

VOLUME 55 NUMBER 3

JANUARY 18, 2014

# THE KWAJALEIN HOURGLASS



**Former NBA coach Tom Newell, a Sports Ambassador for the U.S. Department of State, works one-on-one with an Ebeye teen during a basketball clinic on the island Jan. 11. For more, see page 3.**

*Photo by Jordan Vinson*

## Martin Luther King Jr. Day proclamation —Lt. Gen. David Mann, commanding general of SMDC/ARSTRAT

“This weekend our nation pauses to honor a man of peace who inspired others by his words and by his actions.

Dr. Martin Luther King, Jr. was the 1964 Nobel Peace Prize recipient and civil rights leader that led the way to end segregation. Through his efforts, the Civil Rights Act of 1964 and the Voting Rights Act of 1965 were passed.

It’s been 50 years since Dr. Martin Luther King, Jr. gave his, “I have a dream” speech at the Lincoln Memorial. Since then, America has come a long way and the Department of the Defense has helped lead the way for equality.

We can each be proud to be part of a profession that values its Soldiers, Sailors, Airmen, Marines, and Civilians regardless of race, color, or gender.

But, there is still work to be done in areas of Dr. King’s philosophy on racial equality and poverty in America. Even within DoD, we battle sexual harassment and assault in our ranks. As Dr. King wrote while imprisoned in a Birmingham Jail, “injustice anywhere is a threat to justice everywhere.”

I encourage each of you to participate in one of the many commemoration events that will be held by either SMDC/ARSTRAT, local installations or in your communities. I also encourage you to get involved in a volunteer or service activity and make this a day “on” instead of a day “off”.

Some of you may be traveling so be aware of the unusually severe weather conditions affecting many parts of the country. Don’t become a statistic.

Plan ahead, drive defensively, avoid driving when tired, do not drink and drive, always have everyone use their seatbelts and don’t text and drive.

Use the Travel Risk Planning System (TRiPS) at <https://safety.army.mil> to identify traveling risks and reduce the chance of an accident while traveling.

Have a great weekend and remember: you are our most valuable asset, be safe and we’ll see you back after the holiday.

**SECURE THE HIGH GROUND!”**

Lt. Gen. Mann

## Martin Luther King Jr. Day Hours

Emon Beach	11 a.m. - 6 p.m.
All other beaches	Buddy system
CRC	Closed
ARC	Open 24 hours
Bowling Center	Closed
Golf Course	Sunrise to sunset
Country Club	Closed
Hobby Shop Kwaj	Noon-5:30 p.m.
Grace Sherwood Library	Closed
Adult pool	Buddy system
Family pool	Closed
<i>Small Boat Marina</i>	<i>Check SBM for hours</i>
Roi Marina	8 a.m. - 6 p.m.
Surfway	11 a.m.-4 p.m.
Laundry	Closed
Beauty/Barber	Closed
<i>Sunrise Bakery</i>	<i>Check store for hours</i>
Ocean View Club	4:30-11 p.m..
Post Office Kwajalein	Finance: 11 a.m.-1 p.m. Pick-up: 3-6 p.m.
<i>Shoppette Roi</i>	<i>Check store for hours</i>
<i>Shoppette Kwajalein</i>	<i>Check store for hours</i>
<i>Pxtra</i>	<i>Check store for hours</i>
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony’s Pizza	10 a.m.-4 p.m.
<i>American Eatery</i>	<i>Check store for hours</i>
Community Bank	Closed
<i>Third Island Store</i>	<i>Check store for hours</i>
Outrigger Snack Bar	11 a.m. - 12:30 p.m.; 5:30 - 9 p.m.
Outrigger Bar	5:30 - 10 p.m.

## Kwajalein Residents Town Hall

U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler will hold a town hall for the Kwajalein residents from 6:30-8 p.m. Jan. 24 in the MP Room.

## 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 Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Garrison Commander..... Col. Nestor Sadler  
Sergeant Major..... Sgt. Maj. David Negron  
Public Affairs Officer ..... Michael Sakaio  
Managing Editor ..... Sheila Gideon  
Associate Editor ..... Jordan Vinson  
Media Specialist..... Chris Delisio  
Media Services Intern..... Molly Premo

# Former NBA coach, U.S. ambassador return for second series of youth clinics

Article and photos by Jordan Vinson  
Associate Editor

Former NBA coach Tom Newell visited Kwajalein and Ebeye for three days beginning Jan. 11 to host a series of basketball training clinics for children and teens in the communities. Sponsored by the U.S. Department of State's public diplomacy outreach, Newell was accompanied by U.S. Ambassador to the Marshall Islands Thomas Armbruster and staff from the U.S. embassy in Majuro. It was the coach's second series of clinics in as many years on the atoll.

Part of the embassy's effort to bolster access to and quality of health and education in the Marshall Islands, the clinics were designed to connect with Marshallese youth using one of the most common denominators in young people's lives in the Pacific island nation—basketball.

"Here [on] Ebeye, the second major urban center [of the Republic of the Marshall Islands], there are tons of kids," Armbruster said. "And basketball is a real way into their lives. It means a lot to them."

It's what the Department of State calls "sports diplomacy," the ambassador explained in the bright afternoon sunlight off the side of a basketball court frequented by scores of Ebeye children.

And Newell? Well, he's what the department regards as a sports ambassador.

Highly respected by the youth basketball coaches on Ebeye, Newell was greeted Jan. 11 by many with whom he had worked last year, along with other men new to the scene of youth basketball on Ebeye.

"I told you I'd come back," he said to them. "And I came back."

Clustered together in plastic chairs, the half dozen local coaches from around the island sat quietly, listening intently to the tall American talking to them in front of the stage in a large, open structure on Ebeye called the Island Community Center. A portable basketball goal

missing its net had been pushed into place behind them.

