

THE KWAJALEIN HOURGLASS



Turbo Turtles' Bill Williamson, left, tries to get the ball past Chargogg's defense, Lindsey Vail, during the championship game on March 23 at the Family Pool. Chargogg goalie, Joe Logan, right, waits for the shot. For more, see page 5.

Photo by Sheila Gideon

Thank You

Thank you to everyone who helped make the 2013 Inner-Tube Water Polo season a huge success. It was a really fun season of this unique Kwaj sport. It takes a lot of effort by so many different people and everyone involved did an excellent job. Thank you to Bill Williamson, Jim Roby and Stan Jazwinski who volunteered to lead the officials clinic. Their knowledge, expertise, willingness to educate and volunteer is greatly appreciated. Also, I want to thank Mark Houseman for overseeing league play. Thanks to the Kwajalein Sports Association for helping to fulfill officiating obligations and responsibilities. All the officials did a great job in helping maintain the integrity of the league and making play safe and fun for everyone. A special thanks goes to Denise Dorn, who painted the awesome coconut trophy for league winners, Turbo Turtles. Finally, Inner-Tube Water Polo wouldn't have been complete without the assistance of all of our coaches and managers. Your interest, efforts and support was greatly appreciated. The success of this year's season was all due to the efforts of everyone involved. So again, thank you so much! We could not have done it without you.

— Mandie Morris
KRS Recreation and Programs Manager

Thank You

Thank you! We had a fantastic 2013 basketball season! This season wouldn't have been possible without dedicated players, coaches, officials and staff. A huge thank you goes out to Kwajalein Sports Association for providing excellent officials, scorekeepers and night supervisors. Thanks to Mark Yurovchak, Tarah Yurovchak and Kenny Leines for training and equipping the officials and scorekeepers. I also want to thank Night Supervisors Thompson Tarwoj, Labtak Langrus and Linber Anej, who provided oversight to the program. Your enthusiasm and love of the game is contagious! A basketball season isn't complete without a trophy, so thank you Denise Dorn for painting the coveted coconut trophy. To the players and coaches, thank you for participating and playing with integrity on the court. Here's to a great season!

— Michelle Huwe
KRS Adult Athletics and Facilities

MANIT MINUTE

In traditional Marshallese society, the youth learned essential skills, concepts and attitudes through direct involvement with family and community. Persons with special knowledge or skills trained selected apprentices to preserve the skills and cultural knowledge.

Thumbs Up!



... to the Vet's Hall volunteers and high school teens who helped plan, cook for and carry out the Sweetheart Dinner on Sunday. The food, service and ambience were all amazing! Thank you so much for the opportunity to enjoy a sit down, fancy dinner with our spouses and friends. A job well done!

... to the woman who stood up for the Zamperini Dining Facility employee who was being unreasonably harassed by a disgruntled customer.

... to the angel who cleaned the custodial closet out at the REB! You're a blessing!

... to the Vet's Hall and all those involved in making the Sweetheart Dinner a success. Thumbs Up to those we could see doing the hard work and those back in the kitchen that did the planning and cooking. It was an amazing evening!

... to Quality of Life for a wonderful Chicago Trio and Friends concert. It was a musical treat!

... to all the wonderful students, parents and staff who attended the elementary art shows! Your support was appreciated!

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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GRMI affirms commitment to its relationship with USAKA

By William P. White
USAKA Host Nation Office Liaison

U.S. Army Kwajalein Atoll had the privilege of hosting many senior leaders from the government of the Republic of the Marshall Islands in February, including the RMI President, Christopher Loeak. While the primary purpose of their visit was a somber one, in order to pay respects to the late Mayor of Namu Atoll, Imata Kabua Jr., Loeak and Minister of Foreign Affairs Phillip Muller also made time to visit with some of the leaders of USAKA.

During part of his visit, Loeak took the opportunity to formally present a check to USAKA as full and generous payment for past humanitarian assistance services provided to the RMI. Loeak personally presented the check to the Acting USAKA Commander, Lt. Col. Dean Wiley, prior to returning to Majuro. The president thanked the command for their efforts in assisting the RMI.

This meeting and exchange, as well as the payment and services rendered, are symbols from both nations confirming the importance



Photo by Sheila Gideon

RMI President Christopher Loeak, right, presents a check to the Acting USAKA Commander Lt. Col. Dean Wiley in February. Left, are RMI Liaison to USAKA Lanny Kabua and Minister of Foreign Affairs Phillip Muller.

of the enduring commitment to the partnership between USAKA and the GRMI, all in the face of the current, problematic U.S. fiscal un-

certainty. USAKA greatly values its relationship with the RMI and will continue to work together to foster a stronger and better partnership.



Photo by Sheila Gideon

Yokwe!

Maj. Matt Sova arrived with his family on orders from Ithaca, N.Y., last month. Sova will be the new director of the Host Nation Office at U.S. Army Kwajalein Atoll. He is here with his wife, Rachel; son, Leo, almost 3; daughter, Harper, 10 months; and family pets Trevi and Jasper. He and his family are looking forward to making new friends and enjoying all the outdoor activities and community events Kwajalein has to offer. They would like to thank all the wonderful people they have met so far that have already made them feel at home.

Icey Hot stay undefeated in basketball

Article and photos by Sheila Gideon
Managing Editor

There were a total of 11 teams that participated in basketball this year. The teams were divided between the adult and school leagues. New this year was the double elimination format for playoffs. Winner stayed in the winner's bracket, while losers had a second chance to head to the finals. Defending champs Icey Hot managed to not only retain their championship title won last year, but they also remained undefeated the whole season. School league winners, D-Up!, had their first taste of victory this year.

Icey Hot had a stellar season. Their closest game was won by five points, which also happened to be their first game of the season. The adult league finals were played March 21 and were déjà vu from last year: Icey Hot versus Hoops. Last year, Icey Hot was the underdog and finals went into overtime and sudden death to determine the victor. This year, Icey Hot entered the final game as undefeated reigning champs. Hoops entered as the underdog with an 8 wins and 2 losses record. During regular season play and playoffs, Hoops' only losses were to Icey Hot, the first game by 15 points, but the second by only 7.

