

VOLUME 55 NUMBER 20

MAY 17, 2014

THE KWAJALEIN HOURGLASS

Colleen Furgeson and Chad Sykes are first-place individual finishers for men and women at the Rusty Family Mini Triathlon Monday. For more, see page 4.

Photos by Sheila Gideon



U.S. ARMY GARRISON-KWAJALEIN ATOLL

Come one, come all and help us celebrate:

Asian-American Pacific Islander Heritage Month

6:30-8 p.m.

Monday

Richardson Theater

Featuring:

- Island dances from Tahiti, Samoa, Marshall Islands, Tokelau, Maori, Hawaii and more.
- Kanikapila Live Music
- Food Tasting

Military Casualties

Chief Warrant Officer Deric M. Rasmussen, 33, of Oceanside, Calif., died May 11, in Mazar E Sharif, Afghanistan, as the result of a non-combat incident. He was assigned to the Company C, 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, Fort Hood, Texas.

THUMBS UP! 

... to Buildings and Grounds crew for grooming the area around Emon Beach in time for the Rusty Family Triathlon.

... to all the Rusty Family volunteers. Thank you for handling the little things so our families could just enjoy the event. You are all awesome!

MANIT MINUTE

Mats are a traditional part of the Marshallese life. Mats are woven from pandanus leaves. They range from coarsely woven floor mats to intricately woven sleeping mats. There are three common Marshallese mats:

1. TOLAO or sitting mat
2. JEPKO or floor mat
3. JANINI or sleeping mat

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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IMCOM medical, dental team helps keep superior level of care at Kwajalein Hospital

Article and photo by Sheila Gideon
Managing Editor

U.S. Army Medical Command and U.S. Army Dental Command staff conducted a site visit at U.S. Army Garrison-Kwajalein Atoll May 6-9. MEDCOM has oversight for all medical care given to Army Soldiers and all Army medical facilities. Installation Management Command established a support agreement that allows a MEDCOM team to conduct staff assistance visits at USAG-KA on a recurring six-month rotation to ensure the Kwajalein Hospital is practicing at the same standards as other Army medical facilities. The team included Lt. Col. John Miller, Col. David Sproat and Maj. Angelika Chiri from MEDCOM, and Col. Greg Blythe from DENCOM.

Sproat is the Assistant Chief of Staff for Clinical Operations in the Pacific region and has headed up the team that visits USAG-KA for 18 months. He said the goal of the staff assistance visits are to ensure the installation beneficiaries—whether they are Soldiers, contractors or civilians and their families—can feel confident regarding the medical care they receive.

“Our goal is a multidisciplinary, multifaceted team [comprised of] subject matter experts to provide consultation and oversight to validate the processes and procedures [at Kwajalein Hospital],” Sproat said.

The team examined the processes and documentation in place at Kwajalein Hospital and made recommendations for improvements.

“When we see things that are in variance with how we do things ... we offer suggestions on how they can be improved,” Sproat said.

The team began the visit with joint training that included all the hospital staff. It was an opportunity for personnel to raise issues of concern to the team. They also discussed community feedback from customer satisfaction surveys conducted this spring. Findings from the survey were incorporated into MEDCOM’s visit to identify areas of improvement.

“We’ve seen a significant improvement in the comments received regarding people’s perceptions of their care,” Sproat said. “If I was living here, and my family was here, I would have no qualms about



From left, Col. David Sproat, Lt. Col. John Miller and Maj. Angelika Chiri, all from MEDCOM, and Col. Greg Blythe, from DENCOM, conduct a staff assistance visit at Kwajalein Hospital to ensure USAG-KA beneficiaries are receiving medical care at the same standards as all other U.S. Army medical facilities.

using this as my care facility.”

“It’s very evident that there’s a collaborative effort from the entire hospital staff and the synergy of that staff is very noteworthy,” Miller said. “Each individual has made their contribution to make this a very good place.”

Although they only visit twice a year, the teams communicate often. Every month they correspond via teleconference with hospital leadership to track progress and answer any questions.

“The goal is to have continual communication to be able to enhance the ability of the staff here to take care of the patients,” Sproat said.

Sproat gave accolades to Kwajalein Hospital Chief Medical Officer Dr. Paulette Galbraith, Director of Nursing Jacqueline Jones and Kwajalein Hospital Administrator Christine DeJongh for the work they’ve done to improve the hospital and patient care.

“I think they’re doing a tremendous job given the remote location and the constraints that they work with,” Sproat said.

Separately from MEDCOM, support agreements are in place that allows a facilities engineer to visit once a year to evaluate the hospital structures, medical maintenance staff to provide consultation services support for medical equipment and a U.S. Army Veterinarian to visit four times a year to support the Kwajalein Range Services veterinary technician.

Mini triathlon brings out family, friends, individual competitors



Photos by Sheila Gideon

Matai and Makoa McCollum run with teammate AJ Tucker toward the finish of the Rusty Family Mini Triathlon Monday.

By Kwajalein Running Club Contributors

Winners of Kwajalein Running Club's 2014 Rusty Family Mini Triathlon were Kwajalein Jr./Sr. High School students Chad Sykes, grade 8, and Colleen Furgeson, grade 9. Sykes placed fourth in 2013 in a time of 1 hour, 2 minutes, 38 seconds, but pushed below the rare one-hour mark to 0:57:26 this year. Furgeson knocked three minutes off of last year's time to finish in 1:10:00, and was the first participant out of the water at 0:05:57.

The first George Seitz Elementary School finishers were Dominic Leines, grade 4, and Julia Sholar, grade 5, in 1:15:00 and 1:12:59, respectively.

In the team section, first place was a mixed youth and adult team of Elise Hebert, Jay Monnot and Shannon Paulsen.

