

THE KWAJALEIN HOURGLASS



Kaya Landers describes tasty, yet healthy food options for kids at the 'Eat Well, Feel Good' cooking demonstration Sept. 24 in the high school MP Room. For more, see page 6.

Photo by Melissa Peacock

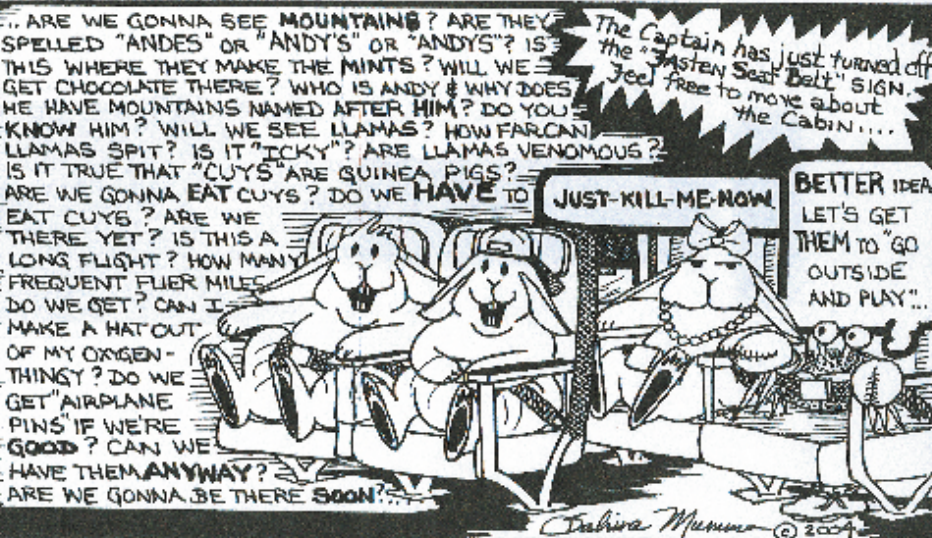
MANIT DAY



A celebration of Marshallese Culture and Traditions will be held 3-5p.m., Oct. 4, at the Marshallese Cultural Center. There will be demonstrations highlighting traditional Marshallese weaving dancing and other skills. Volunteers are needed to help. Call Sue at 54364.

Buckminster and Friends by Sabrina Mumma

CHAPTER 198 : JULIA & KWAJ-KRAB QUICKLY REGRET GIVING "TRAVEL WITH BUCKY AND O'NEIL" A SECOND CHANCE.



KRS Ri'katak Lunch Program Needs Your Continuing Support

KRS provides lunch meals for 51 guest students from Ebeye (Ri'katak Lunch Program) since they do not have the opportunity to return home as the island resident students do. These meals are not provided as part of the contract, but rather they are supported by voluntary donations.

Individuals, companies and different organizations may voluntarily contribute to the program to ensure that Ri'katak students have a nutritious meal for lunch. The box lunches include deli sandwiches, baked chicken and rice, fruit, vegetables, water and cookies. All of the lunches are prepared by Café Pacific and are delivered to the schools.

The cost of each lunch for School Year 2010-2011 is \$3.25 daily per student and based on a 180-day school year, the total cost per student for the entire academic year is \$586.

Voluntary donations can be made in any amount up to and including a full year's worth of lunches. Anyone wishing to support this worthwhile cause may send a donation to Janette Bishop in Building 702 (KRS Corporate Office/Finance/Travel). Checks should be made out to "KRS" and annotated in the remarks section to indicate "Ri'katak Lunch Program."

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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High-speed internet on Kwajalein and Roi expected to be completed by midyear 2011

By David Seelye

USAKA Telecommunications Manager

Many residents have been asking where we are with the new high-speed internet project. I am happy to report we have a project end goal of midyear 2011 and are on track for it. Funding to build the residential DSL system has been, or is in process of, being transferred to KRS. Kwajalein Range Services is finalizing the material lists that will be used to order components.

Q: What are we getting with this new system?

The new system will provide the choice of dial-up, medium and high-speed DSL internet access to residents on Kwaj and Roi. Unlike our current dial-up system, access to the internet will not be subject to content filtering from our home connections. Limited filtering will remain on publicly accessible connections because the DoD requires content filtering for systems that are funded with congressional appropriated dollars.

Q: How will internet access be delivered to my quarters?

The new system will use Digital Subscriber Line (DSL) technology. Read more about DSL at http://en.wikipedia.org/wiki/Digital_Subscriber_Line.

This technology uses your existing phone line and sends data without interfering with normal telephone calls. You will be able to use your phone for normal calling at the same time you are on the internet. Similar to our current dialup system, residents will need to keep their existing phone lines to have internet access; furthermore, the cost of internet access will be in addition to the cost of our current phone line fees.

Q: How fast will it be?

The actual rate depends on how much bandwidth USAKA/KRS purchases from the internet service provider. KRS will provide three levels of service at three different price points; dial-up, medium and high speed DSL. Dialup users will begin paying a small monthly fee. Included in the fee, subscribers will get full dial-up speed without the slowdowns we currently experience during high use periods. We will also remove content filtering. The actual speed for the DSL connections has not yet been finalized because we do not have the final costs

from the service providers and we do not know what price plan the subscribers will select. The intention is to set the pricing for each level of service, then procure as much bandwidth as we can from the ISP for each level. With three levels of service options, subscribers may choose the speed and price that best fit their needs.

