

VOLUME 55 NUMBER 25

JUNE 21, 2014

THE KWAJALEIN HOURGLASS



From left, Chief Warrant Officer 4 Sharnta Adams, retired Lt. Col. Ray Drefus and Sgt. 1st Class Warren Bias, each representing U.S. Army veterans from three separate conflicts, cut the cake in honor of the U.S. Army's 239th Birthday. For more, see page 3.

Photo by Sheila Gideon

REMINDER: PROTOCOL TO THE BUGLE CALL AND THE PLAYING OF REVEILLE, RETREAT, AND TO THE COLORS

U.S. Army Garrison-Kwajalein Atoll is a military installation, and as a military installation, certain customs and courtesies are practiced and observed.

Each morning, at the beginning of the work day and in the afternoon at the end of the work day, you will hear the sound of a bugle played over the loudspeakers. The morning bugle, Reveille, is played at 6 a.m. and the afternoon bugle, Retreat, is played at 5 p.m.; Retreat is preceded by a bugle call, To the Colors. When Reveille, Retreat, and To the Colors are played, uniformed military members will come to attention and render a salute while facing the music or the flag. For civilians, cease all activities, remove your hats and stand silently while facing the music or the flag. When riding bicycles, safely dismount and stand silently while facing the music or the flag. When driving a vehicle or scooter, bring the vehicle to a stop and remain inside until bugle stops.



RMI Work Force Town Hall

Col. Nestor Sadler, Commander of U.S. Army Garrison-Kwajalein Atoll, cordially invites the RMI work force to join him in a town hall session with the President of the Republic of the Marshall Islands, His Excellency Christopher Loek, at 3:30 p.m., today, at Island Memorial Chapel.

MANIT MINUTE

Warfare

When social conflict reached a point where a resort to force was inevitable, the Iroij or Chief will summon his warriors and have them produce their "tur" or bundle of spears. The spears were made from the oldest and hardest trunks of pandanus or coconut trees. These woods are used because of their tendency to splinter rather than break when used in battle.



4th of July Fireworks Update

Kwajalein Range Services was excited and prepared to execute fireworks, funded by the Quality of Life Committee, for this year's 4th of July celebration. Unfortunately, although the fireworks materials were delivered to Matson on time, they were

not loaded on the barge. Matson worked with KRS to explore alternatives to support a show on the 4th, but we were unable to find a solution. KRS and USAG-KA Command are evaluating alternative dates and hope to offer a fireworks presentation as part of a welcome back celebration at the end of the summer. We apologize for any inconvenience—this matter was truly out of our control. We look forward to celebrating the 4th of July holiday in true Kwaj tradition with the bike parade, Baggo tournament, karaoke, crafts, BBQs and more; check the Kwaj Coconut Wire for details. Thank you, Community Services.

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

U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

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U.S. Army celebrates 239th Birthday

Army history, evolution recounted at ceremony

Article and photos by Sheila Gideon
Managing Editor

U.S. Army Garrison-Kwajalein Atoll Soldiers, Department of the Army civilians, contractors and their families gathered at Island Memorial Chapel June 14 to celebrate the U.S. Army's 239th Birthday.

Master of Ceremonies, Maj. Spencer Anderson, welcomed everyone to the ceremony and introduced USAG-KA Commander, Col. Nestor Sadler.

"Celebrations are times for reflection, and this celebration—the Army's 239th Birthday—is such an occasion," Sadler said. "What you realize is that we are all part of something larger than ourselves. And that is the greatest Army in the world."

"The U.S. Army will remain the greatest in the world because of its Soldiers, civilians, contractors and families who make up this remarkable institution," Sadler continued. "Thank you for what you're doing, what you've done and what you continue to do for this country."

The audience stood while the national anthems of the United States and the Republic of the Marshall Islands played. They remained



USAG-KA Soldiers, DoA civilians, contractors and their families stand for recognition at the 239th U.S. Army Birthday celebration June 14 at Island Memorial Chapel.

standing for the Invocation, read aloud by the Rev. Victor Langhans.

Master Sgt. Marcus Weiland stood at the podium and recounted how the U.S. Army was formed.

"When the American Revolution broke out, the rebellious colonies did not possess an army in the modern sense. Rather, the revolutionaries fielded an amateur force of colonial troops, cobbled together

from various New England militia companies," Weiland said. It soon became obvious that if the revolutionaries were to stand a chance against Britain's seasoned professionals, they needed to enlist the support of all the American sea-board colonies. The Second Continental Congress in Philadelphia assumed authority for the New England Army. "These were the first troops Congress agreed to pay from its own funds, and the units later became the 1st Continental Regiment." George Washington was chosen to be the Command-in-Chief and he set out to create an Army shaped in the image of the British.

The U.S. Army has since evolved tremendously. The next guest speaker, retired Lt. Col. Ray Drefus, continued on this sentiment, focusing his message on what the Army has become 239 years later.

"In the next 239 years, Soldiers continued to maintain the highest strength of character and resolve," Drefus said. "They fought to ensure that freedom would reign in the face of a civil war, two world wars,



Retired Lt. Col. Ray Drefus delivers a message on how the U.S. Army has evolved over 239 years at the Army Birthday celebration June 14.

See **ARMY BIRTHDAY**, page 9

RMI students receive scholarships from Bechtel, Lockheed Martin



Recipients of college scholarships from Bechtel and Lockheed Martin gather with their parents and KRS officials on Kwajalein Wednesday. The six students who received the awards were: Eola Anej, Emina Kemem, Rickinson Patrick, Shania Contest, Brian Joab and Phillip Kinono.

Article and photo by Jordan Vinson
Associate Editor

Six local Republic of the Marshall Islands graduating seniors received college scholarships from Bechtel National and Lockheed Martin Wednesday.

