

# THE KWAJALEIN HOURGLASS



**An American Soldier stands on what is now Echo Pier surveying the devastation after the battle for Kwajalein. On his back is a Marshallese woven bag. For more on the battles of Kwajalein and Roi-Namur, see Page 4.**

U.S. Army photo



### WEATHER CONDITIONS MAJOR PROBLEM FOR ATOMIC BOMB EXPERTS

Aboard USS Mt. McKinley off Bikini, (UP)--A top weather expert of Operation Crossroads said today there was a "good chance" the weather would permit dropping of the atomic bomb within the first ten days of July, but Vice Adm. Blandy's staff officers were betting the weather would be unuitable. Except for tremendous unknown quantity, everything else was set for the gigantic \$100,000,000 project designed to test the Navy's strength against the most powerful weapon known to man.

### U.S. WAR CASUALTIES LISTED AT 400,000

Washington, (UP)--The Army announced today that 908,978 soldiers--both officers and men--lost their lives in the four-year battle to overthrow the fascist legions of Ger. and Japan. The Army's compilation--its first official listing of war casualties--is listed to nearly 400,000 the number of deaths in World War II. The Navy department announced last week that 87,659 members of the Navy, Marine Corps and Coast Guard are listed as dead or missing.

### TRUMAN TO GET NUTRITION SUPPORT IN ARMED FORCES MERGER

Washington, (UP)--President Truman received a pledge of full cooperation from Secretary of the Navy James Forrestal in his program to unify the armed forces under a single departmental defense, the White House announced today.

Vol. III. Kwajalein Atoll, Saturday, 1 September 1945 No. 1

## MACARTHUR TAKES COMMAND IN JAPAN

### PRESIDENT PLACES BLAME ON WHOLE COUNTRY FOR PEARL HARBOR DISASTER

Washington, D.C. - (ANS) - President Truman today blamed the whole country as much as any individual for the responsibility for the Pearl Harbor disaster and, although saying that he had no objection to a court martial, he added that he didn't intend to order one.

Yokohama - (ANS) - General MacArthur arrived in Japan at 2 P. M. today. (1 A.M. EMT) and set up headquarters in Tokohama as Nippon's military ruler and the first alien armed forces ever to occupy the sacred islands.

Paratroopers seaborne Marines and sailors swarmed onto the home islands in an unbroken stream, taking over the Atsugi Airfield, eighteen miles from Tokyo, and running up the American flag over the Tokosuka Naval Base without mishap.

MacArthur said that the occupation is "going splendidly" as Yanks moved in without bloodshed. MacArthur landed amidst the cheers of Eleventh Airborne Division paratroopers, who began pouring from transports at 6 A.M. today (5 P.M. Wednesday EMT), simultaneously with landings at Yokosuka by the Fourth Marine Regiment. The Fourth Marines were rushed to the Philippines from China, fought for Manila Bay and stood to the last on Corregidor.

Today's landings were made by a re-activated regiment. The Eleventh Airborne helped MacArthur clear Japs from the Philippines.

### AMERICAN FLAG WAVES TRIUMPHANTLY OVER THE YOKOSUKA NAVAL BASE

Yokohama - (ANS) - The American flag waved triumphantly over the Yokosuka Naval Base today.

Kwajalein Atoll, Wednesday, 18 July 1945 No. 18.

## BRITISH TRIKE TOKYO

(BY RADIO) -- Admiral Nimitz announces that U. S. and British Pacific Fleet units have united into the most powerful naval force ever used in the Pacific and send about 1,500 carrier planes at the Tokyo area at dawn on Tuesday (Japanese Time). Nimitz replies however, no details are yet available. Never before have British and U. S. warships hit Japan as a unit.

Commanding the British forces under Admiral Halsey is Vice Admiral Sir Phillip Vain in charge of the British carriers. Nimitz names the British battleship King George V, the carrier Formidable and the cruisers Newfoundland and Black Prince as participants in this strike at Tokyo, the second in a week. The new raid climaxes U. S. carrier and surface bombardments of Northern Hokkaido and Honshu on Saturday and Sunday.

### NO TARGETS IN JAPAN WORTH 1,000 PLANE RAIDS SAYS CITIES

(BY RADIO) -- Lt. Gen. Barney Giles, Deputy Commander of the Strategic Air Force in the Pacific announced that (Cont. on page two col. two.)

# So how old is the Hourglass?

After the article we ran a few weeks ago speculating on how old the Hourglass is, we have received more information from previous residents. One of those is Bill Remick who sent these copies of the Hourglass from 1945 and 1946. We thank Bill for sending them along to us.

# Limited supply of H1N1 vaccine available

## Hourglass Reports

The hospital has received a limited quantity of H1N1 vaccine that is now available. Vaccination times are: Tuesday, Wednesday, Thursday and Saturday, 1 p.m. to 4 p.m. and Fridays from 9 a.m. to 11 a.m. Vaccines will be sent to Roi-Namur for distribution there through the dispensary. The shelf life of the H1N1 vaccine that Kwajalein Hospital has on hand expires in about 60 days, so it is important that those who want to be vaccinated do so promptly. There is no charge for vaccination.

All vaccine received is the injectable type. It is safe and effective for all persons four years and older.

The vaccine is available for all USAKA/RTS residents and USAKA/RTS work force [including RMI C Badge and domestic workers]. Pregnant women, household contacts of infants younger than six months [including domestics and childcare workers], health care and emergency services personnel, and those aged 25 years or older with underlying conditions that put them at high risk of complications from influenza are especially encouraged to be vaccinated.

## 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.

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USAKA personnel listen to Lt. Gen. Kevin T. Campbell, Commanding General of U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, during a video teleconference town hall meeting Jan. 22 from Huntsville, Ala. with Kwajalein, Ft. Greeley, Alaska and Colorado Springs, Colo.

# Commanding general holds video teleconference town hall meeting

Article and photo by Dan Adler  
Media Services Manager

Lt. Gen. Kevin T. Campbell, Commanding General of U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, held a town hall meeting Jan. 22 via video teleconference from Huntsville, Ala. with Ft. Greeley, Alaska, Colorado Springs, Colo., Omaha, Neb., Arlington, Va. and Kwajalein.

The meeting opened with the playing of the National Anthem and a video highlighting the accomplishments, innovations and successful missions conducted by USASMDC/ARSTRAT during the past few years.

After the video, Campbell took the podium and presented awards to various individuals for their achievements and length of service.

Campbell spoke of the command's efforts to bring wounded Soldiers who could no longer per-

form active duty into internships at USASMDC/ARSTRAT giving them the opportunity to possibly begin a new civilian career with the command. There are currently three Soldiers in the internship program.

"It's the least we can do to reach out to these Soldiers and bring them in and try to give them an opportunity for the future," Campbell said. "Thank you for what you have done on behalf of the nation."

The general said that several of the command's personnel have been deployed to Iraq and Afghanistan and other places in the Middle East. He said such deployments have been going on since the 1990's.

"We are going to beef up what we are doing in those war zones in the next few months," he said.

One of the teams deployed and noted by the general is a commercial imagery team that works with the intelligence service.

"They have done a wonderful job

in producing imagery and providing that to the American and allied forces," said Campbell. "They are going out in the field in Afghanistan and teaching Soldiers and our Afghan allies how to use the program software on laptops to download imagery right in the foxholes."

The general noted that several USASMDC/ARSTRAT teams are on the ground in Afghanistan teaching troops and performing other duties that ground commanders find extremely valuable to the mission.

Campbell highlighted the achievements of the U.S. Army Kwajalein Atoll Host Nation Office staff, for their handling of affairs with the Republic of the Marshall Islands.

"They've done really great work maintaining contacts with the government of the Republic of the Marshall Islands. Col. Clarke and his team have done great work, but the Host Nation Office needs to be recognized for really pulling

**See GENERAL, Page 9**

# OPERATION FLINTLOCK

Jan. 30-Feb. 5, 1944

*Four-day battle liberated Kwajalein Atoll from Japanese, opened Central Pacific for main push to Japanese home islands*

By Dan Adler  
Media Services Manager

During 1942 and 1943, the Southwest Pacific raged with the battles of Guadalcanal and New Guinea and the American Navy had inflicted devastating damage on the Imperial Japanese Navy's aircraft carriers at Midway. But the Central Pacific remained relatively quiet during that time.

