

VOLUME 55 NUMBER 17

APRIL 26, 2014

THE KWAJALEIN HOURGLASS



Education Assistance Committee
Chairperson Becky Harris presents a
donation check from the Yokwe Yuk
Women's Club to Raphael Capelle at
Father Leonard Hacker High School on
Gugeegue Monday. For more, see page 4.

Photo by Sheila Gideon

Advanced Hypersonic Weapon Flight Test – 2 Hypersonic Technology Test Environmental Assessment and Finding of No Significant Impact

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command completed an Environmental Assessment, prepared in accordance with the National Environmental Policy Act of 1969 and the Council on Environmental Quality regulations implementing NEPA. The Advanced Hypersonic Weapon Flight Test – 2 Hypersonic Technology Test EA analyzes the potential environmental consequences that could result from test-related activities including the preparations, launch, flight, impact and demobilization. The preferred alternative primarily uses facilities in Alaska and at the U.S. Army Garrison–Kwajalein Atoll.

Based on the information and analysis, the USASMD/ARSTRAT determined that proposed activities are not expected to result in significant impacts to the environment. A draft Finding of No Significant Impact and the EA can be viewed and downloaded from the internet at www.ahw-ft2-htt-ea.info.

Printed copies of these documents are available for review at the Grace Sherwood Library and Roi-Namur Library.

Public comments on this Environmental Assessment and Draft FONSI will be accepted through May 15. Email written comments to publicdraftcomment@ahw-ft2-htt-ea.info or send via U.S. mail to: U.S. Army Space and Missile Defense Command, ATTN: SMD/ENE (Mr. Mark Hubbs), P.O. Box 1500, Huntsville, AL 35807-3801.

Range Operation scheduled for Sunday. West and south (shaded areas) ends of the island are restricted. Starts at 5 a.m., Sunday, until operation is complete and barricades are removed. Questions should be directed to RTS Command Safety Directorate, 54841.

Iturok im Iturilik in (aolep ijo ke emoj kokale ki) ilo jabon Kwajalein jejab maron kebake. Jino jen 0500 awa ilo 27 April 2014 mae ien eo enaj dedelok im aolep ijo rar kilok renaj bar bellok. Kebak RTS Command Safety Directorate ilo number ne 54841 non bok melele.

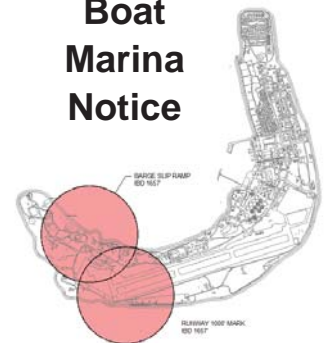
West End Island Closure



Lagoon and ocean shaded areas are closed. All boats are to stay ½ mile away from barge while it is in transit after leaving BSR. Starts at 5 a.m., Sunday, until operation is complete and notices are removed.

Kokemelmel eo enaj koman ilo 27 April 2014. Lojet eo ak area eo emoj Kokale ki enaj kilok. Aolep wa ko rejab aikuj kebak lok BSR ½ mile ilo ien an Barge eo dreton im emakit jen BSR. Jino jen 0500 awa jimarok ilo 27 April 2014 mae ien eo enaj dedelok.

Small Boat Marina Notice



THUMBS UP!

... to Dan Farnham, Edward Jednacz, John Babcock, Doug Hepler and all the people who made the KSC Underwater Easter Egg Hunt possible. Despite rain, you guys brought lots of fun and joy to everyone who came. You guys rock!

... to the Easter Bunny helpers who did an outstanding job at the egg hunt: Colleen Furgeson, Addison Cossey, Annie Hepler, Jennifer Hibberts, Keith Brady, Allison Tomas, Dayna Hepler and Dan Murillo.

... to Patrick Ward and the Solid Waste crew for strategically placing the dumpsters and disposing of the trash picked up during the Kwaj Earth Day cleanup, Community Activities for the advertisements and the water coolers, Quality of Life for purchasing the rights to show "Plastic Paradise," Jordan Vinson for his stellar photography and journalism and a big thank you to all who helped with the beach cleanup.



CONCERNED!!



**Do you considered someone you work with a
National Security Risk
or unduly influenced by foreign nationals?**



**Report Your Suspicions Without Fear of
Reprisal**

KWAJALEIN RESIDENT OFFICE, ARMY CONTERINTELLIGENCE 5-3576/1095

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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DISPATCH FROM ROI

Iconic bartender Wally Hoo remembered after three decades on Kwajalein Atoll

Hourglass Reports

The most iconic and well-known bartender and waiter on Kwajalein and Roi-Namur passed away peacefully in his sleep April 12 in Ewa Beach, Hawaii. Wally Wah Gee Hoo was known for his warm smile, sense of humor and strong pours.

Hoo first moved to Kwajalein in 1972 and worked at the Yokwe Yuk Club as a waiter.

"Back when the Yuk Club had fine dining, Wally was the best waiter," Kwajalein resident Bill Williamson recalled. "If you couldn't make a reservation for a Wally table, then you made a reservation for the night you could get Wally to serve you."

Several Kwaj residents remember working with Hoo at the Yuk Club in the 70s and 80s, and some are still here—though their jobs have changed—including Robbie Amador and Ritok Loeak.

When asked about Hoo, many tell the same tale of his favorite joke. With the last name Hoo, he loved to put a spin on the "Who's on first?" joke, often confusing newcomers who had yet to meet him. He would make a telephone call and when asked, "Who is this?" he would sim-

ply answer, "Hoo."

They say Kwajalein is shaped like a boomerang for a reason; Hoo briefly left Kwajalein to live in Hawaii, but returned in 1981. He continued to work at the Yuk Club until it closed. Then, he moved to Roi, where he became the head bartender at the Outrigger Bar and Grill. Hoo may not have been the quickest bartender, but he was most definitely the favorite. If you were a first-time visitor to Roi, you were often told, "You have to meet Wally!"

A toast in Hoo's honor was held by Roi Rats Tuesday night. They raised a glass and recounted their favorite "Wally stories."

Hoo is survived by his three sons Randy, Russell and Rick, daughter Laura and granddaughter Mira.

In lieu of flowers, the family has requested any offerings be made as a donation to St. Francis Hospice West, The Maurice J. Sullivan Family Hospice Center, 91-2127 Fort Weaver Road, Ewa Beach, HI 96706.



Photo courtesy of Laura Hoo

Wally Hoo with his beloved dogs in Hawaii.



Photo courtesy of Shermie Wiehe

Wally Hoo waits on tables at the Yokwe Yuk Club on Kwajalein.



Roi Rats gather at the Outrigger on Tuesday to toast Wally Hoo.

Photo courtesy of Joe Coleman



Photo courtesy of Bob Sholar

Wally Hoo with David and John Sholar, now 16 and 18, in 2004 at the Yuk Club.

Yokwe Yuk Women's Club delivers grant checks to local RMI schools

Article and photos by Sheila Gideon
Managing Editor

Members of the Education Assistance Committee, a component of the Yokwe Yuk Women's Club, traveled to Ebeye and Gugegue Monday to hand-deliver donation checks to seven schools. Once a year, proceeds from the Micronesian Handicraft Shop, Bargain Bazaar and annual Silent Basket Auction are collected and distributed to schools in the Marshall Islands and Micronesia to assist with education needs. This year, \$50,000 in grants was distributed, which totaled \$10,000 more than last year. Becky Harris, EAC chairperson, along with EAC members Karen Brady, Jill Brown, Heather Miller, Jane Premo, Cynthia Rivera, Sarah Stepchew and Allison Sok met with representatives at each school on Ebeye to see what the donation money has helped purchase.

The group first met with Raphael Capelle at Father Leonard Hacker High School on Gugegue. They will use the money donated from YYWC to buy computers for their computer lab.

"If there was a Marshallese word better than this, I would use it today. But, for now, I say, 'Kommol tata' and also 'Yokwe' to all of you," Capelle said. "What you are doing for the school, especially the students, is very, very special. We will cherish what you do for us today, until one day we can repay that kindness."

The group moved on to Kwajalein Atoll High School and met with Donna Lanej, who toured them around the school, which has 409 students. The grant donation will go toward building a small incinerator.