The 'Mini' uses the same Emon Beach hub as the RustMan Triathlon, but is shortened up for youth: a 500-yard swim, two bike loops around the Kwajalein

Rusty Family Team Results

Team Members: Swimmer, Biker, Runner	Team Name	Swim	Bike	Run	Total
Elise Hebert; Jay Monnot; Shannon Paulsen	Young, Young & Old	0:08:28	0:37:42	0:22:12	1:08:22
Anne Jahnke; Sam Jahnke; Ben Jahnke	Made in Brazil (Revisited)	0:09:08	0:44:55	0:16:25	1:10:28
Adrienne, Chase Chavis	The Cool Two	0:08:20	0:36:45	0:27:47	1:12:52
Alana Leines; Lynn Leines; Kenny Leines	Daddy Won't Swim!	0:12:07	0:40:33	0:20:38	1:13:18
Lacy Baldy; Ted & Stephanie Trimble; Addison Baldy	Double Stuffed Oreos	0:08:35	0:46:40	0:18:40	1:13:55
Elliott Moseley; Makena Moseley; Elliott	The Old and the Young	0:08:30	0:48:11	0:19:29	1:16:10
Travis Engstrom; Henry McElreath; Jenny Newberry	Jenny & The Jets	0:08:37	0:48:17	0:19:59	1:16:53
Kayla Hepler; Doug Hepler; Doug & AJ Hepler	The Hepler Hurricane	0:06:43	0:40:52	0:29:58	1:17:33
Addison Cossey; Jennifer Cossey; Jim Cossey	Daddy Made Us Do It!	0:07:07	0:49:57	0:23:43	1:20:47
Matai McCollum; Makoa McCollum; Aaron Tucker Jr.	Boys Rock	0:08:15	0:48:29	0:24:14	1:20:58
Jamie, Alison, Chloe, Elise Bowers	The Bowers Family	0:14:15	0:37:27	0:30:51	1:22:33
Ruthie Long; Nakai Chavana; Jacob Long	RuNaJa	0:06:35	1:03:53	0:23:13	1:33:41
Matt, Rachel, Leo, Harper Sova	Team Sova	0:08:22	1:00:40	0:25:43	1:34:45
Hannah Finley; Mackenzie Gowans; Hannah & Mackenzie	Live, Laugh, Love Kwaj	0:10:11	0:55:37	0:29:10	1:34:58
Daniel, Christie, Merrillyn Ranis	Red Team	0:08:15	1:02:00	0:25:21	1:35:36
John Breen; Kim Breen; Zane Breen	The Breens	0:08:10	0:54:50	0:33:20	1:36:20
Scott, Gia, Chloe Wright	Two and a Half Wrights	0:12:10	0:58:00	0:26:10	1:36:20
Maliana McCollum; Lima Lelet; Mary Naut	Kra-Z Kwaj Kids	0:08:53	1:01:07	0:26:35	1:36:35
Matthew, Pam, Sean Hess	Are We There Yet?	0:10:00	0:58:43	0:28:19	1:37:02
TC, Christi, Berkeley, Alonzo Cardillo	Mom, Dad & The Bruddahs	0:10:23	1:04:37	0:22:59	1:37:59
Eric, Heather, Ellie Miller	Team Miller	0:09:56	1:00:46	0:28:45	1:39:27
Peter, Florence, Rachel, Eva, Asher Parker	Babes in Arms	0:10:47	1:13:58	0:36:09	2:00:54
Emily Ryon; Talia Provolt; Emily & Talia	The Pink Panthers	0:13:50	1:07:26	0:42:28	2:03:44

airfield and one two-mile run loop.

With such a broad age range and varied bike sizes and types, performance comparisons can be interesting.

A performance of note was the youngest solo participant: Claire Anderson is a six-year-old kindergartner who traveled twice around Kwajalein's runway on her tiny commuter bike. Her mom, Jenn accompanied her. Also an inspiration, the Anderson family of six covered the whole course as individuals.

Another notable family was the Parkers; parents Peter and Florence, along with their six children, all participated either individually or on their family team.

The family of Doug Hepler and Amy LaCost, with five children, were also all present in one way or another; oldest daughter Annie worked as a lifeguard.

There were 110 total participants this year, counting solo contestants, team members and a few infants and toddlers toted by parents.

Kwajalein Running Club thanks Kwajalein Range Services Community Activities staff, led by Kim Yarnes, for partnering to make the event happen.

See RUSTY FAMILY, page 11



First-time competitors Kyle Miller, left, and Jason Huwe finish the bicycle portion of the triathlon.



Jenna Lundberg, left, and Graeson Cossey sprint for the finish at the Rusty Family Mini Triathlon Monday.

