

# TU KWAJALEIN HONOLULU CLASS



Chloe Wright relaxes in the stroller for the run portion, while dad, Scott, does the work.

*Photo by Sheila Gideon*



Kenny Leines, with daughter, Alana, is happy to finish the windy bike portion.

*Photo by Julie Savage*

## RUSTY FAMILY MINI TRIATHLON

For more, see page 6



Rachel Parker runs up the beach after her ride on a float for the swim portion of the mini triathlon.

*Photo by Julie Savage*



Avonlea Westhoff shows enthusiasm during the windy bike leg of the race.

*Photo by Abigail Baldy*

# Mission Announcement

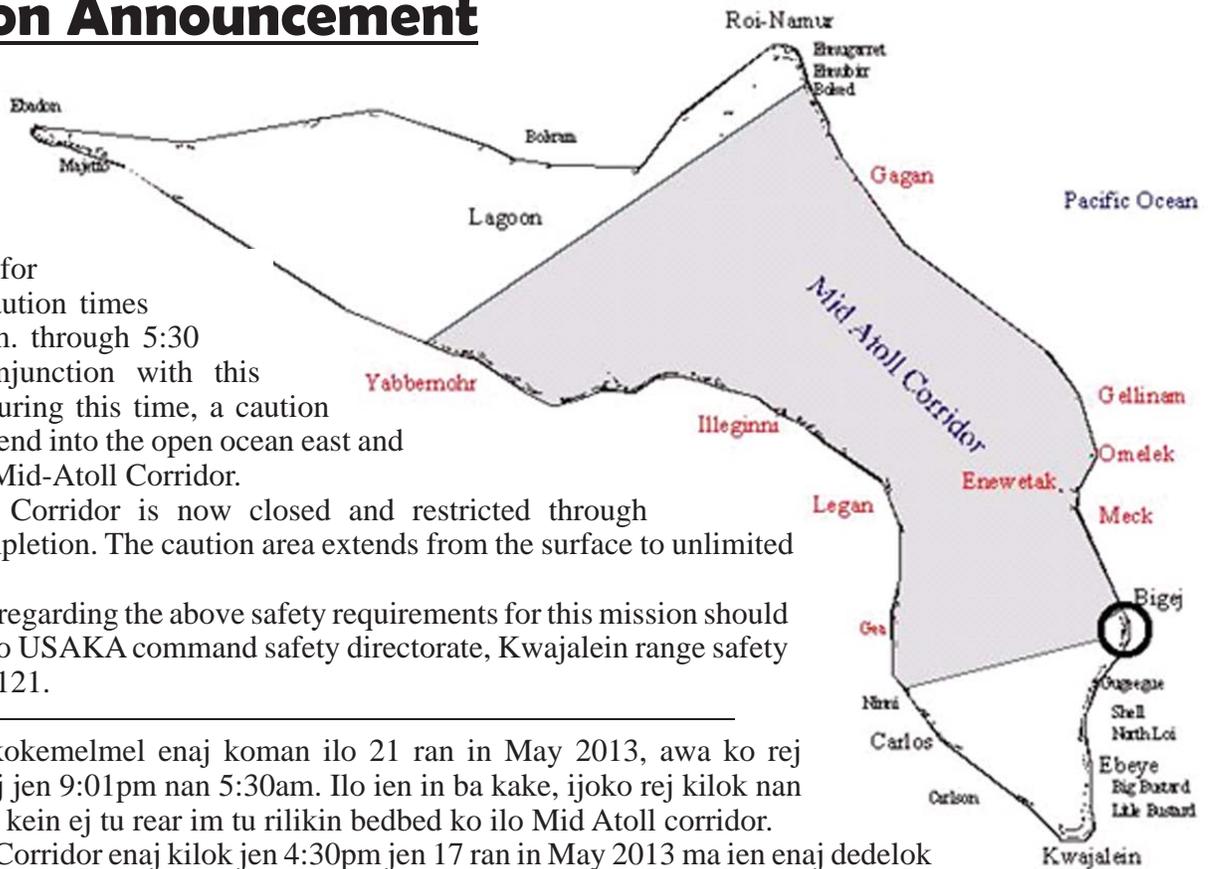
A range operation is scheduled for Tuesday. Caution times are 9:01 p.m. through 5:30 a.m. In conjunction with this operation, during this time, a caution area will extend into the open ocean east and west of the Mid-Atoll Corridor.

Mid-Atoll Corridor is now closed and restricted through mission completion. The caution area extends from the surface to unlimited altitude.

Questions regarding the above safety requirements for this mission should be directed to USAKA command safety directorate, Kwajalein range safety officer at 54121.

Juon ien kokemelmel enaj koman ilo 21 ran in May 2013, awa ko rej kauwotota ej jen 9:01pm nan 5:30am. Ilo ien in ba kake, ijoko rej kilok nan kokemelmel kein ej tu rear im tu rilikin bedbed ko ilo Mid Atoll corridor.

Mid Atoll Corridor enaj kilok jen 4:30pm jen 17 ran in May 2013 ma ien enaj dedelok jermal in kokemelmel kein. Ne elon kajitok jout im kirtok USAKA Command Safety ilo 54121.



## Thank You

On behalf of the family, my wife and I would like to express our sincere gratitude and komol tata to the Blessed Sacrament, Jinetiptip Club, Filipino friends, and most especially the USAKA community for your prayers and support that helped us through our mournful period. Words cannot explain how grateful and thankful we are, if it weren't for the love that you all have shown to us. From the bottom of our hearts, thank you and komol tata.

—The Lelet's

## Thumbs Up!



... to the Kwajalein Fire Department for providing dinner and snacks to the KMCC team for the NASA EVEX/MOSC missions. Your thoughtfulness lifted our spirits and allowed us to concentrate on the task at hand.  
... for a fabulous turnout and positive Rusty Family event! What a joy to see so many people participate in such a fun event!

## THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Govern-

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# Are you a resilient person?

## *You can be, if you learn key characteristics*

By Ray Drefus  
USAKA Master Resilience Trainer

**R**esilience is the human capacity to withstand stress and setbacks. Psychologists have long recognized the capabilities of humans to adapt and overcome such obstacles in life. Individuals are able to rebuild their lives even after experiencing the most devastating circumstances life can offer.

