

VOLUME 51 NUMBER 52

DECEMBER 31, 2010

# THE KWAJALEIN HOURGLASS

A photograph of a surfer, TC Cardillo, riding a wave. He is wearing a blue and white long-sleeved rash guard, black shorts, and a tan bucket hat. The wave is a deep blue color, and the surfer is positioned in the lower right quadrant of the frame, riding the face of the wave. The text "SLICING THROUGH THE BLUE" is overlaid on the image, following the curve of the wave.

SLICING THROUGH THE BLUE

TC Cardillo rides the waves at Namu Pass during his sailing excursion aboard the *Cherokee*. For more, see page 6.

*Photo by Christi Cardillo*



# THUMBS UP!

To the *Cherokee* crew (TC and Christi Cardillo and Paul McGrew) for taking the many donations from families and friends in the Kwajalein community to the outer islands during their sail around the Marshall Islands. With almost half their boat filled with donated household goods and supplies, clothing and food, they were able to outfit countless families living in the outer atolls, who don't often have a chance to obtain new things. The generosity and kindness of all those who contributed to the cause, and to the *Cherokee* crew who took it upon themselves to collect and share these gifts with these families, should be commended.

To the Boy Scouts from Troop 314 and Cub Scouts from Pack 135 for their recent volunteer service project at the Small Boat Marina. They repainted the exterior of the main office building, landscaped multiple areas and picked up debris in the water at low tide. Thank you for your efforts in improving the appearance of the Small Boat Marina. It is greatly appreciated. Those who participated were Tyler Stepchew, Aaron Mathieson, John Sholar, Wyatt Jones, David Sholar, Daniel Murillo, Sam Jahnke, Stephen Parrish, Alex Burnley, Caelan Heidle, Adam Tiffany, Eric Murillo, Evan Rowell, Thomas Greene, Joseph Parrish, Gabriel Parrish, Zach Jones, Nathan Jones, Aaron Seeyle, Dawson Wiley, Brady Mathieson and Cameron Jones.

## Buckminster and Friends by Sabrina Mumma



The deadline for all ads and community announcements is Wednesday at noon. E-mail all requests to [hourglass@smdck.smdc.army.mil](mailto:hourglass@smdck.smdc.army.mil).

The *Hourglass* reported in the Dec. 24 issue that the Carlos Band was made up of residents from Carlos Island who played for Kwajalein students at the Christmas on Carlos event Dec. 17. The Carlos Band was actually Kwajalein Jr/Sr High School students, organized by high school senior Carrie West. The *Hourglass* regrets any confusion this may have caused.

## 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,

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# Kwajalein welcomes new Protestant chaplain, Jon Olson, and his family

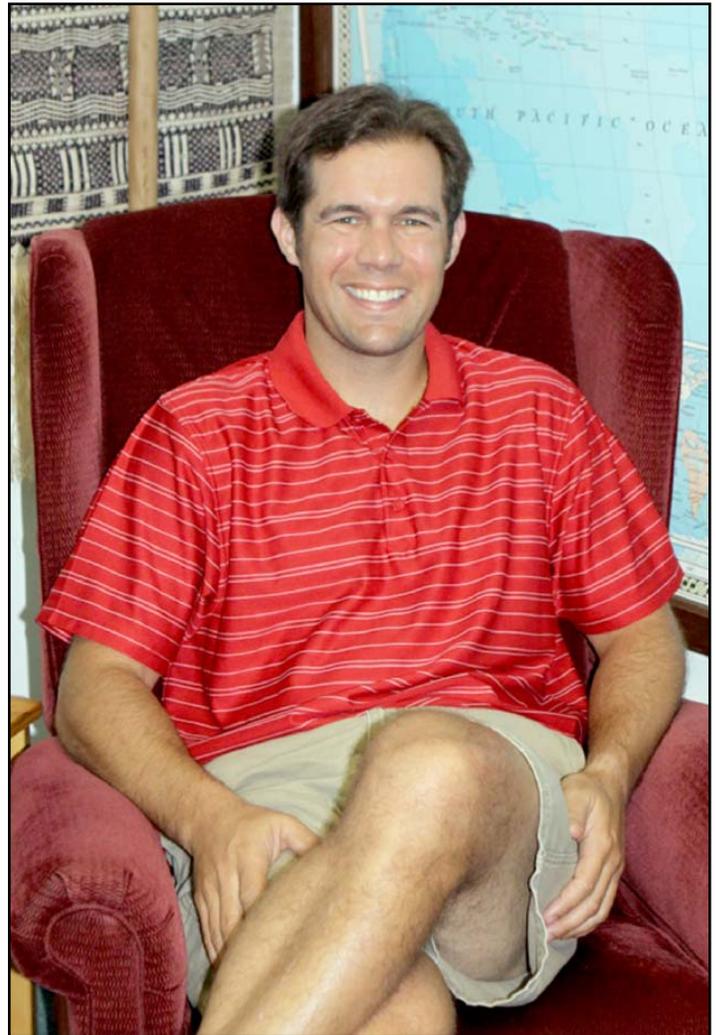
Article and photo by Sheila Bigelow  
Managing Editor

**K**wajalein welcomed its new Protestant Chaplain, Jon Olson, and his family Dec. 16. The Olson family came from Puyallup, Wash., where Olson served in his previous church. Olson grew up in the same area and went to seminary in St. Paul, Minn. Most of Olson's family lives in that area as well.

Olson came to Kwajalein with his wife, Kim, six-year-old daughter, Sophie, and three-year-old son, Gavin. So far, Sophie has wanted to go to the beach every day they've been here. Both Sophie and Gavin like being outside and in the water. They are also learning to hone their bicycle-riding skills as each day passes. Sophie had just begun to learn how to ride a bike in the few months before arriving on Kwaj; however, with Washington weather, she was not given too many opportunities to master her skills. Now on Kwaj, she gets practice every day, several times a day and her skills are coming along nicely. Sophie will enter first grade after the holiday break is over; Gavin still has a few more years before his school experience begins. "I hear the teachers here are really good and [there are] good kids," Olson said.

