

THE KWAJALEIN HOURGLASS



Members of the RMI National Police and KALGOV Police carry the colors of the Republic of the Marshall Islands, the United States and Kwajalein Atoll during the 69th Memorial Day ceremony Feb. 9. The Kwajalein Jr./Sr. High School Band follows. For more, see page 4.

Photo by Sheila Gideon

Post office changes are difficult now, but will be worth it

Hourglass Reports

New post office boxes are causing some challenges, but if residents will just hang in there for one more week, the payoff will be worth it.

Installation of new boxes began last week. With new boxes come new combinations and for some, new addresses. Those with PO boxes that end in "9" will keep their PO box number, but their box will be moved to the back of the north wall and east wall (facing the USAKA Headquarters Building).

New combinations are available for all boxes. Retrieve your new combo from the delivery window during open hours of operation (11-30 a.m. to 1:30 p.m. on Monday, Wednesday, Friday and Saturday; 3-6 p.m.

on Tuesday and Thursday). Check immediately to make sure your combination works; if there is an issue, post office staff needs to know right away. Directions on how to operate the new boxes are posted; ask a postal worker for assistance if you need help.

While operations at the post office are hectic now, they will even out in a week or so. The new boxes have no rust and will be much easier to open and close compared to the old ones; they will last years without needing to be replaced. The new boxes are also taller, which will better accommodate bills from Finance and magazines.

Check your PO box for postal announcements containing important updates and information about the post office. This includes information on how to prepare your PO box

when you leave for vacation or TDY, acceptable mail addressing and customs. It also includes the C-17 Saturday schedule.

The post office is also undergoing construction on the roof. Proceed with caution when entering and exiting the building. Do not walk across or remove any caution tape. The work is moving quickly and should be finished soon.

The Roi post office hours of operation are 8:30 a.m. to 3 p.m., Wednesday through Friday; personnel take their lunch break from noon to 1 p.m. so the post office remains open during the regular lunch hour.

If you have any questions regarding the post office or the new boxes, contact Gina Heidle, postal supervisor, at 53461.

MANIT MINUTE

Marshallese Language

Both Marshallese and English are the official languages of the Marshall Islands. Marshallese belongs to the Austronesian Language Family, the most geographically widespread language family in the world. Of the Austronesian languages, Marshallese is a member of the Malayo Polynesian group, a group which contains 880 different languages. In the Marshalls, two major dialects have emerged, one in the Ralik chain and one in the Ratak chain of atolls. The differences between the two dialects is minor.

Thumbs Up!



... to DeDe Hall and all the Yokwe Yuk Women's Club volunteers for making the annual Basket Auction a success!

... to DeDe Hall, Nancy Moscone, Tina Wiley and Joanie Drefus for a fabulous Basket Auction! This would have never happened without your dedication and incredible work! You are spectacular!

... to Cindy Westhoff for her hours and hours of work making the Kwajalein T-shirt quilts that auctioned off for \$2,200! What a contribution!

... to Kwajalein Golf Association volunteers who came out for the work day Monday to clean up the course for the Atoll Cup this weekend. The course looks great!

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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YYWC Basket Auction

Article and photos by Sheila Gideon
Managing Editor

After a one-year hiatus, the Yokwe Yuk Women's Club Basket Auction came back in full force Sunday evening at the Davye Davis Multi-Purpose Room. The Basket Auction is a fundraising event; all proceeds go to educational grants in the Marshall Islands and Micronesia. In one evening, \$15,085 was raised.

YYWC volunteers spent the year soliciting donations from the community. Basket donations can include anything. Some baskets were filled with sweets, kitchen ware, movies, health products, beach apparel or games. Some baskets offered services such as a day of fishing, a sunset sail or classes like basket-making. These basket donations were bid on via a silent auction. Attendees had two hours to place their bids. In the last five minutes, there was quite the rush, and competition, to be the last one to write their name in order to win favorite items.

Besides the silent auction items, there was also a live auction run by Al Robinson. Cindy Westhoff spent hours sewing two Kwajalein T-shirt quilts. The bidding was fierce and they alone raised \$2,200. The other live auction item was a four-course gourmet meal cooked by Deb Douthat. The dinner for up to eight people went for an impressive \$1,500. Because it was so popular, Douthat offered up a second dinner to be auctioned off later that evening that was claimed for \$1,875.

The third component to the auction was the raffle. There were four possible prizes. Raffle tickets were placed in baskets for each prize; if you fancied one over the other, you could put more tickets in that basket. Prizes included an island photo donated by John Breen, island stained glass donated by Jayne Cavender, an underwater photo from Rob Clayton and a story pottery bowl from Denise Dorn.

The Basket Auction was incredibly successful this year and raised the most money the YYWC has seen for this event in years. A heartfelt thank you to those who donated and participated in the event was given by YYWC President, DeDe Hall at end of the evening.



Aaron Fleet makes a silent bid on an item during the Basket Auction Sunday at the MP Room.



