

# THE KWAJALEIN HOURGLASS



Left to right, Craig McCarraher, Defense Media Activity technician, Tom Giedroc, Kwajalein Range Services Range Radio/Armed Forces Radio and TV Service Lead and Evelyn Smith, KRS Broadcast Technician stand by the bank of decoders they installed to replace the VBrick system. The three, along with Kezin Lotte, Communications Technician III, not pictured, also repaired the AFN satellite dish and tuned it into the NSS-9 satellite.

For more, see page 3.

Photo by Dan Adler

# Addressing Sunday's tsunami warning

## Hourglass Reports

The community can rest assured that USAKA leadership was on top of the weekend tsunami warning and made preparations to deal with any situation should it become necessary.

AFN Kwajalein personnel went to the station at approximately 8 a.m. on Sunday to post a notice on the roller about the tsunami warning. A notice concerning what the different siren warnings mean in case of a natural event were also posted on the roller. In addition, USAKA put up signs in public places.

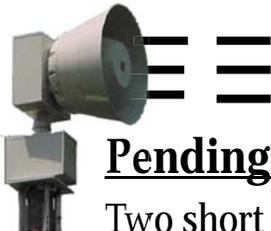
Unfortunately, the crawler that runs across the bottom of your TV screens was not working at the time, so notices could not be run that way. Repairs are underway on the crawler.

USAKA received Hotline calls about CNN's coverage of the tsunami being interrupted by another news show. Residents are reminded that neither AFN Kwajalein nor USAKA has any control over changes in programming. All programming and all programming changes come from the main AFN broadcast center in California.

If a similar event occurs in the future, residents are advised to tune to Channel 9 for roller notices. If residents would like more information, they can call Kwajalein Police Department or USAKA Public Affairs, 51404. New phone books are also online with all pertinent emergency data.

While the chances of Kwajalein sustaining damage from a tsunami are low, USAKA takes any potential threat, weather-related or otherwise, seriously. The command team was assembled in the early morning to discuss actions to be taken and was

## Siren Warning System



**Pending Disaster**  
Two short blasts repeated five times at 25 second intervals.



**Special Mission**  
One 10 second blast, 40 second pause, 10 second blast, two minute pause.



**Fire Recall**  
One minute blast.



**Evacuate to shelters**  
One three minute warble.



**All Clear**  
One 20 second blast. This blast also sounds each work day at 6 p.m.

in contact with Pacific Command. Again, even though the chances of a tsunami hitting and doing damage are slight, USAKA prepares for any contingency that could be caused by weather such as changes in currents or wave conditions that may affect boaters. The command would rather

err on the side of caution.

The best course of action for Kwajalein residents to take in any pending emergency situation is to get official information from USAKA or the police. Learn what the siren warnings mean and take heed if they sound.

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

CMR #701 P.O. Box 23, APO AP 96555  
Phone: Defense Switching Network 254-3539;  
Local phone: 53539 Printed circulation:1,200

E-mail: [hourglass@smdck.smdc.army.mil](mailto:hourglass@smdck.smdc.army.mil)

**Commanding Officer.....Col. Frederick Clarke**  
**Public Affairs Officer .....Vanessa K. Peeden**  
**Media Manager.....Dan Adler**  
**Associate Editor.....Sheila Bigelow**  
**Media Specialist.....Coleen Engvall**  
**Media Specialist.....Kaitlynn Phillips**



Right, Craig McCarraher, Defense Media Activity Technician, Evelyn Smith, Kwajalein Range Services Broadcast Technician and Tom Giedroc, KRS Range Radio/Armed Forces Radio and Television Service Lead, stand by the satellite dish they repaired and aligned to pick up new signals from the NSS-9 satellite. Kezin Lotte, Communications Technician III, not pictured, was also involved in the project.

# New satellite signals improve TV picture and will reduce TV outages

Article and photos by Dan Adler  
Media Services Manager

Do you believe in happy coincidences or perhaps, minor miracles? Well, if you don't, maybe you should start, because the story of how VBrick went away is a whopper.

Tom Giedroc is the Range Radio/Armed Forces Radio and Television Service Lead. The Kwajalein TV station and transmitters are under his supervision. He tells the tale. "Murphy Whitsitt, who was the Chief Engineer of AFN Kwajalein, began researching satellites online back in November of 2009 and found a satellite called the NSS-9. He checked with AFRTS to determine if we were in its footprint and what

programming it carried. He found out that Kwajalein is in the signal range and that the NSS-9 carries AFN programming."

Giedroc continued, "After Murphy determined that, he started trying to refurbish the AFN [satellite] dish but left before he was able to get very far with it."

Giedroc said, "Then Craig [McCarragher] who used to be chief engineer at the Kwajalein station called me out of the blue on the same day Murphy left. We had worked together originally on the upgrade from two channels to 10 channels. It was really weird. I hadn't spoken to him in six years. He told me he was working for the Defense Media Agency and asked me how we were

doing at the station. I told him the chief engineer had just left and we were in the middle of attempting to upgrade to a new satellite and Craig said he could help us with it."

According to Giedroc, "At that time, I didn't know that DMA supported AFN around the world. There were probably a hundred E-mails back and forth about what parts we needed and what parts we had. We sent photos back and forth of the dish and our consoles so he could see what the setup was. He gathered up the parts he thought he would need and when we thought we had everything we got with James Caughie of USAKA, Steve Banducci,

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*The Kwajalein Hourglass*

KRS Information Services Manager and Gary Smith, KRS Telecom Department Manager, and arranged for his temporary duty.”

McCarragher worked as AFN Kwajalein Chief Engineer for six years from 1998-2004.

He said, “Years ago in 1998, we were looking at a good quality AFN signal from a satellite that we could see with our dish. That was before the Huntsville, Ala. link when we only had two channels. But AFN refocused that footprint over Japan and Korea and we could no longer see the signals.”