The Olson's learned about Kwajalein like most outsiders do – knowing an insider. Kim Olson was childhood friends with Ona Moore, who already lives on Kwajalein. The two reunited and Moore informed them that Kwajalein has a Protestant chaplain. When news of Pastor Rick Funk's PCS plans were revealed, Moore informed the Olson family, who took the opportunity to apply for the position.

"I wasn't even sure where the Marshall Islands even were, frankly," Olson said. That didn't stop him from moving to paradise, although paradise ended up being slightly different than he expected. "It was bigger than I expected," he said. He had pictured a much smaller area after looking up Kwajalein's dimensions online. He was delighted when he arrived and realized Kwajalein had a much bigger feel to it. One particular aspect Olson is enjoying thus far is his three to four minute commute versus his 50-60 minute commute back in Washington. Olson is also fascinated with the variations in bicycles out here, especially the high handlebars. "Everyone seems to put their own touch on their bike," he said. He is also enjoying the weather. In Washington, it's 42 degrees, wet, damp and gray. While they will miss the mountains, they are excited to be in the Pacific. One good thing about living in Washington before coming to Kwajalein is that next year they will be ready for the rainy season. Washington, which sometimes has rain for 90 days straight, is somewhat similar to our rainy season here, except with frigid temperatures.



**Jon Olson is the new Protestant Chaplain on Kwajalein. He arrived with his family Dec. 16.**

So far, the Olson family is enjoying life on Kwajalein. "People have been so friendly, so welcoming and really nice," he said. Olson describes Kwajalein parishioners as flexible, which he said is great. He was able to observe his first service while Funk was still here and took over last weekend, just in time for the Christmas services. Olson said residents here seem open and accepting to change, which makes his transition easier. He likes how the chapel is outdoors and its unique set up. He has done a handful of services outdoors, but never in a chapel like the one here on Kwajalein. "It's interesting how it transitions from a chapel to a Protestant church, to a Catholic church, back to a Protestant church. That's really fun to watch and watch all the people work hard. It's different." Olson has yet to experience a plane or helicopter landing while speak-

**See OLSON Page 12**

# Resolutions – how to avoid failure

Resolutions — that word seems to rear its frustrating head about this same time every year. A high percentage of the resolutions we make every year center around improving one's health. Webster's defines resolution as "a decision to do something or to behave in a certain manner." That doesn't seem so bad, so why is the word resolution spoken this time of year with such sarcasm and doubt? Perhaps we are lacking a plan for success to elicit the type of behavior change we are attempting to make when it comes to improving our health.

Recent surveys have shown that 92 percent of New Year's resolutions are not kept; of that 92 percent, 80 percent of those fail by Jan. 20. Wow — less than three weeks and people are already throwing in the towel on their goal(s) for the new year. So why do resolutions in general (and specifically around improving one's health) fail with such a high frequency? Here are a few reasons:

- *Unrealistic Goals* – Some people make unrealistic goals and then wonder why they fail. If you've never been to a fitness center or gym in your life and your goal is to start with a frequency of five times per week, you might not be physically able to do that. When muscles are too sore, people start quitting. If the goal is training five times per week, do it in small steps. Three times a week for the first month, four times a week for the second and by the time March rolls around, you are heading to the gym five times per week — goal achieved!

- *Not writing it down* – This is a huge mistake. It's easy to follow your resolution for a few weeks but when you start hitting those obstacles in the road, people start to modify their resolutions to make them easier. For example, the initial goal of reducing your waist circumference by four inches over three months just changed to two inches over four months. It isn't so much that the goal is changed; it's that the goal is interpreted in an easier way. Write it down so that you won't be able to reinterpret it.

- *No Rewards* – Reward yourself when you reach certain milestones. If the goal is to go from a size 14 to a size 10, reward yourself when you get to a 13, again at 12 and 11. This is a step a lot of people miss but one that is helpful in achieving your goals. Rewards can be anything you want: a trip to Honolulu, a new article of clothing or eating something unhealthy.

- *Quitting Too Soon* – This is the single biggest reason why resolutions fail — people quit too early. We live in an instant gratification world and for a majority of people, goals need instant results or they are not worth the work to complete. Or if we blow it a day or two by partaking in some unhealthy behaviors, we feel that the goal is a lost cause and give up. It's not; no amount of mistakes should ever discour-



age you from improving your quality of life. Remember, it's a marathon, not a sprint in improving one's physical health.

So now you know what not to do in going about establishing your resolutions. What about some keys to success in making your goals a reality? Here they are:

- *Be specific in choosing a realistic goal* – Every year, millions of individuals resolve to "lose weight" or "get in shape" over the next year. Instead of choosing such an ambiguous goal, focus on something more concrete that you can realistically focus on. For example, lowering your body fat composition by four percent over the next six months or completing the Rustman triathlon in April. These are much more realistic goals that give you the opportunity to plan exactly how you are going to achieve the goal.

- *Change is a process* – Those unhealthy habits that you are trying to break probably took years to develop, so how can you expect to change them in a matter of days, weeks or months? It may take longer than you would like, but remember that this is not a race. Once you've made the commitment to a healthy behavior change, it is something that you will continue to work on for the rest of your life.

- *Be accountable* – Don't keep this a secret. Now I'm not telling you to announce your resolution to the Café Pacific crowd at lunch, but make sure you communicate your newfound goal to close friends or family so they can help you stay on track during your journey. Or better yet, convince them to share your goal and you can experience the process together.

- *Keep going* – By late January, early February, most people (80 percent) have lost the motivation to keep going. Don't add to that statistic. If your current approach is not working, reevaluate your strategy and develop a new plan. Consider journaling to write about your successes and struggles. Write down the reasons *why* you are working toward your goal and go back to those reasons when you feel the urge to quit.