Eola Anej, Emina Kemem and Rickinson Patrick graduated with high marks from Kwajalein Atoll High School on Gugeegue. Shania Contest, Brian Joab and Phillip Kinono, meanwhile, were acknowledged for their academic performance at Seventh Day Adventist High School on Ebeye. All plan to move forward with their education.

“We know that it is expensive to go to college,” said Kwajalein Range Services President Cynthia Rivera, who presented the awards at the Religious Education Building during an afternoon luncheon for the students and their parents. “And while [these scholarships] don’t cover everything, it certainly helps.”

To be considered for the scholarships, the students had to stand out from their peers in a number of ways. It wasn’t just a good scholastic track record that a student needed; he or she also had to demonstrate commitment to their communities through social involvement and charity work and be recommended by school officials.

Grace Sherwood Library kicks off summer reading program

Hourglass Reports

The Grace Sherwood Library on Kwaj began its summer reading season Wednesday. This year’s theme? The “Library Circus: Run away with the circus and a good book.”

Designed as a fun way to keep school children interested in turning through the pages during the summer break, the program encourages participating children to both track how much they read and also turn in their results to library staff for tickets.

“For every 10 books or 200 pages they read, they collect a ticket,” said Midori Hobbs, the director of the program. At the end of the program Aug. 20, those tickets could earn the kids major prizes.

Until then, the program will continue, featuring circus-themed ac-

tivities every Wednesday at the library—a good opportunity for kids to update Hobbs on how many books or pages they’ve devoured up to that point.

The library is also offering a reading program for adults this summer, Hobbs said. And it’s not just the US-AG-KA adult community that is invited to participate—adults at KRS locations in San Leandro, Cal. and Huntsville, Ala. are encouraged to join as well.

In order to participate, you must be 18 years of age or older, track what books you read and update Hobbs on your progress. She also asks that for every book you read you write a brief review and assign it a “star rating.”

And, of course, similar to the children’s program, participating adults will be eligible for prizes at the end



Photo by Jordan Vinson

Midori Hobbs reads aloud a “Curious George” book to children during the opening day of the summer reading program.

of the summer.

“The more you read, the more you win,” Hobbs said. “Even though the summertime is thought of as a time to relax, keep your mind sharp by reading!”

To contact Hobbs about the program, email her at midori.o.hobbs@us.army.mil.

AFN viewers pick movie blockbusters this summer

This summer AFN viewers will get a chance to vote for their favorite blockbuster films on AFN|movie. "AFN Viewer's Choice Blockbuster Movie Madness" starts June 30 and runs through Aug. 3 with voting taking place on AFN's Facebook page.

Each week, four films will air in one of four genres: Action, Superheroes, Animation and Wild Cards. Double-features from each genre will air Monday and Tuesday in prime time. Viewers will vote for their favorite flick, and the winner will air the following Sunday at 7 p.m. Central European Time (CET)/Japan Korea Time (JKT). Voting will be open Monday through Wednesday of each week.

During the final week, viewers will vote on the four winners from each genre to determine the ultimate Viewer's Choice movie. The overall winner will air on Aug. 3 at 7 p.m. CET/JKT.

The full AFN|movie schedule can be found at www.myafn.net. Voting will take place at <https://www.facebook.com/myAFN>. Viewers will need to "like" the page prior to being able to vote.



Photo by Sheila Gideon

Mission Accomplished

Lt. Col. Dean Wiley, Reagan Test Site director, presents an award for exemplary service on behalf of the U.S. Air Force to Stephanie Los-Trimble, USAG-KA general engineer. Los-Trimble received the award for her distinguished accomplishments during a first of its kind Air Force mission at U.S. Army Garrison-Kwajalein Atoll in December 2010. This mission required a lot of coordination, and Los-Trimble's attention to detail was touted. Throughout the mission, she coordinated essential logistics including personnel arrivals, transportation of mission assets and equipment to USAG-KA, site security, secure communications support and made sure operational objectives were met.

Draft Environmental Assessment for Construction and Operation of the Space Fence Project at USAG-KA

The United States Air Force proposes to construct and operate a new radar system at USAG-KA. The Space Fence System would consist of a transmit building, a receive building and up to five auxiliary buildings to support maintenance and operation requirements. Construction for the new antenna facility is expected to begin in 2014 and the radar would be operational in 2017. The Space Fence project analyzed locations on Kwajalein Island for the radar system, a man camp to house construction personnel and an auxiliary power plant.

Under the National Environmental Policy Act of 1969 and its implementing regulations, the USAF prepared an Environmental Assessment to analyze the potential environmental impacts from the proposed Space Fence activities. Following analysis of the Proposed Action, the USAF determined that no significant environmental impacts are expected.

The Draft EA, including the Draft Finding of No Significant Impact, is available for a 45-day public review period from June 13 to July 28. The document is available for review at: Grace Sherwood Library and the Roi-Namur Library, USAG-KA; the Republic of the Marshall Islands Environmental Protection Authority office, Majuro, Republic of the Marshall Islands; and via the Internet at www.tbe.com/index.php/spacefence_ea.

Submit written comments by July 28 to: USASMDC-ENE, Attn: Sharon Mitchell, P. O. Box 1500, Huntsville, Ala., 35807-3801. Comments may also be submitted via facsimile at 256-955-6659, or by e-mail at sharon.g.mitchell.civ@mail.mil.

USAKA Draft Document of Environmental Protection for Space Fence Radar System

The U.S. Army Garrison-Kwajalein Atoll Environmental Standards require that the operating parameters of USAG-KA activities with the potential to affect the public health and environment must be defined in a Document of Environmental Protection. The Standards further provide that regulatory agencies and the public be allowed to review and comment on a Draft DEP.

The Draft DEP for Space Fence Radar Systems, May 2014, provides requirements and limitations for construction and operation by the U.S. Air Force of the Space Fence Radar System.