Rusty Family Individual Results				
Name (age)	Swim	Bike	Run	Total
Chad Sykes(14)	0:06:40	0:34:10	0:16:36	0:57:26
Eli Baldy (14)	0:10:28	0:37:44	0:18:13	1:06:25
Colleen Furgeson (15)	0:05:57	0:40:21	0:23:42	1:10:00
Julia Sholar (11)	0:08:20	0:43:14	0:20:45	1:12:59
John Sholar (18)	0:08:20	0:43:30	0:21:10	1:13:00
Dominic Leines (10)	0:07:52	0:44:48	0:22:20	1:15:00
Isaac Parker (14)	0:06:43	0:48:56	0:20:46	1:16:25
Graeson Cossey (13)	0:06:47	0:45:08	0:26:22	1:18:17
Jenna Lundberg (12)	0:07:08	0:45:19	0:25:51	1:18:18
Ryan Hess (10)	0:08:45	0:50:51	0:20:04	1:19:40
Alakai Chavana (11)	0:11:49	0:44:04	0:26:53	1:22:46
Caleb Parker (11)	0:08:25	0:50:42	0:25:11	1:24:18
Nick Dahl (adult)	0:11:27	0:53:10	0:20:45	1:25:22
Jason Huwe (adult)	0:10:35	0:57:00	0:19:13	1:26:48
Kyle Miller (adult)	0:11:44	0:55:51	0:19:13	1:26:48
Sean Hepler (10)	0:08:40	0:56:31	0:21:45	1:26:56
Aiden Mitchell (12)	0:08:53	0:46:09	0:33:32	1:28:34
Dayna Hepler (15)	0:07:57	0:49:15	0:32:27	1:29:39
Abbie Warren (10)	0:08:30	0:57:32	0:23:37	1:29:39
John Anderson (9)	0:09:06	0:54:04	0:29:30	1:32:40
Kemper Wright (8)	0:12:06	0:59:06	0:24:35	1:35:47
Nikki Delisio (adult)	0:10:32	0:58:38	0:26:53	1:36:03
Tessa Delisio (8)	0:10:32	0:58:35	0:26:56	1:36:03
Jenna Gray (9)	0:10:53	0:57:09	0:28:33	1:36:35
Angela Ryon (adult)	0:13:50	0:56:55	0:26:21	1:37:06
Tommy Ryon (adult)	0:10:11	1:00:34	0:26:21	1:37:06
Jolyn Botes (8)	0:12:57	0:56:22	0:29:51	1:39:10
Audrey Winkler (adult)	0:12:50	0:55:40	0:33:04	1:41:34
Clara Winkler (10)	0:12:52	0:55:38	0:33:04	1:41:34
Nick Langley (adult)	0:10:55	1:00:03	0:30:47	1:41:45
Katie Anderson (9)	0:09:06	1:03:45	0:29:46	1:42:37
Holly Botes (adult)	0:12:57	1:01:25	0:28:15	1:42:37
Kris Brown (adult)	0:12:43	1:01:57	0:30:34	1:45:14
Leighton Botes (5)	0:12:48	1:01:34	0:32:48	1:47:10
Henry Botes (adult)	0:15:00	1:01:35	0:30:47	1:47:22
Lauren Sykes (12)	0:09:00	1:03:44	0:35:03	1:47:47
Ashley Homuth (11)	0:10:19	1:02:41	0:34:48	1:47:48
Josiah Parker (8)	0:14:06	1:10:46	0:27:49	1:52:41
Allison Anderson (7)	0:10:20	1:16:05	0:35:35	2:02:00
Spence Anderson (adult)	0:13:49	1:12:43	0:35:28	2:02:00
Amy LaCost (adult)	0:10:53	1:06:42	0:44:37	2:02:12
Kendall Warren (8)	0:14:04	1:24:16	0:27:53	2:06:13
Claire Anderson (6)	0:13:48	1:20:01	0:36:20	2:10:09
Jenn Anderson (adult)	0:08:00	1:25:49	0:36:20	2:10:09

Smooth sailing at the KYC Sunfish Regatta

Article and photos by Jordan Vinson
Associate Editor

The Kwajalein Yacht Club's brand-new fleet of LaserPerformance Sunfish sailboats was put to good use during the KYC Sunfish Regatta on Sunday. One of several sailing parties the club opens up to the community each year, the regatta brought out a few dozen Kwajalein residents eager to let their hair blow in the tradewinds.

Grabbing up tufts of easterly wind, the brightly-colored lateen sails of the Sunfish pulled newcomers and experienced sailors alike across the azure turquoise waters off the Camp Hamilton beach into the early afternoon. It was the first opportunity for U.S. Army Garrison-Kwajalein Atoll residents who are not KYC members to get their hands on the sailboats since



Kwajalein residents cut across the lagoon waters off Camp Hamilton during the KYC Sunfish Regatta Sunday.

the fleet's arrival on Kwajalein a few months ago.

Originally engineered by Alcott, Inc. in the early 1950s, the Sunfish sailboat is widely recognized by the international sailing community as one of the most popular sailboat designs ever built. Because of the boat's simple, triangular-shaped sail and streamlined two-line rigging, it's a breeze to both set up and pilot. And the lightweight fiberglass hull—weighing in at about 120 pounds—lets it rip quickly through the water.

Because there isn't much of a learning curve to sailing the 14-foot-long Sunfish sailboats, they're often the first port of call for greenhorn sailors—gateway boats for bigger, more complicated boats down the line—said Kwajalein resident Ed Zehr, commodore of the KYC. "Most yacht clubs use Sunfish or other pram-type boats as their sailing program trainers," he said, sipping on a bottle of cold water and watching over the boats crisscrossing through the water up to a half mile off shore.

The KYC's new fleet of Sunfish came not a moment too

soon, he said. The old fleet had almost kicked the bucket.

"The Yacht Club had a fleet of Sunfish that were pushing 40 years old, and they were in various states of disrepair. We just couldn't repair them anymore," he said. "We put together a proposal for the Quality of Life Committee, and they were generous enough to spot us the money to purchase new boats."

The new boats, which came directly from LaserPerformance's North American headquarters in Rhode Island at the end of 2013, were assembled only a couple months ago by KYC members. They've been in and out of the water since.

Kwaj resident Patrick Ward, a 20-year veteran on the seas, is one of the many longtime sailors who initially cut his teeth on these types of boats. But he still loves to sail them today.

"I learned on a Sunfish and gradually worked my way up to bigger boats," he said during one of the short respites he enjoyed on the beach in between Sunfish rides.

While he routinely unfurls the giant sails of his 34-foot *Mate'oa* to trek throughout the atoll on long day trips, Ward still enjoys rigging up one of the Sunfish every now and then and zipping through the waters around Camp Hamilton. But what he might enjoy even more, though,



Patrick Ward holds the sheets tight to gain speed on one of a half dozen Sunfish sailboats introduced to the community at the KYC Sunfish Regatta Sunday.

is teaching others—anyone with an interest in learning the basics—to sail. Indeed, if you hop onto a Sunfish with Ward you’re sure to come back to shore 20 or 30 minutes later knowing a sheet line from a halyard line, how to tack into the wind and jibe downwind, how to recover from being in irons and, perhaps, even how to safely right a capsized boat.

For some people, their experience riding on and piloting a Sunfish Sunday was their first ever on a sailboat—and for Zehr and the KYC, that’s good news. Inviting people onto Sunfish, the commodore said, is an effective way of getting people interested in sailing and turning them into members of the sailing community. And that is exactly the outcome that Kwajalein needs, he added.

