Suzanne Chan



From Suzanne Chan



From Sheila Gideon

View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From John O'Brien



From Lee Pennington



From Michael Sakaio



From Julie Savage



From Eva Seelye



From Julie Savage

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

LOST

BANGLE CHARM BRACELET, sterling silver, full of charms. Call 55176.

SWIM GOGGLES, clear band, at Adult Pool. Call 51949.

FOUND

WHITE, PLASTIC SUNGLASSES at Brandon Field after Tuesday's soccer game. Call 52114.

BIKE LIGHT on the road around the runway, near the Japanese memorial. Call 50741 to identify.

WOMEN'S SUNGLASSES, brown with silver flowers on the sides, on bench at North Point. Call 58855.

WANTED

CYSS IS IN NEED of vegetable seeds and flower seeds for the 4-H Gardening Club.

FOR SALE

BIKE, MEN'S Simple Giant aluminum 1-speed, almost new, \$300 or trade for women's bike in excellent condition. Call 52535.

DIVE GEAR, BC size small, regulator, octopus, dive computer, barely used and in terrific condition, \$700. Call 51597.

BABY BOY clothes and shoes, 6-12 months; Coach tennis shoes, size 5; two adult Halloween costumes, jail convicts. Call 55176.

APPLE IMAC, 24-inch all-in-one computer, 2.8 GHz Core2Duo, 4 GB memory, 3 TB hard drive, latest OS X, \$1,500; propane tank, \$15; microwave oven, \$30; Lexmark inkjet printer, \$20; mini fridge, \$40; small pet porter, \$50; Hawaiian sling, \$30; machete, \$5. Call 52034 or leave a message at 51533.

KIDS 16-INCH Specialized Hotrock bike, new mag rims, new grips, no rust, excellent shape, \$95. Call 53018 and leave a message.

EMBROIDERY SEWING MACHINE, Janome Memory Craft 9000 comes with cabinet, miscellaneous embroidery hoops, Scan 'n Sew scanner and many other goodies, \$700. Call Cindy at 52137 during day or 51712 after hours.

CAMERA HOUSING for Canon G9, model WP-DC21, used, in good condition, \$20. Call Sandra at 56063.

PAMPERS size 4 diapers, new in sealed package, 132 diapers, \$30. Call Florence at 51236.

FISH TANK LIGHT FIXTURE with halogen, T5HO and lunar lights, fits 36x15-inch reef tank, \$175. Call 50741.

TWO-PERSON KAYAK with cart, \$150; 43-foot Beneteau sailboat, three staterooms, full kitchen, two heads, solar and wind power, beautiful new custom tile work, new upholstery, new woodwork and floors with new diesel engine with 300 hours, \$80,000; 50 HP 4-cycle diesel engine with all new wiring, belts and hoses, \$1,500. Call Mike at 54203 or 51940.

TILT WALL MOUNT for 32- to 65-inch TVs, new, comes with all mounting hardware, 3-axis bubble level, 10 feet high-speed HDMI cable, \$30. Call 50165.

COMMUNITY NOTICES

ATTENTION RESIDENTS: KRS has received notification that the medical recall on Coastal Range Organic Chicken (individually wrapped, frozen breasts in 3.5 lb bags) can be lifted. When preparing chicken, the proper internal cooking temperature is 165 degrees Fahrenheit or higher for a minimum of 15 seconds. Also be aware of the potential for cross contamination of raw chicken on other food items or

surfaces and take appropriate precautions.

CELEBRATE ROALD DAHL DAY with a special viewing of "Willy Wonka and the Chocolate Factory" at 6:30 p.m., tonight, at the Grace Sherwood Library. Kids and families welcome! Call 53331 for more information.

ARE YOU READY for some football? 7 a.m., college on Sundays and NFL on Mondays, at Bogy's at the Country Club. Popcorn, hot dogs, brats, chili-rice. 70-inch TV plus three other TVs. Air conditioned. NFL Sundays: salsa, chips and popcorn on the bar. Drink specials.

KWAJALEIN OUTRIGGER CANOE Club will be giving rides on the canoes from noon-3 p.m., Sunday, at Camp Hamilton. Come join the fun! Call Gus at 51897 or Sue at 52459 for more information.