The public is invited to review and comment on this Draft DEP. The Draft DEP and the USAG-KA Environmental Standards are available for review at the Grace Sherwood Library, the Roi-Namur Library, and the RMI Environmental Protection Authority office. Questions regarding the Draft DEP can be directed to: Sharon G. Mitchell, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command. Written comments can be directed to: Sharon G. Mitchell: USASMDC/ARSTRAT, ATTN: SMD-ENE, P.O. Box 1500, Huntsville, AL 35807-3801.

A period of at least 30 days will be provided for public comment. Comments should be postmarked no later than July 28.

THE COMMUNITY HEALTH PROMOTIONAL COUNCIL PRESENTS

Whether you're a long-time exercise buff or someone who has only recently thrown off the shackles of "couch potatoism," Kwajalein offers plenty of programs to get your mind and body moving through the week.

The Community Health Promotional Council, a forum created in early 2014 for all nonprofit exercise and resiliency instructors on Kwajalein, has come together to offer a wide range of healthy activities that run the gamut, from group exercise classes, counseling services and bodily health instruction, to addiction therapy, meditation classes and much more.

So, take a moment to peruse what the council and its instructors and clubs have to offer to you and your friends and family. With so many **FREE**, comprehensive programs available, there is no excuse for sitting on your recliner all week and staring at TV and computer screens.

Make this the best summer of your life by getting what your mind and body need to get and remain strong, happy and healthy.

Why participate in KRC events?
Scientists have discovered the fountain of youth—running!

- Runners who log a weekly run of 10 miles (or more) are 39 percent less likely to use high blood pressure medications and 34 percent less likely to need cholesterol medications, compared with those who don't go farther than three miles.
- Men who burn at least 3,000 calories per week (equal to about five hours of running) are 83 percent less likely to have severe erectile dysfunction.
- Running strengthens bones better than other aerobic activities, say University of Missouri researchers who compared the bone density of runners and cyclists. 63 percent of the cyclists in their study had low density in their spine or hips; only 19 percent of runners did.
- A study in the Journal of the American Geriatrics Society reported that women who were active as teenagers were less likely to develop dementia later in life.



Circuit Training

Class Leader: Lindsey Vail

Class schedule: 8-9 a.m. Monday and 5-6 a.m. Wednesday and Friday at Ivey Gym.

Why join? It's a complete body workout that is designed to improve your strength and cardio, using weights, machines, mats and your own body weight. Want to get fit? Try it out Monday!

Interested? Call Lindsey at 51054 or simply show up at the next class.

Kwajalein Running Club

The Kwajalein Running Club

is a volunteer-operated community forum for all things related to running. From the monthly Fun Runs, to the annual 26-mile Paupers' Marathon, KRC offers running events for all ages and skill levels.

Schedule: The KRC annual schedule features about two dozen events that occur between the months of August and May. Look for the new 2014-2015 schedule this August.

Interested? If you're interested in joining the KRC, call Ray Drefus at 53400 or 52504. Or email him at raymond.w.drefus.civ@mail.mil.

Four styles of yoga with Ben

- Balance Yoga: A traditional upright yoga that focuses on the building blocks and fundamentals of poses in a safe, therapeutic learning environment. This class is beginner friendly.
- Flow Yoga: A more dynamic moving style of yoga that is expressive and challenging. Called Vinyasa, this style of yoga is accessible to beginners and experts alike, offering a variety of innovative poses.
- Yin Yoga: A more passive style of yoga designed to get into the deep tissue and move slowly through each pose to elongate and open the body. Combined with breath-work to offer an opportunity to ease muscle tension and minor aches and pains.
- Restorative Yoga: A relaxing style of yoga that is completely passive, supported by blankets and bolsters.



Zumba Dance Fitness

Instructor: Christine deJongh

Class schedule: Meeting times are being reworked into a new summer schedule.

Interested? Email Christine at cdejongh19@gmail.com or via global email. Or Call 52219 or 52663.

Why join? Zumba is a fun way to burn an intense amount of calories in a short time and bond with other people who enjoy dancing and world music.

"Thanks for participating in the Zumba love!"



Yoga

And don't forget to ask me about meditation classes I offer. Namaste!

Instructor: Ben Allgood
Why do Yoga with Ben? "I believe in and have been trained to teach therapeutic and safe styles of yoga," he says. "I teach an alignment-based, breath-centric yoga that works with the myofascial tissue to properly warm the body before engaging in traditional, and also innovative, yoga poses. I have been trained to tailor these yoga styles and poses to all body types and levels of skills, as well as to individuals with life-long or sports-related injuries."

Interested? Because there is no fixed class schedule, you'll need to call Ben at 53851 to set up a private or group class.



Resilience Training

Instructor: Ray Drefus

Class schedule: All classes are scheduled through the hospital and are advertised on the Roller and in the *Hourglass*.

Why take resilience training?

Resilience skills can be learned to enhance productive thoughts and behavior in dealing with setbacks and challenges in life.

Interested? Call Ray at 53400 or 52504. Or email him at raymond.w.drefus.civ@mail.mil

Resilience skills you can learn with Ray

- Identify your thoughts about an activating event and the consequences of those thoughts.
- Avoid Thinking Traps: Identify and correct counterproductive patterns in thinking through the use of critical questions.
- Detect Icebergs: Identify core beliefs and core values that fuel out-of-proportion emotions and reactions, and evaluate the accuracy and usefulness of these beliefs.
- Problem Solving: Accurately identify what caused the problem and identify solution strategies.
- Put It In Perspective: Stop catastrophic thinking, reduce anxiety and improve problem solving by identifying the worst, best and most likely outcomes.
- Real-Time Resilience: Shut down counterproductive thinking to enable greater concentration and focus on the task on hand.

Dealing with change or loss is an inevitable part of life. Everyone experiences varying degrees of setbacks and challenges. How we deal with these problems can play a major role in not only the outcome, but also the long-term psychological consequences. Resilience skills can be learned to enhance productive thoughts and behavior in dealing with our setbacks and challenges.

