

## SMDC commander: Reagan Test Site integral to future U.S. national security

Article and photos by Jordan Vin-

Associate Editor

Army Lt. Gen. David Mann flew into the Republic of the Marshall Islands last week to meet the men and women who live and work on one of the most far-flung and remote U.S. military installations under the Pentagon's domain: the Ronald Reagan Ballistic Missile Defense Test Site, part of the U.S. Army Garrison-Kwajalein Atoll. He took the opportunity to get a firsthand look at the technology Army soldiers, DA civilians and civilian contractors use to execute missions for the U.S. Army Space and Mis-

ing way of war.

Having sumed ship as the com- Our everyday existence." manding general

of the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command at Redstone Arsenal, Ala. six months ago, this was the three-star lieutenant general's first opportunity to put his boots on the coral sands of U.S. Army Garrison-Kwajalein Atoll and the SMDC's Ronald Reagan Ballistic Missile Defense Test Site.

"The mission that we do out here is critically important to our national security and security globally," he told a crowd of Army personnel and civilian contractors who gathered to hear him speak Feb. 27 on Kwajalein inside the island's Corlett Recreation Center. "A lot of folks, quite frankly, don't know that."

Both the Army garrison and the ballistic missile test range are, indeed, far cries from many other U.S. military installations peppered in the Pacific and to the west in East Asia. There are no aircraft carriers here, nor any battalions of soldiers or Air Force groups. But the test site boasts some of the most powerful leading-edge radar tech-

sile Defense Com- "When we look at the na- nology deployed mand in the area" when we look at the na- by the military to emphasized ture of the threat, it's pri-identify and track the relevance and increasing impor- marily ballistic missiles and that may spring tance of the test things that are happen-up around the range in an era of ing in space. We're be- world and thoua rapidly chang- in space. We're be- world and thousands of miles coming more and more deep into Earth's as- committed to space for orbit. These de-leaderfensive capabilities, coupled with week. impressive

track record in weapons testing for the military and other federal and private clients, make the Reagan Test Site a key player in the United State's ability to maintain its post-Cold War military superiority in an era in which the nature of threats to national security are rapidly changing.

A defense budget proposal released two weeks ago by Secretary of Defense Chuck Hagel reflects a di-



SMDC Commanding General Lt. Gen. David Mann discusses Army budget cuts at a "town hall" meeting with dozens of USAG-KA personnel and civilian contractors at the CRC late last

minishing concern among leaders at the Pentagon with traditional ground-based threats. Part of the Bipartisan Budget Act agreed to by President Barack Obama and Congress in December, the proposed \$496 billion spending cap on defense purposes in fiscal year 2015 aims to cut the number of active-duty soldiers to between 440,000 and 450,000—a nearly 23 percent slash from the post-9/11 peak of 570,000. If the spending

## 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 Command Sergeant Major.... Command Sgt. Maj. Reginald Gooden Public Affairs Officer..... Michael Sakaio Managing Editor ..... Sheila Gideon Associate Editor ...... Jordan Vinson Media Services Intern.....Molly Premo The Kwajalein Hourglass Saturday, March 8, 2014



Lt. Gen. Mann and RTS Technical Director Tim Kirchner watch the ARPA Long-Range Tracking and Instrumentation Radar (ALTAIR) demonstrate the speed at which the massive structure got."

plan is passed, the Army's force will be reduced to its smallest size since before the start of WWII.

While some lawmakers and opinion leaders have vowed to push back against the budget proposal, arguing that it will hurt America's military readiness, the plan has the blessings of the Joint Chiefs of Staff, all of whom worked with defense secretary on the budget plan, including Army Chief of Staff Gen. Raymond Odierno.

"We are repositioning to focus on the strategic challenges and opportunities that will define our future: new technologies, new centers of power and a world that is growing more volatile, more unpredictable, and in some instances more threatening to the United States," Hagel said during a press conference. The reductions, he said, would contribute to an increasingly agile, flexible and smart Army with grossly superior technology in the battlefield and would shelter priorities in the research and development of new technologies to come.

"When we look at the nature of the threat, it's primarily ballistic missiles and things that are happening in space," Mann said. "We're becoming more and more committed to space for our everyday existence. So it's very important that we continue to test leading-edge

technology and that we continue to achieve some level of dominance in those different areas."

