

VOLUME 55 NUMBER 11

MARCH 15, 2014

THE KWAJALEIN HOURGLASS



Staff at the Reagan Test Site Weather Station on Kwajalein launch a weather balloon to measure meteorological conditions up to 110,000 feet late last week. For more, see page two.

Photo by Jordan Vinson

RTS Weather Station staff keep their eyes on the sky

Article and photos by Jordan Vinson
Associate Editor

Mike McMurphy, a technician at Kwajalein's RTS Weather Station, pulls gingerly on the long, white string tied to the bottom of a helium-filled weather balloon he's about to send 20 miles into the Earth's atmosphere.

"OK, here we go," he says, letting go of the string. He cranks his head back, watching the balloon shoot away into the air, climbing at a pace of 300 meters per minute. Within half a minute, it's but a small white dot amongst a sea of blue sky.

Trailing quickly behind at the other end of that long string, a small white package called a radiosonde begins its journey up into the atmosphere. Weighing only about 250 grams, it contains a small suite of sensors that measure humidity and air temperature, as well as its Global Positioning Satellite location data. An antenna on the ground feeds incoming data delivered by the radiosonde via radio waves to operators at the station who follow the unit's position on their computer monitors.

In only 1.5 hours the 3.5-foot-wide orb will have ascended to an altitude of 110,000 feet, reaching 20 miles into air and well into the lower stratosphere. Significantly lower air pressure there will allow the balloon to swell up to 20 feet in diameter—more than five times its size at ground level—before its thin



Mike McMurphy, a technician with the Reagan Test Site Weather Station, prepares to launch a weather balloon and radiosonde late last week.

mylar skin stretches beyond its limit and bursts.

Now in the 21st century, weather agencies throughout the world have been outfitted with increasingly sophisticated satellite and radar technology. But the trusty weather balloon is still a mainstay in their arsenal of tools used to probe, measure and monitor local and regional meteorological conditions; the RTS Weather Station is no exception. For the folks working there, sending a radiosonde via weather balloon into the stratosphere is daily ritual that still yields a heap of helpful data.

"It measures its position via GPS and radios back down its three-di-

mensional position, and the positional change tells you what the winds are," says Mark Bradford, the chief meteorologist at the station. "From that we can derive everything we need to know about the atmosphere. ... And it's still critical. Even though we have satellites everywhere, those observations twice a day form the basis for our forecasting of the weather everywhere."

Back inside, the data fed into McMurphy's computer by the ground antenna tracking the radiosonde gives the technician a bird's eye view of its location, speed and direction of movement and more.

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

U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

Phone: Defense Switching Network 254-2114;
Local phone: 52114
Printed circulation: 1,200
Email:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Garrison Commander..... Col. Nestor Sadler

Garrison CSM..... Command Sgt. Maj.

Reginald Gooden

Public Affairs Officer..... Michael Sakaio

Managing Editor Sheila Gideon

Associate Editor Jordan Vinson

Media Services Intern..... Molly Premo



Chief RTS Meteorologist Mark Bradford inspects the radiosonde about to be launched into the lower stratosphere.

A little white dot on his computer monitor represents the device's location and shows it's moving in a lazy arc to the northwest. After the swollen weather balloon breaks up in the lower stratosphere, the radiosonde will probably fall into the ocean within about 20 miles of Kwajalein, Bradford says. But some drop way outside that range.

"When I do the monthly island orientation, I always point out that all the vegetation—all the trees on this island—have been completely destroyed twice: Once in 1944 by the 7th Infantry Division artillery and once in 1875 by a typhoon. So the question is just when is it going to happen again?"

"Maybe the farthest that they get out is like 100 miles or something like that," he says. "So if we have strong Trade Winds and we have Upper Level Flow going strongly [to the west], then they might make it out 100 miles, maybe 150 at the farthest."

Tucked into the middle of Holmberg Fairways on the southern rim

of Kwajalein, the RTS Weather Station staff launch these balloons and electronic devices every day as part of their effort to keep their eyes on the weather for the RTS and U.S. Army Garrison-Kwajalein Atoll. They perform several daily forecasts of numerous weather conditions, which they distribute via TV, email, on their website and in the Hourglass. During test range missions, the station provides frequent, specialized forecasts of weather conditions using everything from radiosondes and rain gauges spread throughout the atoll, to its prized Kwajalein Polar Metric Radar—one of the most sophisticated radars in the world used for meteorology.

The station also searches for and alerts local communities of any and all dangerous weather conditions that might impact the atoll. It covers aviation hazards for aircraft, high possibilities of lightning strikes, rough winds and ocean conditions affecting small vessels, as well as incoming typhoons and tsunamis.

Fortunately, Kwajalein Atoll doesn't have to contend with serious storms too often.