However, the Japanese knew the importance of the Micronesian Islands and Japanese garrisons built airstrips, submarine bases and strong fortifications.

From those small island groups of the Central Pacific, Japanese aircraft and submarines could threaten American communications and supply lines as the Americans island-hopped to Japan.

Beginning with the attack on Pearl Harbor, it was clear that above all else the war in the Pacific would be an air war. Whoever controlled the sky would have the advantage.

Although the Japanese fleet had been damaged at Guadalcanal and Midway, it was still very powerful and defended Japan's home waters with a vengeance. American carriers and their aircraft could not hope to get close enough to do any damage to Japan itself.

Only the 'heavies' — the B-25's and the awesome B-29 Superfortresses could fly far enough and carry a big enough bomb load to inflict damage on Japan's war-making factories, cities and military installations. But in order to do that, they had to have airfields that were within range of Japan. Besides that, islands couldn't be sunk like aircraft carriers.

To get those bombers close enough to Japan, thousands of Americans would be killed and wounded to take hot, steamy, malaria-ridden islands that were filled with fanatical Japanese defenders simply because those islands were big enough for an airstrip.

American war planners, pushed by U.S. Navy Fleet Admiral Chester Nimitz, had decided that the main line of attack to the Japanese home islands would go through the Gilberts, the Marshalls, the Marianas and the Carolines. The Japanese garrisons on those islands had to be eliminated and airfields built that would bring the 'heavies' nearer to Japan.

The first test of the strategy came at Tarawa in the Gilbert Islands, Nov. 20-23, 1943. The 4,500 Japanese defenders fought to the last man and exacted a terrible toll on the Marines who lost nearly 1,000 dead and almost 3,000 wounded. Many mistakes were made and many hard lessons were learned.

After Tarawa, Nimitz proposed taking Kwajalein Atoll, which was deep within the perimeter of Japanese-held islands in Micronesia. Most of his officers thought it too risky to venture so deep within Japanese territory at that stage of the war, but Nimitz insisted upon it. The atoll had the world's largest lagoon and would make a perfect staging base for future operations in the Central Pacific.

The Japanese expected attacks in the Marshalls and had heavily fortified all of their bases at Wotje, Maloelap, Mili, Jaluit, Kwajalein, Roi and Namur. In early February, 1944, the U.S. Army's 7th Infantry Division and the Marine's 4th Division would face nearly 10,000 Japanese soldiers ready to kill the enemy and die for their emperor.



Aerial reconnaissance photo of Kwajalein taken on Jan. 30, 1944, in preparation for the troop landings.

## *The landings*

One of the largest naval and air bombardments of the war preceded the landings at Kwajalein and Roi. Navy ships laid a non-stop barrage of 2,655 tons of ammunition on Roi and Namur. A regiment of 75mm and 105mm howitzers bombarded Japanese positions from five nearby islands. Navy ships at Kwajalein fired an estimated 125,000 shells into the island defenses prior to the landings. Navy aircraft flew 96 sorties dropping 500 and 1,000 pound bombs on Kwajalein before the troops went in.

In addition to the Naval shelling, 48 Army howitzers bombarded Kwajalein from nearby Carlson Island, firing more than 29,000 rounds.

It's been estimated that more than 14,000 tons of munitions pounded Kwajalein before the troops came ashore.

The Marines landed on Roi and Namur beaches at 11 a.m. on Jan. 31, 1944. They faced relatively light resistance on Roi but much stronger defenses on Namur.

At Kwajalein, 1,200 Soldiers landed in the first wave on the west end of the island without a casualty. They fought their way 1,800 yards up the island before nightfall and suffered only 17 dead and 46 wounded. But the real battle was only beginning.



See **FLINTLOCK**, Page 6

Namur is pounded by naval gun fire and air bombardment to soften the defenses before Marines land.



Marines fire an anti-tank gun at an enemy pillbox.

## OPERATION FLINTLOCK FROM PAGE 5

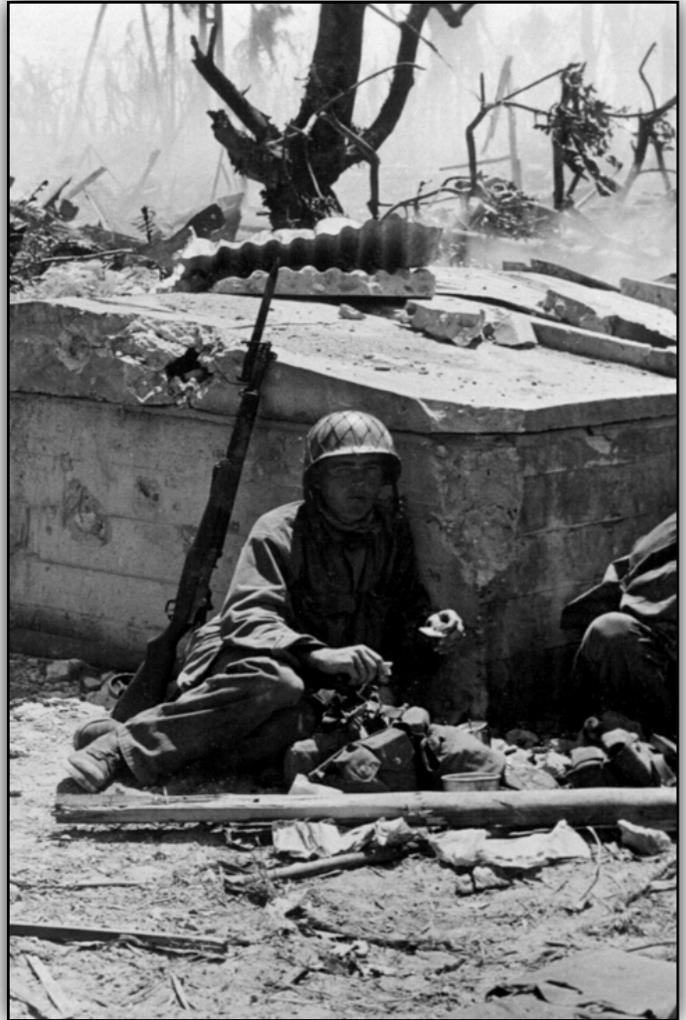
### The combat

As the battle on Kwajalein progressed, the fighting became more intense and deadly. The surviving Japanese had recovered from the heavy bombardments and began an organized defense using mortars and artillery. The Japanese also made several late night banzai charges.

The fighting over the next three days deteriorated into small unit actions as American squads and teams fought snipers and engaged heavily defended bunkers and pillboxes. As troops neared what is now the mini-mall, they encountered many Japanese bunkers, machine gun nests and 'spider' holes, each fiercely defended.

On the third evening, after darkness had fallen, the air was rent with the screams of 'Banzai' as the Japanese made one more desperate charge. The night erupted with tracer rounds, muzzle flashes and grenade explosions. Some Japanese got into the American lines and there was savage hand-to-hand combat. As the morning sun rose over the terrible scene, nearly 1,000 Japanese soldiers lay dead in front of what is now 6th Street. By the end of the fourth day, U.S. troops reached Bunker Hill which was the end of the island at the time and organized Japanese resistance ceased although snipers still remained a threat.

To the north, the battles of Roi and Namur raged. The Marines took Roi and the Japanese moved back to a well-prepared Namur. There, in one of the most tragic occurrences of the war, Marines mistakenly destroyed a blockhouse filled with torpedoes and bombs. The resulting explosion killed Japanese and Americans alike and filled the sky with towering, thick black smoke. The Marines' 2nd Battalion suffered more than half of its casualties in the explosion. Four Marines would receive Medals of Honor for their actions in the 24 hours of fighting on the two islands.



A Soldier rests and eats some rations near a blasted bunker.



American artillery hurls shells at Japanese positions.