"How many habits are there in basketball? You remember?" the coach asked the men. "There are two habits in basketball—good and bad, alright?" They nodded their head in agreement.

"So why dribble the ball with my head down? Is that a good habit or bad habit?" he pressed them. "It's a bad habit. Is that the right way or the wrong way?"

He waited. A couple coaches shifted in their chairs.

"Wrong way," one of them propositioned finally.

"Now we have an understanding," he said, smiling.

A tall individual of medium build with a gray mustache and goatee, Newell is a worldly man whose career has taken him across the country and throughout the planet. He's, in other words, a perfect match for the U.S. embassy's program to promote health, education and life skills through sports in the Marshall Islands.

"I've been to 40 countries and counting because of basketball," he said proudly while kids chucked basketballs at the Ebeye court's goals behind him.

He played professional ball in southern Belgium after finishing college but transitioned into coaching and management shortly after. He has served as the head coach of the Greek professional basketball team Iraklis Thessaloniki B.C., the men's national team for Japan and the Jilin NE Tigers China Basketball Association team. An Olympic solidarity instructor with the Federation International Basketball Association's Olympic Development Program for developing countries, he's worked with the Department of State for about seven years. And he also operates a basketball academy for kids in the north-

western United States.

Stateside, Newell has done everything in the NBA from scouting players to evaluating officials. He began with a regional scouting position with the Golden State Warriors on America's east coast. In the mid-1980s he was the director of player personnel for the Indiana Pacers and moved on to an assistant coach position with the Seattle SuperSonics in the latter half of the decade. He later worked with the New Jersey Nets and the Milwaukee Bucks and again got an assistant coach position with the Dallas Mavericks. He's even worked as an observer for the NBA, evaluating officials during league play.

But the days coaching, managing and scouting adults have largely come to an end. Instead, kids are his forte these days.

"I do a lot of clinics," Newell explained. "I probably teach about 1,500-1,600 players between the ages of six and 15."

And for the past two years, kids in Majuro, Ebeye, and Kwajalein have been lucky to host the coach for training.

## Empowering Ebeye Youth

Prior to beginning the initial Ebeye clinic Jan. 11, Newell spoke with the island coaches for about a half hour at the Island Community Center, explaining what he needed and expected from them, both in the short-term and long-term. He caught up with the men he had met the previous year, and he got



Former NBA coach Tom Newell, a sports ambassador for the U.S. Department of State, speaks with local youth basketball coaches on Ebeye Jan. 11 at the Island Community Center.

See BASKETBALL, page 4

## BASKETBALL, from page 3

to know some of the new faces in the crowd.

Key to empowering children vis-à-vis basketball in developing regions, he emphasized, is to empower those they look up to. In other words, it's important that the island coaches recognize the extent to which children look up to the older teens and mentors around them and to then use that relationship dynamic to help reinforce positive habits on and off the court.

But in order to harness that potential for accessing young minds, he told the coaches, they need to see themselves more as teachers than basketball coaches.

"You can't coach basketball unless you understand how to teach first," he said, sitting on a chair behind a fold-up table looking at the men. "I don't look at you as coaches. I look at you as teachers." It's a subject he touched on frequently.

"Especially here in Ebeye, you have to be the eyes and the vision for their success," he said. "Basketball is the greatest opportunity to teach kids about life [and] life skills necessary to advance, OK?"

Newell also expounded on the strong relationship between a disciplined, yet positive and friendly atmosphere on the court, and a player's chances of succeeding in life, particularly scholastically. It's the coaches' job to keep the children engaged and focused, he said.

"You can be an inspiration to them. You can help them now, because maybe you didn't have that opportunity," he continued. "Maybe there's one or two that really listened to every word you say and they respect you. And you can

inspire them to think about continuing their education so that they can make something of themselves and go on ... in life. And that is the greatest gift you can give your players when you coach them."

A more immediate gift the players could benefit from, however, is a shipment of new basketball gear. Newell said one will be on its way to the Ebeye coaches in the near future. He said he'll be working with Armbruster's office in Majuro and staff on U.S. Army Garrison-Kwajalein Atoll to get the gear delivered to Kwajalein and dispersed to the coaches on Ebeye. The shipment will likely include new basketball shoes, nets, shirts for the coaches and first aid kits.

Paint to sharpen up the lines on the courts on the island will also be coming, he said.

"But here's the deal," Newell qualified. "The coaches and the players are going to clean the ... courts. You're going to line the courts, and you're going to work together... so they learn what it is to work as a team. And now they take ownership of their community. And now they take care of it. And in that model, there's responsibility and accountability."

### Ebeye Clinic

Back on the open-air court outside the Island Community Center, it became apparent that Newell has a certain style about him. He often used a lot of comedy and easy-to-follow instructions to command youth's attention during training and help them understand and follow through with his drills. His larger-than-life personality and his ability to make kids laugh and feel comfortable on the court went a long way to connecting with them.

"Boolyah," he yelled out to the kids when they did something correctly or if he was excited about something. It's his trade-



Newell keeps Ebeye youth in stitches with his "Bruce Lee-esque" martial arts call.

mark rallying call—not to be confused with the "Boo Yah!" catch phrase of ESPN's Stuart Scott or booyah, the thick stew made in upper Midwestern America. And anyone who has met Newell will likely attest to have heard it more than a couple of times.

He followed up with another quirky call that echoes the dramatic, drawn out exclamation that Bruce Lee projects while dropkicking a foe into oblivion in an old Jeet Kune Do flick. The adults who hear him chuckled. The kids laughed heartily.

To warm up, Ebeye teens formed lines behind Newell and Armbruster. They waited their turn to dribble down the court in an exercise the coach worked with in the NBA.

