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# THE KWAJALEIN HOURGLASS



**Deputy Garrison  
Commander Joseph Moscone  
ends his tenure at U.S. Army  
Garrison-Kwajalein Atoll,  
moving on to tackle new  
challenges ahead. For more,  
see page 2.**

*Photo by Jordan Vinson*



# Deputy Garrison Commander Joseph Moscone completes USAG-KA tenure

Article by Michael Sakaio  
Public Affairs Officer

After four years serving as the Deputy to the U.S. Army Garrison-Kwajalein Atoll Commander, Joseph Moscone, along with wife, Nancy, departed Kwajalein on Wednesday, headed for Fort Bliss, Texas. Moscone assumed his duties as deputy to the commander in April 2010. It was his second tour of USAG-KA, having previously worked as the director of Community Activities.

During his tenure at USAG-KA, Moscone managed and provided direction, via multiple complex contractual arrangements, on all facets of operations affecting the installation. In May 2013, Moscone was appointed acting garrison manager of USAG-KA, and in July assumed responsibilities as the garrison manager, a role he held until Sadler, the new commander, came aboard.

As deputy to the commander, Moscone oversaw the critical transition of base operations from the U.S. Army Space and Missile Defense Command to the Installation Management Command—one of the most significant transformations the installation has experienced in years.

Nancy, meanwhile, has been a great advocate of many community activities, serving in different capacities with several organizations and events that make life on Kwajalein special. As leader of the board for the Micronesian Shop—one of the flagship charitable ef-



Photo by Jordan Vinson

**Deputy Garrison Commander Joseph Moscone looks on as U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler discusses the exceptional work ethic and drive Moscone applied to all projects he tackled for the garrison during his four years working with USAG-KA Command.**

forts of the Yokwe Yuk Women's Club—she helped ensure products made by locals in the Marshall Islands and the Federated States of Micronesia arrived on Kwajalein to be sold at the shop.

At a dinner roast in recognition of their service to the Kwajalein community and to the Army, a heartwarming tribute was paid to the Moscones in the form of songs, speeches and anecdotes by coworkers, contractors and community members alike—a send off that the two will long remember.

Moscone was awarded the Department of the Army Meritorious Civilian Service Award for his exceptional performance of duty.



Photo by Michael Sakaio

**Nancy Moscone and her husband are honored at a dinner organized by USAG-KA command to see the couple off in style.**

## 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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# Department of Public Works going green with solar farm

Article and photos by Jordan Vinson  
Associate Editor

Specks of land sprinkled among the waters of the western Pacific a bit more than eight degrees north of the equator, the Marshall Islands get some of the most intense sun on the planet. Forget to put on your sunscreen during only a couple hours at the beach, and you're toast. But point some solar panels at that massive mess of hydrogen fusion eight light-minutes away, and you're powering cold-storage facilities, banks of network servers and coffee makers.

There is nothing novel to the prospect of emission-free energy by way of solar farming; the technology has been around for decades. But the photovoltaic modules' prohibitive manufacturing costs and retail prices, which had kept the technology out of the reach of many, have fallen drastically in recent years. These trends are making solar an increasingly attractive alternative to the expensive and dirty old guards of energy production—oil, coal and gas.

Funded by the U.S. Army Corps of Engineers' Honolulu District, solar farms currently under construction on Kwajalein are some of the latest iterations of the Pentagon's ongoing experimentation with reliable renewable energy sources to power its installations and fleets throughout the world. In the Marshall Islands, where bright, sunny days are the norm during much of the year, the solar initiative is expected to yield fetching results.

"We've got all this sunshine out here. It just makes sense to do it," says Jamie Heidle, head of the garrison's Department of Public Works in his sunny office overlooking Bucholz Army Airfield. His department, along with the Army Corps of Engineers and the



Falling costs of manufacturing solar technology, such as the photovoltaic modules in each of these panels, are making the concept of green military installations an increasingly real prospect.

firm contracted to build it, Nan, Inc., were responsible for bringing the solar projects to the test range.

Stretching across a swathe of grass north of the airfield and just south of the Water Treatment Plant, a newly-constructed solar array—the first of two to be built on the island in the near-term—will produce between 115 and 120 kilowatt-hours of energy once it's turned on. The benefits of this extra power will be immediate.

"For 115 kilowatts, I would estimate that it could probably power up to 10 homes," says Brian Lakin, the project manager on Kwajalein for Nan, Inc., the Honolulu-based general contractor tasked with designing and building the garrison's solar project. Lakin and a team of contractors first broke ground on the island's green energy push in Sept. 2013 after months spent working with the Army Corps of Engineers and the garrison's public works department on designing and planning the



The first of two solar farms on Kwajalein is now completed. Situated to the north of Bucholz Army Airfield, this ground array will produce approximately 115 kilowatt-hours of energy when activated.

**See SOLAR, page 4**

# A walk through Narnia at the 2014 Winter Ball

Article and photos by Molly Premo  
Media Services Intern

The 2014 Kwajalein Jr./Sr. High School Winter Ball took place Feb. 2. Decorated to mirror the mystical world described in C. S. Lewis' series of novels, "The Chronicles of Narnia," Room 6 of the CRC was transformed into a wintry landscape filled with snowflakes, icy trees and dozens of sharp-dressed island teens. Hosted by the school's sophomore class, all students in ninth grade and up were invited.

To enter Room 6, guests walked through a doorway with coats hanging from the top to mimic the wardrobe in the "Chronicles of Narnia" that transports the protagonists into the land of Narnia. Once inside, white lights and light blue gossamer were used to further set the scene. Round tables were decorated with white table cloths and white mini-trees with blue lights.

"It was hard work to decorate," Allison Hibberts said. "But it was great to look at the final product."

Students took the opportunity to get their photos taken by Glenn Hibberts next to the street light made famous in the novels. They also enjoyed finger-foods like chicken, rice balls and lumpia. DJ Diverse played a frenzy of upbeat music to keep everyone motivated. And a snowball fight even erupted, courtesy of the newly-crowned Mr. and Mrs. Kwaj High, Keith Brady and Iwalani Ferguson.

Asked about what she thought was the highlight of the night, senior Leightyn Cossey replied, "when everybody got up to dance ... plus the food."

## SOLAR, from page 3

base's solar farms.

Having completed construction on the array at the airport before mid-December, Nan, Inc. will soon start the second phase of the island's solar installations—a 350-kilowatt-hour project on the multi-tiered rooftop of a large warehouse near the lagoon.

"We'll be filling 95 percent of that roof with solar panels," says Paul Carbine a Kwajalein Department of Public Works employee. "[There] will be over 100 solar panels on that roof."

The combined yield of both arrays built by Lakin and his team will be about 468 kilowatt-hours. That's about the amount of juice needed to power a large facility like the Reagan Test Site Range Command Building, Heidle and Carbine say.