## ***The wounded***

As the battles raged, Soldiers and Marines cried out for help from the medics and the corpsmen. Those courageous men cared for 845 wounded Americans on Kwajalein and 547 wounded on Roi and Namur. Because of them, many men survived who might not have lived otherwise. The medics and corpsmen also treated injured Marshallese and wounded Japanese as well as their fellow Americans. The wounded were evacuated to the rear of the lines and then many were transported to Navy hospital ships offshore and in the lagoon. Some ships were strafed by Japanese aircraft as the wounded crowded the decks.

The greatest number of wounded were on the second and third days, 244 and 255 respectively as troops encountered stiffer resistance in bun-

kers and heavily defended buildings.

Marines on Roi and Namur islands recorded 547 wounded in only 24 hours of action. One Marine, Pfc. Richard Sorenson, was terribly wounded when he dove atop a grenade to save six comrades. He recovered and received the Medal of Honor. He was the only Medal of Honor recipient to survive the battle.



**A Marshallese woman receives care at an aid station.**

**See Flintlock Page 8**



**Soldiers of the 7th Infantry carry a wounded comrade on a stretcher through the desolate Kwajalein terrain.**

# OPERATION FLINTLOCK FROM PAGE 7

## *The fallen*

The Kwajalein campaign has been called 'the perfect amphibious operation.' Dry words in official reports and in history books say a mere one percent of American forces were lost in the battle for Kwajalein Atoll. That's been called a marvel of modern military history.

But, one percent casualties still translates into 332 men killed in action.

On Kwajalein, the 7th Infantry Division had 142 dead and two missing in action. Estimates are the Japanese suffered 4,938 dead with 206 more taken prisoner, including 127 Koreans.

On Roi and Namur islands, 190 Marines died. The enemy suffered 3,472 dead along with 51 prisoners of war.

Of the Marines killed, three received Medals of Honor, including 1st Lt. John V. Power, Pfc. Richard B. Anderson and Lt. Col. Aquilla "Jimmie" Dyess. Both Power and Dyess were killed leading attacks on enemy positions.



Marines fire a salute to fallen comrades on Namur.



Men attend a service for their fallen comrades.

## *Victory*

If victory in war means killing more enemy troops than they kill of yours, then the victory at Kwajalein Atoll could hardly have been more complete. The lopsided numbers are staggering. The Americans had learned the terrible lessons of the Tarawa invasion and put them to good use at Kwajalein.

The victory marked the first time U.S. troops had taken pre-war Japanese territory and it established one of the most strategically important bases in the Central Pacific. It also eliminated the threat of Japanese air power from the Marshalls.

U.S. presence on Kwajalein Atoll helped lead to the isolation of the Bismarks, Solomons and New Guinea. Furthermore, many Japanese positions were by-

passed as a result of the success at Kwajalein Atoll, allowing U.S. forces to be free to concentrate on other targets including the successful assaults on the Philippines and Marianas.

What does battle and victory look like?

One can open up any number of books about the war and see combat photos. But the photos of the battles of Kwajalein and Roi-Namur depict more than mere combat. These photos are of the men who fought, bled and died on the very ground where we live, work and play.

Some of them lived through these



Namur is a scene of utter devastation.

battles, but did not survive the war. As we go about our daily lives on this rocky atoll, we should, every now and then, think about the blood that seeped through its cracks and remember that we truly tread on hallowed ground.

things together and really keeping tight connections with the RMI government. Occasionally, we are called on to give them assistance in the form of power generators, medical assistance and water and we do that routinely on behalf of that government.”

The general told the town hall audiences that two reverse osmosis machines had arrived on Roi-Namur to normalize the fresh water supply on the island due to the contamination of the lens wells by sea water on Dec. 8, 2008.

He told the audience that when digging was being done for the piping for the machines, a Japanese mortar round had been uncovered.

He joked saying, “They are very careful when they dig. Really careful. It’s a difference in consequences out there than here in Huntsville where you might hit a water line and get wet.”

He acknowledged Kwajalein radar teams that were called upon to identify objects in space that could have interfered with the International Space Station.

“They did this on really short notice and they were able to get information back to the NASA folks that prevented the astronauts from having to suit up and depart the station in escape vehicles,” Campbell said. “So ‘well done’ to the team out on Kwajalein for watching out for the safety of the ISS.”

The general put up a slide on the Combined Federal Campaign showing that USAKA’s contribution was more than 300 percent of its goal. The general recognized Master Sgt. Charles George for his efforts in achieving that total.

Speaking to George, the general said, “People less fortunate than us will be the beneficiaries of what you accomplished.”

Campbell touched on the Kwajalein Cable System noting that he was on Kwajalein when the cable ship was there and the cable was being hooked up.

“I’m told the cable is now anchored in at Guam and they have already run down to Majuro. In about two months, we’ll be hooked in here [Huntsville] at the new remote distributed operations facility,” he said. “That’s been a success story and it’s been a team

effort between the folks in Huntsville and Fred Clarke’s team out on Kwajalein. It wasn’t easy. Many people played a role.”

He continued, “It has come together finally and I think it’s going to work out pretty well. That’s a major step forward for Kwajalein and for Huntsville. A customer can now come here [Huntsville] rather than deploy out to Kwajalein to collect data. It’s going to save a lot of money on behalf of the customer. It will also help attract more customers with the economy of doing business here.”

Campbell praised Reagan Test Site saying that during his tenure, he has never received a complaint from a customer. He said the range has always done the job getting the data the customer needs.

The general mentioned the LV-2 launch, Mission FTG-06. “This target on Meck Island is the largest missile ever launched from Kwajalein,” he said. “Everything is in great shape on the Kwajalein side. They’ve done a great job hosting the Missile Defense Agency. We anticipate that everything will work well.”

In other matters, the general encouraged Department of the Army civilian workers to seek out and take advantage of educational opportunities that will advance their careers. He advised them to tell their supervisors what training they or education they were interested in. He also called upon supervisors and other leaders to help workers achieve their career goals.

“We need to be out there pushing people in that direction,” he said.

He reminded the audiences that research and development is customer-oriented and that they had to deliver value to the customers. “If you step away from a values-based operation, you will get lost quickly,” he said. “We have to remain transparent in what we do otherwise people will form their own concept of what we do and those could very well be misconceptions.”

Campbell stated that in his mind the priority of USASMDC/ARSTRAT was to be ready to provide capabilities to the warfighter 24 hours a day, seven days a week no matter where the warfighters were located.

“When I get called from the De-

partment of the Army or STRATCOM, they’re not looking for excuses, they’re looking for action,” he said.

The general stated that USASMDC/ARSTRAT had been appointed the interim Cyber Command for network warfare.

He stressed the new security measures that had been instituted since the Ft. Hood incident. He said senior commanders had been told to take another look at how they did business.

“Today, some of you may have seen evidence of that. We do have armed security guards here. We did a bomb sweep. We checked ID cards. So we’re serious about it as commanders. Anything can happen. I can’t predict the future and none of you can. We don’t know. We would hope we don’t have one among us that would do such a horrific act, but you don’t know.”

He continued, “It’s always been that we looked at external threats. We have fences, cameras and guards that are always looking outward. We really haven’t focused too much on the internal threat. There are 10 indicators that the Army has published and to me, they’re really common sense.”

He asked the audience members to be conscious of those indicators and not to be afraid or hesitant to bring someone’s potentially dangerous behavior to the attention of their chain of command.

“You may create some kind of complaint, but if you’re a leader, you have to apply common sense and just make a hard call and say ‘if I hear these things and see these things, I’m going to report it whether that person likes it or not.’” he said. “The consequences of not reporting it we’ve seen once and it’s not very pretty. The commanders at our installations are taking the necessary steps. It’s a sad day when we have to protect us from us, but unfortunately, in this day and age, that’s the nature of the threat.”

Campbell asked workers at all command locations to do their part to conserve energy and save on energy costs. After his remarks, the general held a brief question and answer session.

The meeting ended with the playing of the Army song.

# KRS Wellness Program designed to introduce healthy lifestyle choices

By Sheila Bigelow  
Associate Editor

It's a new year which could mean a new you. The New Year is always a great opportunity to take control of your life and work hard to become healthy, happy and well. Kwajalein Range Services is ready to help make that happen.