The lieutenant general explained that the SMDC will have to tighten its belt in some ways in the future. The acquisition of new weapons systems, for instance, will not be in the cards for the test site and the command, at least in the near future. Instead, he said the SMDC is working very closely with the Missile Defense Agency to look at how

its Army leadership, engineers, researchers and program managers can best use the resources they already have to refine and advance their capabilities.

"There's not a lot of appetite at the Department of Defense for big acquisition programs, just not a lot of appetite," he said. "The focus right now is taking what we have right now and optimizing it, whether it's a common exoatmospheric kill vehicle ... or upgrades to that, whether it's improved sensor discrimination so that we're able to really look at a target complex and figure out what the target vehicle and be able to optimize our shots. So that's kind of what the nature of the environment is in D.C. right now—don't put a big acquisitions, a big program out got."

During his four-day visit to the Reagan Test Site and U.S Army Garrison-Kwajalein Atoll, Mann toured the test range's array of radar and optical instrumentation used for day-to-day space object tracking missions and the testing of weapons systems like Minuteman-III intercontinental ballistic missiles, the Terminal High Altitude Area Defense anti-ballistic missile system and submarine-launched Trident ballistic missiles.

He was accompanied by Julie



Massachussetts Institute of Technology/Lincoln Labs Site Manager Gabe Elkin, left, and RTS Technical Director Tim Kirchner explain to Lt. Gen. Mann mechanical aspects of ALTAIR. Julie Schumacher, Technical Center Director, looks on.

See MANN, page 4

#### MANN, from page 3



Henry McElreath discusses features and capabilities of the K.M.R.S.S. Worthy, a missile range instru- Test Site and the greater mentation ship used by the U.S. Army Space and Missile Defense Command during weapons testing Kwajalein Atoll to inform missions.

Schumacher, Director, Technical Center; Col. Lorenzo Mack, SMDC deputy chief of staff for operations; Lt. Col. Steven Bording, PACOM Liaison to SMDC; Maj. Mark Cobos, Aide de Camp to the SMDC commanding general; and John Klemencic, Trip Planner.

Their visit came during a frenzied stretch of time for the Army garrison on Kwajalein Atoll. The commanding general of U.S. Army Pacific, Gen. Vincent Brooks, made a similar tour of the test range and Army garrison a few weeks prior. And the garrison appointed a new senior enlisted advisor, Command Sgt. Maj. Reginald Gooden, about two weeks ago. Mann said he would make a point to come out to the Reagan Test Site,

one of four major sites within the SMDC's Space and Missile Defense Acquisition Center, headquartered in Huntsville, Ala., more frequently.

A one-hour flight over azure expanses of ocean to Majuro was a nice change of pace for Mann near the end of his visit. It was there that he met Christopher Loeak, president of the island nation, and other Marshallese political leaders.

Mann also took the opportunity to visit Ebeye, the second-largest urban area within the Marshall Islands after Majuro. He took the trip with USAG-KA Commander Col. Nestor Sadler, Command Sgt. Maj. Reginald Gooden, Maj. Matt Sova, director of Host Nation Activities for USAG-KA. Upon arrival, they

were met by Ebeye Mayor Johnny Lemari and a cadre of other local officials. The Ebeye Community Center, where the island's local schools were holding a spelling bee contest as part of the Marshall Islands' Education Week, was one of the stops the group made. They also toured some of the island infrastructure with stops at the Ebeye water treatment plant, the power plant and the island's beach park area.

Mann, who flew back to the SMDC headquarters on the Redstone Arsenal in Alabama late last week, will use what he learned on the ground at the Reagan Test Site and the greater Kwajalein Atoll to inform future decision making at the command level and

in Washington. He said he plans to go before Congress within the next couple of weeks, for instance, to talk about opportunities to promote training and readiness of the nation's space and missile defense personnel, a subject coming under increasing focus by senior Army leadership.

Before he left, he expressed his gratitude for everyone involved in making the Reagan Test Site a topnotch asset in America's defense as it continues to feel out what the future has in store for its way of war.

"Thank you for what you do and the sacrifices that you make," Mann said. "[You're] doing a very, very important mission."







From Mike Sakaio

Republic of the Marshall Islands President Christopher Ebeye Mayor Johnny Lemari shows Lt. Gen. Mann around the island. Loeak greets Lt. Gen. Mann.

