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THE KWAIALEIN HOURGLASS

**Christine Abragan soaks in applause
after her performance at the
Kaleidoscope of Music Sunday at the
MP Room. For more, see page 6.**

Photo by Sheila Gideon



CDC EMPLOYEES SCORE BIG CERTS



Photo by Jordan Vinson

Kwajalein Child Development Center employees Sophia Graham and Diana Seremai pause for a photo with a class of preschool students at the CDC Jan. 24. Graham and Seremai recently completed Child Development Associate credentials, certifications that equate to a significant career advancement.

HOURLASS REPORTS

Sophia Graham and Diana Seremai, preschool teachers at the Child Development Center on Kwajalein, recently obtained their Child Development Associate certificates—a significant milestone in each of their professional careers.

Awarded by the Council for Professional Recognition, an outside, civilian organization, the certification process involved a lengthy series of qualification objectives that Graham and Seremai needed to surpass. Loads of Council for Professional Recognition coursework, assessments by a Navy

evaluator, interviews, tests and nearly 500 hours of work experience on the job are required.

“It usually takes a couple years,” said Michelle Huwe, CYSS training and curriculum specialist Jan. 24 at the CDC. “So, they’ve been in the process for quite a while.”

Required by the military for all CDC employees working with children, CDA credential standards have been set and maintained by the Council for Professional Recognition since 1985. To date, more than 350,000 CDA credentials have been awarded, with 18,000 early childhood professionals earning the certificates each year.

THUMBS UP!



... to everyone who helped Coach Tom Newell during his 2015 basketball clinics tour on Kwaj and Ebeye. Thumbs up to the Quality of Life folks for purchasing 20 basketballs, 10 nets and five air pumps that Coach distributed to Ebeye players and coaches at the Island Community Center. Big thumbs up to Brian Coombe, Harden Lellet, Rebel John, Kenny Leines and Tommy Ryon for coordinating all of the basketball matches during Coach’s stay.

... to everyone involved with making the 2015 Kaleidoscope of Music a smashing success, especially Danny Barthle, Dan Eggers and Kyle Miller for handling program set up, sound and lighting.

... to Dan Eggers, who not only had to make time to practice for his own number for Kaleidoscope of Music, but also took the time to learn five other songs in order to accompany other performers. Thank you for helping us, Dan!

... to Nurse Rita, Anesthesiologist Mark and Dr. Gil for taking such great care of me during my recent procedure. Your professionalism, competence and excellence is expected, but will never be taken for granted. More importantly, the kindness and care you demonstrated to me before, during and after the procedure made for a wonderful experience. Thank you!

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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KWAJALEIN, ROI GET NEW GEAR FROM QOL

ARTICLE AND PHOTOS BY JORDAN VINSON
ASSOCIATE EDITOR

The Quality of Life folks on Kwajalein and Roi have been hard at work the last couple of weeks wrapping up new projects for the communities. For Kwajalein residents the benefits are more than four dozen new aluminum bike racks that have been positioned all over the island and a suite of new equipment and furniture, such as big screen TVs and pool tables, at the Adult Recreation Center. On Roi, a couple of brand-new pool tables have also been delivered and will be assembled at the Outrigger in the coming weeks.

Having put together the proposal for new billiards tables more than a year ago following requests from members of both Kwaj and Roi communities, QOL Administrator Tommy Ryon said that he was thrilled to see three brand-new 7.5-foot billiards tables find their new homes at the Kwaj ARC Jan. 24. He and friend Nick Dahl took the opportunity to take the first crack at a new set of billiards balls on one of the new tables.

"These tables are built to last, built to high standards with professional quality," Ryon said in between shots. "They are meant to last a lifetime." The old



Kwaj volunteers load completed racks into a pick-up truck Jan. 24. From left to right: Tim Roberge, Marissa Brown, Peter Brown, Jeremy Owens, Jay Lord, Matt Hess and Lynn Price. Not pictured: Jeff O'Neal.



Kwaj residents Tommy Ryon, left, and Nick Dahl christen one of the new tables at the Kwaj ARC Jan. 24.

tables, which had been in use for about 20 years, Ryon said, had reached the end of their optimum lifespan and needed to go.