Ultimately, the connection speed is determined by how much the subscribers want to pay. If later the community as a whole would like a faster connection, the contract with the ISP would be modified and prices would increase. Residents at Roi-Namur will connect to the internet at speeds equal to those on Kwajalein.

Q: What will it cost, where will the money come from?

There are two major components to this system: the network core and the equipment needed to connect to each quarters. The network core requires an upgrade to operate at the new higher speeds and to support TDY internet users, schools, ARC, Food Court, etc; therefore, the network core upgrade is being funded by USAKA.

The Quality of Life board has contributed the substantial amount of money necessary to build the system required to connect the approximately 1,000 quarters on Kwajalein and Roi to the network core.

Subscriber fees will cover the monthly cost of bandwidth and the lesser cost of the personnel and equipment required to operate and maintain the part of the system needed to connect the home users. Similar to our current dial-up system, subscribers will be expected to purchase their DSL modem. This fee will also cover tech support limited to ensuring that subscribers have the information needed to connect to the system and to report if you are having trouble with the DSL connection to the internet. KRS will identify compatible modems for users to purchase from online vendors. We also intend to request that AAFES stock a compatible modem as part of their normal inventory. Please do not order a modem until KRS has published the list of compatible units. There are a number of different types of DSL systems and the unit purchased must be compatible with the system that is installed.

Similar to our telephone connection fees, there will be a one-time DSL ac-

count activation fee for each DSL modem drop. This fee will cover the cost of the technician connecting the phone line into the DSL equipment, and testing the circuit.

After the recent survey I was asked the question "Why will this cost so much? It is only \$39 in the U.S. and Guam." The primary reason is dedicated backbone internet bandwidth in Guam is many times more expensive than in the U.S.

In keeping with Compact of Free Association obligations between the U.S. and RMI, USAKA will work with the Marshall Islands National Telecom Authority to contract for cost competitive internet bandwidth delivered to USAKA's undersea cable connection in Guam. We will purchase only the amount that subscribers have signed up to pay for.

And the big question...WHEN?

KRS Systems Engineering and Information Systems group will be installing this system. These are the same people who are assigned to support missions, get the networked systems RDO facility in Huntsville operational and to move our existing circuits from the satellite to the new undersea fiber system. The internet project is being worked in parallel to these other projects to the maximum extent possible; however, it is prioritized behind mission support efforts. Considering the current mission schedules, the new internet system should be installed in midyear 2011 time frame. The most important thing this project has going for it is 'EVERYONE WANTS IT TO HAPPEN ASAP.' This will help to ensure the system is available as soon as possible.

Rumors:

There have been rumors that commercial premium television service and U.S. cell phone service will be coming as well. This is NOT part of any USAKA plan. USAKA has approached MINTA and encouraged them to explore broadcasting pay for service Premium TV and access to U.S. cell phone service on the island of Kwajalein only. This is being considered within MINTA and any service enhancements will be their prerogative.

The intent is to build a DSL based internet system that is every bit as good as what you would have in most of the U.S. Thank you to all who are supporting the implementation of this important quality of life improvement for Kwajalein Atoll.



Photo by Torrey Landers

Cynthia Rivera presents six Grandfathered RMI employees with certificates as thanks for their dedication and hard work on Kwajalein over the years. Pictured are Marok Lalimo, Embi Anej, Waness Loek, Even Maijon, Ben Aisen and George Luther.

Grandfathered RMI employees thanked for their years of service on Kwajalein

Hourglass Reports

Grandfathered Republic of the Marshall Islands employees that were affected by the RIF were celebrated Wednesday for their years of hard work and service on Kwajalein. Certificates and coins were handed out to the six employees as a sign of gratitude for their years of work.

Those celebrated were:

- **Marok Lalimo** began work in April of 1962. Over the years he has worked with several contractors including Transport Company of Texas, Global Associate, Johnson Control World Service, Raytheon and Chugach. Lalimo worked at Surfway as a Delivery Man, in the Post Office as a Postal clerk, at the Hourglass as a Chief Lay-out Specialist and Printer, in the WIP Store in Special Projects, in Work Management as Scheduler, in Heavy Equipment as Scheduler and in Public Works as a Production Clerk. Lalimo also volunteered as a Radio Announcer for the Marshallese Program.

- **Embi Anej** began work in 1986. Over the years he has worked for Global Associates, Pan Am, Johnson Control World Service, Raytheon and Chugash. Anej worked as a plumber in the FOM Plumbing Shop and for the Kwajalein Ops Plumbing Shop and Service Response Team. Anej currently works under Billy Abston.

- **Waness Loek** began work in 1982. Over the years

he has worked for Global Associate, Raytheon and Chugash. He worked as a Painter in the FOM Paint Shop and in Kwajalein Ops Paint. His current supervisor is Manbwij Jorlanin.

- **Even Maijon** began work in 1983. Over the years he has worked for Global Associate, Johnson Control World Service, Raytheon and Chugash. He has worked as a painter in the FOM Paint Shop and in Kwajalein Ops Paint. His current supervisor is Manbwij Jorlanin.

- **Ben Aisen** began work in 1962. Over the years he has worked for Global Associate, Johnson Control World Service, Raytheon and Chugash. He worked as an Operator of Heavy Equipment in the FOM Heavy Equipment Shop and the Kwajalein Ops Heavy Equipment Shop. His current supervisor is James Chong-Gum.