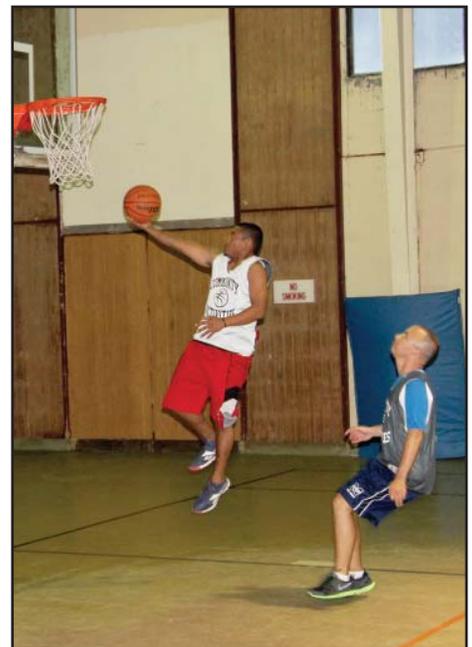
During the first half, Hoops showed they came to play. They won the tip off and kept it close, tied at 7 points. Hoops' Matt Gerber drew the first foul and made one point, taking the lead, which they kept through the first half. Hoops was armed with some height between players Bruce Premo, Rich Erikson and Gerber. Erikson had a major play at the end of the first half; he went in for a backwards layup, drew the foul and made it for three big points. Hoops' players had great accuracy during the first



Team Icey Hot win their second adult league championship in the past two years. They beat out team Hoops in the championship game held March 21.

half and managed to take the lead by almost 10 points at the break.

The second half proved to be much more difficult for Hoops. Their defense fell apart and they just couldn't grasp any rebounds. Icey Hot displayed their speed and passing accuracy. Abner Aichy and Linber Anej were quick and difficult to keep up with. Besides speed, Icey Hot also had some big players, like Fiaga Tagoilelagi, Joe Loeak and Floyd Corder. Hoops racked up fouls, and were called for 10, versus only four for Icey Hot, with only 6 minutes left in the game. Icey Hot didn't always take advantage of foul shots, but usually made at least one. Some big 3-pointers also helped Icey Hot in the second half. One from Eugene Langinbelik propelled Icey Hot ahead 37-30. Hoops called a time out with three minutes



Icey Hot's Peter Loeak blows by Hoops' Jason Huwe for a layup during the championship game March 21.

SEE BASKETBALL, page 11

Turbo Turtles show no mercy in pool, remain water polo champs

Article and photos by Sheila Gideon
Managing Editor

Each year in water polo, there seem to be three top teams that battle it out for the championship: Turbo Turtles, Chargogg and Lacedaemonians (high school team). This year, there were seven teams, the most in recent years, and “the top three” had more competition than they were used to. Newcomers Eb-eye Swim Team may not have won a game, but they showed a lot of heart and effort in learning the sport. Also a new team this year, Toy Boat Toy Boat challenged some of the usual water polo pros, surprising them with their talent. They tied Turbo Turtles midway through the season and then beat them by 10 points in the second round of playoffs. The other change this year was double elimination playoffs. Winners stayed in the winner’s bracket, while losers had another chance to compete for the championship game. Team Chargogg claimed the winner’s bracket and went up against last year’s champions, Turbo Turtles, on March 23. Lucky for the Turbo Turtles there was a change in playoffs format, because in the end they retained their championship title, winning against Chargogg, 50-35.

Turbo Turtles had a steep lineup, with six substitutes compared to Chargogg’s two. Their strategy was defense-heavy and concentrated on double teaming



Turbo Turtles are two time water polo champs after their win against team Chargogg March 23.

Chargogg’s top scorer, Adam Vail. Defensive players switched out often to stay fresh. For their offense, veteran players Bill Williamson and Bruce Premo floated up front near Chargogg’s goal; players fed the ball to them over and over throughout the game. Williamson had some tricky shots, including several behind the back and bounce shots that Chargogg goalie Joe Logan just couldn’t stop. Defensive player Lindsey Vail did her best to shut Williamson down. Premo’s advantage was his height; he easily threw shots over Chargogg’s defense, even with their arms up and waving around.

SEE WATER POLO, page 11



Chargogg defenders Jim Roby, right, and Curtis Childress race to keep Turbo Turtles’ Bruce Premo from getting the ball during the championship game March 23.



Chargogg’s Kristen Hosek, left, tries to get a shot past Turbo Turtles’ defender Shawn Mirowitz.

Kwajalein Swim Team impress at Saipan

By Leightyn Cossey and Rachel DeLange
KHS Guest Writers

Kwajalein Swim Team members Dash Alfred, Casi Boehm, Jacob Boehm, Leightyn Cossey, Chelsea Engelhard, Colleen Furgeson, Ann-Marie Hepler, Kayla Hepler, Sean Hepler, Philip Kinono, Jacob Long, Ruthie Long and Molly Premo traveled to Saipan on March 21 to compete in an international swim competition. The team, led by coach Amy Lacost, went in hopes of building their reputation on the international level.

The team's first events began the day after arrival, after they had prepared both physically and emotionally for the upcoming events. Furgeson, Boehm, Cossey, Premo and Long started off the competition strong by setting high standards in the 50 backstroke. On day two, Ann-Marie raised the bar even higher, placing first overall for the 50 butterfly and coming in a close second in the 50 freestyle. In addition, Cossey placed third in 100 breaststroke and the 200 backstroke. Premo placed third in the 100 freestyle and the 50 backstroke. Furgeson placed third in the 200 breaststroke and first in 200 freestyle.

Although all the teams competing were incredibly competent, Kwajalein stood out among the masses with each team member receiving some type of a ribbon.

Team member Ruthie described the event saying, "Saipan was incredibly exciting as well as slightly nerve-racking, but overall it was an amazing learning experience which I will use in future competitions."

This competition culminated the 13th Saipan International Swim Meet and the 35th annual Saipan Open Water swim. The competition consisted of three days of a plethora of swimming events including a 2.5K open ocean swim. The team spent weeks enduring 6 a.m. practices and extra gym sessions to prepare for this event. As a celebration of all their hard work after the team finished their last events, they gathered at the Hard Rock Café. The swim team would like to thank their coaches, Lacost and Sarah Stepchew, for all the efforts they put in to ensure their success as well as the parents who are always there for support.