"Hey, what's your name?" he asked one of the kids moving through the line. Then he asked another and another. His name recognition is impressive, and he used it often to reach out to the kids individually and create personal connections with them.

After warm-ups he took a couple of the older kids out of the group and gave them individual coaching on offensive moves that incorporate a series of steps and pump-fakes to skirt past defenders.

"It's Dwyane Wade style," the coach said, beckoning an Ebeye teen named June June to get past him. The teen initially fumbled around with the footwork and put out the wrong hand, exposing the ball for an easy steal, but Newell told him to do it again—and again. Five minutes later, June June was able to pump-fake, stick an arm out against the coach to create separation and slip the ball behind his



Newell addresses the coaches, young players and onlookers Jan. 11 on the outdoor Ebeye basketball court, reminding older youth and mentors that they are to set examples for younger kids.

back and recover to make a run at the basket.

“Boolyah!” the coach yelled out. The rows of six- and seven-year-old boys and girls sitting on the dirt on the side of the court tittered and looked upon the coach out on the court with big eyes.

“Anybody want to see the ring?” Newell asked the children, coaches and curious onlookers crowding around him on the side of the court as the training wound down. “Anybody want to see the ring again? I’ll get the ring.”

He pulled a black box from his bag and opened it to produce a large, glittering NBA championship ring. Inscribed on it all caps are the phrases “World Champions” and “Dallas Mavericks.” It’s a gift that was given to him by a player he coached in the past who went on to play with the Mavericks during their 2011 championship win over the Miami Heat. But it’s not some hallowed talisman that the coach dotes on and gloats about. Rather, he takes the ring with him on his trips to show the children and coaches how great an impact they can make on the lives of those who look up to them. The professional ball player who gave him the ring hadn’t been coached by Newell in years. But the lessons he learned under the coach’s leadership have stuck with him since.

“That’s my name there,” he said proudly, pointing at the markings on the side of the ring. “World



One of the Ebeye youth coaches dons Newell’s championship ring for a photo.

Champions ... Go ahead, put it on, man.”

The coaches took turns trying it on and pausing for photos, holding their fists up for the cameras to capture the ring jutting off their fingers.

“There it is,” he yelled at one. “Boolyah!”

“Can I keep it?” the coach laughed.

### Kwajalein Clinics

Newell began the Kwajalein leg of his U.S. embassy-sponsored clinic series in the CRC gym on Sunday and Monday, starting first with a section for younger children and finishing with one reserved for older kids.

A firm believer in the positive relationship between children’s success on the court and their success off the court, such as in school, relationships and elsewhere in their communities, Newell designs his clinics to deal as much with training mentally and socially as they do with training physically to play the game better.

“There are a lot of life skill aspects that are important [to the game],” he said, sitting on the bleachers inside the gym. “You know, you have to work together. You have to communicate. You have to overcome adversity.”

That’s why the training clinics he leads are often married to structure, discipline, accountability and perseverance—all values that are needed to, on one hand, play well and enjoy the game, and on the other, live well and enjoy life.

“We learn to listen, and we learn to follow instructions,” Newell projected loudly over the chatter of the 30 or so Kwajalein children gathered together in the gym Sunday. “That’s what happens when we play basketball.”

One series of drills centered on improving both the kids’ ball handling skills and their ability to pay attention to external instructions at the same time.

“I want you to stay low—not ‘J Lo,’” Newell said, producing giggles from the kids lining up to begin the drill. Given about 30 seconds to dribble the ball as many times as possible, the kids were told to keep their heads up and count their number of dribbles. Meanwhile, they were to focus on how



Addison Baldy concentrates on U.S. Ambassador Thomas Armbruster, Newell’s “assistant coach” during the clinics, while dribbling his heart out.

many fingers Ambassador Armbruster, Newell’s “assistant coach” during the clinics, held up at any given moment.

Over the roar of a dozen concurrently bouncing basketballs hitting the gym’s wooden floor, the children yelled out the number of fingers Armbruster stuck out. “Three! ... Two! ... Five,” they screamed.

“Keep your head up,” the coach said to those whose eyes dropped toward the ball instead of the ambassador in front of him.

At the end of each interval Newell instructed the kids to loudly yell their names and rattle off the number of dribbles they achieved during the 30-second drill.

“Yell your name like you mean it, like you’re angry,” he said. “Yell it proudly! Have fun!”

“Jacob, 86!” Jacob Long ex-



A Kwajalein child drops and gives Newell five push-ups Sunday during the coach’s first Kwaj basketball clinic.

**See BASKETBALL, page 6**

**BASKETBALL, from page 5**

claimed proudly. "Nakai, 92!" yelled Nakai Chavana.

Those whom Newell couldn't hear yell their names were told to drop down and do five push-ups. More than a half dozen dropped and gave the coach five, after which they receive a round of applause.

Pride and enjoying oneself are things Newell talks about a lot with the children in his clinics—and not just the pride and fun experienced when succeeding, but an unrelenting pride and the ability to have a good time no matter what the outcome.

"The one thing I want you to remember is the unfortunate thing about playing basketball is somebody has to win, and somebody has to lose, OK?" he said to the kids. "You're playing, because it's fun. And you want to remember that about basketball."

After a break Newell taught the kids the proper way to hold a basketball and follow through when taking a shot.

"We push up and over and follow through, just like we're reaching up to the top shelf where mom hides the cookies. OK?" he said. He held a ball in one hand, lifting it vertically over his head to demonstrate. "And we want our arm to extend like a giraffe's neck, not like a duck, OK?"