Group Cross Fit



Class Leaders: Adrienne Chavis and Nikki Delisio

Class schedule: 5:30-6 a.m. Tuesday at the Family Pool until Adult Pool construction finishes; 5:30-6 a.m. Thursday at Ivey Gym; 5:30-6 a.m. Saturday at Ivey Gym. **Why join?** Cross Fit is a functional fitness program that combines running, swimming and body weight exercises. It has been adopted by police, military and fire departments. Your body will reap the rewards of this demanding program. Join us!

Interested? Call 53018 or 51763 or send an email to adrienne.r.chavis.ctr@mail.mil or nichole.m.delisio.ctr@mail.mil

- Energy Management: The strength to effectively mobilize, sustain and recover energy to thrive under pressure.
- Goal Setting: The strength to plan, execute and persevere through challenges.
- Assertive Communication: Communicate clearly and with respect, especially during a conflict.
- Effective Praise and Active Constructive Responding: Respond to others with authentic, active and constructive interest to build strong relationships.
- Hunt the Good Stuff: Counter negativity bias to create positive emotion; notice and analyze what is good.
- Identify Character Strengths in Self and Others: To build on the best of yourself and the best of others.



What's the CHPC anyway?

The Community Health Promotional Council was created Jan. 28, 2014 by an additional duty appointment memo signed by USAG-KA Commander Col. Nestor Sadler.

Purposes: 1. Develop monthly Ready and Resilient Wellness calendar; 2. Prioritize our health and wellness needs; 3. Develop and implement strategies to address our health and wellness needs; 4. Develop a health and wellness marketing plan; 5. Commit to continuous improvement of health and wellness programs; and 6. Report progress, challenges and successes to the Garrison Commander on a quarterly basis. **In a nutshell:** The primary objective is to improve the well-being of everyone in the garrison by encouraging healthy lifestyles that enhance and protect physical, behavioral and spiritual health. The CHPC initiates procedures for implementing garrison-wide health promotion, risk reduction and suicide prevention efforts to maximize readiness, work performance and war fighting capability.

Class Leader: Stephanie Trimble

Running schedule: 5:15 p.m. every Thursday at Emon Beach.

Why take part in Interval Running? Weekly interval runs are for individuals looking to improve their run times. Those who join come from a variety of backgrounds, from those with low mileage on their legs to experienced marathon runners. Whether you're a fast or slow runner, interval running will make you faster and stronger. Join us next Thursday!

Interested? Call Stephanie at 55625 or email her at stephanie.m.los-trimble.civ@mail.mil

Interval Running



Counselor:

Marion Ruffing

Why reach out to

Counseling Services? We all experience ups and downs in life.

It's impossible to avoid the many stresses, conflicts and challenges that occur on Kwajalein and Roi. Often you may resolve these situations on your own or with the help of family or friends. Sometimes, however, it helps to talk to an experienced counselor.

Interested? Call EAP at 55362. EAP is located in Room 236 in the hospital, and normal hours are 7:30 a.m.-4:30 p.m. For help outside these hours, call the hospital at 52223 or 52224.

Counseling Services



Remember: All EAP counseling services are strictly confidential and free.

Employee Assistance Program Services:

- Weight Management Support, first Thursday of every month
- Adult Attention Deficit/Hyperactivity (AD/HD) Support, second Thursday of every month
- Parents Support, second Saturday of every month
- Bariatric Support, second Tuesday of every month
- Smoking Cessation classes are continuous. Call the EAP.
- The EAP also offers individual sessions to employees, and just about any kind of concern imaginable can be brought to the EAP. They range from simple to complex situations and fall mainly into categories, such as: anxiety and depression, marital problems, parenting problems, alcohol dependency, financial trouble, bereavement counseling and more.

*Classes meet at 4:45 p.m. in the Hospital Conference Room.

DISPATCH FROM ROI

Residents celebrate fathers with fancy dinner on Sunday



From Bridget Rankin

Bridget Rankin and Henry McElreath enjoy some laughs at the Father's Day dinner Sunday.



From Bridget Rankin

The crew from Café Roi cooked and served the fancy Father's Day Dinner on Roi.



From Bridget Rankin

Roi residents and Kwajalein vacationers chat and relax during the Father's Day event, one of the fanciest sit-down dinners they get to enjoy all year.



From Wanda Babcock

Marc and Cynthia Rivera, and Wanda and John Babcock enjoy a weekend on Roi for Father's Day.



From Bridget Rankin

Café Roi and Roi Community Activities cooked and decorated for the event.

ARMY BIRTHDAY, from page 3

and many conflicts around the world.”

While the equipment, training, leadership and medical care available to our Army have changed over 239 years, what hasn't changed is the fighting spirit and values of the American Soldier.

“In this profession of arms, we are an Army driven by innovation and creativity,” Drefus said. “As such, we look beyond where we are today to prepare and train our Soldiers for the future operations in this ever-changing, dangerous world. We are committed to constantly improving our technology and equipment to ensure we retain our fighting edge. What we are doing here in Kwajalein in the very near future, with the advanced technology provided by Space Fence, will ensure that our war fighters will have the best intelligence available.” Despite all the technological advancements, Drefus reminded the audience that the U.S. Army is still made of dedicated and disciplined people.

Drefus closed by asking all men and women who are currently serving in the Army, Reserves and National Guard to stand for recognition. He then asked veterans to join them, followed by family members of veterans. Finally, he invited all DoA civilians, defense contractors and their families to stand.

“This is the Army Family. Happy Birthday,” he said over thunderous applause. “All of you have been a part of the heritage and the reason we can celebrate this day with immense pride. You are all a part of the United States Army—the strength of the nation. I salute you for your continued service and look forward to all the Army birthdays yet to come.”

Audience members sang along to the Army Song to close the ceremony.

