

VOLUME 56 NUMBER 18

MAY 2, 2015

# THE KWAJALEN HOURGLASS



Kwaj resident Alex Coleman races by Glass Beach during the biking portion of the 36th annual RustMan Triathlon Monday. For more, see page 4.

*Photo by Jordan Vinson*

**HOURGLASS REPORTS**

This Helfrich's dartfish (ne-mateleotris helfrichi) was photographed by Brandi Mueller in the ocean-side waters of Kwajalein Atoll.

While Helfrich's dartfish only grow to a maximum size of about 6 centimeters, these dainty guys reside mostly in relatively deep water. According to marine biology researcher Robert F. Myers, they are only rarely encountered in less than 40 meters of water.

They're found throughout the Pacific Ocean, as far south-east as the Tuamotus in French Polynesia and as far north-west as the Ryukyu Islands of Japan. A monogamous species, Helfrich's dartfish are often seen in pairs.

While Helfrich's dartfish are captured and removed from their habitats for use in the aquarium trade, the overall strength of the species' population is not currently known.



Photo of a Helfrich's dartfish by Brandi Mueller.

# YUK CLUB CONSTRUCTION UNDERWAY

**HOURGLASS REPORTS**

The Public Works construction project at the old Yuk Club is now underway.

An effort to transform the bare-bones structure into the new base dining facility, the project will bring lots of traffic into the area in the coming weeks and months. Officials are asking community members to be mindful of the increased traffic and to stay clear of the safety perimeter surrounding the building. The footprint of the perimeter will increase as the project moves along.

"There will be a lot of activity with lift equipment swinging big steel," Public Works Superintendent Tom Lester said. "Do not cut through the fence. Please be safe and avoid the area."

The project doesn't yet have a firm completion date.



## THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Garrison Commander..... Col. Nestor Sadler

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

Reginald Gooden

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**LEFT:** Public Works Superintendent Tom Lester addresses a question from a community member at the Kwajalein K-badge resident town hall session April 24. **MIDDLE:** A Roi-Namur C-badge employee speaks with USAG-KA Commander Col. Nestor Sadler at the C-badge holder session April 25. **RIGHT:** A Kwajalein C-badge employee asks a question during a town hall meeting April 24.

# Leaders address policy changes at town halls

## HOURGLASS REPORTS

**C**ol. Nestor Sadler, Commander of U.S. Army Garrison-Kwajalein Atoll, held a series of town hall meetings last week to update the garrison community and local Marshallese employees on recent developments impacting them on the installation.

Sadler reminded RMI C-badge workers at their meetings on Kwajalein and Roi-Namur of the unshakeable partnership linking the Republic of the Marshall Islands and the United States.

"Without you and the quality work that you do each and every day, our mission here would not be a success," Sadler said.

He reminded them also that the town hall sessions are to be open, fair forums in which anything they wish can be discussed. Some topics touched on with C-badge workers were shopping privileges, access to base dining, and commute lists on and off the garrison and more.

At the Roi-Namur town hall for the Marshallese workers, Sadler shared with them good news related to completed and on-going humanitarian projects on Enniburr and Ebeye, to include the building of water catchment systems and school restrooms, which were overseen by the Navy Seabees. He also

added that the Seabees team will be assisting in the removal of several large trees that were toppled on the island during Tropical Storm Bavi that swept through the Marshalls in late March.

At the Kwajalein RMI C-badge town hall, Sadler expressed condolences regarding the passing of the late Ebeye Mayor Johnny Lemari. Their loss was felt on Kwajalein, too, he said.

At both sessions for the residents of Roi-Namur and Kwajalein, issues relating to public intoxication, boating and driving under the influence, GSK sales, boat shacks, liability insurance for private vendors, access onto the installation for official purposes and more were addressed. At the Roi-Namur meeting, residents requested better AAFES service, greater Internet

speed, utilization of the Kwaj hospital by veterans. At the Kwajalein meeting, additional issues raised by the residents include a better variety of groceries at Surfway, the conditions of some of the housing, additional hours for domestic workers to remain on island and more.

The Kwajalein resident town hall ended on an inspirational and high note with Morgan Dethlefsen, a 11-year-old resident of Kwajalein, reading from prepared remarks that centered on the need for everyone to work together and treat each other with respect. Sadler thanked and congratulated the young man and thanked everyone for their attendance, their commitment and unwavering support of the mission despite changes.

"It's not what we do," Sadler said. "It's how we do it."