Thomas Armbruster places his raffle tickets in the various prize baskets during the Basket Auction.



Al Robinson acts as auctioneer during the YYWC Basket Auction Sunday. Here, he auctions off the Kwajalein T-shirt quilt, shown right.

Kwajalein Atoll Memorial Day

"Eijab Kiki Jela So"

Article and photos by Sheila Gideon
Managing Editor

Donned in traditional green, Kwajalein Atoll residents and guests gathered at the Loioen Weto Grounds on Ebeye Feb. 9 for the 69th annual Kwajalein Atoll Memorial Day. Memorial Day commemorates the liberation of Kwajalein Atoll from Japan by the United States during World War II.

The day started with a parade from Ebeye Pier to the ceremony grounds. Ebeye residents and school children lined the streets to observe. The Kwajalein Jr./Sr. High School band, directed by Dick Shields, marched behind the Ebeye Police Department, carrying the colors of the Republic of the Marshall Islands, Kwajalein Atoll and the United States.

At the ceremony grounds, Master of Ceremonies, Ben "Jerry" Jacklick, announced each distinguished guest, who came forward to shake hands with Iroj/Senator Michael Kabua and Mayor Johnny Lemari. U.S. Ambassador to the RMI, Thomas Armbruster, traveled from Majuro for the ceremony. Representatives from U.S. Army Kwajalein Atoll Host Nation Office included Maj. Alonzo Garcia, Maj. Matt Sova and Michael Sakaio. Representatives from Kwajalein Range Services included Ben Souther and his wife, Amy, and Harden Lelet.

Before the guest speakers took the podium, the local parade of floats drove through the streets. There were buses and trucks with hand-painted signs with messages to the community. Representatives from each group also walked or rode with the float. Everyone gathered at the sidewalk to watch

them go by. A big yellow bus from Kwajalein Atoll High School depicted a student asleep at his desk, dreaming of graduation. The third float had local children holding signs and dressed up depicting what they want to be when they grow up, including a lawyer, doctor and the president.

The ceremony began with the Invocation by Rev. Jibo Benjamin of Ebeye United Church of Christ. Next was the raising of the flags by the RMI National Police and the Kwajalein Atoll Local Government Police. Good News Choir sang the national anthems of the Republic of the Marshall Islands and of Kwajalein Atoll. The KHS band played the national anthem of the U.S.

Kabua welcomed residents, guests and distinguished visitors to the ceremony. Following, Iroj Kotak Loeak, chairman of the Council of Irojjs, spoke.

Armbruster addressed the crowd saying, "Yokwe, jera (Hello, friends)." He spoke of World War II and the many great men who were lost and should be remembered for their courage. He talked about the unexploded ordnance team that will be here in the spring to identify and destroy WWII ordnance. "We can't plan for everything," he said. "But we can have faith in our capabilities and our strengths and our ability to work together to solve problems. ... Kom-mol tata (thank you)."

Senator Jeban Riklon presented remarks as well. Lastly, Minister Tony DeBrum, speaking on behalf of President Christopher Loeak, addressed the audience.

The ceremony ended with thank you remarks from Lemari and the Benediction by Rev. Karou Kaious from Assembly of God.



U.S. Ambassador to the RMI, Thomas Armbruster, speaks at the Kwajalein Atoll Memorial Day ceremony Feb. 9 on Ebeye.



Kwajalein Jr./Sr. High School band, directed by Dick Shields, plays music at the Ebeye Pier to start the parade at Kwajalein Atoll Memorial Day Feb. 9.



The colors of the Republic of the Marshall Islands, Kwajalein Atoll and the United States are raised by the RMI National Police and the KALGOV Police at the Memorial Day celebration on Ebeye.



Kwajalein Atoll High School hand-painted a sign for their float in the Memorial Day parade Feb. 9 on Ebeye.



U.S. Army Kwajalein Atoll representatives are introduced and shake hands with Iroij/Senator Michael Kabua and Mayor Johnny Lemari. Representatives from U.S. Army Kwajalein Atoll Host Nation Office included Maj. Matt Sova, Maj. Alonzo Garcia and Michael Sakaio. Back center is U.S. Ambassador to the RMI, Thomas Armbruster.



Above and right, local Kwajalein Atoll children dress up and hold signs to depict what they want to be when they grow up.



Sweetheart Relay

By Bob Sholar
KRC Vice President

Kwajalein Running Club held the 36th annual Sweetheart 4x1-Mile Relay at 9 a.m. on Monday. Sixteen teams of four runners participated.

The event was handicapped, using the combined age plus gender of each team's four runners. The team with the greatest handicap started first and the others at scientifically computed delays. The science came from an ancient table in a 1970s *Runner's World* magazine.