Being a resilient person doesn't mean going through life without experiencing stress and pain. People feel grief, sadness, anger and a full range of other emotions after adversity and loss. The road to resilience lies in working through the emotions and effects of these painful events.

Resilience is not necessarily something that you're born with; it can be learned. Normally, resilience develops as people grow and gain knowledge, as well as more advanced thinking and self-management skills. Supportive relationships with parents, peers, clergy and health care providers help people cope with the inevitable bumps in life and foster resilience. It is found in a variety of

behaviors, thoughts and actions that can be learned and developed across the life span.

Some key characteristics of resilience:

- *Self-awareness:* Resilient people are aware of their challenges and emotional reactions. In order to manage emotions, it is essential to understand what is causing them and why. By remaining aware, resilient people can maintain control of the situation and think of new ways to tackle their challenges.

- *An understanding that setbacks are part of life:* Life is full of challenges that you cannot avoid. You must remain open, flexible and willing to adapt to change.

- *An internal locus of control:* Do you control your own life or do you blame outside sources for problems? Generally, resilient people tend to have what we know as an internal locus of control. They believe their own actions will affect the outcome of an event. Of course, some factors are outside of their control (i.e. natural disasters). We may be able to blame some setbacks on external causes, but resilient people feel they have the power to make choices that will affect the situations and move forward.

- *Strong problem solving skills:* When challenges emerge, resilient people are able to see a solution that will lead to a positive outcome. Others sometimes develop a type of "tunnel vision" and fail to note critical details or take advantages of opportunities. Resilient individuals are able to calmly and rationally look at the problem and visualize a successful solution.

- *Having strong social connections:* It is extremely important to have people who can offer trusting support. Honest and frank dialogue about challenges you are facing can be an excellent way to gain a new perspective from your social network of trusted friends and family.

- *Identifying as a survivor, not a victim:* If you are living, then you are a survivor. Avoid thinking like a victim of circumstance and instead look for ways to resolve the challenges you are facing.

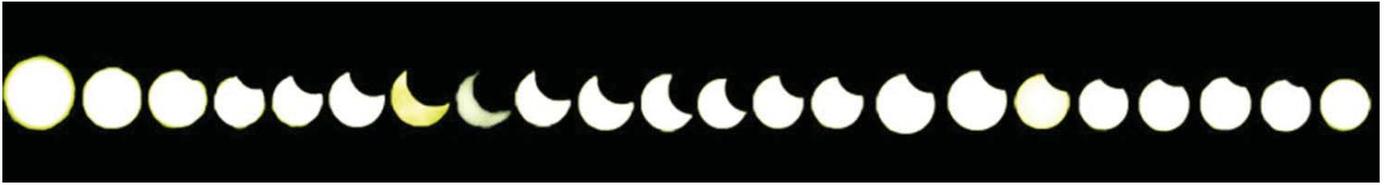
- *Being able to ask for help:* It is essential to know when to ask for help. During challenging times, people can benefit from the help of psychologists and counselors who are trained to deal with these types of challenges, as well as family, friends and colleagues.

## Student Action Council volunteers thanked



Acting U.S. Army Kwajalein Atoll Commander, Lt. Col. Dean Wiley, handed out certificates of thanks to the eight members of the Student Action Council at the final meeting of the year on Wednesday evening in the Coconut Room. The certificates thanked the volunteers for their "professionalism and commitment to the children of the Kwajalein School System. Your steadfast service as a school board member reflects great credit upon yourself and the United States Army Kwajalein Atoll." USAKA School Evaluator, Ray Drefus, said the certificates were just a "small token of the appreciation for what you do." Members recognized were Heather Baldy, Rebecca Bradley, Lynx McClellan (shown left), Michelle Novotny, Terry Lorok, Brad Walker, Henry McElreath and John Klinger.

# Kwajalein Atoll sees partial eclipse



Photos by Melissa Engelhard

Kwajalein Atoll was treated to a celestial spectacle on May 10, when a partial eclipse was visible during the lunch hour. It was known as an annular solar eclipse. Unlike a total solar eclipse, which essentially turns day into night, an annular eclipse just dims the sunlight. There was a noticeable temperature drop while out riding your bike, which made for an unusually “cool” (for Kwajalein) hour in the afternoon. The eclipse was visible as a “ring of fire” to other locations around the world, including Australia. The above photo shows the changes in the sun as the moon crosses in front of it from the Kwajalein perspective.

## USAKA Draft Document of Environmental Protection for Remediation

The U.S. Army Kwajalein Atoll Environmental Standards require that proposed remedial activities be described in a Document of Environmental Protection. The Standards also provide regulatory agencies and the public opportunities to review and comment on a Draft DEP.

The Draft DEP, January 2013, provides detailed information related to the proposed remedial actions at these sites. The DEP includes Remediation Plans for the USAKA Compliance Cleanup Program’s next steps to cleanup soil and groundwater contamination from fuel releases at the Kwajalein Tank Farm and the Roi-Namur Petroleum, Oil, and Lubricant sites.

The public is invited to review and comment on this Draft DEP. Copies of the Draft DEP and the USAKA Environmental Standards are available for review at the RMI EPA Offices on Majuro and Ebeye, the Grace Sherwood Library on Kwajalein and the Roi-Namur Library. Computer users with internet access can view this information on the USAKA IRP website: [www.usakacleanup.info](http://www.usakacleanup.info).

Questions regarding the Draft DEP can be directed by phone to the USAKA Public Affairs Office, 805-355-1404. Written comments can be provided by:

- 1) Comment boxes located at the RMI EPA Offices in Majuro and Ebeye, the Grace Sherwood Library on Kwajalein, or the Roi-Namur Library,
- 2) Through the [www.usakacleanup.info](http://www.usakacleanup.info) comment portal under the Additional Documents portion of the site,
- 3) E-mail to [comments@usakacleanup.info](mailto:comments@usakacleanup.info), or
- 4) Mail to WHPacific, Inc.; Attn: Draft Document of Environmental Protection (DEP-12-001-0) Comments; APO, AP 96555.

Comments should be provided by May 31.

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Kakien eo ilo U.S. Army Kwajalein Atoll ikijeen Environmental ej kamelet bwe jabdrewot jermal ko ikijeen

komakit ko rej aikuj in kameleleiki ilo juon pepa naetan Document of Environmental Protection. Ej bareinwot kwalok ke ej aikuj wor ien non an agency ko rej ekkejel wot ilo jermal ko ilo USAKA kab jabdrewot armij ro ewor aer itok limo ilo jermal in komakit kein kwalok aer lemnak ak kakobaba ikijeen pepa in.