KRS is about to launch its little steps...BIG DIFFERENCE wellness program beginning in February. The program will be run through the Community Services department, led by Torrey Landers, Community Services Manager. Assisting Landers with the program is Jennifer Yezek from the community activities staff. "Jen has an extensive background in nutrition and we are fortunate to have her as a part of this program," said Landers. Both Landers and Yezek have graduate degrees in health-related fields and various wellness-related certifications. "We are also going to have some volunteer assistance with a few of the activities for which I am appreciative," Landers said.

"We are very excited about the opportunity to introduce a comprehensive wellness program to the Kwajalein and Roi communities. The name of the program was chosen because the small lifestyle choices we as individuals make every day can have a large impact on our health and overall quality of life. Our hope is that the community will engage and participate in many of the program opportunities that are offered throughout the year."

The overall mission of the wellness program is to improve the health and well-being of Kwajalein/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. "A key factor in operating a successful wellness program is senior leadership support and that is something we definitely have with this current initiative," stated Landers. "I've had

the opportunity to run wellness programs in both the college and corporate environment and having strong senior leadership supporting the program is a great indicator for the success of the program."

The program is eligible to all Kwajalein residents 16 years of age and older, all KRS employees, including our RMI workforce, and those working on Roi as well.

"We're putting some program objectives in place that will increase health awareness, improve knowledge and empower people to take accountability for their health with the end goal of improved overall health of the population. Not only here on Kwajalein but on Roi including our RMI employees."

"This program isn't about telling people what to do," says Landers. "It is about providing people the information, knowledge and encouragement they need to make their own healthy lifestyle choices. Those are the choices that last. It's about finding what works for you and how it can fit into your everyday life."

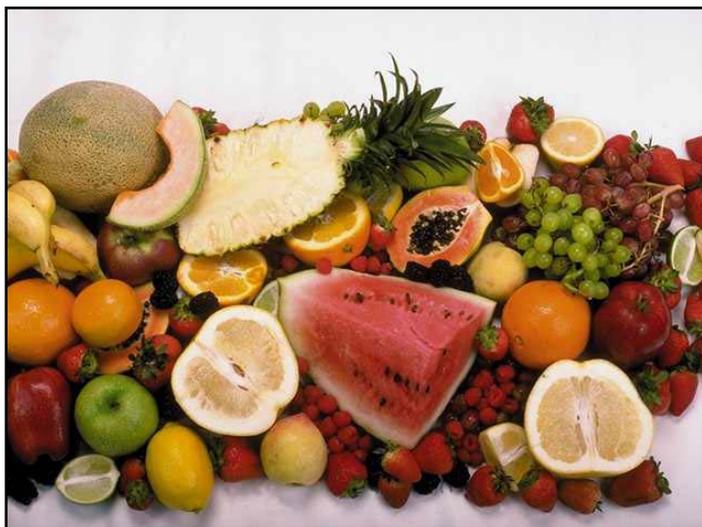
There are three main goals for year one of the program. The first is to create a culture of health in the Kwajalein community through health awareness programs and services and empower residents to assume accountability for their own personal health. In order to reach this goal, specific objectives include providing monthly health awareness seminars, publishing a monthly health newsletter, providing season/holiday wellness challenges, executing a community-wide health fair, and to offer a confidential health risk assessment.

The health risk assessment will be available online and will be provided through Aetna for all eligible KRS contract employees. "Employees can log on and take an anonymous health risk assessment where they get instantaneous results and recommendations on how to improve lifestyle and some behavior changes to make that happen," Landers explained.

The monthly health newsletter will be a communication created by the wellness team that will include various wellness articles and tips for everyday life. The wellness team will also have their own email address at [KRSwellness@smdck.smdc.army.mil](mailto:KRSwellness@smdck.smdc.army.mil).

Another goal of the program is to provide physical activity opportunities and challenges to engage the eligible population and demonstrate related health benefits.

"We are going to be doing a number of physical activity programs, like an island-wide walking program where teams will be able to compete against one another for total number of steps," said Landers. "We'll use pedometers [provided by KRS] in the program." 'Walk the Rock' is a six-week program that will encourage friendly competition and healthy teamwork. Points are earned for number of steps walked. Prizes will be awarded to teams and individuals. "Walking is a great way to get out, enjoy the island and get some great exercise," stated Landers. "We hope the walking program will encourage more of that."



The wellness team will also set up monthly Ivey Gym demonstrations. These 45-minute sessions are meant to increase your fitness IQ and awareness of Ivey Gym policies. You will receive information on the proper use of the fitness equipment and the benefits of resistance and cardiovascular training as it pertains to your overall wellness goals. "Even if you are a current gym user, I would strongly encourage everyone to participate. The gym is a great place to improve your health and fitness level, but it can also be dangerous if you don't completely understand proper technique and form on some movements," said Landers.

Another important goal of the program is to increase nutrition awareness within the Kwajalein community and encourage employees and their dependents to make sensible food choices to improve overall health. There will be six Healthy Cooking Demonstrations throughout the year. "I believe this will be a big hit with the community. This will be an interactive cooking class where we will solicit input from the community and highlight some of our chefs on-island who will prepare and demonstrate how to create great food in a health conscious manner."

"We're also going to be working directly with Café Pacific management to ensure the information they have regarding the nutrition information of food is correct," said Landers. "Also, when we can, we will make recommendations as to how they can alter or change their menu when it's feasible." For example, the wellness team is responsible for the portion cards currently in Café Pacific that relate portion sizes to everyday, recognizable objects, like your meat portion should be the size of a deck of cards.

A 10-week behavior based weight management class will be offered two times a year and will be led by the wellness team. The goal of this course is to teach you lifelong skills for maintaining a healthy balance between food and physical activity. You will learn to recognize true hunger, learn which foods pack a nutritious punch and discover enjoyable, daily physical activities. "I'm more in the mindset that you need to have goals and at the end of 10 weeks we need to be able to go and execute those goals," said Landers. "Hopefully, what is learned in those 10 weeks will be put into practice."

To keep people engaged, the little steps...BIG DIFFERENCE wellness program is incentive-based. Individuals will have their own wellness scorecard so they

can keep track of their participation and earn points. Each objective within the program is assigned a certain point value. The point value is based upon the amount of effort that the individual puts forth. A wellness guidebook will be provided to each program participant that will further detail the program offerings and incentive program. The incentive points program is very user friendly and attainable. "The goal is about getting something early to keep you moving," Landers explained. "You want to see results and it's the same with lifestyle change. It's always good to see results fast because it keeps you motivated." When you hit a benchmark, you contact a member of the wellness team to receive your incentive prize. This is a self-report program and on the honor system. There will be prizes for each level to encourage participation throughout the year.



"The program is ongoing," says Landers of the wellness program. This is a part of Community Services. Within the overall program are many different activities and you do not have to participate in all of them, although we will encourage you to do so.

"We're excited about the opportunity, and hopeful that everyone that is eligible to participate will because it could be a life-changing program, not only for the individual but for their family as well."

To learn more about the little things...BIG DIFFERENCE wellness program, please plan to attend a program overview seminar that will be held at 6:30 p.m., Feb. 4 and 5, in the Coconut room at the elementary school. The same materials will be covered each night. We will also be up on Roi at the Roi Café on Wednesday, Feb. 10 during the lunch hour.



Family members and friends eagerly watch one of the many exciting races during this year's Cub Scout Pack 135 Pinewood Derby, held Monday in the high school MP room.

# Cub Scout Pack 135 holds annual Pinewood Derby car race Monday

Article and photos by Sheila Bigelow  
Associate Editor

Corey Wiley, Cub Master of Pack 135, welcomed parents, siblings and onlookers to the high school MP

room for the 2010 Pinewood Derby Monday afternoon.

"The Pinewood Derby is a pretty special event for Pack 135," said Wiley. "Every year we tend to make some upgrades to the system that we have here and we really appreciate the donations that the community and the various companies have done in order for us to have such a spectacular piece of equipment." Wiley also thanked the Quality of Life committee who supplied a new timer and laptop to Pack 135 this year.

"Cub Scouting is not just an opportunity for the boys to get together and have a lot of fun, it instills values that we think are important to our youth," said Wiley. He talked to the crowd about the importance of sportsmanship and how they had to learn to be good winners and good losers. "Remember that we are all friends first and competitors second."