**A Roi-Namur C-badge worker addresses Command staff and fellow employees with questions during a town hall meeting on the island April 25.**

# ATHLETES BRAVE 36TH RUSTMAN

## HOURLASS REPORTS

**T**he Kwajalein Running Club crowned the winners of the 2015 RustMan Triathlon Monday. Kwajalein resident Jay Lord swam, biked and ran his way to an overall first place finish with a time of two hours, 18 minutes, 13 seconds. Kwajalein High School senior Zayla Asquith-Heinz took first place in the women's group with a time of two hours, 32 minutes, 56 seconds. Lorenzo Damian, of team Tom & Lorenzo, finished a little more than a minute before Lord, helping earn his team the first-place spot in the triathlon team group.

Crossing the finish line under a slight drizzle and darkening skies, Damian pumped his fist into the air, excited to get a first-place spot for his team. Then came Lord, beaming with pride for his first ever first-place position. Merielle Bishop, of team Two Grads & a Dad, came in next, earning the team a second-place finish in the teams group. Coming in second place overall in the individuals group—and celebrating with a cartwheel at the finish line—was Ron Sylvester, a long-time RustMan competitor, who finished Monday with a time of two hours, 27 minutes, 46 seconds—a new personal best that also gave him first place in the 40-year-old and up master's division. And then came Asquith-Heinz, whose finish time makes her only the third high school-aged female to win the women's open division in the 36 years of the event.

The remaining 31 individuals and five teams had no choice but to knock out the last laps of the biking and running segments under torrents of rain interspersed with more heavy showers and dark skies. Of the 1.4 inches of rain that fell on Kwajalein between 4:40-8:30 p.m. Monday, more than half an inch came down between 7-8 p.m., when many of the teams were nearing the end of the triathlon. A lightning warning had earlier in the day threatened to force a cancellation, but with the lifting of the warning, buckets of rain came down instead. It was an inspiring sight, seeing a lone runner pass by every couple of minutes, hidden behind a veil of thick rain, each person like a veritable Rocky Balboa running toward a distant finish line.

The entire event was actually an inspiration, said KRC leader Bob Sholar.

"The field was characterized this year by an unusually large component of first time 'triathletes,'" Sholar said.



*Photos by Jordan Vinson*

**LEFT:** Jay Lord, overall winner of the 36th RustMan Triathlon, crosses the finish line with a time of two hours, 18 minutes, 13 seconds Monday. **RIGHT:** Ron Sylvester, the 2015 men's open runner-up jogs out of the lagoon to begin the bicycle portion of the triathlon; he finished with a time of two hours, 27 minutes, 46 seconds.

"Of the 34 solo contestants, 24 were doing their first. All who started, finished, the last two barely eclipsing the four-hour mark by 15 seconds."

And of the 10 athletes for whom Monday's was not their first RustMan, four achieved new personal bests.

"That's what KRC is about," Sholar said. "Participation and personal improvement."

The 2015 RustMan was also notable in other ways. Since 1980, no Commander of the U.S. base at Kwajalein had completed the RustMan challenge in the individuals' group.

"Not anymore," Sholar said. "Col. Nestor Sadler did the whole enchilada in [three hours, 20 seconds, 17 seconds]. Col. Sadler's deputy, Jenifer Peterson, also completed her first triathlon."

Along with other Command staff, a total of 34 individuals and seven teams took on and surpassed the 2015 RustMan challenge. They'll have 12 months of training available to them to beat their times next year.

"Until then, great job to everyone who participated," Sholar said. "And a big thank you to the nearly 50 different people who volunteered their time to help put this event on."

—Bob Sholar contributed to this report.

For photo highlights, see page 5.

For data highlights, see page 6.