Photos by Molly Premo

Kwajalein Swim Team compete internationally in Saipan March 22.



Dash Alfred and Philip Kinono dive in for their race in Saipan.



Ann-Marie Hepler competes in the 50 butterfly.



Chelsea Engelhard, Kwajalein Swim Team member, competes in Saipan last week.

Classical music ensemble entertains in Marshall Islands

By Sheila Gideon
Managing Editor

Trio Chicago and Friends is an American music ensemble who acts as cultural ambassadors during annual tours to remote parts of the globe. The group is led by one of Chicago's leading violinists, Elliott Galub, who graduated from the Cleveland Institute of Music with a Bachelor of Music Degree and from the Chicago Musical College of Roosevelt University with a Master of Music Degree. Co-founder Marlou Johnston plays the viola and violin and has been a concertmaster and soloist with the Kankakee (Illinois) Symphony Orchestra since 1982. Also part of the group is flutist Laura Hamm, soprano Suna Avci and pianist Susan Chou. Both Avci and Chou are doctoral candidates at Indiana University.

The ensemble visited the Marshall Islands last week and performed on Majuro, Ebeye and Kwajalein. They left Monday to finish their tour in Micronesia, beginning in Pohnpei.

Four times a year, the group gets together for two weeks to perform classical music around the world. They are usually funded through the U.S. State Department or in the case of the Kwajalein performance, Quality of Life funds.

They have been all over the world and throughout their travels have noticed an increased interest in classical music. "The hard part is knowing if the kind of music you're

playing is really making contact," said Galub. Usually the people who already like classical music are the only ones who tell the group they enjoyed the performance. The group uses nonverbal cues, like dancing and audience participation to tell if they've entertained the masses at a performance.

The other difficult part is the ensemble name itself. People hear and read "trio" and are confused when five people show up on stage. Galub explained that the group began as just three. "And Friends" was added on when they began to tour around the world; group members have changed over the years.

Most people also think they are a jazz group. They are not. Their group can be described as a "light hearted look at American music," said Johnston. Galub further explained that while some of their songs' arrangements suggest blues or jazz, they are not; jazz itself is defined as improvised, Galub said. Since Trio Chicago and Friends' pieces are arranged and practiced the same every time, it's not technically jazz.

They do, however, incorporate various music styles into their performances. Chou just learned to play the ukulele. She and Avci play a duet of "Somewhere Over the Rainbow," based off the Israel Kamakawiwo'ole version. It is usually a big hit with crowds, especially in the Pacific Islands where Hawaiian music is so popular. They also play a "duck, quack" song that involves the audience in making animal noises. It's a big hit with children and helps break through the language barrier in some regions. During their performance on Ebeye and Majuro, this song was a big hit with the children. This was especially true on Ebeye, where 75 percent of the audience was children. In Majuro, they actually had local musicians play music with them.

Their travels as cultural and musical ambassadors have taken them to Belize, Venezuela, Barbados, Vietnam, Cambodia, Laos, Thailand, Myanmar, Turkey, Ethiopia, Mali, Zambia, Uganda, the Russian Far East, Djibouti, Jordan, Egypt, Mongolia, Paraguay, Papua New Guinea, Turkey, China and Botswana.



Photos by Kim Yarnes

Soprano singer Suna Avci and pianist Susan Chou perform at the MP Room on Kwajalein.



Elliott Galub plays the violin during the concert on Kwajalein. Pianist Susan Chou plays in the background.



Laura Hamm plays the piccolo during the Kwajalein performance Sunday night in the MP Room.



Photo by Maj. Matt Sovia

Trio Chicago and Friends perform a concert at the Ebeye Community Center on March 23.

ALCOHOL AWARENESS



By Dr. Nancy Batts
Kwajalein Hospital

There has been a spotlight on alcohol use lately prompting this series of articles to focus on just what alcohol is, what it does to the body and the impact it has on our daily lives, both in the workplace and socially.

Alcohol is simply the fermentation of yeast, sugar and starch. This process produces ethyl alcohol, commonly known as ethanol and congeners. Congeners are byproducts produced in the fermentation. These include other alcohols called fusel alcohols. They include acetone, acetaldehyde, esters and aldehydes (like propanol, glycols and ethyl acetate). Congeners are responsible for the taste and the aroma of the distilled beverages and may contribute to hangovers. They are also inorganic solvents, are highly toxic to the liver and contribute to liver damage and cancer over long periods.

Ethanol, however, is the main alcohol and is absorbed in the stomach and intestine. It goes to the brain and acts as a depressant. If you drink on an empty stomach, it will absorb more quickly than with a meal. The liver will break down 90 percent, but only at a rate of one drink per hour.

What is the definition of one drink? As defined by the National Drug Counsel on Drug and Alcohol, one drink is defined as the following: one 12-ounce beer or wine cooler, 8 ounces of malt liquor, 5 ounces of wine or 1.5 ounces of liquor.

Some factors that will affect the absorption of alcohol are age and gender. Physical condition will also affect alcohol absorption. Again, ingestion of a meal is another factor. How fast you drink will also heighten the effects of alcohol. Use of dangerous or prescription medications may alter the effects of alcohol as well. Lastly, it has been shown in some studies that if there is a family history of alcohol abuse, this may affect a person's drinking habits.

The definition of "drunk" is when you are intoxicated from drinking more alcohol than the body can break down, leaving the alcohol to continue to circulate throughout the body. This results in poor judgment, accidental injuries to self or others, fighting, loss of balance, poor reaction time, loss of body heat or alcohol poisoning. It may eventually lead to certain cancers, stroke and liver disease.

How do you recognize alcoholism? You would first need to distinguish between alcohol abuse and alcoholism. This is very difficult to distinguish and may require the help of a professional due to the great overlap of symptoms between the two. One thing to remember is not all alcohol abusers become alcohol dependent, but that does not mean that they do not carry the same risks. If you think that you or someone that you know or care about has a problem with alcohol, please contact the Kwajalein Employee Assistance Program or the Kwajalein Hospital.