The Kwajalein Hourglass Saturday, March 8, 2014



# Mailing something and need it to go out as quickly as possible?

Follow the guidelines below to make sure it goes out on the next ATI flight

Second week of March

Third week of March

Fourth week of March

ATI flight arrives March 11, and the C-17 arrives March 15
KWAJ: Need mail out on March 11
flight? Process it at the Post Office by March 10. Need mail out on March 15
flight? Process it by Mar 13.

ROI: Need mail out on March 11 flight? Process it by March 7. Need mail out on March 15? Process it by March 14.

## ATI flight arrives March 17 and March 19

KWAJ: Need mail out on March 17? Have it processed at the Post Office by March 13. Need mail out March 19? Process it by March 18.

ROI: Need mail out on March 17? Process it by March 14. Need mail out on March 19? Process it by March 14.

## ATI flight arrives March 25 and March 27

KWJ: Need mail out March 25? Process it by March 24. Need mail out on the March 27? Process it by March 25.

ROI: Need mail out March 25? Process it by March 21. Need mail out on March 27? Process it by March 26.

Note: Incoming mail is still delivered twice a week and one Saturday a month.

#### **Hourglass Reports**

Jeffry Shelden, consular officer from the U.S Embassy in Majuro, spent two days at U.S. Army Garrison-Kwajalein Atoll last week. His stay served as an excellent opportunity for residents to receive on-site passport services, advice on certificates of birth abroad and other legal information and services pertaining to U.S. citizenship.

Applicants for new passports and passport renewals filled the hallway of the USAG-KA Headquarters Building and joined others seeking information on citizenship, adoption, travel and voting.

The trip was also an opportunity for the embassy to touch on other issues where the missions of the Army and the Department of State overlap, such as educational internships for Marshallese students, historic preservation issues and the environment.



Kwajalein residents wait in line to see the consular officer at the USAG-KA Headquarters Building last week.

## EMERGENCY ACTION PLAN

Do you know what to do when disaster strikes?

Are you prepared?

Are you familiar with the evacuation plan?

Do you know where to go for evacuation shelter?

Become familiar with Kwajalein's Disaster Plan, located in your telephone book directory. Know where to go to when being evacuated. For those evacuating to

double story homes, it would be beneficial to know those neighbors. Be Knowledgeable! Be Prepared! Be Safe!

The Kwajalein Hourglass 5 Saturday, March 8, 2014

# Views from the 2014 KRC Down Wind Dash

#### **Hourglass Reports**

4 Kwajalein residents participated in the 34th annual Down Wind Dash. Aided by an average wind speed of 14 mph, runners finished the one-mile course along Bucholz Army Airfield in as little as five minutes. Participants as young as two and three years old took the pavement, their little bodies propelled by both the east-north-east wind and the boisterous encouragement they got from bystanders and runners at the finish line.

"Where else in the world do two- and three-year-olds run a mile?" race organizer and Kwajalein Running Club President Bob Sholar said.

Coming in first place in the men's division was 10th grader Michael Sykes, followed by David Sholar and Sam Jahnke, also 10th graders.

Jill Brown, meanwhile, took the top prize in the women's group. Jamye Loy and Mereille Bishop tied for second place.

Many runners who have participated in the event in the past noticed that their times were slower than they had been in the past.

"The winds this year were some of the lightest ever in the 34 annual runnings of the Down Wind Dash," Sholar said.







Three-year-old Chloe Wright races toward the finish line during Monday's 34th annual KRC Down Wind Dash.

## Students take prizes at science fair

#### **Hourglass Reports**

The 2014 Kwajalein Jr./Sr. High School Science Fair brought out about two dozen budding researchers, who used the event to showcase their knowledge of a wide range of issues relating to biology, physiology, meteorology, astronomy, geology, physics and more.

Matt Gerber, one of the school's science teachers, helped organize the event and said he was more than impressed with both the turnout of the event and the professionalism of the students' projects

"This year's science fair involved a lot of really in-depth projects," Gerber said. "I was impressed with the amount of work that each student put into their presentation and I thought we had a really great example of just how intelligent our students are on Kwaj. I was struck by the practicality of many of the projects and heard people who came for the open house talk about how much they learned from the students."