# 2015 RUSTMANLINESS

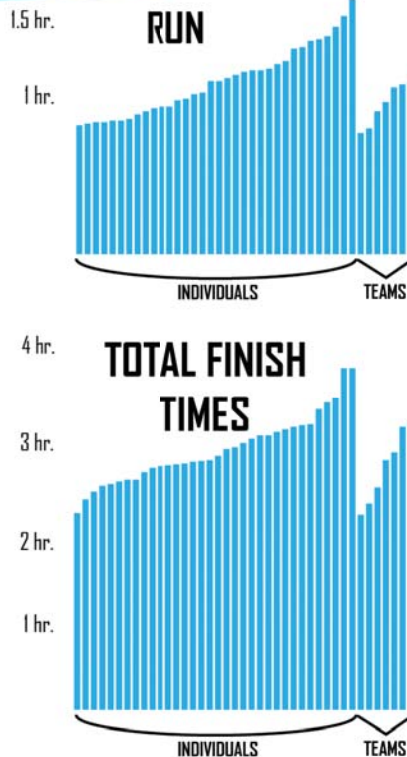
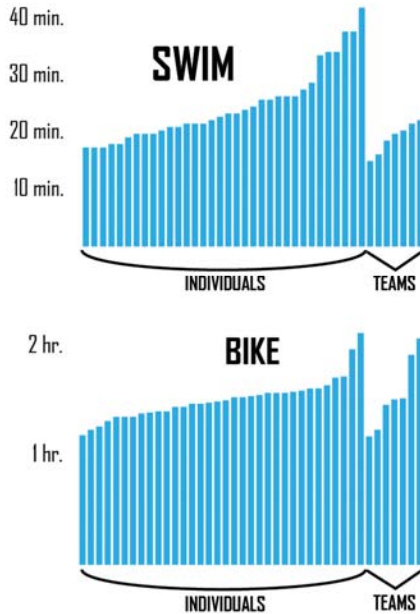
CLOCKWISE, BEGINNING TOP LEFT: Molly Premo, who logged the fastest swim of the event, jogs across Emon Beach to the transition area; David Bates and others follow behind; Nestor Sadler screams around a turn heading to the transition area to begin his run; Ornela Kilgore speeds by during one of six laps around Bucholz Army Airfield; Jamye Loy turns onto Nike Drive during one of three laps around the north end of Kwajalein; 41 swimmers—34 individuals and seven team participants—slice through the lagoon, headed north from Echo Pier to Emon Beach; 2015 women's open winner Zayla Asquith-Heinz enters the transition area at Emon Beach to begin her bike segment; John Gooch pedals by Glass Beach during one of his final laps around the south end of the island Monday. BELOW: Maegan Aljure, having just finished her team's swim segment, tags in biker Ryan Hess, the youngest competitor to take on the challenge this year.

*Photos by Jordan Vinson*



# 36<sup>th</sup> RustMan Triathlon BY THE NUMBERS

INDIVIDUAL AND TEAM TIMES,  
BROKEN DOWN BY EVENT.



## KRC OFFICIAL TIMES

NAME	SWIM	BIKE	RUN	TOTAL
Jay Lord	0:17:25	1:11:13	0:49:35	2:18:13
Ron Sylvester	0:18:15	1:14:33	0:54:58	2:27:46
Zayla Asquith-Heinz	0:17:18	1:24:44	0:50:54	2:32:56
Jay Rowe	0:21:37	1:24:19	0:51:26	2:37:22
Gerrit Schellin	0:22:02	1:21:52	0:54:16	2:38:10
Matt Gerber	0:21:52	1:21:52	0:56:25	2:40:09
Ben Bartyzel	0:27:34	1:21:49	0:51:53	2:41:16
Wesley Kirk	0:21:35	1:23:14	0:56:47	2:41:36
Rich Erikson	0:20:35	1:19:24	1:06:34	2:46:33
Paul Sadowski	0:23:51	1:33:53	0:52:20	2:50:04
Adrienne Chavis	0:20:45	1:23:59	1:06:28	2:51:12
Jamye Loy	0:19:49	1:29:05	1:02:33	2:51:27
Shawn Carpenter	0:17:58	1:34:53	0:59:26	2:52:17
Jennifer Newberry	0:26:21	1:34:54	0:51:16	2:52:31
Christi Cardillo	0:20:59	1:35:51	0:57:16	2:54:06
Kyle Svenson	0:34:17	1:29:31	0:50:30	2:54:18
Kyle Miller	0:26:23	1:28:47	1:00:06	2:55:16
Alex Coleman	0:23:16	1:27:14	1:07:33	2:58:03
Amy Hromiak	0:19:40	1:32:40	1:10:34	3:02:54
Nikki Delisio	0:23:09	1:26:57	1:14:09	3:04:15
Don Engen	0:24:45	1:32:09	1:10:13	3:07:07
Alison Bowers	0:25:41	1:33:06	1:11:40	3:10:27
Maks Hromiak	0:17:36	1:16:29	1:38:24	3:12:29
Scott Wright	0:22:35	1:30:34	1:19:36	3:12:45
Heather Sadowski	0:26:11	1:35:34	1:13:24	3:15:09
Kristin Miller	0:28:38	1:37:04	1:11:04	3:16:46
Ornela Kilgore	0:33:35	1:43:16	1:01:39	3:18:30
John Gooch	0:26:01	1:34:58	1:19:00	3:19:59
Nestor Sadler	0:34:16	1:37:09	1:08:52	3:20:17
Jenn Anderson	0:19:26	1:44:04	1:27:33	3:31:03
Billy Kilgore	0:41:54	1:30:14	1:23:50	3:35:58
Dennis Klass	0:37:47	1:39:01	1:22:21	3:39:09
Holly Grey	0:37:35	1:59:05	1:23:05	3:59:45
Jenifer Peterson	0:19:59	2:08:01	1:31:45	3:59:45
Tom & Lorenzo	0:19:46	1:10:37	0:46:42	2:17:05
Two Grads & A Dad	0:15:11	1:14:40	0:54:57	2:24:48
KHS!	0:15:58	1:31:29	0:48:41	2:36:08
Team Bates	0:21:45	1:28:06	1:05:24	2:55:15
Too Old For This	0:22:28	1:31:47	1:06:21	3:00:36
Five Kidneys	0:18:26	1:56:04	1:03:58	3:18:28
The Out of Seitz	0:20:37	2:04:30	0:58:31	3:23:38