He continued, “We only had Direct To Sailor then and we decided to get the Huntsville link in 2001 because DTS had news, sports and some prime programming but it was all geared for 18-year-old sailors at sea. There weren’t any soap operas or children’s programs. So at that time there was a big push to get the Huntsville link. With that link, we were able to pick up the signal we could see earlier before it was moved. We could get movies, a family channel and Spectrum. It was good we could get that type of programming, but it had to go through Huntsville on the DS3.”

McCarragher explained, “Before VBrick, we were on a system I installed called Optibase which was an MPEG 1 system. It had problems too. Sometimes the video would freeze and it wouldn’t unfreeze for hours. Sometimes not until the next day because of the DS3 glitches. Then they upgraded to an MPEG 4 system with VBrick. [VBrick is a company that makes broadcasting equipment]. The signal quality was a little better but we had the outages.”

He explained how VBrick and the Huntsville link worked. “An analog video signal and audio would be converted into an Internet Protocol signal so it could be sent over the Internet. It’s a box that sits in Huntsville with the IP address of the box on Kwajalein and the two communicate. It’s basically a transmitter and a receiver using those IP addresses. The signal was down linked from the DS3 in Huntsville, went through satellite decoders and into VBrick. Then it got converted into video IP and then went into a switch and then through

a firewall into the U.S. Army Space and Missile Defence Command where it went through another firewall. Then it got bulk encrypted, shot via fiber out to California, up linked and then down linked to Kwajalein, de-encrypted, then into an IP converter and then shot over to the transmitters via fiber. It was monstrous. When you have a constant streaming audio and video, you’re going to see every glitch. The whole thing was a good idea in theory and we did go from two channels to 10 channels.”

Does anybody out there still wonder why we had outages?

Fortunately, McCarragher has a wealth of AFN knowledge to work with. Besides having been AFN Chief Engineer on Kwajalein, he also worked for AFN in Vincenza, Italy for two years in government service, then left to work for a private broadcasting company and rejoined government service in 2009 working for the Defense Media Activity.

“It’s a new organization that used to be individual headquarters for the Navy, the Air Force and the Army,” he said. “They all joined together and formed DMA. It’s out of Arlington, Va.”

According to McCarragher, before Whitsitt left, he tried to tune in the dish, but he didn’t have enough decoders or many of the parts he would have needed because the dish was broken.

“That was at the point I called Tom and he told me what the situation was,” McCarragher said. “I did a lot of research on the satellite and made sure we had the proper parts for refurbishing the dish. Some of the parts like O-rings aren’t even manufactured anymore. I got a lot of those things in the states. I got approval for 15 new satellite decoders because the ones they had here



The new decoders that are intended to bring Kwajalein and Roi residents outage-free TV with a better quality picture from the NSS-9 satellite.

were very old, 10 years at least. So I got the 15 new ones for free from DMA. I talked to the chief engineer there and he had no problem with it. He sent an E-mail out and the next thing I knew they were on the way to Kwaj. So not only do you have enough decoders, but there are backups as well.”

He added, “Tom did all the leg-work. He and Evelyn Smith got the decoders set up and authorized so when I got here we were able to start working right away. I brought extra parts and we were able to rebuild the feed horn and the dish on the first day and got it pointed at NSS-9 and got it locked into the dish. The second day we swapped out the VBricks one by one with the decoders and locked each one into the dish. By the end of that day all of the signals were on the air, but the ones that are delayed had to be recorded for 21 hours before the programming could catch up to

normal times as printed in the TV Guide. So during that time, we had to run live programming instead of delayed. By the third day, the delays had caught up. The whole project went really smoothly and within three days, everything was up and running.”

He continued, “The only channel still coming off the DTS is Channel 35 which is a hybrid channel geared towards the sailor at sea. It’s a live feed with no delays. All the other signals come straight from the satellite into the dish, to the decoders and to our transmitters. That’s why it’s a much better signal. It’s a good enough system and a good enough dish that even a heavy rainstorm shouldn’t knock

it out. There will be those sunspot outages that happen twice a year, but that happens everywhere in the world. Putting this project together was a great team effort.”

McCarrara arrived on Kwajalein Feb. 20, started working on Feb. 23 and by Feb. 25 the project was complete. He left for home on March 1.

Giedroc said, “The main result is a better MPEG 2 signal instead of an MPEG 1 and the VBricks and Huntsville link, which was terrible, are gone. People are just overjoyed about it. We’ve gotten calls from the community thanking us. When I went home Thursday after we had channels on the air, Channel 14 and 29 were like, ‘Wow, I can actu-

ally see individual faces, lettering in the background and the puck on the ice.’”

As mentioned earlier, the programming on Channels 17, 20, 23, 26 and 32 will still be on a delayed basis. The programming will be delayed 21 hours instead of the current 14 to keep the same programming schedule Kwajalein has now. Residents should bear in mind that the delayed programming is recorded and there is always the possibility, although very slight, that problems may arise with a recorder and disrupt programming on a particular channel.

Giedroc summed up the overall success of the project, “Everyone is very pleased.”

## Five servicemembers die in Iraq, Afghanistan

**Sgt. Marcos Gorra**, 22, of North Bergen, N.J., died Feb. 21 at Kandahar Airfield, Afghanistan, of wounds sustained while supporting combat operations. He was assigned to the 2nd Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C.

**Cpl. Daniel T. O’Leary**, 23, of Youngsville, N.C., died Feb. 23 in Fallujah, Iraq, of injuries sustained during a vehicle roll-over. He was assigned to the 307th Brigade Support Battalion, 1st Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.

**Sgt. William C. Spencer**, 40, of Tacoma, Wash., died Feb. 25 at Landstuhl Regional Medical Center in Landstuhl, Germany, of wounds sustained Feb. 20 while supporting combat operations at Combat Out-

post Marez, Iraq. He was assigned to the 2nd Battalion, 146th Field Artillery Regiment, Olympia, Wash.