Built by Jeffersonville, Indiana-based Diamond Billiards, the new tables retail at about \$5,400 each and are the same brand of tables that are used in professional tournaments throughout the world and by pro groups like the World Pool-Billiards Association. But at 7.5-foot in length—a bit smaller than the full-sized 9-foot tables used in professional tournaments—they don't come with the same degree of difficulty that often accompanies novices who play on full-sized tables.

The purchase and installation of the billiards equipment wraps up an eight-month overhaul of equipment inside the Kwaj ARC, a project that the QOL Committee began after getting feedback from residents.

"The community decided they want to use the ARC more," Ryon said. "And some of the concerns and feedback that had been given was [that] the quality of the tables, chairs, the seating environment just wasn't comfortable; things had been breaking down over time. So they looked for furniture that would last." Previous QOL purchases included new seats, sofas, pillows, tables and televisions—all designed to make the ARC



Three new 7.5-foot Diamond Billiards pool tables are installed and ready for play at the Kwaj ARC. New tables for the Roi ARC have been sent to Roi and will be installed within a couple of weeks.

a more comfortable, inviting space, Ryon said.

Separate from the ARC equipment upgrade was the purchase, assembly and delivery of 50 new aluminum bike racks that the QOL Committee and other volunteers completed last weekend on Kwajalein. They have supplemented, and in some cases, replaced wooden racks that had been installed years before and were showing signs of fatigue.

QOL Committee member Tim Roberge, who convinced a group of residents to put down their scuba tanks and cameras in exchange for wrenches, led the effort to get the last batch of unassembled bike racks completed in the evening hours of Jan. 24.

"There were 50 bike racks that were purchased by QOL," Roberge said Jan. 24. "They have been spread around the island. Some of the areas are Downtown, the North Point Dive area, the Emon Beach Dive area, the Emon A-Frame pavilion, the Family Pool, the Ski Boat Dive area, Surfway, the food court, several BQs and the bakery."

The QOL Committee has expressed thanks to the volunteers who helped assemble and deliver the racks: Jeff O'Neal, Matt Hess, Lynn Price, Jay Lord, Peter Brown, Marissa Brown, Jeremy Owens and Tim Roberge.

U.S., GRMI review issues of mutual concern

ARTICLE AND PHOTOS BY MIKE SAKAIO
PUBLIC AFFAIRS OFFICER

On Jan. 23, U.S. Army Garrison-Kwajalein Atoll and the Government of the Republic of the Marshall Islands held its 227th meeting of the Community Relations Council on Kwajalein. Hosted and co-chaired by USAG-KA Commander Col. Nestor Sadler, the meeting was attended by GRMI officials from the Kwajalein Atoll Local Government mayor's office, Kwajalein Atoll Joint Utilities, RMI Ministries of Finance and Foreign Affairs. Attendance for USAG-KA included the director of Host Nation Activities, provost marshal officer, Kwajalein Range Services leadership, and Space and Missile Defence Command political/military advisor.

The meeting opened with welcome remarks from Sadler. He thanked all of the participants for their attendance, adding that it was great to have another meeting to go over issues of concern to both communities. He introduced Maj. Holly Grey, the incoming director of Host Nation Activities; she replaces Maj. Matt Sova, who is departing USAG-KA for Washington, DC. Sova then introduced the officer in charge and noncommissioned officer in charge of the newly arrived detachment of Navy Seabees that will be working humanitarian assistance projects within the RMI now through the summer of 2015.

The committee reviewed issues of mutual concern to the U.S. and RMI communities within Kwajalein Atoll, ranging from USAG-KA's access policies to how to detect subterranean water in the islets within the atoll. While some issues may be more challenging than others, both delegations deliberated and worked closely together to bring resolution to most of the topics. Those that needed more work were tabled for a future CRC meeting.

The meeting concluded with RMI Assistant Chief Secretary Jimmy Kemem conveying his thanks on behalf of the RMI delegation to Sadler and his staff for their hospitality and for hosting the CRC. He noted that the friendship between the U.S. and the RMI continues to get stronger; this could be attributed to the close working relationship between the two countries. He also thanked Sova on behalf



Representatives from U.S. and RMI governments pose for a photo after a successful Community Relations Council meeting Jan. 23.