Ebeye Gem Christian School is a relatively new school with 206 students and only seven classrooms. They will purchase building materials with their grant money to help pay for a new classroom and two rest-



YYWC Education Assistance Committee Chairperson Becky Harris is thanked by Seventh Day Adventist School Student Council members, right, and Manuel Alamo Jr., center, for their grant check.

rooms scheduled to be built this summer.

Ebeye Seventh Day Adventist School gathered their choir and performed a song for the group to show their appreciation. Two members of the student council presented Harris with handmade thank you cards from the students and told her, "We will make these donations count."

The last schools visited were Jabro School, Queen of Peace Elementary School and Ebeye Calvary School. They will use their grants to purchase supplies such as printers, toner, brooms, a projector and other classroom materials.

Grant checks were also mailed to seven schools in Majuro and two in Micronesia.



EAC member Heather Miller is given a Marshallese wut as a thank you at Ebeye Gem Christian School Monday.



YYWC Education Assistance Committee members deliver a grant check to Kwajalein Atoll High School on Gugegue Monday.

Kwaj NHS students deliver school supplies to students on Gugeegue

Article and photos by Molly Premo
Media Services Intern

On Monday morning, Kwajalein Jr./Sr. High School's National Honor Society students traveled to Gugeegue to deliver school supplies to Father Leonard Hacker High School and Kwajalein Atoll High School.

It is traditional for NHS to deliver education supplies to schools on Ebeye and Gugeegue each year, although this year's project was a bit different. NHS collaborated with two stateside schools in Nebraska: Dome High School and Schoo Middle School. Funds were also raised at the annual Coffee Shop event, hosted by NHS in March.

Together, these schools created a new way of dispersing supplies to students in need. Bags were designed incorporating the logos of all the schools involved, and carried the words "Jen jermal ibenron kin iakwo," along with the English translation, "Let us work together for unity and love." The KHS students were excited to deliver the bags to the Gugeegue students.

NHS first stopped at Father Leonard Hacker High School. Principal Raphael Capelle gave a welcome speech and thanked NHS for bring-



From left, NHS President Jennifer Hibberts addresses students at Kwajalein Atoll High School on Gugeegue, while NHS officers Stephanie Hibberts, Yomoko Kemem and Mereille Bishop display the school supplies being donated to the students.

ing over the supplies. NHS President Jennifer Hibberts explained the project to the students. NHS officers Stephanie Hibberts, Mereille Bishop and Yomoko Kemem helped display the items contained inside the bags while Jennifer spoke.

After this, everyone got in a big circle to play an elimination hand

game which got the students active and laughing. After a winner was determined, NHS members handed each student their own personal bag. Wanting to play another game, everyone went out into the field next to the school to play elbow tag, a game similar to regular tag except to remain safe from being "It," you must link elbows with another person. As the group's time came to a close, Father Hacker's student body president thanked NHS again and welcomed them back any time.

At Kwajalein Atoll High School, the vice principal welcomed the NHS students and thanked them on behalf of the school. Again, NHS officers described the process of how they completed the service project and went through the contents of the bags. The KAHS student body president thanked all who were involved and introduced the senior class, who performed a song for NHS students.

Despite the rain, the service project and the day of interaction was a success. Jennifer, a senior this year, described this particular project saying, "This has been my favorite service project to participate in."



NHS students play a game with Father Leonard Hacker High School students during a service project on Gugeegue Monday.

Volunteers lend hand in Kwaj Earth Day Cleanup

Article and photos by Jordan Vinson
Associate Editor

Bottle caps, fishing nets, mooring lines, beer cans, plastic figurines, flip flops and running shoes. That's just a small sample of the debris picked up by volunteers during the Kwajalein Earth Day Cleanup on a rainy Monday morning.

Spread out along the oceanside shoreline of the island near the Pacific Club, the Adult Pool, the Kwaj Lodge and Ocean View Club, the handful of residents who braved the late morning rain bagged up as much trash as possible in a two-hour time span.

Equipped with safety gloves and large bags, the volunteers hauled in hundreds of pounds of junk, ranging from ubiquitous plastic debris and cigarette butts to glass bottles, plastic jugs and chunks of styrofoam and rubber, most of which had been carried to shore by the high tides.

"I found a lot of rubber, a lot of rubbery things off of shoes and off of different products that we use in our daily lives," said Karen Simas, the cleanup organizer and an employee with Kwajalein Range Services Environmental.

Along with nylon fishing nets tangled in rocks along the shore, some of the more destructive items pulled out by the volunteers and thrown into the trash were large mooring lines. One was so heavy it required three people to hoist it up and into a black trash bin placed on the shore by Patrick Ward and the Solid Waste crew.

The danger of bigger, heavier de-

bris like mooring lines, Simas explained, is the damage they cause to coral outcroppings as they move through the water with the currents and tides. Just one fishing net, for example, can snag on and break off dozens of coral heads as it is pushed and pulled through the shallows. It's a phenomenon that residents witnessed while watching "Plastic Paradise," a documentary shown at the Rich Theater April 19 that delves into the nature and destruction of the Great Pacific Garbage Patch.

Celebrating her first Earth Day on Kwajalein Atoll, Simas organized both the cleanup effort on Kwajalein and the documentary viewings on Roi and Kwaj. For her and other supporters, the cleanup effort was more than a couple hours of picking up trash. It was also a symbolic representation of Simas' and the other volunteers' support for the overriding message present in "Plastic Paradise." Both society at large and local residents, Simas and other supporters say, should significantly reduce the amount of single-use plastics they purchase. Failure to do so will ensure our oceans choke on discarded plastic and other debris for decades to come.



Volunteers pick up trash along the shores of Kwaj April 21.



Barnacles take up residence on a piece of a broken plastic bin picked up along the beach.

On Kwaj and Roi, Simas is pushing for residents to take up a pledge to not buy items packaged in one-time-use plastic, such as bottled water or soda. It's a small gesture, she admits, but one that's easy to do and, when done in tandem with the rest of society, can have a big impact on the health of the environment, and especially our oceans.



Kwajalein elementary school students help out during a separate Earth Day cleanup along the shore of the lagoon Tuesday.



The volunteers who braved the rain Monday pause for a group photo to show their support for Karen Simas' "Say NO to Single-use Plastic" pledge. Simas said she plans on sending the photo to Angela Sun, the director of "Plastic Paradise," to "show her that we're supporting the cause all the way over on Kwajalein Atoll."

Kwaj kids celebrate Easter at Richardson Theater with egg hunt, crafts, Easter Bunny

Hourglass Reports

The fields surrounding the Richardson Theater were filled with kids racing to gather as many prize-filled eggs as they could on Sunday. Community Activities hosted the event for kids through sixth grade.

Besides the egg hunt, there was also the opportunity to receive an Easter-themed temporary tattoo and visit with the Easter Bunny. There were the usual bright smiles along with the typical meltdowns from some young kids, but it was all in good fun.



Photos and design by Sheila Gideon

Clockwise from top right: Atesh Bates grasps his dad's finger as he hunts for eggs; Silas Chavana adds eggs to his homemade Easter basket; Mikah Busquets uses his Halloween bucket to collect Easter eggs; Grace Hinton is all smiles for the Easter Bunny; and Josie Brown checks out how her new Easter toy tastes.



Kwajalein resident will donate kidney to fellow teacher during summer break

Article and photo by Sheila Gideon
Managing Editor

There are currently more than 99,000 people in the U.S. waiting for a kidney transplant, according to the National Kidney Foundation. The average wait time for a kidney to become available to a patient is four years. So, when Kwajalein resident Ricardo Fullerton reached out to family and friends in need of a kidney, he never really expected to find someone who was a match any time soon. And he certainly never expected it to happen in just one year, and for the offer to come from a fellow resident on an island of 1,100, and from a fellow teacher from a staff of 30. But, that is his story.

Just one year after creating a Facebook page to announce to friends, family and ultimately the world that he needed a kidney transplant, Fullerton—who was diagnosed with polycystic kidney disease in 1996—found not only a willing donor, but a match. Angela Mitchell is many things—a Kwajalein retread, a mother of three boys, a runner, a speech pathologist at Kwajalein Jr./Sr. High School—and now “living



Angela Mitchell, speech pathologist at Kwajalein Jr./Sr. High School, will donate a kidney to Ricardo Fullerton, also a KHS teacher, this June. Fullerton was diagnosed with polycystic kidney disease in 1996 and announced to family and friends last year that he was in need of a kidney transplant.

organ donor” can be added to the list. After months of testing, Fullerton and Mitchell’s transplant surgery is scheduled for June 2014, at Loma Linda Medical Center in California. A fundraiser to support the various non-medical costs of the transplant will be held May 18 at the Vet’s Hall.