According to Wiley, the car kits used in the race come from the Boy Scouts of America. "It's basically just a rectangular piece of pinewood that already has two grooves on the bottom of it where the axles go and the axles are smooth shank nails. It also has four plastic wheels. The boys have to choose car design and they cut that out of the wood and we do two workshops over at the Hobby Shop and we have enough



Foreground, left to right, Abbie Warren, Jenna Gray, Ella Wiley and Kendal Warren eagerly wait for their cars to fly across the finish line during the Pinewood Derby Monday afternoon.

adult volunteers to give them pointers.”

Wiley continued that all the finished cars must be the same weight, can't be more than seven inches long and with the wheels on it can't be more than two and three-quarters inches wide, nor can it be more than three inches tall from the very bottom of the car to the uppermost part. However, the above rules don't apply in the Celebrity Race category which was begun by Rob Gray approximately five years ago as a way to get the community involved. Celebrity racers pay \$25 for the car kits (with USAKA approval) and that money helps the Scouts with improvements to the track and time-keeping equipment.

He added, “This is our biggest event competition-wise for the year. It really allows the kids to learn skills and what it takes to build a car and spend some time with their parents, either mother or father. We actually have a lot of moms who bring the kids to the Hobby Shop. And of course, it teaches sportsmanship. Anybody can be a good winner, but it's important to be a good loser too. We're all there supporting each other and the race is secondary.”

He added that last year a lot of Girl Scouts showed interest in participating in the race so this year, they were included.

There were three categories of racers this year: Cub Scouts and Girl Scouts, siblings of the Scouts and Celebrities who were Kwajalein residents, mostly dads of the Scouts participating.

The race software was set up so that every Scout raced on every track against different cars every race. The same went for the Family and Celebrity divisions of the race. The three finishers in each category with the lowest cumulative times moved on to the final rounds.

The races were exciting, some finishers only milliseconds behind others. All members of every category

were sure to cheer loudly for one another, and gasp loudly for close finishes. New track records were scored intermittently throughout the races, the final record belonging to Celebrity racer Jeff Jones with the speed of 211.6 miles per hour.

After 29 exciting heats, the top three finishers moved on to the final races, each car getting a chance to race in each lane.

Wiley announced the winners and gave each their respective medal, ribbon or trophy for their efforts.

He then thanked a few volunteers that helped with the Pinewood Derby. Sgt. Maj. Patrick Kutac and Lt. Col. Jay Curry were guest judges. Wiley also thanked Michael 'Mo' Owens and John Nelson for their assistance. “It takes a lot of effort by a lot of people in order to make the Cub Scout Pack go and these gentlemen have taken time out of their day today even though they don't have Cub Scouts in our pack. They still came out in support of our race and helped us as either judges or just volunteering. I'd like to honor them with a Cub Scout Pack 135 coin. It may not give you the same benefits the commander's coin does, but needless to say we appreciate everything that you've done for us, so thank you very much.”



**Corey Wiley, Cub Master of Pack 135, presents Nathan Jones with his first place trophy in the Family division of the 2010 Pinewood Derby, held in the MP room Monday afternoon.**

## **2010 Pinewood Derby Big Winners**

### **Cub Scouts**

**1st place:** Matthew Grimes

**2nd place:** Ben Jahnke

**3rd place:** Zach Jones

**Best Paint Job:** Lanston Rowell

**Most Creative:** Ayden DeVille

**Best Car Name:** Jared Scofield  
("Clone Wars")

**Best Design:** Brian Scofield

**Judge's Choice:** Carson Rowell

### **Family**

**1st place:** Nathan Jones

**2nd place:** Kendal Warren

**3rd place:** Abbie Warren

**Best Paint Job:** Matt Osterbauer

**Most Creative:** Jenna Lundberg

**Best Car Name:** Ella Wiley  
("Rocket Bill")

**Best Design:** Elaina Rowell

**Judge's Choice:** Jenna Gray

**Best Effort:** DJ Scofield

### **Celebrity**

**1st place:** Jeff Jones

**2nd place:** Monty Grimes

**3rd place:** Corey Wiley



# Who we are

## Students from Enniburr learn some Marshallese history with visit to Cultural Center Wednesday



Enniburr school students view some of the photos available at the Marshallese Cultural Center.

Article and photos by Dan Adler  
Media Services Manager

It's a sad fact that not many Marshallese children on the outer islands, even those with schools, have had a chance to learn much about their historical roots. It's hard to know where you're going when you don't know where you've been.

Many Marshallese children might not know that their ancestors were highly competent and courageous sailors of the high seas. Most of them have never seen the deBrum photos that depict life in the Marshall Islands in the 1900's or any of the photos or paintings produced by various European expeditions to these islands. To know your people's past is to know yourself.

Marshallese history through the centuries has been an oral history passed from generation to generation. Very little, if any, was written down.

Judy Kirchner, Director of Exhibits at the Center and Jemo Peter, a teacher on Enniburr and a friend of Kirchner's, took it upon themselves to arrange visits by students to the Cultural Center beginning last spring. Kirchner said that the USAKA Host Nations office and the Provost Marshall's office have been very helpful. So far, small groups from Ebeye and Enniburr have been able to come to the Center to learn about and get some sense of the Marshallese past. The Enniburr children fly from Roi to Kwajalein on a space available basis. A group of nine children from Enniburr visited on Jan. 27.

At the Center there are story

boards written in Marshallese that put those stories the children have heard into something they can see and read. They can see the deBrum photos and those by the European expeditions along with many artifacts of Marshallese traditional life as it was lived by the children's ancestors. They can see the navigational stick charts that Marshallese used to sail the ocean.

The deBrum photos are unique and have a unique story. The photos were on glass plates and as war seemed imminent, Joachim deBrum moved all 2,200 glass plates from Likiep where he lived to another island and buried them.

After the war, someone remembered the photos and dug them up. Nothing much was done with them until the late 1990s when the Cultural Center, under former resident Cris Lindborg, obtained the photos from the deBrum family and Sue Rosoff, another former resident, scanned the plates and saved all the photos on CD's.

During their visit, the children also saw displays on World War II and the Bikini nuclear tests and how those events affected the Marshall Islands.

Kirchner is passionate about children being able to learn.

"I've been a teacher and I guess education is always in the forefront of my mind. Cris [Lindborg] had a different angle when she was Director of Exhibits and I can't do the kinds of things she did. She drew and she painted and did a lot of artsy things. I have no talent for that, so I try to use the talent I have."

She continued, "It means a lot to me that kids can come in and see something about their history and instill a sense of pride in who they are and where they came from and what their ancestors were able to accomplish. So I wanted them to have the chance to come here and see the Cultural Center. I guess that's my mission here."

Katrina Steinhorst, World Teach teacher on Enniburr who accompanied the children said, "I didn't know this was here and it's really cool. It's great these kids get to see their heritage. They don't get exposure to this on Enniburr. It's cool to see all this for them."

A group from Gugeegue high school is scheduled to visit the center next week.

Saturday, Jan. 30, 2010



Enniburr school children along with teacher Katrina Steinhorst arrive at the Marshall Cultural Center Wednesday afternoon.



Judy Kirchner, far right, Director of Exhibits at the Cultural Center, gives a presentation to the school children.



Two boys look at Marshallese artifacts during their visit to the Center on Wednesday.

# 27th Annual Ride and Park held Jan. 18

By Bob Sholar

Kwajalein Running Club president.

A field of 13 teams consisting of two members each, completed the 27th Annual Ride and Park Jan. 18. Even though there was some rain early on, it didn't dampen the enthusiasm of the participants.

Some Kwajalein Running Club events are novelties. Some are grueling. Ride-and-Park is both.

Two-person teams alternate running and biking simultaneously around Kwajalein airfield's 3.89 mile perimeter road three times sharing a single bike.

