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THE KWAJALEIN HOURGLASS



An exhausted Allison Anderson, sighing in relief, crosses the finish line of the RustyFamily Mini Triathlon Monday at Emon beach. For more, see page 3.

Photo by Jordan Vinson

Media Services Intern.....Molly Premo

Families, individuals race to finish 36th RustyFamily

HOURGLASS REPORTS

Droves of Kwajalein residents biked and ran their way across the island Monday for the 2015 RustyFamily Mini Triathlon. An annual sporting event sponsored by the Kwajalein Running Club and Community Activities, the competition featured a 600-yard lagoon swim, a 10-mile bike ride and a two-mile run, all of which competitors had the choice of doing solo or as part of a team.

13-year-old Xander Hromiak beat out all the competitors Monday, crossing the finishing line at Emon Beach with a time of 1 hour, 13 minutes, 1 second and earning first place overall for the event. Following quickly on his heels was 12-year-old Julia Sholar, who earned a second-place spot with an overall time of 1 hour, 14 minutes, 12 seconds. In the teams division, it was team "Heads, I Win! Tails, you lose!" that came in first place; consisting of teammates Christina Sylvester, Kaya Sylvester and Harley McMahan, the group finished with an elapsed time of 1 hour, 9 minutes, 46 seconds.

Both the individuals and team divisions fields were stacked deep this year, with 29 solo competitors taking on the three-sport event alone and 24 teams of two people or more also competing.

The competitors varied greatly in terms of their ages and athletic abilities this year. Some as young as toddlers and others well into their 60s, the fields' unique mixture



Photos by Jordan Vinson

A volunteer passes out water to thirsty competitors Claire Anderson, in front, and her mother Jennifer Anderson, following behind.

of participants is a hallmark of the annual event, which gives the U.S. Army Garrison-Kwajalein Atoll community a more relaxed, family-friendly version of the ultra competitive RustMan Triathlon.

"Of note this year were some very young solo contestants," KRC leader Bob Sholar said. "Ellie Miller and Reid Sadowski are both five-year-old kindergartners, weighing less than 100 pounds between them. They smilingly gutted out the whole course on their own power, escorted by their parents for moral support. ... Also among the notable youngsters covering the whole course were six-year-old Leighton Botes, and seven-year-olds Claire Anderson, Athena Labrie and Alana Leines."

Droves of families came out in force to take on the competition, some together on teams and others individually.

"Some enthusiastic families presented an unusually large presence," Sholar said. "Spencer and Jenn Anderson and their four children, for instance, comprised a full 20 percent of the solo participant field. All the Anderson children, John, Katie, Allison and Claire achieved personal bests over their 2014 times, despite the longer swim course!"

New to the event this year was the introduction of an extra 100 yards to the swim segment, a decision that was made in order to allow swimmers the ease of using the ski boat area access steps to enter the water. The extra distance made for a more demanding swim than anticipated with lagoon water whipped up by a distant storm to the west of the Marshall Islands.

"It was a bit rough out there," Sholar said. "But everyone made it in, and, more importantly, everyone seemed to have fun."



LEFT: Overall second-place finisher Julia Sholar passes by the airport, grabbing a cup of water during her running segment Monday. MIDDLE: Quincy Breen crosses the finish line of the mini triathlon at Emon Beach.

AND THE WINNERS OF THE 2015 PHOTO EXHIBIT CONTEST ARE...

Category: Underwater

1st: Tommy Ryon ***"Octopus, I Feel Blue"*** 2nd: Brad Nelson
"Tuna Sunburst" 3rd: Lynda Reynolds ***"Cling On"***



Category: Junior Photographer

1st: Molly Premo ***"Reflections"*** 2nd: Molly Premo ***"Sea and Sky"*** 3rd: Molly Premo ***"Beautiful Blues"***



CCAD-Marshall Islands 'Bees focus on mission

ARTICLE AND PHOTO BY BUI GARNETT WHITMIRE
NMCB 11 CCAD-MARSHALL ISLANDS PUBLIC AFFAIRS

Seabees from Naval Mobile Construction Battalion 11, Construction Civic Action Detail-Marshall Islands are currently deployed to Kwajalein Atoll, completing humanitarian construction projects and conducting community engagement programs through July 2015.

The 21 Seabees are tasked with providing humanitarian assistance construction, informal apprentice training in general engineering skills, ASVAB tutoring and basic medical and public health assistance and awareness training. The work will strengthen the partnership between the United States and the Republic of the Marshall Islands by improving local infrastructure and building grassroots relationships with the community.