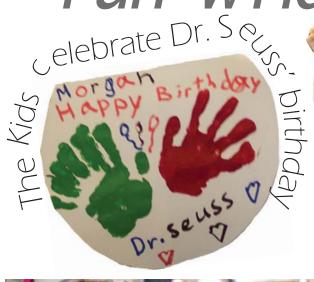
The overall purpose of the fair was to give students an opportunity to explore, on a much deeper and intimate level, subjects they have learned in class. Gerber said that it was important for students to take a hands-on approach to learning and learn how to follow the scientific method as they conduct their own experiments and teach their findings to others.

Some of the young scientists walked away from the event with some serious awards.

"There were several students who won prizes in the science fair," Gerber said. "But everyone did a great job and should be proud of their efforts."

The Kwajalein Hourglass Saturday, March 8, 2014

















## DISPATCH FROM ROI





From Jim Bennett

From Jordan Vinson



From Jordan Vinson



From Bob Barker



From Jordan Vinson





From Jordan Vinson





From Mike Woundy



From Jordan Vinson



From Mike Woundy

#### **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 <a href="https://www.krsjv.com">www.krsjv.com</a>, 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 <a href="https://www.krsjv.com">www.krsjv.com</a>.

#### LOST

WEDDING RING, lost March 1. Please call 53008 if found.

BLUE CAMO WET SUIT left at Emon Beach Dive Shack approximately three weeks ago. Call 51855.

#### WANTED

USED LATOP computer, good condition. Call Seremay at 53550.

Blessed Sacrament Stations of the Cross services will occur: March 14, 21, 28, April 4, 11 at the Island Memorial Chapel. Simple supper of bread and soup served afterward.

Questions? Call 53505.

#### **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.

#### CUIND

Girl's prescription glasses. Please call 52597 with description.

#### **FOR SALE**

BOAT SUPPLIES. Stainless steel tubing, boat stanchion posts, 7/8-inch by 6-feet, five in total, \$15 each; new solar-powered vent with LED light, \$45; grapple anchor, Boston Whaler size, great condition, \$75; Hella boat interior fans 12-volt, new in box, \$35 each;.Harken 289-2 Roller furler drum, seems to work well but needs foil and some hardware to install, \$150; Barrient size 20, 2-speed winch, \$100; new large Cabella inflatable fishing/boating vest with manual and Co2 inflate, \$75. Call 53887 after 7 p.m.

Air cleaner, \$10; world globe, \$15; George Foreman grill, \$25; floor lamp, \$30; Specialized Globe women's bike, \$100; Toshiba 32" flatscreen TV, \$125; fan, \$25; patio table and chairs, \$40; printer, \$25; crock pot, \$5; large microwave, \$35. Call 52698.

DISHWASHER, \$100; carpets, blue-grey and green-grey, both in good shape, \$10 each; hanging shoe rack, \$5; end table, \$5. Call 51480.

KING SIZE BED, \$500; blue sectional couch with pull-out bed, \$100; goose neck bike, \$175. Call 53008.

16-FOOT NACRA CATAMARAN with two main sails and jib (all in great condition), two tillers, (one new), newer blocks, sheets and tramp, new wind indicator (still in box), two trapeze harnesses, trailer with new tires & rims. Fastest sailboat on Kwaj, \$900 Call 52698.

BRAND-NEW INDOOR/OUTDOOR overhead fan with light, great for the patio, \$50. Call 53887 after 6:30 p.m.

SCHWINN 860 TREADMILL, great condition, \$600. Call 52940.

PIANO, \$100 or best offer. Call 50063 or 52515.

50-gallon glass aquarium with hood, lights and stand, \$80. Call 53731.

SCUBA GEAR: Aluminum 80 CF nitrox cylinder, \$75; 70 CF aluminum air cylinder, \$50;

Atomic split fins, size XL, \$20; lift bag 20 KG, \$10; large UK D8 dive light, new in box, \$15; mesh bag weights, various sizes, \$1; two mesh gear bags, \$5 each. Call 53887.

FISHING GEAR: Penn International 130 and 80 STW reels and rods, rebuilt at Hobbietat and spooled with new line; multiple four-inch and 16-inch lures; handlines; new skirts and rigging equipment to make custom lures; graff hooks, sizes small to large; large Igloo cooler; heavy-duty fishing trailer. Call 51053 to negotiate your package.