THE VET'S HALL will be closed for a private function on Sunday. American Legion Post #44 apologizes for any inconvenience that this may cause. If you have any questions, contact Post #44's Commander, Mike Woundy. We will return to our normally scheduled hours the following week.

KWAJALEIN SWIM TEAM'S first fall swim meet is 9 a.m.-noon, Monday, at the Family Pool. Swimmers should arrive no later than 8:15 a.m. Come and cheer for your favorite swimmer!

CYSS TEEN and School-Age Club Fair and 4-H Signup event is from 4-6 p.m., Monday, at the Namu Weto Youth Center, Building 1890. Introduction and signups for new CYSS and 4-H Clubs: Gardening Club, Arts and Crafts Club, Cooking Clubs, Ebeye Citizenship Club, Ebeye Unbound Bookmaker Club. Teens, elementary students, and all parents are invited! Call Susannah Prenoveau at 53610 or Nick Langley 53796 for more information.

CYSS OPEN REC event "Pool Party and Pizza" will be from 1-3 p.m., Sept. 23. Free registration is open to all CYSS registered children in grades K-6, through Tuesday. Spaces are limited. Contact CYSS at 52158 for more information.

CELEBRATE ROALD DAHL DAY at 10 a.m. and 3 p.m., Wednesday, at the Grace Sherwood Library. Swishwiffing activities and scrumdiddlyumptious treats open to all kids! Call 53331 for more information.

STAINED GLASS WORKSHOP for experienced glassers is 5-7:30 p.m., Wednesday, at the Art Annex. All tools will be provided by the Kwajalein Art Guild. Questions? Call Jayne at 54643.

THE FIRST Kwajalein School Advisory Council public meeting for the 2013-2014 school year is scheduled for 7 p.m., Wednesday, in the Elementary School Coconut Room. The public is invited to attend.

BINGO IS THURSDAY at the Vet's Hall. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 53 numbers, \$1,300 payout;

Religious Services**Catholic**

5:30 p.m., Saturday, Small Chapel
9:15 a.m., Sunday, Island Memorial Chapel
Roi-Namur service, 7 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 a.m., Sunday School
11 a.m., Sunday, Island Memorial Chapel
7 p.m., First and third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3
Contact the chaplain's office at 53505 for more
information.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 21
Maple Pork Loin	Basil Lime Chicken	Grilled Pork Chops	Teriyaki Short Ribs	Baked Meatloaf	Herb Chicken	Grilled Ham and Swiss
Eggs Benedict	Quiche	Chicken Divan	Sweet and Sour Chicken	Pizza	Fish du Jour	Pot Roast
Potato Romanoff	Beef Pot Pie	Baked Beans	Herb Wild Rice	Mashed Potatoes	Brown Rice Pilaf	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 21
Texas Barbecue Beef	Kwaj Fried Chicken	Minute Steak	Grilled London Broil	Grilled Cheese	Pancake Supper	Beef Stew
Szechuan Chicken	Beef Stir-fry	Chicken Chopsuey	Roast Chicken	Vegetarian Stir-fry	Beef Stroganoff	Chicken Fajita Wraps
Lima Beans	Macaroni and Cheese	Peas and Carrots	Baked Potato	Green Beans	Chicken Nuggets	Cajun Dirty Rice

Windfall completion at 26 numbers, \$1,600 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

THE USAKA LEGAL OFFICE will be closed Sept. 19 through Oct. 5. Legal services will be limited to notarization (by appointment only) during this time. Call 51403 for an appointment.

ING 401(K) OPEN ENROLLMENT for CMSI. Your future starts today! Fall into line with the right game plan. Participate in the chugach 401(k) plan. Call Prescilla at 50788 if you wish to enroll or if you are currently participating and wish to change your deferral percentage. Forms must be received by Sept. 21 and will be effective Oct. 1.

KWAJTOBERFEST at the Country Club, 7 p.m., Sept. 21. Enjoy German beverages and dance to German Oompah band music all night! Don't forget to wear your lederhosen! Call Community Activities at 53331 for more information.

BARIATRIC SURGERY support group will meet on at 4:45 p.m., Sept. 24, in the Hospital Conference Room.

THE POST OFFICE will be closed on Sept. 26 and Sept. 27 to install the new PO system.