Pepa in, Draft DEP, komon ilo January 2013, ej kwalok melele ko ikijeen lemnak ko kin jermal in karreo kein rej bojak in walok. Ilo DEP in ekoba Remediation Plan eo an USAKA Compliance Cleanup Program eo, im ej bareinwot kwalok buntan ko tokelik non karreoiki bwidrej eo kab julok baijin ko ilo groundwater itok wot jen lutok ko rar walok ilo Kwajalein Tank Farm eo im Roi-Namur Petroleum, Oil, and Lubricant eo.

Jabdrewot eo ewor an itok limo ilo makitkit kein rej ruwainene non kwalok aer lemnak ak kakobaba kin pepa in. Copy in pepa in kab kakien ko an USAKA ikijeen Environmental rej bed kio ilo obje eo an RMI EPA ilo Majuro im Ebeye, kab ilo Grace Sherwood Library eo ion Kwajalein, im ilo library eo ion Roi-Namur. Ro rej kejerbal internet remaron in lale melele kein ilo website eo an USAKA IRP: [www.usakacleanup.info](http://www.usakacleanup.info).

Kir lok USAKA Public Affairs Office ilo 805-355-1404 kin kajitok ko ikijeen Draft DEP in. Lelok comment ko jeiki ilo pepa ilo juon wot ian wawein kein:

- 1) Ilo box in comment ko rej bed ilo RMI EPA ilo Majuro im Ebeye, Grace Sherwood Library eo ilo Kwajalein, ak ilo library eo ilo Roi-Namur,
- 2) Ilo website in [www.usakacleanup.info](http://www.usakacleanup.info) ilo jikin ilik comment eo,
- 3) Ilo email non [comments@usakacleanup.info](mailto:comments@usakacleanup.info), ak
- 4) Ilo mail non WHPacific, Inc.; Attn: USAKA Draft DEP Comments; APO, AP 96555

Ewor wot 60 ran ko lilok non jabdrewot bwe en komon an comment ikijeen jermal kein. Lemnak im kakobaba ko rej aikuj in tobrak tok ilo May 31, 2013.

# ASIAN PACIFIC AMERICAN HERITAGE MONTH

The Asian/Pacific American designation encompasses over 50 ethnic or language groups including native Hawaiians and other Pacific Islanders. There are now more Asian and Pacific Islander groups in the U.S. Army than in the past, with 28 Asian and 19 Pacific Island subgroups representing a vast array of languages and cultures. These groups include Chinese Americans, Filipino Americans, Japanese Americans, Korean Americans, Vietnamese Americans, Asian Indian Americans, Laotian Americans, Cambodian Americans, Hmong Americans, Thai Americans, Pakistani, Samoan, Guamanian and many other language groups.



**Pfc. Jose B. Nisperos**



**Daniel K. Inouye**



**Anthony T. Kaho'ohanohano**



**Elmelindo R. Smith**

## Medal of Honor Recipients

### Vietnam War

Terry "Teruo" Kawamura  
Elmelindo R. Smith  
Rodney J.T. Yano

### Korean War

Hiroshi H. Miyamura  
Herbert K. Pihilaan  
Anthony T. Kaho'ohanohano

### World War II

Jose Calugas  
Rudolph B. Davila  
Barney F. Hajiro  
Kio Hasemoto  
Joe Hayashi  
Shizuya Hayashi  
Daniel K. Inouye  
Yeiki Kobashigawa  
Robert T. Kuroda  
Kaora Moto  
Sadoa S. Munemori  
Kiyoshi K. Muranaga  
Masato Nakae  
Shinyei Nakamine  
William K. Nakamura  
Joe M. Nishimoto  
Allan M. Ohata  
James K. Okubo  
Yukio Okutsu  
Frank H. Ono  
Kazuo Otani  
George T. Sakato  
Ted T. Tanouye  
Francis B. Wait

# Families compete together in mini triathlon

By Bob Sholar  
KRC Vice President

Forty solo triathletes and 26 teams completed the 'Rusty Family' Mini Triathlon on Monday. The 'Mini' was a 500-yard swim, 10-mile bike and 2-mile run. Despite the 'Mini' moniker, this is a very long way, especially for first grade girls, Ava Moore and Tessa Delisio, the youngest solo contestants. The wind was howling at 20+ knots, making for challenging biking for all, especially for the youngest on 20-inch wheels. Many repeat participants were off their best marks due to poor bike conditions.

First across the finish line was longtime event veteran Sam Jahnke in 57 minutes and 23 seconds, followed by classmate David Sholar in 57:56. This was Jahnke's first win. For the ladies, it was Kwajalein Jr./Sr. High School teacher Kristen Hosek in 1:02:27, followed by eighth-grader Colleen Furgeson

in 1:13:48. Furgeson is living proof of what Kwajalein Swim Team can do for you.

First team finishers were Claire Stepchew and TDY former resident Tom Sieja, in 1:08:27. The first all-kid George Seitz Elementary School student team of Jenna Lundberg and Aiden Mitchell finished in 1:17:55.

One of the more pleasing aspects of the team section is seeing entire families form teams. Everyone does a little something in varying combinations over the three segments. This year, we had full family teams by the Aljures, Botes, Bowers, Breens, Cardillos, Delisios, Halls, Parkers, Petersons, Southers and Winklers. There were also several all-sibling and parent-child teams.

The 'Mini' is also a good way for adults to try out

an introductory triathlon. Over several years, Will Smith has worked a dozen shifts doing various race time jobs. This year, Smith was traveling the course for the first time, in 1:36:04.

Several solo boys are members of Boy Scout Troop 314, who used the event to earn the challenging Personal Fitness Merit Badge.