"I believe that CCAD Marshall Islands is meeting all of its mission objectives by having a continuous positive presence in the Marshallese community," said Lt. Alan Harder, NMCB 11 CCAD officer in charge. "The hard work of the enlisted leadership has been essential to mission success."

Tasked projects include renovating the Ebeye-Gugeegue Dispensary and constructing the Camp Hamilton Beach Pavilion, a 58-foot by 18-foot octagonal pre-engineered building. Throughout construction, the Seabees work side-by-side with Marshallese civilians to provide informal skills training while building bonds.

CCAD Marshall Islands is also providing ongoing construction support to the U.S. Army Garrison at Kwajalein Atoll. To date NMCB 11 'Bees have repaired windows, painted buildings, laid CMU block, placed and removed concrete, bent and tied reinforcement steel, cut tree limbs and fabricated forms for training exercises. They also helped USAG-KA prepare for Tropical Storm Bavi, filling and placing sandbags and boarding up windows.

One of the group's main community engagement programs is ASVAB tutoring at the high school on Ebeye. Every week five Seabee instructors present English and Mathematics topics to high school-aged Marshallese students to improve general academic performance. A few students have expressed a desire to join the U.S. Armed Forces and travel the world.

"Our mission is valuable for the Marshallese and Seabees combined," said Steelworker 1st Class Kenneth Barbour, ASVAB program manager. "I hope the students of the ASVAB tutoring program will truly seek joining the military to travel the world and enjoy other cultural experiences."



Photo by BUI Garnett Whitmire

Seabees of NMCB 11 CCAD work together with Public Works personnel at the Camp Hamilton Beach Pavilion project last month.

The NMCB 11 legacy in the RMI dates back 60 years. In October 1955, members of Mobile Construction Battalion 11 deployed from Port Hueneme, California to Kwajalein. In only one year, MCB 11 'Bees constructed 78 Department of Defense office buildings and 175 one- and two-story concrete block homes, which USAG-KA residents still live in today.

Sixty years later NMCB 11 has wholeheartedly embraced its Command motto, "Constructing the Future, Remembering the Past." The modern Seabees of CCAD-Marshall Islands build toward the future of the Marshallese community, while remembering the feats of those past veterans of MCB 11.

CCADs are deployed throughout the Pacific region to provide an enduring U.S. military presence that directly benefits the local community. CCAD missions are ongoing in the RMI, Timor-Leste, the Philippines, Cambodia and the Federated States of Micronesia. The small details—each composed of 15 to 25 personnel—draw on the tradition of Vietnam-era "Seabee Teams," versatile 13-man teams that excelled at military construction and civic action projects in remote, rural regions. Seabee teams continued peacetime construction throughout the Pacific region for decades after the war, sometimes in locations that now have active CCADs.

NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response and humanitarian assistance. The battalion's homeport is in Gulfport, Mississippi. The Naval Construction Force is a vital component of the U.S. Maritime Strategy. The NCF offers deployable battalions capable of providing contingency construction, disaster preparation and recovery support, humanitarian assistance and combat operations support.

This report, by CCAD-Marshall Islands BUI Garnett Whitmire, was originally published in Seabee Magazine May 4, 2015.

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.

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 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.

WANTED

Dishwasher and ceiling fan. Please call 51054.

FOUND

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.

Prescription scuba mask, found by the Prinz Eugen wreck. Call Shana at 52524.

LOST

White baseball hat, with emblem of South Carolina flag, lost Saturday evening near Island Memorial Chapel. If found, please call 51880.

FOR SALE

PEAVEY E208 Acoustic guitar Amplifier, mint condition, \$150. Call Dale at 53470.

PATIO SALE

10 A.M.-4 P.M., at Qtrs. 462-A in the back of the house. Fishing gear, clothes, TVs, furniture, etc.

COMMUNITY NOTICES

CAMP COCONUTS runs this year June 9-Aug. 15, 2015. Registration for weeks 1-10 is open beginning May 12. Registration is open until the Friday before each week of camp you register for. Camp hours are 8:30-11:30 a.m. and 12:30-4:30 p.m. Extended care hours from 7 to 8:30 a.m. and from 4:30 to 5:30 p.m. are available upon request. Camp is open to all CYSS children who have completed kindergarten-fifth grade. The location of the camp sessions will be the MP Room or the Youth Center. Please contact CYSS for further information at 52158 or at katrina.m.ellison.ctr@mail.mil.