USAG-KA Commander Col. Nestor Sadler, left, and RMI Liaison to USAG-KA Lanny Kabua sign the meeting minutes Jan. 23.

of the national and local governments for his friendship and for the great work he did with the local RMI communities. And to Grey, he welcomed her to Kwajalein, saying he looked forward to working with her as the new Host Nation director.

Sadler also offered his thanks to the RMI delegation for their participation and for a very engaging and productive meeting.

U.S. Secretary of the Air Force visits USAG-KA

Secretary of the Air Force, the Honorable Deborah James, visited U.S. Army Garrison-Kwajalein Atoll Jan. 20-21. She received briefings from the garrison and from Reagan Test Site staff, to include the new Space Fence contract. This was followed by tours of both Kwajalein and Roi-Namur infrastructure and mission assets. A dinner was hosted in her honor by Col. Nestor and Monica Sadler. Accompanying James was Lt. Gen. Stanley Clark, director of the Air National Guard.



Rare whale sighting takes divers by surprise

Article and photos by Jason Huwe

Courtesy of his personal blog

Over the last several months, scuba diving has become one of my favorite activities now that my three best friends [Alex Coleman, Matt Gerber, Kyle Miller] on island are all certified. We try to go out for a boat dive at least once a month in what are affectionately referred to as 'bro dives.' Something I heard from the moment we got [on Kwaj] was, "The more you go, the more amazing things you'll see." And that has pretty much been the case.

Kwaj has numerous WWII boat and plane wrecks and even more plentiful locations for seeing God's wonderful creations along the reef and at coral heads. But sometimes you'll hear of someone doing even better than the typical wonder of these islands. It's the very rare and unexpected things that will stop your heart and last in your memory forever. Those types of events will only come from continued effort and a little bit of luck. [Jan. 12], we got lucky.

We were already excited to take [Miller] to a new oceanside spot up the atoll that we'd discovered during his Christmas vacation when [Gerber] spotted what we all assumed to be dolphins about 70 yards toward the reef. We turned toward them as dolphins are known to come swim and jump alongside boats and can be seen with some regularity depending on the time of year (I've seen them about 10 times). Quickly, one animal fully breached the water, but it wasn't a dolphin. It was thicker than a dolphin with no snout and they didn't move nearly as fast. We all ran for our cameras and excitedly questioned about what we later learned were melon-headed whales.

As we slowed to a crawl, the number of whales began to overwhelm us; nearly 80 or more on the surface alone. I threw my homemade underwater GoPro pole in front of the bow to capture as much footage as possible. Then came the question, "Do we jump in?" Creatures near the reef, including sharks, are not something to fear. But creatures out in the deep blue make you think a little more, especially after you've pulled up the head of a fish while fishing because the rest now lies in the belly of an oceanic shark. We agreed to stay near the boat and check it out with our snorkels.

The first thing I noticed was the amazing sounds of high pitched beeps and clicks I was hearing as groups of five-eight passed all around us. As they came near, one or two would turn and look at us but wouldn't come very close. I wandered away from the boat as my curiosity



A pod of at least 80 melon-headed whales cruise through the cobalt blue waters off Kwajalein Jan. 12



Kwajalein resident Jason Huwe pauses for an obligatory 'selfie' with a large pod of melon-headed whales swimming along in the background.

and photographic desires heightened. I kept an eye out for any predators, but the behavior of the pods seemed much too calm for them to be concerned about being hunted.

We traveled out ahead of the group again in the boat and jumped in as the whole pod made their way past us. All told, we estimated about 500 of these impressive mammals in the group. It took them several minutes for all of

It took ... several minutes for all of them to pass by. My adrenaline was through the roof and it was only after we were back on the boat that I was able to truly comprehend what had just happened.

them to pass by. My adrenaline was through the roof and it was only after we were back on the boat that I was able to truly comprehend what had just happened.