First to start this year was a team comprised of Sean Hepler, Jacob Long, Katherine Giedroc and Kayla Hepler, all aged between 8 and 10. Last to start was a team of ninth grade boys, having to wait 9 minutes and 15 seconds to begin, and having watched Hepler already tag Long. The ninth-graders, Sam Jahnke, Michael Sykes, David Sholar and Kendall Westhoff, chased

down all but one team, and finished second. The winning team of Ted Trimble, Ben Bartyzel, Brent and Krystal Peterson all ran sub-seven actual miles, to produce an almost two minute lead over second place. The team produced two of the four sub-five net miles this year with Krystal's 4:42 and Bartyzel's 4:44. The other sub-five nets were Hannah DeLange's 4:49 and Julia Sholar's 4:51.

Fastest actual miles for the ladies was Krystal's 6:26 and for the guys, Westhoff's 5:46.

This event is characterized by diversity of participants. The age difference between youngest and oldest participants, Tessa Delisio and Victor Langhans, was an amazing 62 years! You'll have to ask them their ages though.

An all-Army team was led by Dean Wiley, including Wiley's son Austin. The team did not get much total handicap, finishing 12th.



Photo by Clara Winkler

Racers participating in the Sweetheart Relay line up according to their handicap based on age and gender.



Photo by Mary Long
Julia Sholar runs a sub-five handicapped mile.



Photo by Linn Ezell

Jacob Long manages to finish his mile during the Sweetheart Relay with one shoe off and the other untied.

Teens learn about consequences of underage drinking

By Yomoko Bokean and Scott Swanby
KHS Student Guest Writers

On Jan. 31, the Namo Weto Youth Center Director, Jared Barrick, gave a presentation on alcohol awareness to the Kwajalein Jr./Sr. High School students at the local teen center. There was a high attendance rate amongst the Keystone and Torch Club members, both youth organizations. The presentation was scheduled because of recent activities that occurred during winter break and earlier in the year. The presentation was to inform the teens of the dangers of alcohol abuse and binge drinking.

The PowerPoint presentation included slides covering the mental, social, physical, emotional and legal consequences of underage drinking. The facts presented and the following discussion shocked many students.

Student Eltina John said, "I had no idea every year 5,000 teens die from alcohol-related injuries."

Another student was amazed by who is usually injured in alcohol related car accidents. Half of those killed by teen drunk drivers are passengers in other

people's cars, according to the presentation.

To relate better to the kids, Barrick shared lessons he learned during his adolescence. His personal narratives and anecdotes made the presentation more personal and immediate. During the presentation, Barrick answered questions and concerns brought forth from the presentation. The questions ranged from legal penalties of underage drinking to the possible financial consequences of underage drinking. Barrick wanted more participants to become involved in his presentation, so he asked how the teens felt about some of the consequences. Many responded that they did not think that drinking was worth the trouble if you were caught, so why do it?

All who attended learned a valuable lesson about underage drinking and the effects it can have on them. Last week, students worked on various advertisement ideas for a contest to raise awareness of alcohol-related issues here on Kwajalein. The projects will be judged later this month by community members.

The Keystone and Torch Club would like to thank Barrick for his guidance, direction and leadership.

KWAJ SPORTS



BOWLING

Tuesday, Jan. 29

Team #4 def. Sliders	4-3
Just Like That def. South of Sanity	7-0
Crabaholics def. 3 Men & a Lady	4-3

TOP BOWLERS - MEN
Tony Savage: 225

Tyrone Moxie: 216

JR Kowalski: 194

TOP BOWLERS - WOMEN
Benni Davis: 153

Deb Douthat: 145

Jamie Stevenson: 139

STANDINGS	Just Like That	14-0
	Team #4	11-3
	Crabaholics	6-8
	South of Sanity	5-9
	3 Men & a Lady	3-11
	Sliders	3-11

BASKETBALL

Thursday, Feb. 7

SPIW def. D-Up!	45-43
Bako def. Jawks	49-38
hOOPS! def. SJC	50-22
Yokwe def. K-Town	32-30

Friday, Feb. 8

K-Town def. SJC	44-26
Ball Trackers def. Ol' Boozers	59-33

Tuesday, Feb. 12

SPIW def. Jawks	31-25
D-Up! def. Bako	49-40
Ball Trackers def. Yokwe	45-21
Icey Hot def. SJC	Forfeit

School League

Bako	2-1
SPIW	2-1
D-Up!	2-1
Jawks	0-3

STANDINGS

Adult League

hOOPS!	2-0
Icey Hot	2-0
Ball Trackers	2-1
K-Town	1-1
Yokwe	1-1
Ol' Boozers	0-2
SJC	0-3

WATER POLO

Saturday, Feb. 9

Zissou def. Ebeye Swim Team	Forfeit
Chargogg def. Lacedaemonians	70-30
Toy Boat tied Turbo Turtles	24-24

Tuesday, Feb. 12

USAKA Splash def. Ebeye Swim Team	24-23
Turbo Turtles def. Zissou	52-23
Chargogg def. Toy Boat	37-23

STANDINGS

Chargogg	3-0
Zissou	2-1
Turbo Turtles	1-0-1
Lacedaemonians	1-1
USAKA Splash	1-1
Toy Boat Toy Boat	0-2-1
Ebeye Swim Team	0-3

Season high scorers

Adam Vail, 41 goals
Bill Williamson, 19 goals
Stan Jazwinski, 16 goals
Tommy Ryon, 16 goals



Yokwe!