The beauty of the project, Lakin adds, is that those 468 kilowatt-hours won't necessarily be used

for increased consumption; rather they will more likely cancel out the untold barrels of diesel it currently takes to power a large Army facility.

"A good way to look at this is how much of a reduction of fuel that they'll use," he says. "By having this online, they'll be using less fuel to produce the same amount of overall power, because this is supplementing it."

While the prospect of reducing the amount of carbon going into the atmosphere has its benefits, the amount of money the garrison expects to save in diesel costs is an even greater selling point.

The Department of Public Works expects the solar farms to save the garrison about 116 gallons of diesel each day in sunny conditions. That could translate into annual savings of nearly \$150,000.

It's a similar story with other renewable energy tracks as well. De-

creasing costs of renewable technologies, coupled with rising oil and gas prices, has encouraged the Pentagon to seek savings in other technologies, some of which may also come to USAG-KA in the future.

"The DoD is going to renewable energy resources—DoD-wide," Heidle says, adding that USAG-KA may even look at projects in wind technology and deepwater cooling at some point in the future. "Our energy manager is putting together a bunch of projects through the [Energy Savings Performance Contract], which was awarded to Noresco out of Hawaii. And so they're putting together a whole bunch of packages to save energy on the island. We're going through preliminary assessment of all those packages now, but it's too soon to say which projects are going to make it through or not."

All solar farms currently underway on Kwajalein are expected to be completed by June 2014.



Kwajalein Jr./Sr. High School students chat with one another during the 2014 Winter Ball on the evening of Feb. 2. Music, dancing, photos, snacks and, of course, good company were some highlights.



Students like up for photos amidst a wintry setting stylized after the world created by C. S. Lewis in the "Chronicles of Narnia."



# Antarctica: A Year on Ice

Photos and media by Anthony Powell

Kwajalein residents will have the opportunity to enjoy a special pre-release viewing of the chilling documentary "Antarctica: A Year on Ice" tonight at 7:30 p.m. at the Rich Theater.

A visually stunning chronicle of what it is like to live in Antarctica for a full year, the documentary features footage of the never-before-seen deep Antarctic winter and gives viewers an intimate look at life completely isolated from the rest of the world and what it takes to endure months of unending darkness in the coldest place on Earth.

Photographer and director Anthony Powell has earned numerous awards during his time debuting the documentary on the film festival circuit. Some of those nearly-two dozen accolades include: the Grand Jury Award Best Film at the Laughlin International Film Festival; recognition as the Best Film at the Scottsdale International Film Festival in Arizona; and the Discovery Award Best First Documentary at the Calgary International Film Festival.

What follows is a Q&A session with Powell, whose film should be a nice change of pace for folks on Kwajalein tonight.

**What makes this film different than other films or TV shows we have seen about Antarctica?**

Firstly, this is very much an insiders point of view, told from the perspective of the everyday workers, the mechanics, technicians, cargo

"If you get away from the base on a calm day there is absolutely nothing to hear but your own breathing. The auroras and nacreous clouds can fill the entire skies sometimes; it is just breathtaking."

handlers, carpenters, electricians, cleaners and cooks—the people who keep the bases running. Everyday people that are very relatable. Because it has been made by an insider, it also means unparalleled levels of access to places and people on the ground.

Secondly, the footage has been



Photographer and director Anthony Powell. His documentary "Antarctica: A Year on Ice" gives viewers an in-depth exposure to the lives of the mechanics, cooks, technicians and many others who make life possible on remote scientific installations at the end of the Earth.

meticulously gathered for more than 10 years, including nine winters. Most visiting film crews only come down for a few weeks during the short summer season, which is only a tiny fraction of the full experience. Imagine if a film crew could only film in your home town for the summer holidays. They would only be getting a very limited view of what it is like to live there. For the first time, audiences get to experience the full year-round experience of life in Antarctica.

**How did you come up with the idea of producing this documentary, and why did it take you so long?**

I initially started shooting time-lapse photography when digital cameras got to the point where they

could take a still photo that would hold up on a big screen. I was amazed at how well it brought the landscape to life. You can normally sense the things going on around you, but not see them. The first few years consisted of just building up more and more footage, as well as inventing systems that could still

work in the extreme cold of winter.

Often what is on the screen for a few seconds took me days or sometimes even months to capture. Once I felt I had enough material to show the changing seasons of nature, then I concentrated on filming the people more, and telling the story to hold the rest of the visuals together.

**Your story is not from the point of view of scientists, but from the people who spend the most time there, the everyday workers. Could you describe a normal day of a worker in the Antarctica?**

The majority of people there are trades people: electricians, engineers, carpenters, chefs, communications techs, etc. There are far more of these people who are there to keep the bases running than there are actual scientists. Yet their story has never been told.

It is normal work, but in an extraordinary environment. You have to be very self-sufficient and inventive, because most the time it is just you and what you have with you. You have to make do with what you have.

Some of the most ground-breaking science in the world is taking place in Antarctica. Often scientists will prepare for years for a few weeks of research on the continent during the summer season. You

**See ICE, page 6**

**ICE, from page 5**

have to be willing to go that extra mile and put in a lot of long days. If they have an equipment failure or something else goes wrong, it can mean the loss of a huge amount of work. Being willing to help in any way you can makes all the difference.

**Could you learn from anybody else how to film in those conditions or did you have to come up with new methods?**

Filming in the summer was pretty straight forward, but while filming in winter I had to learn how to do it all myself through trial and error. No one else had done it before, so that is another reason it took so long to make the film. I broke a lot of cameras over the years, but in the end I think the results were well worth it.

**You filmed in Antarctica for 15 years. During that time have you witnessed changes in the climate, the wildlife or the environment on the continent?**

You see a lot of little things in the region where we work, but you can't point to each individual change as a result of climate change. But they do add up, and it does get you thinking. Other areas of Antarctica, however, are showing huge changes. When we talk to the scientists doing the research, they are all telling the same story from lots of different view points and different types of studies. Climate change is definitely a very big problem.

**Antarctica is often called the coldest, windiest, driest place on the planet. We've heard about the cold – how does the wind and**

**dryness affect you?**

The wind is harder to get used to than the cold. You can dress for the cold easily enough, but when you add the wind, any slightest gap in your clothing becomes painfully apparent very fast. I failed to tuck my glove in properly one time, and in the time it took me to walk between buildings, I had frozen a patch of skin on my wrist that came up in a row of blisters.

The dryness was quite unexpected. Because the air temperature is almost always below freezing, there is no moisture in the air. This means most people need to use a moisturiser of some kind. The other side effect of being so dry is lots of static electricity. People are constantly getting shocked while reaching for door handles or light switches, or they're shocking each other. It also means bad news for electronics that are constantly getting zapped by the static when people open their computer or pick up a phone. The static discharge will ruin computer chips.