"We are in the un-sexy end of weather," Bradford says. "For tropical meteorology, the sexy end is hurricanes, typhoons, tropical cyclone development and the last-stage impacts of them when the storms are re-

ally intense. We almost never get that here."

One area of caution, however, is the low elevation of the islands making up Kwajalein Atoll and the greater Marshall Islands.

"When we're 10 feet above the ocean with no protecting topography, a little bit of water can be quite disastrous," Bradford says.

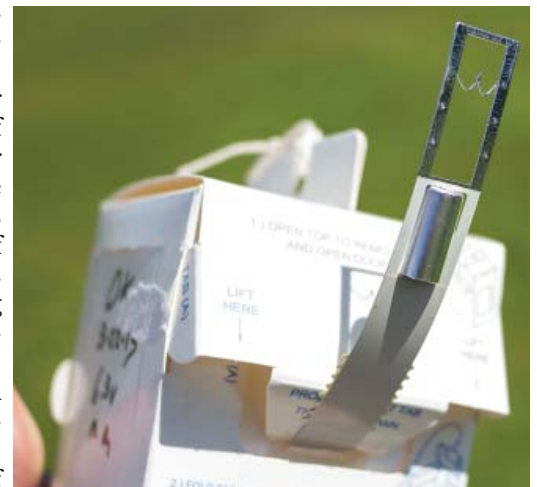
When asked about the greatest meteorological threat to the area, he's frank.

"It's [a] typhoon," he says. "So we average a typhoon about every ... five-to-seven years. But now it's been nine years since we've had one. So you'd say that we're overdue."

Typhoons in the past have been catastrophic in the Marshall Islands. Typhoon Paka in Dec. 1997, for instance, inundated Ailinglaplap Atoll with water up to a depth of 12 feet in some places, damaging 70 percent of houses there and destroying most of the coconut trees and vegetation on the islands. The Japanese, meanwhile, recorded water to a depth of three feet on some islands of Kwajalein Atoll during storms in the 1930s, says Bradford.

Since the beginning of the United States' presence on the atoll, nothing as serious as what the Japanese experienced has passed through the area. But Bradford says that's unlikely to be the case forever.

"When I do the monthly island orientation, I always point out that all the vegetation—all the trees on



Each radiosonde weighs only about 250 grams but packs a suite of sensors that measure humidity and air temperature and relay its rate of travel and location via radio signals to antennae on the ground.

See WEATHER, page 4

Why was February so wet?

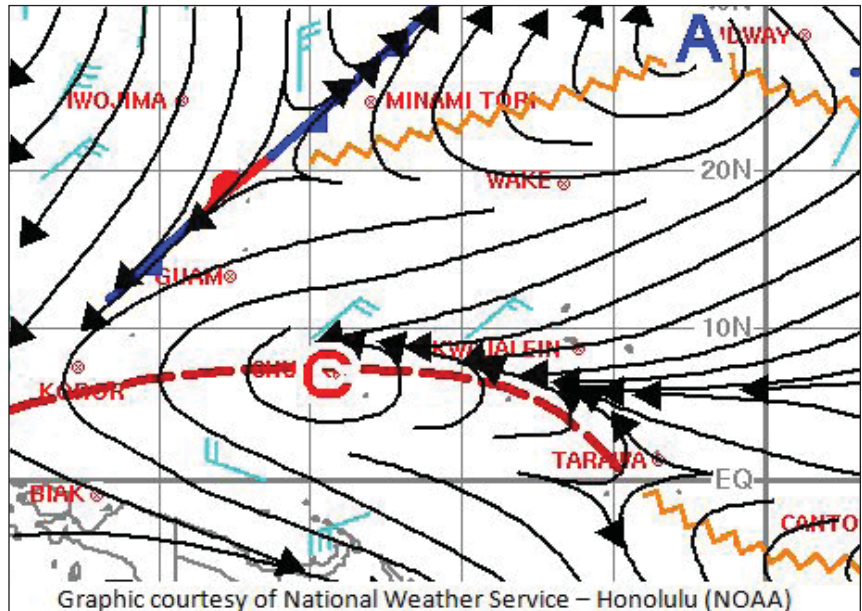
Article by Dustin Williams
RTS Meteorologist

In a precipitation record dating back to 1945, Feb. 2014 went down in the history books as the wettest February ever for Kwajalein. A total of 13.82 inches of rain was recorded at the Kwajalein Weather Station for the month, besting the previous record of 11.79 inches set in 2011. What is amazing about this total is that February is typically the driest month of the year, with an average rainfall of only 3.27 inches. In fact, 13.82 inches would be about 2 inches above the normal amount in October, the climatologically wettest month of the year. So, why was this February so abnormal?