Dr. Sam Ruben and his wife, Tina, will be leaving Kwajalein after working at the Kwajalein Hospital for one year. They will be moving back to their home in Big Island, Hawaii. When they arrive, Dr. Ruben will be working at a community health clinic. What they will miss most about living on Kwajalein is the diving and friendly people. "It was an honor attending to you all; be well," said Dr. Ruben.

DISPATCH FROM ROI



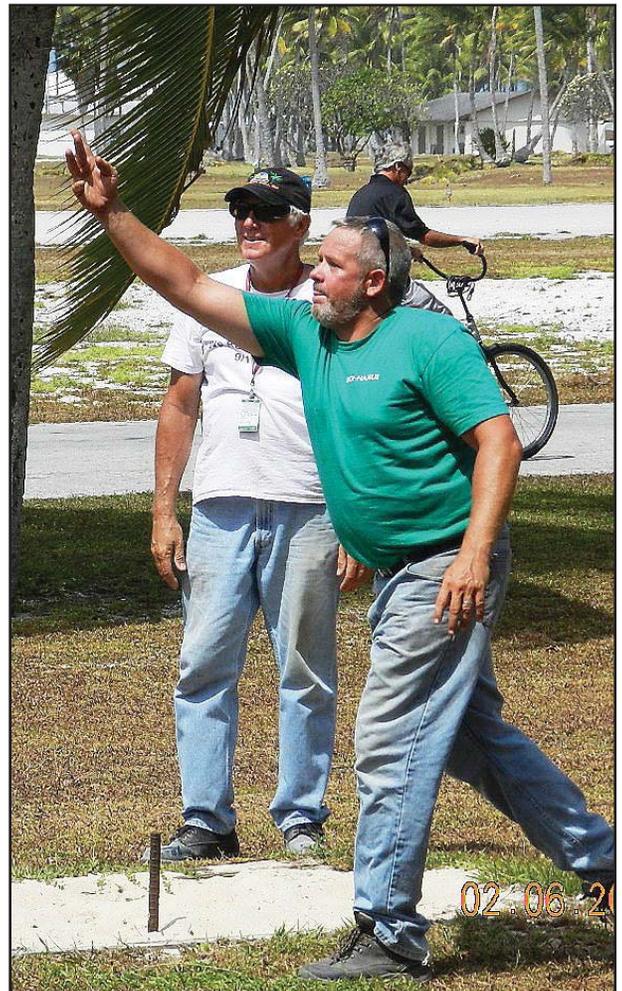
Roi-Namur fuel pier crew marks 60 days without incident

Hourglass Reports

Photos from Jeff Paquin and Tim Mooney

San Juan Construction's Roi-Namur fuel pier crew enjoyed a barbecue lunch, games and prizes last week as part of their celebration of 60 days without incident. Prizes included an iPod, snorkel gear and Gerber multi-tools.

The lunch was part of San Juan Construction Site safety and Health Officer Jeff Paquin's recently implemented incentive plan to promote, educate and reward the San Juan crew for safe work practices.



View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Linn Ezell



From Sheila Gideon



From Clara Winkler



From Clara Winkler



From Linn Ezell

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.

KRS EMPLOYMENT applications are continually accepted for casual positions in the community services departments, medical department and the HR temp pool. Some of the casual positions are recreation aid, medical office, substitute teacher and HR temp pool office support. Questions, call 54916.

WANTED

FOLD-IT BRAND TRAILER, used or with broken hitch. Call 52525.

FOUND

EARRING, in front of the High School on Feb. 11. Call 52371 to identify.

SHOCK CORD used to tether a kayak paddle, at Camp Hamilton on Monday Call 50625 to identify and claim.

FOR SALE

REBUILT SUN BIKE, very little rust, new chain, saddle baskets, new tires and tune-up, \$175; 32-inch Sceptre HD flatscreen TV, \$200; snorkel gear, \$20; kitchen appliances. Call 52729, 5:15-9 p.m., Tuesday-Saturday, or anytime Sunday or Monday, or email akjdubay@yahoo.com.

PIRATE PARTY GOODS, inflatable, birthday banner,

photo banner, candles, treasure chests, plates and lots of favors. Call 55176.

RECLINER, \$25, queen mattress and box springs, \$100. Call 53119.

OCEANIC SCUBA PACKAGE, excellent condition, used for six dives, Cruz BC with integrated weight system, GT3 regulator, Slimline 2 octo, VEO 1.0 Combo (computer, pressure gauge, compass), lots of extras including weights, dry box, booties, dive bag and knife, \$800. Call 51655.