SOBERING STATISTICS

- Alcohol is a factor in 40% of all violent crime today. About 3 million violent crimes occur each year where the offender appears to have been drinking. Those under 21 were victims in just over 13% and the offenders in nearly 9%. 70% occur in the home, with the greatest frequency at 11 p.m.
- The effects of alcohol in pregnancy are 100% preventable. Alcohol passes directly from the mother to the placenta of the baby causing lifelong implications of physical, mental, behavioral and learning disabilities.
- Women who develop alcoholism have a death rate 75% higher than male alcoholics do.
- Senior citizens with alcohol problems are often misdiagnosed making this one of the fastest growing health issues in adults over 60.
- Almost 15 million full time employees in the United States are heavy drinkers of alcohol.
- Workers with alcohol problems are 2.7 times more likely to have injury-related absences than nondrinkers.
- Alcoholism is the third leading lifestyle-related cause of death in the nation.

Fourth Annual Kite Day a soaring success

By Kim Yarnes
Community Activities Manager

The skyline at Emon Beach was besieged with kites on Sunday. The variety of kites was impressive, varying from the kites from the Community Activities kits, to mathematically sculpted geometric kites, to speed kites and fancy fliers. Carol Hockenberger's geometry class put their skills to use to design their own kites. The girls' team consisting of Abigail Baldy, Daniel Riveria, Ali Hibberts and Hannah DeLange, flew first and seemed to fly just a little better than the boys'. Still, Sam Jahnke, Chris Sanborn and David Sholar put up a great kite. Many fabricated the plastic "shark" kites with varied success. Chase Chavis kept his plastic kite in the air the longest. Midori Hobbs, the event coordinator, became a master at assembling the kites by the end of the afternoon. The fish kites fluttered more than flew, and the launch of the tie dye kites eluded the crowd for the fourth year in a row. Jim Hockenberger had the most original handle using a fishing rod and reel to control his traditional box kite. Dave Seelye awed the onlookers when he buzzed them with his speed kite. The colorful, fancy kites included a rainbow pirate ship, a black shark, a rescue plane, the caterpillar dragon and an eagle. Many participants commented that the event was great, just because it made them remember the kites that were hanging out in the closet. When you are trying to think of something to do this windy season, go fly a kite.



Photos by Eva Seelye



Fourth through Sixth Grade Art Show - March 22



Photos by Eva Seelye

Quality of Life Monthly Update

The Quality of Life Committee meets monthly to discuss and vote on submitted proposals for funding from the community. Updates on approved funding projects will be printed monthly in the Hourglass.

Recent Project Funding Approvals and Updates:

- New Ford truck on Kwajalein is available for rent.
- Purchase of five new scooters, three for Kwajalein and two for Roi. Funding to come from the vehicle rental income.
- Send Dori deBrum to the 2013 4-H National Conference. Upon return, Dori will team with the Namo Weto Youth Center to offer a presentation on what she learned and sponsor a health and wellness seminar on Kwajalein and Ebeye.
- Send John Sholar to the National Student Leadership Conference Engineering Program. Upon return, John will offer a presentation to other students who may be interested in going into engineering after high school.
- The Command and KRS have met to discuss the plan for this year's 4th of July celebration. This year's festivities will include traditional favorites like the bike parade, crafts, carnival games, inflatables and music. Quality of Life funding for the Kailua Bay Buddies will provide three shows throughout the week in honor of Independence Day. Although we would all enjoy seeing fireworks back over the lagoon, due to budget uncertainties, fireworks will not be included as part of this year's festivities. Please do not take this decision as a deterrent to the good work the committee does in building the quality of life on Kwajalein and Roi. Thank you for your continued effort, ideas and commitment.

Yokwe!

Photo by Sheila Gideon



Dr. Cristiana Bertocchi is the new temporary duty surgeon at Kwajalein Hospital. She is from Pittsburgh and heard about Kwajalein through a physician staffing agency. She is enjoying Kwajalein weather, which is a refuge from the never-ending assault of winter weather in the Northeast. She is thankful to those who have already introduced her to a variety of fun activities on the island.

Yokwe!

Photo by Sheila Gideon



Dr. Craig Shaffer is the new temporary duty, recurrent family doctor at Kwajalein Hospital. He is from Port Lavaca, Texas, and heard about Kwajalein from Dr. Mary Thorne, who also has worked at Kwajalein Hospital. Shaffer is looking forward to playing tennis and diving, and would like to experience sailing as well. He wished he had heard about Kwajalein earlier in his career; he likes living here and has found most people to be quite friendly.

BASKETBALL, from page 4

left to regroup. Players knew they were running out of time and told each other they needed to keep taking shots. Unfortunately for Hoops, there just wasn't enough time for a comeback. Quinton Milne put an exclamation point on their win with a huge 3-pointer from almost half court with just a few seconds left. Icey Hot won 54-39.

There were just four teams who competed in the school league this year. All teams consisted of seventh-grade through senior coed players. D-Up!, SPIW and Bako all ended the season with five wins. To determine the winner, total points were added up from all games played against each other. D-up!'s 156 points beat out SPIW's 151 points and Bako's 145 points. DeVante Floor and Dash Alfred made a great scoring duo for D-Up!, while Ann-Marie Hepler led SPIW in points.

Congratulations to all teams on a season well played.



Jarod English and Joe Loek jump for the tip off at the adult league championship game played March 21.



Linber Anej, left, tries to defend a jump shot by Hoops' Adam Vail.

WATER POLO, from page 5

Turtles' other tall players included Tommy Ryon and goalie Stan Edwards.

Chargogg's strategy was more offensive. Veteran player Stan Jazwinski teamed up front with Adam and woman shooter Kristen Hosek. Men's goals score two points, while women's goals score three. Offensive substitute Jeremy Gideon threw off Turbo Turtles' defense with his left handed shot; Gideon has been playing water polo since high school on Kwajalein. Adam racked up points with his signature bounce shots.

Turbo Turtles took a lead right from the beginning. Throughout the game, they never really gave Chargogg a chance to catch up. The closest it got was 14-8 in the beginning minutes. The first half ended with Turtles ahead, 28-15. The second half was more of the same. Near misses by Chargogg created a big gap in points. Near the end of the second half Turtles added extra defense and secured their win, and two time championship title, with a 50-35 win over Chargogg.



Turbo Turtles' Greg Moore tries to throw the ball past Chargogg's Adam Vail during the championship game March 23.