**03:02:38**

average total finish time for individuals

**02:18:13**

fastest total finish time for an individual: Jay Lord

**02:50:51**

average total finish time for teams

**02:17:05**

fastest total finish time for a team: Tom & Lorenzo

**00:24:44**

average swim time for individuals

**00:17:18**

fastest swim time for an individual: Asquith-Heinz

**00:19:10**

average swim time for teams

**00:15:11**

fastest swim time for a team: Molly Premo, for Two Grads & A Dad

**34**

individuals took on the challenge

**7**

teams took on the challenge

**24**

athletes participated for the first time

**4**

repeat participants scored personal bests

**1**

Commander has finished the RustMan solo: Col. Nestor Sadler

**01:31:13**

average bike time for individuals

**01:11:13**

fastest bike time for an individual: Jay Lord

**01:33:53**

average bike time for teams

**01:10:37**

fastest bike time for a team: Tom Cardillo, for Tom & Lorenzo

**01:06:41**

average run time for individuals

**00:49:35**

fastest run time for an individual: Jay Lord

**00:57:48**

average run time for teams

**00:46:42**

fastest run time for a team: Lorenzo Damian, for Tom & Lorenzo

**2,173,000**

meters travelled in total by all individuals and teams in all events combined;  
→ 1,350.24 miles

**53,000**

meters travelled by each individual competitor by water, bike and feet → 32.93 miles

**50**

people volunteered to help conduct the race

**1.4**

inches of rain fell during race time

# Roi rats spruce up Roi-Namur

## HOURGLASS REPORTS

A rowdy band of Roi rats got together April 20 to donate a few hours of their time to pick up trash found throughout the conjoined islands of Roi and Namur.

Part of the community's Earth Day effort, 11 people volunteered and spread out, hitting four or five different areas during the morning hours.

They filled gobs of trash bags with loose plastic, bottles, sandals, Styrofoam, rope and everything in between, participant Sandra Garrison said.

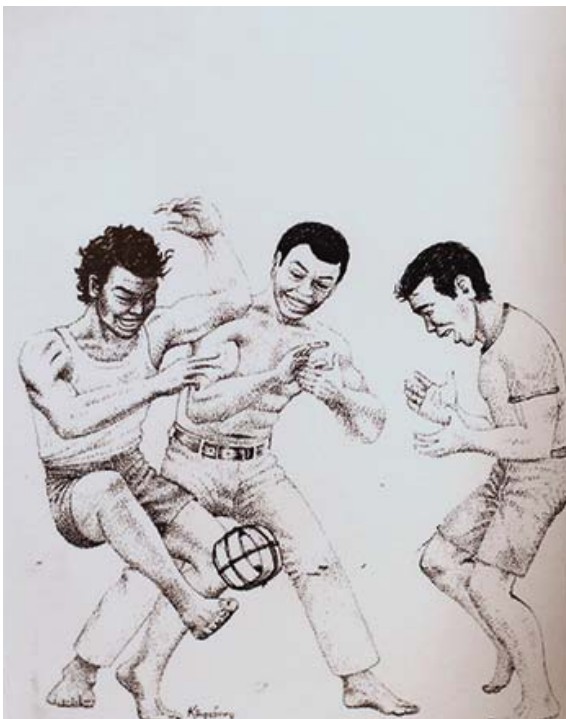
"DJ [Castle] even found a light bulb with the filament intact," she said. "That's a rare find."