By sticking with it and working on your goals the entire year through, you can be one of few who can say that you did keep your New Year's Resolution. Best wishes in your journey.

# Ben Tooker travels Asia-Pacific region representing Rolls Royce

By Catherine Layton  
Associate Editor

Hailing from Perth in Western Australia, Ben Tooker is rarely able to get comfortable for long in his own house. For four years, Tooker has been with Rolls Royce International as a technical Syncrolift service engineer. He travels throughout the Asia-Pacific region from as far west as India to as far east as Kwajalein. Worldwide, there are only two other Syncrolift service engineers.

Tooker studied Mechanical Engineering at Curtin University in Perth. He spent six years working on Australian submarines before joining Rolls Royce. He was involved in docking the submarines on a ship lift, so this job was a natural progression.

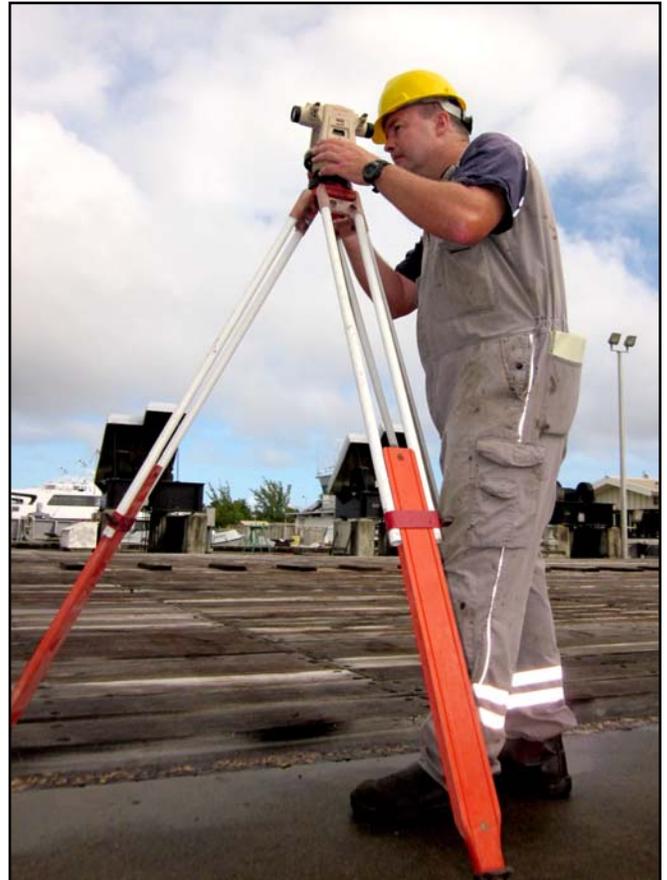
The Marine Department on Kwajalein has a 12-hoist Syncrolift, and is capable of picking up 2,200 tons, which can pull the *Great Bridge* from the water. Ac-

ording to Tooker, the largest Syncrolift is in Malaysia, with 110 hoists capable of lifting over 60,000 tons.

"Every lift is different, they have different generations of technology, and different diameters of the cables. But mainly the length in ropes are what vary. The depth that the platform goes to is set to the customer's requirements," explains Tooker.

Rolls Royce has about 240 lifts in operation in over 70 countries. The first Syncrolift was installed in 1957 in Miami, Fla., and is still in operation.

Tooker headed back home from his two-week stay on Kwajalein to spend the holidays with his wife and two children. He will then travel to Hong Kong in January. For more on the Syncrolift repairs on Kwajalein, see the Dec. 24 issue of the *Hourglass*.



Ben Tooker certifies the Syncrolift at the Marine Department while on Kwajalein during December.



## Four servicemembers die in Afghanistan

**Pfc. Conrado D. Javier Jr.**, 19, of Marina, Calif., died Dec. 19 in Kandahar province, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to the 3rd Squadron, 2nd Stryker Cavalry Regiment, Vilseck, Germany.

**Lance Cpl. William H. Crouse IV**, 22, of Woodruff, S.C., died Dec. 21 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Lance Cpl. Kenneth A. Corzine**, 23, of Bethalto, Ill., died Dec. 24 of wounds received Dec. 5 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

**Sgt. Garrett A. Misener**, 25, of Cordova, Tenn., died Dec. 27 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 2nd Battalion, 9th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

# A Fortunate Voyage - *the crew*

By Catherine Layton  
Associate Editor

Everyone has their own idea of adventure. For some, their dream includes a large stone elevation, harnesses and carabiners. For others, it may consist of a backpack stuffed with a nylon sheet with some well-constructed ropes attached. Many dream of sailing the Pacific in a triple-hull sailing yacht with good friends and loved ones — and that adventure has been realized for some current and former Kwajalein residents.

The *Cherokee* was purchased in 1997 by Thomas (TC) Cardillo, John Breen and Paul McGrew, in preparation for a sail to New Zealand. The boat needed extensive repairs, and the three friends got to work. They took their time and by 2000, they set sail for their first long-term voyage. The *Cherokee* has since sailed to Hawaii and back to Kwajalein.

Christi Cardillo moved to Kwajalein in 2006 after attending a job fair at the University of Northern Iowa. There were other job offers, but she was told she could teach on an island in the middle of the Pacific Ocean; she could ride her bike and wear flip-flops to work. That was the selling point — she had grown up in Okinawa, Japan, and she liked the idea of living on an island again. She met TC, and the two were married in 2008.

By October of 2008, the Cardillos, along with McGrew, decided the *Cherokee* needed some sprucing up. They felt since they had to do work to the vessel, there should be a reward at the end of the job. They planned a trip to Fiji, an island that held good memories for McGrew and TC. Christi had never been to Fiji, and was excited about the destination. What is it that is said about the best laid plans? When a boat is involved, it is probably best not to lay anything with any certainty.