#### **COMMUNITY NOTICES**

THE UNIVERSITY of Maryland University College 2014 Spring Session II registration is open until Wednesday. Session dates: Mar 17–May 11. Schedules can be viewed by visiting the website <a href="http://www.asia.umuc.edu/">http://www.asia.umuc.edu/</a> Need help? Email the Asia office at <a href="de-asia@umuc.edu">de-asia@umuc.edu</a> or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

CYSS YOUTH SPORTS SOCCER registration closes today. Season Dates are: March 25 – May 22. Cost is \$40 per player. Open to all CYSS Youth Kindergarten-Grade 6. To register, visit Central Registration, Building 358 or call 52158. Questions? Contact Michelle Huwe at 53796.

THE SMALL BOAT MARINA summer hours are as follows: Friday 1:15-6:30 p.m.; Saturday, Sunday and Monday 8 a.m.-6:30 p.m.

The Josh Logan Trio, featuring "The Voice" contestant Josh Logan, will put on a live show at 7 p.m. March 21 at the Roi Outrigger. The group will follow with a 7 p.m. show March 22 at the Kwajalein Yacht Club and a 9 p.m. show March 23 at the Vet's Hall.

HELP THE PACIFIC Teen Panel donate new or used shoes to Ebeye. All shoes are welcome including flip flops and sports shoes. Shoe boxes will be at the Elementary and High School, the Namo Weto Youth Center and Downtown at the Zamperini Dining Hall until March 22. Contact Dori DeBrum at 52601 or Danielle Rivera at 50704 for more information.

THE INBOUND PASSENGER Terminal and Badge Office has been relocated to Building 687. When you disembark the plane, you will

#### Captain Louis S. Zamperini Dining Facility Lunch Sunday Monday Tuesday Thursday Friday Mar. 15 Wednesday Maple Glazed Ham Roast Beef Aujus Meat Lasagna Pork Spare Ribs Chicken Sandwich Cheese Tortellini Roast Turkey Oven Fried Chicken Breaded Chicken Breast Old Fashioned Pot Roast Baked Tuna Casserole Vegetarian Lasagna Sage Stuffing Savory Meatballs Crab Benedict Spinach Fettuccini Bacon Cheese Quiche Chicken Broccoli Stir Fry Baked Beans Fish Du Jour Pork Stir Fry Dinner Sunday Wednesday Monday Tuesday Thursday Friday Mar. 15 Kwaj Fried Chicken Hamburger Bonanza Rosemary Pork Loin Beef Curry Top Sirloin Steak Teriyaki Beef Breaded Pork Steak Oriental Chicken Stir Fry Buffalo Style Chicken Hawaiian Chopped Steak Grilled Chicken Crab Egg Foo Yung Sauteed Chicken Breast General Tso's Chicken Steamed Red Potatoes Brown Rice Potatoes O'Brien Noodles Romanoff Vegetarian Stir Frv Egg Rolls Squash/Spinch

be routed to this new building. All badging (TDY, K-Badges and C-Badges) will be done in this new location. The Outbound Passenger Terminal will remain at Building 901.

AN OPTOMETRIST will be on Kwajalein to see patients until March 18. For eye exams, call the Hospital for an appointment at 52223 or 52224. For prescription safety glasses, call ES&H at 58855.

COME CELEBRATE Dr. Seuss by making green eggs and ham and reading some of this classic stories 5:30-7 p.m. March 15. Registration open until March 14 at the CYSS Central Registration Office of by calling 52158.

CYSS YOUTH BOWLING. Registration closes today. Season dates: each Friday, April 11–May 23 Cost is \$30 per player. Open to all CYSS youth age 8-Grade 6. To register visit Central Registration, Building 358 or call 52158. Questions? Contact Michelle Huwe at 53796.

KWAJALEIN ART GUILD board meeting to be held at 5:30 p.m. Tuesday in the Annex. Discussion to include the Spring Craft Vendor Fair and Photo Exhibit. All interested parties please plan to attend.

ART SHOW featuring creations by Kwajalein children 5-7 p.m. Friday at the Coconut Room. The theme this year is "A night at the movies." Students are invited to dress up like their favorite movie star or movie character.

PLEASE JOIN US for Quizzo at 7:30 p.m. Firday at the Vet's Hall. Special Guest Host Jim Hockenberger will challenge our trivia knowledge with his questions! Questions? Contact Neil Dye or Mike Woundy.

COME CELEBRATE NOW! A Night of Worship and singing will be held March 21, 7-8:30 p.m. at the Island Community Chapel. All are welcome.