- **George Luther** began work in 1966. Over the years he has worked for Global Associate, PAN AM, Johnson Control World Service, Raytheon and Kwajalein Range Services. He has provided the Guard Mail Service for Kwajalein since he started work in 1966. In 44 years of driving, he has never had a motor vehicle accident. For many years Luther made the safety announcements in Marshallese on the local AFN station concerning upcoming missions and missile tests. He has been elected for three terms (12 years total) as an Ebeye City Councilman.



Photo by Kyle Cassidy

A Job Well Done

Alison Bush was awarded the Superior Civilian Service Award for exceptional service while serving as a General Supply and Service Specialist. Bush's dedication and professionalism set the standard for others to follow and are indicative of her commitment to service. Her superior performance is in keeping with the finest traditions of federal service and reflects great credit upon herself, this command and the U.S. Army. — Kevin T. Campbell, Lieutenant General, U.S. Army, Commanding.

Environmental E-Talk:

Household Hazardous Wastes

Improper disposal of household hazardous waste could contaminate groundwater and pose a threat to local water treatment systems, sanitation workers, children and pets. Dispose of household hazardous wastes by calling the HazMat Department at 53938.

Julok kwobej ko rekauatata jen moko (i.e., uno, kein karreo, oil, bituk, battery, etc.) ilo tiljok im kejbarek. Kir HazMat Dept ilo 53938 non karrok juon ien non pickup e kwobej kein jen kapijukneen.

Safely Speaking:

Medical Identification

If you have on-going medical conditions, drug or food allergies, or are taking multiple medicines, you should consider wearing a medical alert identification card or jewelry piece. Contact the Hospital for more information.

Elane kwoj juon eo im ewor an naninmij im kwoj idak uno ko, kadrok uno ko im mona ko bareinwot, kwoj aikuj in kônak ibbam juon identification card ak juon mottan jewelry eo im ej kojjelaki ro turim kon jokjok kein. Nan melele ko jet, kir lok ak jibadrok lok Hospital eo.

Creative kids' food is healthy and fun

Hourglass Reports

If you define 'kid food' as macaroni and cheese from a box or corn dogs you were in for quite a surprise if you attended the 'Eat Well, Feel Good' cooking demonstration Sept. 24 in the high school Multi-purpose room. The demonstration was part of the KRS little steps...BIG DIFFERENCE Wellness Program.

The focus of the seminar centered around healthy meal and snack options for children that are very easily prepared. Presenters Kaya Landers, AnnElise Peterson and Jennifer Yezek demonstrated throughout the evening a variety of food options that kids would enjoy and are healthy for them.

One of the healthy snacks in particular, was not only very tasty, but appealing to any kid's eye. It was a 'Lunch Boat' where a half of a bell pepper, tomato, or small cucumber is hollowed out to make a 'veggie vessel.' It is then filled with hummus, tuna or chicken salad. A carrot or celery stick is then pushed in to make a mast with either a triangle of lettuce or cheese for a sail. What child wouldn't enjoy eating a food



Photos by Melissa Peacock

AnnElise Peterson, left, and Kaya Landers, right, show participants of the 'Eat Well, Feel Good' cooking demonstration how to prepare healthy and tasty kids' food in the MP room Sept. 24. The seminar was part of the KRS little steps...BIG DIFFERENCE Wellness Program.

boat for lunch?

There were a few young attendees, under seven years of age, who participated and gave the snacks a kid's seal of approval. The crowd of 25 or so came away

with some great ideas on how to create some new, healthy foods for their children.

Find some of the tasty recipes below to prepare for your youngsters.

Sandwich on a Stick

- 1 slice of cubed whole grain bread
- Turkey or ham, cut in strips
- 1-2 oz of cubed cheese
- Veggies cut into 1 inch pieces (try cucumbers, peppers, cherry tomatoes, lettuce, olives, pickles)
- Slide ingredients onto a skewer alternating veggies between the meat, cheese and bread and serve with warning about skewer safety!

Flower Rolls

- 1 whole wheat tortilla
- 1/4 cup prepared hummus
- Thin, sliced strips of red or yellow pepper, carrot, avocado, cucumber, or other veggies
- Briefly warm tortilla in skillet or microwave for easy rolling.
- Spread hummus mixture over the entire tortilla.
- Make a line of veggie strips down the center of tortilla and roll it up to conceal veggies.

- Slice it into rolls (sushi roll style) and place the rolls on a plate looking like flowers, use remaining veggie slices as stems.

Easy Hummus Recipe

- 2 cans drained garbanzo beans
- 2 cloves garlic
- Dash of Lemon Juice
- Dash of salt and/or olive oil (optional)
- Place ingredients in large bowl and blend to desired consistency. Try adding olives or fresh spinach.

Roi-Namur sleuths figure out ‘who done it’ at murder mystery dinner

By Sheila Bigelow
Managing Editor

Over 20 sleuths ate, drank, bribed and detected their way through the murder mystery dinner Sept. 27 at the Roi Outrigger Club.

‘Murder in Margaritaland’ was a fun-filled, island-themed murder mystery dinner that featured characters such as Coconut Joe and Jane, Sandy Beachbum, Managing Mo, Lifesavin’ Sam and Jack Daniels. Each character was given an envelope with objectives to be carried out before dinner. At that point in the game the victim and the bad guy know who they were. Everyone else used their fake money, charming personalities and acting skills to expel secrets from other characters. Each piece of information helped them come closer and closer to figuring out ‘who done it.’

After all the objectives from envelope A were finished, the crowd took a break from their characters to enjoy a nice dinner. But right after dessert, the victim got what was coming to him — murder!