Fullerton started working at KHS in 1989. Over the years he’s taught world history, U.S. history I and II, economics, government, sociology and psychology. Mitchell and her family lived on Kwajalein during their first tour from 2005-08, and returned in 2011. She started working at KHS in the fall of 2012 as a speech pathologist. Fullerton and Mitchell’s interaction up until last year was minimal; it mostly consisted of pleasantries at staff meetings. But, when Mitchell read Fullerton’s story on Facebook, it stuck with her.

“I am not a Facebook person,” Fullerton said. His friend, fellow Kwaj resident and former KHS teacher, Christi Cardillo, helped him create a Facebook page. He composed a post about his condition and that he required a kidney transplant in the near future. Once written, he held onto that blurb for a while before he was able to push the “publish” button. Finally, he realized nothing positive was going to happen if he didn’t put it out there. Within one day he received words of support and encouragement from former students and teachers, family and friends.

Mitchell read his story and thought, “I know that guy. I didn’t even know he was sick.” She clicked the “Like” button and walked away from the computer. She paused, thinking she should do more than that. She returned to her computer and did further research. She realized that she was in the same O blood group as Fullerton. Being in the O blood group means Mitchell can donate to any blood type. She continued to research and just couldn’t let it go. “As an O-universal donor, I’ve always known that

Living Donor Age Breakdown:

Ages 18-34: 30.1%
Ages 35-49: 40.9%
Ages 50-64: 27.0 %
Ages 65+: 2.0%

Living Donor Gender Breakdown:

Male: 38.6%
Female: 61.4%

Statistics from the National Kidney Foundation

my organs would be valuable once I had passed on. But, it had never really crossed my mind that I could do something while I'm still alive." She took the next step by discussing live organ donation with her husband, Jon, who was supportive and on board with the idea. She fielded her request anonymously through the Kwajalein Hospital and was told that Fullerton was rejecting anyone with young children, fearing their child may need a kidney in the future. Mitchell said she doesn't live her life by the "what ifs" and since there is no history of kidney disease in her family, she still wasn't able to walk away. Finally, she approached Fullerton directly in his classroom one day. His answer was still a firm, "No."

They continued to talk over the summer, Mitchell encouraging Fullerton to allow her to at least get tested to see if she was a match. "She just seemed so hell-bent, determined and confident," Fullerton said. "She knew more about it than I did, actually." He discussed it with family and friends, who told him that she was offering him an amazing gift.

In October 2013, Fullerton and Mitchell sent blood off-island to be tested and found out they are a blood match. During winter break, Mitchell travelled to California for a very intensive workup to determine if she was eligible as a donor. Once she passed that stage, her case was brought before a transplant board that had the final say in whether she would be eligible to donate to Fullerton. In January 2014, they were notified of the unanimous decision to approve the transplant.

Mitchell's family is apprehensive, but they are supportive and proud. She has a family member who received a successful lung transplant a few years ago. She also has a friend whose life was improved by a liver transplant. She witnessed these successful transplants and the experience only reinforced her decision to continue on her journey with Fullerton. "I feel like it's an opportunity to perpetuate what one human can do for another," she said. "You can do something bigger than yourself."

Although Mitchell will provide the most important component of the transplant, Kwajalein community

members are chomping at the bit to be a part of the experience and show their support. At the Spring Break Music Fest this year, the homebrew tent, chili cook-off, and barbecue contest proceeds all went toward the kidney transplant fund. The Kwajalein Running Club also held a "Glow Run" that evening and donations were collected. Fullerton was surprised to see on the Roller that the Kwajalein Scuba Club was hosting a diving poker run to support the upcoming surgery.

"(The support) is amazing. It's overwhelming. ... I've been so touched, amazed," Fullerton said.

"Being the two stubborn-heads that we are, we had absolutely no intention of allowing any kind of fundraising from the beginning," Mitchell said. "But, once we realized that it was a being more powerful than us, we decided to throw our hands up. That is the way that the community wants to participate and it's the way they want to show us that they support what we're doing. ... I think it's key to allow it because it helps perpetuate the spirit of doing something bigger than yourself, which is the reason I'm doing this in the first place."

Proceeds from all fundraisers will help offset the transportation, lodging and various costs that are associated with living in the States for 30-90 days for the surgery and recovery. The fundraiser at the Vet's Hall on May 18 will be a Mongolian barbecue dinner, and silent and live auctions. Tickets for the dinner are sold out, but you do not need a ticket to participate in the auctions or enjoy the live music by *Radar Love*.

Both Fullerton and Mitchell are incredibly grateful for the support from the community. "It's overwhelming and humbling," said Mitchell. "Every little bit is what's allowing us to do this with ease. We were going to do it anyway. But, it's lightening the burden significantly. Every person who donated is helping us get through this a little easier."

Fullerton plans to return to KHS and teach next year after his recovery. "I want to come back. I want to finish my career here. ... I'm invested in the community here. I'm invested in the kids." Mitchell also plans on returning to Kwajalein and KHS after her surgery.

Current and former friends, co-workers, students, teachers and complete strangers offered donations and words of support and encouragement for Ric and Angela on their donation website:

"Ric, thanks for being a great teacher and influence on my life and so many others. Angela, thank you for your example of caring and selflessness. You two are amazing! You're in our prayers."

"Mr. Fullerton, you were one of my favorite and most memorable teachers while I was on Kwajalein. History has never been my favorite subject, but you made me actually enjoy it. Christmas on Carlos is another memory that I'll always have because of you. I'm sorry for your illness, but I'm glad you were able to find a donor. I'll keep you and Angela in my prayers. Thanks for all that you have done."

"This is such wonderful news! Angela must be one special lady. Our family already knows how special Ric is...he was one of the best teachers our kids ever had and a good friend. Please keep us updated. Sending love your way, Ric. You too Angela, even though we have never met."

"Hi Mr. Fullerton, I am so sorry to hear about your health. You were one of those teachers in my life that really made a difference. You helped me think outside the box. I'll never forget sitting in English class staring at the clock when for class to be over so I could go to economics! Seriously, what high school kid likes economics? You made learning fun and for that I am truly grateful. I wish I had more to donate but please know you're in my prayers."

"Ric has been one of the most influential teachers and friends I have made in my life thus far. I think daily of his wisdom including his saying, 'Its great to have your own opinion, as long as you have substance to back it up!' Teacher, mentor, friend. I wish you the best of luck and a speedy and safe recovery."

"Ric and Angela, what a privilege it is to help you two on this special adventure. I wish we could be there to give you our best wishes in person. We value your friendship through the years and you both will always be in our thoughts and prayers."

And the winners of the 2014 Photo Exhibit Contest are...

CATEGORY: JUNIOR PHOTOGRAPHER

CATEGORY: WILDLIFE



1



1



2

Category: Junior Photographer

1st: Molly Premo —
“Don’t Forget to Look
up for Rainbows”
2nd: Molly Premo —
“End of the Line”
3rd: Jensyn Cole —
“Perspective”



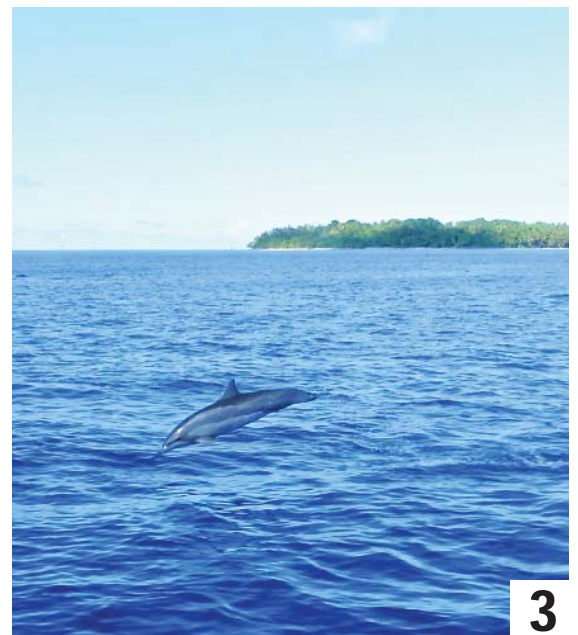
2



3

Category: Wildlife

1st: Karen Brady —
“Wishing on a Starfish”
2nd: Clara Winkler —
“Sky Crab”
3rd: Kyle Miller —
“Attention Seeker”