He called on each child with a ball in his or her hands to follow



**Makoa McCollum, one of about 30 participants in the Kwajalein clinic, takes a shot at the goal during shooting practice Sunday.**

his lead and shoot the ball straight overhead as far into the air as possible.

"Dominick, let me see you shoot. Dominick let me see you shoot straight up in the air. Ugh, Coach Tom to Dominick. Let me see," he repeated, talking over the crowd to a boy in one of the back rows who finally realized he was being called upon.

"Good," he said. "Next."

Each child followed suit, the goal being to get the kids to project the ball straight up, high overhead to allow for a big enough arc to get the ball over the rim and into the hoop. The problem for younger kids, the coach explained, is that because they're short they have a tough time getting the ball all the way up to the basket.

For the youngest kids who were simply outmatched by the size of the regulation balls used during the clinic, Newell had a simple solution—a shorter basket for them to practice with.

At one point the coach told them a story about how important it is for them to keep their chins up and smile at adversity. The story was about a youth basketball game that occurred years ago in Seattle between the 8th-grade team he was coaching and an opposing team that had on its roster two players who would eventually reach the NBA. His team got demolished.

"We were getting beat by 40 points by the first half, and we ended up losing by 60. And so what I said at half-time to the boys was ... 'If I see anybody on the court looking at the score at any time ... you will come out of the game, and you will sit down,'" he told the Kwajalein kids.

He said he wanted them to go and simply play with their best effort and have fun and that there was no need for them to worry about the scoreboard.

"The score has nothing to do with who you are as a player," he said. "It has nothing to do with tomorrow. It has nothing to do with your next game that you play."

**Ebeye-Kwaj Basketball Game**

Newell's stay on the atoll was punctuated Monday by a goodwill

basketball match between youth teams of Kwajalein and Ebeye. An opportunity for teens on both islands to put into action what they learned in Newell's clinics, it was the second consecutive year for the neighborly matchup.

Organized by USAG-KA Host Nation staff Maj. Matt Sova and Michael Sakaio and the Kwajalein Jr./Sr. High School, the game brought out an Ebeye team coached by Carlton Ralpho and Rebel John to face a Kwajalein team led by Matt Gerber and Alex Coleman. During two halves of 20 minutes, about 80 fans rooted and clapped for players on both teams darting up and down the court.

"The coach says that there are three speeds in basketball: slow, fast and quick," Armbruster said over the clamor of shoes squeaking and fans clapping. "And all I see is quick, super quick and super, super quick. These kids are so fast, it's amazing."

Newell commended the Ebeye team's ability to pick off passes and stop advances to the net made by the Kwajalein kids, using those



**A player from the visiting Ebeye team makes a run at the basket during the goodwill match between Ebeye and Kwajalein youth Monday.**

turnovers for points at the other end of the court.

"Their defense is much better, you know. They're very aggressive," he said. "They're picking up the loose balls. They're getting a lot of offensive rebounds."

He eyed a few players that demonstrated a solid grasp of the fundamentals but always reminded that kids learn at different speeds.

"They're out having fun. They're working together. ... In a game like this, [on] both teams you see players who dribble with their heads down and don't know how to pass

**See BASKETBALL, page 12**

# Notice of Availability

## Draft Kwajalein landfill source metals removal action memorandum

The U.S. Army Kwajalein Atoll (USAG-KA) Environmental Standards require proposed removal activities be described in a Removal Action Memorandum (RAM). The Standards also provide regulatory agencies and the public opportunities to review and comment on a Draft RAM.

The Draft Kwajalein Landfill Source Metals Removal Action Memorandum, November 2013, provides a summary of information related to the proposed time-critical removals at these sites. The actions are the next step in the US Army Garrison – Kwajalein Atoll (USAG-KA) Compliance Cleanup Program to remove landfill metallic shore debris which is the source material contributing to reef/ocean contamination offshore of the Kwajalein Landfill.

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

Questions regarding the Draft RAM can be directed by phone to the USAG-KA Public Affairs Office, 805-355-1404.

Written comments can be provided in one of four ways:

- 1) comment boxes located at the RMI EPA Offices in Majuro and Ebeye, the Grace Sherwood Library on Kwajalein, or the Roi-Namur Library,
- 2) through the [www.usakacleanup.info](http://www.usakacleanup.info) comment portal under the Additional Documents portion of the site,
- 3) emailed to [comments@usakacleanup.info](mailto:comments@usakacleanup.info), or
- 4) mailed to WHPacific, Inc.; Attn: Draft Kwajalein Landfill Source Metals RAM Comments; APO, AP 96555.

Comments should be provided by February 15, 2014.

# 2014 YYWC Kaleidoscope of Music around the corner

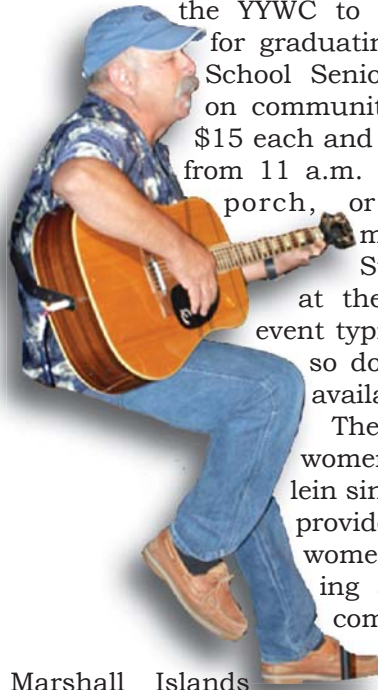
The Kaleidoscope of Music, sponsored by the Yokwe Yuk Women’s Club, is one of Kwajalein’s premier musical events of the year.

Although it hasn’t been held since March of 2011, the Kaleidoscope has been a popular Kwaj tradition since 2001. This evening of entertainment is provided by Kwaj residents with a variety of musical talent including drums, guitar, piano, saxophone and voice.