At that point all the characters were given envelope B which asked them to carry out more objectives. More money was exchanged in return for clues and after an hour or so, they were asked to fill out their ‘who done it sheets’ and reveal who they suspected was the mur-

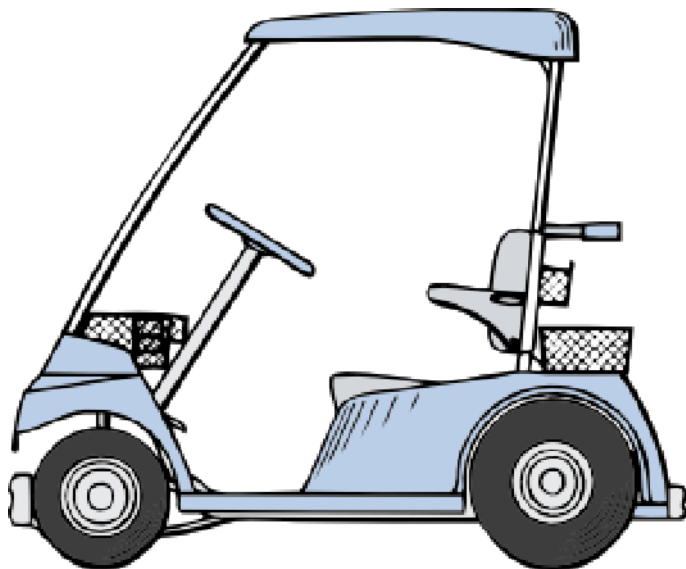


Photo courtesy of Tony Stephens

Left to right, David Castle (Coconut Joe), Joshua Bell (Sandy Beachbum) and Melissa Oliver (Coconut Jane) discuss who they think “done it” at the murder mystery dinner Sept. 27 at the Roi Outrigger Club.

derer. They also got to vote on Best Dressed, Best Actor and confess how much money they had at the end of the game; the person with the most money received a prize.

Once all the forms were turned in, all the evidence was revealed and the murderer exposed. Even though only two residents figured out ‘who done it,’ everyone had a great night filled with murder, mystery and mayhem.



Personal Use of government vehicles per USAKA/RTS Regulation 56-4, Motor Transportation Vehicle Operation and Control, is prohibited unless rented through the Automotive Central Motor Pool (CMP), building 808. Vehicles assigned to department sub-pools can be rented by completing a 1051 form and having it approved by the Functional Department Manager. See KRS SPI 1184 Rev 003, Vehicle/Equipment Dispatching, Control and Operator Responsibilities, and SPI 1403 Rev 001, Vehicle/Equipment Rental and Billing for more information. You can also contact the CMP at 53341 for the proper forms and/or additional information on the rental process.

*Soccer
Season*



2010

Thursday, Sept. 23
Spartans Coed vs. Go Green

FINAL SCORE: 3-5

Christina Sylvester (Green): 3 goals
Bess Buchanan (Green): 1 goal
Heidi Rowell (Green): 1 goal
Eric Tiffany (Spartans): 1 goal
Adam Tiffany (Spartans): 2 goals

Friday, Sept. 24
FC Swell vs. Locals

FINAL SCORE: 2-4

Anthony Andrade (FC Swell): 1 goal
Michael Turner (FC Swell): 1 goal
Erik Wills (Locals): 1 goal
Curtis Childress (Locals): 1 goal
Jason Kettenhoffen (Locals): 2 goals

Tuesday, Sept. 28
Spartans Varsity vs. K.A.T.

FINAL SCORE: 6-2

Laura Calloway (K.A.T.): 1 goal
Kyla Booher (K.A.T.): 1 goal
Maddi Hall (Spartans): 2 goals
Mary Doerries (Spartans): 1 goal
Annie Hepler (Spartans): 3 goals

Wednesday, Sept. 29
Spartans JV vs. Locals

FINAL SCORE: 2-2

Chris Saunders (Spartans JV): 1 goal
Scott Swanby (Spartans JV): 1 goal
Curtis Childress (Locals): 1 goal
Brandon Mueller (Locals): 1 goal

Thursday, Sept. 23
Spartans Varsity vs. Spartans JV

FINAL SCORE: 6-0

Annie Hepler (Spartans): 2 goals
Melissa Peacock (Spartans): 1 goal
Mary Doerries (Spartans): 1 goal
Mary McPhatter (Spartans): 2 goals

Friday, Sept. 24
Spartans Varsity vs. Spartans JV

FINAL SCORE: 4-3

Blake Larson (Spartans Varsity): 1 goal
Coty Davis (Spartans Varsity): 1 goal
Jake Villarreal (Spartans Varsity): 1 goal
Tyler Stepchew (Spartans Varsity): 1 goal
Chris Saunders (Spartans JV): 2 goals
Scott Swanby (Spartans JV): 1 goal

Tuesday, Sept. 28
Spartans Coed vs. Spartans JV

FINAL SCORE: 8-2

Adam Tiffany (Spartans Coed): 6 goals
Eric Tiffany (Spartans Coed): 1 goal
Sam Jahnke (Spartans Coed): 1 goal
Leightyn Cossey (Spartans JV): 1 goal
Mereille Bishop (Spartans JV): 1 goal

Wednesday, Sept. 29
Spartans Varsity vs. FC Swell

FINAL SCORE: 6-8

Kaulu Kaluhiokalani (Spartans): 2 goal
Jake Villarreal (Spartans): 3 goals
Dane Bishop (Spartans): 1 goal
Chad McGlinn (FC Swell): 4 goals
Nate Jones (FC Swell): 2 goals
Anthony Andrade (FC Swell): 1 goal
Kenny Leines (FC Swell): 1 goal