OCEAN VIEW CLUB Birthday Bash is at 8 p.m., Sept. 28. Sign up at the KRS Retail Sales office by Sept. 27. Must be 21 years old! Complimentary drinks and cake for registered September birthdays. Call Barbara Hutchins at 58228.

IMCOM-P UNCASING CEREMONY is at 11 a.m., Oct. 2, at the Metro Hangar. Open to the public.

WHAT ARE YOU WEIGHTING FOR? Discover how to separate weight loss fact from fiction. Topics include planning for success, finding the right balance between calorie intake and expenditure, and long-term behavior change. Meet from 4:45-5:30 p.m., first Thursday of each month beginning Oct. 3, in the Hospital Conference Room. Questions? Call 55362.

VETERINARY SERVICES will be closed until Oct. 15. Call the hospital at 52223 or 52224 for any animal-related emergencies.

THE UNIVERSITY OF MARYLAND University College announces 2013 Fall 2 Session registration is now open! Registration ends Oct. 16. Session dates: Oct. 21-Dec 15. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu/> Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

KRS/CMSI/BAI Health and Welfare 2014 Open Enrollment: The open enrollment period for 2014 is scheduled for early November. This is your once-a-year opportunity to make changes for 2014 benefit elections. You can choose to change your medical/

dental plan; enroll eligible family members; or add, drop or change the level of your life insurance or accidental death and dismemberment coverage. Watch for more information in the following weeks regarding open enrollment.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day Weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Register with Laura Pasquarella-Swain at Laura.a.pasquarella-swain.ctr@mail.mil.

MAKE YOUR CHANGE USEFUL: turn it into cash at Community Bank. Pick up coin rolls at Community Bank.

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

SAFELY SPEAKING: Chemical Labeling: The GHS is an acronym for The Globally Harmonized System of Classification and Labeling of Chemicals. Employees must be trained and know the new labeling and pictograms by the end of the year.

Military Casualties

Staff Sgt. Joshua J. Bowden, 28, of Villa Rica, Ga., died Aug. 31, in Ghazni, Afghanistan, of injuries sustained when enemy forces attacked his unit with small arms fire while on dismounted patrol. He was assigned to the 242nd Ordnance Battalion (EOD), 71st Ordnance Group (EOD), Fort Carson, Colo.

Staff Sgt. Todd J. Lobraico Jr., 22, of New Fairfield, Conn., died Sept. 5, from wounds sustained when enemy forces attacked his unit with small arms fire near Bagram Airfield, Afghanistan. He was assigned to the 105th Security Forces Squadron at Stewart Air National Guard Base, N.Y.

Kwajalein Yacht Club Sunfish Regatta



10 a.m. to 4 p.m., Sunday, Camp Hamilton

Enjoy sailboat rides, learn how to sail a Sunfish, launch water balloons or just enjoy the beach. Limited number of boats, so come early. Open to the community.

Contact yeoman@kwajyachtclub.com with questions.

Café Roi

Lunch

Sunday

Smoked Sausage
Baked Chicken
Vegetable Medley

Monday

Garlic Roast Beef
Egg Muffins
Roasted Potatoes

Tuesday

Spaghetti
Garlic Bread
Vegetable Quiche

Wednesday

Grilled Cheese
Cajun Roast Beef
Egg Foo Yung

Thursday

BLT
Bratwurst
Home Fries

Friday

Fried Fish
Grilled Chicken
Cornbread

Sept. 21

Chicken Fajita Wrap
Couscous
Onion Rings

Dinner

Sunday

Chicken Schnitzel
Beef Stew
Noodle Romanoff

Monday

Sweet and Sour Chicken
Hoisin Spare Ribs
Fried Rice

Tuesday

Salisbury Steak
Roast Chicken
Mashed Potatoes

Wednesday

Grilled Top Sirloin
Chicken Cordon Bleu
Corn on the Cob

Thursday

Fried Chicken
Meatloaf
Collard Greens

Friday

Greek Herb Chicken
Pork Souvlaki
Falafel

Sept. 21

Mushroom Chicken
Braised Short Ribs
Roasted Potatoes

Breast Cancer FAQs

• Can physical activity reduce the risk of breast cancer?

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, a woman can begin to lower her risk of breast cancer.