**Staff Sgt. William S. Ricketts**, 27, of Corinth, Miss., died Feb 27 at Bala Murghab, Afghanistan, of wounds suffered when insurgents attacked his unit with small arms fire. He was assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.

**Spc. Ian T.D. Gelig**, 25, of Stevenson Ranch, Calif., died March 1 in Kandahar, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to the 782nd Brigade Support Battalion, 4th Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.



### Another day at the office

U.S. Marine Corps Lance Cpls. Daniel Garner (left) and Chris Ducharme, both with 3rd Platoon, India Company, 3rd Battalion, 6th Marine Regiment, investigate a possible improvised explosive device while on a patrol in Marjah, Helmand province, Afghanistan, on Feb. 22. Marines and Afghan National Army soldiers patrolled through a residential area of the city to carry out counterinsurgency operations as part of Operation Moshtarak.

*DoD photo by Lance Cpl. Tommy Bellegarde, U.S. Marine Corps. (Released)*

# Get in the Mix educates community on clubs, organizations and vendors available on island

Article and photos by Sheila Bigelow  
Associate Editor

Whether you're fairly new on-island, a seasoned resident, or here on your second or third tour, it's always nice to know what events and clubs are active on island to suit your pleasure needs. Get in the Mix was held Feb. 24 in the CRC gym where 27 tables were set up for vendors, clubs and Kwajalein organizations to spread the word about what they have to offer the community. The event, sponsored by Community Activities, is meant to help residents 'Get in the Mix' of available Kwajalein activities.

There were several vendor tables set up, each offering valuable goods and services for the community.

Lana Gideon had a table full of a variety of interesting goods. She had embroidered aprons perfect for cooking or the Hobby Shop. She also had 'Kwaj' embroidered tote bags in different colors and styles. She sells a variety of Deborah's Collection cosmetics, including creams, lotions and make-up. She also had plastic badge holders available for your K-badge or CAC card. Callie Chavana was selling her hand-made cigar box purses, along with balloon flip flops and Crocs charms. She also offers a variety of classes including Basket Weaving and Tumbling for children. Her Basket Weaving class is offered to adults and young adults and is typically held once every month. Each month she offers a different type, shape and size of basket. In the past her classes have made a bicycle basket, a mail basket and a large tote.

Daw Frase was selling beautiful handicrafts from Thailand. She had various jewelry, bags and purses, hair accessories and fabric wall hangings. Everything she offers is handmade by members of the Karen people of Thailand, who are often recognized for their

custom of wearing neck rings. Caroline Eggers had her usual array of beautiful handicrafts from Bali. She had hand-waxed and painted batiks, fans, jewelry, purses and sarongs.

Rob Clayton displayed his latest and most popular pieces of photography for the Kwajalein community. Clayton is well-known on island for his vibrant and appealing prints of beaches, turtles, palm trees, birds, dolphins and various underwater photos.

Krystal Peterson offers a variety of fitness classes on a month to month basis. Her Circuit Training classes are held in the Ivey Gym three days a week. According to her literature, "Each month the circuit changes by introducing new exercises to prevent muscle plateau and to ensure further sculpting of your muscles." Peterson's class is for any fitness level and is meant to teach and encourage proper lifting technique and knowledge of the gym. Peterson also offers a Fit Ball class once a week where she utilizes an exercise ball along with a yoga mat and dumbbells. This class focuses on core strength along with overall body toning and sculpting. Outside of her regular classes, Peterson also offers one-on-one consultations and programming, personal training and private group fitness classes.

Bill Williamson offers dive classes for all levels. He also had gold, Kwaj-shaped necklace pendants, similar to ones that used to be sold out here a long time ago, according to Williamson.

One of the more interesting and interactive booths of the evening was manned by J.T. Jackson. He is a very talented and creative tailor, who also specializes in custom chair covers, pillows, clothing, bed spreads, curtains and boat upholstery. Jackson, also known as the "Needle Pimp," can custom-make and upholster almost anything. During the Get in the Mix, he not only gave away one of his custom-made throw pillows, he also made another one right in front of resident's eyes during the event and gave that one away as well.

Doug Hepler is well-known on island for his crafty work in the Wood Shop. But for those that don't know or are unfamiliar with his work, he offers classes in Woodturning and also designs and makes custom wood signs. On top of that, he also offers scuba instruction for all levels.

Jim Bishop is your go-to guy when it comes to diving. He offers Scuba Pro gear including vests, goggles, bags, fins, flashlights, booties, snorkels and more. He also can certify your orientation dive, which is required on Kwajalein before you can be cleared to dive.

Dick Shields is well-known for his passion and talent when it comes to music; but besides directing music, he is also talented when it comes to dancing along to it. Shields and his wife offer a variety of dance classes open to the community. They teach East Coast



J.T. Jackson shows off his sewing skills at the Get in the Mix event Feb. 24 in the CRC gym.

Swing, Salsa, Rumba, Waltz, Foxtrot and Cha-cha. Classes are once per week for five weeks. They also offer an elegant Ballroom Dinner Dance, scheduled this year for May 2. If you are interested in being included on the distribution list for upcoming classes, E-mail [richard.cheryl.shields@gmail.com](mailto:richard.cheryl.shields@gmail.com).

Lisa Shier presented her interesting DVD slideshows for the community. She offers titles such as *Invertebrates of Kwajalein Atoll*, *Fishes of Micronesia*, *Best of Yap and Palau* and *Denizens of the Deep*. All photos were taken by Shier using her camera fitted with an underwater housing shell.

Multiple clubs took advantage of the Get in the Mix event and showed up to flaunt what their clubs had to offer the Kwajalein community.