“There used to be a much bigger sailing presence here,” he said. “I remember my first tour [on USAG-KA]. There were probably another half dozen sail boats out in the mooring field. ... The community has changed; there aren’t as many sailors as there were. And that’s what we’re doing here—promoting sailing as a sport, as a form of recreation, so that more people can come out and enjoy it.”

The Sunfish Regatta is one of several events that the KYC organizes each year to increase community members’ exposure to the thrills of harnessing the power of the wind to travel—one of the oldest forms of transportation known to man, and still one of the most relevant today in the Marshall Islands. The next event the club has planned for the community will be the grand opening of the new KYC clubhouse, planned for June 8.

“We just open ourselves up to the community to show them what we’re all about,” Zehr concluded. “You know, we’re part of the community. We welcome more people to come be part of our yacht club.”



Children man inflatable rafts and surfboards while their parents relax on the sands of Camp Hamilton Sunday.



Dave Dethlefsen and his son, Morgan, take off on one of the new Sunfish.

BIKE MONTH

Article and photos by Jordan Vinson
Associate Editor

Kwajalein resident Jack Montgomery has one of the most futuristic-looking, modern bicycles on U.S. Army Garrison-Kwajalein Atoll. A contraption built in the style of a recumbent tadpole tri-cycle, the thing looks like a prop from a “Terminator” movie—minus the face-melting laser canons.

Montgomery got the inspiration for the design from a news feature written about a few guys in Denmark who had begun making bikes from aluminum and stainless steel. When he visited their website, he got his hands on a set of basic, stripped-down plans for building one of their bikes. He knew he had to make it his own.

“I thought, ‘Man, that’d be the perfect bike out here,’” he said. “It was a homemade bike built out of aluminum and stainless steel, and I just couldn’t get it out of my head until I actually built one. And it worked out a lot better than I thought it was going to.”

Modifying the Danes’ plans to make the bike a bit more Kwaj-friendly, Montgomery constructed the frame by fastening one-inch by one-inch aluminum tubing with stainless steel bolts. The goal, he said, was to make the trike as hardy as possible, able to withstand the elements that the Marshall Islands throw at bikes on the atoll.

To make the bike even

stronger, he pieced the aluminum tubing together into what is called an “xyz space frame,” in which each joint houses three bolts.

“It makes a very strong frame,” Montgomery said.

But all that metal does provide for one slight downside. The tadpole has plenty of junk in its trunk.

“Yeah, it’s pretty heavy,” he conceded, laughing. “It turns out to be a lot heavier than I thought it was going to be.”

Still, the bike isn’t difficult at all to pedal and get up to speed. The ride is very smooth, and the handling is solid. He admits, though, that during the build it wasn’t easy to envision how the thing would maneuver.

“I didn’t really even understand how it was going to steer until I actually built it,” he said. “Even looking at



3-bolt “xyz space frame” up close

the plans, it was kind of difficult to figure out how it was going to work.”

He’s had it on the road since January 2013, and he’s run into very few problems relating to keeping the trike maintained. All the pivot points are oiled, and he uses a special type of WD40 product on the chain—all 18 feet of it—religiously.

Aside from regular maintenance, there’s nothing Montgomery has to worry about to the keep his bike safe—especially not theft. On an island where Sun bikes are a dime a dozen, his all-aluminum, modern tadpole is one of a kind.

“I don’t even lock it when I’m at the airport, you know when I go up to Roi,” he said. “I’ve left it there for a couple of days. Everyone knows it’s mine.”

“This is the Blue Streak,” said longtime Kwajalein resident Lou Velazquez, as he patted the seat of his custom single-speed stretch cruiser outside the Print Shop May 10.

The bike, named after its unique paint job—dark turquoise blue at the front of the frame, fading to aqua toward the rear—was custom-made by previous Kwajalein resident and Kwaj Kid Kai Kalahiki. Velazquez was fortunate to get the second-to-last custom Kalahiki build before he and his family did a PCS several years ago.

What makes the Blue Streak special, Velazquez said, is the rare composite frame that Kalahiki was able to put together. While the bicycle creator disassembled, welded back together and painted quite a few bikes during his years on Kwajalein, Velazquez says his is the only one in which fiberglass was incorporated into the frame.

“He did a bunch of them,” Velazquez said. “Mine is the only one that’s unique, even out of the ones that he made. Because it’s fiberglass. It’s fiberglass and stainless steel.”

Without knowing otherwise, you would never guess that Velazquez’s Blue Streak was welded together from sections ripped off a dissected Sun bike frame. The seat tube, bottom tube, top tube—everything—fit together so perfectly, it appears as if the bike

just rolled off a robotic factory assembly line.

Nor would you guess that the bike has lived on Kwajalein for a full nine years. On an island where some bikes don’t last two weeks without growing their first colonies of rust on their handlebars, forks and wheels, the Blue Streak looks great.

“It’s held up pretty well over the years,” Velazquez said. “I’ve changed a few things out, though.” Forks, wheels and tires have been replaced, for example. And he oils it regularly and does spot treatments with rust-proof paint to strengthen any chinks in the bike’s armor. But that still doesn’t explain overall excellent condition of the bike, paint job and all. So what’s Velazquez’s secret?

“I keep it indoors,” he said. “I bring it up to my room every night, and I bring it into the shop” during the workday.

Because there is really only so much you can do with preventative measures like oiling and rust-proofing to protect your bike outside in this climate, he has opted to keep the Blue Streak out of the salt, wind and rain as much as possible.

“Keeping it indoors is the best thing,” he said. “It helps it all the way around.”

One might question why he would put up with hauling a bike up and down flights of stairs every day to protect it from the elements. But because much of the frame is made from lightweight materials like fiberglass, it’s surprisingly light. It’s actually not much of a hassle at all.

“Pick it up,” he said. “Yeah, it’s very light.”