Surprisingly, there isn't a ton known about melon-headed whales. They don't hang out in areas frequented by people and have managed to avoid significant scientific study. They are related to dolphins and killer whales, but stay in deeper waters in and around the equator.

A day later and I'm still just as excited about this experience, if not more. I feel so privileged to have witnessed this bit of God's creation and even more blessed considering how rare the sighting is. It was truly a moment that I will never forget.



“Pacific Blue Swingeroo” performs the finale number at the Kaleidoscope of Music program Sunday at the MP Room.

KALEIDOSCOPE OF MUSIC

Performers help raise money for KHS senior scholarships



Dawn Crump sings “Make You Feel My Love” at Kaleidoscope of Music on Sunday.

ARTICLE AND PHOTOS BY SHEILA GIDEON
MANAGING EDITOR

The Yokwe Yuk Women’s Club hosted the Kaleidoscope of Music Sunday night at the Davye Davis Multi-Purpose Room. The program featured the talents of U.S. Army Garrison-Kwajalein Atoll’s finest musicians. All proceeds from the show will support scholarships for the Kwajalein Jr./Sr. High School graduating Class of 2015.

YYWC member and Kaleidoscope co-chair Cynthia Rivera welcomed everyone to the show. “We would like to welcome you, and we appreciate your support for the Kwajalein High School senior scholarships,” she said. This year’s graduating class is a small group of just nine students; six of them volunteered at the show Sunday. Rivera called them out for recognition and applause. “We’re really blessed to have a community that is interested and involved in volunteering. The Yokwe Yuk Women’s Club, as well as the Kaleidoscope of Music, relies on that.” Rivera took a moment to thank the volunteers who assisted with the show.

While the 20 musical acts featured

throughout the evening had the audience laughing, clapping, cheering and dancing, Masters of Ceremony Princess Gooden and Monica Sadler did their fair share to keep the audience entertained in between acts. Gooden, who wowed the crowd with her singing abilities during the show, also portrayed her talents as a dramatic actress and comedian. At the very beginning of the show she made sure the audience understood their role. “We’re not here for a funeral,” she said. “This is a concert. You can clap, cheer, yell, get up and dance. Have fun!” And that they did.

Performers were a mix of ages ranging from 11-year-old Alakai Chavana to musicians who may have lost count by now. One musician said he’s been learning the guitar for 50 years and he’s still learning. The variety of music genres and instruments made the show interesting and entertaining.

The Jine Tip Tip Women’s Club and a performance by “Pure Polynesia” began the show with much-loved breezy, island tunes. High School students Danielle Rivera



Dan Eggers, master of all things musical, performs “Rainbow Medley.” Eggers assisted with the program set up and accompanied five acts during the show.

and Christine Abragan dazzled the crowd with their piano playing. The drums were pulsing with a performance by “Drum Down the Sun” and accompaniment by Danny Barthle, Greg Spock and high schooler Payton Smith. Dan Eggers not only performed his solo act “Rainbow Medley,” but provided guitar accompaniment for five other performances throughout the evening. Other guitar rockers included Andy Carden, Ed Kramer, Dale Finley, Brandon McAfee, David Ardrey, Jordan Vinson, Sean Winkler, Clint Sopher, Jon Mitchell and Chris Gondringer. Toward the end of the program, classic band instruments made their appearance: Jeff Wrobel



Patrice and Ed Kramer perform an original tune, “Walking on a Tropical Island,” at Kaleidoscope of Music Sunday.

on trumpet, Keith Peacock on sax, Kyle Miller on sax and David Sholar on trombone.

Gooden and Sadler introduced each performer and gave a short history on their music background before they performed. They gave a special shout out to the few performers who wrote their own music. Patrice Kramer sang her original song, “Walking on a Tropical Island” to the tune of “Walking in a Winter Wonderland.” She sang of white terns, burgers on the grill, sandmans, the tide coming in and chilling on the beach. “Copra Cabana” had similar lyrics with their song “Kwaj Problems.” Singer Rachael Harris sang about Amazon not shipping to

APO and keeping your air conditioning at an arctic level to combat Kwaj mold.