*Photo from Sandra Garrison*

Roi Earth Day event volunteers pause for a photo with a couple dozen bags of trash they were able to haul up off the beaches and sandy soils of Roi-Namur April 20. Left to right: Sandra Garrison, Robbie Amador, Denise Miller, JoDanna Kalinowski, DJ Castle, Gene Little.

## MANIT MINUTE



## ROUJ PINNIN

**ANIDREP** was a very prized sport in the past, and it is still a popular attraction whenever performed. The object of the game is to demonstrate individual and group skill by kicking a ball made from balled-up pandanus leaves high into the air, with each member of the circle attempting to keep the ball from hitting the ground. It's similar to the game commonly known in the United States as "hacky sack" or freestyle soccer.

The expression **ROUJ PINNIN** refers to the excitement and enthusiasm generated through the coordinated clapping, which is an important aspect of the sport. It also carries the deeper meaning that such coordination is essential for all successful human activities.

*The information for this manit minute was obtained from the Marshallese Cultural Center on Kwajalein*

# DISPATCH FROM ROI



*Photos from Jordan Vinson*

# View from Kwaij



*Photos from Jordan Vinson*

## HELP WANTED

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at [www.krsjv.com](http://www.krsjv.com).

A number of positions are available in the Community Services group, including teachers, clubs supervisor, nurses and more. Please see Human Resources for the file of available on-island positions or [www.krsjv.com](http://www.krsjv.com) for contract slots.

KRS is searching for available, on island licensed registered nurses, individuals with medical billing and coding experience, and dental hygienists. For more information, please contact HR/Julie Gooch at the Temp Pool at 50777.

MIT Lincoln Laboratory is hiring a full-time Site Administrator. Call the MIT Office at 55100 to inquire. A resume will be required.

Community Bank is searching for a banking center service manager. This is a full-time, 40 hours per week, position. Apply at <http://careers.dod-communitybank.com>

## 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
- 9:15-10:15 a.m., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 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.

## FOR SALE

POLYWOOD EURO 36-inch square patio tables, brand-new in box, aluminum frame with polywood top, one is black frame with blue top, one is white frame with dark green top, \$450 per table. Call 52525 and leave a message.

46-INCH SONY BRAVIA LCD-HD 1080p TV, model KDL-46S2010, works great, \$350. Call 52667.

VT SPORT ORLIMAR golf clubs, 5 irons and 3 woods and putter with bag, only used twice, \$160; new Nikon D3100 (14.2 megapixels) w 18-55 Nikkor lens, \$375. Call 52931.

YAMAHA ADVANTAGE YAS-2000AD student Alto Saxophone, like new, \$525. Call 54530.

TENOR UKULELE, Kala brand model SSTU-T thinbody, with padded bag, \$180; Seagull "Merlin" strummed dulcimer, mahogany model, with padded bag and extra strings, \$120; also available, Loriente Carmen concert flamenco guitar, serious inquiries only. Contact Sean at 52670 or at [seanmwinkler@yahoo.com](mailto:seanmwinkler@yahoo.com).

21-inch Sony Trinitron TV with manual, \$50; Toshiba DVD player and video cassette recorder with manual, \$20; HP Deskjet 842c printer, \$25. Call 53759 and leave a message.

## COMMUNITY NOTICES

COME ENJOY FAMILY Swim Time on Saturdays, beginning today. Session runs 9:30-10:30 a.m. This is a special swim time just for families at the Family Pool!

CINCO DE MAYO Celebration 8 p.m., tonight, at the Ocean View Club. Celebrate Cinco de Mayo with drink specials, music and fiesta fun! Must be 21 years or older. Questions? Call 53331.

COME ON DOWN to the Vets Hall for Karaoke at 7:30 p.m., Sunday Loosen up those pipes and join us for a night of fun. Questions? Contact Jan Abrams or Mike Woundy.

THE KWAJALEIN SWIM TEAM end-of-season banquet will be held at 5 p.m., Monday, at the MP Room. Come out and celebrate the end of another great season.

THE ROI-NAMUR DOLPHIN SCUBA Club monthly meeting will be held at 7 p.m., Tuesday, in the C-Building. Club voting for constitution changes take place at this meeting. All members and anyone wishing to learn to SCUBA dive are welcome to attend.