It may take a little bit of dedication, but the Blue Streak is proof that if one takes care of his bike and makes sure it’s made of the right kinds of weather-resistant metals, it will have a long life on the atoll.

After all, Velazquez is a man who has lived on Kwajalein for nearly 10 years. And in those 10 years, he has owned only two bikes. His first, a bike he brought from Johnston Atoll, was devoured by the elements and reduced to a rusty mess in three months. His second, the Blue Streak, is a nine-year-old veteran of the island that will last years into the future.



KHS senior chosen as Presidential Scholar

Hourglass Reports

Kwajalein Jr./Sr. High School senior John Sholar was selected as a 2014 U.S. Presidential Scholar. Sholar is one of 141 American high school seniors who have demonstrated outstanding academic achievement, artistic excellence, leadership, citizenship, service, and contribution to school and community. The U.S. Presidential Scholars will be honored for their accomplishments in Washington D.C., from June 22-25.

"I'm very excited to receive the award," Sholar said. "When I began the process, I certainly didn't expect to make it this far, and I'm honored to be recognized like this. I know that I couldn't have done it without the support of the Kwajalein community, especially all the great teachers at the school."

One teacher in particular was chosen by Sholar for recognition by the U.S. Department of Education. Sholar named Jennifer Newberry as his most influential teacher at KHS.

"Ms. Newberry is a fantastic teacher, and she's challenged me over the past two years," Sholar

said. Newberry taught AP English his junior year and AP Literature and Composition this year. She has helped him tremendously with his advanced reading comprehension and writing skills, which translated to his scholarship and college essay requirements. "She's dedicated to helping all of her students develop as readers and writers, and her enthusiasm and excitement are contagious."

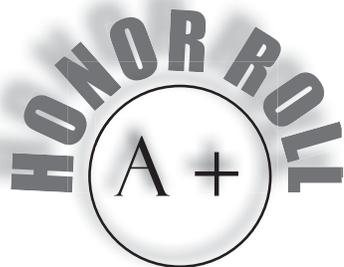
The White House Commission on Presidential Scholars, appointed by President Barack Obama, selects honored scholars annually based on their academic success, artistic excellence, essays, school evaluations and transcripts, as well as evidence of community service, leadership, and demonstrated commitment to high ideals. Of the three million students expected to graduate from high school this year, more than 3,900 candidates qualified for the 2014 awards determined by outstanding performance on the College Board SAT and ACT exams, and through nominations made by Chief State School Officers or the National YoungArts Foundation's nationwide YoungArts™ competi-



KHS senior John Sholar was chosen as a 2014 U.S. Presidential Scholar. He will receive a Presidential Scholar Medallion at a ceremony in Washington, D.C., in June.

tion. Three seniors from KHS were nominated.

The 2014 U.S. Presidential Scholars are comprised of one young man and one young woman from each state, the District of Columbia and Puerto Rico, and from U.S. families living abroad, as well as 15 chosen at-large and 20 U.S. Presidential Scholars in the Arts.



KHS Honor Roll Recipients - Third Quarter

*= 4.0 GPA

GRADE 12

High Honor Roll (3.6667+)

Maddy Greene, Jennifer Hibberts, John Sholar, Shenandoah Wrobel

Honor Roll (3.5-3.6)

Elizabeth Elkin, Ann-Marie Hepler, Eltina John, Yomoko Kemem

Merit Roll (3.0-3.49)

Leightyn Cossey, Stephanie Hibberts, Daniel Murillo, Jefferson Wase

GRADE 11

Honor Roll

Mereille Bishop, Daisy Wiltrout

Merit Roll

Dori deBrum, Molly Premo, Trey Tomas, Roanna Zackhras

GRADE 10

High Honor Roll

Addison Cossey*, Elizabeth Doerries, Allison Hibberts, Samuel Jahnke, Wyatt Jones, Danielle Rivera, David Sholar*, Michael Sykes*

Merit Roll

Ariana Alejandro, Dayna Hepler, Wayland Sanborn, John Tippetts, Allison Tomas, Jared Wase

GRADE 9

High Honor Roll

Christine Abragan, DeVante Floor, Thomas Greene, Eric Murillo, Clifford Richey, Caleigh Yurovchak

Honor Roll

Chelsea Engelhard, Leah Lokeijak

Merit Roll

Colleen Furgeson, MaryRuth Long

GRADE 8

High Honor Roll

Aidan Alejandro*, Elliott Baldy, Abigail Bishop*, Ian Galbraith, Allison Homuth*, Benjamin Jahnke, Cameron Jones, Chad Sykes*

Honor Roll

Jensyn Cole, Megan Sok

Merit Roll

Dash Alfred, Kaikane Busquets, Auguston Lelet, Allyson Moore, Janalynn Reimers

GRADE 7

High Honor Roll

Alisha Church, Graeson Cossey, Andrew Elkin, Christian Kirk, Audrey Whatcott

Merit Roll

Elise Hebert, Kaya Sylvester

DISPATCH FROM ROI



From Mike Sakaio



From Jordan Vinson



From Jordan Vinson



From Jordan Vinson

View from Kwajaj



From Julie Savage



From Karen Brady



From Jordan Vinson



From Gina Hinton



From Cynthia Rivera

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.

LOST

RAY BAN prescription sunglasses in blue case, at Emon Beach. Contact Kyle Miller at 51167 or 52011.

FOUND

FLYING FISHERMAN sunglasses, brown, around bike loop during Rusty Family Triathlon. Call 55176.

DID YOU FORGET something after the Rusty Family Triathlon? We have: bike helmet, water bottle, hat, sunglasses, clothing, towels, child's purple sandals and more sandals. Unclaimed items will be donated to Bargain Bazaar. Call Jane or Bob Scholar at 51815.

CHILDREN'S AQUA Sphere goggles at Emon Beach. Call 51236 to claim.

WANTED

CLOTHING DONATIONS for the island of Lae. Drop off at quarters 222-B by Wednesday. Call 51236 with questions.