A reception was held at the Religious Education Building where the ceremonial cutting of the cake took place. Traditionally, the youngest and oldest Soldier cut the cake. This year, however, USAG-KA command decided to choose three special representatives to cut the cake. Drefus represented veterans from the Vietnam War, Chief Warrant Officer 4 Sharnta Adams represented veterans from Operation Iraqi Freedom and Sgt. 1st Class Warren Bias represented veterans of Operation Enduring Freedom. Together, they symbolized the unity of the Army and the conflicts the Army has endured.



USAG-KA Protocol Officer Shannon Paulsen hands out cake to Iris and Isaac Weiland at the Army Birthday celebration.



Audience members sing the Army Song at the closing of the 239th U.S. Army Birthday celebration June 14.

Ready and Resilient Wellness Calendar

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

<p>22 1. Spiritual Resilience, see page 10. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362.</p>	<p>23 1. Circuit Training, 8 a.m., Ivey Gym. 2. Pick-up Soccer, 6 p.m., Brandon Field.</p>	<p>24 1. Cross Fit, 5:30 a.m., Family Pool.</p>	<p>25 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>26 1. “Warrior Time: Cross Fit Intro and Class,” 5:15 a.m., Ivey Gym. 2. Run Intervals, 5:30 p.m., Emon Beach. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts. 4. Basic Food Safety Course, 5:30 p.m., CAC Room 1, must reserve seat.</p>	<p>27 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>28 1. Cross Fit, 5:30 a.m., Family Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts. 3. “SO S Triathlon Challenge: Run, Swim, and Bike” registration ends. Call 51275.</p>
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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

PRESCRIPTION SUNGLASSES with dark wire rims, a few weeks ago, reward if returned. Call 54309.

WANTED

FLAT SCREEN TV, around \$200-250. Contact Thompson at the Bowling Center.

JEWELRY REPAIR: Someone who enjoys making or designing jewelry to do repair work on several pieces. Will pay your rate and maybe you will get some cool design ideas at the same time. Call Paulette at 53808 or 52223.

VHS PLAYERS for Ebeye church. Call Curtis at 51984.

PATIO SALE

MONDAY, 8 a.m.-noon, domes 170 and 172, front yard. PCS sale, household goods, toys, bedding, toddler shoes, kids backpacks.

FOR SALE

WEBER "PERFORMER" charcoal grill, very good condition, \$100 or best offer; beautiful oak bed set, queen size, mattress only two years old, \$500 or best offer. Call 51751.

TWO Nintendo DS's with chargers, six games: Zelda, Brain Age 2, My Spanish Coach, Atari, Naruto, Kuru-

poto, \$100. Call 50165.

SIMPLE/GIANT 26-inch female bike, new forks, rear rim, front tire, rust-proof basket, stainless steel chain, gooseneck, handgrips, \$300; bike trailer, new axle, \$80; basketball backboard, rust-proof rim, basketball, \$80; Sun female bike frames, \$25-\$75. Call 52642.

ASUS LED MONITOR, 22 inch, VS229H, HDMI, DVI, VGA, \$100. Contact Jon at 54309.

BEAUTIFUL OAK CABINET, good condition, \$25; 36-inch TV, remote, \$100. Call Geary at home, 52345, or work, 50962.

DELL XPS17 LAPTOP computer, 1TB HDD, 8MB Ram, DVD-R/RW/Blu-Ray, Windows 7 Professional, Intel core i7 processor, 2.4 MHz with turbo boost to 3.6 MHz, HDMI, three USB 2.0, one USB 3.0, NVIDIA GeForce 555 3D graphics, JBL premium speakers, \$750. Call 52597

1987 BENETEAU 432 "Kailuana," length 43, beam 14, draft 5'10, new Yanmar 4JH5E, 53HP diesel, three bedrooms, two heads, full galley with four-burner stove and large fridge, major refit November 2009-April 2011, \$70,000. Email mnast@hotmail.com or call 54203.

RIFFE SPEARGUN, 110cm, 100 foot spearfish float line and surface float, \$550; Cheater Five Surfboard, Phat Pig model by Mark Pifer, \$350; Sun 3-speed bicycle with rack and newer seat, decent condition, \$90; Raleigh 1-speed cruiser with rack, decent condition, \$75; two small bike trailers, very good condition, \$75 each; piano, good condition, \$300. Call 51169.

2000 PROLINE POWERBOAT, 24' Walkaround with cabin, recently serviced 2007, Suzuki 250HP 4 stroke (366hrs), 2007 Mercury 15HP 2 stroke kicker, new, stainless steel prop, new, standard Horizon GX1200B VHF radio, canvas enclosure, long range 150 gallon fuel tank, great boat for fishing, diving and camping, \$25,000. Call 51678.

LIGHT OAK dining table with extended leaf and four chairs. \$500 or best offer; portable playpen, \$45; blue bouncer, \$15; Ashley pink stroller with baby carrier, \$75; 12-inch girls toddler bike, Kwaj condition, \$10; blue musical potty trainer, \$10; outdoor slide, \$15; sub-woofer, \$35. Call 53936.

NACRA CATAMARAN, 16 feet, two main sails and jib, all in great condition, two tillers (one new), newer blocks, sheets and trampoline, two trapeze harnesses, trailer with new tires and rims, fast boat that sails great, \$900. Call 51394.

ROI HAPPENINGS

THERE WILL BE A CAMPOUT at the beach today through Monday in honor of Great American Campout Day.

BINGO WILL BE HELD at 7 p.m., Wednesday, at the Outrigger.

"SMELLS LIKE FISH" will be playing on June 29 at the Vet's Hall on Kwaj for the Steak Dinner. Contact American Legion Post #44 members for dinner tickets or just come and enjoy the show.

THE ANNUAL COCONUT CUP Race will be July 13 at the Surf Shack. Paint up your coconuts and enter them in the race for a day of fun in the sun! For rules and regulations, contact Laura Pasquarella-Swain at 56580.

COMMUNITY NOTICES

SUMMER SALE at the Micronesian Handicraft Shop! Come check out selected items marked down by 20 percent. The sale continues until items are sold out. Volunteers are also needed. If interested, contact MaryAnn at 52902.