Earlier in the year, the Cardillos offered to have

Christi's younger brother, Jeremy Davis, come and spend the summer with them, to sail from Kwajalein to Fiji. "However, as it got closer to his arrival on Kwajalein, we all realized that we would not be getting to Fiji. Oh well, he could sail around the Marshalls and then to Kiribati with us," wrote Christi, via her online blog. Jeremy arrived, and "approximately 60 minutes after his arrival, he began helping TC and I move from our

BQs to our house. The next day, Jeremy was out in the hot sun helping us actually work on *Cherokee*. Then



Jeremy Davis pulls in his first fish, an Ono, onboard the *Cherokee*.



Photos courtesy of Christi Cardillo

The *Cherokee* began the voyage with crewmembers Jeremy Davis, Christi Cardillo, TC Cardillo, Uli Montague and Paul McGrew.



While moored near Namu Pass, *Cherokee's* crew hoped for good waves to just relax.

# of the Cherokee sails the Marshall Islands

he proceeded to work for the next 6 weeks, as we faced more and more delays getting *Cherokee* in the water. There was no way he could even sail to Kiribati with us.”

Finally, on a sunny day in July, the *Cherokee* was gingerly placed back in Kwajalein lagoon. On August 4th, a crew consisting of the Cardillos, Davis, McGrew and his girlfriend, Uli Montague, set sail for the “shakedown” cruise, to reveal any kinks from the long time in dry-dock. They were in a bit of a time crunch, since Davis needed to get home for the start of his school year and Montague needed to get back to her home in Hawaii. They could both fly from Majuro, so the shakedown cruise was set. The *Cherokee* had a couple of issues that manifested on the trip; most worrisome was saltwater in the oil on one engine, the starter burnt out and the single sideband radio was not working properly. After arrival on Majuro, Jeremy and Uli were bid adieu, the repairs commenced and after a few disappointments, and a longer stay at Majuro than any intended, the smaller crew of three was underway again.

It was then the adventurers had to make a decision — time was very short since McGrew was scheduled to fly back to his home in early December. It was already September, and Fiji was easily a three week trip, barring any issues. They would have to add in the three weeks to get back to Kwajalein, so it wouldn't leave

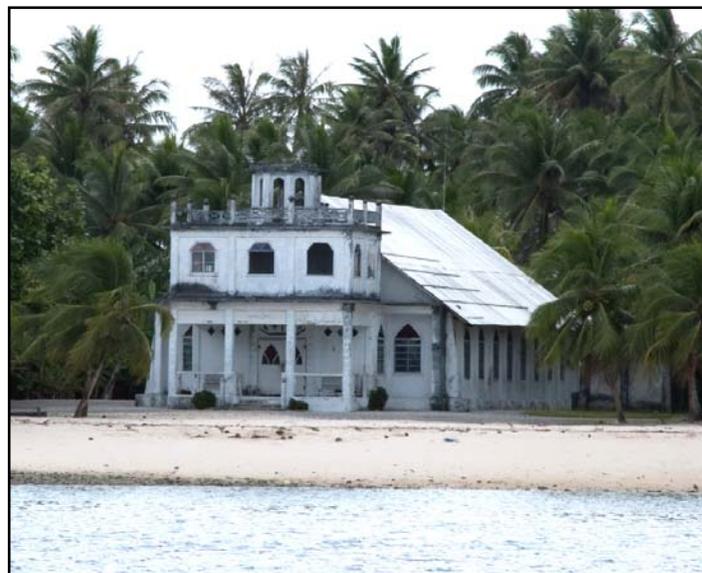
much time to explore Fiji. The crew decided to stay in the Marshall Islands. “None of the crew actually loves sailing, or at least the technical aspects to sailing, such as the putting up of the sails; the part they enjoy is the destinations — going to the islands, meeting the new people, and tasting new foods. So then we decided to stick around the Marshalls, because not many people sail around the Marshalls because it's kind of out of the way from the normal cruising routes. Plus, we live in this country, and we wanted to see more of it,” explained Christi.

Throughout most of September and October, the intrepid travelers went to many of the Marshall's islands, including the last in the Jaluit Atoll, Imrodj Island.

See CHEROKEE Page 8



o surf. During calm waters, the crew would take time to make repairs or



The large church on Imrodj Island in the Jaluit Atoll.



Paul McGrew, Selvin, Nora and Nervin Intong and Christi and TC Cardillo visit together at the Intong home on Jeh.



A student from Jeh is pleased with his new "Spartans" t-shirt, donated by Gabriel Parrish.

Island, and enjoyed more water sports. TC snapped his 9-foot-1-inch longboard in half in Mellu Pass, but far from being deterred, he grabbed the 7-foot-6-inch board and continued. They moved further north to Edjell Island and everyone went for an evening swim and snorkel. They picked up Breen and his son, Quincy, and by the first of November, were back on Kwajalein to restock for the last month of sailing.

When the decision was made to forego Fiji and stick to the Marshall Islands, TC came up with an idea to gather some things to pass out to people on other islands. Christi sent some e-mails asking for some people to make donations of things they could bring to people of other islands. When the crew came back to Kwajalein in early November, they were shocked at the generosity of the people of Kwajalein. Donations came from the third and fourth grade classes, the Island Memorial Chapel and the rest of the Kwajalein community. Included were clothes, sunglasses, mosquito nets, shoes, books, school supplies, toys and toiletries. The crew was excited to start

There they visited what Christi described as the most unusual site on their trip – a huge white church, complete with stained glass and a well-kept interior. They visited Ailinglaplap Atoll which included Jeh and Bouj islands. They fished, surfed, snorkeled and toured the islands. They met Selvin, Nora and Nervin Intong, a family from the Philippines. Selvin is the minister at the church and he and Nora are both teachers at the SDA school on Jeh.