The evening culminated with a performance by “Pacific Blue Swingeroo”—a 10-person band whose passion is upbeat swing music. The audience was instantly on their feet, clapping, singing and dancing along. The performers surprised the audience with a bonus performance of “Boogie Woogie Bugle Boy.”

Whether a singer, drummer, guitarist or pianist, all 20 performances and MC’s did their part to entertain the audience Sunday. And the audience did the most important part—helped raise money to further the education of our island youth.



From left, Jon Mitchell, Chris Gondringer, Danny Barthle and Clint Sopher perform a tune by Elvis during the Kaleidoscope of Music program Sunday night.



Sean Winkler on guitar, left, and Kyle Miller on saxophone, perform an upbeat number, “Joropo Jam,” at Kaleidoscope of Music Sunday night at the MP Room.

NFL PROS VISIT ROI, KWAJALEIN

'Kwajenuity' at its best

HOURLASS REPORTS

HOURLASS REPORTS

NFL players, cheerleaders and the Atlanta Falcons' team mascot flew out to U.S. Army Garrison-Kwajalein Atoll this week. Part of Armed Forces Entertainment's 2015 Guam Super Bowl tour, former NFL players Dré Bly and Terrence Holt teamed up with five cheerleaders from the St. Louis Rams, Atlanta Falcons, Minnesota Vikings, Tampa Bay Buccaneers and Tennessee Titans to boost troop morale and hold football clinics for installation children.

"Our experience here on the Super Bowl tour has been amazing," said group tour leader Carrie Riley Thursday. "Everyone is super friendly here, and it's a beautiful place. It's been really rewarding. The kids have been great to work with; they're very entertaining."

The players and cheerleaders shook hands, signed photographs and chatted with installation residents on Roi and Kwaj during several events set up by Community Activities. Football clinics run by the group gave children and teens the opportunity to brush up their skills on the field, and Freddie Falcon was a hit with the younger children.

Prior to their departure on Friday for Honolulu and Guam, the group visited with residents at the Zamperini Dining Facility, the Roi Outrigger, the Teen Center and the CRC.



Photos by Jordan Vinson

TOP: Members of the new Navy Seabees detachment on Kwaj grab a couple of photos with the cheerleaders at the Zamperini Dining Facility Tuesday. **BOTTOM:** Freddie Falcon explores one of the fire engines outside the dining hall.

A half-dozen outdoor benches were finished and delivered to Kwajalein Jr./Sr. High School this week. A special project spearheaded by Wood Shop Teacher Doug Hepler and his seventh- and eighth-grade students, the benches were made from hand-me-down cyprus timbers that were headed for the dump until Hepler got his hands on them.

Clued in on its availability by a friend who works in the Public Works Construction Shop, Hepler quickly adopted the wood and, having never worked with cyprus before, thought about what he could do with it.

"It's very nice wood. It's the first time I've ever used cyprus. It smells very nice. It works well," Hepler said Wednesday. "It's very heavy. And cyprus is valuable because it's so durable and resists rot, especially in climates like this, which is similar to Florida where this wood thrives."

Having noticed that some high school Ri'katak students who like to eat lunch outside didn't have a nice place to sit and relax, Hepler decided that the rot-resistant timbers would make ideal outdoor benches.

Handling most of the heavy lifting himself, Hepler designed the benches, cut the timbers to size and joined them together with loads of waterproof wood glue and long lag bolts. He then brought his Wood Shop students in on the project to handle the sanding, puttying, routing, painting and finishing.

Having wrapped up the project Wednesday, Hepler had the benches delivered outside the Kwajalein High School, where Art Teacher Jane Christy and her students have free reign to decorate them as they please, Hepler said.

The best part of the project, Hepler said, was turning material that was destined for the dump into something that residents can use and enjoy.



Photos by Jordan Vinson

LEFT: A couple of the leftover cyprus timbers might be used to make bowls. **RIGHT:** Seventh-grade students apply a coat of finish on one of the benches at the Wood Shop Wednesday.

View from Kwajaj



From Jordan Vinson



From Mike Sakaio



From Jerry Brumm



From Jordan Vinson



From Jordan Vinson

HELP WANTED

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

WANTED

DIGITAL CAMERA and digital video recorder. Call Jim at 53490.