Team Standings (as of Sept. 29)

<u>WOMEN'S LEAGUE</u>		<u>MEN'S LEAGUE</u>	
Spartans Varsity:	4-0	FC Swell:	3-1-0
Go Green:	3-1	Locals:	2-1-1
K.A.T.:	2-2	Spartans Varsity:	1-1-1
Spartans Coed:	1-3	Spartans JV:	0-3-0
Spartans JV:	0-4		



Eighteen Soldiers die in Iraq, Afghanistan

The Department of Defense announced the deaths of four Sailors who died in a helicopter crash Sept. 21 during combat operations in the Zabul province, Afghanistan, while supporting Operation Enduring Freedom. Killed were **Lt. (SEAL) Brendan J. Looney**, 29, of Owings, Md., assigned to a West Coast-based SEAL Team; **Senior Chief Petty Officer David B. McLendon**, 30, of Thomasville, Ga., assigned to an East Coast-based Naval Special Warfare unit; **Petty Officer 2nd Class (SEAL) Adam O. Smith**, 26, of Hurland, Mo., assigned to an East Coast-based SEAL Team and **Petty Officer 3rd Class (SEAL) Denis C. Miranda**, 24, of Toms River, N.J., assigned to an East Coast-based SEAL Team.

The Department of Defense announced the deaths of five Soldiers who died in a helicopter crash Sept. 21 during combat operations in Zabul province, Afghanistan, while supporting Operation Enduring Freedom. All Soldiers were assigned to 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), Fort Campbell, Ky. Killed were **Lt. Col. Robert F. Baldwin**, 39, of Muscatine, Iowa; **Chief Warrant Officer Matthew G. Wagstaff**, 34, of Orem, Utah; **Chief Warrant Officer Jonah D. McClellan**, 26, of St. Louis Park, Minn.; **Staff Sgt. Joshua D. Powell**, 25, of Pleasant Plains, Ill. and **Sgt. Marvin R. Calhoun Jr.**, 23, of Elkhart, Ind. Baldwin was assigned to the brigade headquarters; Wagstaff, McClellan and Calhoun were assigned to the 5th Battalion and Powell was assigned to the 6th Battalion.

Lance Cpl. Anthony J. Rosa, 20, of Swanton, Vt., died Sept.

23 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Pfc. Clinton E. Springer II, 21, of Sanford, Maine, died Sept. 24 in Kabul, Afghanistan, in a non-combat related incident. He was assigned to the 2nd Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

Two soldiers died while supporting Operation New Dawn. They died Sept. 24 in Fallujah, Iraq, of injuries sustained Sept. 23 in a non-combat incident. They were assigned to 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga. Killed were **Spc. John Carrillo Jr.**, 20, of Stockton, Calif. and **Pfc. Gebrah P. Noonan**, 26, of Watertown, Conn.

Spc. Marc C. Whisenant, 23, of Holly Hill, Fla., died Sept. 24 in Kuwait of injuries sustained in a military vehicle roll-over. He was attached to the Florida National Guard's 1st Battalion,

124th Infantry Regiment, Miami, Fla.

Two soldiers died while supporting Operation Enduring Freedom. They died Sept. 24 of wounds suffered while traveling between Ghanzi and Bagram Airfield, Afghanistan, when their military vehicle was attacked with an improvised explosive device. They were assigned to the 17th Combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade, U.S. Army, Alaska, Fort Richardson, Alaska. Killed were **Pfc. William B. Dawson**, 20, of Tunica, Miss. and **Pfc. Jaysine P. S. Petree**, 19, of Yigo, Guam.

Two soldiers died while supporting Operation Enduring Freedom. They died Sept. 26 at Kandahar, Afghanistan, of wounds suffered when insurgents attacked their military vehicle with an improvised explosive device on Sept. 25 at Forward Operating Base Frontenac, Afghanistan. They were assigned to the 20th Engineer Battalion, 36th Engineer Brigade, Fort Hood, Texas. Killed were **Sgt. Mark A. Simpson**, 40, of Peoria, Ill. and **Spc. Donald S. Morrison**, 23, of Cincinnati, Ohio.



*"It is foolish and wrong to mourn the men who died.
Rather, we should thank God that such men lived."*

— Gen. George S. Patton

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.

KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

WANTED

SPI APPROVED patio cover, we need shade! Please call 51357 or 50617.

PATIO SALE

TODAY, 11 a.m.-5 p.m., quarters 124-B in back. PCS sale, computer parts, pillows, houseplants, plants, quilting fabric, crafts, T-shirts, video tape and DVD movies, cassette tapes, reusable video

Religious Services

Catholic

5:30 p.m., Saturday, in Island Memorial Chapel
9:15 a.m., Sunday, in Island Memorial Chapel.

Protestant

8 and 11 a.m., Sunday, on Kwaj.
Roi-Namur service at 4 p.m.

Baptist

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

Latter-day Saints

10 a.m., Sunday, in CRC, Room 3.

Jewish services

Second Friday of the month in the REB. Times will vary. Contact the Chaplain's office, 53505, for more information.