At the end of October, they returned briefly to Kwajalein where they picked up two more passengers, Gary and Cheryl Johnson. They headed to Boggerik

handing out the gifts.

Their first stop was Katiej, and after sorting through many clothes, they were able to hand out at least two pieces of clothing to all of the 20 school children. They moved on to Jeh, where they met up again with the Intong family. The crew presented the family a Marshallese bible, donated by the Johnsons, for their church, along with some treats and toys for Nervin. "So many people in the Kwajalein community donated so many items, many we don't even know. The people were so grateful, so happy, to receive the gifts that were sent through us. Everyone that we gave to we told, 'this was from the people at Kwajalein.' That experience made our trip so special," recounted Christi. In all, at least 100 children were outfitted with new clothing, and untold numbers of people reaped the benefit of the coordinated efforts and generosity from this island.

By mid-November, the crew welcomed their final guests for the voyage. Geoff Tyre flew in from Japan and Elizabeth (Ellie) Althoff and Timo Hanke came from Germany. They left Jeh after visiting with some friends, in search of some waves at Namu Pass in Ailinglaplap. When the waves weren't rolling, they fished, snorkeled and floated in the kayaks. Back on Buoj, McGrew, TC and Tyre played soccer with the school children while Althoff and Christi got a basket weaving lesson. The crew passed out some more clothing, and received bananas and limes in return. They left for Jeh soon after and spent Thanksgiving onboard with butternut squash, instant mashed potatoes, soup, bread and pumpkin pie



Marshallina and Malina jump for joy with Christi Cardillo onboard the *Cherokee*.

for dessert. It was time to say goodbye to the friends they made on Jeh. Christi printed out pictures and handed them out, along with any leftover goodies.

The crew headed back to Namu Pass, in hopes of seeing some good surf. They had six fishing lines out, and if no fish were caught, then McGrew's claim of always being able to have fresh fish would no longer be true. "Lucky for Paul, his streak continued. About 10 minutes after passing a big bird pile, we got two fish on – one right after the other. They were BIG. They almost took all of the line on the reels. Paul starts yelling, 'Slow down! Stop the boat!' Then he yelled frantically, 'Turn the boat around!' That's when everything got CHAOTIC. We were trying to get the four other lines in, trying to move water into the tank from the cooler (so the cooler would be free for fish), fighting the dinghy (which in the huge swell wanted to ram into the boat), take down sun shades blocking Timo and Paul's way as they did 360s around the boat chasing their fish. We got TC gloves so he could help Timo pull in the fish, and everyone was yelling. After about 15 or 20 minutes, we got the fish in. They were two huge yellowfin tuna – around 100 pounds each. Lengthwise they were about 50 inches long, but super fat," recounted Christi, on her blog.

Another treat for the *Cherokee* crew was meeting people aboard a 100-foot monohull yacht off the coast of Berangu Island. TC and McGrew delivered more than 50 pounds of yellowfin tuna to the crew, and invited them for dinner onboard the *Cherokee*. The yacht's crew reciprocated by inviting them all for cocktails and a tour before dinner. They all came back to the *Cherokee* and dined on fish tacos and chocolate cake. Upon leaving, the crew from the monohull presented the *Cherokee* crew with two bags of fresh produce.

On Dec. 3, the *Cherokee* was safely back in Kwajalein Atoll, arriving at Bigej Pass around 8 a.m. The crew spent the day snorkeling, sleeping, and surfing. They would be back on Kwajalein the next day, but the last day was one of complete relaxation.

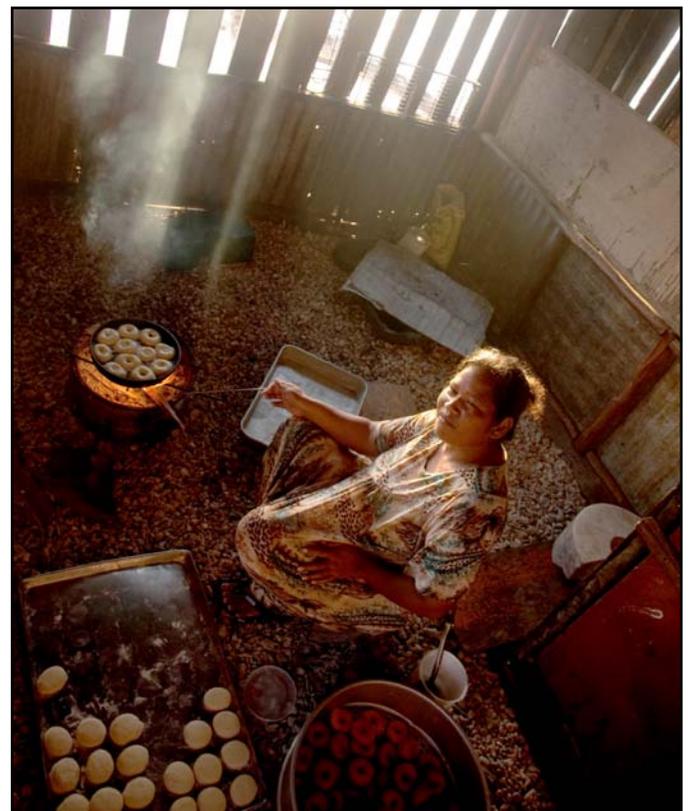
To read more about the **Cherokee** trip, log on to Christi Cardillo's blog at <http://svcherokee.blogspot.com>.



TC Cardillo, Paul McGrew and Timo Hanke show the yellowfin tunas caught on the *Cherokee*.



Christi Cardillo and Paul McGrew acting "shady" with some cool kids. The sunglasses were donated by the Breen family.



A Jeh resident fries doughnuts for an evening at church.

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 Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

**WANTED**

RIGID HULL Inflatable Boat hard bottom dingy, with or without engine, prefer without. Contact Ken Winchester at home, 51293, or work, 51384.