ADULT SUMMER READING Program runs now through Aug. 20. The Summer Reading Program isn't just for the kids! Keep your mind sharp flying through the big top this summer at the "Grace Sherwood Library Circus." Come one, come all! Open to Kwajalein, Roi, San Leandro and Huntsville. Awards at the end of the program. After registering, you'll get in the inside track on book selections, what residents are reading, and new titles at the Grace Sherwood Library. Contact Midori Hobbs at 53331 or midori.o.hobbs.ctr@mail.mil to register.

ADULT TEAR BOWL CLASS will be from 9 a.m.-noon, Monday, at the Hobby Shop. Space is limited. To register, stop by the Hobby Shop and pay. Questions? Call 51700.

ISLAND ORIENTATION for all new residents will be held noon-4:30 p.m., Wednesday, in CRC Room 6. Island Orientation is repeated every fourth Wednesday. Questions? Call 51134.

KWAJALEIN ATOLL International Sportfishing Club meeting will be 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? Call Stan at 58121.

RESILIENCE YOGA with Ben Allgood will be from 6:30-8 p.m., Wednesday. Jun classes are hot and fresh! Free to all island residents! Namaste.

"WARRIOR TIME" Resilience through Cross Fit is at 5:15 a.m., Thursday, at Ivey Gym. All veterans are welcome to participate in a 15-minute introduction followed by a Cross Fit workout led by Nikki Delisio and Adrienne Chavis. Questions? Contact Ray Drefus at raymond.w.drefus.civ@mail.mil.

BINGO IS THURSDAY at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Windfall completion at 25 numbers, \$1,500 payout; Blackout completion at 56 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.

NEW EMPLOYEE ORIENTATION will be held from 7:45 a.m.-4:30 p.m., Friday, in CRC Room 6 for all new KRS, Berry and Chugach employees. New Employee Orientation is repeated every fourth Friday. Questions? Call 51134.

COFFEE BREAK with a Book will be from 2-5 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!

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel
Roi-Namur service, 4:45 p.m., Second and Fourth Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

8 a.m., Sunday, Island Memorial Chapel
11 a.m., Sunday, Island Memorial Chapel
6:30 p.m., 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	June 28
Carved Baked Ham	Basil/Lime Chicken	BBQ Pork Chops	Teriyaki Short Ribs	Baked Meatloaf	Coconut Chicken	Pot Roast
Swedish Meatballs	Quiche	Local Boy Stew	Hoisin Chicken	Pizza	Fish Du Jour	Chicken Chopsuey
Eggs Benedict	Beef Pot Pie	Vegetarian Beans	Oriental Fried Rice	Mashed Potatoes	Rice Pilaf	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 28
Maple Pork Loin	Oven Fried Chicken	Minute Steak/Gravy	Carved London Broil	Ham Steaks	Pancake Supper	Chicken Fajita Wraps
Szechuan Chicken	Oriental Beef Stir-fry	Thai Chicken Stir-fry	Pasta Alfredo	Wing Dings	Sweet/Sour Pork	Beef Stew
Rice Pilaf	Macaroni and Cheese	Garlic Mashed Potatoes	Herb Roast Chicken	Scalloped Potatoes	Italian Pasta Medley	Cajun Dirty Rice

THUMBS UP!

... to Roi Housing/Custodial crew! Your efforts to keep our work places clean do not go unnoticed! Much appreciation for all of your hard work and positive attitudes on top of it!
 ... to divers who return their scuba tanks to the dive house and don't leave them at Emon Beach for others to pick up.

THE SOS TRIATHLON Challenge is an indoor/outdoor cardio program. Participants can swim, bike and run to the ultimate goal of completing IRONMAN distances over four weeks. Use the Ivey Gym, Family Pool and other activities to rack up miles of cardio and develop a diverse workout. Registration ends June 28. Challenge dates are July 1-28. Cost is free! For questions and registration, contact Mandie at 51275.

KWAJALEIN YACHT CLUB will hold the monthly meeting June 28 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.

AMERICAN LEGION POST #44 Steak Dinner will be from 6:30-9:30 p.m., June 29, at the Vet's Hall. Tickets are \$40 and available from the Vet's Hall or Post #44 members. Dinner includes a generously sized ribeye steak, baked potato, vegetable, soda or water. Entertainment by "Smells Like Fish!" Questions? Contact Mike Woundy or Jan Abrams.

GOLF GREENS AND LOCKER fees are due by June 30. New payment options! Payment can be made at the Community Activities Main Office at Building 805, located inside the library, or by mailing a check to: KRS, Community Activities, Attn: Golf Fees, APO, AP 96555 (make checks out the KRS). Questions? Contact Mandie at 51275.

CHICAGO TRIO & FRIENDS Live Concert will be at 7 p.m., July 2. Enjoy the live performance from this amazingly talented ensemble courtesy of Quality of Life. Location of event to follow.

KWAJALEIN AMATEUR RADIO Club meeting will be at 7 p.m., July 3, at the Ham Shack, just south of the Adult Pool. This is a mandatory meeting for club members in good standing as we will be electing an interim vice president. We'll be planning a 'work day' to install junction boxes and run cable.

COMMUNITY CLASSES for July: Weight Management meets July 3; Bariatric Support meets July 8; Attention Deficit meets July 10; Smoking Cessation is ongoing. All classes are from 4:45-5:30 p.m., in the Hospital Conference Room. Call EAP at 55362 with questions.