Employees on KRS/CMSI/BAI Health Care Benefit Plan

FCE will be conducting a required dependent eligibility verification of your health care plan. The verification process will begin Oct. 1 and ends Dec. 15. Information is being mailed to all eligible employees on Oct. 1. Questions, call your FCE HR Benefits Representatives at 50939 or 51888.

tapes, blank CDs and DVDs, rugs, men's shirts, women's shorts and tops, books, decorations, clothes, shoes, assorted tools and hardware, kitchen items, corning ware, wall shelves, picture frames, clothes hampers, wire shelving, luggage, wineglasses, new photo albums, blue/white Oriental décor, tablecloths/napkins, blue/white/yellow upholstery fabric, new queen size bedding, end table.

SUNDAY AND MONDAY, 7-11 a.m., quarters 457-B. PCS sale, carpets, outdoor shelf, snorkel vests, cassette tapes, full service stoneware for eight, plants, clothes, toaster oven, Q/S headboard, ceiling fan, ironing board. Everything is priced to sell! Call 59121 or stop by.

MONDAY, 7 a.m.-noon, quarters 124-B in back. PCS sale, same items as above.

MONDAY, 9:30 a.m.-1 p.m., quarters 487-D. PCS sale, clothing, furniture and more.

FOR SALE

TV, 20 inch, \$150; Sunflower kitchen set, \$40; 400-series blinds; carpets; Sun bike and burley, \$250; dehumidifier, \$100; 50-gallon aquarium, \$295; play kitchen, \$25 and patio furniture, \$200. Call 52692.

DECK, 10x20 feet, \$800. Contact John at work, 59539, or home, 59444.

BARBELL WEIGHTS and weight bench, \$55; nice large plants, \$10 each and miscellaneous household items. Call 54578 or 50723.

COLUMBIA SAILBOAT, 26 feet, in the water on one year mooring, dinghy and 5HP motor, boat shack, trailer, five excellent condition sails, CD/I-pod/radio/stereo, 2009 10HP Honda kicker, toilet, sink, VHF radio, life sling, BQ grill, 406 EPIRB,

swim platform, sleeps four, everything works and is a great boat, I am buying a bigger boat, \$12,000. Call Ryan Vahle at 52222 or 52590.

SONY TRINITRON TV, 32 inch, and corner entertainment center with glass doors below for components and side storage for CDs and/or DVDs, approximately five years old, \$500 or best offer. Call 51229 days or see at 415-B.

DESKTOP COMPUTER, HP Pavilion model XL912, 50; HP DeskJet printer, F4180 all-in-one, \$75; Lexmark printer, X1150 print-trio, \$50; Sony Blu-Ray HD DVD player, BDP-S360, still in box, \$150; Magnavox VHS/DVD dual player, DV200, \$50; DVD recorder, \$75; Toshiba color TV, 13 inch, \$50; 17 inch LCD monitor, IC Power Model CM 017, \$100 Please leave a message at 55610.

HOBIE GETAWAY Catamaran, 2007, fast and comfortable, excellent condition, includes sails, Tiger Trax wheels, sail trailer and teal Sunbrella material for boat cover, \$5,000. Reasonable offers considered. Call 53003 or 50619 for more information.

CROWN LINE FISHING cruiser, 27 feet, 350 mercruiser, plus 15 HP, boathouse 309 and trailer. Call to inquire at 59662 or E-mail hammerheadherb@hotmail.com.

WHITE CHINA service for 12, pair of crystal table lamps, torchiere floor lamp, pair of wall-mounted bedside lamps, Odyssey two-ball putter, low voltage patio lighting and microwave. Call Dale at work, 52216 or home, 52609.

KING SIZE pillow top mattress, five years old but in very good condition, \$295; small Polaroid t1035 digital camera with charger, \$65 and roller blades, sizes six and 10. Call 50165.

WATERFORD CRYSTAL and China. Call 53329.

Café Pacific

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 9
Pot roast with gravy	Beef tips in burgundy	Whole wheat penne	Breaded pork cutlets	Huli huli chicken	Roast turkey	Broiled pork chops
Herb broiled chicken	Breaded veal cutlet	Eggplant parmesan	Chili mac	Breaded clam strips	Sage stuffing	Hawaiian style pizza
Huevos rancheros	Three cheese quiche	Italian meatballs	Hawaiian chopped steak	Vegetarian Thai stir-fry	Beef pot pie	Three cheese pizza
Grill: Brunch station open	Grill: Brunch station open	Grill: Pasta bar	Grill: Giribaldi sub	Grill: N/A	Grill: N/A	Grill: Mushroom burger
Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Italian sausage lasagna	Braised short ribs	BBQ pork butt	Salisbury steak	Carved round beef	Rosemary roast pork	Pancake supper
Vegetable lasagna	Chicken paprikash	Ranch style beans	Spicy chicken curry	Chicken cordon bleu	Sauteed beef tips	Oven fried chicken
Turkey tetrazzini	Vegetable quesadillas	Rice pilaf	Oriental veggie stir-fry	Char broiled ono	Vegetarian beans	Smoked ham tetrazzini

All computer users: The Department of Defense has detected an increasing number of false Anti-Virus alerts normally associated with "scareware" SPAM or Phishing attacks. If you see a window that shows "Microsoft Security Essentials" or similar pop-up claiming it has detected a virus (W32/Troj or something similar) then be careful. It might have a button you can click on to "clean the virus" but DO NOT CLICK on the button as it will infect your computer with a virus not clean it up. All of these security events will be tracked and reported so please avoid falling for the trick.

GLASS-PRO BOAT, 23 feet, lot 4, twin Yamaha 50, average 3 gallon total fuel per hour, 48 gallon fuel tank, Icom VHF radio, fish box, Deep Freeze 130 reel with pole and lots of lures, \$40,000 or best offer. Call work, 59081, or home, 59335.