THE NEXT KWAJALEIN Amateur Radio Club Meeting is scheduled for 7:30 p.m., Thursday, at the Ham

Shack, just south of the Adult Pool. We enjoyed volunteering for the Rustman. What's next? Call Rob at 51140 with any questions.

PLEASE JOIN US for Quizzo at the Vet's Hall 7:30 p.m. Friday. Special Guest Host Brandon McAfee will try to stump us with his trivia. Questions? Contact Neil Dye or Mike Woundy.

AMERICAN LEGION Post #44 will present a special "Mom" Golian BBQ in honor of Mother's Day 5-8 p.m., May 10, at the Vet's Hall. Tickets are \$40 and are available at the Vet's Hall or from legion members. All proceeds benefit the McDifft family. Questions? Contact Mike Woundy or Stan Edwards.

COME OUT TO SEE the Smells Like Fish live at the Vets Hall at 8:30 p.m., May 10. You don't have to be a "MOM" Golian BBQ ticket holder to join the fun and hear the band! Come out and have fun! Questions? Contact Jan Abrams or Mike Woundy.

THE 2015 RUSTY-FAMILY "Mini" Triathlon will start at 4:30 p.m., May 11. The event includes a 500-yard swim, a 10-mile bike, and a 2-mile run. Entry forms are available on the bulletin board next to the United ticket office or at Qtrs. 473-A, near the tennis courts. Entry forms are due by Thursday. For questions, or to volunteer as staff, call Bob and Jane at 51815.

EAP CLASSES for the month of May: Bariatric Support, Tuesday; Weight Management Support, Thursday, Smoking Cessation classes are ongoing. All classes take place at 4:45 p.m. in the hospital conference room. Questions? Call 55362.

E-TALK: The Eniwetak Conservation Area has been established to promote conservation of wildlife and coral reef resources. Visitors are NOT allowed without consent from USAG-KA.

SAFELY SPEAKING: KRS is dedicated to the concept that all accidents are preventable. The company is committed to achieving and sustaining Zero Accident Performance through continuous improvement practices.

## THUMBS UP



... to Patrick Ward and the wonderful workers of the Solid Waste Dept. for moving heavy furniture and helping to make the art rooms more fabulous for the young artists who create in it!

## Captain Louis S. Zamperini Dining Facility

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 9
Oven-fried chicken	Spaghetti	Beef and veggie saute	Sloppy joes	BBQ short ribs	Beef stew	Herb-roasted beef
Chili cheese dogs	Garlic bread	Breaded chicken	Pork pot roast	Grilled chick. breast	Fish du jour	Baked tuna casserole
	Chicken alfredo					

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 9
BBQ roast pork loin	Cajun beef saute	Fried chicken	Carved London broil	Roast turkey	Hamburger Bonanza	Beef pad thai
Chili alaking w/ biscuits	Buffalo style chicken	Baked meatloaf	Chicken cordon bleu	Chicken fried steak	Grilled chicken breast	General Tso's chicken

# READY AND RESILIENT WELLNESS CALENDAR

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1. Spiritual Resilience, see Page 10. All welcome.</b> <b>2. Smoking Cessation classes ongoing. Call 55362.</b>	<b>1. Circuit Training, 8 a.m., at Ivey Gym.</b> <b>3. Pick-up ultimate frisbee, 5 p.m., near the soccer fields.</b> <b>4. Pick-up soccer, 6 p.m., at Brandon Field.</b>	<b>1. Cross Fit, 5:15 a.m., at the Adult Pool.</b> <b>2. Bariatric Support Group, 4:45 p.m., at the Hospital Conference Room.</b> <b>3. Pick-up tennis, 5:30 p.m., at the tennis courts.</b>	<b>1. Circuit Training, 5 a.m., at Ivey Gym.</b>	<b>1. Cross Fit, 5:15 a.m., at Ivey Gym.</b> <b>2. Weight Management Support Class, 4:45 p.m., at the Hospital Conference Room.</b> <b>3. Interval Training, 5:15 p.m., at Emon Beach.</b> <b>4. Pick-up tennis, 5:30 p.m., at the tennis courts</b> <b>5. AA Program, 7 p.m., at the REB.</b>	<b>1. Circuit Training, 5 a.m., at Ivey Gym.</b>	<b>1. Cross Fit, 5:15 a.m., at Ivey Gym.</b> <b>2. Pick-up tennis, 5:30 p.m., at the tennis courts.</b>