The Kwajalein SCUBA Club is one of the most active clubs on-island. For water enthusiasts on-island, KSC invites every level of diver to join their club. If you are already certified to dive, KSC can set you up to take an orientation dive so that you can get started right away. If you are not certified, no worries; KSC has plenty of talented instructors that will take you through all necessary steps at your own pace to get you started. Other KSC events include an underwater Turkey Hunt in November and an underwater Pumpkin Carving Contest in October. Members do not have to pay to participate in these events. Another perk of KSC membership is that you are able to refill as many tanks as you want. "That's the benefit," says KSC president John Pennington. "We fill the tanks; you go check out your tanks, take them diving, turn them in empty and we fill them up. That's the value of the club." For more information, contact KSC president John Pennington.

The Kwajalein Atoll International Sportfishing Club has a lot to offer island residents. At their interactive table during Get in the Mix, Les Saulibio gave a live presentation on how to make lures. Members were also giving out fish recipes, fish marinades and tips for grilling fish. They had a television set up with an instructional video on how to gut and clean a fish. KAISC had information available on their numerous fishing tournaments held throughout the year. They have a Records Program that began in May 2006. It is open to all anglers of Kwajalein Atoll, including residents and visitors. The purpose is to promote sportfishing and to establish a program to track large catches and a way for anglers to show off their trophy fish.

The Kwajalein Running Club is a popular group on-island for multiple reasons. They conduct running and combination run/swim, run/bike and run/bike/swim events. According to their literature, "KRC is casual in nature, emphasizing participation and self-improvement. So whether you're a serious or casual runner [walkers are also highly encouraged to join], KRC is a great way to socialize with good folks." KRC's event variety ranges from monthly Fun Runs, which are anywhere between a half mile up to five miles, to extreme running competitions such as the annual Rust Man Triathlon and the Pauper's Marathon. Upcoming KRC events include a Fun Run on March 8, the Running of the Green (2.4 miles) on March 15, the Rust Man Triathlon on April 26 and the Rusty Family Triathlon on May 10. Contact KRC President, Bob Sholar, or Vice President, Stephanie Los, for more information.

The Kwajalein Swim Team is a great way to get your



**Andy Frase tries his hand at the Golf Challenge set up by Community Activities Golf Supervisor Bob Butz at the Get in the Mix event Feb. 24 in the CRC gym.**

children involved in a program designed to improve self-discipline and strength. Swimming helps children learn early the relationship between hard work and results. KST has a fall and spring season and are currently in the middle of the spring season. Children ages 6-18 years are eligible to compete. Contact KST President, Helbert Alfred, or Vice President, Alison Villarreal, for more information.

The Christian Women's Fellowship is a volunteer organization open to all ladies in the Kwajalein community. Their main focus is day-to-day ministering to one another as Christian women of all denominations. CWF also participates in various Chapel and island missions, including coordination of special events such as luncheons, the annual Christmas Ornament Exchange, the Secret Sister Reveal and a prayer Quilt Workshop. CWF also sells their Kwajalein cookbook year-round. Join CWF for their upcoming event, God's Spa, March 14-15. Contact CWF president Mindy Cantrell, or vice president Kathy Ann Funk for more information.

The Baptist Fellowship meets at 9:40 a.m., every Sunday in the elementary school Music Room. They offer a separate children's service, "Junior Church," for ages up to 10 years. They are involved in numerous activities including a monthly Adopt-an-Area clean-up held every first Monday of the month. For more information, contact Ernie or Karla Long.

The Kwajalein Yacht Club keeps its members busy throughout the year. They hold 'island-famous' events like the Commodore's Ball, the Mother's Day Race and Family Beach Party, the Swashbuckler's Ball and the Parade of Lights. Throughout the year they also hold numerous regattas and races. Mark Long, KYC member, said, "The Yacht Club has been here since 1954. We have monthly meetings where we have a nice dinner and good fellowship. We have races the first weekend of every month. If you want to come down to the marina, we'll work you onto a boat. If you just want to go as deck fluff, or if you want to work on a boat, or if you want to ride, you can just ride. We're just a

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of good people that like to hang out. We also support the Powerboat Club and anything to do with water activities. We keep Camp Hamilton clean. It's geared toward sailing, but we cover the whole gambit of water activities." For more information, check out their website at [kwajyachtclub.com](http://kwajyachtclub.com).

The Yokwe Yuk Women's Club has been in existence since the early 1960's and has a proud history of making an impact. They have not only served the Kwajalein community but have raised funds to benefit educational and community projects throughout the Marshall Islands and Micronesia. The YYWC promotes cultural exchanges with the women of the Marshall Islands. The YYWC is also an opportunity for the women of Kwajalein to socialize, have fun and make friends, both American and Marshallese. They have volunteer opportunities at the Bargain Bazaar, the Micronesian Handicraft Shop and the Educational and Assistance Committee. Volunteers are strongly desired at this time. YYWC also sponsors several events throughout the year including a Silent Basket Auction, the Outer Island Christmas Drop, the Christmas Exchange Dinner and the kaleidoscope of Music. For more information, contact club president Jenny Norwood.

The Kwajalein Community Band is a wonderful opportunity to socialize with fellow residents and to foster your passion for music. Director Dick Shields welcomes members of the community with previous experience on a band instrument to join the band. There are a limited number of school-owned instruments available for use. Christmas Carols are performed in December and concerts are presented in February and May. They have weekly rehearsals from 7:30-8:45 p.m., every Tuesday, September through May. Contact Dick Shields at [rshields@kwajalein-school.com](mailto:rshields@kwajalein-school.com) for more information.

Several Kwajalein organizations set up a table at Get in the Mix to inform the community about what it is they do.

Bob Butz manned the table for Community Activities Golf. He had a golf challenge set up for kids or adults. Participants practiced 'putting' and 'driving' Velcro balls into a Velcro screen with a golf course portrait on it. Butz also showed a video of Phil Mickelson's *Secret of the Short Game*.

The Kwajalein Hospital had numerous pamphlets of information for residents at Get in the Mix including oral cancer, smokeless tobacco and breast cancer. They gave out samples of lip balm that had SPF in it and chewing gum that had Xylitol in it, which helps fight cavities. Debbie Douthat, the Imaging Supervisor, had an X-ray reader set up with X-rays of bones before and after surgery, along with different shells.