• Can a healthy diet help to prevent breast cancer?

A nutritious, low-fat diet with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

• Does smoking cause breast cancer?

Recent research in 2012 has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. Each week you are smoke-free, you give yourself increasing advantages for a healthier life.

• Can drinking alcohol increase the risk of breast cancer?

Moderation is key. Although we know that more than one drink per day increases risks, to date there are no studies that demonstrate directly that the more a person drinks, the greater their risk for cancer. In some cases, drinking one glass of wine a day can offer heart-health benefits. If you drink alcohol, this is an important topic to discuss with your doctor so that you will know what limits are best for you to observe.

• Is there a link between oral contraceptives and breast cancer?

There is an increased risk of breast cancer for women who have been using birth control pills for more than five years. However, due to the low amount of hormones in birth control pills today, the risk is relatively small.

• Is there a link between hormone replacement therapy and breast cancer?

Yes. HRT was added to the carcinogenic list by the American Cancer Society in the early 2000s. It is recommended that women with known risks not be placed on HRT to control menopausal symptoms.

• How often should I do a breast self-exam?

Give yourself a breast self-exam once a month. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple. Women should perform their breast self exam 7-10 days after their menstrual period starts. If they are no longer menstruating, then she should select the same day of the month to perform this self-exam. What to look for is a change from last month's exam to this month's exam. It is not unusual to have lumpy or bumpy breasts. If having trouble remembering where you felt lumps last month, draw a diagram of where

the lumps, bumps, grooves and other findings are felt so that this can be used as a reminder from month to month. There is no added value in doing breast self-exams more often than monthly. Also the findings may be different as well, in relationship to where a woman is in her menstrual cycle.

• Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the X-ray is performed to prevent discomfort.

• How does menstrual and reproductive history affect breast cancer risks?

Women who began their menstrual cycles before age 12, have no biological children, had their first child at 30 or older, or began menopause after 55 are at a higher risk. This means that research has proven that the number of menstrual cycles a woman has over time influences risk.

• How often should I go to my doctor for a checkup?

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	Variable at 3-8 knots
Monday	Partly Sunny	20%	Variable at 4-12 knots
Tuesday	Variably Cloudy	20%	SW-SE at 5-15 knots
Wednesday	Partly Sunny	10%	SE-S at 7-12 knots
Thursday	Mostly Sunny	10%	E-ESE at 6-11 knots
Friday	Partly Sunny	20%	NE-E at 7-14 knots

Yearly total: 36.48 inches
Yearly deviation: -19.31 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:39 a.m. 6:49 p.m.	3:50 p.m. 2:13 a.m.	12:28 a.m. 3.3' 1:30 p.m. 2.7'	7:21 a.m. 0.5' 7:18 p.m. 0.7'
Monday	6:39 a.m. 6:49 p.m.	3:59 p.m. 3:12 a.m.	1:42 a.m. 3.7' 2:23 p.m. 3.3'	8:15 a.m. 3.3' 8:17 p.m. 0.2'
Tuesday	6:39 a.m. 6:48 p.m.	4:51 p.m. 4:10 a.m.	2:33 a.m. 4.2' 3:03 p.m. 3.8'	8:56 a.m. -0.4' 9:02 p.m. -0.3'
Wednesday	6:39 a.m. 6:48 p.m.	5:40 p.m. 5:06 a.m.	3:14 a.m. 4.5' 3:39 p.m. 4.3'	9:22 a.m. -0.7' 9:41 p.m. -0.6'
Thursday	6:39 a.m. 6:47 p.m.	6:28 p.m. 6:01 a.m.	3:51 a.m. 4.7' 4:12 p.m. 4.6'	10:04 a.m. -0.9' 10:17 p.m. -0.8'
Friday	6:39 a.m. 6:46 p.m.	7:15 p.m. 6:51 a.m.	4:25 a.m. 4.7' 4:44 p.m. 4.7'	10:35 a.m. -0.9' 10:52 p.m. -0.9'
Sept. 21	6:38 a.m. 6:46 p.m.	8:01 p.m. 7:47 a.m.	4:57 a.m. 4.6' 5:14 p.m. 4.7'	11:04 a.m. -0.9' 11:24 p.m. -0.7'