The lineup this year has over 20 musicians tuned and ready to play. The Master of Ceremony will be Jim Cossey. The event coordinators are Jane Premo, Cynthia Rivera, Sarah Stepchew, members of the YYWC and Dan Eggers, the music coordinator. Carrie Aljure is coordinating the delicious desserts that will be served at intermission.

The event serves as a fundraiser that enables the YYWC to award scholarships for graduating Kwajalein High School Seniors with a focus on community service. Tickets are \$15 each and can be purchased Monday from 11 a.m. - 2 p.m. at the Exchange porch, or personally from Jane Premo, Cynthia Rivera, Sarah Stepchew, Becky Harris or at the Micronesian Shop. This event typically sells out in advance, so don’t assume tickets will be available at the door.

The YYWC has been an active women’s organization on Kwajalein since the 1960s and serves to provide a fun social outlet for the women of the island while making a positive impact on our community and on education throughout Kwajalein, the Marshall Islands and greater Micronesia. Funds raised by the sales from the Micronesian Shop and the Bargain Bazaar are central to the YYWC’s efforts to improve education in our region of the world.



There will be an **Armed Services Vocational Battery (ASVAB)** test administered on Kwajalein and Ebeye at the locations and dates listed at the right.

\*\*Kwajalein adult residents and C-badge workers interested in taking the test should attend the 1 p.m. Jan. 24 session.\*\*

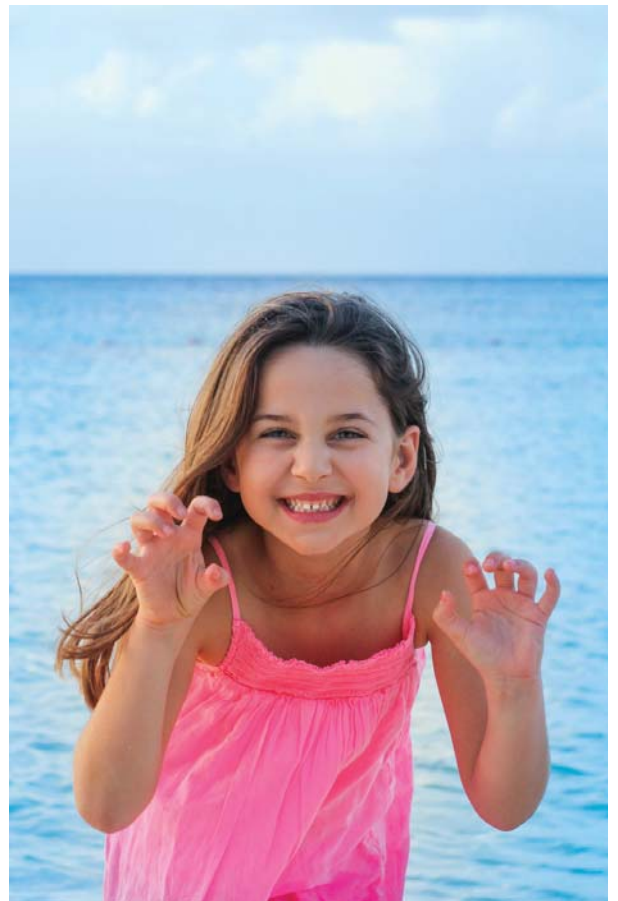
Island	Place	Type	Date	Time
Ebeye	*	High schoolers	Jan. 22	8 a.m.
Ebeye	*	High Schoolers	Jan. 23	8 a.m.
Kwaj	CRC room 1	High Schoolers	Jan. 24	8 a.m.
Kwaj	CRC room 1	Adult; C-badge	Jan. 24	1 p.m.

# DISPATCH FROM ROI





# View from Kwaj



**HELP WANTED**

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at [www.krsjv.com](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at [www.krsjv.com](http://www.krsjv.com).

**LOST**

WALLET, lost on either Meck or Kwajalein on the evening of Jan. 11 or morning of Jan. 12, substantial/large reward offered for return of the wallet and its contents. Call 56025.

BAGGO BOARD and eight beanbags, left on Emon Beach (Pavilion 1) for a party, property of Community Activities. Call 53331.

**WANTED**

SOMEONE familiar with submitting and reconciling airline mileage credits with boarding passes to teach a new island resident how to do it and help submit all credits that have not been done, happy to pay for your time. Call Paulette or Will at 53808 or 53800.

**Religious Services**

**Catholic**

5:30 p.m., Saturday, Small Chapel  
 9:15 a.m., Sunday, Island Memorial Chapel  
 Roi-Namur service, 4:45 p.m., Second and Fourth Friday of each month. Appointments with Fr. Vic available after dinner.

**Protestant**

8 a.m., Sunday, Island Memorial Chapel  
 9:15 a.m., Sunday School  
 11 a.m., Sunday, Island Memorial Chapel  
 6:30 p.m., Friday, Roi Chapel

**Latter-day Saints**

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

**PATIO SALE**

MONDAY, 7-11 a.m., quarters 137-B. Tools, fishing gear, garden supplies. Rain cancels.

JAN. 25, 6 a.m., quarters 430-A on back porch. PCS Sale.

**FOR SALE**

CUISINART Soft serve ice cream maker, used oncepaid \$100, will sell for \$40. Call 54168.

TWO SUN Cruze bikes, 26-inch, \$200; 32-inch flatscreen TV, \$200; surround speakers, \$50. Call Rod at 52791.

BOAT EQUIPMENT: 55 LB and 88 LB Delta anchors, recently galvanized, in great shape, \$195 and \$375; 6-gallon Tempo gas tank for outboard, \$5, Walder boom vang, \$40. Call Geoff at 51849 or 54747.