The Small Boat Marina had information about B-boat rentals, boat orientation and boat licenses. You must attend a boating orientation before you can get a boat license. Contact Tweety Holbrook for more information.

Child, Youth and School Services had abundant information regarding all of the programs they offer. The Child Development Center offers child care for ages 18 months to five years. They offer full day care, part day morning or afternoon sessions and hourly care. The Kwaj Kids' Club (SAS) provides care before and

after school and during teacher workdays and school breaks. Kwaj Kids spend their time in various elective centers such as the homework center, technology lab, crafts area or dramatic play area. The Kwajalein Youth Sports program provides recreational sports in a non-competitive setting for youth in grades Kindergarten through grade six. They offer opportunities for participation regardless of skill level to ensure the enjoyment of everyone involved. The Start Smart program teaches children ages 3-5 the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents. This program stresses sportsmanship, development of social skills, motor skills and team work. The Namo Weto Youth Center provides development programs and open recreation for Kwajalein youth. They offer facility access and programming for youth in grades seven through 12. Their goal is to provide a fun-filled atmosphere that helps youth become prepared for the future. For more information or to sign up for any CYSS programs, contact the CYSS Registration Office at 52158.

Kwajalein Police Department set up a table to promote their D.A.R.E. program. Lt. Chris Ramsey explained, "Right now what we're trying to do is to introduce the D.A.R.E. program again. We're starting next week with 5th and 6th grade and we'll finish out the school year. Next year we'll enroll Kindergarten through 12th grade through the program. It should be an every year thing and we're pretty fired up about it."

The KPD Tactical Team was also in attendance and brought along some of their 'heavy artillery' for the community to admire. "This is the gear that our Tactical Team uses," explained Sgt. Chris Mosetti, pointing to a table full of equipment including. "We have different types of firearms, the MP5, the sub-machine gun, the AR-15 rifle, Remington 870 shotgun, M-24 sniper rifle, ballistic shields and battering rams for making entries into buildings we don't have keys for." Mosetti continued, "Mostly we do training. We have an on call team if something were to happen, a hostage situation were to develop, or any type of situation that a normal patrolman couldn't handle."

The KRS Wellness Team set up a table to educate the community about all the benefits and opportunities their program has to offer. The overall mission of the KRS 'little steps...BIG DIFFERENCE' Wellness Program is to improve the health and well-being of Kwajalein and Roi residents and employees through health education and activities that will support positive lifestyle change resulting in improved productivity, quality of life, morale and healthcare cost containment. Upcoming events include an Eat Well, Feel Good Cooking Demo: Going Green at 6:30 p.m., March 12; Ivey Gym Demonstration at 11:45 a.m., March 24; Wellness Seminar "Fitting in Fitness" at 6:30 p.m., March 26 in the elementary school Coconut Room and the "Walk the Rock" Walking Challenge kicks off March 20. For more information, contact the Wellness Team at [KRSwellness@smdck.smdc.army.mil](mailto:KRSwellness@smdck.smdc.army.mil).

Overall, Get in the Mix was a fun and educational way to spend an evening. Whether you're fairly new on island or have been here for years, it was a wonderful way to seek out what clubs and organizations on Kwajalein have to offer.

**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](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at [www.krsjv.com](http://www.krsjv.com).**

NEED EXTRA MONEY? 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.

GENERAL ENGINEER, GS-0801-13, full-time. Serves as a lead technical expert, advisor and consultant for engineering design and construction requirements on approved programs and feasibility studies and facilities, buildings and grounds maintenance and repair associated with the operation of USAKA/RTS for both present and long-range programs. Provides expert engineering support for major construction and repair projects, provides expert advice on USAKA/RTS housing utilization and development and implementation of contractor methodology for the fair and equitable assignment of housing assets to include family housing and unaccompanied housing, provides expert engineering advice and consultation in connection with engineering design, construction, operation, maintenance and repair of USAKA. Recommends plans, policy, and directives in area of assignment to ensure implementation of DOD, DA, USASMDC policy,

directives, etc. Point of contact for application is Central Resume Processing Center, 410-306-0137, or [applicanhelp@cpsrxtp.belvoir.army.mil](mailto:applicanhelp@cpsrxtp.belvoir.army.mil). Position close date is March 11.

**WANTED**

TV, SELLING in the range of \$50-\$75. Call 53008.

**LOST**

MEN'S 3-SPEED SUN BIKE, white frame with black handle bars, black metal finders, black metal saddle basket and black flame tires, looks new. Reward offered. Call 51459.

MIZUNO SOFTBALL GLOVE, brown and tan, on Brandon Field. Please contact 52280 if found.

**PATIO SALE**

MONDAY, 8 a.m.-1 p.m., quarters 459-C. Clothes, TV stand, computer desk, fishing tackle and poles, household items and more.

SATURDAY, March 13 and March 15, 8 a.m.-noon, quarters 137-F&C, 136-B&D&E. Multi-family sale, everything you need.

**FOR SALE**

STAINLESS STEEL gas BBQ burner, \$20, Universal fit for two control knobs, 20x4 inches. Call 51061.

BLACK LEATHER swivel rocker with foot stool, \$50, DVD player, \$20 and VHS player, \$10. Call 53569.

BISSELL POWERFORCE bag-less vacuum cleaner, \$35; various lawn furniture, \$1 each; recliner, \$20; nine-piece Chefmate knife set with wooden holder, \$20; baby high chair, \$10 and glider chair, \$40. Call 52864.

SUN CHOPPER aluminum bike, completely restored, new complete custom paint, all bearings, nickel chain, seat, pedals, handle bars and grips. 483-A Palm St. or call 52642.

SUN MOUNTAIN golf pull cart, yellow, \$20. Call 53008.