**What is the coldest you have been?**

I've been out in some pretty extreme conditions throughout the years, but probably the coldest I have felt, was when we were out camping in a tent during the winter. I'd guess it would have been somewhere around minus 50 C (minus 58 F). I was wearing all my fleece gear, inside a sleeping bag liner, inside two heavy down-filled sleeping bags, one inside the other, inside an outer sleeping bag cover, on top of two layers of foam to keep me well off the ice, with just a tiny hole in front of my face to breathe

through. My eyeballs were still just aching, it felt as though they were freezing in their sockets, so I ended up putting my balaclava on backwards and breathing through that.

In the morning when I woke up, the first thing I saw was a bar of chocolate I had left in the tent up above my head. Not thinking, I grabbed it and went to take a big bite, and it immediately froze to my tongue. It was rock solid. I had to sit there and wait for it to warm up for about 10 minutes before I could do anything.

**What exactly is Winter T3 syndrome?**

T3 is a generic term we use to describe the symptoms almost all of us begin to feel later in the winter. Common symptoms are short term memory loss, low energy levels, loss of vocabulary, zoning out and staring off into space, forgetting names of people or everyday objects like the salt on the dinner table.

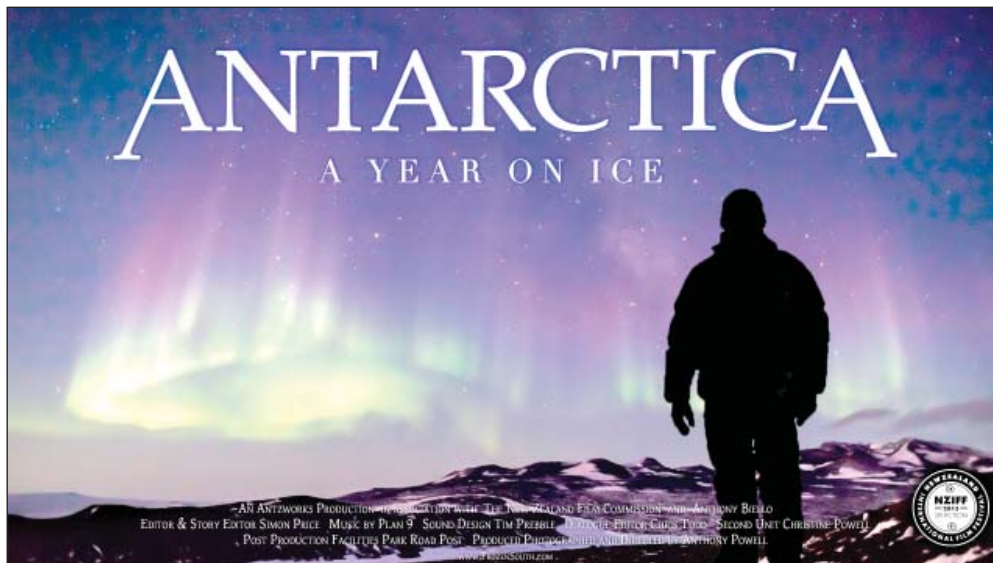
It is thought to be caused by a number of things: the fatigue from the long work hours with only one day off a week for months on end; the lack of sunlight, meaning we are all vitamin D deficient; the thyroid T3 hormone being drawn away from the brain to the muscles because of the extreme cold; the lack of new stimuli, just being stuck in a routine, being surrounded by the same people and doing the same work all day, day after day.

One time I went to unlock the door to my office. I only have three keys on my key ring, all very different, and I use the same key every day. Suddenly I could not remember which key to use, and had to try them all one at a time. You find you have to write everything down in a diary or you will not remember the things you were going to do or meetings you had to go to.

**Do you ever get tired of it?**

No. Even after all these years I still love it. It truly is the last pristine wilderness left on the planet. There are places there no human has ever set foot on. The air is incredibly crisp and clean and the skies are clear and free of light pollution, letting you see more stars than you can imagine. If you get away from the base on a calm day there is absolutely nothing to hear but your own breathing. The auroras and

**See ICE, page 8**





# Roi Rats use RNCC championship to ready themselves for Atoll Cup

## Hourglass Reports

Photos from Greg Whitehead

Golfers from Kwajalein and Roi-Namur will hit the greens next weekend for the annual Atoll Cup, and the Roi Rats have been hard at practice. Here's a look at a previous tournament Roi-Namur golfers put on to hone their skills.

During the weeks of Dec. 1 and Dec. 8, members of the Roi Namur Country Club participated in the 2013 edition of the RNCC Annual Club Championship. Tournament participants were Robin Badayos, Deb Crawford, Tommy Drabek, Jim Friedenstab, Johnny Jennop, Hesbon Jokas, Dino Lakjohn, Stanley Lomae, Brian Masumoto, Phil Roman, Tedrik Taidrik, Jerry Wilken and Greg Whitehead.

## ICE, from page 7

nacreous clouds can fill the entire skies sometimes; it is just breathtaking.

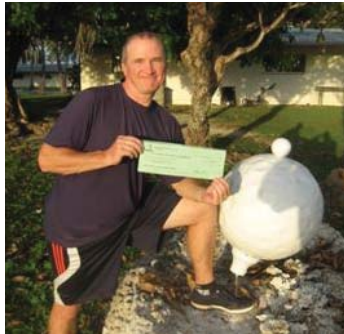
### How do you cope with the months of darkness in winter?

I actually find the winter darkness easier to get used to than the 24-hour sunlight in summer. The continuous summer sunlight can disrupt sleep patterns more easily for me. In winter it is not all that much different to a lot of places in the world where you go to work in winter when it is dark and then work inside under artificial lights all day. And of course there are the rewards of what is probably the best night sky viewing on the planet.

### How do you think living on the Ice has changed you?

In some ways it's a bit like going and living in a monastery for a while. It gives you a very different perspective on your life back home. You go down there with just a couple of suitcases—and you really do have very few possessions—and it's great. All the clutter, all the noise and all the expectations of modern society are removed. Less can be so much more.

You get to focus on the impor-



Greg Whitehead won the Low Gross Championship with a 36-hole total of 155.



Phil Roman won the Low Net Championship with a 36-hole score of 131

The RNCC issued a big thanks to: Laura Pasquarella-Swain and her grounds crew for preparing the course, and Deb Crawford and Lynda Reynolds for the food they cooked up for the golfers.

tant things in life, which ultimately are other people. You also learn to have a great appreciation for the little things in life like a fresh piece of fruit, rain, playing with a pet or walking barefoot in the grass.

### What do people do in their spare time?

For most people there is not a huge amount of spare time once you get done with work each day. Passing the time is never a problem. With very active social activities and things to do you never get bored. Some people pursue hobbies. For me it is photography.