FREE SAILING LESSONS with the purchase of 35-foot Jason sailboat *MALI*. call 52625.

BIKE, men's Simple Giant aluminum 1-speed, excellent condition, \$190; kid's 20-inch bike, rusty, \$20; Huffy women's 1-speed, rusty, \$20; Simple Giant, women's, old but good aluminum frame, \$25. Call John at 52535.

OCEANIC QLR3 BC, size XXL, \$250, Call Jim at 54184.

BIKE AND TRAILER, less than one year old, 3-speed aluminum Giant and aluminum trailer, \$400. Call Todd at 51574.

GLASS & METAL 3-shelf TV stand, \$50; barstool, \$10; rock/glass polisher, \$40; Sun bike in excellent condition, \$150; pole/tarp patio cover, currently set up for 2-bedroom old housing, \$100; queen quilted bedspread/shams, \$40; full comforter/shams/dust ruffle, \$40; two twin comforters/sham/dust ruffle/sheets/blankets/pillows, \$50. Call 52785.

NICE SOLID WOOD FUTON, storage in armrests for remotes, etc, magazine racks on both sides, nice matching pillow set, great for second or third bed, will help move, \$200; front and back 26-inch aluminum bike rims and various other bike parts. Call 52495 and leave a message.

DAWES Canadian 1-speed racing bike, new parts, 700 wheels, carbon forks, \$250; medium size all-aluminum bike trailer, \$100; Simple men's 3-speed bike in great condition, with

basket, \$275. Call 52642.

MEN AND WOMEN'S Trek cruisers, single-speed, aluminum frames in good condition, components Kwaj condition, racks and baskets included, \$50 each; kid' pink 20-inch cruiser, \$30; all available Jan. 23; new, unused cat carrier, airline approved, \$20. Call 52306 or visit quarters 208-B.

**COMMUNITY NOTICES**

THE RECLAIMED WATER system on Kwajalein is currently experiencing exceptionally high demand. Help by being conservative with reclaimed water use and by limiting lawn watering to one hour or less per day. Also, call the Service Desk to report any running toilets, leaking faucets or water leaks.

SPONSORS AND UNITED PASSENGERS: It is your responsibility to have your guests or yourself checked in by close-out time. Close-out is 4:45 p.m. Monday, Wednesday and Friday; and 11:30 a.m. Tuesday, Thursday and Saturday. The door locks at close-out time.

SMALL BOAT MARINA MLK Day Hours: 12:15-6 p.m. today; 7:30 a.m.-6 p.m. Sunday-Tuesday. Reservations Recommended.

LIVE SHOWS from rock band *Prospect Hill!* 9 p.m., Sunday at the Vet's Hall. Special show for high school students at 7 p.m., Monday at the MP Room. Band sponsored by Quality of Life. Questions? Call Community Activities at 53331.

OPERATION: SCIENCE STUFF needs your help! We're delivering supplies to teachers and students on Gugeegue. Have a trailer? Come to quarters 452-A on Poinsettia at 8 a.m., Monday, to help transport boxes to the DSC. We'll take the 8:30 a.m. ferry to Ebeye and travel to Gugeegue by truck. Questions? Call Amber at 51480.

PROSPECT HILL youth songwriting workshop. 6:30 p.m., Tuesday, at the Youth Center. Interested in learning to write songs? Have a work in progress you want feedback on? This workshop is for you. Bring pen, paper and an instrument, if you choose. Questions? Call Nick Langley at 53796 or Midori Hobbs at 53331.

STAINED GLASS WORKSHOP for experienced glassers. 5 p.m., Wednesday, at the Art Annex. All tools will be supplied by the Kwajalein Art Guild. Questions? Call Jayne at 54643.

*Captain Louis S. Zamperini Dining Facility*

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 25
Hoisin Pork Roast	Beef Tips Burgundy	Fried Chicken	Grilled Cheese	Nacho Chips and Cheese	Giribaldi Sub	Tropical Pork Chops
Soyu Chicken	Chicken Cordon Bleu	Hawaiian Chopped Steak	Roast Beef	Tequila Chicken Breast	Barbecue Roast Beef	Pizza
Ham Quiche	Eggs Florentine	Vegetarian Quesadillas	Turkey and Dumplings	Bean and Corn Salsa	Herb Battered Pollock	Chili Mac

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 25
Barbecue Chicken	Teriyaki Chicken	Pasta	Carved Flank Steak	Chicken Fried Steak	Herb Pork Loin	Braised Short Ribs
Macaroni and Cheese	Beef Stir-fry	Garlic Bread	Garlic Roast Chicken	Country Gravy	Chicken Adobo	Onion Gravy
Beef Stew	Crab Egg Foo Yung	Carrots	Onion Rings	Peas and Carrots	Vegetarian Chow Fun	Chicken Nuggets

**KWAJALEIN ATOLL International Sportfishing Club** meeting will be held Wednesday at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Call Stan at 58121.

**BINGO!** 6:30 p.m., Thursday, at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m. Bingo begins at 6:30 p.m. Blackout completion at 55 numbers with \$1,500 payout Windfall completion at 25 numbers with \$1,500 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID. Questions? Call Midori Hobbs at 53331.

**KWAJ RESIDENTS TOWN HALL:** Col. Nestor A. Sadler, Commander USAG-KA, will hold a town hall for Kwajalein residents from 6:30-8 p.m. on Friday in the MP Room.

**OPEN RECREATION EVENT:** Photo Scavenger Hunt. 6-7:30 p.m., Jan. 25. The Youth Center teens will help lead us in an exploration around Kwaj. Meet in the SAC room, form teams, complete photo assignments and race back to share experiences and a snack. Registration through Friday at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at [Katrina.m.ellison.ctr.@us.army.mil](mailto:Katrina.m.ellison.ctr.@us.army.mil).