PATIO SALE

TODAY, 7 a.m.-1 p.m., quarters 229-B. PCS sale,

household goods, boy clothing and shoes, bike parts and tools, rocker/recliner, plants, 17-foot ocean-going kayak, bikes, Christmas lights, snorkel gear, scuba gear, floor lamp, HP photosmart C3140 printer, bread maker. All priced to sell!

TODAY AND SUNDAY, 9 a.m.-4 p.m., quarters 430-A. Bike, queen-size bed, entertainment center, Total Gym, more. No early birds.

SATURDAY, May 24, 7 a.m., quarters 425-B. PCS sale, clothes, housewares, outdoor living, plants. No early birds, baby sleeping.

GIVEAWAY

IT'S SPRING CLEANING time at the church. Stop by the church office to peruse the large selection of books, or the REB (downstairs behind the blue curtains) for VHS tapes and CDs. All must go and all are free! Call 53505 for more information.

FOR SALE

PCS SALE: Wurlitzer piano, very good condition, \$350; Trek 2300 Pro RustMan bicycle, new tires and tubes, with aerobars, \$400; Fuji Roubaix RustMan bicycle with aerobars, \$350; deck, \$50; Body Glove boogie boards, seldom used, \$30 each. Call 51169.

TWO SUN BIKES, \$175 each; bucket trailer, \$75; green lawn chair with attached sun shade, \$10; Oster food steamer, \$10. Call 53008.

PCS SALE: solid wood desk, \$75; rattan bedside tables, \$25 pair; two drawer wooden filing cabinet, \$25; lamps, \$10 each; bookcase, \$10; outdoor storage chest, \$10; glass patio table, \$15; surfboard, \$100; RustMan bike, \$300. Can be seen at quarters 441-B or call 54309.

FENCE, \$900; patio set, \$1,700; full-size refrigerator, \$475; set of oriental-style furniture, \$750; treadmill, \$300; bookcases, \$20; wardrobe cabinet, \$150; Mathis double reclining sofa, \$800; 55-inch Sony digital TV, \$750; 13-inch flatscreen LCD analog TV, \$40; 15-inch flatscreen LCD analog TV/monitor, \$50; anti-fatigue kitchen floor mats, \$80-\$100. Call 51195 or 52098.

FINE QUALITY FISHING equipment: Penn Intl 80 STW reel, rebuilt at Hobbietat and spooled with new line; 20 small, medium, large lures; gaff hook; hand line; large Igloo cooler and heavy duty fishing trailer; \$1,200 for the complete package. Buy today, fish today. Call 51053 to negotiate your package. All sales are private and confidential. Compete in the Sunday tournament with first-class catching equipment.

HOT TUB In excellent working condition, free standing with wood siding, all paperwork and chemicals included, 110 volt power, heaters and pump all work with zero leaks, cover included (cover needs work, will throw in blue 9x12-foot canopy), view at quarters 219-B, \$1,600. Call 58020 or 52244 and leave a message.

PSC SALE: Items for sale and giveaway ranging

from baby items, outdoor living, furniture, appliances, electronics, housewares and many other items. Still pricing many. Call 59985 and leave a message to set up a time for viewing.

POWER SHARKCAT CATAMARAN, 30 feet, with dual 225 Honda four stroke outboards, \$50,000 or best reasonable offer. Leave a message at 55334 or e-mail savage.geckos@yahoo.com.

GATEWAY HOME COMPUTER system, Windows XP, Pennington 4 processor, two new re-imaged hard drives, DVD player, CD driver, Zip drive, wireless keyboard and wireless mouse, 17-inch flat screen monitor, \$250; Wii game system with seven games, Fit board, steering wheel, two remotes with rechargeable battery packs, travel case, original boxes, instructions, \$100; outdoor playground tube slide, excellent for kids 2-8 years old, \$80. Call 52642.

15-INCH MACBOOK PRO with retina display, 2.6GHz Quad-core i7, 16GB memory, 256GB solid-state hard drive, paid \$2,499, asking \$2,000. Call 59313 after 5 p.m. on weekdays or any time weekends.

COMMUNITY NOTICES

SCRATCH DAY KWAJALEIN: Computer programming for kids will be from 4-6 p.m., today, at the Namu 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 Sunday 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.

"LEARN TO HOMEBREW DAY" will be 9 a.m. to 2 p.m., Monday, at the Kwajalein Yacht Club. Demonstrations in simple, advanced and all-grain brewing techniques. If you've ever considered brewing your own beer, stop by and experience how simple the homebrewing process really is. Questions, contact Mark at 56526. Sponsored by Homebrewers Over Pacific Seas.

KWAJALEIN RUNNING CLUB Fun Run will be at 5:30 p.m., Monday. The general public is always welcome at KRC events. Distance options are 1/2 mile, 2 miles and 4 miles. Just show up near the Bowling Alley entrance by 5:25 p.m. and sign in. Questions? Call Bob and Jane at 51815.

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 (last week)

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.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 24
Kwaj Fried Chicken	Baked Meatloaf	Roast Porkloin	Sauteed Chicken Breast	Dry Rub Spareribs	Mini Taco Bar	Meat Lasagna
Pork Pimento	Chicken Chow Fun	Chicken Nuggets	Liver and Onions	Turkey Alaking	Nacho Chips/Cheese	Eggplant Parmesan
Crab Benedict	Quiche Lorraine	Vegetarian Stir-fry	Three-Cheese Mac	Biscuits	Country Chicken	Chicken Cacciatore

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 24
Spaghetti	BBQ Short Ribs	Chicken with Herbs	Sirloin Steak	Stir-fry to Order	Hamburger Steak	Roast Turkey
Marinara/Alfredo Sauce	Turkey Cordon Bleu	Beef/Broccoli Stir-fry	Herb Roast Chicken	Teriyaki Pork Chops	Baked Manicotti	Sage Stuffing
Chicken Stir-fry	Vegetarian Stir-fry	Mashed Potatoes	Thai Noodles	Chinese Fried Rice	Vegetarian Stir-fry	Beef/Peapod Saute