### When you first went to Antarctica, what surprised you the most?

I think the main thing was just how big it is. Stepping off the plane for the first time is a bit like walking up to the edge of the Grand Canyon for the first time. It is hard to convey the sense of scale. Even after spending a big part of my time there travelling all around in helicopters to work on field communications, I know I have still only seen a tiny fraction of it all.

### How do you feel standing outside the bases? How would you describe the feeling of being

### there?

I love getting away from the base. Once you are away from the noise of the base you can experience absolute silence, there is no other noise other than your own breathing. The absolute emptiness, knowing there are no other people for hundreds of kilometres in any direction.

### What next for you as a film maker and photographer?

For my next film I am collaborating with a group of hand-picked photographers from around the world, to produce a film that covers all seven continents, and tells more of a global story. I already have the footage for the hardest continent taken care of.

We are still in the early stages, but have already got about 70 percent of the footage ready to go between us. I can't go into too many more details at the moment, but it should definitely be visually spectacular.

The final film will utilize a variety of both traditional and new cutting-edge camera techniques, all digitally sourced, and mastered at 4K resolution, so will look stunning on the biggest cinema screens.

# AFRICAN AMERICAN HISTORY MONTH



Proclamation from the President of the United States of America, Barack Obama:

“Americans have long celebrated our Nation as a beacon of liberty and opportunity—home to patriots who threw off an empire, refuge to multitudes who fled oppression and despair. Yet we must also remember that while many came to our shores to pursue their own measure of freedom, hundreds of thousands arrived in chains. Through centuries of struggle, and through the toil of generations, African Americans have claimed rights long denied. During National African American History Month, we honor the men and women at the heart of this journey—from engineers of the Underground Railroad to educators who answered a free people’s call for a free mind, from patriots who proved that valor knows no color to demonstrators who gathered on the battlefields of justice and marched our Nation toward a brighter day.

“As we pay tribute to the heroes, sung and unsung, of African American history, we recall the inner strength that sustained millions in bondage. We remember the courage that led activists to defy lynch mobs and register their neighbors to vote. And we carry forward the unyielding hope that guided a movement as it bent the arc of the moral universe toward justice. Even while we seek to dull the scars of slavery and legalized discrimination, we hold fast to the values gained through centuries of trial and suffering.

“Every American can draw strength from the story of hard-won progress, which not only defines the African American experience, but also lies at the heart of our Nation as a whole. This story affirms that freedom is a gift from God, but it must be secured by His people here on earth. It inspires a new generation of leaders, and it teaches us all that when we come together in common purpose, we can right the wrongs of history and make our world anew.

“Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2014 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

“In witness whereof, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth.”

—Barack Obama, Jan. 31, 2014



# The Kwajalein Hourglass Time Capsule

## \*\*\*\*\* RUSSIA MAY HAVE "SPACE-GUN"

(UPI)—THE RUSSIANS MAY HAVE A SPACE-AGE EXTRA CALLED A "SPACE GUN."

LONDON SPACE EXPERTS ARE SPECULATING THE TECHNIQUE USED TO FIRE THE VENUS PROBE AWAY FROM THE EARTH SATELLITE MAY HAVE FUTURE MILITARY APPLICATIONS. THE SPECULATION GOES ALONG THE LINE THAT IF THEY CAN FIRE A ROCKET AWAY FROM THE EARTH PERHAPS THEY CAN FIRE ONE TOWARD THE EARTH

THERE IS ALSO MUCH TALK ALONG THE LINES THAT THE RUSSIANS WILL NOT ALLOW THEIR RECENT SPACE PROBE SUCCESS TO INTERFERE WITH THEIR MAN INTO SPACE PROGRAM.

MOST EXPERTS SEEM TO AGREE THE SOVIETS WOULD NOT PASS UP THE PROPAGANDA OF BEING FIRST INTO SPACE WITH A MAN AND ARE STILL PUSHING HARD TO ACHIEVE THIS GOAL.

*From Feb. 16, 1961*

## FOR SALE

PANASONIC BOOM BOX AM/FM radio and cassettes \$80 Sony boom box with AM/FM two cassette decks CD player paid \$219 at Macy's will sell for \$100 two CASIO quartz wall clocks with digital time and date read-out black with gold numbers and accents same as island travel office \$50 each Panasonic word processor \$200 Panasonic laser disk player with remote \$150 firm Sony Triniton 27" TV with remote like new \$400 Goldstar compact ceramic heater \$25 Eureka canister type vacuum cleaner with attachments and extra bags \$100 call 2719

*From Feb. 16, 1996*

## Barker Goes If Furs Stay

ALBUQUERQUE (AP) — Miss USA Pageant host Bob Barker said he will not preside over tonight's nationally televised competition if pageant officials continue to insist that semifinalists wear fur coats

Barker, an animal rights activist who is celebrating his 20th year with the pageant, said Miss USA officials knew of his position on furs and he was shocked to learn they planned to use them anyway

"They've placed me in a position that would be untenable after speaking at various locations around the country telling people not to wear furs," Barker said Monday night "I think it would be hypocritical of me to appear if the furs are used"

To do this, I thought, was thoughtless," Barker said

The pageant plans to have the semifinalists, who will be announced during the CBS-TV broadcast, emerge from a stage-set ski lodge wearing swimsuits and furs

George Honchar, president and executive producer of Miss Universe Inc., said the fur coats are necessary because of advertising commitments. He said he would depend on Barker's professionalism not to break his contract

*From Feb. 17, 1987*



*Happy Valentine's Day*

## Tonight At The Movies

Yokwe Yuk	- Nine Lives of Elfego	6 30 ----- G
Yokwe Yuk	- Weird Science	8 30, 12 30 ----- R
Tradewinds	- Pee-Wee's Big Adventure	8 00 ----- PG

## Tonight On Television Kwajalein

4 45	General Hospital
5 55	CBS News
6 25	CNN Sports
6 50	National Geographic
7 15	Four Seasons
7 40	The Jeffersons
8 05	Charles In Charge
9 20	"The Complete Beatles"
11 15	CNN News
11 45	Nightline
12 15	Tonight Show
	<b>Channel 13</b>
7 00	Firing Line
8 00	American Valentine
9 15	NHL N.Y. Rangers vs Detroit
11 45	Larry King
	<b>Roi-Namur</b>
5 05	General Hospital
5 50	NBC News
6 20	CNN Sports
6 45	Peter Gunn
7 10	A Grateful Peasantry
8 05	Highway To Heaven
8 55	St. Elsewhere
9 45	Cagney & Lacey
10 35	"Captain's Paradise"
11 55	Larry King

*From Feb. 14, 1986*

— HOURGLASS, TUESDAY, FEBRUARY 17, 1987, PAGE 3

## AT WIT'S END: SHOPPING VIA TELEVISION

By ERMA BOMBECK

Everyone seems to be amazed at the popularity of shopping via television. Everyone but me. For years, I have considered shopping one of the most underrated contact sports being played today. Frankly, I'm relieved that amateurs are finally being sidelined to armchairs where they belong, leaving the game to the pros.