WALK THE ROCK is a physical activity challenge setting a goal of walking 10,000 steps a day. Challenge dates are April 1-May 12. Registration is open between Tuesday and March 29. Register a team or a whole department. Prizes will be awarded to teams and individuals for most overall steps achieved during the six weeks. Register with the Recreation Office to receive a pedometer

and log book to help you track your steps. Questions? Contact Mandie at 51275.

E-TALK: Coral reefs need clean waters to thrive. They provide habitat for numerous species and are valuable for fishing, tourism and diving. Help protect coral reefs.

SAFELY SPEAKING: Pallets—They're Hazardous Helpers. While pallets look innocent enough, they present many inherent safety hazards to workers who use them.

KRS is committed to providing the Kwajalein community with service excellence and responsiveness



Please continue to let us know your level of satisfaction with the services we provide.

https://www.surveymonkey.com/s/KRSFeedback

### Military Casualties

**Pfc. Joshua A. Gray**, 21, of Van Lear, Ky., died Feb. 10, in Bagram Airfield, Afghanistan, from a non-combat related incident currently under investigation. He was assigned to the Headquarters and Headquarters Battalion, 10th Mountain Division, Fort Drum, N.Y.

**Spc. Christopher A. Landis**, 27, of Independence, Ky., died Feb. 10, on Bagram Airfield, Afghanistan, from wounds received when the enemy attacked his dismounted patrol with a rocket propelled grenade in Kapisa Province, Afghanistan. He was assigned to 2nd Battalion, 3rd Special Forces Group (Airborne), Fort Bragg, N.C.

Spc. John A. Pelham, 22, of Portland, Ore., and Sgt. First Class Roberto C. Skelt, 41, of York, Fla., died Feb. 12, in Kapisa Province, Afghanistan, of wounds suffered when they were struck by enemy small arms fire. Pelham and Skelt were assigned to 2nd Battalion, 3rd Special Forces Group (Airborne), Fort Bragg, N.C

Master Sgt. Aaron C. Torian, 36, of Paducah, Ky., died Feb. 15, while conducting combat operations in Helmand Province, Afghanistan. He was assigned to 2d Marine Special Operations Battalion, Marine Special Operations Regiment, U.S. Marine Corps Forces Special Operations Command, Camp Lejeune, N.C.

Master Sgt. David L. Poirier, 52, of North Smithfield, R.I., died Feb. 28, from a noncombat related incident currently under investigation. He was assigned to the 157th Operations Support Squadron, Pease Air National Guard Base, N.H.

Lance Cpl. Caleb L. Erickson, 20, of Waseca, Minn., died Feb. 28, while conducting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion, 9th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

#### Café Roi Lunch Sunday Monday Tuesday Wednesday Thursday Friday Mar. 15 Ham & Cheese Sandwich Grilled Bacon & Tomato Peking Pork Rib Pepper Steak Stir Fry Beef Beef Tacos Cajun Chicken Wrap Coconut Basil Chicken Glazed Pork Loin Penne w/Italian Sausage Hamburger Steak Chicken & Broccoli Chicken Enchilda Casserole Grilled Bratwurst Eggs Benedict Ouiche Stir Fry Vegetables Mac & Cheese Vegetable Chow Fun Mexican Rice Mashed Potatoes Dinner Sunday Tuesday Wednesday Thursday Friday Mar. 15 Monday Chicken & Dumplings **BBQ** Pork Ribs Roi Fried Chicken Mongolian Night Shoyu Chicken Roast Steamship Braised Beef Ribs Hawaiian Chopped Steak French Braised Beef Baked Chicken Chicken w/mustard sauce Parker Ranch Stew Make Your Own Stir Fry Herb Baked Fish Spicy Asian Noodle Au Gratin Potatoes Baked Beans Baked Potatoes Mashed Potatoes Roasted Red Potatoes Egg Rolls

## Ready and Resilient Wellness Calendar March 9-15

9						
9	10 1. Circuit Training, 0800, Ivey Gym.	11 1. "Cross Fit" 0530, Adult Pool.	1. Circuit Training, 0500, Ivey Gym.	13 1. "Cross Fit" 0530, Ivey Gym.	14 1. Circuit Training, 0500, Ivey Gym.	15 1. "Cross Fit" 0530, Ivey Gym.
	2. Kwajalein Running Club-Fun Run #8, 1730, Public Library.	2. Bariatric Support Group, 1645, Hospital Conference Room.  3. Yoga, 1800, Yacht Club.  4. "Walk the Rock," 10,000 Steps, a Fitness Journey, registration starts at the recreation office today.	2. <u>Zumba</u> , 1730, CRC, Room 1.	2. "Run Intervals" 1730, <u>Emon</u> Beach. 3. Yoga, 1845, CRC, Room 6.	2. "Detecting Icebergs" 1200 & 1645, Hospital Conference Room. 3. "AD/HD," 1645, Hospital Conference Room. 4. Zumba, 1730, CRC, Room 1. 5. Yoga, 1800, Emon Beach.	2. Sunrise Yoga, 0600, Rich Theatre.