To clarify, there are bike handoff zones at either end of the runway, each zone being approximately 300 yards long. All participants start at the same place and time near the Atoll Air Terminal. All proceed on a clockwise path, half on foot, teammates on bikes. Bikers travel roughly half-a-loop, leave bikes in handoff zones and start running. Runners find the bikes and ride to the next hand off zone. This is repeated for three laps. Back in the early 80's, some zany local teachers, professional



Photos by Christi Cardillo

Above: Participants begin the Ride and Park Race. Below right: The fastest team was Jon Jahnke, left, and Ben Bartyzel

divers and KREMS radar/computer folk invented this race.

Congratulations go out to some of Kwajalein's most seasoned triathletes, Jon Jahnke and Ben Bartyzel, for finishing first for the second year in a row. They finished in 1:02:30 versus 1:03:22 last year. Each team's final finisher determines the team's time. The well-balanced Jahnke and Bartyzel finished together.

First for the ladies and second overall to finish were Krystal Peterson and Lisa Ansley in 1:08:01.

It was also pleasing to see two husband-and-wife teams, Jennifer Yezeck and Mike Polzer and Julie Wathen and Mike Savage.



# Scott directs *LOL*, the first Kwajalein theater production of the new year

By Sheila Bigelow  
Associate Editor

The Kwajalein Theater Production will be showcasing their first performance of 2010 next weekend with their program "*LOL*" A Computer Farce.

Auditions were held back in November and a good amount of new faces showed up to try to earn a spot on the stage. Unfortunately, there was a significant time commitment for this show since it is so dialogue intensive and many members that wanted to participate had to regrettably withdraw from the show.

So that left a 10 member cast that was a mix of high school students and adults from Kwajalein, ready to put in as much time as needed to pull off this hilarious production.

The premise of the story is that it is a lovely Saturday at Rand University. The Computer Science Department is preparing to demonstrate their new Financial Predictive Program to a group of wealthy investors from Texas. Unknown to Professor Rice, the fates are conspiring against him. Well, at least his wife, his assistant, his daughter and the local deli owner

are all harboring little nuggets of discord in this otherwise delightful day, and then things really start to go wrong.

The audience should expect to bust a gut and maybe bring some tissues to wipe away those tears of laughter. They should also be prepared to see some familiar faces from on-island, but in a totally new light.

While some of the actors may be amateurs, director Shari Scott is not. She has been in the theater business for nearly 40 years. She taught drama in Saudi Arabia and has been involved in semi and professional theater since she was 16-years-old. She was a proud member of the Kwajalein Community Theater that was up and running from the 1960's well into the 1980's.

The show runs about two hours long with intermission included. Several youth groups from on-island will be selling goodies and refreshments during intermission as a fundraiser.

Her goal for this production is to amuse Kwajalein. "We want to entertain people," said Scott. "This group of amateurs is doing their utmost best to entertain their

## Show Times

**7 p.m., Feb. 6,  
in the MP room**

**7 p.m., Feb. 7,  
in the MP room**

**3 p.m., Feb 8,  
in the MP room**

Tickets are on sale for  
\$5 at the Community  
Activities Office, bldg  
805, 8 a.m.-4:30 p.m.,  
Tuesday-Saturday.

Kwajalein audience and make them laugh."

So join the cast of "*LOL*" next weekend and partake in this humorous computer tale.

Special thanks go out to all the helpful volunteers that worked on this production. Thanks to the Community Activities department, Denise Phillips and Doug Hepler.

# Eight servicemembers die in Iraq, Afghanistan

**Sgt. 1st Class Michael P. Shannon**, 52, of Canadensis, Pa., died Jan. 17, in Kabul, Afghanistan, of injuries sustained from a non-combat related incident. He was a mobilized reserve Soldier assigned to the International Security Assistance Force Joint Command, Kabul.

**Staff Sgt. Thaddeus S. Montgomery II**, 29, of West Yellowstone, Mont., died Jan. 20 at Korengal Outpost, Afghanistan. He was assigned to the 2nd Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

**Pfc. Gifford E. Hurt**, 19, of Yonkers, N.Y., died Jan. 20, in Mosul, Iraq, of injuries sustained from a non-combat related accident. He was assigned to the 1st Battalion, 14th Field Artillery Regiment, 214th Fires Brigade, 4th Infantry Division, Fort Sill, Okla.

**Petty Officer 2nd Class Xin Qi**, 25, of Cordova, Tenn., died Jan. 23, while supporting combat operations in Afghanistan. Qi was assigned to Fourth Light Armored Reconnaissance Battalion, Marine Expeditionary

Brigade - Afghanistan.

**Lance Cpl. Jeremy M. Kane**, 22, of Towson, Md., died Jan. 23 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 4th Light Armored Reconnaissance Battalion, 4th Marine Division, Marine Forces Reserve, based out of Camp Pendleton, Calif.

Three Marines died Jan. 24 while supporting combat operations in Helmand province, Afghanistan. Killed were: **Sgt. Daniel M. Angus**, 28, of Thonotosassa, Fla.; **Lance Cpl. Timothy J. Poole**, 22, of Bowling Green, Ky. and **Lance Cpl. Zachary D. Smith**, 19, of Hornell, N.Y.

Angus and Smith were assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Poole was assigned to 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

### 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/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.

### USAKA

OFFICE AUTOMATION ASSISTANT, GS-0326-06, four-year term position. On-Island hire. One position in the Directorate, Community Activities, building 901, third floor. Closes Feb. 1. Duties: the incumbent may perform at the developmental or full performance

## 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

level, a variety of clerical and administrative support duties. Receives phone calls and visitors. Maintains supervisor's calendar and schedules appointments. Establishes and maintains a variety of files. Reviews incoming correspondence and determines the action required and its priority. Routes and distributes mail to appropriate individuals. Establishes and maintains suspense files to ensure timeliness of actions. Reviews outgoing mail for procedural and grammatical accuracy. Maintains and orders office supplies. Prepares time and attendance data for appropriate supervisory endorsement. Makes necessary arrangements for travel by supervisor and his staff, preparing travel orders, arranging schedules of visits, making reservations, notifying organizations and officials to be visited, and deals with security issues. Composes correspondence on administrative support or clerical functions or the office as requested.

### WANTED

ADULT TRIKE AND/OR MOTORIZED WHEEL, to borrow, rent, buy or trade for the next two months. I have a hip injury and have to use crutches to get around. My Sun 26 inch women's bike in would be available for exchange. Call Sheila at 52525.

HOUSE-SITTING for visiting grandparents Feb. 16-23. Also want bike to rent or use during that time. Call 53221.

### LOST

DIVE MASK, clear frame with blue trim near Small Boat Marina Dec. 10. Call 57073 or 50821.

INFLATABLE DIVER down float, red, and yellow reel at lost ski wreck. Call 53290.

DIVE COMPUTER in the vicinity of Carlos. Nice reward if found. Call 53290.

APPLE AIRPORT WIRELESS router, lost on Jan. 18 around 11 a.m. It looks like a white shaped mushroom with the Apple logo on it. Contact [brianne.wagner@gmail.com](mailto:brianne.wagner@gmail.com). Reward if found.

WATCH BRACELET lost around Jan. 10. Gold plated with different color stone flowers. Not much money value but it does have a lot of sentimental value. If you have found this watch will you please be so kind and return to Maria Elena Curtiss or call 53925/58228.

### FOUND

BOY'S BIKE with 20-inch rims, in water oceanside by family pool. Call David, 51668.

### FOR SALE

MONDAY, 8-11 a.m., Quarters 480-A. Clothing, household items, electronics and guitar stuff.

### FOR SALE

TOSHIBA L505 LAPTOP, new, perfect condition, 2.1GHz Intel Pentium T4300 dual core processor, 4GB memory, 500GB, DVDRW, 15.6 inch high-def display, upgraded to Windows 7 Professional 64-bit, \$588. Call Brian Bussey at 51081.

ARTIFICIAL CHRISTMAS tree, 7.5 feet tall, pre-lit, used once, \$25; VSmile TV Learning System, includes two joystick consoles, one writing pad/pen and six game cartridges, \$40 for all; Leapfrog Alphabet Pal caterpillar, \$8; Sesame Street crib light projector with remote, \$10; Playskool electronic Batter Up baseball diamond, \$8; Girls pink crocs, size 10/11, \$8; two Indian Girl costumes, child size medium, one used once, \$9, one brand new, \$15; Indian Boy costume, size 2-4 toddler, \$15 and Dunlap graphite raquetball raquet with cover, needs new grip, \$10. Call 51596 from 9 a.m.-8 p.m. only.