**KWAJALEIN YACHT CLUB** will be holding its meeting on Jan. 25 at the Yacht Club. Happy hour at 5:30 p.m. Meeting at 6:30 p.m. Dinner at 7 p.m., entree provided, bring a side-dish to share. Noted discussions will include activities for the upcoming year and the Commodores Ball. Questions? contact Ed at [commodore@kwajyachtclub.com](mailto:commodore@kwajyachtclub.com).

**COMMUNITY presentation:** Resiliency: Emotions and Reaction" will be offered at 6 p.m., Jan. 25, in the hospital conference room. Ray Drefus, USAG-KA Resiliency Coordinator, will present the program. Questions? Call 55362.

**OCEAN VIEW CLUB Birthday Bash.** 8 p.m., Jan. 25. Present your K-badge to the bartender. Must be 21 years old! Complimentary drinks and cake for January birthdays. Call Barbara Hutchins at 58228.

YYWC presents the Kaleidoscope of Music! 7 p.m., Jan. 26, in the MP Room. Kwajalein's musical talent will present a fabulous evening of en-

tertainment. Tickets are \$15 with proceeds going to Kwajalein High School Senior Scholarships. Ticket sales on Monday from 11 a.m.-2 p.m. at the AAFES porch, the Mic Shop or contact Jane Premo, Cynthia Rivera or Sarah Stepchew.

**TWO WWII VETERANS** who fought in Operation Flintlock, the battle for Kwajalein Atoll in 1944, are arriving on Kwajalein on Jan. 30 for the 70th anniversary of the battle. They will be here until Feb. 3. Several events are being planned with a schedule to be published next week. This visit is being sponsored by American Legion Post #44, the Kwajalein Scuba Club, the Quality of Life Committee and USAG-KA. For more information, contact the event organizer, Dan Farnham.

**NO QUIZZO** on Jan. 31 at the Vet's Hall due to a schedule conflict. Join us in February when Quizzo returns. Questions? Contact Neil Dye or Mike Woundy.

**AFN-KWAJALEIN** will soon make the transition from analog to digital broadcast for all 10 TV channels. The transition will likely be finalized on or before 31 January 2014. Residents with newer, digital TV sets will only need to reprogram their current TV set to receive all the digital channels. Residents with older, analog TV sets will need to obtain a DTV converter box to receive the digital TV Channels. These converter boxes are available for purchase online from various vendors. For information on how to use DTV converter boxes with an analog TV, see the PBS webpage explaining the process: [http://www.pbs.org/digitaltv/converter\\_boxes.php](http://www.pbs.org/digitaltv/converter_boxes.php).

**OPERATION FLINTLOCK 70th Anniversary Celebration.** 5 p.m., Feb. 2, at the Country Club. Put on your best 1940s get-up and join us for an evening of big band music with a live DJ, drink specials and special guests, veterans Ted Sonner and Burl Sousa. Must be 21 years or older.

**SUPER BOWL BRUNCH** at the Vet's Hall! Kick off your celebration with breakfast before the game. \$15 includes eggs, biscuits and gravy, bacon or sausage, coffee or juice and pupus to snack on during the game. All proceeds will be added to the Don Serra fundraiser we are having in February. We open at 10 a.m., Feb. 3. Must be 21 or older to participate. Questions? Contact Jan Abrams or Mike Woundy.

**SUPER BOWL PARTY!** 9 a.m., Feb. 3, at the Country Club. Check out the big game on the big screen TV with your friends! Drink specials and

appetizers. Join us for the conference game on Monday and Pro Bowl on Jan. 27 as well! Wifi now available. Must be 21 years or older.

**THE UNIVERSITY OF MARYLAND** University College announces 2014 Spring Mid-Session registration is now open! Register through Feb. 5. Session dates: Feb. 10-April 14. Schedules can be viewed at <http://www.asia.umuc.edu/>. Need help? Email the Asia office at [de-asia@umuc.edu](mailto:de-asia@umuc.edu) or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

**CONGRATULATIONS!** You're doing it! Learn to manage stress and you'll learn to manage food. See you at the next weight management group at 4:45 p.m., Feb. 6, in the hospital conference room. Questions? Call the EAP at 55362.

**MARDI GRAS CELEBRATION!** 8 p.m., Feb. 8, at the Ocean View Club. Come enjoy Fat Tuesday on a Saturday, complete with beads, feather masks and featured drink specials.

**COOKIE EXCHANGE.** 10 a.m.-5 p.m., Feb. 12, at the Grace Sherwood Library. Make and bring your favorite baked goodies to exchange with others! Questions? Call 53439.

**LIFE CAN BE** a balancing act for any adult, but if you find yourself constantly late, disorganized, forgetful and overwhelmed by your responsibilities, you may have ADD/ADHD. Help is available and learning about ADD/ADHD is your first step. The ADD/HD support group will meet from 4:45-5:30 p.m., the second Thursday of each month in the hospital conference room. Questions? Call the EAP at 55362.

**TEACH OUR KIDS** to be green! Turn off your lights, computer and TV when not in use. Don't let the water run continuously when brushing your teeth. Use cotton or recycled material bags instead of plastic. Recycle or reuse your plastic bags and used paper.

**E-TALK: Spill Notification:** While driving, if you notice a leak from your vehicle, immediately park out of the flow of traffic. Do not drive the vehicle further. In accordance with SPI 1530: "Reporting and Responding to Spill Events," call 911 and give details.

**SAFELY SPEAKING: Pinch Points:** Look for possible pinch points before you start a task. Take the time to plan out your actions and decide on the necessary steps to work safely.