It's not that I'm trying to make the sport exclusive, I'm just saying there are no rules to shopping, when you put 2,000 women in the basement of a white sale with 50 percent off on percales, believe me, someone is going to get hurt.

You don't want to know the injuries sustained by amateur shoppers in the Discount Bowl of the old Filene's basement in Boston or the play-offs in Washington, D.C.'s George Washington Birthday sales (We're talking charge card burns over 50 percent of the body!)

There is no shame in becoming a spectator. You can still love the game and watch someone else do the blocking and tackling for you, but the time is right for a pro shopping team that would serve as a nucleus of a National Shopping League.

There's no one I'd rather watch shop than a team of physically fit, mentally alert, professionally trained women who know their way around

an aisle or two. They're sheer poetry in motion. My dream team, of course, would be led by a quartet who would be remembered as the Four Horsemen of Shoppers: Imelda Marcos, formerly of the Philippines, Jacqueline Onassis, U.S., Nancy Reagan, U.S. and Michele Duvalier, formerly of Haiti.

Imagine watching them skillfully work their way through revolving doors, long lines, aggressive opponents all after the same item and fitting rooms with louvered doors. Just thinking about it is enough to give me designer goose bumps.

I wouldn't go so far as to say I could make a pro team. I do have a couple of things in my favor,

however. I'm a multilingual shopper, meaning I can spend money in any language of the world. Maybe I can't pronounce the currency or read its denomination, but I can spend it. Although I'm short, I'm fast. I've been known to fill an entire Christmas list in less than an hour and a half. Part of this is because I have no taste, but that's not what shopping is all about. I can smell out a boutique or gift shop and even get vibrations when it's open.

Armchair shoppers can now watch pros get the respect they deserve. Any day now look to see a sign in the window of a car, "SHOPPER ABOARD."

Los Angeles Times Syndicate

*From Feb. 17, 1987*





# KWJALEIN ARES ORNER

## Why People Become Overweight

**By Marion Ruffing**  
Counseling Psychologist

Everyone knows some people who can eat ice cream, cake, and whatever else they want and still not gain weight. At the other extreme are people who seem to gain weight no matter how little they eat. Why? What allows one person to remain thin without effort but demands that another struggle to avoid gaining weight or regaining the pounds he or she has lost previously?

On a very simple level, your weight depends on the number of calories you consume, how many of those calories you store, and how many you burn up. But each of these factors is influenced by a combination of genes and environment. Both can affect your physiology (such as how fast you burn calories) as well as your behavior (the types of foods you choose to eat, for instance). The interplay between all these factors begins at the moment of your conception and continues throughout your life.

To date, more than 400 different genes have been implicated in the development of overweight or obesity, although only a handful appear to be major players. Genes contribute to obesity in many ways, by affecting appetite, satiety (the sense of fullness), metabolism, food cravings, body-fat distribution and the tendency to use eating as a way to cope with stress.

A 2006 report in *Science* that studied more than 900 people showed that those who have two copies of a specific gene variant (called *Insig-2*) were 22 percent more likely to have a body mass index higher than 30. Research-

ers believe the gene variant affects the regulation of another gene involved in fat production. In follow up studies of more than 9,000 people (including people with Western European ancestry, African Americans, and children) they found that about 10 percent carried two copies of the gene variant.

In another 2006 study, published in the *Proceedings of the National Academy of Sciences*, researchers studied the activity levels of three different genes in fat samples from people who were normal weight, overweight or obese. They took fat samples from around the participants' internal organs and under their skin and found different levels of activity (known as gene expression) in the different samples. In overweight people, increased expression of two of the genes correlated with a tendency to be "apple shaped." These and related studies have helped researchers better understand how and why obesity occurs. They may also spur the development of new weight loss treatments.

The strength of the genetic influence on weight disorders varies quite a bit from person to person. Research suggests that for some people, genes account for just 25 percent of the predisposition to be overweight, while for others the genetic influence is as high as 70-80 percent. Having a rough idea of how large a role genes play in your weight may be helpful in terms of treating your weight problems.

Genes are probably a significant contributor to your obesity if you have most or all of the following characteristics:

- \*You have been overweight for much of your life.

- \*One or both of your parents or several other blood relatives are

significantly overweight. If both of your parents have obesity, your likelihood of developing obesity is as high as 80 percent.

- \*You can't lose weight even when you increase your physical activity and stick to a low-calorie meal plan for many months.

Genes are probably a lower contributor for you if you have most or all of the following characteristics:

- \*You are strongly influenced by the availability of food.

- \*You are moderately overweight, but you can lose weight when you follow a reasonable reduced calorie meal plan and exercise program.

- \*You regain lost weight during the holiday season, after changing your eating or exercise habits, or at times when you experience psychological or social problems.

Excess calories are stored throughout your body as fat. Your body stores this fat within specialized fat cells (adipose tissue)—either by enlarging fat cells, which are always present in the body—or by creating more of them. If you decrease your food intake and consume fewer calories than you burn up, or if you exercise more and burn up more calories, your body will reduce some of your fat stores. When this happens, fat cells shrink, along with your waistline.

If you need help, or would like more education please call the EAP at 56362 or attend the monthly weight management class held on the first Thursday of every month at Building 1645 in the Hospital Conference Room.

*Information for this article was taken from the Special Health Report from Harvard Medical School, "Weight Less, Live Longer: Strategies for Successful Weight Loss"*



**Presidents Day Hours Feb. 18**

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-sunset
Country Club	Closed
Hobby Shop Kwaj	Noon-5:30 p.m.
Grace Sherwood Library	Closed
Adult Pool	Buddy system
Family Pool	Closed
Kwaj Small Boat Marina	7:30 a.m.-6 p.m.
Roi Small Boat Marina	8 a.m.-6 p.m.
Surfway	11 a.m.-4 p.m.
Laundry	Closed
Beauty/Barber	Closed
Sunrise Bakery	See store
Ocean View Club	4:30-11 p.m.
Post Office Kwaj:	3-6 p.m.
Shoppette Roi	See store
Shoppette Kwaj	10 a.m.-6 p.m.
Pextra	Closed
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony's Pizza	10 a.m.-4 p.m.
American Eatery	10 a.m.-4 p.m.
Community Bank	Closed
Third Island Store	Closed
Outrigger Snack Bar	11 a.m.-12:30 p.m.; 5:30-9 p.m.
Outrigger Bar	5:30-10 p.m.