Jim Roby passes the ball up to Chargogg's offense.



Tommy Ryon feeds the ball up to Turbo Turtles' offense.

DISPATCH FROM ROI

Café Roi offers more than you think

Article and photos by Sheila Gideon
Managing Editor

Some may view Café Roi as the “Roi version” of the Zamperini Dining Facility on Kwaj, but on a smaller scale. They couldn’t be more wrong. Café Roi has established a close relationship with their patrons and knows what it takes to keep them happy, no matter the obstacles.

Jim Bell is the manager of Café Roi. He is a retread; he worked on Kwajalein from 2005-08 as a shift supervisor. This tour he arrived in August 2012. Bell worked for a college food service company, and also has experience working in food service at various hotels and country clubs. Carol Rivard is one of the two shift supervisors. Rivard has worked on Roi for two years. Her past experience includes several seasonal jobs in food, including four seasons in Antarctica. She has experience working at lodges and resorts all over, like Montana, Hawaii, New Zealand and Alaska. The second shift supervisor is Liji Lanej. Besides management, there are 19 other shift workers at Café Roi.

Variety is important to Café Roi. They try to keep the menus fresh, not only for the residents, but for the chefs who prepare the food. Residents feel comfortable voicing their opinions on what they want to see or try. “We’re definitely open to

ideas and suggestions and comments,” said Rivard. “We definitely want [the café] to be as good as it can be, and continue to make it really great.”

They offer specialty nights, usually at Friday dinners. Popular nights have been Street Food Night and Make-Your-Own Stir-fry Night. They mix it up at lunch too. They offer Mexican food for Cinco de Mayo, or Irish-themed food for St. Patrick’s Day. “We try to come up with a menu that we know we can get ingredients for,” Bell explained.

Bell said the challenge

of planning menus is not necessarily dependent upon what they have; they pretty much know what they have and will have each week. The difference, he said, is what you “dream” about having. Their supply chain doesn’t offer every item they would like to have in their kitchen. For the day to day menus, if they find they do not have a needed item, they find a comparable substitution. For example, if they had planned eggplant parmesan and the eggplant is no good when it comes in, they will offer vegetable lasagna instead. They try to stay within the category of that food item.

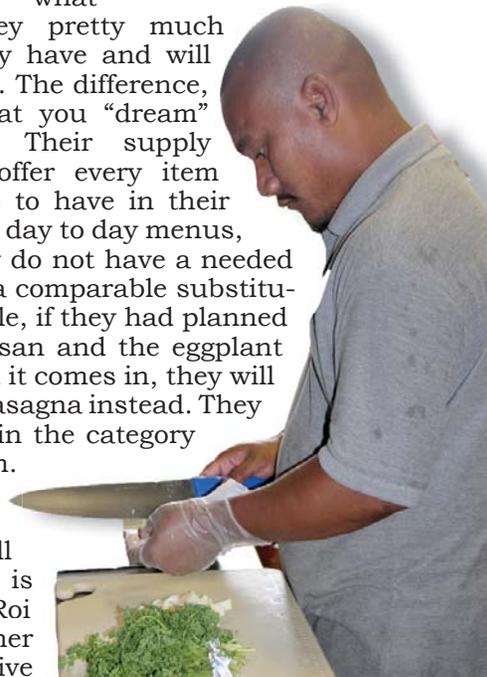
“You have to roll with the punches,” Bell said. Produce is delivered to Roi by plane; all other food items arrive by barge bi-weekly. They stay on an alternating schedule from the barge that arrives at Kwajalein. That barge is unloaded and organized, and items are sent up to Roi that following week.

Regular day to day patron numbers are around 80 to 100 for lunch and dinner. It depends on commuters and if they bring their lunch or eat at the café. When there are missions, they can accommodate as many meals as needed. “We can do a lot. It’s not like we’d ever have to turn people away,” said Bell.

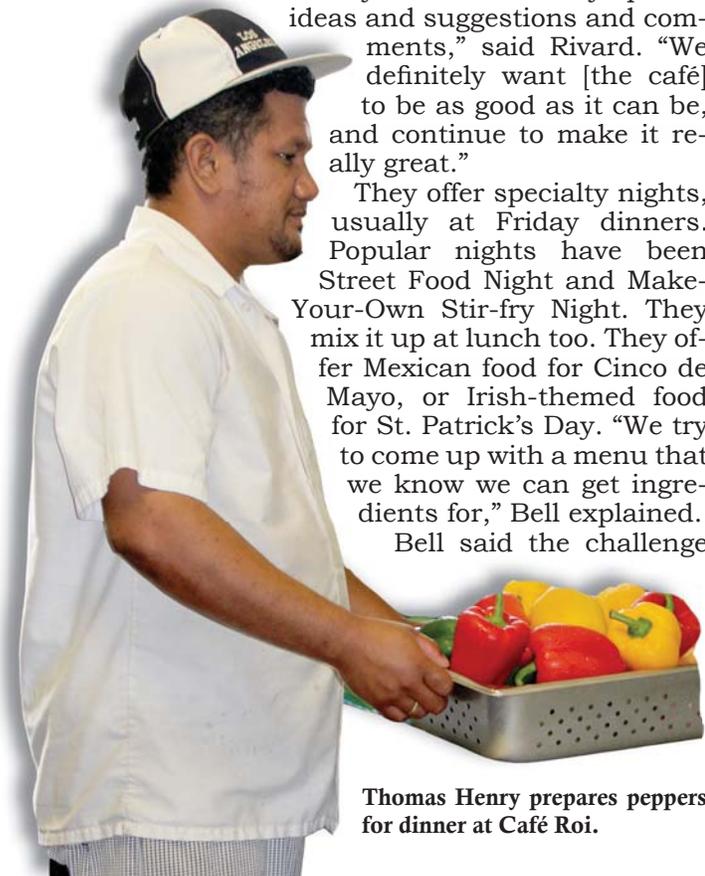
There is no longer a temporary duty rate, just a flat fee for breakfast, lunch and dinner. Rivard thinks that will lead to an increase in usage of the café. “It’s possible we could see an increase in numbers simply because now we’re comparable to what they could eat at the Outrigger.”