New Hours of Operation for AAFES stores beginning July 1

Kwajalein Shoppette	
Sunday-Monday	9 a.m.-8 p.m.
Tuesday-Friday	7 a.m.-8 p.m.
Saturday	7 a.m.-9:30 p.m.
Kwajalein Pxtra	
Sunday-Monday	11 a.m.-5 p.m.
Tuesday-Saturday	10 a.m.-6 p.m.
Subway	
Sunday	9 a.m.-9 p.m.
Monday	9 a.m.-7:30 p.m.
Tuesday	8 a.m.-7:30 p.m.
Wednesday	8 a.m.-8 p.m.
Thursday	8 a.m.-7:30 p.m.
Friday	8 a.m.-8 p.m.
Saturday	8 a.m.-9 p.m.
Roi-Namur Shoppette (*UPDATED*)	
Sunday-Monday	11 a.m.-3 p.m.
Tuesday-Wednesday	11 a.m.-6 p.m.
Thursday	Closed
Friday	11 a.m.-6 p.m.
Saturday	Noon-7 p.m.

LIVE COMEDY SHOWS with comedians Steve Scarfo, Kelly MacFarland, Lenny Clarke, Carolyn Plummer. Show dates are at 7 p.m., July 19, at the Roi Outrigger; 7 p.m., July 20, at the Kwajalein Country Club and 8:30 p.m., July 21, at the Vet's Hall. All shows are adults only. This free entertainment is brought to you by the Quality of Life Committee. Questions? Call 53331.

KWAJ BEACHES are open for public use. Pavilions at Emon Beach and Camp Hamilton are available for reservation. Reservations can be made by contacting the Community Activities Office at 53331 or the Recreation Office at 51275. Patrons interested in using a pavilion for an event, party, barbecue, or just to hang out should make a reservation in order to confirm facility usage. To check if a pavilion is reserved, call the Pavilion Hotline at 52945. Pavilion reservations will be listed on the hotline throughout the week and for each weekend.

CAMP COCONUTS Summer Camp is officially underway! Come join the fun! Each week we offer a different theme that features games, sports, clubs and fun all week long. Sign up at the central registration office or by calling 52158.

SAVE ENERGY! Use your appliances wisely. Do your laundry efficiently by using the warm or cold water setting for washing your clothes. Always use cold water to rinse clothes. Use your dryer's automatic

Military Casualties

Five Soldiers died supporting Operation Enduring Freedom. They died June 9, in Gaza Village, Afghanistan, of wounds suffered while engaged in a combat operation. The incident is under investigation. Killed were: **Staff Sgt. Scott R. Studenmund**, 24, of Pasadena, California; **Staff Sgt. Jason A. McDonald**, 28, of Butler, Georgia; **Spc. Justin R. Helton**, 25, of Beaver, Ohio; **Cpl. Justin R. Clouse**, 22, of Sprague, Washington; and **Pvt. 2nd Class Aaron S. Toppen**, 19, of Mokena, Illinois. Studenmund and McDonald were assigned to the 1st Battalion, 5th Special Forces Group, Fort Campbell, Ky. Helton was assigned to the 18th Ordnance Company, 192nd Ordnance Battalion, 52nd Ordnance Group, Fort Bragg, N.C. Clouse and Toppen were assigned to the 2nd Battalion, 12th Infantry Regiment, 4th Infantry Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

Spc. Terry J. Hurne, 34, of Merced, Calif., died June 9, in Logar province, Afghanistan, from a non-combat related incident. He was assigned to the 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, Fort Drum, N.Y.

dry cycle rather than a timed cycle and clean the lint trap after each use. Conserve energy by running your dishwasher only when it is fully loaded, and turn off the dry cycle and air dry dishes instead.

E-TALK: The Environmental Management System raises awareness about the impacts of KRS activities to the environment. EMS makes environmental responsibility a part of everyone's job

SAFELY SPEAKING: The risk for developing Deep Venous Thrombosis and pulmonary embolism increase with prolonged air travel. To prevent DVT, avoid sitting for long periods of time and regularly pump the calf muscles by flexing and extending your ankles.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 28
Roast Beef	Chicken Strips	Corn Dogs	Monte Cristo Sand.	BBQ Chicken Sand.	Italian Baked Fish	Chicken Quesadillas
Cornish Hen	Chorizo Casserole	Southwestern Roast Beef	Pork Chops	Beef Stroganoff	Italian Sausage Hoagies	Beef Tacos
Breakfast Fittatta	Southern Benedict	Corn on the Cob	Stir-fry Veggies	Tofu Stir-fry	Onion Rings	Pinto Beans

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 28
BBQ Spare Ribs	Chicken Pasta Olivetti	Turkey Cordon Bleu	Grilled Steaks	Roi Fried Chicken	Fish and Chips	Grilled Burgers
Fried Fish	Marinara Sauce	Beef Stew	Huli Huli Chicken	London Broil	Steak/Mushroom Pie	Homemade Chili
Red Beans	Fresh Bread	Ratatouille	Baked Potatoes	Mashed Potatoes	Toad in a Hole	Three Cheese Pasta

Mission Announcement

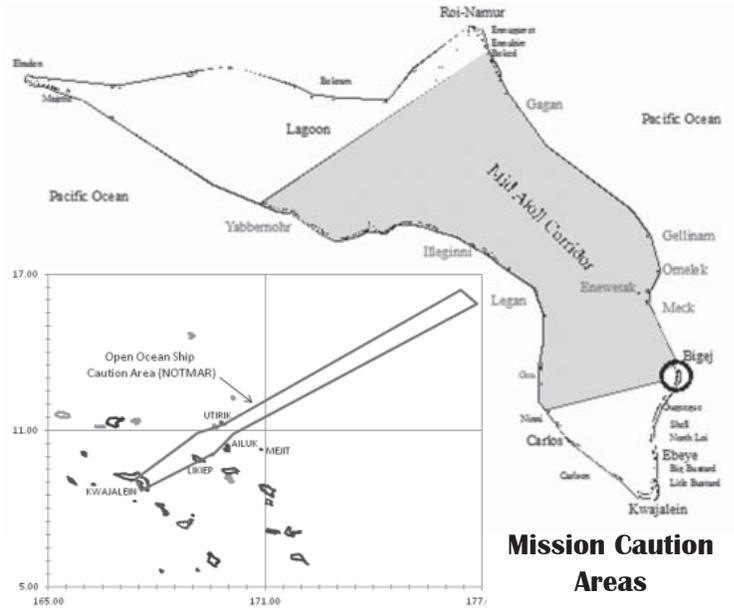
A range operation is scheduled Sunday through Monday. Caution times are 3 a.m. through 9 a.m. on Monday. During this time, a caution area will extend into the open ocean east of the mid-atoll corridor. Tuesday and Wednesday are backup days for this operation.