The subtropical ridge is an area of high pressure that normally sits north of Kwajalein Atoll during the dry season. It creates a stable atmosphere, in which the development of precipitation is difficult. However, when the subtropical ridge is displaced to the east, typically by mid-latitude flow that push it to the International Dateline and beyond, the monsoon trough in Micronesia may become established in the southern Marshall Islands. This feature may be stationary and heavy rainfall around it can persist for days. While this pattern occurs over the region in other months, it had not occurred in February since 1944.

The graphic at right shows the meteorological pattern just described. The subtropical

ridge (A) is well northeast of Kwajalein Atoll, displaced from its typical location north of Wake Island. The circulation (C) centered near Chuuk anchors the monsoon trough (dashed line), which extends to the east through Kosrae and into the southern Marshall Islands. Kwajalein Atoll sits on the northeastern side of the trough, in an area where northeast winds meet east to southeast winds. The convergence of these winds produces long-lasting, widespread, heavy rainfall, which is what we recorded on more than one occasion this February.



Graphic courtesy of National Weather Service - Honolulu (NOAA)

WEATHER, from page 3



"Before we launch the balloon, we call the air traffic control tower and make sure it's OK to launch," says Edward Jednacz, RTS Weather Station manager.

this island—have been completely destroyed twice," Bradford says. "Once in 1944 by the 7th Infantry Division artillery and once in 1875 by a typhoon. So the question is just when is it going to happen again?"

Of course, the most pressing

meteorological issue to impact Kwajalein Atoll lately hasn't been anything to seriously worry about—unless you absolutely hate rain.

During last month alone, the station registered a staggering 13.82 inches of rainfall. And the current amount of rain the area has

received is more than 14 inches above average for the year.

"It's more than we've ever measured," Bradford says. "It's the most rain we've ever had in February."

Believe it or not, Bradford explains, all that rain was actually a byproduct of the Polar Vortex that ravaged parts of North America with some of the worst winter conditions seen there in some time. While 7,000 miles separate Kwajalein from the eastern United States, the Marshall Islands' climate is part of an interconnected global system that can be impacted from halfway around the world, Bradford says.

"Even though the systems and everything are very different, it's totally interrelated," says the meteorologist, smiling.

For an in-depth understanding of why we've seen so much rain lately, see the above explanation written by RTS Weather Station meteorologist Dustin Williams.



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

Third week of March	Fourth week of March	First week of April
ATI flight arrives March 17 and March 19	ATI flight arrives March 25 and March 27	ATI flight arrives March 31 and April 2
KWAJ: Need mail out on March 17? Have it processed at the Post Office by March 13. Need mail out on March 19? Process it by March 18.	KWAJ: Need mail out March 25? Process it by March 24. Need mail out on March 27? Process it by March 25.	KWAJ: Need mail out March 31? Process it by March 27. Need mail out on the April 2? Process it by April 1.
ROI: Need mail out on March 17? Process it by March 14. Need mail out on March 19? Process it by March 14.	ROI: Need mail out March 25? Process it by March 21. Need mail out on March 27? Process it by March 26.	ROI: Need mail out March 31? Process it by March 28. Need mail out on April 2? Process it by March 28.

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

Threat Awareness and Reporting Program (TARP)

It's your responsibility to report suspicious behavior and incidents!

Loss of proprietary information = loss of jobs

KWAJALEIN RESIDENT OFFICE, ARMY CONTERINTELLIGENCE 5-3576/1095

THUMBS UP!



... to the Post Office and Hourglass staff for further clarifying the impact of the ATI flight schedule on outgoing mail deadlines in last week's Hourglass. The information is ever so helpful.

... to the staff from the Kwajalein Hospital and Veterinary clinic for working together to save Marcus Wieland's dog, the smelly "Boo-drow"

... to KRS Property Specialist La'Mesha Rhodes for achieving status as a certified professional property specialist through the National Property Management Association.

... to the folks at Quality of Life for getting all those snazzy blue beach chairs now at Emon Beach and Camp Hamilton.

... to the BQ residents who actually clean the lint traps in the clothing dryers after drying their clothes.

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 growth of Kwajalein

Article by Sharon Watkins Lang
USASMDC Historical Office

The welcome brochures of today describe Kwajalein as a tropical island shaped like a boomerang that is 3 1/2 miles long and three-quarter miles wide. This was not always the case, however. The original Kwajalein Island was actually about half its current size.

Records from WWII describe an island that is much smaller. The authors of Seizure of the Gilberts and the Marshalls write that Kwajalein Island is shaped like a crescent, its concave side being the lagoon or north shore. Terrain data from the 7th Infantry Division further specify an island that is 2 1/2 miles in length and averaging 800 yards in width for two-thirds of its length from west to east. And after bending to the north, the island is described as slimming to less than 300 yards in width at its northeastern tip.