Café Roi is special in that they also operate as a catering service to Roi residents and visitors. They offer special event dinners like the annual Valentine’s Dinner and they also catered an extravagant lunch for the TRADEX 50th anniversary celebration in February last year. Besides full meals, they also prepare cakes, snacks and sides. For example, you can order a tray of potato salad if you’re having a cookout. Just give them enough notice and they will do what they can to accommodate you.

Café Roi may be a small operation, but sometimes it’s about quality, not quantity.



Also Joshua chops vegetables to prepare for dinner service at Café Roi.



Thomas Henry prepares peppers for dinner at Café Roi.

View from Kwaj

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



From Christi Cardillo



From Jane Erekson



From Julie Wathen



From Eva Seelye



From Eva Seelye

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, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

KRS EMPLOYMENT applications are continually accepted for casual positions in the community services departments, medical department and the HR temp pool. Some of the casual positions are recreation aid, medical office, substitute teacher and HR temp pool office support. Questions, call 54916.

WANTED

SEALY POSTUREPEDIC, or equivalent quality, firm mattress to purchase; full or queen size.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel

Roi-Namur service, 7 p.m., Second and Fourth Friday of each month.

Appointments with Fr. Vic available after dinner

Protestant

8 a.m., Sunday, Traditional Service

9:15 a.m., Sunday School

11 a.m., Sunday, Contemporary Service

7 p.m., First and Third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

Easter/Holy Week Services

Catholic

7 p.m., Tonight, Easter Vigil Mass

9:15 a.m., Sunday, Easter Sunday Mass

Protestant

6:30 a.m., Sunday, Sunrise Service at Emon Beach

11 a.m., Sunday, Easter Service

All services at Island Memorial Chapel unless otherwise noted

Call 54200.

LOST

LOGITECH IPOD ANYWHERE speaker in black zipper case, at Emon Beach pavilion 5, on March 11. Call Mark at 53244.

LIME GREEN Eco Extreme waterproof iPod speaker case containing black iPod with silicone cover, in ARC. Call 51799 or 53623.

FOUND

LITTLE GIRL FLOWERED SHORTS with the initials 'RL' on the tag. Call 52371.

GIVEAWAY

BOOKCASE, five shelves, 72x33x10-inch. Call 52370.

FOR SALE

TOSHIBA DVD PLAYER, \$20; IView digital converter box converts digital signal to analog, \$40; men's shoes, size 13: one pair Propet, \$10; one pair Crocs with ties, \$5; one pair black wingtips, \$10; Dickenson BBQ with table and rail mount, free. Call 51793.

BOSTON WHALER, 17-foot, great condition, hull only, \$1,500. Call Gordon at 53640.

TWO TWIN SIZE, 1.5-inch memory foam mattress toppers, \$40 each. Call 54200.

TWO 50 COUNT CIGAR humidors, two boxes of MesoTech strawberry supplements, and one canister of AnimalPak training vitamins. Will take best offers. Call 52525 and leave a message.

PCS SALE. Olympus 14MP digital camera, \$60; stainless steel pots and pans, \$35 and includes free burner; Rubbermaid dish dryer, \$5; blender, \$10; George Foreman, \$8; Sony soundbar surround sound with subwoofer, \$225; Halloween costumes: size small women's Dorothy with size 7 glitter heels, \$20; one size fits all king crab, \$10; men's medium caveman, \$10; small shower caddy, \$3; wooden magazine holder, \$2; purple beach chair and umbrella, \$20; pink folding sports chair in a bag, \$8; women's size 7 white Diadora soccer cleats, worn once, \$30; women's pink Adidas shin guards, like new, and two new pairs of black socks, \$25; 54K dial-up modem, \$20; cordless phone with answering machine, \$20; step stool, \$5; desktop fan, \$5; flat top griddle, \$8; two palm sanders, \$5 each. Call 52546.

YAMAHA FX SHO Wave Runner, 2008, blue, 211 HP, 4 cylinder 4 stroke, super charged, three seater, cruise control; 2007 Yamaha FX HO Wave Runner, black, 160 HP, 4 cylinder 4 stroke, three seater; both with custom fit covers,

trailer, life jackets, marine radio, anchors and lines, \$13,000. Call 52546.

PCS SALE. Kelty Kids baby backpack, like new, \$100; custom all welded aluminum bike fishing trailer, \$300; Bumbo baby chair, \$10; Fisher Price playing jungle, \$25; Magic Chef bread machine, \$15; stainless steel roller bearing toolbox, \$50; new 60-pound MMA punching bag, \$50; Sun tricycle with Burley and baby seat, \$200; outdoor deck, 10x12-feet, \$100; 27-inch Panasonic CRT TV, \$100; Panasonic DVD player, \$30; all stainless vacuum sealer, \$100; 1100-watt Panasonic microwave, \$20. Call 55464.

COUCH, fabric cushions, wood base, leather armrests, \$100; bunkbed unit, makes three independent twin beds, one bed and a loft, or one bed and a set of bunkbeds, \$120; bookcase, \$20. Call John or Tina at 52034.

MICROFIBER ROCKER/RECLINER, excellent condition, almost new, \$95. Call 53759 and leave a message.

MEN'S BIKE, new in the box, 29-inch Kent Stryker Cruiser, aluminum frame with rust resistant wheels, this bike is big, \$175. Call 51988.

DRUM SET, 5-piece Tama set with cymbals, \$1,200. Call Bill Williamson at 53096.

15 HP MERCURY SeaPro outboard, short shaft, 2-stroke, 6 years old, in good working condition, \$1,500 or best offer. Call Patrick at 52547.

CHEOY LEE SAILBOAT, 26 feet, in the water and ready to sail, 12HP inboard diesel, Lavac marine head, Lewmar self-tailing winches, mooring inside harbor, \$8,500. Email bridget.helm@outlook.com.

ROI HAPPENINGS

MONDAY IS APRIL FOOL'S DAY. Play a joke!

TUESDAY IS Find a Rainbow Day. Take a photo!

THURSDAY IS WORLD Rat Day. All Roi Rats, join us at the Outrigger for an island party.

APRIL 13 IS OPEN MIC Night at the Outrigger in honor of Guitar Month.

APRIL 15-21 IS ASTRONOMY WEEK. Set up telescopes and star gazer charts throughout the week to watch the stars.