## KWAJALEIN JR./SR. HIGH SCHOOL THIRD QUARTER HONOR ROLL

\*=4.0

**High Honor Roll**  
GPA 3.67 and higher

**Honor Roll**  
GPA 3.5-3.67

**Merit Roll**  
GPA 3.0-3.49

### GRADE 12

Zayla Asquith-Heinz, Mereille Bishop, Daisy Wilttrout\*

Rehap deBrum, Molly Premo

Mamolyn Anni, Trey Tomas, Roanna Zackhras

### GRADE 11

Addison Cossey, Allison Hibberts, Danielle Rivera, David Sholar

Marlena Alfred, Dayna Hepler, Wyatt Jones, Wayland Sanborn, Peyton Smith, Allison Tomas, Jared Wase

### GRADE 10

Christine Abragan, Chelsea Engelhard, DeVante Floor\*, Clifford Richey, Erin Waite, Caleigh Yurovchak

Diamond Calep, Thomas Greene, Leah Lokeijak, Matthew Nash

Colleen Furgeson, Claire Stepchew

### GRADE 9

Aidan Alejandro, Abigail Bishop\*, Ian Galbraith, Allison Homuth, Cameron Jones, Megan Sok

Jensyn Cole, Auguston Lelet

Ramel Dash Alfred

### GRADE 8

Graeson Cossey, Andrew Elkin, Christian Kirk, Tyler Waite \*

Humberto Jones, Travis Ropella

Pania Alfred, Mackenzie Cooperrider, Nathaniel Sakaio, Kaya Sylvester, Audrey Whatcott

### GRADE 7

William Beguhn\*, Ethan Dean\*, Mackenzie Gowans

Alexander Hromiak

Charlotte Jack, Marina Lojkar, Aiden Mitchell, Amber Tippetts

## Action tips to prevent sexual violence:

1. Stop Victim Blaming
2. Ask for sexual consent
3. Say No to Gender Stereotyping
4. Confront Racism
5. Seek Support

For more information:

**Contact Lynx McClellan, PhD, RN**  
Sexual Assault Nurse Examiner, Human Trafficking/Domestic Violence Victim Justice Resource  
lynx.mcclellan@gmail.com

### Helpful links:

<http://www.cdc.gov/violenceprevention/sexualviolence/index.html>  
<http://www.preventconnect.org/>  
<http://www.nsvrc.org/>

## Café Roi

### Lunch

#### Sunday

Breaded pork chop  
Chicken piccata frittata  
Wild rice pilaf

#### Monday

London broil  
Sauteed fish  
Egg sandwich

#### Tuesday

Chicken enchilada cass.  
Beef tacos  
Pinto beans

#### Wednesday

Italian burger  
Bombay chicken  
Brown rice pilaf

#### Thursday

Super bird sandwich  
Cottage pie  
Onion rings

#### Friday

Pizza  
Baked ziti  
Garlic bread

#### May 9

Philly cheese steak sand.  
Roasted pork loin  
Mac and cheese

### Dinner

#### Sunday

Chicken florentine  
Beef pot pie  
Orzo w/ veggies

#### Monday

Roasted chicken  
Short ribs  
Mashed potatoes

#### Tuesday

Thai beef w/ veggies  
Chicken in peanut sauce  
Tofu stir-fry

#### Wednesday

Grilled top sirloin  
Chicken fajitas  
Baked potatoes

#### Thursday

Fried chicken  
Swedish meat balls  
Noodles

#### Friday

English Pub Night  
Fish and chips  
Toad in a hole

#### May 9

Sausage and peppers  
Chicken alfredo  
Cheese tortellini



# SOFTBALL

## A LEAGUE

### WEDNESDAY, APRIL 22

Games rained out

### FRIDAY, APRIL 24

Yokwe def. Lucky Eleven 14-12

### SATURDAY, APRIL 25

Yokwe def. USAG-KA 7-4

## COED LEAGUE

### TUESDAY, APRIL 21

Jellyfish def. USAG-KA 15-12

### THURSDAY, APRIL 23

Lolleygaggers def. RF Hazards 17-3

## TEAM STANDINGS

### A League

Old, Fat and Ugly	5-0-1	B League	Jikalum	7-0
Yokwe	6-1		Mon-Kubok	6-3
Criminals	3-2-1		Spartans Men	5-3
USAG-KA	2-4		Team Disciple	4-4
Bakai-Arma	2-4		Auto	1-5
Lucky Eleven	0-7		SJC X-Pats	0-8