TWO REFRIGERATORS, 2 cubic feet, \$40 each; recliner, \$25; piano, \$400; hot tub, \$2,000; 7.5-foot Christmas tree, \$50; ice cream freezer, \$20; small desk, \$10; tempered glass table top, 44x79-inch, free; 25-inch stool, \$10; yogurt maker, \$20; waffle maker/sandwich grill, \$10; indoor ceiling fan with light, \$25; clamshell fountain, \$25; plants including orchids, desert rose, fan leaf palm, giant bird of paradise. Call 51684.

MEN'S LARGE BCD, Sherwood Avid with Atomic SS1 Safe Second, \$270. Call 53018 and leave a message.

EPIPHONE G-400 SG GUITAR, tobacco burst, \$200; Fender Mustang III 1x12 modeling amp, \$200; Line 6 Spyder III 1x10 amp, \$100. Call Jeff at 52741.

TOASTER OVEN, Black and Decker, nice, \$50; Nitrox scuba tank, large, \$300 or best offer; 18-speed Specialized 700-cm bike with tools, \$300. Call Sam at 51731.

WINDSURF SAIL AND RIGGING, ready to mount on your board, Simmer 6.2-meter sail, yellow and orange, with mast, Chinook boom and mast base, all in used but good/fair condition, \$250 or make offer. Call 56032 and leave message.

YELLOW SUN BIKE with basket, one year old, \$150; 2.2 cubic feet stainless steel freezer, 2x2x2-foot, perfect for BQ, looks new, \$150. Call Joy at 52650, Tuesday-Saturday, 7 a.m.-5 p.m.

FENDER MEXICAN STRATOCASTER with case, \$275; Schecter Omen with case, \$250; Marshall AVT 275 guitar amp with 6-way footswitch, \$550; La-Z-Boy recliner, green, \$40. Call 52773.

IMAGINEXT CASTLE and figurines, \$20; hermit crab habitat and food, \$10; plants, large and small, \$5 each; boy's twin bedspread, tan trucks, and tan and blue jersey sheets, \$20; kid Wii games, Disney Princess, Nickelodeon Fit and Diego, \$10 each. Call 52312.

STEEL GAZEBO, 12x12-foot, full netting in original box, never used, \$115; Fold-it bike trailer, new hitch, available March 3, \$175; women's Trek bicycle, Kwaj condition with new Rapidfire Plus shifter which needs installing, available March 3, \$75. Leave a message at 51978.

PROLINE 23-FOOT POWERBOAT, excellent condition, with Suzuki 250 HP 4-stroke, low hours, 15 HP Mercury kicker, aluminum hardtop, aluminum trailer with new wheels, plenty of tools and maintenance ma-

terials, fast, sturdy, in great shape for diving, fishing, water sports or cruising, \$35,000 or best offer. Call Dick at 51684 or email richard.cheryl.shields@gmail.com.

CHEOY LEE SAILBOAT, 26 feet, in the water and ready to sail, 12HP inboard diesel, Lavac marine head, Lewmar self-tailing winches, mooring inside harbor, \$8,500. Email bridget.helm@outlook.com.

COMMUNITY NOTICES

SOLO GUITARIST DELANEY DAVIS will perform on Roi-Namur at 7 p.m., tonight, at the Roi Scuba Shack. She will perform on Kwajalein at 8 p.m., Feb. 24, at the Vet's Hall. Come enjoy live music compliments of the Quality of Life Fund.

SMDC INSPECTOR GENERAL Col. Fred Manzo will be on island on Monday and will hold open office hours from 8:30 a.m.-5:30 p.m. at the Religious Education Building next to the Chapel. No appointment is necessary. You can reach the IG at fred.v.manzo.mail@mail.mil or benjamin.a.spears.civ@mail.mil.

LEARN THE ART OF ORIGAMI! Classes held Monday at the REB. Session 1 is from 9-10 a.m., ages 6-12. Session 2 is from 10-11 a.m., ages 13 to adult. Call Christine at 59154 to register for these free classes. Sponsored by the Kwajalein Art Guild.

ZAMPERINI DINING FACILITY hours of operation on Tuesday will be: Breakfast, 7-10 a.m.; Brunch, 11 a.m. to 1 p.m.; Dinner, 4:30-7 p.m.

THE FEBRUARY Kwajalein School Advisory Council public meeting is scheduled for 7 p.m., Wednesday, in the Elementary Coconut Room. The public is invited to attend.

DELANEY DAVIS YOUTH Song Writing Workshop will be 6:30 p.m., Thursday, at the Youth Center. Interested in learning to write songs? Have a work in progress you want feedback on? This workshop is for you. Bring a pen, paper and an instrument if you choose. Questions? Contact Jared Barrick or Midori Hobbs.

KWAJALEIN COMMUNITY BAND in concert, 7 p.m., Thursday, in the Davye Davis Multi-Purpose Room on the high school campus.

BINGO IS THURSDAY at the Pacific Club. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 56 numbers with \$1,600 payout; Windfall completion at 26 numbers with \$1,600 payout. Must be 21 to enter and play, bring your ID. Questions, contact Darren Moore at 55599 or Ted Glynn at 53338.