LOOSEN UP THOSE PIPES and join us for Karaoke at 7:30 p.m., Sunday, at the Vet's Hall. Questions? Contact Jan Abrams or Mike Woundy.

KWAJALEIN RUNNING CLUB'S last Monthly Fun Run (#10) for the 2014/15 season will be at 5:30 p.m., Monday, beginning at the library. The public and visitors are welcome. Distance options for Monday are 0.5 miles, 2 miles and 4 miles. Just show up near the Kwaj Lanes Bowling Alley entrance by 5:25 p.m. and sign in. Questions? Call Bob and Jane 51815 or Linn and Ben at 51990.

EOD WILL CONDUCT an explosive operation at the Routine Disposal Site near the "Shark Pit" on Kwajalein Thursday, beginning at approximately 9 a.m. and continuing through 10:30 p.m. Road blocks will be manned by SACC (KPD), and the exclusion area will be off limits to all unauthorized personnel throughout the operation. Questions should be directed to the EOD office at 51433.

PLEASE JOIN US for Quizzo at 7:30 p.m., Fri-

day, at The Vet's Hall. Special guest host Adam Picard will tease our minds with his trivia questions. Questions about Quizzo? Contact Neil Dye or Mike Woundy.

COME OUT AND PLAY in a 3-on-3 volleyball tournament at 9 a.m., May 26, at Emon Beach. Show up early to register at 8 a.m. Questions? Call 52741.

DON'T MISS another Great Kwaj Swap Meet 9-11 a.m., May 26, at Emon Beach. Each household gets one complimentary table, and additional tables cost \$10 each. Pick-up service is provided, but please ask for the pick-up when registering. The registration deadline is Wednesday. No oversized items please. Call Community Activities at 53331 to reserve your table.

Island Memorial Chapel is an inter-denominational and diverse community of "non-know-it-alls" who are all in-process when it come to faith. Come check it out and contact Pastor Kevin at 53505.

SPARROWS: It is against Department of Defense policy to feed wild animals on a military installation. Violators of this policy are subject to disciplinary action. The sparrows are an invasive species to Kwajalein. They build their nests in exhaust fans, in the ventilation holes of the electrical vaults and in the aircraft hangars. Please do not feed these birds. For further information contact the Installation Pest Management Department.

EAP CLASSES: Smoking Cessation classes are ongoing. Call 55362 for information.

E-Talk: Segregating construction and demolition debris at the source increase the percentage of materials diverted from unnecessary incineration and landfill application. Segregate construction and demolition debris into scrap metals, glass, plastics, yard waste, compostable, construction debris and and materials destined for incinerations. Questions? Call KRS Environmental at 51134.

Safely Speaking: There are building materials that contain asbestos throughout the atoll. Each material is clearly labeled if it is known to contain asbestos. These materials are not dangerous unless they are damaged.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 23
Sauteed beef tips	Baked meatloaf	Pork pot roast	Honey roast chicken	BBQ spare ribs	Taco Bar	Lasagna
Fried chicken	Chicken cacciatore	Wings of fire	Stuffed cabbage	Turkey casserole	Country-smoked chicken	Chicken breast
Augratin potatoes	Mashed potatoes	Vegetarian saute	Brown rice pilaf	Potatoes romanoff	Fish du jour	Garlic toast

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 23
Turkey cordon bleu	Spaghetti	Grilled chicken breast	Carved flank steak	Mongolian BBQ Night	Grilled salisbury steak	Chicken fried steak
Rice pilaf	Chicken alfredo	Beef broccoli stir-fry	Picante chicken	Veggie egg foo young	Banked manicotti	Mashed potatoes
Cajun roast beef	Garlic bread	Three-cheese macaroni	Baked potatoes	Oriental fried rice	Parslied potatoes	Seafood gumbo

RUSTY, from page 3**2015 RustyFamily Mini Triathlon finish times****Individuals**