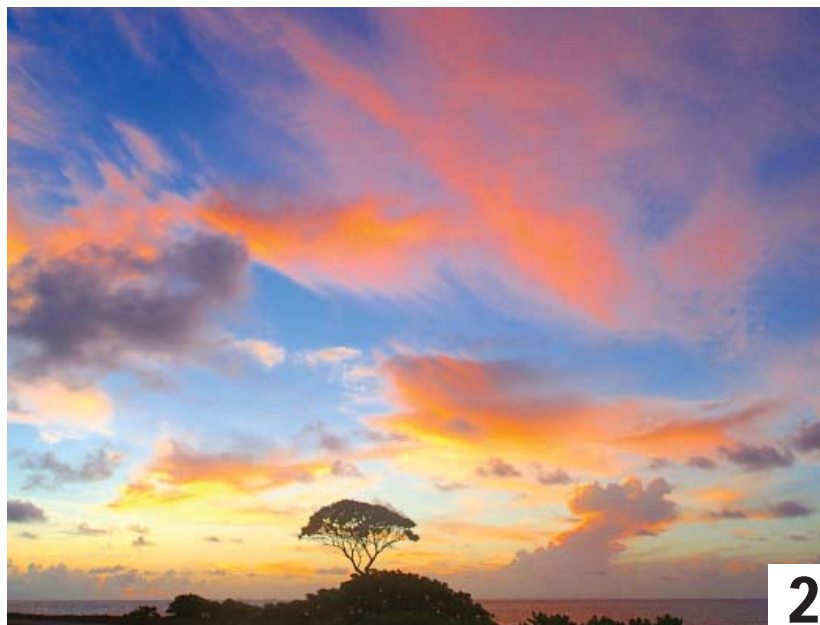
3

CATEGORY: OPEN

CATEGORY: SUNRISE/SUNSET



1



2



2

Category: Open
 1st: Julie Savage —
 “Kwaj Kids”
 2nd: Kyle Miller —
 “Illegal Moon”
 3rd: Kyle Miller —
 “Mains Are Set”



3

Category: Sunrise/Sunset

1st: Tim Cullen’s “Waiting on the Sun” not available
 2nd: Clara Winkler — “A Flashy Sunset”
 3rd: Bruce Premo — “Harbor Sunset”
 4th: Sarah Dahl — “A New Day Dawning”



3



4

The RustMan 35 years later

By Bob Sholar

Kwajalein Running Club

Back in early 1980, when some of the Kwajalein Running Club's active members were relaxing together after a weekend jog, it came to them that they should organize one of those then-unusual swim-bike-run endurance events called "triathlons." Most of those sipping water after the run that day say the credit for coming up with the idea goes to Denny Bunn, a former U.S. Navy Diver and Kwaj resident, who also founded the children's Kwajalein Swim Team.

The then-new and incredibly grueling Hawaii Ironman Triathlon (swim 2.5 miles, bike 112 miles, run 26.2 miles), in which 12 hours is an excellent finish time, was a major source of inspiration to the

event's founders. Being reasonable people, and wanting at least one participant in their Kwajalein triathlon, they decided to cut the event to roughly 1/4 of the Ironman's length: swim 1 kilometers, bike 42 kilometers, and run 10 kilometers.

They selected the tongue-in-cheek name "RustMan," thinking it appropriate for Kwajalein. And each year since then, 20-60 people complete in the triathlon in the month of April or May.

Little did the founders know that their creation would continue for more than three decades and that more than 1,000 unique competitors—past and current residents and a score of visitors—would come to cross the finish line. Yes, at Kwajalein, we have one of the oldest annual triathlons in existence. It's surprising but true.

KRC will conduct the 35th annual RustMan Triathlon Monday. If you want to watch the race, the swim starts at 4 p.m. near the Dock Security Checkpoint and proceeds through the ski boat area north toward Emon Beach. And anywhere along 9th Street will be a good spot from which to watch the biking and running sections. Bikers will travel along 9th Street six times, and runners will cross 9th Street three times.

The fastest competitors should arrive back at Emon Beach at approximately 6 p.m. Finishers are expected to continue to arrive through 8 p.m.

The competitors are hoping for favorable winds come race day to make the biking leg easier, but windy or not, some 60 athletes are expected to participate. Come on out and cheer them on.

May the dancing begin

By Kyle Miller

Kwajalein High School Stage Band

The 26th annual Ballroom Dinner Dance is almost here. The event, scheduled for May 5 at the MP Room, is an opportunity to dress up and enjoy an evening of great music, dinner and, of course, dancing.

The Kwajalein High School Stage Band, (aka "The Central Pacific's Most Dangerous Band") will play cool jazz, jumpin' swing and hot Latin tunes throughout the evening. Our excellent catered dinner will feature chicken parmesan and fettuccini alfredo.

The 17-member Stage Band has been a notable element of the school music program for many years. Their annual dinner dance has evolved into a showcase for their talents and hard work, enjoyed by music lovers and dancers. The group routinely learns 30-40 songs each year, beginning rehearsals in August to prepare for the event. Many student soloists will be featured, performing authentic interpretations of musical styles for swing, fox trot, cha cha, rumba and salsa dances.

Tickets are \$45 per person, and they are on sale until Friday. For tickets, contact Kyle Miller at 51167, or at millerk@kwajalein-school.com. Reservations for seating of parties of between four and eight people are available when tickets are purchased.

Proceeds from the dance cover the meal and decorations. But more importantly, they also go toward the purchase of new music equipment for the band program.

Whether you want to dance the night away, or sit and enjoy the sounds of this accomplished student band, don't miss the opportunity to attend the Ballroom Dinner Dance.

Disinfection By-Products in Drinking Water on Meck Island

The Meck Island water tests performed during first quarter FY14 showed Total Trihalomethane levels in the drinking water above the maximum contaminant level. Trihalomethanes represent a group of chemicals generally referred to as "disinfection by-products". They are formed when chlorine is used to disinfect water to make it safe for drinking. They result from a reaction between the chlorine and naturally occurring organic compounds in the raw water. Mandatory public notification is required when a contaminant exceeds the MCL. Potential health effects from long term consumption of water with elevated levels of TTHM include liver and kidney problems or increased risk of cancer. However, potential short term exposure by healthy adults has not been shown to lead to adverse health effects. Potential exposures to Meck personnel can be considered short term due to the limited time the MCL has been exceeded.

Final approval has been granted for a granular activated carbon filter system, which is scheduled to be installed on Meck in the late spring or early summer of 2014. This GAC filter system will treat the entire Meck drinking water system to remove those naturally occurring organic compounds before the water is disinfected with chlorine, effectively reducing the resulting TTHMs to minimal levels.

In the mean time, an activated carbon point-of-use filter is installed on the tap outside the water treatment plant to filter out TTHMs and provide safe drinking and cooking water for Meck personnel from this tap only. Showering and face-washing at other locations will have no negative effects. These activities may continue at any shower or potable water tap.

If you have any further questions, contact Leigh Pinney, KRS ES&H, at 55374.



KWJALEIN ARES ORNER

By JoDanna Kalinowski, RN, BSN
Kwajalein Hospital

The skin is the largest organ of the human body, covering about 22 square feet on an average adult. This amazing organ has several functions. It protects the body from infection, dehydration and extreme temperature changes.

Just as most of us brush our teeth to help prevent cavities, we must also protect our skin to help prevent damage. Considering Kwajalein Atoll's location—just eight degrees north of the equator—this

is advice local residents shouldn't take lightly.

Kwajalein Hospital, for instance, has documented about 17 individual cases of skin cancer from August 2012 to April 2014. This number does not include precancerous lesions.

Skin cancer does not discriminate: It occurs across all ages, races and genders. In fact, one in five Americans will develop skin cancer over the course of a lifetime. And each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.

Those are some startling facts. The good news is that you can help prevent skin cancer.