KITE BOARDING complete package: four-line Naish 13.5-meter (flat area) AR5 kite that holds air in all bladders and flies great, package includes kite, bar, lines, new harness with spreader bar, new board with bindings and travel bag; Wii bowling game and Wii remote covers and other accessories. Call 52525 and leave a message.

WOMEN'S Levi's jeans, size 6, \$5; Girls clothes, \$1; Boys Heely's shoes, size 2, \$5; Kids Wii games, \$10; shaved ice machine, \$10 and ice cream machine, \$10. Call 50165.

SAILBOAT, 19 foot Cape Dory in sailing condition, on mooring, no boat lot, \$800 or best offer. Call 52319.

WALL UNIT/ENTERTAINMENT center, 58x69x14x3/4 inches, nine shelves, one large enough for 27 inch TV, two with glass doors, two with wooden doors, good shape, \$50 and Sauder bookshelf, oak, four shelves, 30x71.5x11.5x.5 inches, still in box, \$20. Call 52733 after 7 p.m. or leave a message.

**Religious Services**

Catholic

5:30 p.m., Saturday, in Island Memorial chapel.  
9:15 a.m., Sunday, in Island Memorial Chapel.  
4:45 p.m., Monday & Friday, in Island Memorial Chapel.  
7 a.m., Tuesday & Thursday, in Island Memorial Chapel.  
11:40 a.m., Wednesday, in Island Memorial Chapel.  
Reconciliation half hour before all masses or by appointment with Fr. Poole at 5-3579/5-3767.

Protestant

Sunday

8 and 10:45 a.m., on Kwaj and 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 Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

Aetna Global Benefits (AGB) is transitioning to a new, dedicated mailing address for claims and correspondence. This will allow us to further streamline and enhance our claims management and payment processes, which is consistent with our commitment to providing you with concierge-level service. Effective immediately, the new claims mailing address is:



Aetna Global Benefits/Aetna

P.O. Box 981543

El Paso, TX 79998-1543

USA

**This transition directly impacts the claims address included on your existing member ID card.** As a result, all existing members with an ID card containing the previous Tampa P.O. Box 30258 address will receive a new card. Employees and their applicable dependents with group number 881645(KRS) should receive updated ID cards in February. Those with group number 881646(Chugach) should receive updated ID cards in March and group number 394647(Berry Aviation, Inc) should receive updated ID cards in April. Included with the card will be a short communication with instructions for usage.

Please note that your existing member ID card will remain valid, should you need to access care. If you find an error, lost, misplaced, or did not receive your card(s), please contact your Health Benefits Administrator at (805)355-1888 or (805)355-0939.

## Food Safety Facts on Shell Eggs

- All eggs ordered for Kwajalein are USDA inspected and graded, and USDA guidelines regarding egg safety are followed on Kwajalein.
- USDA requires egg producers to print a packing date on every carton of eggs. This is provided in Julian date format (numerical day of the year out of 365).
- Our current supplier of eggs, California Sunshine, publishes product information confirming their eggs have a shelf life of 120 days from packing date. Supplier information on recommended shelf life is available at <http://www.calsunshine.com/products/peggs.html>
- The current KRS food safety process uses 70 days from pack date for determining shelf life expiration. Egg shelf life is tracked from the day of receipt on Kwajalein.
- Eggs are not knowingly or intentionally sold on Kwajalein more than 70 days after the pack date.
- Eggs maintain their freshness for four to five weeks after purchase if kept refrigerated continuously.
- More information on shell eggs can be found at [http://www.fsis.usda.gov/factsheets/Focus\\_On\\_Shell\\_Eggs/](http://www.fsis.usda.gov/factsheets/Focus_On_Shell_Eggs/)

SHERWOOD SCUBA GEAR, includes new dive computer only used for four dives, Sherwood BCD (medium), Akona Adventure Gear dive bag, ladies fins and booties size 6-9, men's fins size 9, \$700; snorkel vest and short snorkel fins, women's size 7-8, \$10; TKO punching bag, 100 pounds, \$75 and women's rollerblades, size 7-8, blue, \$10. Call 54985 and leave a message.

### COMMUNITY NOTICES

Café PACIFIC will be featuring "A German Fest Brunch" on March 7. For your dining pleasure the chefs will be preparing an array of authentic German Dishes including borscht, carved sauerbraten, chicken snitzel, bratwurst and sauerkraut, potato pancakes, braised cabbage,

**GREEK soiree..**

Tickets are \$20  
@ Community Activities  
5-3331

**Sunday March 14, 2010**  
3:00 - 6:00pm  
@ Country Club

Wine Tasting

Meze served..

eat like a Greek

join us for:  
grape stomp, paint your  
own wine goblet & more

TOGA-TOGA-TOGA

omelet and egg station. Menu subject to change due to availability.

KWAJALEIN YACHT CLUB will hold a Sailboat Race March 7. The general public is invited to attend, no experience necessary! Please meet at the Small Boat Marina at 1 p.m. on Sunday for boat assignments and race course distribution. Food and drinks at the Yacht Club following the race. Questions, call Mike at 55987.

PLEASE COME IN TO PAY your 2010 boat registration at the Small Boat Marina through March 8, keeping in mind we are closed most Tuesdays and Wednesdays. Each boat, including smaller boats like dinghies and kayaks, are still \$25 for the annual fee.

THE KWAJ RUNNING CLUB is holding a Fun Run/Walk at 5:30 p.m., March 8. Meet at the library. Distances are 1/2, two and five miles. Walkers are highly encouraged to participate.

BEER, BRATS AND BOWLING will be from 7-11 p.m., March 13. Admission is free, games cost \$2.25 and shoe rentals cost \$1.50. Beer and brats will be available for purchase. Adults only, please.

CYSS YOUTH baseball, softball, tee-ball league registration open Feb. 9-March 13. Open to boys and girls in grades K-6. League dates are March 23-May 22. Volunteer coaching opportunities! Contact 52158 for registration information, building 356. Call 53796 for sports program information.