A series of landfills made with sand and coral have created the Kwajalein of today.

The first came in 1946. To improve the harbor, an additional 200 yards was added along the lagoon shore, near the marina and southwest of Echo Pier. A second landfill project, undertaken between 1954 and 1956, added land north of Echo Pier and west of Lagoon Road. 257 concrete block houses were constructed in this area to support an increased population as part of on-going test programs.

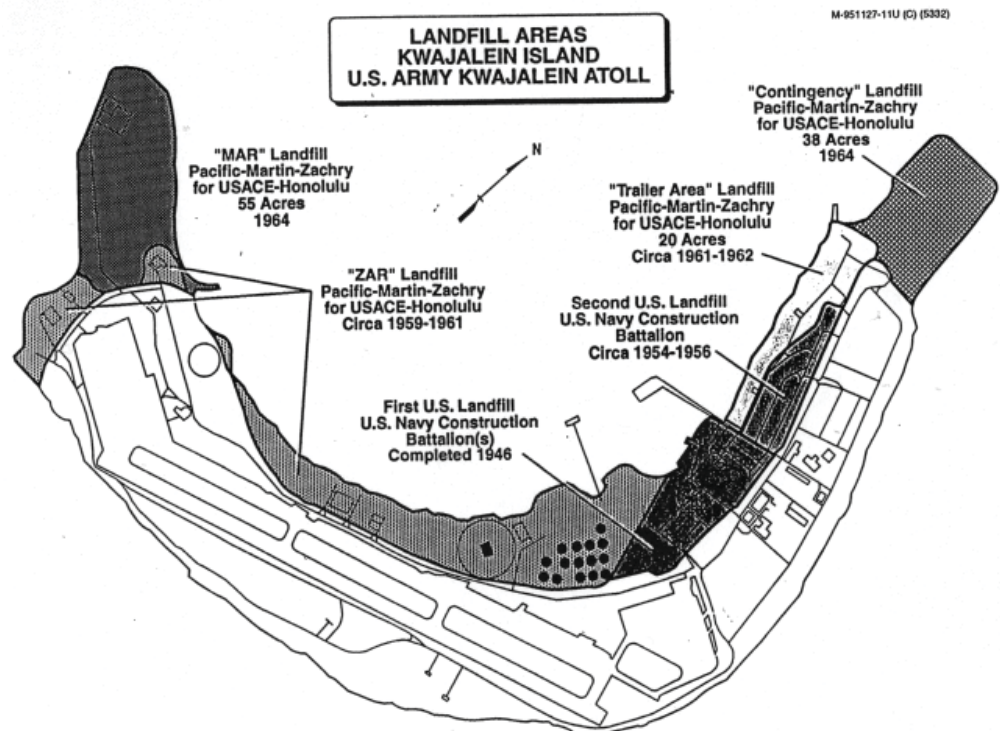
The biggest change came, however, in the 1960s in preparation to support the NIKE-ZEUS test program and the anticipated population explosion. In 1961, an additional 20 acres of landfill were added to the northwest section of Kwajalein, and "the first trailer park in the Pacific" was completed. These 257 three-bedroom trailers were equipped with the most modern of conveniences, including central air conditioning.

Three years later, the range underwent another round of expansion. On Feb. 3, 1964, the Corps of Engineers Kwajalein Range Office signed a contract with Pacific Martin Zachary with an initial value of \$2,348,704. This contract covered the dredging and the filling for new land on Kwajalein and Meck Islands. Ultimately 5 1/2 million cubic yards of fill, much of it from South Loi, was moved to the western tip of Kwajalein Island. This landfill created a 55-acre addition to Kwajalein specifically for the Nike-X Multifunction Array Radarr—a 10-story structure with its own supporting power plant.

Planners also incorporated a second fill area as part of this project. Known as the "contingency fill," it added 38 acres to the northern end of Kwajalein. Completed in 1964, this fill anticipated another population increase correlating with the various NIKE-X test programs. Not used until 1968, the contingency fill became home to 191 55-foot house trailers. The area with its streets of gleaming aluminum was popularly known as "Silver City."

In a related area, the high water table precludes any construction below five feet. As a result the launch silos, located on Kwajalein, Meck and Illeginni, were constructed from mounds of coral fill. Launch Hill on Kwajalein Island, also known as "Mount Olympus," built for the early Nike-Zeus tests was the first of these silos. Built with 200,000 cubic yards of coral soil, it measures 65-feet tall to accommodate the 60-feet deep launch cells. Mount Olympus remains the highest point in the Republic of the Marshall Islands.