What is the best way to protect yourself from the sun's damaging rays? One answer is to completely avoid the sun. But we all know that's impossible. What would life be without time at the beach and outdoor exercise?

For realistic and effective measures to guard against our star's harmful rays, pay attention to the guidelines below.

Information for this article was retrieved from <http://www.skincancer.org>.

Wear appropriate clothing both in and out of the water.

Long-sleeved shirts, broad-brimmed hats, long shorts, pants, long skirts, rash guards and sunglasses do the trick. The more covered you are the more protected you are. Look for Ultraviolet protection factor rated clothing of 50+. A regular white cotton T-shirt only has a UPF of about 5, allowing 1/5th of the sun's ultraviolet rays to pass through and damage your skin.

Stay in the shade, especially during peak hours between 10 a.m.-4 p.m. Clouds are not shade—UVR passes right through clouds and causes skin damage.

Examine your skin head-to-toe every month. In general, look for any new or changing lesions. Remember the "ABCDEs." Check for blemishes on your skin that possess these characteristics: **a**symmetry, **i**rrregular **b**orders, **a** variety of **c**olors, a **d**iameter greater than a pencil eraser, anything **e**volving. That last one is very important: Pay special attention to any changes regarding blemishes on your skin, such as size, shape, color, elevation or any new symptom, such as bleeding, itching or crusting. Visit this site for detailed information <http://www.skincancer.org/skin-cancer-information/early-detection>.

See your physician for a professional skin exam every year, or as soon as possible for any questionable lesion. Skin cancer can be treated if caught early. Educate yourself to protect you and your family. For more information visit: <http://www.skincancer.org/>.

Children under 6 months of age should stay out of the sun.

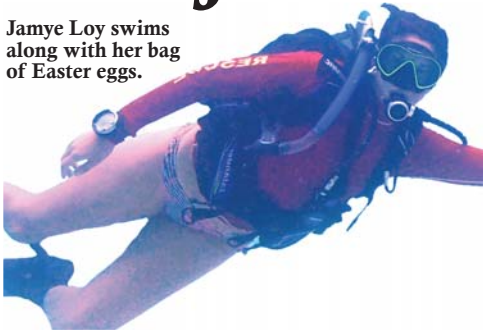
This is a no-brainer.

Wear sunscreen. Apply a broad spectrum product 20 minutes before sun exposure. Why broad spectrum? Broad spectrum sunscreen protects against both UVA and UVB rays. Both UVA and UVB rays contribute to causing skin cancer. UVA rays penetrate deeper into the layers of the skin than UVB, causing "invisible" damage. UVB rays cause visible skin reddening and sunburn. True or False: Proper use of sunscreen provides 100 percent protection from UVR. The answer is false: No sunscreen can block 100 percent of all UVR. While wearing a broad spectrum sunscreen certainly provides some protection, sunscreen should not be used as a tool to prolong your time in the sun.

PROTECT
YOURSELF
BEFORE YOU
WRECK
YOURSELF

Kwaj snorkelers, divers search for Easter eggs in lagoon

Jamye Loy swims along with her bag of Easter eggs.



Article and photos by Jordan Vinson
Associate Editor

Under sheets of rain Monday, Kwaj residents young and old went out to Emon Beach to try their hands in the 2014 Underwater Easter Egg Hunt.

The event, organized and sponsored by the Kwajalein Scuba Club, drew out a couple dozen people, all whom received a safety and informational briefing from KSC volunteers Dan Farnham, Doug Hepler and Ed Jednacz before hitting the water.

A total of 864 plastic Easter eggs, weighted down with sand stuffed inside and secured with transparent tape, were hidden off the shore of Emon. A great many were sprinkled throughout the beach's roped-off swimming area, well within reach of the younger children who participated. Meanwhile, KSC volunteers peppered the rest in 5-18 feet of water from Emon Beach all the way to North Point.

While many participants wore only masks, snorkels and fins to hunt out the hundreds of eggs from the water's surface, diving down to the lagoon floor when spotting one, others slid into their scuba gear before the start of the event. Taking to the deeper depths, the divers glided



Curtis Watada, one of the divers who participated in the event, happens upon a pair of eggs in the waters of North Point Monday.

through the warm water looking for the bright, neon-colored eggs contrasting with swathes of beige sand and brown coral outcroppings among which they were hidden.

Some divers, having thought ahead and brought along netted bags, scooped up the eggs and stuffed them into their sacks as they kicked. Others, however, hadn't thought about how they'd possibly carry dozens of eggs while swimming hundreds of yards underwater. These were the people who emerged from the lagoon with the pockets of their buoyancy compensator vests and swim trunks bursting with eggs, some falling onto the beach as they walked.

Some of the eggs brought up earned the divers and snorkelers prizes. If someone brought up an egg with "towel" scribbled on it, for instance, they won a KSC beach towel. Some people, who swam quickly and were able to haul back to the scuba shack large caches of eggs, walked away with hats, a towel and maybe a shirt or two.

Among the most prized targets were eight golden eggs sprinkled off the shore, half which were located in the roped-off swimming area. If a participant found one of those, he won a snazzy,

new KSC windbreaker.

"We have a bunch of new ones in at the Dive Locker that haven't gone up for sale yet," said Dan Farnham, KSC president. "So, the winners are among the first to get a new windbreaker."

Curtis Watada, one of the event's divers didn't score a new windbreaker. Instead, he scored something that was far better—his first sighting of a manta ray.

"I've travelled all over the world to dive and get to see these things but never have any luck," he said. "But today, during an Easter egg hunt yards away from shore I get to see one. Amazing."



A few snorkelers and divers were treated to a up-close visit by a large manta ray, sporting a wingspan of approximately eight feet.



Jacob Long chomps at the bit during the pre-hunt briefing. He was one of the first children to hit the water in the roped-in area to begin searching for eggs.

★ MONTH OF THE ★ ***ARMY* *NAVY*** ***MARINES*** ★ ***COAST GUARD*** ***AIR FORCE*** ★ **MILITARY CHILD**



ARIANA ALEJANDRO
AGE: 16 GRADE: 10

MILITARY PARENT:
ANGEL ALEJANDRO, RETIRED

- 1) Who is your hero? My mom because she followed my dad any time he was deployed; she worried about his needs, not hers.
- 2) If you could have a superpower, what would it be? Super hearing so I could hear my mom if she was in a different room.
- 3) What is your biggest accomplishment so far? Having the courage to coach soccer.
- 4) What do you want to accomplish in the future? I want to visit Spain and Brazil.



ISAAC WEILAND
AGE: 8 GRADE: 2

MILITARY PARENT:
MASTER SGT. MARCUS WEILAND, ACTIVE DUTY

- 1) Who is your hero? My daddy because he works in the Army.
- 2) If you could have a superpower, what would it be? To change into any animal, especially a snake.
- 3) What is your biggest accomplishment so far? Doing well in math.
- 4) What do you want to accomplish in the future? I want to visit family and friends in Colorado.



AIDAN ALEJANDRO
AGE: 13 GRADE: 8

MILITARY PARENT:
ANGEL ALEJANDRO, RETIRED

- 1) Who is your hero? My friend, Jack Russ, because he has done so much with his life, and I hope to live up to him.
- 2) If you could have a superpower, what would it be? Flying.
- 3) What is your biggest accomplishment so far? Helping John Sholar with his Eagle Scout project. It really paid respect to the Marshallese community.
- 4) What do you want to accomplish in the future? I want a master's degree in engineering from MIT, Stanford or Naval Academy.



IRIS WEILAND
AGE: 5 GRADE: K

MILITARY PARENT:
MASTER SGT. MARCUS WEILAND, ACTIVE DUTY

- 1) Who is your hero? My mommy because she delivers our packages at the post office.
- 2) If you could have a superpower, what would it be? Turning into any animal I want, especially a meerkat.
- 3) What is your biggest accomplishment so far? Playing games.
- 4) What do you want to accomplish in the future? I want to go underwater without a mask on.



ERENTY JACOB
AGE: 10 GRADE: 3

MILITARY PARENT:
CHRISTOPHER JACOB, ACTIVE DUTY

- 1) Who is your hero? My family because they stand up for me.
- 2) If you could have a superpower, what would it be? I would be able to make it snow.
- 3) What is your biggest accomplishment so far? Doing my best at school.
- 4) What do you want to accomplish in the future? I want to do well in school.