QUIT SMOKING CLINIC for Roi residents will be held March 10-April 7. Classes will meet at 10 a.m., every Wednesday, in the KEAMS room. This is a free clinic that also provided free Quit Smoking Aides. There is a limited class size. If you plan to attend this clinic, please call the Dispensary at 56223 and schedule your free physician's appointment prior to the first class. For sign-up and/or questions, call Marion at 55362.

KWAJALEIN SCUBA Club meeting will be March 10 at the Pacific Club. IMPORTANT: Changes to the KSC Constitution to be discussed. As usual, SCUBY-Snacks will be served at 6:30 p.m. with meeting starting at 7 p.m. Presentation after meeting by Ms. Ivy Springer. Contact John Pennington at 53290 with any questions.

THE NEXT COMMUNITY ACTIVITIES Road

## Café Pacific

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 13
Carved sauerbraten	Chicken fried steak	Spaghetti	Braised short ribs	Burritos/tacos	Meatloaf	Sweet & sour pork
Chicken snitzel	Rosemary roast chicken	Eggplant parmesan	Indonesian pork	Beef tamales	Chicken stew	Chicken cordon bleu
Bratwurst/sauerkraut	Garlic herb penne pasta	Cheese manicotti	Breaded pollock	Chorizo enchiladas	Vegetable stir-fry	Pepperoni/cheese pizza
Grill: Brunch station open	Grill: Brunch station open	Grill: Monte cristo wrap	Grill: Hot dogs/chili	Grill: Mexican fiesta	Grill: Fish sandwich	Grill: Ranchero burger
Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Short rib stew	Minute steak	Cajun roast beef	Roast pork	Carved top round	Beef lasagna	Pancake supper
Fajita chicken	Sauteed mahi	Island jerk chicken	Thai chicken	Onion rings	Vegetable lasagna	Fried chicken
Beans in broth	Chicken sukiyaki	Garbanzo beans	Lumpia	Chicken bhuna masala	Veal alfredo	Beef/broccoli stir-fry

Trip will be at 5:30 p.m., March 10, beginning at the Hobby Shop, building 815, across from Cafe Pacific. The tour will visit all CA facilities. It is open to the community, and especially meant for new-comers. No need to sign up; just show up! Call 53331 for more information.

OPEN RECREATION EVENT "Girls Night Out" will be from 6-9 p.m., March 20. Register at CYSS Central Registration Office between March 9-13. Space is limited. For more information, call 52158.

LADIES, ARE YOU FEELING a little parched, stress-weary, spiritually dry or simply unmotivated? Need a little girl time? Then come check out God's Spa; the CWF Spring Ladies Spiritual Retreat on March 14-15, where we will be all about refreshing and rejuvenating ourselves in mind, body and spirit. Tickets are only \$15 and will be on sale Mondays from 10 a.m.-1 p.m. downtown by the Shoppette. For more information please see fliers posted downtown, or contact Mindy, 54252, Kathy Ann, 52201, Donna, 53495, or Tina, 52034.

SCHOOL ADVISORY COUNCIL meeting will be at 7 p.m., March 17, in the Elementary School Library. The public is invited to attend. Your input is always appreciated.

CYSS START SMART Tee Ball 2010 is open to boys and girls ages three to five (Pre-K). Registration is open Feb. 23-March 20. Program dates are April 7-May 12. Call 52158 for registration information, building 356 and 53796 for program information.

COMING SOON...On March 22, the Cub Scout Pack 135 will be having a Bike Wash and Bake Sale. More details in next week's *Hourglass*.

AUDITIONS FOR THE next Community Activities Dinner Theater Production, "I'm Getting Murdered in the Morning" will be held at 5 p.m., March 23 and at 7 p.m., March 24 in CRC room one. Preview copies of the script available at the Grace Sherwood Library.

QUARTERLY 401(K) OPEN Enrollment, don't put retirement savings off for a rainy day. Start saving today! Your 401(k) plan at Chugach can be a great place to start. If you are interested in enrolling or currently contributing to the plan and wish to increase your deferral percentage, open enrollment is now occurring thru March 24 and any changes will be effective for the April 1st quarter. Contact Prescilla at 50788 for more information.

BASKETBALL SEASON 2010 is here. Register your team between March 15-26. There is a \$100 fee per team. The season will be from April 6-May 20. Sign up at Community Activities, building 805, or call 53331. There will be a manager's meeting at 5:15 p.m., March 26, in the CA conference room, building 805.

OPEN RECREATION EVENT "Boys Night Out" will be from 6-9 p.m., March 27. Register at CYSS Central Registration Office between March 16-20. Space is limited. For more information, call 52158.

ROI DIABETIC CLINIC Lab will be drawn on March 23-24. Clinic will be held on April 3. Please call the Dispensary at 56223 for appointments.

REGISTER NOW until April 2 for the Spring Bowling League. The season will be Tuesday nights, April 6-May 25. Cost is \$55 per person



**March 2010 Events Possible Points**

- |   |  |
|---|--|
| <p><b>1. Eat Well, Feel Good</b><br/> <b>Cooking Demo: <i>Going Green</i></b><br/> <b>March 12 @ 6:30pm</b></p> <p><b>2. Ivey Gym Demonstration</b><br/> <b>March 24 @ 11:45am</b></p> <p><b>3. Wellness Seminar</b><br/> <b>"Fitting in Fitness"</b><br/> <b>March 26 @ 6:30pm</b><br/> <b>Coconut Room (Elem School)</b></p> <p><b>4. "Walk the Rock" Kickoff</b><br/> <b>Starting March 30</b></p> | <div style="border: 2px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">5</div> <div style="border: 2px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">10</div> <div style="border: 2px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">5</div> <div style="border: 2px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">10+</div> |
|---|--|



**Brace yourselves for an evening of spectacular Art and Culture!**

**The Art theme this year is "A NIGHT AT THE MUSEUM!"**  
**Please come and support our young artists at their Art Shows!**

- **March 12: K-3rd grades**
- **March 19: 4-6th grades**

**Both exhibits will be held from 7-8:30 p.m. in the Coconut Room at the Elementary School**

**We hope to see you there!**

or \$65 per person with shoes. Register at Community Activities, building 805, 53331.