## Individual Results

Name	Swim	Bike	Run	Total
Sam Jahnke (15)	0:06:29	0:31:06	0:19:48	0:57:23
David Sholar (15)	0:06:18	0:34:54	0:16:44	0:57:56
Kristen Hosek (Adult)	0:06:28	0:38:08	0:17:51	1:02:27
Chad Sykes (13)	0:07:21	0:37:58	0:17:19	1:02:38
Dash Alfred (13)	0:06:53	0:39:35	0:19:09	1:05:37
Ben Jahnke (13)	0:08:44	0:41:12	0:19:56	1:09:52
Wyatt Jones (14)	0:08:20	0:43:33	0:19:11	1:11:04
Daniel Murillo (17)	0:07:06	0:41:07	0:23:03	1:11:16
Colleen Furgeson (14)	0:06:23	0:42:04	0:25:21	1:13:48
Aidan Alejandro (12)	0:08:24	0:42:58	0:23:08	1:14:30
Adrienne Chavis (Adult)	0:10:03	0:39:29	0:25:17	1:14:49
Cameron Jones (Adult)	0:11:03	0:43:03	0:20:45	1:14:51
Abigail Bishop (13)	0:07:24	0:45:18	0:22:14	1:14:56
Isaac Parker (13)	0:07:09	0:49:30	0:19:42	1:16:21
Eli Baldy (13)	0:12:33	0:42:51	0:21:15	1:16:39
Juliana Lucido (Adult)	0:09:57	0:49:41	0:23:04	1:22:42
Jayme Loy (Adult)	0:08:15	0:55:39	0:19:36	1:23:30
Pam Melinauskas (Adult)	0:10:14	0:53:40	0:19:36	1:23:30
Dominic Leines (9)	0:08:12	0:52:39	0:22:44	1:23:35
Andrew Lundberg (13)	0:09:51	0:44:21	0:30:04	1:24:16
Austin Wiley (17)	0:10:26	0:49:09	0:25:06	1:24:41
Dean Wiley (Adult)	0:14:08	0:45:52	0:24:41	1:24:41
Julia Sholar (10)	0:08:44	0:53:22	0:23:18	1:25:24
John Sholar (17)	0:08:44	0:53:24	0:23:16	1:25:24
Hannah DeLange (14)	0:08:14	0:47:29	0:30:01	1:25:44
Danielle Rivera (15)	0:09:52	0:45:52	0:30:00	1:25:44
Janis Murillo (Adult)	0:09:22	0:51:25	0:25:01	1:25:48
William Smith (Adult)	0:11:59	0:52:38	0:31:27	1:36:04
Alyssa England (9)	0:08:16	1:04:10	0:26:31	1:38:57
Kenneth Leines (Adult)	0:10:31	1:01:47	0:27:52	1:40:10
Caleb Parker (10)	0:09:29	1:08:35	0:27:03	1:45:07
Sean Hepler (9)	0:09:51	1:08:12	0:28:24	1:46:27
Abbie Warren (9)	0:09:51	1:09:48	0:31:10	1:50:49
Gavyn Pulley (9)	0:14:45	1:09:24	0:32:33	1:56:42
Rebecca Bradley (Adult)	0:14:47	1:09:22	0:32:39	1:56:48
Zoe Martindale (11)	0:08:25	1:27:11	0:25:29	2:01:05
Avonlea Westhoff (12)	0:09:03	1:07:29	0:44:50	2:01:22
Travis Engstrom (Adult)	0:07:41	0:54:33	1:00:52	2:03:06
Ava Moore (6)	0:13:37	1:29:12	0:37:17	2:20:06
Tessa Delisio (7)	0:22:39	1:24:23	0:41:57	2:28:59

## Team Results

Team Members (Swim, Bike, Run)	Swim	Bike	Run	Total
Claire Stepchew, Tom Sieja, Claire Stepchew	0:07:52	0:36:08	0:24:27	1:08:27
Karen Brady, DJ DeBrum, Daniel Ranis	0:08:09	0:40:32	0:24:00	1:12:41
Scott Wright, Scott Wright, Kemper Wright	0:11:22	0:42:38	0:22:24	1:16:24
Jenna Lundberg, Aiden Mitchell, Jenna Lundberg	0:07:17	0:49:22	0:21:16	1:17:55
Aaron Seelye, Caleb Rowe, Zach Jones	0:08:50	0:52:20	0:17:20	1:18:30
Hepler: Dayna, Doug, Kayla, Amy, A.J.	0:08:12	0:40:53	0:29:35	1:18:40
Parker: Peter, Florence, Josiah, Rachel, Eva	0:11:08	0:45:42	0:25:49	1:22:39
Winkler: Audrey, Sean, Max, Clara	0:12:20	0:47:38	0:23:00	1:22:58
Hannah Finley, Minnie Snoddy, Lilieta Snoddy	0:10:01	0:49:58	0:23:46	1:23:45
Peterson: Brent, Krystal, Elias, Adrian, Jaden	0:11:47	0:48:21	0:27:26	1:27:34
Ella Martindale, Kim Martindale, Ella Martindale	0:09:02	0:52:17	0:29:08	1:30:27
Dominic Leines, Nathan Jones, Nathan Jones	0:08:12	0:57:07	0:32:25	1:37:44
Bowers: Jamie, Alison, Chloe, Elise	0:09:09	1:01:04	0:27:56	1:38:09
Sylvester: Kaya, Myles	0:09:27	0:56:22	0:36:05	1:41:54
Abbie Warren, Alakai Chavana, Ashley Homuth	0:09:00	1:05:22	0:29:03	1:43:25
Oewn John DeBrum, Logan Lelet, Rod Hazard	0:10:40	1:08:40	0:24:21	1:43:41
Cardillo: TC, Christi, Iji	0:10:08	1:04:37	0:30:37	1:45:22
Breen: John, Kimm, Quincy, Zane	0:09:42	1:13:00	0:24:01	1:46:43
Sova: Matt, Rachel, Leo, Harper	0:08:23	1:14:19	0:29:52	1:52:34
Botes: Holly, Henry, Jolyn, Leighton	0:17:17	1:09:46	0:25:59	1:53:02
Gray: Dawn, Jenna	0:14:14	1:13:18	0:28:20	1:55:52
Ryon: Angela, Emily	0:17:34	1:09:59	0:28:21	1:55:54
Aljure: Gus, Carrie, Maegan, Mason	0:09:19	1:18:56	0:30:19	1:58:34
Hall: Drew, Dede, Sydney, Maddie	0:12:25	1:14:45	0:34:26	2:01:36
Souther: Ben, Amy, Alex, Sammy	0:11:33	1:15:09	0:37:04	2:03:46
Delisio: Nikki, Chris, Juliet	0:22:51	1:24:23	0:41:52	2:29:06