CONNOR MCDIFFETT
AGE: 6 GRADE: 1

MILITARY PARENT:
TRAVIS MCDIFFETT, VETERAN

- 1) Who is your hero? A mystery hero.
- 2) If you could have a superpower, what would it be? Flying.
- 3) What is your biggest accomplishment so far? Going on planes.
- 4) What do you want to accomplish in the future? I want to be a superhero.

Compilation by Sheila Gideon

★ MONTH OF THE ★ ***ARMY* *NAVY*** ***MARINES*** ★ ***COAST GUARD*** ***AIR FORCE*** ★ **MILITARY CHILD**



JACOB LONG
AGE: 10 GRADE: 4

MILITARY PARENT:
MARY CISLER LONG, VETERAN

- 1) Who is your hero? My mom because she is super brave and was in the Air Force.
- 2) If you could have a superpower, what would it be? Flying.
- 3) What is your biggest accomplishment so far? Being nice.
- 4) What do you want to accomplish in the future? I want to be a mystery hero.



MARY RUTH LONG
AGE: 14 GRADE: 9

MILITARY PARENT:
MARY CISLER LONG, VETERAN

- 1) Who is your hero? My mom because she takes care of me and is always there for me when no one else is.
- 2) If you could have a superpower, what would it be? Flying.
- 3) What is your biggest accomplishment so far? Getting A's and B's in all my classes and making it on the Spartans I softball team.
- 4) What do you want to accomplish in the future? I want to get into a 5-star college or live out my dream in music.



GILLIAN GHEARING
AGE: 12 GRADE: 7

MILITARY PARENT:
COL. GILBERT GHEARING, MD,
ACTIVE DUTY

- 1) Who is your hero? Other than my dad, all who serve with him. He tells me these Soldiers are the best, brightest and strongest resource our country has to offer.
- 2) If you could have a superpower, what would it be? Telekinesis.
- 3) What is your biggest accomplishment so far? Winning several gold medals in fencing.
- 4) What do you want to accomplish in the future? To improve my fencing skills. It would be fantastic to compete in Rio in 2016!



ALLY SCOTT
AGE: 18 GRADE: 12

MILITARY PARENT:
MAJ. DOUGLAS ROGERS, ACTIVE DUTY

- 1) Who is your hero? Michael Jackson because he taught me that no matter what trials are thrown at you in life, it doesn't make you a different person. You can either make yourself better from it or let it destroy you. If you want to make the world a better place, just look at yourself and make a change.
- 2) If you could have a superpower, what would it be? The power of happiness.
- 3) What is your biggest accomplishment so far? Traveling the world and positively influencing almost every child I've come in contact with.
- 4) What do you want to accomplish in the future? I'd like to save a life.



AUSTIN WILEY
AGE: 18 GRADE: 12

MILITARY PARENT:
LT. COL. DEAN WILEY, ACTIVE DUTY

- 1) Who is your hero? Superman because he can do pretty much anything.
- 2) If you could have a superpower, what would it be? The ability to adapt to any environment.
- 3) What is your biggest accomplishment so far? Almost graduating!
- 4) What do you want to accomplish in the future? I want to create a movement that will have a lasting effect for generations to come.

★ MONTH OF THE ★ ***ARMY* *NAVY*** ***MARINES*** ★ ***COAST GUARD*** ***AIR FORCE*** ★ **MILITARY CHILD**



MORGAN DETHLEFSEN
AGE: 10 GRADE: 4

MILITARY PARENT:
DAVID DETHLEFSEN, VETERAN

- 1) Who is your hero? My dad because he is very smart, helps me with my homework, is very nice and fun to hang out with.
- 2) If you could have a superpower, what would it be? Flying, because I wouldn't have to pay for a ticket to Santorini.
- 3) What is your biggest accomplishment so far? I've been so so many places.
- 4) What do you want to accomplish in the future? I want to design a passenger aircraft.



MARIANA DETHLEFSEN
AGE: 7 GRADE: 1

MILITARY PARENT:
DAVID DETHLEFSEN, VETERAN

- 1) Who is your hero? Scooby-Doo because he is a dog.
- 2) If you could have a superpower, what would it be? To turn invisible.
- 3) What is your biggest accomplishment so far? Learning division.
- 4) What do you want to accomplish in the future? I want to build a machine that would let you see the center of the Earth.

KWAJALEIN'S LITTLE TROOPERS



HARPER SOVA
AGE: 1
MILITARY PARENT:
MAJ. MATT SOVA
STATUS: ACTIVE DUTY



CHASE SCHEIVERT
AGE: 1
MILITARY PARENT:
DAVID SCHEIVERT
STATUS: VETERAN



KILEY SCHEIVERT
AGE: 2
MILITARY PARENT:
DAVID SCHEIVERT
STATUS: VETERAN



CHRIS SCHEIVERT
AGE: 5
MILITARY PARENT:
DAVID SCHEIVERT
STATUS: VETERAN



LEO SOVA
AGE: 3
MILITARY PARENT:
MAJ. MATT SOVA
STATUS: ACTIVE DUTY



AJ HEPLER
AGE: 1
MILITARY PARENT:
DOUG HEPLER
STATUS: RETIRED

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.

WANTED

HOUSE SITTING FOR couple visiting Kwaj July 3-7. Will take care of pets and plants. Clean couple. Call 55199 during the day, or 54517 at night.

CORKBOARD, VCR, blanket, queen-size bed or air mattress. Call 53490.

LOST

14K GOLD ANKLET CHAIN. Call 54168.

PAIR OF PRESCRIPTION glasses in black case at Parrot Head Party. Call Bill at 53096 or 54103.

GIRLS' READING GLASSES, turquoise, last seen at elementary school playground April 15. Call 52036.

FOUND

SOMEONE PUT A NOTE and some cash under my BQ door. I don't believe this was meant for me. The note mentioned something about rice. Call 51388 to describe the contents of the note and the amount of cash so I can give it back to you.

PATIO SALE

TODAY and May 3, 1-5 p.m., quarters 124-D in back. PCS sale.

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.

SUNDAY, MONDAY, TUESDAY, 8 a.m.-noon, quarters 419-A. PCS sale, various sizes/types potted plants must go, gas grill, smoker, patio furniture, rugs, TV, more.

SATURDAY, May 3, 7 a.m., quarters 479-A, under the big tent. PCS sale, adult and children's clothes, cabinets, bikes, burley trailers, storage bins, TV, household items, bedding, kids toys, kitchen items.

FOR SALE

GOOSENECK BIKE with bucket trailer; Sun Bike with BoBike seat and bucket trailer; one-speed cruiser, new rear aluminum rim; white patio bench; BBQ/smoker; kid's Razors; outdoor storage bin/closet; bike rims and tires (bulk amount); snorkel gear; 6x8-foot living room rug; floor rugs; kitchen items; inflatable bounce house; triple-basket laundry bins; collapsible shelving unit; over the toilet storage shelf; lamps; cabinets; toy storage bins; Dirt Devil upright vacuum; set of men's right hand golf clubs and Sun Mountain push cart; yoga mats; Nike yoga blocks and strap; bike helmets; Little Tykes red motorcycle; hard housing back patio storage/work benches; dishware sets; kid's board games; glass cooking/baking dishes; two level hanging file folder rack; John Deere tractor toy; boys soccer cleats, size 12; large 'backpack style' dive bag; Rustman racing bike; industrial-strength shelf for hard housing mounting; fit ball; two black outdoor, heavy duty, floor mats/rugs; plastic round patio table; kids rain boots, size 9 and 12; Playmate cooler; tennis rackets, adults and kids; bed stand table with drawer; baby video monitor with two video camera to view two rooms. Call 53008.

WII GAME SYSTEM in original packaging with two remotes, protective covers, steering wheel, Wii Fit board and seven games, \$150; outdoor heavy duty plastic tube slide, 25 feet long by 4 feet in diameter, \$100; Apple iPod, 32GB, hard case, \$200, and Apple iPad 16GB, \$300, both in excellent condition and just re-imaged to start up settings, screen savers installed when new, original packaging/paperwork, charger and USB cables, comes with travel cases. Call 52642.

CARPET CLEANER, \$25; upright vacuum, \$20; student rolling desk chair, \$10; auto-shutoff iron, board, pad, \$15; white, twin size pleated bedskirt, \$5; standard bed pillows, \$5; large corkboard, \$5; rectangular/contour bath rugs, \$5; beige curtains, 84 inches long, springloaded rod, 80 inches wide, \$10. Call 51725 and leave a message.