ATTENTION MUSICIANS, artists and entertainers. The Spring Break Music Festival is on its way. If you would like to be a part of the main stage lineup of entertainment, the first band meeting will be at 6 p.m., Friday, in the library conference room. Each group need only send a single representative. Come knowing how long you intend to be on stage, what time frame you would prefer to work and what special technical needs you might have. All forms of family-friendly music and entertainment are welcome. Don't be shy.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel

Protestant

8 a.m., Sunday, Traditional Service

9:15 a.m., Spiritual Gifts Class

10:45 a.m., Sunday, Contemporary Service

All services at Island Memorial Chapel

Roi-Namur service at 7 p.m., First and Third

Friday of each month. Appointments with Fr. Vic

available after dinner

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday

Sweet and Sour Pork

Chicken à la King

Biscuits

Monday

Beef Tips Burgundy

Chicken Cordon Bleu

Egg Noodles

Tuesday

Kwaj Fried Chicken

Eggs Benedict

Hawaiian Chopped Steak

Wednesday

Grilled Cheese

BBQ Spareribs

Kung Pao Chicken

Thursday

Cajun Blackened Chicken

Chili Mac

Rice Jambalaya

Friday

Meatball Stroganoff

Lemon Pepper Mahi Mahi

Fettucini

Feb. 23

BBQ Pulled Pork

Pizza

Oven Roasted Potato

Dinner

Sunday

BBQ Chicken

Macaroni and Cheese

Cauliflower

Monday

Roast Pork Loin

Vegetarian Sauté

Squash and Spinach

Tuesday

Spaghetti and Meatballs

Eggplant Parmesan

Garlic Bread

Wednesday

Roast Top Sirloin

Cornmeal Fried Pollock

Baked Potatoes

Thursday

Chicken Fried Steak

Parslied Potatoes

Beans in Broth

Friday

Burger Bar

Teriyaki Chicken

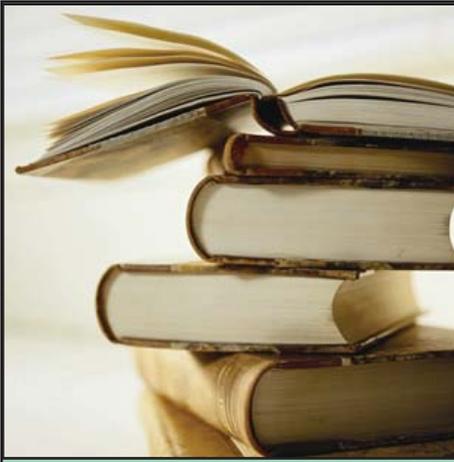
Fried Rice

Feb. 23

Braised Short Ribs

Mashed Potatoes

Mixed Vegetables



George Seitz Elementary PTO Book Fair

March 1

Donations of gently used books (children and adult) and games can be dropped off at the elementary office, Tuesday through Saturday from 7:30-11:30 a.m. and 12:30-3:30 p.m.

Call Dan at 52349 for more information.

STATIONS OF THE CROSS Friday evenings at 6 p.m., at Blessed Sacrament Small Chapel. Simple supper of soup and bread served afterward. Starts Friday, and then March 1, 8, 15 and 22. Questions? Contact Fr. Vic at 53505.

THE KWAJALEIN YACHT CLUB will be holding its monthly meeting on Feb. 23. Happy hour is at 5:30 p.m., meeting is at 6:30 p.m.. Pulled pork dinner will be at 7 p.m., bring a side dish to share. Membership drive is underway, new members are welcome. Questions contact Ed at commadore@kwajyachtclub.com.

OCEAN VIEW CLUB BIRTHDAY BASH is at 8 p.m., Feb. 23. Sign up at the KRS Retail Sales office by Friday; bring your ID. Must be 21 years old. Complimentary drinks and cake for registered February birthdays. Contact Barbara Hutchins at 58228 or Ted Glynn at 53338.

SUNDAY NIGHT STEAK DINNER, 6:30-9:30 p.m., Feb. 24, at the Vet's Hall. Tickets are \$35 and are available at the Vet's Hall or from American Legion Post #44 members. Dinner includes a generously sized ribeye steak, baked potato, vegetable and soda or water. Musical entertainment by Delaney Davis. Questions? Contact Mike Woundy.

THE PINWOOD DERBY, presented by Cub Scout Pack 135, will be 1-4 p.m., Feb. 25, at the MP Room. There is still time to purchase a car kit if you are interested in participating in the sibling or celebrity races. Call Angela at 52084 for purchases and questions.

THE BARBER/BEAUTY STYLIST will be on Roi on the following dates: Feb. 26, March 12 and March 26.

FAIRY TALE DAY will be at 10 a.m., Feb. 27, at Grace Sherwood Library. Wear your best princess dress! Call CA at 53331 with any questions.