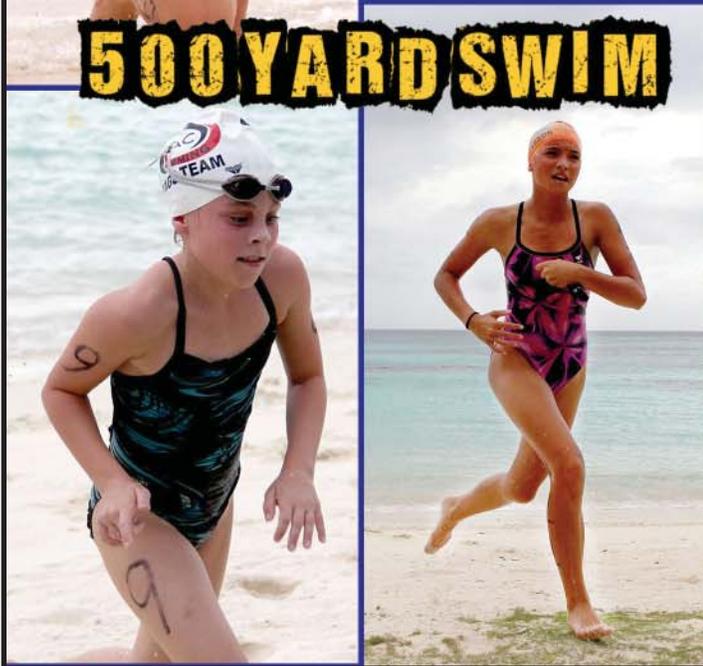
# 10 MILE BIKE

Photo by Julie Savage

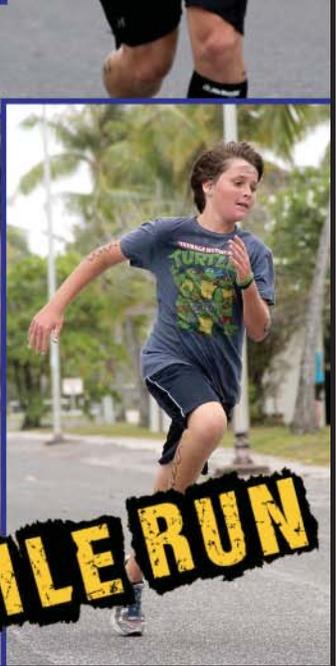


# WINNERS

First place finisher for the men is 15-year-old Sam Jahnke, and KHS teacher Kristen Hosek for the women.  
Photos by Sheila Gideon



# 500 YARD SWIM



# 2 MILE RUN

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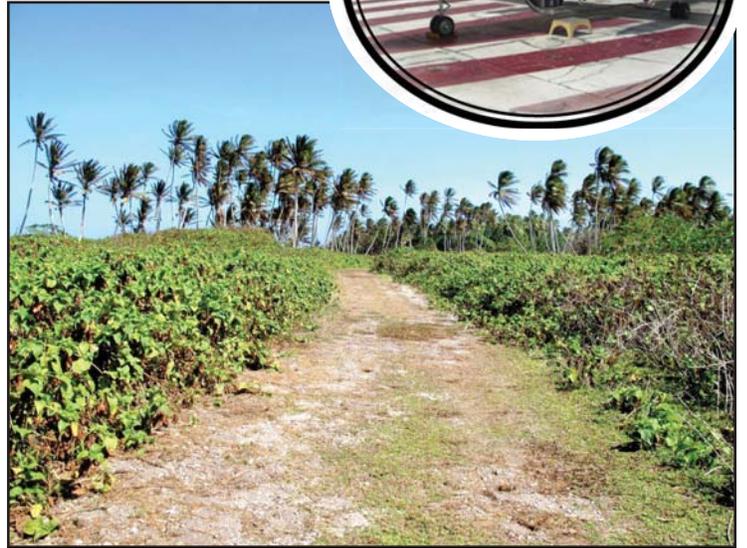
# DISPATCH FROM ROI

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*From Jeff Paquin*



*From Jane Ereksom*



*From Jeff Paquin*



*From Jeff Paquin*



*From Jeff Paquin*

# View from Kwaj

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



From Sheila Gideon



From Jon Jahnke



From Abigail Baldy



From Sheila Gideon



From Sheila Gideon

**HELP WANTED**

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at [www.krsjv.com](http://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](http://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 aid, medical office, substitute teacher and HR temp pool office support. Questions, call 54916.

FCE BENEFITS has an immediate opening for a part-time Benefits Assistant on Kwajalein. Duties include customer service, meeting coordination, filing, preparation of benefits documents. Must possess strong organizational and computer skills. Requirements include: high school diploma, two years administrative experience, strong interpersonal and communication skills and ability to obtain CAC card and Network Access. Stop by the Human Resource Office, Building 700, during business hours for an application. Contact Chris Hadley at 50939 or [chris.t.hadley2.ctr@mail.mil](mailto:chris.t.hadley2.ctr@mail.mil) for more information

PART-TIME BICYCLE repairman wanted. Call Bill Williamson at 53096.

**LOST**

SCUBA MASK AND SNORKEL at Emon Beach, blue trim, initials "DPM" in yellow paint. Call 51949 or 51502 if found.

IPOD NANO, red, inside small black case, in the Ivey Gym bathroom. Call Bruce Premo at 52379 if found.

**FOUND**

RUSTMAN AND RUSTY Family items: helmets, water

**Religious Services**

**Catholic**

5:30 p.m., Saturday, Small Chapel  
 9:15 a.m., Sunday, Island Memorial Chapel  
 Roi-Namur service, 7 p.m., Second and Fourth  
 Friday of each month. Appointments with Fr. Vic  
 available after dinner.

**Protestant**

8 a.m., Sunday, Traditional Service  
 9:15 a.m., Sunday School

11 a.m., Sunday, Contemporary Service  
 7 p.m., First and Third Friday, Roi Chapel

**Latter-day Saints**

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

**COME ONE, COME ALL!**

**TO THE GREAT KWAJ SWAP MEET**

**9-11 a.m., Monday Emon Beach**

**It's time for spring cleaning. Turn your clutter into cash!**

bottles, sippy cups, etc. If you are missing anything, call Jane at 51815.

MEN'S RAY-BAN SUNGLASSES, found at Emon Beach. Call 55190.

**GIVEAWAY**

CAT NAMED RANGER, very friendly and loves to snuggle, with kitty litter and box, food and treats. I'm allergic so I can't keep him. To take to a good home, call 56410.