**FOUND**

PLASTIC BAG WITH clothes in front of the high

school. Call 52011 or stop by the high school office to claim.

BODY glove dive bootie, size three. Call 53398.

**PATIO SALE**

SATURDAY AND MONDAY, 9 a.m., quarters 473-A. Plants and other items.

**FOR SALE**

CANON POWERSHOT A570IS 7.1MP digital camera with 4x Optical Image Stabilized oom, never used, \$150; Fujifilm Finepix S5200 5.1MP digital camera with 10x Optical oom, like new, \$140; Garmin Serial Port Cable for eTrex Compact GPS (010-10206-00), \$15; Garmin eTrex Compact GPS, same type used by the SBM, \$75; Sherwood Brut regulator, Genesis Ocotoc and PSG Console combo, \$350; Sherwood Brut regulator, \$200 and NERO 7 Ultra, never used, \$30. Call 51081.

COFFEE TABLE, \$70; corner table, \$50; console table, mahogany, \$50; beige La-Z-Boy pull-out couch, great condition, \$550; Eddie Bauer stroller and attachable car seat, \$60; black Eddie Bauer diaper bag, \$5; Garmin GPS Forerunner, \$100; plants, \$5-\$10 each; outdoor chairs, \$5 each; kitchen table and four chairs, \$90; glass computer desk, \$35; four-piece luggage set, used once, \$120; beach toys and two rugs. Call Steph at 51189.

MAYTAG WOOD BLOCK top dishwasher, perfect for 400 housing, \$150; Wii Fit, \$50; Gateway LT31 Netbook with 1.2Ghz AMD Athlon processor, 2Bb RAM and Windows Vista, \$150; new Reef flip flops, size 10, \$30; 22 inch TV/DVD/VCR combo, \$10; Sony DVD player, \$10; Kenwood AM/FM stereo receiver, \$10 and Seaquest Diva XLT Women's BCD XLarge, \$300. Call home, 52493, or work, 53496.

PULSE DRUM SET, full kit; Chopper bike and electric drum set with amp, can use headphones to make for a quiet house. Please call 53124.

BAYLINER TROPHY, 1990, 23 feet; Twin Yamaha, 2006, 115HP, four-stroke engine, 140 gallon internal fuel tank and new trailer, \$35,000. Call 58240 or 59252.

FISH TANK, 40 gallon, complete with everything you need except the water and fish, two lights, new Magnum 350 filter with extra parts, power heads and bottom filter, custom built oak stand, lots of food both dried and frozen, nets, air pumps plus lots of extras, \$200. Call 53500.

AQUALUNG Kronos regulator, nearly new, \$295; AquaLung Legend regulator, used, \$275; XL

# Environmental E-Talk

Point source discharges enter the lagoon or ocean waters. Monitoring and sampling activities are routinely conducted at these discharges to ensure quality of the waters of Kwajalein, Meck and Roi-Namur. Contact KRS ES&H at 51134 for more information.

Ewor dren ko rej tobare malo in ad ilo ailon kein. Jikin kein rej etali jen ien non ien non drebij wot erreo eo an malo in ad ilo Kwajalein, Meck, im Roi-Namur. Kir KRS ES&H ilo 5-1134 kin melele ko relap lok.

SeaQuest Balance BCD with only 10 dives, \$225; Atomic Split fins with steel springs, lightly used, medium, \$75; dive boots, medium, large and extra large, \$10 each; spear-gun for amateur fun, \$25; new Garmin eTrex GPS like SBM uses, \$75 and DVDs, \$5 each or \$25 for six of your choice. Call John at 53290 to see.

TWO OCEAN-GOING kayaks along with paddles, splash skirts and seats, \$150 each. Call 4200.

RECLINING LOVE SEAT, \$75; Dell computer monitor, \$25; Heeds air bottle, \$300; 27 inch Panasonic TV, \$150; JVC VHS, \$10; Whirlpool dishwasher with hard plumbing connectors, \$200; wood storage over commode with doors, \$25 and 65 inch-wide multi-shelf open bookcase, \$75. Call 52725 before 8 p.m.

TWO KWAJ-CONDITION Sun bikes, \$75 each and 27 inch Magnavox TV with antenna. Call 55658 or 53252.

BRAND NEW 12.5 inch plastic bike trailer wheels with new rims, tires, tubes and bearings, quantity of six available, \$50 per pair. Call 52642.

CROWN LINE BOAT, 27 feet, all fiberglass V hull fishing cruiser, 350 mercruiser, plus 15 HP, boathouse 309 and trailer. Call to inquire at 59662 or e-mail [hammerheadherb@hotmail.com](mailto:hammerheadherb@hotmail.com).

MEADE 4500 reflecting telescope with equatorial mount and two eyepieces, \$150; Family Guy seasons one to eight; House seasons one to four; Tripping the Rift season one and Kids in the Hall season one, all \$10 per season. Contact

## Religious Services

**Catholic**

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

**Protestant**

8 and 11 a.m., Sunday, on Kwaj.  
Roi-Namur service at 7 p.m. on Friday

**Baptist**

9:40 a.m., Sunday, in elementary school Music Room.