# Double feature

at the Rich Theater

## Sunday

**7:30 p.m.**

**Free Birds (PG)**

**9:15 p.m.**

**The Butler (PG-13)**

## Passport Services and other U.S. Citizen Services

A U.S. Embassy consular agent from Majuro will be on USAG-KA Feb. 25-26 to provide passport services. If you require a new passport or need to renew your current passport, please visit the USAG-KA-HQ Building 730, Room 135 (Small Conference Room) during the following dates and times:

- **3-6 p.m. Feb. 25**
- **8-11 a.m. and 1-5 p.m. Feb. 26**

Passport services will be on a first-come-first-serve basis. Please come prepared with completed appropriate paperwork, including a valid passport photo and cash or money order if necessary.

If you have other questions besides passport processing, such as social security applications, etc, please address those to the agent as well.

Please contact the Host Nation Office at 52103 or 55325 if you have any questions.

## Notice Of Availability Kwajalein Missile Impact Scoring System Refurbishment Draft Environmental Assessment

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (USASMD/ARSTRAT) has completed a Draft Environmental Assessment (DEA), prepared in accordance with the National Environmental Policy Act (NEPA) of 1969 and the Council on Environmental Quality regulations implementing NEPA.

The Kwajalein Missile Impact Scoring System (KMISS) Refurbishment DEA analyzes the impacts of refurbishing the existing KMISS off Gagan Islet in the Pacific Ocean. Gagan Islet is part of the U.S. Army Garrison-Kwajalein Atoll and Ronald Reagan Ballistic Missile Defense Test Site. Based on the analysis, the USASMD/ARSTRAT has determined in the DEA that proposed activities are not expected to result in significant impacts to the environment.

A draft Finding of No Significant Impact (FONSI) and the EA are available at [www.govsupport.us/kmissrea](http://www.govsupport.us/kmissrea) and at the following locations:

Office Lobby of the Republic of the Marshall Islands  
Environmental Protection Authority, Majuro, Marshall Islands

Office Lobby of the Republic of the Marshall Islands  
Environmental Protection Authority, Ebeye, Marshall Islands

Grace Sherwood Library  
P.O. Box 23  
Kwajalein, Marshall Islands  
APO, A.P. 96555

Roi-Namur Library  
Roi-Namur, Marshall Islands

Public comments on the EA and Draft FONSI will be accepted from February 14 through March 17, 2014 and can be provided in three ways:

Email comments to [kmissrea@govsupport.us](mailto:kmissrea@govsupport.us)

Mail comments to USASMD/ARSTRAT  
ATTN: SMDC-EN (T. Craven)  
P.O. Box 1500  
Huntsville, AL 35807-3801

Fax comments to USASMD/ARSTRAT  
ATTN: SMDC-EN (T. Craven)  
256-955-6659



# DISPATCH FROM ROI



*From John Cassidy Jr. and Bob Barker*



*From Jordan Vinson*



*From Jordan Vinson*



*From Dale Pauline*



*From Laura Pasquarella-Swain*



*From Dale Pauline*



*From Joe Turner*



# View from Kwaij



*From Mike Woundy*



*From Jerry Brumm*



*From Mike Woundy*



*From Jordan Vinson*



*From Jordan Vinson*



*From Molly Premo*



**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).

PART-TIME TELLER job opening at Community Bank, 20 hours weekly, apply at <http://careers.dodcommunitybank.com>

**LOST**

MAUI JIM SUNGLASSES, brown, metal frames. If found please call Jenn at 51955.

iPOD TOUCH, in black case. Please call 55176 if found.

MAUI JIM SUNGLASSES lost between golf course and downtown area. Call 54168 if found.

SMALL, BLUE PUDDLEJUMPER life jacket with lion design on the front, lost last Sunday, reward offered. Call Amber or David at 51480 or return to quarters 452-A.

**WANTED**

USED LATOP computer, good condition. Call

**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.

Dennis at 53461.

GLIDER or rocking chair, may also be interested in other nursery/baby items. Call Leanne at 51159.

**FOUND**

PRESCRIPTION GLASSES, brown frames, +1.5 power, found at intersection of Ocean and Speedball. Call 51141.

**FOR SALE**

TWO RAZOR SCOOTERS, with 8-inch wheels, \$10 each; two RIP Stick pivoting skateboards, \$10 each. Call 52642.

GUILD D-55 SUNBURST acoustic guitar, new pickup professionally installed last year, brilliant solid wood sound, \$2,500. Leave message at 52495.

SCHWINN ROAD BIKE, excellent for Rustman training, good condition, \$150; Dacor Viper/ViperTech Regulator, needs servicing before use, \$25; two tan-colored, plastic "Adirondack" patio chairs, \$10 each; assorted rugs, \$5-15; assorted plants; one-cup Keurig coffee maker, nearly new, \$45; induction cook top oven, \$20; HP PhotoSmart C4780 printer, extra ink and toner. Call Ken Winchester at 51293 or 51384.

18-SPEED GIANT mountain bike, \$250. Call Steven at 54526 or 54339.

WATERPROOF headphones and armband for all generations of iPod Nano and other medium-sized MP3 players, for swimming, kayaking, surfing, kite surfing, running and more, paid \$100 will sell for \$50. Call Kathy at 52517.

HULAKAI STAND-UP paddle board, 11-feet in length, bag and paddle included, \$1250. Call 52625.

SET OF WOMAN'S dive gear, size small BC, \$275. Call 54643.

FUJI 18-SPEED racing bike, rustman ready, model S12-S, \$150. Call Bob or Jane at 53704.

COUCH SET, \$200; scuba gear, \$50-75; ironing board, \$5; crockpots, \$15; large bin of legos, best offer; rollerblades and skates, kids' and men's, \$20-40; waffle maker, \$10; lawn tools, best offer; TV stand, best offer; window shades, curtains, and rods for 400-series

house, all prices negotiable! Call 54158 today!

DACOR XXXL FlightPac rear-inflation BC, good condition, \$75; Dacor ViperTec regulator kit, no gauges or computer, needs service before use, \$25; three folding beach chairs, \$20 each; two tan Adirondack chairs, new, \$20 each. Call Ken at 51293.

ROSEWOOD curio/entertainment center with roll-out drawer for DVDs, 56- W x 54- H x 22- inch deep, will fit a 32-inch television, must see to appreciate, \$650. Call 53887.

KING-SIZED BED, \$225.00; curtains and rods, perfect for 400-series house, \$125 per set; flat-bed trailer, \$40. Call Randy at 55124.

OLYMPUS Micro 4/3 E-PL1 camera, PT-EP01 underwater housing, 14-42 mm lens, camera tray and single-strobe arms, excellent condition, original boxes and paperwork, \$375. Call 53018 and leave a message.