Xander Hromiak	1:13:01
Julia Sholar	1:14:12
Dominic Leines	1:15:49
Jason Merrymon	1:16:32
Travis Ropella	1:20:25
John Anderson	1:21:00
Jolyn Botes	1:30:31
Allison Anderson	1:33:54
Sean Hepler	1:34:10
Myles Sylvester	1:34:24
Katie Anderson	1:35:17
Spence Anderson	1:35:17
Tessa Delisio	1:41:23
Megan Ropella	1:41:49
Rachelle Kilgore	1:42:00
Ava Moore	1:45:24
Holly Botes	1:46:10
Leighton Botes	1:46:10
Jenna Gray	1:52:48
Ashley Momuth	1:52:48
Abbie Warren	1:52:48
Alana Leines	1:52:50
Britten Ropella	1:55:00
Ellie Miller	1:55:53
Claire Anderson	1:57:08
Jenn Anderson	1:57:15
Athena LaBrie	1:59:52
Reid Sadowski	2:03:59
Heather Sadowski	2:04:13

Teams

Sylvester, Sylvester, McMahan	1:09:46
Merrymon, Merrymon, Merrymon	1:12:19
Finley, Hess	1:15:32
Wright, Wright, Wright	1:16:19
McCollum, McCollum, McCollum	1:17:07
Moseley, Moseley, Moseley	1:17:28
Finley, Shearer, Lamoia	1:22:30
Dahl, Dahl,	1:23:06
Dethlefsen, Breen, Breen	1:24:05
Kilgore, Kilgore	1:25:05
Chavis, Chavis	1:27:47
Breen, Breen, Breen	1:32:26
Kilgore, Kilgore	1:33:20
Sok Family	1:40:43
Corder, Kaneko, Wase	1:43:55
Hepler, Hepler, Hepler	1:43:55
Moore, Moore, Moore	1:45:24
DeVillie, DeVillie	1:52:33
Miller, Miller, Miller	1:55:53
Cardillo Family	1:57:35
Hinton Family	1:59:04
Schellin Family	1:59:49
LaBrie, LaBrie, LaBrie	1:59:52
Charlton, Moos	2:19:08



TOP: Long-time KRC volunteer Bob Sholar records participants' elapsed times at the finish line at Emon Beach. **BOTTOM:** Billy Kilgore and son Mason rush by the airport during one of their laps around the southern end of the island Monday.

READY AND RESILIENT WELLNESS CALENDAR

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

1. Spiritual Resilience, see Page 10. All welcome.	1. Circuit Training, 8 a.m., at Ivey Gym.	1. Cross Fit, 5:15 a.m., at the Adult Pool.	1. Circuit Training, 5 a.m., at Ivey Gym.	1. Cross Fit, 5:15 a.m., at Ivey Gym.	1. Circuit Training, 5 a.m., at Ivey Gym.	1. Cross Fit, 5:15 a.m., at Ivey Gym.
2. Smoking Cessation classes ongoing. Call 55362.	2. Kwajalein For Christ, 3:30 p.m., at the Youth Center.	2. Pick-up tennis, 5:30 p.m., at the tennis courts.		2. Interval Training, 5:15 p.m., at Emon Beach.		2. Family Swim Time, 9:30 a.m., at the Family Pool
	3. Pick-up ultimate frisbee, 5 p.m., near the soccer fields.			4. Pick-up tennis, 5:30 p.m., at the tennis courts		3. Pick-up tennis, 5:30 p.m., at the tennis courts.
	4. KRC Fun Run #10, 5:30 p.m., at the library			5. AA Program, 7 p.m., at the REB.		
	5. Pick-up soccer, 6 p.m., at Brandon Field.					

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 23
Cornish hen w/ rice	Roasted pork loin	Corn dogs	Monte cristo sandwich	BBQ chick. sandwich	Salmon cakes	Chicken quesadillas
Veggie frittata	Grilled chicken strips	Southwestern roast beef	Pork chop w/ must. glaze	Beef stroganoff	Italian sausage hoagies	Beef tacos
Scalloped potatoes	Southern benedict	Corn on the cob	Stir-fry veggies	Tofu stir-fry	Onion rings	Pinto beans
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 23
Beef Enchiladas	Roasted turkey	Kalua pork	Charcoal grilled steak	Fried chicken	Mongolian Grill Night	Char-grilled hamburgers
Chicken chimichangas	Beef stew	Baked fish	Huli huli chicken	London broil	Egg rolls	Homemade chili
Borrocho beans	Stuffing	Noodles	Baked potatoes	Cornbread		French fries