LOST

IPOD BOSE SOUND Dock left at Emon Beach, has stickers on it. Contact Molly at 52379 or molly@premo.org.

PATIO SALE

SATURDAY, Feb. 7, 8 a.m.-noon, quarters 439-A. PCS sale: clothes, electronics, knick knacks, small appliances. No early birds.

FOR SALE

10x10 POP UP, new still in the box, \$50;

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.

30-inch range hood with charcoal filter, \$35. Leave a message at 51806.

COMMUNITY NOTICES

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

BIRTHDAY BASH is at 8 p.m., tonight, at the Ocean View Club. Join us in celebrating January birthdays with cake and appetizers. Presenting DJ Gus Garcia! Present a valid ID to the bartender. Must be 21 years or older.

ALL WOMEN ARE INVITED to join us for Christian Women's Fellowship from 12:30-2 p.m., Sunday, at the REB. Lunch is provided. Questions? Call Jenn Anderson at 51955.

SUPER BOWL PARTY is at 9 a.m., Monday, at the Country Club. Check out the big game on the big screen TV with your friends! Must be 21 years or older.

VET'S HALL SUPER BOWL celebration is at 10 a.m., Monday. Kick off your Super Bowl celebration with breakfast before the game and join us for the 4th annual Super Bowl Brunch. Breakfast is \$15 and includes eggs, biscuits and gravy, bacon, sausage or Spam, coffee or juice and pupus to snack on during the game. All proceeds will be donated to Veterans charities. Brunch starts at 11 a.m. Must be 21 and up to participate. Questions? Contact Jan Abrams or Mike Woundy.

BARIATRIC SUPPORT CLASS meets Tuesday. Weight Management Group meets Thursday. All classes meet from 4:45-5:30 p.m., in the hospital conference room. Smoking cessation classes are ongoing. Questions? Call EAP at 55362.

WELLNESS WEDNESDAY features Zumba this week at 5:30 p.m., in CRC Room 6. Come join instructor, Christine DeJongh Lewis in this fun-filled cardio workout using the combination of dance and fitness. Enjoy fitness for the total body with upbeat

rhythms and easy-to-follow choreography. All participants must register, cost is \$3, paid to the instructor. Contact Mandie at 51275 for questions and registration. Space is limited, so register early.

RESIDENTS: Our residential Internet service has been working well for over 8 months. It is time to say goodbye to the end-of-life dial-up system. Effective Feb. 3, the Internet dial-up service will no longer be available. You can sign up for Residential Internet with the forms available at www.kwajweb.com. Wi-Fi will still be available at many public locations around Kwajalein and Roi for your use.

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and see patients Feb. 13-25. Call the Hospital for eye exam appointments at 52223/52224 or ES&H for prescription safety glasses at 58855.

OPEN RECREATION EVENTS: Valentine's Day will be from 5:30-7 p.m., Feb. 14, in the SAC room, sign up by Feb. 13. Baking Cookies will be 5:30-7 p.m., Feb. 21, at the CDC House, sign up by Feb. 20. Register at the CYSS Central Registration Office at 52158. Questions? Contact Sueann Emmius at sueann.b.emmius.ctr@mail.mil.

A NEW GROUP CALLED "Celebrate Recovery" is now open and sponsored by Island Memorial Chapel. Celebrate Recovery is a Christ-based approach to recovery and is aimed at all "hurts, habits and hang-ups." Celebrate Recovery utilizes eight Recovery Principles that are based on the Sermon on the Mount. If you are interested please contact Pastor Kevin and he will connect you with the group, which currently meets at 6 a.m. on Fridays.

THE ISLAND MEMORIAL CHAPEL'S "Bible Study Digital Library" is a service with over 8,000 videos for all ages to watch on any device. For an invitation to our "RightNow Media" membership (at no charge) email Pastor Kevin at kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil.