Suunto Solution wrist dive computer, \$10; Dacor wrist dive compass \$5; Roundtree & Yorke pleated denim shorts, new with tags, size 34, \$5; new orange Sun bike, \$350; complete first season of "Hell on Wheels" DVD, \$10; boxed set of entire "24" TV series DVD, \$100; Garmin eTrex 10 Geocaching GPS, \$75; Able Planet noise canceling headphones with case, \$75; GE freezer, 5 cubic feet, like new, \$250; oak microwave or printer stand with rollers, \$20; Canon FS100 Camcorder with SDHC card, two batteries, charger, pc cord, tripod, \$200; large reading light with clamp, \$3; T-Core Ab workout, \$10; snorkel kit including Sherwood Spinta fins, Deep Sea hard booties, US Divers gloves, Riffe mask, Stable flex snorkel, carry bag, used once, \$125; red Sun bike with side baskets, lock (available late March), \$150. Items available on Roi. Call 56828 or 56420.

**COMMUNITY NOTICES**

RESILIENCY PRESENTATION to the community: "Avoiding Think Traps." 4:45 p.m. today in the hospital conference room. Presented by Ray Drefus. Questions? Call the EAP at 55362.

SPECIAL MOVIE Presentation: "Antarctica: A Year On Ice." 7:30 p.m. tonight at the Rich.

CELEBRATE VALENTINE'S Day with your sweetie 6:30-10 p.m. tonight at the Country

**Captain Louis S. Zamperini Dining Facility****Lunch****Sunday**

Hoisin Roast Pork  
Soyu Chicken  
Oriental Fried Rice

**Monday**

Beef Tips Burgundy  
Chicken Cordon Bleu  
Egg Noodles

**Tuesday**

Country Fried Chicken  
Hawaiian Chopped Steak  
Vegetarian Quesadillas

**Wednesday**

Grilled Cheese  
Turkey and Dumplings  
O'Brien Potatoes

**Thursday**

Chicken Breast  
Jalapeno Spiced Beef Stew  
Turkey Noodle Soup

**Friday**

BBQ Roast Beef  
Herb-battered Polluck  
Augratin Potatoes

**Feb. 22**

Tropical Pork Chops  
Pizza  
Chili Mac

**Dinner****Sunday**

BBQ Chicken  
Mac and Cheese  
Beef Stew

**Monday**

Teriyaki Chicken  
Crab Egg Foo Young  
Oriental Fried Potatoes

**Tuesday**

Spaghetti and Meatballs  
Spinach Fettucini  
Garlic Bread

**Wednesday**

Carved Flank Steak  
Garlic Roast Chicken  
Onion Rings

**Thursday**

Chicken Fried Steak  
Parslied Steamed Potatoes  
Peas and Carrots

**Friday**

Herb Roast Porkloin  
Chicken Adobo  
Chow Fun Zucchini

**Feb. 22**

Braised Short Ribs  
Chicken Nuggets  
Oven-roasted Potatoes

Club.

**KWAJALEIN SCUBA CLUB**, Project Aware, Harbor Clean-up. 1-3 p.m., Sunday. Divers: this is a rare chance to dive the Kwajalein Harbor. Sign-in starts at 12:30 p.m. at the Small Boat Marina. Bring gloves. Contact Bill Williamson for details.

**THE FEBRUARY Kwajalein School Advisory Council** public meeting is scheduled for 7 p.m. Wednesday in the Elementary School Coconut Room. The public is invited to attend.

**SMOKING CESSATION** for the Kwaj community on Feb. 22. Call the EAP at 55362 to register.

**IF YOU ARE** interested in seeing more images from Operation Flintlock, a collection of historic photographs are available at <https://kwajweb.smdck.smdc.army.mil/usaka/esh/Pages/HistoryPage.aspx>. Questions? Call Leslie at 58867.

**KIDS, COME PLAY BINGO** with your friends 5:30-7 p.m. Feb. 22 in the SAC Room. Registration Dates: Feb. 13-20, 2014 Register 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** announces The Commodore's Ball. This "Island Formal" party will begin with cocktails at 5:30 p.m., with dinner following at 6:30 p.m., Feb. 23 at the MP Room. Music by Pure Polynesia. Tickets are \$35 for members and \$45 for non-members. For tickets, contact Ed at 52459 or Mark at 53244.

**KWAJALEIN ATOLL International Sportfishing Club** meeting will be held at 7 p.m., Feb. 26 at the Pacific Club. Food & beverages will be served at 6:30 p.m. All anglers welcome to attend. Questions? Contact Stan at 58121.

**THE KWAJALEIN K-12 SCIENCE FAIR** will take place Feb. 26 at the MP room. Students may set up displays Feb. 25 between 3:30-5 p.m. Students should arrive by 4 p.m. Feb. 26. Judging will run from 4:30-5:30 p.m. The MP room will be open to the community from 6-7 p.m. Entrants are by age, with K-5, 6-8, and 9-12 grade students competing against each other. Prizes will be given to top science projects in

the categories of Research, Problem-Solving/Engineering and Informative projects.

**PLEASE JOIN US** at the Vet's Hall at 7:30 p.m. Feb. 28 for the return of Quizzo. Neil Dye hosting. Questions? Contact Neil Dye or Mike Woundy.

**ENERGY CONSERVATION.** It doesn't cost—it saves. Turn off printers and monitors when not in use. Ensure Energy Start power down features are activated. Ensure personal appliances, such as coffee pots and radios, are off when not in use. In areas with sufficient daylight, turn off general lighting. Maintain sufficient lighting levels for safety.

**MAILING A PACKAGE?** With the new ATI schedule, mail is leaving our warehouse at new times. Please have your packages and letters mailed at least 72 hours prior to when you want them to be leaving island.

**NEW POSTAL RATES** are now in effect. Visit <https://www.usps.com/new-prices.htm> for details. First-class letter mail is now \$0.49.

**ADULT POOL NOTICE:** Kwajalein Swim Team will be using the Adult Pool while construction continues at the Family Pool. KST will use

three lanes for team members. Three lanes will remain open for Adult Pool patrons. All facility policies and patronage rules still apply. Practice times are Mondays 8:30-11:30 a.m., Wednesdays and Saturdays 5-8 p.m.

**E-TALK:** KRS Environmental performs monthly sampling of cooling water discharges to the ocean. If you have concerns call KRS Environmental at 51134.

**SAFELY SPEAKING:** Store your respirator in an air-tight bag in a "contaminant-free" location and replace the cartridges as your training directs. Respirator wearers must be medically-approved annually or every two years with a nurse and fit-tested and trained yearly by Safety.

The visiting Canvasback Medical Team will hold an educational luncheon Friday noon-1 p.m. at the USAG-KA Hospital Conference Room. The topic of discussion will be "Designing an Optimal Plant-based Diet." Everyone is invited to attend, but remember to bring your own lunch.

## New Hours

### New Post Office Finance Window Hours

\*All package pick-up hours will remain the same.