TWO FRIGIDAIRE FAD704DWD 70 pint dehumidifiers, seven months old, \$175 each. Call 51596 between 9 a.m. and 9 p.m. if interested.

ROSEWOOD CURIO/ENTERTAINMENT center with roll out drawer for DVDs and glass doors for curios, measures 56Wx54Hx22D, will fit a 32-inch diagonal TV, must see to appreciate, \$500. Call 53887.

INFLATABLE SEVYLOR Fish Hunter boat, paddles included, used twice, paid \$165 at AAFES, will sell for \$80. Call 52667 to leave a message.

TWO PAIRS OF girl's in-line roller blades, very good

condition, adjustable size 3-7, \$20 each. Call 52597.

GREAT FISHING BOAT, 707, older Boston Whaler, powerboat, two 50hp Mercury outboards, lots of spare parts, tools and more within the boat lot, all go to buyer, see at lot 48, \$17,000 or best offer. Call 51195.

PCS SALE: outdoor storage cabinets, tall and short, \$30; coolers, various sizes, \$5-\$20; balloon pump, apparel, balloons and books, \$100 or best offer; 9-foot swimming pool, \$25; two bathroom racks, \$5 each; screened-in canopy, \$25; double air mattress, \$20; 7-foot cushion sofa in fair shape with matching chair, ottoman and two glass top end tables, \$60 or best offer; upright piano, free; beer equipment: conditioning box with cooling containers, \$75. Can be seen at quarters 124-D, or call 53244.

VIZIO TV, 42 inch, entertainment center stand, \$350; desk, \$40; melamine kitchen table and three chairs, \$30; 7-quart cast iron dutch oven, \$30. Call 52036.

COMMUNITY NOTICES

THE ADULT POOL IS CLOSED for construction. Extended hours of operation at the Family Pool are as follows: 5:30-7:30 a.m., 3:30-7:30 p.m. on Tuesdays and Saturdays; 5:30-7:30 a.m., 11 a.m.-1 p.m., 3:30-5 p.m. on Wednesdays and Fridays; 11 a.m.-6 p.m. on Sundays; noon-6 p.m. on Mondays; closed for cleaning on Thursdays. Questions? Call the Recreation Office at 51275.

OCEAN VIEW CLUB Birthday Bash will be at 8 p.m., tonight. Bring your K-Badge with you and present it to the bartender. Must be 21 years old. Complimentary drinks and cake for April birthdays. Contact Barbara Hutchins with questions at 58228.

KWAJALEIN YACHT CLUB will hold it's monthly meeting tonight at the Yacht Club. Happy Hour starts at 5:30 p.m., meeting at 6:30 p.m. and dinner at 7 p.m. Entree will be provided, so bring a side dish to share. Questions? Contact Tim Cullen at yeoman@kwajyachtclub.com.

SASHAY DOWN THE RED carpet and check out the Jr./Sr. High School Art Show, 2-4 p.m., Sunday, in the MP Room. The art theme this year is "A Night at the Movies." Spartan Expresso will be selling refreshments. Students may dress up like their favorite movie star or character.

WARRIOR TIME: Resilience Through Circuit Training will be held at 7:45 a.m., Monday, at Ivey Gym, for all Veterans. There will be a 15-minute instruction by Krystal Peterson followed by the class. Questions? Call Ray Drefus or email raymond.w.drefus.civ@mail.mil.

THERE WILL BE AN 8-hour power outage beginning at 8 a.m. on Wednesday for facilities 402, 404, 490-95.

MOTHER GOOSE DAY is at 10:30 a.m., Wednesday, at the Sherwood Library. Celebrate Mother Goose Day with games, activities, special readings of nursery rhymes and more!

THE RACQUETBALL COURTS are closed through

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 3
Steamship Beef	Sauteed Chicken	BBQ Pork Chops	Teriyaki Short Ribs	Baked Meatloaf	Coconut Chicken	Pot Roast
Crab Benedict	Bacon/Cheese Quiche	Turkey/Dumplings	Hoisin Chicken	Pepperoni Pizza	Fish Du Jour	Chicken Chopsuey
Ham Marco Polo	Beef Pot Pie	Vegetarian Beans	Oriental Fried Rice	Cheese Pizza	Rice Pilaf	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 3
Maple Pork Loin	Oven Fried Chicken	Minute Steak/Gravy	London Broil	Grilled Ham Steaks	Pancake Supper	Chicken Fajita Wraps
Szechuan Chicken	Beef Stir-fry	Thai Chicken/Veggie Stir-fry	Pasta Alfredo	Wing Dings	Sweet/Sour Pork	Beef Stew
Garlic Couscous	Macaroni and Cheese	Garlic Mashed Potatoes	Roasted Chicken	Vegetarian Stir-fry	Roasted Chicken	Refried Beans

Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council. The CHPC will meet at 1:30 p.m., Thursday, at Building 730 large conference room. Special presenters Krystal Peterson, Benjamin Allgood and Christine Dejongh will discuss the health benefits of their respective programs. All programs are free of charge to the community.

27 Spiritual Resilience. See page 18 for services. All welcome.	28 1. "Warrior Time" Circuit Training Introduction, 7:45 a.m., Ivey Gym. 2. Circuit Training, 8 a.m., Ivey Gym. 3. Yoga, 10 a.m., Vet's Hall. 4. RustMan Triathlon, 4 p.m., Emon Beach.	29 1. Cross Fit, 5:30 a.m., Adult Pool.	30 1. Circuit Training, 5 a.m., Ivey Gym. 2. Yoga, 6 p.m., Emon Beach.	May 1 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Community Health Promotion Council Meeting, 1:30 p.m., Building 730. 3. Intervals, 5:30 p.m., Emon Beach. 4. Yoga, 6:45 p.m., CRC, Room 6.	2 1. Circuit Training, 5 a.m., Ivey Gym. 2. Yoga, 6 p.m., Vet's Hall.	3 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
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Wednesday for air conditioning repairs. Courts will reopen Thursday. Questions, contact Mandie at 51275.

CINCO DE MAYO BINGO is Thursday at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 58 numbers, \$1,800 payout; Windfall completion at 32 numbers, \$2,000 payout. Shuttle transportation available from the Ocean View Club and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

KWAJALEIN AMATEUR Radio Club meeting will be at 7 p.m., Thursday, at the Ham Shack, just south of the Adult Pool. Come and hear what HAM Radio is all about. Congratulations to Kevin Clements and Tara Allred for passing their Tech and General exams.

CINCO DE MAYO celebration will be at 8 p.m., May 3, at the Ocean View Club. Celebrate Cinco de Mayo with drink specials, food and music! Must be 21 years or older. Questions? Call 53331.

FAMILY BBQ at 1 p.m., May 4, at Emon main pavilion, will be in honor of Christian Women's Fellowship and Caring Meals volunteers. Hamburgers, hot dogs and water provided. Please bring side dish, salad or dessert. Bring your beach chairs. Questions? Contact Judy McGuire at 51157.

KENTUCKY DERBY DAY is at 2 p.m., May 4, at the Country Club. Join us for drink specials, appetizers and games leading up to the big race. Women wear your biggest hats, men wear your Kwaj finest. Must be 21 years or older. Questions? Call 53331.

THE 5TH ANNUAL 100-MILE Bikeathon will begin at 6 a.m., May 5, in front of the Marshallese Cultural Center, to raise money for the American Cancer Society. The event is a sister event to one in Minnesota. Set your goal at 100 miles (25 laps around the runway) or any distance you want. For more information about riding or sponsoring a rider, contact Jon Jahnke at 54309, jahnkej@kwajalein-school.com.

FREE STREET LEVEL Spanish class will be offered 7-8:45 p.m., Tuesday and Thursday nights, May 8-June 3, at CRC Room 1. To secure a seat call Paula Peters/Dale Finley at 53470. Questions? Contact Roberto Salgado at Curille@aol.com. Roberto will teach the class if there are 10 or more interested students.

AMERICAN RED CROSS Lifeguard Class will be offered May 10-June 7. Register now through May 9. Participants must be at least 15 years old. Cost is \$150 and includes book, pocket mask and certification. Fee is due after the first class. For registration, questions and information, contact Kaylee at 51275.