**FOR SALE**

PCS SALE, 6x3x3-foot storage unit, \$40; 6x5x5-foot storage unit, \$60; slow cooker, \$15, George Foreman grill, \$15; blender, \$15; convection oven, \$10, small coffee maker, \$7; plants, \$5 each; griddle, \$10; clothes hamper, \$5; TV antenna, great reception, available June 18, \$60; small charcoal grill, small gas grill, make offer. Call 51647.

WOODEN BLINDS for 400-series housing, nine blinds, master bedroom, living room, dining area, paid \$1,100, asking \$500. Call Theresa at 53990.

PCS SALE, 4.5-cubic foot deep freezer chest, perfect for a BQ, \$200; A/C window unit with remote, \$150; four panels of blackout curtains with curtain rod, 42x84-inch, \$35; pack of four bed risers, \$15; two laundry baskets, \$5; 1300-Watt microwave, \$45; 2-quart crockpot, \$5; George Foreman countertop grill, \$5; beach canopy, \$15; 56K USB dialup modem, \$20; Adidas shinguards, men's large, new in package, new Adidas soccer socks in black, \$15. Will take best offer for all items. Call 52546.

RECLINING LOVESEAT, \$40; large overstuffed chair, \$40; two full propane tanks, \$30 each; dinghy wheels, \$40; three-shelf glass and metal TV stand, 4.5x2-foot, \$35; 16 sheets stained glass, \$20. Call Tim or Rebecca at 51357 or 50617.

PCS SALE, Sony Bravia 46-inch flatscreen TV, \$375; blue recliner, \$35; HP Deskjet 1000 printer with cartridges and paper, \$50; computer desk with chair and built-in bookcase, \$50; small rolling/folding table, \$25; coffee grinder, \$20; beach umbrellas, \$15 and \$50; shorts, 36-inch waist, \$5 each; T-shirts, XL, \$2 each; large GE microwave, \$40; rolling coolers: large, \$25; small, \$15; Igloo 12-bottle cooler, \$15; Lasko stand fan with remote, \$25; West Bend

3-in-1 Coffee Center (espresso, cappuccino, coffee), \$25; Conair deluxe haircut kit, \$25; bath mats, 3 for \$10; stainless steel trash cans, one large, one small, \$15 for both; TV, microwave, Igloo cooler available May 28, all else available now. Call 51138 or 52466.

PCS SALE, two Hawaiian slings with tips and bands, \$30; desk clip-on fan, \$5; Reef brand mask, fins, snorkel, dive knife, bag, all in good shape, \$80; 250 lumens metal housing dive light barely used, \$50; Dirt Devil mini-vacuum with hand attachments, \$15; Turtle Beach white gaming headset for Xbox, slightly used and in good shape, \$30. Call Chris at 52229 and leave message.

HP PAVILION ENTERTAINMENT 17-inch laptop computer with charger, like new, with GeForce graphics processor for HD video playback, Altec Lansing speakers, Vista Home Premium, Intel dual-core processor, 4GB DDR2 SDRAM, 500GB HD, Lightscribe DVD+RW drive, perfect for college, \$600 or best offer; entertainment center, black, glass, five shelves, best offer. Call 52525.

VISIO HDTV, 42 INCH, \$400; well-built four-tier stand for TV, stereo, \$50; Flextone Line6 60-watt guitar amp, \$175; HP Officejet 6500 print/copy/scan/fax, \$75; Paradigm Atom speakers with wall mounts, \$50; Onkyo 120-watt AV receiver, \$20; Magnavox VCR/DVD+RW, \$25; Dirt Devil vacuum, upright, 15-inch wide, extra drive belt, \$50; two pair safety boots, one black leather, one brown leather, size 10 wide. Call 58817.

MICROWAVE, 1,000-WATT, \$25; dishwasher, \$75; rugs, one tan and one red, 8x10-feet, \$15 each; bikes available June 8: red Sun with trailer, \$75, red and blue adult La Jolla bikes, \$25 each, 20-inch boys Huff, \$25; various kid's clothing and books; child's rocking chair, \$10; Christmas tree, \$10. Call 54125.

PROLINE 23-FOOT POWERBOAT, excellent condition, with Suzuki 250HP 4-stroke, low hours, 15HP Mercury kicker, aluminum hardtop, aluminum trailer with new wheels, plenty of tools and maintenance materials, fast, sturdy boat in great shape for diving, fishing, water sports or cruising, \$30,000 or best offer. Call Dick at 51684 or email [richard.cheryl.shields@gmail.com](mailto:richard.cheryl.shields@gmail.com).

**ROI HAPPENINGS**

MAY 26-27 WILL BE A Memorial Day Fishing Tourna-

*Captain Louis S. Zamperini Dining Facility*

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 25
Carved London Broil	Omelette Station	Herb Roast Pork Loin	Grilled Cheese	Dry Rub Brisket	Mini Taco Bar	Meat Lasagna
Crab Benedict	Basil Cream Chicken	Cornbread Stuffing	Beef Stew	Corn Dogs	Oven Fried Chicken	Eggplant Parmesan
Barbecue Chicken	Beef Pot Pie	Buffalo Wings	Chicken Strips	Oven Roast Potatoes	Maple Glazed Salmon	Chicken Cacciatore

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 25
Swiss Steak Jardiniere	Spaghetti	Beef Tips Burgundy	Roast Top Round	Stir-fry to Order	Hamburger Steak	Jerk Chicken
Chicken Broccoli Stir-fry	Italian Sausage	Chicken Peapod Stir-fry	Herb Roast Chicken	Charsiu Spareribs	Tuna Casserole	Seafood Curry
Carrots	Garlic Bread	White Rice	Vegetarian Pasta	Chinese Fried Rice	Vegetable Medley	Island Style Rice

**RMI Shopping  
Day on USAKA  
will be held  
from 8 a.m. to  
noon, May 25.  
For questions or  
concerns, call  
52103.**

ment. More details to come.

MAY 27 THERE will be a Memorial Day Pool Bash.

FRIDAY NIGHTS are Game Nights at the Outrigger.

**COMMUNITY NOTICES**

ROCK AND BOWL will be from 6-10 p.m., tonight, at Kwaj Lanes. Bring your beverages and dress up for the best of the 80s and 90s. Games and shoes, \$2 each. Adults only.