Ready and Resilient Wellness Calendar

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

<p>18 1. Spiritual Resilience, see page 14. All welcome. 2. Silent Auction Fundraiser, 5:30 p.m., Vet's Hall. 3. Smoking Cessation Classes, open enrollment, call 55362.</p>	<p>19 1. Circuit Training, 8 a.m., Ivey Gym. 2. Yoga, 10 a.m., location TBD. 3. Fun Run, 5:30 p.m., Building 805. 4. Pick-up Soccer, 6 p.m., Brandon Field.</p>	<p>20 1. Cross Fit, 5:30 a.m., Adult Pool.</p>	<p>21 1. Circuit Training, 5 a.m., Ivey Gym. 2. Yoga, 6 p.m., location TBD.</p>	<p>22 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Run Intervals, 5:30 p.m., Emon Beach.</p>	<p>23 1. Circuit Training, 5 a.m., Ivey Gym. 2. Yoga, 6 p.m., location TBD.</p>	<p>24 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.</p>
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ALL 4-H CLUB MEMBERS are invited to an end of the year BBQ from 6-7:30 p.m., Monday, at the Youth Center. Families are invited and encouraged to bring a side dish to share.

THE CRC AND CAC facilities will be closed Sunday and Monday for air conditioning repair. Questions, call 51275.

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

KWAJALEIN SWIM TEAM Spring Season Banquet will be from 6-8 p.m., Wednesday, at the MP Room. Come to congratulate the Barracudas and the Makos on a great season! Will include an awards ceremony, voting of vacant officers, and discussions of next season's registration and schedule of events. Pizza, drinks, cake, paper products and plastic ware will be provided. A-G bring salad; H-M bring fruit; N-Z bring brownies (note if any nuts). Questions, call Carla at 55105.

RIP TRAINING utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges. Free demo will be from 5:30-6:15 p.m., Friday, in CAC Room 7. Questions, call Kaylee at 51275.

JOIN US FOR QUIZZO at 7:30 p.m., Friday, at the Vet's Hall. Neil Dye hosting.

SMALL BOAT MARINA Memorial Day weekend hours: 1-6:30 p.m., May 24; 8 a.m.-6:30 p.m., May 25-27.

MEMORIAL DAY BEACH PARTY is on May 27. Join us for a fun-filled day at Emon Beach: volleyball tournament, Swap Meet, free kayak rides, 10th grade Tie-dye Fundraiser and food sales! Questions? Call Community Activities at 53331.

GREAT KWAJ SWAP MEET will be from 9-11 a.m., May 27, at Emon Beach. One complimentary table per household; additional table is \$10. Pick-up services provided; ask for the pick-up when registering. No oversized items. Call the CA office at

53331 to reserve your table. Space is limited.

3-ON-3 VOLLEYBALL TOURNAMENT will be at 9 a.m., May 27, at Emon Beach. Register at 8 a.m. Entry fee for KSA members is \$5/person, non-members \$7/person. Questions? Call 52741.

COME SUPPORT THE 10th grade class at their tie-dye fundraiser, 1-3 p.m., May 27, at Emon Beach. Bring your own 100% cotton shirt (\$3 per piece) or buy one at the event (\$5 per piece). Sizes are limited.

"NY COMEDY TOUR" will perform at 7 p.m., May 28, at the Vet's Hall. Take a mid-week break and enjoy this live comedy show courtesy of Armed Forces Entertainment. Questions? Call 53331.

KWAJALEIN ATOLL International Sportfishing Club meeting will be held May 29 at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions, call Stan at 58121.

OPEN RECREATION EVENT: Come play games with your friends, 6-7:30 p.m., May 30, in the CRC. Register May 13-29 at the CYSS Central Registration Office by calling 52158. Questions, contact Katrina Ellison at Katrina.m.ellison.ctr.@us.army.mil.

A NEW CATEGORY OF exercises for all fitness levels that leverages one's own body weight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously. Free demo will be from 5:30-6:15 p.m., May 30, in CAC Room 7. Questions, call Kaylee at 51275.

THE ARC WILL BE CLOSED for air conditioning repair May 31-June 2. It will re-open at 8 a.m., June 3. Questions, call 51275.

VETERINARY SERVICES will be closed through June 4. Contact the hospital for animal related emergencies.

SCHOOL'S OUT, POOL'S IN Party will be from 3:30-5:30 p.m., June 4, at the Family Pool for grades K-6. Enjoy games, prizes, water dancing and Swim Team sno-cones. Questions? Call Kaylee at 51275.

REGISTER FOR THE JUNE Learn-to-Swim session through June 7. Session dates are June 11-July 8 at the Family Pool. Classes will be Wednesdays and Fridays. Levels 3-5 are from 3:45-4:15 p.m., and Levels 1-2 are from 4:30-5 p.m. Cost is \$50. Participants must be at least 4 years old. For registration and questions, call Kaylee at 51275.

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.

GEORGE SEITZ ELEMENTARY School kindergarten registration for the 2014-2015 school year is open through Aug. 9 at the elementary school office. Children who turn 5 by Sept. 1 are eligible for kindergarten. Call 53601 with questions.

UNIVERSITY OF MARYLAND University College office is now open! Check us out at <https://www.asia.umuc.edu/>. Email Michael.nichols@umuc.edu or Kwajalein-asia@umuc.edu for more information. Also visit our new Facebook page, UMUC Kwajalein, where events will be posted.

GET CREATIVE FOR A CAUSE! The Yokwe Yuk Woman's Club will be hosting a silent basket auction this fall. We need your creative baskets filled with goodies to make this event successful. If you are interested in getting involved or want to create a basket, contact Angela Ryon at 53438.

TEST YOUR WATER SENSE: Which uses less water? A five minute shower or a bath? Taking a five minute shower uses 10 to 25 gallons of water, while a full tub requires about 70 gallons. If you take a bath, stopper the drain immediately and adjust the temperature as you fill the tub.