FLYING ON THE METRO to Roi or Kwaj? As a reminder, the weight limit on cargo is 50 pounds per piece. Please check cargo in at least 30 minutes before board-

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 7
Beef Tips in Burgundy	Chicken/Basil/Lime	Breaded Pork Chops	Teriyaki Chicken	Corned Beef/Cabbage	Coconut Chicken	Spaghetti
Herb Roast Chicken	Quiche	Chicken Stew	Oriental Beef Noodles	Chicken Curry	Fish Du Jour	Chicken Picatta
Salmon Croquettes	Beef/Cheese Turnovers	Vegetarian Beans	Vegetarian Stir-fry	Boiled Potatoes	Rice Pilaf	Shrimp Alfredo

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 7
Maple Pork Loin	Kwaj Fried Chicken	Swedish Meatballs	Grilled Top Sirloin	Grilled Tuna Sand.	Sweet/Sour Pork	Mini Taco Bar
Szechuan Chicken	Oriental Beef Stir-fry	Thai Crab Stir-fry	Baked Ravioli	BBQ Chicken	Chinese Chicken	Chicken Sandwich
Rice Pilaf	Mac and Cheese	Peas/Carrots	Herb Roast Chicken	Pork Pimento	Pasta Medley	Beef Stew

Ready and Resilient Wellness Calendar

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

Sunday 1. Spiritual Resilience, see page 10. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. CWF Luncheon, 12:30 p.m., REB.	Monday 1. Ultimate Frisbee, 5 p.m., field across from Adult Pool. 2. Pick-up Soccer, 6 p.m., Brandon Field.	Tuesday 1. Cross Fit, 5:15 a.m., Adult Pool. 2. Bariatric Support Class, 4:45 p.m., hospital conference room. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.	Wednesday 1. Wellness Wednesday: Zumba, 5:30 p.m., CRC Room 6. Sign up by calling 51275. Limited space available. Cost is \$3 paid to the instructor.	Thursday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Weight Loss Support Group, 4:45 p.m., hospital conference room. 3. Interval Training, 5:15 p.m., Emon Beach. 3. AA Program, 7 p.m., REB Library.	Friday	Saturday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
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ing time. Also, passengers are limited to one personal item that can be placed underneath the seat or in the nose. All other items must be checked as cargo. To help with expediting boarding, we kindly ask that you check in at least 15 minutes prior to the closeout time.

E-TALK: This week marks the anniversary of Operation Flintlock, the World War II invasion of the Marshall Islands.

Safely Speaking



- Never roll a cylinder to move it. Use a cylinder cart and secure it with a chain
- Cylinders should be used and stored in an upright position

		<i>Café Roi</i>					
Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 7
Sunday	Apple Glazed Chicken Pork Chops Eggs Benedict	Pepper Steak Glazed Pork Loin Cheese Quiche	Ham/Cheese Sand. Meatloaf Stir-fry Vegetables	Beef Tacos Chicken Enchiladas Beans/Rice	Beef Stir-fry Chicken/Broccoli Ginger Rice Pilaf	Bacon/Cheese Sand. Chicken Fried Steak Mac and Cheese	Shoyu Chicken Hawaiian Chop Steak Spicy Asian Noodles
Dinner		Monday	Tuesday	Wednesday	Thursday	Friday	Feb. 7
Sunday	Chicken Fried Steak Herb Baked Fish Mashed Potatoes	Chicken/Dumplings French Braised Beef Au Gratin Potatoes	Thai Beef/Veggies Chicken/Peanut Sauce Pad Thai	Roast Beef Chicken/Mustard Sauce Baked Potatoes	Fried Chicken Meat Pie Mashed Potatoes	BBQ Pork Ribs BBQ Chicken Beans/Potato Salad	Grilled Bratwurst Baked Chicken Mashed Potatoes



BASKETBALL RESULTS

A LEAGUE

WEDNESDAY, JAN. 21

Mon-Kubok def. Kwaj Kastaways 42-29
 USAG-KA def. Hoopless 50-38

FRIDAY, JAN. 23

Fun-Da-Mentals def. Spartans 50-37
 Ebeye Warriors def. USAG-KA 54-49

B LEAGUE

THURSDAY, JAN. 22

Faith def. N.B. Church 58-46
 Trouble Makers def. Man o War 79-48

YOUTH LEAGUE

THURSDAY, JAN. 22

Alley-Oops! def. Space Jam 31-24
 Tubare def. SWAG 50-19

FRIDAY, JAN. 23

Alley-Oops! def. Tubare 34-23
 Space Jam def. SWAG 40-28

TEAM STANDINGS (WIN-LOSS)