GIRLS CLOTHES, size 14-16; boys clothes, size 8-10; kids shoes; mens and womens clothes and household items. Call 50165 or stop by dome 165.

QUEEN SIZE MATTRESS and box spring with mattress cover and sheets, \$350. Call 52515.

INK CARTRIDGES for Lexmark printer, seven color, #12A1980, seven black, #12A1970, \$5 each. Call 51061 after 5 p.m

FLAT SCREEN TV, 19 inch, only two-months-old, \$125. Call Deb at 54185.

GOLDSTAR COMPACT refrigerator with small freezer compartment, white, 1.5x1.5x1.6 feet, 1.62 cubic feet, excellent working condition, \$40. Call Steve at 52823.

22-FOOT BOSTON WHALER, two 2006 Yamaha 60HP low hours, fuel injected, low fuel consumption. Boat is clean, well maintained, very low maintenance, large bimini top, 58 gallons fuel capacity, huge fish box, outrigger, fully operational, see at boat lot 312. Excellent all-around boat, \$19,990. Call Steve at 52823.

SOFA, six feet long, blue plaid pattern, two cushions, fits three people, \$95. Call Denice at 52479.

PORTABLE COUNTERTOP dishwasher (EdgeStar DWP45ES), digital controls, stainless steel interior, perfect for small family, like new condition, less than 4

## Café Pacific

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 6
Teriyaki chicken	Roast porkloin	Spaghetti	Lemon pepper chicken	Beef steak	Chicken cacciatore	Mini taco bar
Seafood nuwburg pasta	Turkey tetrazzini	Whole wheat pasta	Beef stew	Bratwurst/sauerkraut	Italian mix grill	BBQ brisket
Eggs benedict	Quiche lorraine	Veal afredo	Spicy potato wedges	Turkey cordon bleu	Herb breaded fish	Herb baked wings
Grill: Brunch station open	Grill: Brunch station open	Grill: Pasta bar	Grill: Buffalo burger	Grill: N/A	Grill: Ranchero burger	Grill: N/A
Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Minute steak	Italian meatloaf	Thai grilled chicken	Pork cutlet	Carved flank steak	Chinese 5 spicy chicken	Build your own pizza
Spicy buffalo wings	Chicken/peapod stir-fry	Lamb couscous	Herb roast chicken	Chicken florentine	Pork adobo	Chicken stew
Macaroni and cheese	Fried eggplant	Ono/pineapple sauce	Cottage pie	Baked potatoes	Korean spicy tofu	Breaded pork chops

months old, \$175. Call 55100.

27-INCH SONY TRINITRON color TV \$250; 52-inch Sony color projection TV \$400; Panasonic five-disk changer DVD/CD player, \$50 and speaker stands, \$20. Call 54784.

PCS SALE: PIANO, \$300; TV, 21 inch, with VCR and DVD, \$75 and dishwasher, \$50. Call 58686 or 55611.

WHIRLPOOL DISHWASHER, \$50. Call Barb at 52262.

CATAMARAN, 25 foot, with twin 115hp Yamaha four-stroke engines, very spacious deck, huge fish wells, awesome for fishing, diving, cruising, cargo, etc, \$40,000. Contact Kim at 51256.

COLOMBIA SAILBOAT, 26 feet, in the water on new mooring, dinghy and 5HP motor, boat shack #39A, trailer, five excellent condition sails, new head sail, CD/stereo, 2009 10HP Honda kicker, toilet, sink, VHF radio, life sling, all new lines, new cushion covers, 406 EPIRB, new tiller, sleeps four, everything works and is a great boat, I just want a bigger boat, \$16,000. Call Ryan Vahle at 52222 or 52590.

**COMMUNITY NOTICES**

THE WEST STAIR well lights and the court yard lights at the Surf BQ are not working due to a part failure. This part is not available on island and is going to take approximately three weeks to arrive. Public Works is working on an interim fix for the problem. Exercise caution when using the stairwell after dark. Questions? Call Billy Abston at 54840

HIGH SCHOOL DANCE will be 7-11 p.m., Jan. 31, in CRC Room 6. Semi-formal. Free admission but donations appreciated.

THE OPTOMETRIST will be here to see patients from Jan. 31-Feb. 11. Please call the Hospital at 52223 or 52224 to schedule an appointment.

THE KYC MONTHLY meeting will be Jan. 31 at the Yacht Club. Happy Hour starts at 5:30 p.m., meeting is at 6:30 p.m. and dinner is at 7 p.m. Burgers will be provided, please bring a side dish to share. Questions, call Mark at 53244.

VET'S HALL APPRECIATION Party sponsored by the Insane Gecko Posse Jan. 31. Band starts at 9 p.m. Male and female Horseshoe Tournament, sign-up at 7 p.m., contest begins at 8 p.m. with a \$50 prize for first place. Male and female Baggo Tournament. Free hamburgers served at 8 p.m. Outside bar with Ice-Luge shots. Goal is to set a record for the most chips

**UPCOMING TOWN HALL MEETINGS**

- **1 p.m., Feb. 17, at Island Memorial Chapel, for the Marshallese work force.**
- **1 p.m., Feb. 19, at Tradewinds Theater, for Roi-Namur work force.**
- **6 p.m., Feb. 19, at KHS MP Room, for Kwajalein Community.**
- **10:40 a.m., Feb. 20, at KHS MP Room, for Teen Town Hall.**

given away for a single bell ring.

DUE TO MAINTENANCE and reorganization at the Family Pool, TOTs Swim will resume Feb. 2. TOTs Swim time will be Tuesday and Saturday mornings from 9:30-10:15 a.m. If you have questions, contact Mandie at 53331.

THE ARMED SERVICES Vocational Battery (ASVAB) Military Entrance Exam will be administered as follows: 8 a.m.-noon, Feb. 3, in CRC room one, Student Test, Kwajalein Junior/Senior High School; 1-5 p.m., Feb. 3, in CRC room one, Military Entrance Test, Kwajalein Residents and C-Badge workers between 18-41 years old; 8 a.m.-noon, Feb. 4, Student Test, Ebeye Schools, Ebeye Public School; 1-7 p.m., Feb. 4, Military Entrance Test, Ebeye Schools, Ebeye Public School and 8 a.m.-noon, Feb. 5, Student Test, Ebeye Schools, Ebeye Public School.

THERE WILL BE A boat orientation class from 6-8:30 p.m., Feb. 3-4, in CRC room one. Please sign-up at the Small Boat Marina or at Community Services Main Office, building 805.

ART GUILD MEETING is at 5 p.m., Feb. 5, at the Art Annex, facility 828. Topics for discussion are Spring Craft Fair, photo exhibit for selection of photos to be published for 2011 Kwaj calendar, Student Scholarship program candidates, election of President and election of Secretary. Questions, call 52150.

KALEIDOSCOPE OF MUSIC will be held on March 7. It is an evening showcasing the musical talent of Kwajalein, hosted by the Yokwe Yuk Women's Club. Proceeds enable the YYWC to provide scholarships

for graduating seniors in recognition of outstanding community service. Tickets are \$15 which covers admission and the refreshments at intermission. Tickets will be sold on the AAFES porch from 10 a.m.-1 p.m., Mondays, Feb. 8-March 1. If you are interested in performing, please contact Janet Golly at 55519 or email [joyfulljo@hotmail.com](mailto:joyfulljo@hotmail.com).

IS YOUR MARRIAGE sizzling or fizzling? If it's hot, share some good ideas with others and brag about your spouse. If it's not, listen to a few tips from couples who are enjoying the best years of their lives. Either way, sign up for the Marriage Enrichment Seminar that will be held from 4-9 p.m., Feb. 15, in the REB. One lucky couple will win a Dinner on the Beach for Two! Call Community Activities, 53331, for reservations. Cost is \$10 per couple; space is limited. Dinner is provided. Sponsored by Community Services.