FOLLOW THE YELLOW BRICK ROAD to the High School Art Show, 2-4 p.m., Sunday, in the MP Room. The Mad Hatter's Tea Party (Spartan Espresso) will be offering delicious drinks to help you get small. The first 20 people to get their golden ticket stamped will receive an Everlasting Gobstopper.

AMERICAN LEGION POST #44 presents "MOM" Golian BBQ in honor of Mother's Day, from 5-8 p.m., Sunday, at the Vet's Hall. Tickets are \$40 and are available at the Vet's Hall or from Post #44 members. Dinner includes delicious Mongolian BBQ and soda or water. Questions? Contact Mike Woundy or John Pennington.

KWAJALEIN RUNNING CLUB'S 10th (and last) monthly Fun Run of the season will be at 5:30 p.m., Monday, near the Bowling Alley. Just show up by 5:25 p.m. to sign in. The general public is welcome. Distance options: 1/2, 2 and 4 miles. KRC Fun Run tank tops will be on hand for members who have earned them. Questions? Call Bob and Jane at 51815 or Ben and Linn at 51990.

THE YOKWE YUK Women's Club invites the ladies of Kwajalein to a meet, greet and appreciate sunset at 6:30 p.m., Monday, at Emon Beach. Bring your beach chair!

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Wednesday at the Pacific Club. Food and beverages served at 6:30 p.m., meeting starts at 7 p.m. All anglers welcome to attend!

JUNIOR/SENIOR HIGH Band Concert is at 7 p.m., Thursday, in the Davye Davis Multi-Purpose Room, featuring Concert Band, Junior Band, Stage Band and an encore

performance by the Choir.

CYSS OPEN REC event "Camp Preview Day" will be from 6-8 p.m., May 25, in the CRC gym. Free registration is open to all CYSS registered children in grades K-6, through May 24. Contact CYSS at 52158 for information.

KWAJALEIN YACHT CLUB will be holding its monthly meeting on May 25. Happy hour at 5:30 p.m. Meeting at 6:30 p.m. Dinner at 7 p.m., entree will be provided, bring a side dish to share. You do not need to own a boat to be a member. All socialites and wanna-be sailors accepted. Questions? Contact Ed at [commadore@kwajyachtclub.com](mailto:commadore@kwajyachtclub.com).

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and will see patients May 26 through June 6. Call the Hospital for an appointment at 52223 or 52224 for eye exams, or ES&H at 58855 for prescription safety glasses.

THE UNIVERSITY OF MARYLAND University College announces 2013 Summer Session registration is now open through May 29. Session dates: June 3-July 28. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu/>. Need help? Email the Asia office at [de-asia@umuc.edu](mailto:de-asia@umuc.edu) or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

THE GRADUATING CLASS OF 2013 requests the honor of your presence at the Baccalaureate Ceremony, 6:30 p.m., June 2, at Island Memorial Chapel. Refreshments to follow.

USAKA/RTS REGULATION 210-8, Kwajalein Animal Control, has been updated. Contact Sheralyn Zeto at 51269 for any questions or comments.

FREE LAB TESTS will be conducted at the Kwajalein Hospital May through June courtesy of the Quality of Life Fund. They will check heart health and diabetes. All residents and workers on Kwajalein and Roi are eligible. No appointment is necessary, but, do not have anything to eat or drink for 8-12 hours before having your blood drawn. Blood draws will be performed 7 a.m.-4:30 p.m., on Wednesdays and Thursdays. Come directly to the Hospital Lab, on the ground floor of the hospital, and sign in. Questions, call Jamie Stevenson at 53667.

THE BOX TOPS for Education results are in for the month of April. Elementary: Mrs. McGlinn's class with 145 total; Jr./Sr. High School: 8th Grade class with 167 total. Remember, the last day to submit your box tops for this contest is May 25.

WATER: our most valuable resource. Taking a five minute shower uses 10 to 25 gallons of water, while a full tub requires about 70 gallons. If you take a bath, stopper the drain immediately and adjust the temperature as you fill the tub.

E-TALK: Historic photographs dating from the late 19th century are now available on the ES&H webpage under "History Photos."

E-TALK: Pay attention to signs and fencing at historic structures. They prevent injuries from uneven walking surfaces, collapsing structures and rusted metal.

SAFELY SPEAKING: Everyone in your workplace and at home is affected by your attitude toward safety. It just makes sense to have a good safety attitude.

**Kwajalein Drinking Water Standard Violation**

The Drinking Water Treatment Document of Environmental Protection requires public notification when drinking water standards are violated. The DEP requires 95 percent of monthly samples to have a combined filter turbidity reading of less than 0.3 Nephelometric Turbidity Units. During the month of April, approximately 92 percent of samples were below 0.3 NTU.

Turbidity is the cloudiness or haziness of a liquid caused by individual particles that are generally invisible to the naked eye. During the dry season, USAKA becomes dependent upon groundwater (lens well) resources which tend to have high chloride content and can lead to increased turbidity.

High turbidity can sometimes indicate increased bacteria levels. However, weekly sampling of the distribution system has shown no increase in bacteria levels. Also, all groundwater during the month of April was treated through a Reverse Osmosis unit. For these reasons, there is no threat to public health or the environment as a result of this turbidity exceedance.

If you have any questions, contact the environmental department at 51134.

**Mo eo/ko ikkijeen Dren in Idak eo ion Kwajalein**

Kamelele eo ikkijeen jokjok in an jermal Dren in Idak iumin (ak Document eo jen obii eo an Environmental Protection ej komelet naan in karon jukjuk in bed elane jokjok kein emoj ella jen i im jab loori. Kamelele in / DEP ej barein-wot komelet bwe jonanin 95% in jermal in etale ko ikkijeen reading ko an kein karreo eo rej ai-kuijin bed ilal in 0.3 Nephelometric Turbidity Units iloan kajojo allon. Iloan allon in April eo, ear wor jonanin 92% in etale ko rar kommon bed ilal in 0.3 NTU.

Melelele in Turbidity ej tap ak liim in dren itok wot jen kajojo particles ko jejjab maron loi ken mejed. Ilo jen annan rak / mora, ekka an USAKA kojerbal dren in aiboj lal ko (lens well) elap chloride ie im ekommon bwe laplok turbidity jen i.