SOFTBALL

A LEAGUE

WEDNESDAY, WEDNESDAY MAY 6

Yokwe def. USAG-KA 14-6
Old Fat and Ugly def. Criminals 20-2

THURSDAY, MAY 7

USAG-KA def. Bakai-Arma forfeit

FRIDAY, MAY 8

Games rained out

COED LEAGUE

TUESDAY, MAY 5

Lolleygaggers def. USAG-KA 10-2

THURSDAY, MAY 7

RF Hazards def. Jellyfish 9-7

SATURDAY, MAY 9

Game rained out

TEAM STANDINGS

A League

Yokwe	8-1	B League	
Old, Fat and Ugly	7-1-1	Jikalum	10-0
Criminals	5-3-1	Mon-Kubok	7-3
USAG-KA	3-6	Spartans Men	6-4
Bakai-Arma	2-6	Team Disciple	5-5
Lucky Eleven	0-8	Auto	2-8
		SJC X-Pats	0-10

Women's League

Spartans I Women	8-0	Coed League	
Scrubs	4-4	Lollygaggers	7-0
Spartans Coed II W.	0-8	RF Hazards	3-3
		Jellyfish	3-4
		USAG-KA	0-6

B LEAGUE

TUESDAY, MAY 5

Team Disciple def. Auto 14-4
Jikalum def. SJC X-Pats 10-2

THURSDAY, MAY 7

Jikalum def. Auto 19-9

WOMEN'S LEAGUE

TUESDAY, MAY 5

Spartan Women def. Scrubs 7-5

WEDNESDAY, MAY 6

Scrubs def. Spartan Co-ed 11-1

NEXT WEEK'S SCHEDULE

Tuesday, May 19

6 p.m., Brandon: B League gm 4 win. vs gm 3 win.
7:15 p.m., Brandon: Co-ed League S1 vs. S4

Wednesday, May 20

6 p.m., Brandon: A League S3 vs. S6
7:15 p.m., Brandon: A League S4 vs. S5

Thursday, May 21

6 p.m., Brandon: Co-Ed League S2 vs. S3
7:15 p.m., Brandon:

Friday, May 22

6 p.m., Brandon: A League S2 vs. win. gm. 1
7:15 p.m., Brandon: A League S1 vs win. gm. 2

BOWLING

LAST WEEK'S SCORES

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



LEAGUE STANDINGS

Scrubs	11-10
El Dorado	10-11
TBD	7-7
Alley Cats	7-7
Acey Deucy	7-7

NEXT WEEK'S SCHEDULE

Friday, May 22

"Closest to Average" Night for all players

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	70%	ESE-SE at 10-15 knots
Monday	Partly Sunny	30%	NE-ENE at 11-16 knots
Tuesday	Partly Sunny	30%	E-SE at 16-21 knots
Wednesday	Partly Sunny	20%	ENE-E at 15-20 knots
Thursday	Mostly Cloudy	30%	ENE-E at 16-21 knots
Friday	Mostly Cloudy	40%	ENE-E at 12-17 knots

Yearly rainfall total: 50.53 inches

Yearly rainfall deviation: +30.68 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:30 a.m. 7:01 p.m.	5:25 a.m. 6:07 p.m.	9:47 a.m. -0.6' 9:49 p.m. -0.7'	3:29 a.m. 4.7' 3:49 p.m. 4.1'
Monday	6:30 a.m. 7:01 p.m.	6:18 a.m. 7:05 p.m.	10:28 a.m. -0.8' 10:26 p.m. -0.7'	4:08 a.m. 4.9' 4:48 p.m. 4.0'
Tuesday	6:29 a.m. 7:02 p.m.	7:13 a.m. 8:02 p.m.	11:07 a.m. -0.8' 11:01 p.m. -0.6'	4:45 a.m. 4.9' 5:06 p.m. 3.9'
Wednesday	6:29 a.m. 7:02 p.m.	8:07 a.m. 8:58 p.m.	11:44 a.m. -0.6' 11:36 p.m. -0.3'	5:20 a.m. 4.8' 5:43 p.m. 3.7'
Thursday	6:29 a.m. 7:02 p.m.	9:02 a.m. 9:51 p.m.	----- 12:21 p.m. -0.4'	5:56 a.m. 4.6' 6:19 p.m. 3.4'
Friday	6:29 a.m. 7:02 p.m.	9:55 a.m. 10:41 p.m.	12:10 a.m. -0.1' 12:59 p.m. -0.1'	6:31 a.m. 4.2' 6:56 p.m. 3.1'
May 23	6:29 a.m. 7:03 p.m.	10:46 a.m. 11:28 p.m.	12:45 a.m. 0.3' 1:39 p.m. 0.3'	7:08 a.m. 3.8' 7:38 p.m. 2.8'