APRIL 19 IS THE Roi Fun Run/Walk.

APRIL 20 IS ASTRONOMY DAY. There will be star watching at 8 p.m., at the golf course.

APRIL 21 IS THE SWAP MEET and Yard Sale from 10 a.m. to noon, at the C Building. Bring your stuff over to sell. One man's junk is another

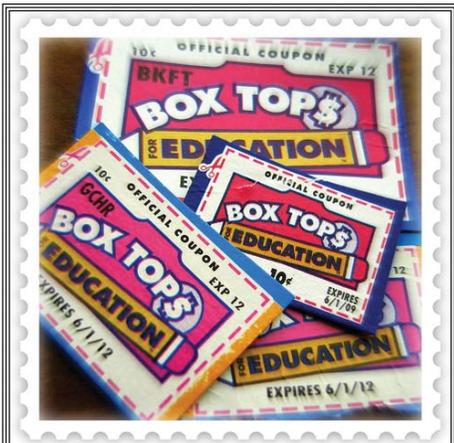
Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	April 6
Hickory Smoked Ham	Sautéed Chicken Breast	Sloppy Joes	Veal Cordon Bleu	Barbecue Beef	Coca Cola Chicken	Grilled Reuben
Leg of Lamb	Quiche	Dry Rub Spareribs	Sweet & Sour Chicken	Pizza	Garlic Herb Mahi Mahi	Spaghetti
Blackened Cornish Hens	Beef Pot Pie	Baked Beans	Herb Wild Rice	Macaroni Casserole	Rosemary Potatoes	Garlic Bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	April 6
Pot Roast with Gravy	Turkey à la King	Salisbury Steak	Grilled London Broil	Oven Fried Chicken	Beef Stroganoff	Short Rib Stew
Boiled Potatoes	Macaroni and Cheese	Chicken Stir-fry	Breaded Catfish	Cheese Manicotti	Grilled Tuna Melt	Chicken Fajita Wraps
Cauliflower	Squash and Spinach	Garlic Mashed Potatoes	Huli Huli Chicken	Mashed Potatoes	Carrots	Cajun Dirty Rice



Box Tops for Education are still being collected! Clip box tops from participating food items and send them to school with your children or drop them off at Surfway's bulletin board. The Box Tops will help support the Ri'katak student lunch program.

man's treasure! Sign up at the CA Office.

APRIL 29 THERE WILL be a concert at the theater.

SOFTBALL GAMES this month are: April 2, 4, 9, 11. Stay tuned for the playoffs schedule.

COMMUNITY NOTICES

KWAJALEIN YACHT CLUB will hold its monthly meeting tonight. Happy hour at 5:30 p.m., meeting at 6:30 p.m., dinner at 7 p.m. Entree will be provided, bring a side dish to share. Membership drive underway, new members welcome. Questions? Contact Ed at commodore@kwajyachtclub.com.

EASTER EGG HUNT is at 4 p.m., Sunday, at the Rich Theater. Photo opportunity with the Easter Bunny following the hunt! Parents, bring your cameras.

THE KWAJALEIN ART GUILD will be hosting the Spring Craft/Vendor Fair and Photo Exhibit from 10 a.m. to 2 p.m., Monday, at the MP room. Vendors wishing to reserve a table should contact Jenny Schwartz at 52017 or Rebecca Bradley at 58061.

8TH ANNUAL KWAJALEIN Photography Exhibit will be from 10 a.m.-2 p.m., Monday, at the MP Room, in conjunction with the KAG Spring Craft Fair. Vote for the best photo in each category for the 2014 Kwajalein Calendar!

THE COMMUNITY IS INVITED to join the Kwa-

jalein Scuba Club Easter Egg Hunt, Monday, at Emon Beach. Swimmers, snorkelers and divers of all ages are welcome! Eggs hidden at a shallow depth for younger participants; children should have an adult with them. Prizes for children and adults. Sign in and gear up at 9:30 a.m., with the safety brief at 10 a.m., followed promptly by water entry. Call 52036 for more information.

LONG DISTANCE phone call charges will no longer be billed starting Monday. Use of a PIN will still be required to place calls off island. Residents and employees must continue to use their Personal PIN or Business PIN as applicable. The \$25 basic monthly rate per telephone line will still apply and continue to be billed through KRS Finance. All off-island telephone connectivity will be unavailable on Monday starting at 12:01 a.m. until 4 a.m. for the necessary system changes. DSN calls will not be affected.

SIGN UP FOR THE B-Boat Class taking place Wednesday and Thursday evening. Sign up for \$40 at the Small Boat Marina on weekends or at Community Activities main office, 8 a.m. to noon on business days.

KWAJALEIN AMATEUR RADIO Club meeting will be at 7 p.m., Thursday, at the Ham Shack, just south of the Adult Pool. RMI operating license applications are available. New T-shirts are in. Contact Rick Johnston at 50948 with questions.

KWAJALEIN YACHT CLUB Chili Cook-off! Cook up a batch of your best homemade chili for Original, Traditional and Hottest categories. Have 2 quarts ready to eat at Emon Beach by 2:30 p.m., April 7. See official rules on the Post Office Bulletin Board. Submit entry forms and questions to Tim Roberge. Entry forms are due by Friday.

D.E.A.R. DAY, 10 a.m. and 3:30 p.m., April 10, at Grace Sherwood Library. Drop Everything and Read! A national month long celebration of reading designed to remind folks of all ages to make reading a priority activity in their lives. Don't forget to wear your pajamas!

KINDERGARTEN pre-registration for the 2013-2014 George Seitz Elementary School Year is March 12 through April 13. Children eligible for Kindergarten must turn 5 by Sept. 1. Call the Elementary School office at 53601 to pre-register your child. All pre-registered children will participate in a Kindergarten Readiness Screening in April. Parents will be contacted with screening dates and location.

IVEY GYM LOCKER CLEAN-OUT. Lockers at the Ivey Gym are designed for daily use to accommodate all gym patrons. All lockers must be clear of personal items and locks by April 27. After

Military Casualties

Sgt. 1st Class James F. Grisom, 31, of Hayward, Calif., died March 21 at Landstuhl Regional Medical Center, Germany, of wounds suffered from small arms fire March 18 in Paktika Province, Afghanistan. He was assigned to the 4th Battalion, 1st Special Forces Group (Airborne e), Joint Base Lewis-McChord, Wash.