EMPLOYEE ASSISTANCE PROGRAM classes offered this month: Weight Management Support Group meets on Thursday; Attention Deficit/Hyperactivity Support Group meets May 8; Parents Support Group meets May 10; Bariatric Support Group meets May 13. All classes are from 4:45-5:30 p.m., in the hospital conference room. Call Marion at 55362 with questions.

THE HOUSING OFFICE will be conducting an appliance inventory May 1-17. Notice letters will be sent to residents with the actual date for their quarter's inventory. We thank you in advance for your help in completing this inventory in a timely manner. Questions? Contact the Housing Office at 52465.

SCRATCH DAY KWAJALEIN: Computer programming for kids will be from 4-6 p.m., May 17, at the Namo Weto Youth Center. Join us for our first ever Scratch Day Kwajalein! Scratch is a programming language and online community where you can create your own interactive stories, games, and animations—and share your creations with others around the world. Come learn how to write your own programs using a simple graphics-based tool. No programming experience is necessary. Bring a laptop with Wi-Fi if you have one. Pizza and drinks will be provided. Visit <http://day.scratch.mit.edu/event/2131> for details, or contact smwinkdis-scratchday@yahoo.com.

MONGOLIAN BBQ dinner and auction to benefit Ric Fullerton and Angela Mitchell's kidney transplant is May 18 at the Vet's Hall. Tickets for the dinner are sold out, but you do not need a ticket to participate in the silent and live auctions, or to enjoy live music by Radar Love. Questions, contact Mike Woundy or Amy Spock.

WE'RE SPRING CLEANING at the Hobby Shop! Pick up your finished/unfinished projects by May 20. After this date anything not claimed will be disposed of. Questions? Call 51700.

THE JUNE HALF-MARATHON is around the corner! Race begins at 6 a.m., June 8, in front of the Namo Weto Youth Center. Questions? Contact Lynn Leines at 52545.

NOW IS THE TIME TO check out the smoking cessation support. Call EAP at 55362. The program is company supported and all costs are covered.

REMINDER TO ALL pet owners to clean up after your pets!

TURN IT OFF! Do your part to conserve energy today!

KRS INFORMATION Assurance Notice: Personnel with a Common Access Card issued to them are reminded that they are not to leave them in computers (including lunch/breaks) or otherwise left unsecured. Also be sure to properly restart your computer and remove your CAC at the end of your work day. Contact KRS IA or the Helpdesk if you have questions about this requirement.

E-TALK: Pay attention to signs and fencing on and around historic structures. They are there to prevent injuries from uneven walking surfaces, falling concrete, sharp rusted metal and other hazards.

SAFELY SPEAKING: Operators of government or contractor vehicles over ½ ton, when operating the vehicle in reverse, will post a ground guide to the rear of the vehicle when driver visibility to the rear is limited, to ensure safe backing.

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 3
Roasted Pork Loin	London Broil	Hot Dog/Sauerkraut	Reuben Sandwich	Fish Tacos	Assorted Pizzas	Philly Cheesesteak Sand.
Chicken Piccata	Fried Fish	Chili	Bombay Chicken	Chicken Fricassee	Baked Ziti	Kibi Ribs
Grilled Turkey Sand.	Hot Apples	Meatloaf	Vegetable Quiche	Onion Rings	Cheesy Garlic Bread	Macaroni and Cheese
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 3
Chicken Parmesan	Roasted Chicken	Thai Beef/Veggies	Top Sirloin	Roi Fried Chicken	Burger Night	Sausage/Peppers
Beef Ragu	Beef Stew	Chicken/Peanut Sauce	Baked Chicken	Swedish Meatballs	Chicken Breast	Chicken Alfredo
Pasta	Stuffing	Tofu Stir-fry	Baked Potatoes	Mashed Potatoes	Tater Tots	Cheesy Garlic Bread



WEEK 5 RESULTS

April 15

Spartans 1 Women def. Kwaj Mixer	20-1
Jikalum def. HMMWV	15-1
Spartans 1 Men def. Bakai' Arma	6-1
Air KWA def. I'd Hit That	18-4

April 16

Spartans Blue def. Spartans White	12-6
Kwajalein def. USAG-KA	22-0
Regulators vs. Criminals delayed due to injury	

April 17

Yo-Wong def. Troublemakers	12-1
HMMWV def. Spartans 1 Men	21-13
Lollygaggers def. RF Hazards	18-4

April 18

Spartans 1 Women def. Scrubs	16-8
OFL def. Kwajalein	14-2
Criminals def. Mud Ducks	22-5

SOFTBALL 2014

WEEK 7 SCHEDULE

April 29

5:15 p.m. Kwaj Mixer vs. Spartans Blue
5:15 p.m. Troublemakers vs. Spartans 1 Men
6 p.m. Bakai' Arma vs. SMMWV
7:15 p.m. RF Hazards vs. I'd Hit That

April 30

5:15 p.m. Spartans White vs. Spartans 1 Women
6 p.m. Mud Ducks vs. USAG-KA
7:15 p.m. Regulators vs. OFL

May 1

5:15 p.m. Troublemakers vs. Jikalum
6 p.m. Spartans 1 Men vs. Yo-Wong
7:15 p.m. USAG-KA Co-ed vs. Air KWA

May 2

5:15 p.m. Kwaj Mixer vs. Spartans 1 Women
6 p.m. Mud Ducks vs. Kwajalein
7:15 p.m. USAG-KA vs. Regulators

LEAGUE STANDINGS

A League

Old, Fat and Lazy	5-1
Criminals	4-1
Mud Ducks	3-3
Kwajalein	3-4
USAG-KA	1-4
Regulators	1-4

B League

Yo-Wong	5-1
Jikalum	4-2
Spartans 1 Men	3-3
HMMWV	3-3
Bakai' Arma	2-4
Trouble Makers	2-4

Co-ed

Lollygaggers	7-0
USAG-KA	3-2
Air KWA	3-3
RF Hazards	2-3
I'd Hit That	0-7

Women's

Spartans 1 Women	6-0
Spartans Co-ed II B	3-3
Kwaj Mixer	2-3
Spartans Co-ed II W	1-3
Scrubs	1-4

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	ENE at 12-18 knots
Monday	Mostly Sunny	10%	ENE at 11-16 knots
Tuesday	Partly Sunny	20%	NE-E at 12-17 knots
Wednesday	Partly Sunny	30%	ENE-E at 13-18 knots
Thursday	Partly Sunny	30%	ENE-E at 12-17 knots
Friday	Partly Sunny	30%	NE-E at 10-16 knots

Yearly total: 47.06 inches

Yearly deviation: +31.43 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:34 a.m. 6:59 p.m.	5:28 a.m. 6:04 p.m.	3:58 a.m. 4.2' 4:13 p.m. 4.1'	10:09 a.m. 0.3' 10:20 p.m. 0.5'
Monday	6:34 a.m. 6:59 p.m.	6:16 a.m. 6:57 p.m.	4:35 a.m. 4.5' 4:51 p.m. 4.2'	10:48 a.m. 0.6' 10:54 p.m. 0.6'
Tuesday	6:34 a.m. 6:59 p.m.	7:05 a.m. 7:51 p.m.	5:09 a.m. 4.7' 5:26 p.m. 4.1'	11:24 a.m. 0.7' 11:26 p.m. 0.7'
Wednesday	6:33 a.m. 6:59 p.m.	7:55 a.m. 8:43 p.m.	5:41 a.m. 4.8' 5:59 p.m. 4.0'	11:59 a.m. 0.7' 11:56 p.m. 0.6'
Thursday	6:33 a.m. 6:59 p.m.	8:46 a.m. 9:35 p.m.	6:13 a.m. 4.7' 6:31 p.m. 3.8'	----- 12:32 p.m. 0.6'
Friday	6:33 a.m. 6:59 p.m.	9:36 a.m. 10:25 p.m.	6:44 a.m. 4.5' 7:02 p.m. 3.5'	12:26 a.m. 0.4' 1:05 p.m. 0.4'
May 3	6:32 a.m. 6:59 p.m.	10:26 a.m. 11:12 p.m.	7:14 a.m. 4.2' 7:34 p.m. 3.2'	12:55 a.m. 0.2' 1:38 p.m. 0.1'