A LEAGUE

Mon-Kubok	1-0	Kwaj Kastaways	0-1
Fund-Da-Mentals	1-0	Spartans	0-1
Ebeye Warriors	1-0	Hoopless	0-1
USAG-KA	1-1		

B LEAGUE

Faith	1-0
Trouble Makers	1-0
N.B. Church	0-1
Man o War	0-1
Unlimited	0-0

YOUTH LEAGUE

Alley Oops!	2-0
Tubare	1-1
Space Jam	1-1
SWAG	0-2

NEXT WEEK'S SCHEDULE: COME CHEER ON YOUR TEAM!

Tuesday, Feb. 3

4:30 p.m.:
 5:30 p.m.:
 6:30 p.m.: Faith vs. Man o War
 7:30 p.m.: Trouble Makers vs. Unlimited

Wednesday, Feb. 4

4:30 p.m.: SWAG vs. Space Jam
 5:30 p.m.: Tubare vs. Alley-Oops!
 6:30 p.m.: Ebeye Warriors vs. Spartans
 7:30 p.m.: Mon-Kubok vs. Hoopless

Thursday, Feb. 5

4:30 p.m.:
 5:30 p.m.:
 6:30 p.m.: N.B. Church vs. Man o War
 7:30 p.m.: Faith vs. Unlimited

Friday, Feb. 6

4:30 p.m.: Tubare vs. Space Jam
 5:30 p.m.: SWAG vs. Alley-Oops!
 6:30 p.m.: Kastaways vs. Ebeye Warriors
 7:30 p.m.: USAG-KA vs. Fun-Da-Mentals

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	<10%	NE-ENE at 14-19 knots
Monday	Partly Sunny	<10%	NE-ENE at 12-17 knots
Tuesday	Partly Sunny	<10%	NE-ENE at 11-16 knots
Wednesday	Partly Sunny	<10%	NE-ENE at 13-18 knots
Thursday	Partly Sunny	<10%	NE-ENE at 16-21 knots
Friday	Partly Sunny	<10%	NE-ENE at 17-22 knots

Yearly total: 2.33 inches
 Yearly deviation: -1.29 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	7:10 a.m. 6:55 p.m.	4:41 p.m. 4:39 a.m.	8:54 a.m. 0.3' 9:45 p.m. 0.0'	3:07 a.m. 2.9' 3:17 p.m. 4.0'
Monday	7:10 a.m. 6:56 p.m.	5:30 p.m. 5:27 a.m.	9:31 a.m. 0.0' 10:13 p.m. -0.3'	3:41 a.m. 3.2' 3:50 p.m. 4.2'
Tuesday	7:10 a.m. 6:56 p.m.	6:18 p.m. 6:13 a.m.	10:03 a.m. -0.2' 10:40 p.m. -0.5'	4:11 a.m. 3.5' 4:20 p.m. 4.4'
Wednesday	7:10 a.m. 6:56 p.m.	7:05 p.m. 6:58 a.m.	10:33 a.m. -0.4' 11:07 p.m. -0.6'	4:39 a.m. 3.7' 4:48 p.m. 4.6'
Thursday	7:10 a.m. 6:56 p.m.	7:51 p.m. 7:40 a.m.	11:02 a.m. -0.5' 11:32 p.m. -0.6'	5:06 a.m. 3.8' 5:15 p.m. 4.6'
Friday	7:10 a.m. 6:57 p.m.	8:37 p.m. 8:21 a.m.	11:30 a.m. -0.5' 11:58 p.m. -0.6'	5:33 a.m. 3.9' 5:42 p.m. 4.5'
Feb. 7	7:09 a.m. 6:57 p.m.	9:21 p.m. 9:01 a.m.	11:58 a.m. -0.4' -----	6 a.m. 3.9' 6:08 p.m. 4.3'