Dren ko elap turbidity ie ekka an laplok kuj ko rej walok jen i. Botab, jermal in etale ko ilo kajojo wiik rej kwalok bwe ejjanin wor kokkale ko ikkijeen kuj. Dredre in ke aolep dren in aiboj lal ko emoj etali iloan allon eo ej jemlok jen Reverse Osmosis Unit / kein liklik dren eo. Ken wot melele kein, jekonan karon jukjdwot bwe ejjelok menin jorreen ko non jukjuk in bed itok wot jen ad jela ken turbidity kein.

Ne ewor ami kajjitok, jouj im kir ro tollakier ilo environmental department eo ilo 51134.

*Café Roi*

**Lunch**

<b>Sunday</b> Peking Pork Ribs Coconut Basil Chicken Eggs Benedict	<b>Monday</b> Pepper Steak Pesto Glazed Pork Loin Garlic Mashed Potatoes	<b>Tuesday</b> Baked Penne Spinach Feta Pie Rosemary Potatoes	<b>Wednesday</b> Grilled Cheese Hamburger Steak Macaroni and Cheese	<b>Thursday</b> Szechwan Pork Huli Huli Chicken Indonesian Fried Rice	<b>Friday</b> Cajun Chicken Wrap Grilled Bratwurst Mashed Potatoes	<b>May 25</b> Beef Tacos Enchilada Casserole Pinto Beans
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**Dinner**

<b>Sunday</b> Shoyu Chicken Hawaiian Chopped Steak Spicy Asian Noodles	<b>Monday</b> Chicken and Dumplings French Braised Beef Au Gratin Potatoes	<b>Tuesday</b> Barbecue Pork Ribs Fried Fish Red Beans and Rice	<b>Wednesday</b> Roast Steamship Herb Chicken Baked Potatoes	<b>Thursday</b> Roi Fried Chicken Parker Ranch Stew Mashed Potatoes	<b>Friday</b> Eggs to Order Bacon and Sausage Pancakes	<b>May 25</b> Roast Tri-tip Herb Baked Fish Mushroom Rice Pilaf
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## BOWLING

### Friday, May 10

10 Pins def. Barracuda	4-3
South of Sanity def. Tagalos	7-0
Kwaj Keglers def. We Fly Pumpkins	4-3

#### TOP BOWLERS - MEN

Tony Savage: 236

John Otto: 230

Steve Simpson: 226

#### TOP BOWLERS - WOMEN

Hillary Berry: 145

Tammy Gallegos: 133

Cindy Cullen: 118

South of Sanity	29-13
We Fly Pumpkins	27-15
10 Pins "Ya Right"	20-22
Barracuda	19-23
Tagalos	16-26
Kwaj Keglers	15-27

STANDINGS



### Wednesday, May 8

Old, Fat & Lazy def. Au-Rah	Forfeit
Criminals def. Redrum	24-1

### Thursday, May 9

Scrubs def. Island Sunset	21-5
Bakai' Erma def. Trouble Makers	23-12
Unit 9 def. Mixer	4-3
Paco def. Spartan 1 Coed	20-1

### Friday, May 10

Island Sunset def. Mejen Metak	12-9
Redrum def. North Camp #1	19-7
Criminals def. Dirty Mike	14-4

### Saturday, May 11

Dirty Mike def. Au-Rah	Forfeit
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### Tuesday, May 14

Island Sunset def. 7/8 Coed	16-15
Trouble Makers def. Tiger	23-20
Bakai' Erma def. North Camp #2	14-11
Paco def. First Stops	22-9
Old, Fat & Lazy def. Dirty Mike	18-8

## LEAGUE STANDINGS

### A League

Old, Fat & Lazy	8-1
Criminals	8-2
North Camp #1	5-4
Dirty Mike & The Boys	4-5
Redrum	3-7
Au-Rah	1-9

### B League

North Camp #2	8-2
Bakai' Erma	7-3
Unit 9	6-4
Tiger	3-7
Mixer	3-7
Troublemakers	3-7

### Coed League

Lollygaggers	6-0
Paco Loves the Beaches	5-2
RF Hazards	3-3
Spartan 1 Coed	1-5
First Stop	0-5

### Women's League

Scrubs	6-1-1
Spartan 1 Women	5-3
Mejen Metak	4-3-1
Island Sunset	2-6
7 & 8 Coed	2-6

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	NE-ENE at 14-18 knots
Monday	Mostly Sunny	10%	ENE-E at 13-18 knots
Tuesday	Mostly Sunny	10%	ENE-E at 13-18 knots
Wednesday	Partly Sunny	20%	ENE-E at 10-15 knots
Thursday	Mostly Cloudy	30%	NE-ENE at 8-13 knots
Friday	Mostly Sunny	10%	NE-ENE at 8-13 knots

Yearly total: 13.82 inches  
Yearly deviation: -6.46 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:29 a.m. 7:02 p.m.	1:33 p.m. 1:15 a.m.	10:44 a.m. 2.9' 11:59 p.m. 2.8'	4:22 a.m. 1.2' 5:28 p.m. 0.8'
Monday	6:29 a.m. 7:02 p.m.	2:22 p.m. 1:58 a.m.	----- 12:10 p.m. 3.0'	6:02 a.m. 1.1' 6:37 p.m. 0.5'
Tuesday	6:29 a.m. 7:02 p.m.	3:13 p.m. 2:42 a.m.	1:04 a.m. 3.2' 1:17 p.m. 3.2'	7:15 a.m. 0.7' 7:30 p.m. 0.2'
Wednesday	6:29 a.m. 7:02 p.m.	4:06 p.m. 3:28 a.m.	1:54 a.m. 3.7' 2:11 p.m. 3.5'	8:10 a.m. 0.2' 8:17 p.m. -0.1'
Thursday	6:29 a.m. 7:03 p.m.	5:04 p.m. 4:18 a.m.	2:38 a.m. 4.3' 2:59 p.m. 3.7'	8:58 a.m. -0.3' 9:00 p.m. -0.4'
Friday	6:29 a.m. 7:03 p.m.	6:04 p.m. 5:11 a.m.	3:20 a.m. 4.7' 3:44 p.m. 3.9'	9:43 a.m. -0.6' 9:42 p.m. -0.6'
May 25	6:29 a.m. 7:03 p.m.	7:07 p.m. 6:09 a.m.	4:02 a.m. 5.0' 4:27 p.m. 4.0'	10:27 a.m. -0.9' 10:23 p.m. -0.7'