KWAJALEIN AND ROI-NAMUR will conduct an installation-wide "Evacuation to Shelters" drill on Feb. 28. How to prepare: review pages 4-11 through 4-21 in the phone book; prepare "go bag" with snacks, water, etc., for an hour; arrange to stay with a neighbor who has a second floor brick home or plan on using evacuation shelter at High School zone 1, dental clinic zone 2 or warehouse building 602 zone 3; discuss your plan with your family; have a kennel to transport your pet. Contact Maj. Koerschner at 54417 for questions.

DURING THE LENTEN SEASON, the Zamperini Dining Facility will be offering deliciously prepared fish and vegetarian dishes during the lunch meal service every Friday. Also available will be deli tuna wraps and sandwiches.

KRS/CMSI/BAI HEALTH AND WELFARE Benefits: 2013 Aetna International Insurance cards are being re-issued with a new look and logo. Your existing member ID card is still valid for coverage until you receive the new card(s). For employees enrolled in the Aetna HealthFund/HRA Plan, each covered member will receive two ID cards: one medical ID card and one dental. For employees enrolled in the Aetna PPO Plan, each covered member should have one ID card that includes coverage for both medical and dental. Aetna International members can also print a temporary ID card or request for a new card through Aetna Navigator at www.aetnavigators.com. If you have any questions, call Aetna International at 800-231-7729 or email aiservice@aetna.com. If you have other benefits questions, contact the FCE Benefits Office at 50939 or 51888.

FEBRUARY IS BOAT Registration Month for all boats on lots and moorings. Buy your 2013 sticker at Small Boat Marina for \$25. Starting March 1, there will be an additional late fee of \$10.

VOLUNTEERS ARE NEEDED at the Grace Sherwood Library. If you have a few free hours, contact Midori Hobbs at 53331.

REGISTER NOW for March Learn To Swim. Session dates: March 6-29, at the Family Pool. Class times: Wednesdays and Fridays - Levels 3, 4, 5, at 3:45-4:15 p.m.; Levels 1, 2 at 4:30-5 p.m. Cost: \$50. Register at the Family Pool. Participants must be at least 4 years old. Registration deadline is March 2. Questions? Call Mark at 52848.

THE KWAJALEIN SCIENCE FAIR will be taking place in the MP Room on May 8. If your child is interested in entering the fair, more information and an application are available in the High School or Elementary Office. Applications for the fair are due by March 9. Cash prizes will be given to top science projects in the categories of Research, Problem-Solving/Engineer and Informative projects. Entrants are by age, with K-5, 6-8 and 9-12 grade students competing against

each other.

CYSS YOUTH SOCCER IS open to boys and girls grades K-6. Registration ends March 9. Program dates: March 26 to May 23. Cost: \$40. Stop by CYSS Central Registration Office, Building 358 to register. Call Coach Katie at 53796 for information.

START SMART SOCCER 2013. The Start Smart program teaches children ages 3-5 the basic motor skills to play soccer, working one-on-one with their parents. Registration ends March 9. Program dates: April 10-May 15. Contact Coach Katie at 53796 for information.

THE UNIVERSITY OF MARYLAND University College announces 2013 Spring 2 Session registration is now open. Registration ends March 13. Session dates: March 18-May 12. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu/>. Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

THE VET'S HALL will be having a March Madness Sweethearts Dinner at 6:30 p.m., on March 24. This is a couples-only event, and the dinner is limited to 25 couples. Cost is \$80 per couple. This is a sit-down dinner where the guests will be seated when they arrive and be served at their table. Tickets go on sale on Valentine's Day at the Vet's Hall. For more information or to purchase tickets, contact Dan Farnham or Mike Woundy.

CYSS YOUTH BOWLING LEAGUE IS open to boys and girls age 7 through grade 6. Space is limited. Registration ends March 26. Program dates: April 12 to May 24. Stop by CYSS Central Registration Office, Building 358 to register. Call Coach Katie at 53796 for information.

IF YOU ARE 13 or will be in the next six months, and you would like to be added to the CYSS Babysitter List, call Susannah at 53610 or email susannah.e.prenoveau.ctr@mail.mil to sign up for the 4-H Babysitter Training Class. The training will take place April 5-6 from 9-11 a.m. and 12:30-3:30 p.m.

BOX TOPS FOR EDUCATION are still being collected! Clip box tops from participating food items and send them to school with your children or drop them off at Surfway's bulletin board. The Box Tops will help support the Rikatak student lunch program.

ENERGY CONSERVATION: Use lights only when you need them. Turn lights off in unoccupied areas, including patio lights when you go to bed. Use energy-saving compact fluorescent lights - they last much longer and you won't have to change them as often, and they are free at Self Help.

E-TALK: Dig Permits: Anyone who, for any reason, needs to dig or disturb the ground deeper than six inches below the surface needs to obtain a Dig Permit. Permit applications are available by contacting the ES&H Office at 51134.