<i>Café Roi</i>						
<b>Lunch</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Jan. 25</b>
Smoked Sausage	Garlic Roast Beef	Pasta	Grilled Cheese	BLT Sandwich	Fried Fish	Chicken Fajita Sandwich
Baked Chicken	Bacon Mushroom Chicken	Garlic Bread	Cajun Roast Beef	London Broil	Grilled Chicken Thighs	Stuffed Peppers
Eggs Florentine	Egg Muffins	Vegetable Quiche	Egg Foo Yung	Macaroni and Cheese	Cornbread	Onion Rings
<b>Dinner</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Jan. 25</b>
Chicken Schnitzel	Sweet and Sour Chicken	Salisbury Steak	Grilled Steak	Fried Chicken	Mongolian Grill Night	Southwestern Chicken
Beef Stew	Hoisin Short Ribs	Roast Cornish Hen	Chicken Cordon Bleu	Meatloaf	Beef/Chicken/Pork	Nacho Bar
Noodle Romanoff	Fried Rice	Mashed Potatoes	Corn on the Cob	Mashed Potatoes	Vegetables/Noodles/Rice	Fiesta Rice

# Ready and Resilient Wellness Calendar Jan. 19 - 25

Sponsored by the Community Health Promotional Council

19	20 Circuit Training, Ivey Gym, 0800-0900.  Ride & Park: 2 person team, run and share a bike, 1700, Atoll Terminal.	21	22 Circuit Training, Ivey Gym, 0500-0600.  Yoga: 1730-1830 CRC, Room 6.	23	24 Circuit Training, Ivey Gym, 0500-0600.	25 Resiliency-Emotions and Reactions: Community, 1800-1930, Hospital Conference Room.
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## BASKETBALL, from page 6

very well. But they're working, and they're having a good time competing. That's the important thing—they're playing for fun."

During a short speech given as the sweaty Ebeye and Kwaj players hunkered down to rest following the end of the game, Newell circled back to a focal point he had touched on all weekend. The example the players sent to the younger kids during the game, he said, was a faultless representation of how leaders and mentors can reinforce good habits and help their successors succeed.

"We had a lot of young kids here watching both teams play. And the sportsmanship, the etiquette you showed helping each other up is really important," he said to the players. "You have to understand that. So whenever you play these games, these friendly games, it's really important to know



"Respect the game, and you'll take the game to another," Newell tells the Ebeye squad after the game Monday. He thanked them for the passion they bring to their courts every day.



U.S. Ambassador to the Marshall Islands Thomas Armbruster thanks everyone for attending the Ebeye-Kwaj ball game Monday. He was accompanied by his daughter, Kalia, left.

that these young kids look up to you, because they see you every day. The young players on Ebeye that see each of you play basketball outdoors, and they look up to you. Respect the game, and you'll take the game to another level. Because they'll always remember your model to follow."

The coaches of the Ebeye team also got up to say a few words and to thank Newell for his continued support for the many young players and their coaches that call Ebeye home. They presented traditional

Marshallese handicrafts of woven pandanus and seashells to Newell, Armbruster and Armbruster's daughter, Kalia.

After receiving his gift, Newell felt the need for a proper send-off, a way to wrap up this year's clinics before the next round the following year.

"You know what we're going to do one a one-two-three, right?" the coach yelled out to the players, parents and friends crowded around after their clapping ceased.

They knew. "One-two-three! Booolyah!" yelled the crowd.

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-E at 16-21 knots
Monday	Mostly Sunny	<10%	ENE at 13-17 knots
Tuesday	Mostly Sunny	<10%	NE-E at 12-17 knots
Wednesday	Partly Sunny	10%	NE-E at 13-18 knots
Thursday	Mostly Sunny	<10%	ENE-E at 11-16 knots
Friday	Partly Sunny	10%	NE-E at 10-15 knots

Yearly total: 0.21 inches  
Yearly deviation: -1.73 inches

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

	Sunrise	Moonrise	High Tide	Low Tide
	Sunset	Moonset		
Sunday	7:07 a.m. 6:47 p.m.	3:37 p.m. 3:36 a.m.	12:01 a.m. 2.5' 2:25 p.m. 3.5'	7:51 a.m. 0.7' 8:59 p.m. 0.5'
Monday	7:08 a.m. 6:47 p.m.	4:25 p.m. 4:25 a.m.	2:50 a.m. 2.7' 3:04 p.m. 3.8'	8:37 a.m. 0.4' 9:33 p.m. 0.1'
Tuesday	7:08 a.m. 6:48 p.m.	5:13 p.m. 5:14 a.m.	3:26 a.m. 3.0' 3:37 p.m. 4.1'	9:15 a.m. 0.1' 10:03 p.m. -0.2'
Wednesday	7:08 a.m. 6:48 p.m.	6:01 p.m. 6:01 a.m.	3:58 a.m. 3.3' 4:08 p.m. 4.3'	9:48 a.m. -0.1' 10:31 p.m. -0.4'
Thursday	7:08 a.m. 6:49 p.m.	6:49 p.m. 6:47 a.m.	4:28 a.m. 3.5' 4:38 p.m. 4.5'	10:20 a.m. -0.3' 10:59 p.m. -0.5'
Friday	7:09 a.m. 6:49 p.m.	7:36 p.m. 7:31 a.m.	4:57 a.m. 3.6' 5:06 p.m. 4.6'	10:50 a.m. -0.4' 11:26 p.m. -0.6'
Jan. 18	7:09 a.m. 6:50 p.m.	8:22 p.m. 8:13 a.m.	5:25 a.m. 3.7' 5:34 p.m. 4.5'	11:19 a.m. -0.4' 11:53 p.m. -0.6'