**Latter-day Saints**

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

**Jewish services**

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

## Café Pacific

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 8
Carved London Broil	Broiled Hamburger Steak	Spaghetti	Herb Chicken	Pepper Jack Ham Stackers	Grilled Cheese	Chili Dog
Coq au Vin	Sweet and Sour Pork	Italian Meatballs	Beef Stew	Mambo Pork Roast	Corned Beef/Cabbage	Meatloaf
Salmon Croquettes	Noodles Romanoff	Marinara/Alfredo	Vegetable Quesadilla	Jerk Chicken Wings	Chicken/Dumplings	Chicken/Peapod Stir-fry
Brunch Station Open	Brunch Station Open	Chicken/Broccoli Stir-fry	Collard Greens	Sesame Tofu/Veggies	Tuna Casserole	Mashed Potatoes

**Dinner**

Saturday, Jan. 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Fried Chicken	Roast Beef	BYO Tostadas	Braised Swiss Steak	Top Sirloin with Au Jus	Roast Turkey	BYO Pizza
Short Rib Stew	Chicken Divan	Beef Pot Pie	Chicken and Dumplings	Chicken Casablanca	Pork Pimento	Spaghetti
Grilled Mahi	Vegetarian Tofu	Vegetable Stir-fry	Vegetarian Lentils	Pork Chow Fun	Vegetarian Pasta	Eggplant Parmesan

ambermbates@gmail.com or call 51480.

WOODEN TOY CHEST in very good condition, light color wood, can also be used to store blankets, \$30 and women's size six booties for diving or reefing, \$5. Call 50165.

CAL 20 sailboat, 20 feet, includes mooring, storage shed, all extra parts and equipment, perfect for all skill levels and can be taken on overnight excursions, \$5,000 and Liquid Force Angel 135 women's wakeboard, like new, \$250. Call Rebecca at 51357 or 50617.

CATAMARAN, 25 feet, twin 115hp Yamaha four-stroke engines, huge fish wells, spacious deck, perfect for fishing, diving, camping and fun, \$38,000. Call Kim at 51256.

WEEDS, seasons one to three, \$10 each; Heroes, seasons one and two, \$15 each; Madmen, season one, \$10; Philips iPod boom box, \$80; Waterpick showerhead, \$2; Wii Fit bundle, board and game, \$75; kiteboard package, best offer; Vito alto saxophone, \$250; wood-backed movie posters of Scarface, Taxi Driver and more, \$50 each; instant pop-up tent, \$50; Nikon Coolpix camera, 8MP, like new, \$80 and Xbox 360 elite, 120GB, two wireless controllers, recharge station, extra battery packs, recharge wires and nine games, \$400. Call Jeremy at 52525.

COLUMBIA mark II sailboat, 26 feet, in the water on one year, mooring, dinghy and 5HP motor, boat shack, trailer, five sails in excellent condition, CD/iPod/radio/stereo, 2009 10HP Honda kicker, toilet, sink, VHF radio, life sling, barbeque grill, 406 EPIRB, swim platform, sleeps four, everything works and is a great boat, sailed to many places here at Kwaj and to Namu Atoll, buying a bigger boat, \$12,000. Call Ryan Vahle 52222 or 52590.

**COMMUNITY NOTICES**

KWAJALEIN RUNNING CLUB'S Annual New Year's Eve Midnight Run is tonight. The winner may run, jog or walk the course and is not the first across the finish line, but the last person across before the stroke of midnight! No time indicators of any kind are permitted. DJ Neil Dye will be spinning tunes back at Emon Pavilion. The race begins around 11 p.m. Sign up at quarters 123-C.

A BASKETBALL CAMP will be held on Ebeve today for kids ages 9-17. There is only space for 100 kids to sign up. Contact Bilal at *whocareswhattimeitis@gmail.com* for more information.

CAFE PACIFIC will be open 7-9 a.m. for breakfast, 11 a.m.-1 p.m. for lunch and 4:30-7

**Safely Speaking**



**Remember, it only takes a second to ruin your life or someone else's. Start this New Year with a safe attitude!**

**Kememej, emaron bok wot juon second non am kakure mour eo am ak bar juon. Jino iio in ekaal kon attitude eo e'safe im eman.**

p.m. for dinner on Jan. 1.

THE BARGAIN Bazaar will reopen Jan. 5. Clean out your closets and let us pick up your donation on Jan. 10. Call 53686 and leave your name, quarters number and phone number.

CYSS START SMART Tee Ball 2011 parent and child skill development program is open to boys and girls ages three to five in Pre-K. Register from Dec. 7-Jan. 8. Program dates are from Jan. 26-March 2. Stop by CYSS Central Registration Office, Building 358 for Program Registration or call 53796 for more information.

CYSS YOUTH BASEBALL, softball, coach pitch and tee ball registration is open from Dec. 7-Jan. 8. Player fee is \$45. The season dates are from Jan. 20-March 12. Open to everyone in kindergarten through sixth grade. Volunteer coaching opportunities available. Registration and league information at CYSS Central Registration Building 358 or contact 52158.

ENTER YOUR BEST "Wreck Photo" in the Kwajalein Scuba Club's Monthly Photo Contest. The best three pictures submitted will be displayed and voted on by all the members in attendance at the Jan. 12 meeting. The winner will receive a \$50 gift certificate to the KSC's Dive Locker. Go to the KSC website to see the full details on how to submit a picture.

OPEN RECREATION Build Your Own Calendars is from 6-7:30 p.m., Jan. 14, in the SAS room at the elementary school. Registration dates are Jan. 4-12. Visit CYSS Central Registration to sign

up. Open to all CYSS registered families.

KWAJALEIN SCHOOL Advisory Council meeting is at 7 p.m., Jan. 19, in the elementary school Coconut room. The public is invited to attend.

THE GREAT KWAJ SWAP MEET will be 8-11 a.m., Jan. 24, at Emon Beach. One complimentary table per household; one additional table is \$10. Pick-up service provided, no oversized items please. Bargain Bazaar will be accepting donations. Call the Community Activities office at 53331 to reserve your table; space is limited!

OPEN RECREATION Photo Scavenger Hunt with the Youth Center is Jan. 29 in the SAS room at the elementary school. Registration dates are Jan. 18-22. Visit CYSS Central Registration to sign up. Open to all CYSS registered families.