SAFELY SPEAKING: Avoid Falls: Before starting any task, conduct a "Take 5" and review your workplace to identify and eliminate slip, trip and fall hazards.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 16
Baked BBQ Chicken	Garlic Roast Beef	Sausage Calzone	Grilled Cheese Gobbler	Sloppy Joes	Fish and Chips	Chicken Fajita Wrap
Apple Stuffed Pork Loin	Bacon Mushroom Chicken	Spaghetti	Cajun Roast Beef	Roast Pork	Grilled Chicken Thighs	Beef Cabbage Rolls
Three Cheese Quiche	Egg Muffin	Cheesy Garlic Bread	Egg Foo Yung	Home Fries	Corn Bread	Onion Rings
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 16
Chicken Schnitzel	Sweet and Sour Pork	Roast Cornish Hen	Grilled Top Sirloin	Fried Chicken & Waffles	Reuben Sandwich	Chicken & Mushrooms
Beef Stew	Shoyu Ginger Fish	Beef Bourguignon	Chicken Cordon Bleu	Swedish Meatballs	Open Face Tuna Melt	Herb Pork Loin
Mashed Potatoes	Chicken Fried Rice	Egg Noodles	Corn on the Cob	Collard Greens	Tater Tots	Cheesy Mashed Potatoes



Center for Disease Control tips to fight the flu

- 1.) Get the flu vaccine. Vaccines are free at the Kwajalein Hospital.**
- 2.) Wipe down surfaces with disinfectant often; this includes doorknobs, keyboards and telephones**
- 3.) Wash your hands with soap often**
- 4.) If you are sick, stay home - you can infect people 1 day before symptoms start and 5-7 days after becoming sick**

Holiday Hours of Operation

Tuesday, Feb. 19

Emon Beach	11 a.m.-6 p.m.
All other beaches	Buddy system
CRC	Closed
ARC	9 a.m.-midnight
Bowling Center	Closed
Golf Course	Sunrise to sunset
Country Club	Closed
Hobby Shop Kwaj	Noon-5:30 p.m.
Library Roi	Closed Monday night
Grace Sherwood Library	11:30 a.m.-1:30 p.m. and 4-6 p.m.
Adult pool	Buddy system
Family pool	11 a.m.-6 p.m.
Small Boat Marina	7:30 a.m.-6 p.m.
Roi Marina	8 a.m.-6 p.m.
Surfway	Closed
Laundry	Closed
Beauty/Barber	9 a.m.-6 p.m.
Sunrise Bakery	Closed
Ocean View Club	4:30-11 p.m.
Post Office Kwajalein	Closed Monday Regular Hours Tuesday
Shoppette Roi	Closed
Shoppette Kwajalein	7 a.m.-4 p.m.
Pextra	Closed
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony's Pizza	10 a.m.-4 p.m.
American Eatery	Closed
Community Bank	Closed
Third Island Store	Closed
Outrigger Snack Bar	Noon-2 p.m. 5:30-9:30 p.m.
Outrigger Bar	5 p.m.-12:30 a.m.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	<10%	ENE-E at 16-21 knots
Monday	Partly Sunny	<10%	NE-ENE at 17-22 knots
Tuesday	Mostly Sunny	<10%	NE-ENE at 19-24 knots
Wednesday	Partly Sunny	<10%	NE-ENE at 19-24 knots
Thursday	Mostly Sunny	<10%	NE-ENE at 18-23 knots
Friday	Partly Sunny	<10%	NE-ENE at 18-23 knots

Yearly total: 1.43 inches
Yearly deviation: -4.11 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	7:07 a.m. 6:59 p.m.	11:56 a.m. -----	8:06 a.m. 3.2' 8:03 p.m. 2.6'	1:42 a.m. 0.4' 2:17 p.m. 0.9'
Monday	7:07 a.m. 6:59 p.m.	12:42 p.m. 12:43 a.m.	8:52 a.m. 2.8' 8:46 p.m. 2.1'	2:12 a.m. 0.8' 3:19 p.m. 1.4'
Tuesday	7:07 a.m. 6:59 p.m.	1:30 p.m. 1:32 a.m.	10:33 a.m. 2.5' 11:57 p.m. 1.8'	3:00 a.m. 1.2' 6:25 p.m. 1.5'
Wednesday	7:06 a.m. 7:00 p.m.	2:18 p.m. 2:20 a.m.	----- 1:06 p.m. 2.7'	5:41 a.m. 1.4 8:11 p.m. 1.1'
Thursday	7:06 a.m. 7:00 p.m.	3:07 p.m. 3:08 a.m.	2:04 a.m. 2.2' 2:11 p.m. 3.1'	7:39 a.m. 1.1' 8:48 p.m. 0.6'
Friday	7:06 a.m. 7:00 p.m.	3:56 p.m. 3:55 a.m.	2:45 a.m. 2.6' 2:50 p.m. 3.6'	8:29 a.m. 0.7' 9:16 p.m. 0.2'
Feb. 23	7:05 a.m. 7:00 p.m.	4:45 p.m. 4:41 a.m.	3:15 a.m. 3.1' 3:22 p.m. 4.0'	9:06 a.m. 0.2' 9:43 p.m. -0.2'