Throughout this period, the range itself also expanded to support the new missions. As the missile defense programs began in the late 1950s, Kwajalein Missile Range, then known as the Kwajalein Test Site or the Pacific Missile Range Facility—Kwajalein, primarily encompassed Kwajalein Island. In 1960, with the proposed Speedball launches and the Advanced Research Projects Agency's Project PRESS radar systems, the test site grew to include Roi-Namur, which had been untouched since the Navy



The landfills, which have doubled the size of Kwajalein Island throughout the years, are depicted in gray.

See GROWTH, page 7

KRS recognizes Kwaj, Huntsville Six Sigma grads

KRS would like to recognize our employees who recently achieved Six Sigma Certifications. Please congratulate Pam Taylor, Allison Villarreal, Travis Engstrom, Melissa Engelhard and Samantha Samson who are now certified Six Sigma Yellow Belts. To achieve certification each YB attended classroom training and worked through Six Sigma tools with their project team to establish a Process Management System. Also please congratulate Sheri Hendrix who certified as a Six Sigma Champion. Six Sig-

ma Champions work with Yellow Belts to drive Process Management and Process Improvement Activities to completion.

Six Sigma is a Process Management and Process Improvement Methodology. Process Management seeks to measure process inputs and outputs, which allows for data-based decision making. Process Improvement seeks to close the gap between actual process performance and customer requirements. If you are interested in learning more about Six Sigma or about future training opportunities, please email usarmy.bucholz.311-sig-cmd.mbx.sixsigma-krs@mail.mil



GROWTH, from page 6



Taken in 1964, this photo shows Kwajalein Island with its last two landfills. At this point the Island measures more than three miles in length.

departed in 1945. By 1964, as the Test Site transferred from the U.S. Navy to the U.S. Army, it consisted of Kwajalein, Roi-Namur, Eniwetak, Gugeegue (a range communications transmitter) and Ennylabegan (a telemetry receiver site).

In the mid-1960s, the range grew to encompass Meck Island, which was selected for testing the Missile Site Radar and the launch facilities for the Nike-X Sprint and Spartan missiles. Additional technical and support facilities were established on Gagan, Gellinam, Omelek and Legan Islands. In 1969-1971 additional launch facilities and support infrastructure were also constructed on Illeginni Island to test the feasibility and capability of remote launches.

The missile defense mission has had a tremendous impact upon Kwajalein and the Kwajalein Missile Range. Ultimately the various landfills increased the size of Kwajalein Island by more than 110 acres. Similarly the range had also more than doubled from five islands in 1964 to 11 by the end of the decade.

Millican Family Pool makeover wraps up

Article by Mandie Morris
Recreation and Programs Manager

The Millican Family Pool has received a much-needed facelift. Tackling long-overdue repairs, construction workers from the Department of Public Works put in tons of new concrete, plumbing and decking and touched it up with a layer of sharp, sky-blue paint.

The overhaul stemmed from the initial need of a new decking surface. But what began as a relatively simple project soon became a lot more complex. Repairs went on to include the removal and replacement of concrete, replacement of drain and water lines, crack repairs on the bottom and sides of the pool, aesthetic work—and, of course, the installation of the new decking.

It all began with the old decking at the family pool, which had become riddled with cracks and breaks over the years. In 2010, research began to identify a new type of decking that would resist the unique, corrosive Kwajalein environment, as well as protect the concrete, provide safety from slips, trips, and falls, and be comfortable on patrons' feet. What was decided on was a state-of-the-art polyextruded matting, due to its comfortable, textured surface and its protection against the growth of mold, fungus and bacteria.

After Quality of Life approved the money for the new matting, work began. But it became evident there was also some major concrete repairs that needed to be made as well. The concrete, it turns out, had settled and cracked due to sunlight, cleaning processes and age. While simple patch work had been enough in the past to process minor repairs, it no longer was a permanent option for keeping the concrete from splitting and cracking. An evaluation was done of all structural and con-

crete repairs needed, and it was deemed that the existing concrete needed to be completely removed and new concrete poured. Public Works began the renovation process in Nov. 2013.

Along with the structural concrete repairs, there was also work completed on the pipes that fill and drain the pool. The existing pipes had been in place for a very long time, and it was not known the extent of the degradation. However, four of the seven fill jets had become clogged, and the pool had problems filling and draining in a timely manner. Since the concrete was going to have to be removed, this gave Liquid Systems the opportunity they would need to evaluate the plumbing around the pool and replace the pipes in order to allow for better flow.

The pool itself also needed some repair. Cracks and divots in the concrete were beginning to create hazards along the pool walls and floor. The existing pool paint was from 2008. However, it had begun to chip, and it was obvious a new paint job was needed. As a result, repairs and patching were com-

pleted on the pool walls and floor. The pool was also sandblasted to remove the old paint. Then two new coats of epoxy paint were applied.

Finally, to complete the renovations, aesthetic work was done. The facility walls, bathrooms, and public areas received a new paint job as well. The exterior light poles and fixtures were removed and replaced. The diving board and slide, which were beyond repair, were also removed. A new diving board and slide will be ordered to replace the old equipment.