COUNTRY CLUB Valentine buffet is Feb. 13. Menu to include jumbo shrimp cocktail, grilled western ribeye steak, hearty garlic roasted red potatoes, fresh steamed vegetable medley, ranch sourdough rolls and chocolate covered, cherry-filled red velvet cake. One complimentary cocktail drink included. Entertainment provided by Ron Curtiss, Billy DeCoster, Mark Pippitt and Jamie Obst. Seating is limited. Cost is \$31 per ticket and includes bus transportation. Tickets go on sale at 9 a.m., Feb. 1, at the Retail Office next to the Bowling Center, no advance reservations.

EVERYONE WHO is concerned about the future of our species should read *Plan B 4.0* by Lester R. Brown. I have six copies of the book for lending, but if you want to get your own see [www.earthpolicy.org](http://www.earthpolicy.org). Call Chase Engvall at 50721.

*Café Roi*

**Lunch**

<b>Sunday</b> Char-broiled Kalbi ribs Roast salmon filet Eggs "Loco Moco"	<b>Monday</b> Braised brisket Mussels provencal Potato/onion turnover	<b>Tuesday</b> Missile burger Chicken sandwich Sauteed garlic mahi	<b>Wednesday</b> Shang Hai ribs Canton orange chicken Sesame noodles	<b>Thursday</b> Chicken club Glazed ham Chickpea stew	<b>Friday</b> BBQ pork Tempura mahi mahi Baked beans	<b>Feb. 6</b> Greek gyro bar Grilled chicken Ratatouille
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**Dinner**

<b>Sunday</b> Corned beef/cabbage Bangers & mash Potato & cabbage	<b>Monday</b> Roast pork Crispy cornmeal catfish Praline yam casserole	<b>Tuesday</b> Shoyu chicken Pork adobo Spicy Asian noodles	<b>Wednesday</b> Grilled steak Roasted chicken Stuffed eggplant	<b>Thursday</b> Roi fried chicken Spaghetti Meat/pesto/marinara	<b>Friday</b> Chicken with veggies Beef pot roast Lyonnaise potatoes	<b>Feb. 6</b> Roast tri-tip Huli style chicken Tofu/vegetable stir-fry
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# Crime stoppers

Kwajalein Police Department is starting a new Crime Stoppers section to enlist community and media help in solving recent incidents.

Crimes and incidents reported or observed Jan. 11-25.

- Traffic Accidents: three incidents
- Theft of government property: two incidents
- Theft of private property: three incidents
- Harassment: one incident

## Stolen Property:

- Jan. 18: Apple wireless router taken from bike in front of Shopette.
- Jan. 14: Two rental DVD's taken from bike basket near carpentry shop.
- Jan. 22: Government-owned bike taken from Jabro Transient Housing. Women's bike is gold, missing handle grip.
- Jan. 25: Cash in the amount of

\$300 was taken from bike basket at Camp Hamilton.

•Jan. 25: Black iPod classic, 160GB, in clear plastic bag taken from Oceanview Club music room.

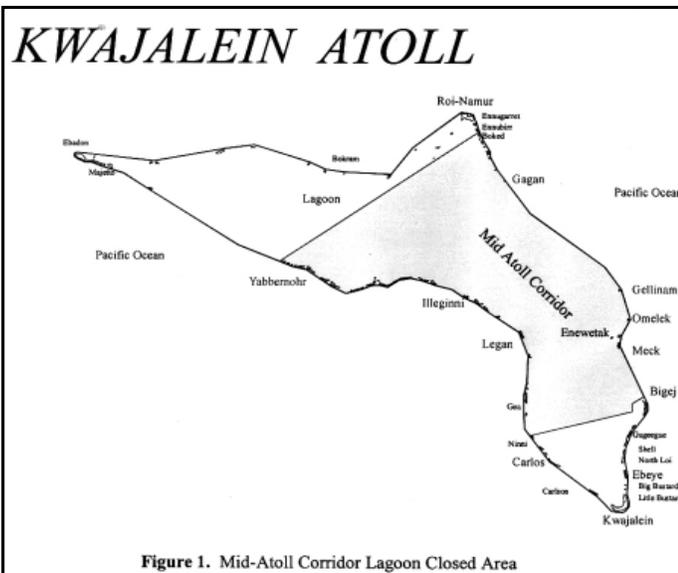
Crime Stoppers is based on the principal that someone other than the criminal has information that can solve a crime. KPD is looking for information leading to the recovery of property and leading to those responsible. Call 54445.

# Range operation scheduled for Feb. 1

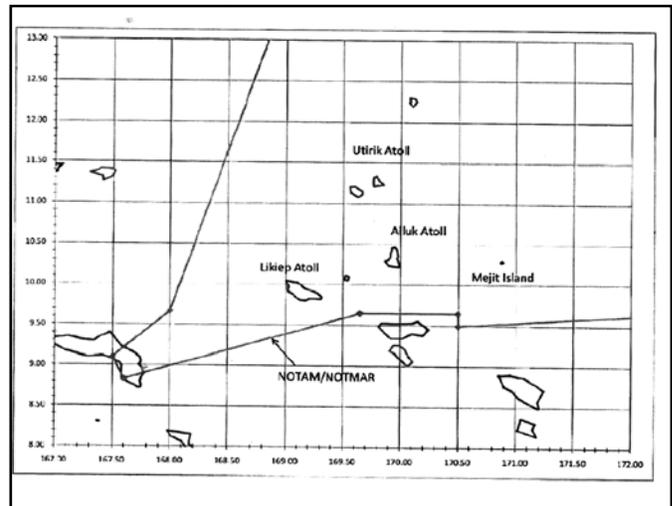
A range operation is scheduled for Feb. 1. Caution times are 9 a.m. through 2 p.m. in conjunction with this operation. During this time, a caution area will extend into the open ocean east

and west of the mid-atoll corridor. The mid-atoll corridor will be closed from 4:01 p.m., Jan. 28 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, 54121.



Mid-atoll caution area



## Weather courtesy of RTS Weather

Sunday: Partly sunny, 20 percent showers. Winds: NE-E at 10-17 knots.  
 Monday: Mostly sunny, 10 percent showers. Winds: ENE-ESE at 9-16 knots.  
 Tuesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 9-16 knots.  
 Wednesday: Mostly sunny, 10 percent showers. Winds: NE-E at 10-17 knots.  
 Thursday: Partly sunny, 20 percent showers. Winds: NE-E at 12-18 knots.  
 Friday: Mostly sunny, 10 percent showers. Winds: NE-E at 12-18 knots.

Annual total: 4.42 inches  
 Annual deviation: -1.12 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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	7:10 a.m./6:55 p.m.	7:53 p.m./7:38 a.m.	5:02 a.m., 4.2' 5:14 p.m., 5.4'	10:56 a.m., -0.9' 11:36 p.m., -1.2'
Monday	7:10 a.m./6:55 p.m.	8:50 p.m./8:29 a.m.	5:39 a.m., 4.4' 5:51 p.m., 5.3'	11:36 a.m., -0.9'
Tuesday	7:10 a.m./6:56 p.m.	9:45 p.m./9:16 a.m.	6:15 a.m., 4.4' 6:27 p.m., 4.9'	12:11 a.m., -1.1' 12:15 p.m., -0.7'
Wednesday	7:10 a.m./6:56 p.m.	10:40 p.m./10:03 a.m.	6:52 a.m., 4.3' 7:02 p.m., 4.3'	12:44 a.m., -0.8' 12:54 p.m., -0.4'
Thursday	7:10 a.m./6:56 p.m.	11:33 p.m./10:49 a.m.	7:29 a.m., 4.0' 7:35 p.m., 3.7'	1:16 a.m., -0.4' 1:34 p.m., 0.1'
Friday	7:10 a.m./6:57 p.m.	11:36 a.m.	8:08 a.m., 3.6' 8:09 p.m., 3.0'	1:47 p.m., 0.0' 2:18 p.m., 0.7'
Feb. 6	7:10 a.m./6:57 p.m.	12:27 a.m./11:36 a.m.	8:55 a.m., 3.2' 8:50 a.m., 2.3'	2:19 p.m., 0.5' 3:18 p.m., 1.2'