#### Kwajalein Post Office Finance Window

Monday ..... 11:30 a.m.-3:30 p.m.  
Tuesday ..... 3-6 p.m.  
Wednesday ..... CLOSED  
Thursday ..... 3-6 p.m.  
Friday-Sunday ..... CLOSED

#### Roi Post Office Finance Window

Wednesday ..... 8 a.m.-4 p.m.  
Thursday ..... CLOSED  
Friday ..... 8 a.m.-4 p.m.  
Saturday-Tuesday ..... CLOSED

### New Kwajalein Hospital Pharmacy Hours

Tuesday ..... 1-4:30 p.m.  
Wednesday-Thursday ..... 8-11:30 a.m.  
1-4:30 p.m.  
Friday ..... 8-11:30 a.m.\*  
\*Closed on payday Fridays  
Saturday ..... 1-4:30 p.m.

#### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 22
Pasta Primavera	Cornish Hens	Ham and Cheese Sand.	Monte Cristo Sandwich	BBQ Chicken Sandwich	Italian Sausage Hoagies	Chicken Quesadillas
Italian Grilled Chicken	Southern Benedict	Dry-rub Roast Beef	Pork Loin	Beef Stroganoff	Chicken Cacciatore	Beef Tacos
Breakfast Frittata	Herb Red Potatoes	Corn on the Cob	Stir-fry Vegetables	Roasted Potatoes	Onion Rings	Pinto Beans

#### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 22
BBQ Pork Chop	Chicken Pasta Olivetti	Char-grilled Burgers	Grilled Steak Night	Roi Fried Chicken	Deli Night	Roast Turkey
Breaded Fish	Marinara Sauce	Homemade Chili	Huli Huli Chicken	London Broil	Italian Special Sandwich	Sheperds Pie
Dirty Rice	Garlic Bread	3 Cheese Pasta	Baked Potatoes	Mashed Potatoes	Mac and Cheese	Succotash

### Café Roi



# Ready and Resilient Wellness Calendar Feb. 16-22

Sponsored by the Community Health Promotional Council

<b>16</b>	<b>17</b> 1. Circuit Training, 0800-0900, Ivey Gym.  2. Sweetheart 4X1 Mile Relay, 0900, starting at Building 805.	<b>18</b> "Cross Fit" 0530, Adult Pool.	<b>19</b> 1. Circuit Training, 0500-0600, Ivey Gym.  2. "Zumba," 1730-1830, CRC, Room 1.	<b>20</b> 1. "Cross Fit," 0530, Ivey Gym.  2. "Insanity," 0845- 0945, CRC, Room 7.  3. Yoga, 1845-1945, CRC, Room 6.	<b>21</b> 1. Circuit Training, 0500-0600, Ivey Gym.  2. "Zumba", 1730-1830, CRC, Room 1.	<b>22</b> Smoking Cessation Group (KWAJ), 1645, Hospital Conference Room. (Call 5-5362 to register)
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## BASKETBALL

### WEEK 3 RESULTS

#### Feb. 4

Remix def. Icy Hot	44-34
Ebeje Boran def. Spartans	67-65
Fun "da" menatals def. Regulators	55-24

#### Feb. 5

BreakFast def. Dribblers	50-45
Space Jam def. The Federation	34-30
USAG-KA def. SJC	54-35
Yokwe def. The Other Guys	63-28

#### Feb. 6

Icy Hot def. Fun "da" mentals	61-46
Remix def. Spartans	71-58
Ebeje Boran def. Regulators	38-37

#### Feb. 7

Alley-Oops def. BreakFast	40-36
Space Jam def. Dribblers	47-27
Auto def. USAG-KA	62-61
Yokwe def. SJC	38-24

### WEEK 5 SCHEDULE

#### Feb. 19

Alley-Oops vs. The Federation
Space Jam vs. BreakFast
The Other Guys vs. Auto
USAG-KA vs. Yokwe

#### Feb. 20

Remix vs. Ebeje Boran
Spartans vs. Fun "da" mentals
Regulators vs. Icy Hot

#### Feb. 21

The Other Guys vs. Yokwe
USAG-KA vs. SJC

### LEAGUE STANDINGS

#### Youth League

Dribblers	2-3
BreakFast	4-1
Space Jam	3-1
Alley-Oops	3-2
The Federation	0-5

#### A League

Fun"da"mentals	4-2
Remix	5-1
Icy Hot	5-1
Regulators	1-5
Ebeje Boran	2-4
Spartans	1-5

#### B League

USAG-KA	4-1
Auto	4-2
Yokwe	4-2
SJC	2-4
The Other Guys	0-5

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	<10%	NE-ENE at 15-18 knots
Monday	Partly Sunny	20%	NE-ENE at 8-13 knots
Tuesday	Partly Sunny	20%	ENE-E at 8-13 knots
Wednesday	Partly Sunny	10%	NE-ENE-E at 10-15 knots
Thursday	Partly Sunny	10%	NE at 17-20 knots
Friday	Mostly Sunny	10%	NE at 13-17 knots

Yearly total: 5.02 inches  
Yearly deviation: -.40 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
<b>Sunday</b>	7:07 a.m. 6:59 p.m.	7:52 a.m. 8:16 p.m.	5:06 a.m. 4.1' 5:15 p.m. 4.6'	11:04 a.m. -.06' 11:29 p.m. -.07'
<b>Monday</b>	7:07 a.m. 6:59 p.m.	8:38 a.m. 8:57 p.m.	5:32 a.m. 4.1' 5:41 p.m. 4.6'	11:32 a.m. -.06' 11:54 p.m. -.07'
<b>Tuesday</b>	7:07 a.m. 6:59 p.m.	9:25 a.m. 9:39 p.m.	5:59 a.m. 4.2' 6:08 p.m. 4.4'	12:00 p.m. -.05' 12:20 a.m. -.06'
<b>Wednesday</b>	7:06 a.m. 6:59 p.m.	10:13 a.m. 10:24 p.m.	6:27 a.m. 4.1' 6:36 p.m. 4.1'	12:30 p.m. -.03' 12:47 a.m. -.04'
<b>Thursday</b>	7:06 a.m. 6:59 p.m.	11:04 a.m. 11:10 p.m.	6:58 a.m. 3.9' 7:07 p.m. 3.7'	1:04 p.m. 0.0' 1:18 a.m. -.01'
<b>Friday</b>	7:06 a.m. 7:00 p.m.	11:56 a.m. -----	7:34 a.m. 3.7' 7:45 p.m. 3.2'	1:45 p.m. 0.4' 1:55 a.m. 0.3''
<b>Feb. 22</b>	7:05 a.m. 7:00 p.m.	12:51 p.m. 12:00 a.m.	8:22 a.m. 3.4' 8:37 p.m. 2.7'	2:42 p.m. 0.8' 2:49 a.m. 0.7'