THE KWAJ. LODGE check-in time is 3 p.m. and check-out time is 11 a.m. daily. The Lodge staff will do the best they can to accommodate requests for early check-ins, late check-outs, specific floors and rooms. The Lodge confirmation guarantees only that a room/bed will be available upon check-in, they do not guarantee location. Questions, contact the Lodge Reservations Desk at 53477.

THE NEW CWF Kwajalein Cookbook is still available and on sale Mondays from 10 a.m.-1 p.m., downtown by the Shoppette. They are also available at the Chapel Office. These beautiful cookbooks stuffed with delicious recipes from your fellow Kwaj residents make great gifts for any occasion and are only \$20 each. Stop by and pick up yours!

THE NEWLY RENOVATED Bargain Bazaar is open again for business. Store hours are 1-3 p.m. on Mondays, 5-6:30 p.m. on Wednesdays and 3-5 p.m. on Saturdays. Proceeds benefit schools on Ebeye.

VEHICLE OPERATORS are reminded to use your low beams when approaching oncoming vehicles, bicyclists and pedestrians during the hours of darkness to avoid potential accidents or injuries. If you have any questions regarding your headlights please contact Automotive Production Control at 53568.

KEEP YOUR ENERGY bills out of hot water. Water heating is the third largest expense in the home. It typically accounts for 12 percent of our electric bill. How can we save money? Use less hot water, turn down the water heater's thermostat, insulate your water heater and buy a new, more efficient model.

Softball  
Season



2010

**Tuesday, Feb. 23**

MEN'S 'A' LEAGUE

Sunrise vs. Criminals: 23-14  
Podunkers vs. Guppies: 18-1

MEN'S 'B' LEAGUE

Spartans I Boys vs. JDs: 10-5

WOMEN'S LEAGUE

Thumbs Up vs. Spartans II Girls: 28-3

**Friday, Feb. 26**

MEN'S 'B' LEAGUE

USAKA vs. JDs: 22-1  
Lallop vs. Spartans II Boys: 22-6

**Wednesday, Feb. 24**

WOMEN'S LEAGUE

Good Times vs. Thumbs Up: 8-4

MEN'S 'B' LEAGUE

Lallop vs. Rf Hazards: 13-0  
Spartans II Boys vs. Wx Rats: 11-1

**Thursday, Feb. 25**

WOMEN'S LEAGUE

Good Times vs. Spartans I Girls: 8-5

MEN'S 'A' LEAGUE

Podunkers vs. Sunrise: 16-7  
Criminals vs. Guppies: 9-2

**Team Standings** (as of Feb. 26)

WOMEN'S LEAGUE

Good Times: 7-0  
Spartans I Girls: 4-2  
Thumbs Up: 2-5  
Spartans II Girls: 0-6

MEN'S 'A' LEAGUE

Podunkers: 8-1  
Sunrise: 7-2  
Criminals: 2-7  
Guppies: 1-8

**Team Standings**

MEN'S 'B' LEAGUE

Spartans I Boys: 6-0	Wx Rats: 2-5
USAKA: 5-1	Rf Hazards: 1-4
Lallop: 5-1	JDs: 0-6
Spartans II Boys: 3-3	

**Weather courtesy  
of RTS Weather**

Sunday: Partly sunny, 10 percent showers. Winds: ENE at 13-18 knots.  
Monday: Partly sunny, 10 percent showers. Winds: ENE at 15-20 knots.  
Tuesday: Partly sunny, 10 percent showers. Winds: ENE-E at 15-20 knots.  
Wednesday: Mostly sunny, 10 percent showers. Winds: ENE at 17-22 knots.  
Thursday: Partly sunny, 10 percent showers. Winds: NE-ENE at 15-20 knots.  
Friday: Partly sunny, 10 percent showers. Winds: NE-ENE at 15-20 knots.

Annual total: 6.54 inches  
Annual deviation: -2.68 inches

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

**Sunrise/set Moonrise/set High Tide Low Tide**

Sunday	7:00 a.m./7:00 p.m.	12:07 a.m./12:00 p.m.	8:04 a.m., 3.3' 8:01 p.m., 2.2'	1:30 a.m., 0.5' 2:32 p.m., 1.0'
Monday	7:00 a.m./7:00 p.m.	1:02 a.m./12:52 p.m.	8:58 a.m., 2.8' 8:56 p.m., 1.7'	1:54 a.m., 2.0' 4:18 p.m., 1.5'
Tuesday	6:59 a.m./7:00 p.m.	1:54 a.m./1:45 p.m.	11:46 a.m., 2.5'	2:30 a.m., 1.4' 8:10 p.m., 1.2'
Wednesday	6:59 a.m./7:00 p.m.	2:43 a.m./2:36 p.m.	2:16 a.m., 1.9' 1:49 p.m., 2.8'	7:09 a.m., 1.5' 8:41 a.m., 0.8'
Thursday	6:58 a.m./7:00 p.m.	3:29 a.m./3:25 p.m.	2:42 a.m., 2.4' 2:33 a.m., 3.3'	8:14 a.m., 0.8' 9:04 p.m., 0.4'
Friday	6:58 a.m./7:00 p.m.	4:12 a.m./4:12 p.m.	3:04 a.m., 2.8' 3:04 p.m., 3.7'	8:50 p.m., 0.5' 9:45 p.m., 0.1'
Mar. 13	6:57 a.m./7:00 p.m.	4:53 a.m./4:57 p.m.	3:26 a.m., 3.3' 3:31 a.m., 4.0'	9:19 p.m., 0.1' 9:47 p.m., -0.7'