CAL 20 SAILBOAT, good condition, includes extra parts, safety gear, storage shed with tools, and 4 HP outboard kicker motor, new mooring lines and bottom recently cleaned, \$5,000. Call 51357 or 50617.

SONY DIGITAL camera with case, \$10; bar stool with swivel, \$20; dumbbell weights, \$10; barbell weights and weight bench, \$50; books, \$1; music CD's, \$2; nice large plants, \$10 and miscellaneous bicycle parts and accessories in new condition, \$5. Call 54578 or 50723.

COMMUNITY NOTICES

EFFECTIVE OCT. 1, the Kwaj Lodge front desk will be closed every Sunday in conjunction with the airfield closure. Additionally, Kwaj Lodge custodial service will no longer be provided on Sundays. All normal services will resume on Monday morning at the regular time. Questions, call 53201.

HANG TIME BBQ is 6-8 p.m., Oct. 3, at Emon Beach. Dinner will be provided, just bring you! Adults only please. For more information call Cheryle and Gary at 51314.

BEGINNING OCT. 4, the Mic Shop's operating

hours will be 10 a.m.-2 p.m. Mondays and 5 -7 p.m. Wednesdays and Thursdays.

CYSS SPECIAL PARENT and Staff Forum. Please join us for a special meeting at 6 p.m., Oct 6, in the Coconut Room to introduce new CYSS staff, talk about our vision and address program concerns and community needs.

COME MAKE YOUR "Spider Web Bowl" for Halloween at the Hobby shop! The class will be from 6-7:30 p.m., Oct. 7. The cost is \$15 and class size is limited so sign up now! Ages 4-12, parents must accompany children 8 and under. Call Ms. Denise at the Hobby shop to sign up, 51700.

OPEN REC Movie Night 6:30-9:45 p.m., Oct. 9 in the SAS room. Make snacks to bring. Ride to Rich Theater. Enjoy the Fire Prevention Awards and Fire Prevention Movie. Conclude with the feature film Toy Story 3. Visit CYSS Central Registration to sign up. Open to all CYSS registered children in K-6th grade.

NATIONAL HONOR SOCIETY Inductions will take place at 6:30 p.m., Oct. 12, in the MP room. Students will find out soon if they were selected

or not. Direct any questions to AnnElise Peterson at the high school at 52011.

THE KWAJALEIN GOLF Association presents the 41st Kwajalein Open Golf Tournament on Oct. 11 and Oct. 17-18, at Holmberg Fairways. E-mail Jim at jimbishop1@gmail.com for tee time. Call Dick at 52295 for details about this year's tournament activities.

KWAJALEIN SCHOOL Advisory Council meeting is scheduled for 7 p.m., Oct. 20, in the Elementary School Coconut room. The public is invited to attend.

OPEN REC Halloween Dance Party is from 6-9 p.m., Oct. 23 in the SAS room. Come dressed in your scary, funny, wacky or original costumes to dance the ghosts and goblins away. We will start the night off with a warm up dance, have a dance and costume contest, play dancing and music games. A gooey, scary, tasty treat can be brought to share. Parents must pick up party goers by 9 p.m.

CYSS YOUTH FLAG FOOTBALL registration Open Oct. 5-23. It is a seven week coed league for ages 10 - grade six. Cost is \$25 per player.

FIRE

Prevention Week Oct. 3-9

Finale at 4:30 p.m., Oct. 9, at the Rich Theater



- Fire drill obstacle course
- Fire extinguisher training (fulfill your requirement now)
- Fire and EMS trucks
- Smoke alarm instruction (get replacement batteries at a discounted price)
- Fire prevention and safety information
- BBQ will be a blazin' with sizzling-hot specials: \$2 Shishkabobs, \$2 burgers, \$6 chicken, \$7 chicken/rice, \$1 ice cream cones
- Announcing Fire Prevention Week awards at 7 p.m.

Café Roi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 9
Citrus coriander salmon	BBQ brisket	Chicken ceasar wrap	Grilled ruben sandwich	Hot dog bar	Chicken/beef tacos	Philly cheesesteak
Chicken marsala	Fried pork chops	Chicken fried steak	Crispy garlic chicken	Chicken fricassee	Beef tamales	Pulled BBQ pork
Crab cake benedict	Southern benedict	Onion rings	Cajun spiced rice	Penne with pesto alfredo	Refried beans	Macaroni and cheese
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 9
Beef ragu with pasta	Thai beef with veggies	Roast chicken	Grilled top sirloin	Roi fried chicken	Large assorted pizzas	Champagne chicken
Chicken with veggies	Chicken in peanut sauce	Whole short ribs	Ginger mahi mahi	Grilled pork cutlet	Veal parmesan	Blackened cod
Creamy polenta	Fried noodles	Grilled vegetables	Baked potatoes	Mashed potatoes	Pasta with marinara	Oven roasted potatoes

Also register for the five week Skill Program; there is a division open for ages 5-6 and another for ages 7-9. Cost is \$15 per player. Volunteer coaching opportunities available. Call 52158 for registration information, building 358. Contact Jason at 53796 for more details.

CYSS START SMART GOLF Program registration open Sept. 28-Oct. 23. Program is skill development open to boys and girls ages 4-7. Cost is \$20 per player. Program dates are Nov. 3-Dec. 8. Limited space available. Call 52158 for registration information, building 358 and contact Jason at 53796 for sports program information.