### Women's League

Spartans I Women	6-0	Coed League	Lollygaggers	5-0
Scrubs	2-3		Jellyfish	3-2
Spartans Coed II W.	0-5		RF Hazards	2-3
			USAG-KA	0-5

## B LEAGUE

### TUESDAY, APRIL 21

Spartan Men def. Team Disciple 18-5  
Jikalum def. Mon Kubok 21-3

### THURSDAY, APRIL 23

Spartan Men def. Auto 12-8  
Team Disciple def. SJC X-Pats 15-7

## WOMEN'S LEAGUE

### TUESDAY, APRIL 21

Spartan Women def. Spartan Co-ed 21-0

### FRIDAY, APRIL 24

Scrubs def. Spartan Co-ed 12-2

## NEXT WEEK'S SCHEDULE

### Tuesday, May 5

5:15 p.m., Dally: Team Disciple vs. Auto  
6 p.m., Brandon: SJC X-Pats vs. Jikalum  
7:15 p.m., Brandon: USAG-KA vs. Lolleygaggers

### Wednesday, May 6

5:15 p.m., Ragan: Scrubs vs. Spartan Co-ed  
6 p.m., Brandon: Yokwe vs. USAG-KA  
7:15 p.m., Brandon: Criminals vs. Old Fat Ugly

### Thursday, May 7

5:15 p.m., Dally: Jikalum vs. Auto  
6 p.m., Brandon: USAG-KA vs. Bakai-Arma  
7:15 p.m., Brandon: Jellyfish vs. RF Hazards

### Friday, May 8

5:15 p.m., Ragan: Women's Seed 1 vs. Seed 3  
6 p.m., Brandon: Criminals vs. Bakai Arma  
7:15 p.m., Brandon: Lucky Eleven vs. Old Fat Ugly

### Friday, May 9

5:30 p.m., Brandon: USAG-KA vs. RF Hazards

# BOWLING

## LAST WEEK'S SCORES

Scrubs def. Acey Deucy 7-0  
El Dorado def. Alley Cats 5-2



## LEAGUE STANDINGS

TBD	7-0
Alley Cats	7-7
Scrubs	9-5
El Dorado	5-9
Acey Deucy	0-7

## NEXT WEEK'S SCHEDULE

### Friday, May 8

Alley Cats vs. TBD  
El Dorado vs. Acey Deucy

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	40%	ENE-E at 13-18 knots
Monday	Partly Sunny	30%	ENE-ESE at 6-11 knots
Tuesday	Partly Sunny	40%	E-SE at 6-11 knots
Wednesday	Mostly Cloudy	40%	E-SE at 10-15 knots
Thursday	Partly Sunny	30%	E-ESE at 10-15 knots
Friday	Mostly Cloudy	30%	E-ESE at 10-15 knots

Yearly rainfall total: 45.84 inches

Yearly rainfall deviation: +28.97 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:33 a.m. 6:59 p.m.	6:16 p.m. 5:40 a.m.	10:01 a.m. -0.4' 10:03 p.m. -0.5'	3:48 a.m. 4.3' 4:02 p.m. 3.9'
Monday	6:33 a.m. 6:59 p.m.	7:05 p.m. 6:24 a.m.	10:32 a.m. -0.6' 10:32 p.m. -0.5'	4:17 a.m. 4.5' 4:33 p.m. 3.9'
Tuesday	6:32 a.m. 7 p.m.	7:56 p.m. 7:10 a.m.	11:03 a.m. -0.6' 11:01 p.m. -0.5'	4:46 a.m. 4.6' 5:03 p.m. 3.9'
Wednesday	6:32 a.m. 7 p.m.	8:48 p.m. 7:59 a.m.	11:36 a.m. -0.6' 11:31 p.m. -0.4'	5:17 a.m. 4.6' 5:35 p.m. 3.7'
Thursday	6:32 a.m. 7 p.m.	9:42 p.m. 8:50 a.m.	----- 12:11 p.m. -0.4'	5:49 a.m. 4.5' 6:10 p.m. 3.5'
Friday	6:31 a.m. 7 p.m.	10:35 p.m. 9:43 a.m.	12:04 a.m. -0.2' 12:50 p.m. -0.2'	6:24 a.m. 4.3' 6:49 p.m. 3.3'
May 9	6:31 a.m. 7 p.m.	11:29 p.m. 10:38 a.m.	12:41 a.m. 0.1' 1:36 p.m. 0.1'	7:05 a.m. 4.1' 7:36 p.m. 3.0'