The Family Pool has been a fixture in the Kwaj community for over 40 years. Its design and construction make it a unique island asset and it is sure to provide many more years of fun for Kwajalein residents. Kommel Tata to the Department of Public Works and Liquid Systems for their outstanding work on the renovation. And, of course, many thanks to Quality of Life for getting the money for the repairs.

Work is now complete, and it's time to get swimming: Community Activities staff invite everyone to the pool's grand reopening party 4-6 p.m. today.



DISPATCH FROM ROI



From Art Bennis



From Art Bennis



From Art Bennis



From Art Bennis



From Robert Linstead

HELP WANTED

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

UNIVERSITY OF MARYLAND University College announces the opportunity for employment as the Kwajalein Enrollment Specialist. The position announcement is posted on the UMUC Guam site at the following link: <http://www.asia.umuc.edu/employment/job.cfm?areaID=2&PID=109>. Any questions, please contact UMUC Human Resources at employment-asia@umuc.edu

LIBRARY VOLUNTEERS NEEDED. Do you have one or two hours a week that you can

Blessed Sacrament Stations of the Cross services will occur: March 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.

commit? Help out at the Grace Sherwood Library weekdays or weekends in the morning or afternoon. Volunteer today! Call 53331 or 53439.

LOST

THE METAL RAKE for the beach volleyball court at Emon Beach is missing. If you know where it is please bring it back to the beach, or call Ross at 52499. It usually lives under the lifeguard shack.

EXPENSIVE GIRL'S prescription bifocal sunglasses in a pink Hello Kitty carrying case. Please call Melissa or David at 51139 if found.

PLEASE RETURN the wide-body trailer removed from the Cal Lab area on the afternoon of March 8. It has an aluminum frame and sides, stainless wheels and blue deck. Call 58454 or leave it by the Bali shop.

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

WANTED

BICYCLE TRAINING WHEELS and a coconut bra. Call Tim at 54228.

FOUND

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

FOR SALE

39-FEET LECOMTE SAILBOAT, great cruising sailboat, sleeps five people, includes mooring, dingy with motor, bottom paint, tons of tools, new electric windlass, sink, stove, fridge, extra sails, fiberglass/epoxy material and much more, \$15,000 or best offer. Call 51054.

BRAND NEW SUN CRUZ bike, three-speed, assembled and ready to ride, tires have never touched the pavement, \$275. Call 55653.

BURLEY HARD-BOTTOM aluminum bike trailer, plastic wheels with good bearings, tow bar, seats still installed with seatbelts, \$60; 10 4-inch by 4-inch pressure-treated womanized fence posts with 2-inch-by-4-inch cross boards, \$80. Call 52642.

40-gallon fish tank with lots of accessories, \$150 or best offer. Call 53654.

RANGER 9-FEET fiberglass sailing dingy, classic yacht tender or day-sailing vessel, rugged lapstrake-style fiberglass hull with all teak woodwork, wooden oars and sailing hardware included, no sail cloth, can be rolled away on towing trailer for easy launching and recovery, \$750. Call 53887. Available for viewing at boat lot #3.

GREEN SUN BIKE with attached front seat for a baby, Pelican Bucket trailer, all one set \$300. Call 53008.

HONDA EU2000I 2-kW generator, brand new, \$1200; 10-feet inflatable Achilles LEX96 dingy, brand new in the box, \$1000; Balmar 110-amp alternator, small-frame, fresh rebuild, \$200. Call 58062.

36-FEET MACGREGOR catamaran, ready to sail, complete with mainsail, working jib, genoa and spinnaker, one of the fastest sailboats on Kwaj, \$7,500 or best offer. Call Jen at 51584.

LARGE WHITE PLASTIC patio table set \$25; lounge with cushion, \$15; Rubbermaid outdoor storage closet, \$20; Never-used George Foreman Grill, \$30; microwave, \$30. Call 54643.

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; Barient 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.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Mar. 22
Hoisin Pork Roast	Corned Beef/Cabbage	Fried Chicken	Sliced Roast Beef	Jalepeno Spiced Beef Stew	Giribaldi Sub	Tropical Pork Chops
Soyu Chicken	Chicken Cordon Bleu	Hawaiian Chopped Steak	Turkey and Dumplings	Chicken Breast w/tequila	BBQ Roast Beef	Italian Sausage Pizza
Three Cheese Quiche	Eggs Florentine	Vegetarian Quesadillas	Potatoes O'brien	Black Bean Corn Salsa	Fish Du Jour	Vegetarian Pizza

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Mar. 22
Beef Stew	Teriyaki Chicken	Spaghetti/meatballs	Carved Flank Steak	Chicken Fried Steak	Roast Turkey	Braised Short Ribs
BBQ Chicken	Beef Stir Fry	Spinach Fettucini	Garlic Roast Chicken	Chef's Choice Entree	Sage Stuffing	Chicken Nuggets
Mac & Cheese	Crab Egg Foo Yung	Vegetarian Stir Fry	Pork Pimento	Parslied Potatoes	Vegetarian Stir Fry	Oven Roast Potatoes

COMMUNITY NOTICES

FAMILY POOL GRAND REOPENING will be 4-6 p.m. today. Join us at the family pool for swimming, music and fun. Please remember that children under the age of 10 must be accompanied by an adult.