THE RI'KATAK LUNCH Program continues to accept voluntary donations for the School Year 2010-2011. This school year, the program needs voluntary funding in the amount of \$28,665 for 49 Ri'katak students. As of this date, total voluntary donations received is \$9,709. The cost of each lunch is \$3.25 daily per student and based on a 180-day school year, the total cost per student for the entire academic year is \$586. Voluntary donations can be made in any amount up to and including a full year's worth of lunches. Anyone wishing to support this worthwhile cause may send a donation to Janette Bishop in Building 702 (KRS Corporate Office/Finance/Travel). Checks should be made out to "KRS" and annotated in the remarks section to indicate "Ri'katak Lunch Program."

*Café Roi*

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 8
London Broil	Herb Pork Loin	Yankee Pot Roast	Chicken Picatta	Turkey Ranch Wraps	Cheeseburger	Bacon Cheeseburgers
Smoky Mountain Chicken	Chicken Florentine	Roast Salmon	Tuna Melt	Beef Pot Pie	Macaroni Casserole	Chicken Wings
Veggie Frittata	Breakfast Jack	Veggie Stir-fry	Three-Cheese Penne	Fried Zucchini	Chicken Strips	Spicy Potato Wedges

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 8
Shang Hai Sticky Ribs	Turkey Breast	Grandma's Meatloaf	Carved Steamship	Roi Fried Chicken	Chicken Fajitas	Beef Tortellini Alfredo
Grilled Mahi	Grilled Pork Chops	Crispy Chicken Cutlets	Spinach/Artichoke Chicken	Garlic Roast Beef	Fish Tacos	Chicken Parmesan
Chicken Fried Rice	Stuffing	Loaded Mashed Potatoes	Baked Potatoes	Macaroni and Cheese	BYO Nachos	Spaghetti

ing in the chapel but he knows what he is in for. He has experienced the wind blowing through the chapel which can make for a loud distraction during services, but luckily he has volunteers that work the sound and are accustomed to dealing with Kwaj elements. Olson has already been hearing Kwaj tales of residents past and present; one in particular was of a gentleman that used to come into the chapel each Sunday morning and wipe the condensation off the pews before services. "That's not something you typically think about when you think about your Sunday morning tasks," he joked.

Olson quickly disagreed when some people suggested he might get bored living on a tropical island in the middle of the Pacific. "I don't think I actually have enough time to do all the things I want to do," he said. Olson is looking forward to learning new

hobbies while out here. "Most of my hobbies were mountain-related. I'm looking forward to learning to dive and I'd like to go deep-sea fishing; that sounds like a lot of fun." Olson is also eager for his golf clubs to get here with his pack out so he can try out Holmberg Fairways. "I'm excited to learn new stuff; it's part of the appeal. Trying new things; learning new things and then figuring out which suits me the best." Olson and his family are eagerly awaiting their pack out. "It's our home because we're here, but it'll feel more 'home-like' [when their pack out arrives]." Olson said right now it almost feels like he's on vacation or even living in a dorm. "We really like our quarters, they are great." The arrival of their belongings, like family photos, will help to make them feel at home here on Kwaj, which they are very much looking forward to.



## RING IN THE NEW YEAR

- New Year's Eve Bingo Blow-Out is at 6:30 p.m., Dec. 31, at the Pacific Club. Featured Jackpots are Blackout, \$1,300 for 53 numbers or less and Windfall, \$2,000 for 30 numbers or less. Card sales begin at 5:30 p.m. Join us for food, fun and cash. Questions, call Darren at 55599.
- Join us at the Vet's Hall beginning at 9 p.m., Dec. 31 to ring in the New Year. Bus service will be running until 2 a.m. Questions, contact Mike Woundy at 54440.

## Weather

Courtesy of RTS Weather

Sunday: Mostly sunny, 10 percent showers. Winds: ENE-E at 15 - 20 knots  
 Monday: Partly sunny, 20 percent showers. Winds: ENE-E at 12 - 17 knots  
 Tuesday: Mostly cloudy, 30 percent showers. Winds: NE-ENE at 17 - 22 knots  
 Wednesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 12 - 17 knots  
 Thursday: Mostly sunny, 20 percent showers. Winds: ENE-E at 12 - 17 knots  
 Friday: Mostly sunny, 10 percent showers. Winds: ENE-E at 12 - 17 knots

Annual total: 87.18 inches  
 Annual deviation: -12.71 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	7:04 a.m./6:42 p.m.	4:47 a.m./4:42 p.m.	2:56 a.m., 2.9' 3:11 p.m., 4.3'	8:42 a.m., 0.2' 9:45 p.m., 0.2'
Monday	7:04 a.m./6:42 p.m.	5:44 a.m./5:38 p.m.	3:39 a.m., 3.1' 3:51 p.m., 4.5'	9:26 a.m., 0.0' 10:21 p.m., 0.4'
Tuesday	7:05 a.m./6:43 p.m.	6:38 a.m./6:33 p.m.	4:16 a.m., 3.3' 4:26 p.m., 4.6'	10:04 a.m., 0.2' 10:53 p.m., 0.5'
Wednesday	7:05 a.m./6:43 p.m.	7:29 a.m./7:26 p.m.	4:50 a.m., 3.5' 4:59 p.m., 4.7'	10:39 a.m., 0.3' 11:24 p.m., 0.6'
Thursday	7:05 a.m./6:44 p.m.	8:15 a.m./8:17 p.m.	5:21 a.m., 3.6' 5:30 p.m., 4.6'	11:11 a.m., 0.3' 11:53 p.m., 0.5'
Friday	7:06 a.m./6:44 p.m.	8:58 a.m./9:04 p.m.	5:51 a.m., 3.6' 5:59 p.m., 4.5'	11:42 a.m., 0.3'
Jan. 8	7:06 a.m./6:45 p.m.	9:38 a.m./9:49 p.m.	6:21 a.m., 3.5' 6:28 p.m., 4.3'	12:21 a.m., 0.4' 12:13 p.m., 0.1'