CYSS YOUTH GOLF Program registration open Sept. 28-Oct. 23. Open to boys and girls ages 8 through grade 6. Cost is \$40 per player. Program dates are Nov. 2-Dec. 17. Limited space available. Call 52158 for registration information, building 358 and contact Jason at 53796 for sports program information.

THE OPTOMETRIST, Dr. Yamamoto, will be on-island and will see patients Oct. 31-Nov. 11. Please call the Hospital at 52223 or 52224 to schedule an appointment.

HOLIDAY ARTS AND CRAFTS Show 2010 will be from 10 a.m.-2 p.m., Nov. 8, in the CRC gym. Over 50 tables featuring the unique items of Kwajalein artists, crafters and vendors. Vendor applications located on the mall bulletin board.

FROM SEPT. 21-DEC. 10, the last flight from Roi on Tuesday through Friday will be delayed 45 minutes. The 4:15 p.m. departure will now be at 5 p.m. The current atoll flight schedule can be located on the Flight Ops SharePoint or the USAKAWeb Business logistics page. Any questions, contact 52102.

IF YOU RECENTLY MAILED MPS mail and failed to put a full return address or full addressee address on the envelope please check the post office "Undeliverable MPS Mail" box at the package pick up window. Addresses must be filled out completely before delivery.

GET YOUR RECEIPT or it is Free. Order from Anthony's Pizza for delivery. If we don't offer you your receipt it is free. Contact Colin Smith for

ARMED FORCES ENTERTAINMENT PRESENTS

NEW YORK UNDERGROUND COMEDY FESTIVAL ALL-STARS III

Sample New York's Finest Batch of Mixed Nuts

The New York Underground Comedy Festival All-Stars are a fresh mix of the brightest and funniest comedians off Broadway. Catch the girl the *Las Vegas Sun* describes as, "one of Vegas' premier comics," Carole Montgomery. Joining her will be HBO and *Girls Night Out* favorite, Leighann Lord, and the hilariously-funny, Kevin Downey Jr., Mark Riccadonna and Stephen Krusier. For information, check out featured performers at www.armedforcesentertainment.com/NYUCFIII.htm.

8 p.m., Oct. 9, Kwajalein Country Club

8 p.m., Oct. 11, Roi Outrigger Club



details. Call 52735 for delivery.

IS TRAINING NEW fall schedule has been posted and most of the classes are open to the community. Please contact it.training@smdc.k.smdc.army.mil or call 50787 for more information.

SUNRISE BAKERY Weekly Bread Specials Return! Featuring Jalapeno/Cheddar loaves and Parmesan/Garlic Italian loaves every Thursday. Questions? Contact Darren Moore at 53445 or 55599.

THE BARGAIN BAZAAR will pick up household goods at your quarters on the first Monday of each month. If you would like to schedule a pick up please leave a message on the store's voicemail at 53686. Sorry, no large furniture can be accepted.

SURFWAY CUSTOMERS, we value your feedback! Please assist us by completing our new on-line Customer Satisfaction Survey at <http://www.surveymonkey.com/s/Surfway2010>. Questions? Contact Robb Griffith 53607.

Weather courtesy of RTS Weather

Sunday: Mostly sunny, 10 percent showers. Winds: E-ESE at 6-12 knots.
Monday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 8-14 knots.
Tuesday: Partly sunny, 10 percent showers. Winds: ENE-E at 8-14 knots.
Wednesday: Partly sunny, 20 percent showers. Winds: ENE-E at 7-12 knots.
Thursday: Partly sunny, 20 percent showers. Winds: ENE-E at 8-13 knots.
Friday: Mostly sunny, <10 percent showers. Winds: ENE-E at 5-10 knots.

Annual total: 48.08 inches
Annual deviation: -21.79 inches

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

Sunrise/set Moonrise/set High Tide Low Tide

Sunday	6:37 a.m./6:39 p.m.	1:49 a.m./2:39 p.m.	1:10 a.m., 2.6'	6:57 a.m., 0.6'
				6:52 p.m., 0.9'
Monday	6:37 a.m./6:39 p.m.	2:47 a.m./3:29 p.m.	1:14 a.m., 3.6'	7:49 a.m., 0.1'
			1:59 p.m., 3.3'	7:53 p.m., 0.3'
Tuesday	6:37 a.m./6:38 p.m.	3:44 a.m./4:19 p.m.	2:06 a.m., 4.1'	8:29 a.m., 0.4'
			2:39 p.m., 3.9'	8:39 p.m., 0.3'
Wednesday	6:37 a.m./6:38 p.m.	4:41 a.m./5:07 p.m.	2:50 a.m., 4.5'	9:05 a.m., 0.8'
			3:16 p.m., 4.5'	9:21 p.m., 0.7'
Thursday	6:37 a.m./6:37 p.m.	5:38 a.m./5:56 p.m.	3:29 a.m., 4.7'	9:40 a.m., 1.0'
			3:51 p.m., 4.9'	10:01 p.m., 1.0'
Friday	6:37 a.m./6:36 p.m.	6:36 a.m./6:47 p.m.	4:07 a.m., 4.7'	10:13 p.m., 1.1'
			4:26 p.m., 5.1'	10:40 p.m., 1.1'
Oct. 9	6:37 a.m./6:36 p.m.	7:35 a.m./7:39 p.m.	4:43 a.m., 4.6'	10:45 a.m., 1.0'
			5:00 p.m., 5.1'	11:18 p.m., 0.9'