E-TALK: Almost all households have hazardous materials in them. Make sure that you know how to properly dispose of any hazardous wastes that your household produces.

SAFELY SPEAKING: Look for potential hazards, and take action to prevent them, before you start a job.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 24
Baked Ham	Beef Stir-fry	Fried Fish Sand.	Chicken Turnover	Vegetable Quesadillas	Grilled Cheese Sand.	Chicken Fajita Wrap
Chicken/Mushrm. Sauce	Chinese Chicken	Blackened Spareribs	Beef Stroganoff	Turkey Cordon Bleu	Country Meatloaf	Ropa Vieja Beef
Eggs a la Lucio	Fried Rice	Cornbread	Stir-fry Vegetables	Onion Rings	Cheesy Pasta	Black Beans/Rice
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 24
Italian Meatballs	Kibi Beef Ribs	Beef Tamale	Carved Steamship	Roi Fried Chicken	Pork Osso Buco	BBQ Spareribs
White Clam Sauce	Adobo Chicken	Chicken Enchiladas	Chicken Pot Pie	Pork Chops	Fish Casino	Fried Fish
Pasta Marinara	Candied Yams	Refried Beans/Rice	Potatoes Bar	Mashed Potatoes	Fried Artichokes	Baked Beans



SOFTBALL 2014

WEEK 10 SCHEDULE

WEEK 8 RESULTS

<u>May 6</u>			
Spartans White tied Scrubs		16-16	
Jikalum def. Spartans I Men		24-9	
Yo-Wong def. Bakai' Arma		19-14	
RF Hazards def. Air KWA		22-21	
<u>May 7</u>			
Kwaj Mixer def. Spartans I Women		7-4	
OFL def. Criminals		17-4	
Mud Ducks def. Regulators		20-6	
<u>May 8</u>			
HMMWV def. Trouble Makers		13-11	
Spartans I Men def. Bakai' Arma		15-14	
Lollygaggers def. USAG-KA Co-ed		20-2	
<u>May 9</u>			
Criminals def. USAG-KA		11-1	
Kwajalein def. Regulators		15-5	
<u>May 10</u>			
Jikalum def. Trouble Makers		forfeit	
Spartans I Men def. Yo-Wong		forfeit	

May 20

5:15 p.m. B League Playoffs Game 4
Seed 2-Spartans I vs. Winner of Game 2
6 p.m. B League Playoffs Game 3
Seed 1 Jikalum vs. Winner of Game 1
7:15 p.m. Co-ed Playoffs Game 3
Seed 1-Lollygaggers vs. Winner of Game 1

May 21

7:15 p.m. A League-Kwaj World Series
Winner of Game 3 vs. Winner of Game 4

May 22

6 p.m. B League Championship
Winner of Game 3 vs. Winner of Game 4
7:15 p.m. Co-ed Championship Game
Winner of Game 3 vs. Winner of Game 2

May 23

6 p.m. A League-Kwaj World Series
Winner of Game 4 vs. Winner of Game 3
7:15 p.m. A League-Kwaj World Series
Winner of Game 3 vs. Winner of Game 4

LEAGUE STANDINGS

<u>A League</u>	
Old, Fat and Lazy	8-2
Criminals	8-2
Mud Ducks	7-3
Kwajalein	4-6
Regulators	2-8
USAG-KA	1-9
<u>B League</u>	
Jikalum	9-1
Spartans 1 Men	6-4
Yo-Wong	6-4
HMMWV	5-5
Bakai' Arma	2-8
Trouble Makers	2-8
<u>Co-ed</u>	
Lollygaggers	8-0
RF Hazards	5-3
Air KWA	4-4
USAG-KA	3-5
I'd Hit That	0-8
<u>Women's</u>	
Spartans 1 Women	7-1
Kwaj Mixer	5-4
Spartans Co-ed II W	3-5-1
Spartans Co-ed II B	3-6
Scrubs	3-5-1

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	ENE at 11-16 knots
Monday	Partly Sunny	30%	ENE-E at 12-17 knots
Tuesday	Mostly Cloudy	60%	ENE-E at 9-14 knots
Wednesday	Partly Sunny	30%	NE-E at 6-11 knots
Thursday	Partly Sunny	20%	ENE at 7-13 knots
Friday	Mostly Sunny	10%	ENE-E at 9-14 knots

Yearly total: 50.02 inches
Yearly deviation: +29.95 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:29 a.m. 7:02 p.m.	11:18 p.m. 10:28 a.m.	12:56 a.m. 0.4' 1:46 p.m. 0.5'	7:18 a.m. 4.7' 7:46 p.m. 3.4'
Monday	6:29 a.m. 7:02 p.m.	----- 11:27 a.m.	1:38 a.m. 0.1' 2:35 p.m. 0.2'	8:03 a.m. 4.4' 8:37 p.m. 3.1'
Tuesday	6:29 a.m. 7:02 p.m.	12:11 a.m. 12:23 p.m.	2:28 a.m. 0.3' 3:33 p.m. 0.2'	8:54 a.m. 4.0' 9:41 p.m. 2.9'
Wednesday	6:29 a.m. 7:02 p.m.	1:01 a.m. 1:18 p.m.	3:30 a.m. 0.7' 4:45 p.m. 0.5'	9:59 a.m. 3.5' 11:04 p.m. 2.8'
Thursday	6:29 a.m. 7:03 p.m.	1:50 a.m. 2:12 p.m.	4:57 a.m. 1.0' 6:09 p.m. 0.5'	11:22 a.m. 3.2' -----
Friday	6:29 a.m. 7:03 p.m.	2:37 a.m. 3:05 p.m.	6:40 a.m. 1.0' 7:25 p.m. 0.5'	12:38 a.m. 2.9' 12:53 p.m. 3.1'
May 24	6:29 a.m. 7:03 p.m.	3:24 a.m. 3:57 p.m.	8:04 a.m. 0.7' 8:24 p.m. 0.3'	1:54 a.m. 3.2' 2:08 p.m. 3.2'