The mid-atoll corridor is now closed through mission completion. The caution area extends from the surface to unlimited altitude.

Questions regarding the above safety requirements for this mission should be directed to RTS range safety division, Kwajalein range safety officer at 52230.

Juon ien kokemelmel enaj koman ilo ran in Sunday nan Monday, 22 nan 23 ran in June 2014. Awa ko rekauwotota ej 3:00 am jimarok lok nan 9:00 am jibon. Ilo awa kein ba kaki, ijoko renaj kauwotota ej malo ko tulik turear in ene ko ilon aelon in.

Ene ko ilo iolap in aelon in re kilok kio nan ne ededelok kokemelmel kein. Ne ewor am kajitok jouj im call e lok Kwajalein range safety opija ro ilo 5-4121.



Positive Total Coliform in Drinking Water on Kwajalein Island

Jejjet im jimwe in drettan ak jonan coliform ilo dren in idaaq eo ilo Kwajalein Island

Drinking water in the distribution systems is tested weekly for microbiological contaminants (coliform). Coliform are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present. Coliforms were found in five samples collected on May 28 in the Kwajalein drinking water system. The drinking water system exceeded the monthly allowable level because coliforms were found in more than one sample. No harmful bacteria (fecal coliform/E. Coli) were found in test sites and the chlorine disinfectant levels were within drinking water standards. Repeat samples were collected at the five positive sample sites as well as up and down stream of the five sites. Total coliforms were not found in all repeat samples. Based on the repeat sample results, the Kwajalein water system is in compliance with the microbiological contaminant drinking water standard. Sampling will occur at an increased frequency of twice per week until negative results are observed for three consecutive weeks. This is not an emergency; no precautionary measures are necessary; and no health problems were reported.

Dren in idaaq jen jikin ko kajojo ilo Kwajalein rej teej aolep wiik non kij (coliform) Coliform ak kij kein rej walok ilo ibe-laak ak mejatoto eo im bareinwot kalikarлак ke emaron lon bar kain kij kan im renana remaron walok. Coliforms ak kij kein rar loi ilo lalem ian sample rar collect i ilo May 28, 2014 ilo dren in idaaq eo ilo Kwajalein. Dren in idaaq eo ilo Kwajalein ear le jen jonan level eo emoj karoke kinke emoj aer lo coliform ilo elon lak jen juon sample. Ijo wot ke ejjelok menin kauwotata ak bacteria ko renana rekar walok ilo test kein im jonan chlorine disinfectant levels ear tobar jonan level eo emon kab jejjet. Emakijkij in teej ar bar koman ilo ijoko sample ko lalem rekar positive im kwalok ke ejjelok coliform ar walok ilo aolepen sample ko. Result in emakijkij in teej ko non kij ilo Kwajalein rej kwalok ke dren in idaaq eo ej bed ilo level ko emoj karoki ilo kakien ko. Emakijkij in teej ak ebok sample enaj koman ruo kotan ilo juon wiik mae ien renaj loi ke e'negative results ko ilo aolepen wiik kein jilu. Ejjab emergency menin; ejjelok menin kakkol rej aikuj komani; im ejjelok problem ko rejelet ejmour an armej renanin report i.

Elane ewor am kajitok, kebaak e Rachael Harris ilo 5-0506.

If you have questions, contact Rachael Harris at 50506.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE at 7-11 knots
Monday	Partly Sunny	20%	NE-ENE at 5-10 knots
Tuesday	Partly Sunny	10%	NE-ENE at 8-13 knots
Wednesday	Partly Sunny	10%	NE-ENE at 9-14 knots
Thursday	Partly Sunny	20%	NE-ENE at 9-14 knots
Friday	Partly Sunny	20%	NE-ENE at 9-14 knots

Yearly total: 58.75 inches
Yearly deviation: +30.34 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:32 a.m. 7:10 p.m.	2:56 a.m. 3:38 p.m.	7:37 a.m. 0.9' 7:44 p.m. 0.6'	1:14 a.m. 3.2' 1:32 p.m. 2.8'
Monday	6:32 a.m. 7:10 p.m.	3:44 a.m. 4:30 p.m.	8:49 a.m. 0.7' 8:41 p.m. 0.4'	2:21 a.m. 3.5' 2:43 p.m. 2.8'
Tuesday	6:33 a.m. 7:11 p.m.	4:33 a.m. 5:21 p.m.	9:42 a.m. 0.3' 9:28 p.m. 0.2'	3:13 a.m. 3.8' 3:35 p.m. 3.0'
Wednesday	6:33 a.m. 7:11 p.m.	5:22 a.m. 6:11 p.m.	10:24 a.m. 0.1' 10:08 p.m. 0.1'	3:56 a.m. 4.0' 4:18 p.m. 3.1'
Thursday	6:33 a.m. 7:11 p.m.	6:12 a.m. 7 p.m.	11 a.m. 0.2' 10:45 p.m. 0.1'	4:33 a.m. 4.2' 4:55 p.m., 3.3'
Friday	6:33 a.m. 7:11 p.m.	7:01 a.m. 7:48 p.m.	11:32 a.m. 0.3' 11:20 p.m. 0.2'	5:07 a.m. 4.4' 5:29 p.m. 3.4'
June 28	6:33 a.m. 7:11 p.m.	7:50 a.m. 8:33 p.m.	12:03 a.m. 0.4' 11:52 p.m. 0.2'	5:39 a.m., 4.4' 6:01 p.m. 3.4'