IT'S TIME for the wearin' of the green for the St. Paddy's Party at the Vet's Hall 9 p.m. tonight. Radar Love will entertain with some great tunes. Questions? Call Mike Woundy or Jan Abrams.

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.

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.

COME CELEBRATE Dr. Seuss by making green eggs and ham and reading some of this classic stories tonight 5:30-7 p.m. Contact CYSS for more information.

BINGO! 6:30 p.m. March 20 at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m. Blackout completion 55 numbers \$1,500 payout; Windfall completion at 29 numbers \$1,900 payout. Shuttle transportation available from the Oceanview Club and Tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID. Questions? Contact Midori Hobbs at 53331.

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.

EVERY MARRIAGE needs a tune up now and then. Come to "The Truth About Us" Marriage Retreat 5:30-9:30 p.m. March 22 at the Island Memorial Chapel and noon-6:30 p.m. A meal will be provided at each session, and child care is provided as well. Cost is \$50 per couple. Registration forms can be picked up at the Chapel Office. Questions? Contact Patti Alejandro at 52344. The event is presented

by Island Memorial Chapel and Blessed Sacrament.

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.

CALLING ALL BQ RESIDENTS: Get rid of your spring cleaning stuff and buy, sell, or trade at the Sidewalk Sale 4:30-7 p.m. March 22 in the grass area behind the ARC. Table reservations are BQ residents only, but the event open to residents island-wide. Pre-registration not required but encouraged due to limited space. Call 53331 to reserve a free table

GO FLY A KITE 1-3 p.m. March 23 during the Kite Day event at Emon Beach. A limited number of kites will be available from Community Activities. Try putting together our kite kit or bring a kite from home. Let's fill up the sky with kites.

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

WE INVITE YOU to come celebrate National Reading Month at the Grace Sherwood Library 3-6 p.m. March 26. Enjoy a complimentary cup of coffee or tea, and peruse our book collection.

TURN IN YOUR UNUSED or expired medications for safe disposal at the Kwajalein Hospital Pharmacy during regular Pharmacy hours March 25-29. The Pharmacy will take medications during special hours March 26 during the following times: 9-11 a.m. and 1-4 p.m.

UNTIL A NEW FIELD SPECIALIST at the local University of Maryland University College location is found, community notices will be sent using the required from from headquarters in Japan.

KSC SAFETY REMINDER: Diving without a boat watch is only allowed when: 1) the boat is secured with two anchors, or 2) the boat is secured with two lines while ship or wreck

diving. If present, one line must be attached to the buoy assembly and the other line to the wreck itself.

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: Improper disposal of household hazardous waste could contaminate groundwater and pose a threat to local water treatment systems, sanitation workers, children and pets. Dispose of household hazardous wastes properly. Contact the Environmental Department at 51134 for assistance with large pickups due to PCS.

SAFELY SPEAKING: Workplace distractions and interruptions are common. Speak up about repeated and/or unsafe distractions and think and take responsibility for not interrupting or distracting others.



Did you know that ...

... Saint Patrick is popularly regarded as a British-born 5th-century Christian bishop and missionary?

... according to legend, at the age of 16, St. Patrick was captured in his home in Great Britain and taken to Ireland where he was enslaved for six years before escaping, only to return to Ireland later in life to advance the Christian faith?

... originally, the color associated with Saint Patrick was blue, changing to green years later?

... it is said that St. Patrick used the three-leaved shamrock as a metaphor for explaining the Christian faith's Holy Trinity to Irish pagans?