#### **WEEK 6 RESULTS WEEK 8 SCHEDULE** LEAGUE STANDINGS Feb. 25 Mar. 11 Youth League Icy Hot def. Remix 71-60 Youth League Playoff Game Dribblers 3-4 Ebeje Boran def. Spartans 70-64 Seed 1 vs. Winner of Game 1 BreakFast 4-3 Regulators def. Fun "da" menatals 37-29 A League Playoff Games Space Jam 6-1 Icy Hot vs. Winner of Game 1 Alley-Oops 3-4 Feb. 26 Remix vs. Winner of Game 2 The Federation SJC def. Other Guys 41-28 Yokwe def. Auto 33-31 A League Youth League Championship Game Fun"da"mentals 5-5 Winner of Game 3 vs. Winner of Game 2 Feb. 27 Remix 7-3 Remix def. Spartans 50-44 9-1 Icy Hot Mar. 13 Icy Hot def. Fun "da" menatals 61-51 Regulators A League Championship Game Regulators def. Ebeje Boran 51-38 Ebeje Boran 4-6 Winner of Game 3 vs. Winner of Game 4 1-9 Spartans Feb. 28 USAG-KA def. SJC 46-27 **B** League USAG-KA 8-1 Auto 5-4 Yokwe 6-3 SJC 4-6 0-9 The Other Guys

### Weather

Courtesy of RTS Weather

Courtesy of M3 Weather								
		Chance						
Day	Skies	of Rain	Winds					
Sunday	Mostly Sunny	10%	ENE at 12-17 knots					
Monday	Partly Sunny	20%	ENE at 13-18 knots					
Tuesday	Mostly Sunny	10%	ENE at 14-19 knots					
Wednesday	Mostly Sunny	10%	ENE at 15-21 knots					
Thursday	Mostly Sunny	10%	ENE at 15-21 knots					
Friday	Partly Sunny	20%	ENE at 15-21 knots					
Yearly total: 22.34 inches Yearly deviation: +14.46 inches								
Call 54700 for updated forecasts or visit www.rts-wx.com.								

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:59 a.m.	1:53 p.m.	10:23 a.m. 2.7'	3:25 a.m. 1.0′
	7:00 p.m.	1:53 a.m.	11:05 p.m. 1.9'	5:33 p.m. 1.4′
Monday	6:58 a.m. 7:00 p.m.	2:41 p.m. 2:40 a.m.	12:57 p.m. 2.5'	5:00 a.m. 1.4' 8:33 p.m. 1.2'
Tuesday	6:58 a.m.	3:28 p.m.	2:35 a.m. 2.0′	8:04 a.m. 1.3′
	7:00 p.m.	3:25 a.m.	2:41 p.m. 2.8′	9:24 p.m. 0.8
Wednesday	6:57 a.m.	4:15 p.m.	3:25 a.m. 2.5'	9:09 a.m. 0.9'
	7:00 p.m.	4:08 a.m.	3:27 p.m. 3.3'	9:54 p.m. 0.4'
Thursday	6:57 a.m.	5:01 p.m.	3:56 a.m. 2.9'	9:47 a.m. 0.5′
	7:00 p.m.	4:51 a.m.	4:01 p.m. 3.7'	10:20 p.m. 0.1
Friday	6:56 a.m.	5:48 p.m.	4:22 a.m. 3.4'	10:19 a.m. 0.1′
	7:00 p.m.	5:32 a.m.	4:30 p.m. 4.0'	10:45 p.m0.3′′
Mar. 15	6:56 a.m.	6:34 p.m.	4:49 a.m. 3.8'	10:48 a.m0.3'
	7:00 p.m.	6:14 a.m.	4:58 p.m. 4.3'	11:10 p.m0.5'