Sgt. Tristan M. Wade, 23, of Indianapolis, Ind., died March 22 in Qarah Bagh District, Ghazni Province, Afghanistan, when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 573rd Clearance Company, 2nd Engineer Battalion, White Sands Missile Range, N.M.

this date, any remaining items and locks will be removed. For questions, call Mandie at 53331.

THE WOODSHOP ORIENTATION class will not be held in April, but will resume at 6 p.m., May 7, at the Hobby Shop. Call 51700 to sign up.

THE CHILD DEVELOPMENT CENTER is in need of fish food for our tanks. Please bring your donations to facility 358 or call 52158.

JUST A FRIENDLY REMINDER to lock your doors at home to ensure the safety of your personal property. We are a small community but must remain vigilant that theft can occur in a place as small and remote as Kwajalein.

DO NOT DONATE ITEMS to the AAFES Laundry next to the Dock Security Checkpoint without prior approval. If you wish to donate something, contact the AAFES Vending Supervisor, Joshua Mann, with any requests at 53379.

E-TALK: Ozone-depleting chemicals used at USAKA include refrigerants, insulating foams, solvents, and halons used as a fire extinguishing agent. Intentional venting for disposing of ODCs to the atmosphere is prohibited.

SAFELY SPEAKING: Wear your PPE. Personal protective equipment is designed to protect you, but it only functions if you wear it.

Café Roi

Lunch

Sunday Carved Prime Rib Leg of Lamb Cornish Hens	Monday Garlic Roast Beef Egg Muffins Roasted Potatoes	Tuesday Everything Pizza Spaghetti Vegetable Quiche	Wednesday Grilled Cheese Cajun Roast Beef Egg Foo Yung	Thursday Sloppy Joes Bratwurst Home Fries	Friday Fish and Chips Grilled Chicken Thighs Corn Bread	April 6 Chicken Fajita Wrap Beef Cabbage Rolls Onion Rings
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Dinner

Sunday Chicken Schnitzel Beef Stew Mashed Potatoes	Monday Sweet & Sour Chicken Shoyu Ginger Fish Fried Rice	Tuesday Chicken a la Orange Beef Bourguignon Mashed Potatoes	Wednesday Grilled Top Sirloin Chicken Cordon Bleu Corn on the Cob	Thursday Chicken and Waffles Swedish Meatballs Collard Greens	Friday Roast Beef and Swiss Muffuletta Sandwich Tater Tots	April 6 Chicken and Mushrooms Herb Pork Loin Roasted Potatoes
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BOWLING

Tuesday, March 19

3 Men & a Lady def. Crabaholics	5-2
We Fly Pumpkins def. Sliders	5-2
South of Sanity def. Just Like That	7-0

TOP BOWLERS - MEN

Tony Savage: 233

Lito Faraon: 222

Tyrone Moxie: 215

TOP BOWLERS - WOMEN

Cindy Cullen: 160

Benni Davis: 156

Patrice Kramer: 142

STANDINGS	Crabaholics	32-17
	South of Sanity	30-19
	We Fly Pumpkins	26-23
	Just Like That	25-24
	Sliders	18-31
	3 Men & a Lady	16-33

BASKETBALL - Final

Thursday, March 21

Icey Hot def. hOOPS! 54-39



STANDINGS

School League

D-Up!	6-2
SPIW	5-3
Bako	4-4
Jawks	1-7

Adult League

Icey Hot	9-0
hOOPS!	8-3
Ball Trackers	7-4
K-Town	3-6
Yokwe	3-5
Ol' Boozers	3-7
SJC	0-8

WATER POLO - Final

Saturday, March 23

Turbo Turtles def. Chargogg: 50-35

STANDINGS

Turbo Turtles	9-1-1
Chargogg	8-2
Lacedaemonians	6-4
Toy Boat Toy Boat	5-4-1
Zissou	3-6
USAKA Splash	1-7
Ebeye Swim Team	0-8

Season high scorers

Bill Williamson, 86 goals
 Bruce Premo, 85 goals
 Adam Vail, 79 goals

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	10%	ENE at 15-20 knots
Monday	Partly Sunny	10%	ENE at 15-20 knots
Tuesday	Partly Sunny	10%	NE-ENE at 14-19 knots
Wednesday	Partly Sunny	20%	ENE at 12-17 knots
Thursday	Partly Sunny	10%	ENE at 10-15 knots
Friday	Partly Sunny	10%	NE-ENE at 12-17 knots

Yearly total: 3.36 inches
 Yearly deviation: -7.05 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:48 a.m. 6:59 p.m.	10:37 p.m. 9:41 a.m.	6:28 a.m. 4.6' 6:47 p.m. 3.7'	12:10 a.m. -0.6' 12:47 p.m. -0.4'
Monday	6:47 a.m. 6:59 p.m.	11:37 p.m. 10:39 a.m.	7:08 a.m. 4.3' 7:30 p.m. 3.1'	12:46 a.m. -0.2' 1:33 p.m. 0.0'
Tuesday	6:46 a.m. 6:59 p.m.	----- 11:39 a.m.	7:57 a.m. 3.8' 8:29 p.m. 2.6'	1:27 a.m. 0.2' 2:33 p.m. 0.5'
Wednesday	6:46 a.m. 6:59 p.m.	12:36 a.m. 12:38 p.m.	9:08 a.m. 3.3' 10:14 p.m. 2.2'	2:21 a.m. 0.8' 4:08 p.m. 0.9'
Thursday	6:45 a.m. 6:59 p.m.	1:32 a.m. 1:36 p.m.	11:03 a.m. 3.0' -----	4:02 a.m. 1.2' 6:15 p.m. 0.8'
Friday	6:45 a.m. 6:59 p.m.	2:24 a.m. 2:32 p.m.	12:35 a.m. 2.4' 12:52 p.m. 3.2'	6:21 a.m. 1.1' 7:35 p.m. 0.5'
April 6	6:44 a.m. 6:59 p.m.	3:14 a.m. 3:25 p.m.	1:48 a.m. 2.9' 1:57 p.m. 3.6'	7:42 a.m. 0.7' 8:23 p.m. 0.1'