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Mar. 22
Chicken Piccata	Catfish	Chilli	Ruben Sandwich	Fish Tacos	Beef Tacos	Assorted Pizza
Egg & Cheese Sandwich	Southern Benedict	Meatloaf	Bombay Chicken	Chicken Fricassee	Chicken Enchilda Casserole	Baked Ziti
Wild Rice Pilaf	Mashed Potatoes	Corn Bread	Vegetable Quiche	Onion Rings	Mexican Rice	Garlic Bread
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Mar. 22
Chicken Permesan	Roasted Chicken	BBQ Chicken	Grilled Top Sirloins	Roi Fried Chicken	Char-grilled Hamburger	Sausage and Peppers
Beef Ragu Pasta	Beef Stew	Smoked Sausage	Baked Chicken	Swedish Meatballs	Chicken Breast	Chicken Pesto Alfredo
Garlic Bread	Stuffing	Mac and Cheese	Baked Potatoes	Mashed Potatoes	Tater Tots	Garlic Bread

Ready and Resilient Wellness Calendar March 16-22

16	17 1. Circuit Training, 0800, Ivey Gym.	18 1. "Cross Fit" 0530, Adult Pool.	19 1. Circuit Training, 0500, Ivey Gym. 2. "Zumba," 1730, CRC, Room 1.	20 1. "Cross Fit," 0530, Ivey Gym. 2. "Intervals" 1730, Emon Beach. 3. Yoga, 1845, CRC, Room 6.	21 1. Circuit Training, 0500, Ivey Gym. 2. "Zumba", 1730, CRC, Room 1. 3. Yoga, 1800, Emon Beach.	22 1. "Cross Fit" 0530, Ivey Gym. 2. Smoking Cessation Group (KWAJ), 1645, Hospital Conference Room. (Call 5-5362 to register)
----	---	---	--	---	---	---



WEEK 7 RESULTS

Mar. 4

Space Jam def. The Federation	46-34
Dribblers def. BreakFast	42-40
Regulators def. Fun "da" menatals	37-29

Mar. 5

Space Jam def. Dribblers	44-39
BreakFast def. Alley-Oops	58-28
USAG-KA def. Yokwe	55-50

Mar. 6

Alley-Oops def. The Federation	43-40
BreakFast def. Dribblers	42-40
Ebeje Boran def. Regulators	43-34

Mar. 7

Fun "da" menatals def. Spartans	53-43
---------------------------------	-------

LEAGUE STANDINGS

A League

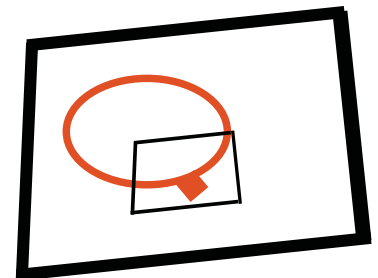
Icy Hot	10-1
Remix	8-3
Fun"da"mentals	6-6
Regulators	4-7
Ebeje Boran	5-7
Spartans	1-10

Youth League

Space Jam	7-1
BreakFast	5-3
Dribblers	3-5
Alley-Oops	3-5
The Federation	2-6

B League

USAG-KA	9-1
Auto	5-4
Yokwe	6-4
SJC	4-6
Other Guys	0-9



Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	10%	ENE at 19-24 knots
Monday	Mostly Cloudy	10%	ENE at 18-23 knots
Tuesday	Partly Sunny	20%	NE-ENE at 13-18 knots
Wednesday	Mostly Cloudy	10%	NE-ENE at 13-18 knots
Thursday	Mostly Cloudy	10%	ENE at 14-19 knots
Friday	Partly Sunny	20%	ENE at 15-20 knots

Yearly total: 23.11 inches

Yearly deviation: +14.42 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:55 a.m. 7:00 p.m.	7:22 p.m. 6:55 a.m.	5:15 a.m. 4.1' 5:25 p.m. 4.5'	11:17 a.m. -0.5' 11:35 p.m. -0.7'
Monday	6:55 a.m. 7:00 p.m.	8:10 p.m. 7:38 a.m.	5:41 a.m. 4.3' 5:52 p.m. 4.5'	11:45 a.m. -0.7' -----
Tuesday	6:54 a.m. 7:00 p.m.	9:01 p.m. 8:22 a.m.	6:08 a.m. 4.5' 6:20 p.m. 4.5'	12:01 a.m. -0.8' 12:14 p.m. -0.7'
Wednesday	6:54 a.m. 7:00 p.m.	9:53 p.m. 9:09 a.m.	6:36 a.m. 4.5' 6:48 p.m. 4.3'	12:27 a.m. -0.8' 12:44 p.m. -0.7'
Thursday	6:53 a.m. 7:00 p.m.	10:47 p.m. 9:58 a.m.	7:05 a.m. 4.5' 7:19 p.m. 4.0'	12:54 a.m. -0.7' 1:16 p.m. -0.5'
Friday	6:53 a.m. 7:00 p.m.	11:43 p.m. 10:50 a.m.	7:37 a.m. 4.3' 7:52 p.m. 3.6'	1:22 a.m. -0.4' 1:52 p.m. -0.2''
Mar. 22	6:52 a.m. 7:00 p.m.	----- 11:45 a.m.	8:14 a.m. 4.0' 8:32 p.m. 3.1'	1:54 a.m. -0.1' 2:34 p.m. 0.2'