

THE KWAJALEIN HOURGLASS



USAG-KA BOSS PROGRAM OFFICIALLY LAUNCHED MARCH 14 WITH CAKE CUTTING BY IMCOM PACIFIC TEAM LEADERS AND STAFF SGT. CHRISTINA BARNES. SEE MORE, PAGE 2.



NIKKI MAXWELL

THIS WEEK

STONE SPEAKS

ABOUT CHUGACH LEGACY - P 3

FREE FUN FITNESS

WITH USAG-KA MWR - P 4

KWAJ YOUTH WINS

USAG-KA AWARD - P 5

USAG-KA BOSS



LIKE A 'BOSS': NEW USAG-KA PROGRAM SERVES SINGLE SERVICE MEMBERS

NEWS / NIKKI MAXWELL, USAG-KA PUBLIC AFFAIRS

Staff Sgt. Christina Barnes of the U.S. Army Garrison Kwajalein Atoll Post Office, announced the official launch of the USAG-KA "BOSS" program this week.

BOSS stands for Better Opportunities for Single Soldiers, and is an Army-wide FMWR (Family Morale Welfare and Recreation) program which provides activities specifically for single and unaccompanied service members.

The mission of the BOSS program is to enhance the morale and welfare of single Soldiers, increase retention and sustain combat readiness.

"This program is for single service members and geographical bachelors serving away from home," said Barnes. "This is not just for Soldiers. This is also for our Sailors and other military personnel serving here in the Marshall Islands with us. We are one team."

Some of the planned activities for the Kwajalein BOSS program include snorkeling, SCUBA certification, boat licenses, fishing trips, fun runs, community outreach with Ebeye and other neighboring islands, and more.

To help get started on that list, Daniel Ahern, Director of FMWR Installation Management Command Pacific, presented Barnes with a \$2,500 financial boost for the program during a command function at Emon Beach, March 14.

"I really appreciate this generous gift from FMWR to help get our program off



U.S. Army photo by Nikki Maxwell

ON THE COVER: Command Sgt. Maj. Jason Schmit of Installation Management Command Pacific, Staff Christina Barnes of USAG-KA, Dr. Christine Altendorf, director of IMCOM Pacific and Daniel Ahern, DFMWR IMCOM Pacific cut the BOSS cake. SSG Christina Barnes announced the official kick-off of the USAG-KA BOSS program on March 14. **ABOVE:** Barnes received a \$2500 financial boost for the program from IMCOM Pacific FMWR. BOSS stands for Better Opportunities for Single Soldiers, and is an Army-wide program providing activities for unaccompanied service members.

the ground," Barnes said. "This will have an immediate impact on the morale and welfare of myself and my brothers and sisters in uniform here."

Ahern was visiting USAG-KA with Dr. Christine Altendorf, director of Installation Management Command Pacific, and Command Sergeant Major Jason Schmidt this week. Altendorf said she was very excited about the BOSS program coming

to Kwajalein, and offered her full support for its success. She joined Barnes, Ahern and Schmidt in cutting the BOSS cake with a saber to make it official.

Barnes is creating a special USAG-KA BOSS Facebook page for those on active duty serving on Kwajalein. For more information about the BOSS program, visit <https://www.armymwr.com/programs-and-services/boss>.

RESIDENTIAL INTERNET PAYMENTS FOR MARCH 2018

Payments for March 2018 are due March 9-24

Cash or credit cards accepted for payments. \$50 monthly Internet usage fee.

For more information please call 5-0843 during collection times

**Kwajalein, Building 702
Tuesday through Saturday, 1-5 p.m.**

**Roi-Namur Finance Office
Fridays, 9 a.m.- noon, 1-2:30 p.m.**

THE KWAJALEIN HOURGLASS

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

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

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ALAN STONE

FEATURE/JESSICA DAMBRUCH

On March 9, Alan Stone stood inside his empty quarters on Speedball Lane and smiled. He spent the last few days of his 15 years of service on U.S. Army Garrison-Kwajalein Atoll putting his business and belongings in order. As the deputy project manager of logistics for Chugach, Stone has a talent for optimizing work, labor, systems and supplies. He put plans in motion to achieve the best outcome for everyone involved. Even Stone's pack-out came in 16 pounds under the allotted limit. Stone said he was ready to return home to the northeast United States. Though his work in the atoll is complete for now, Stone's legacy extends to logistics, operations and the Kwajalein community.

Of his future plans, Stone says he looks forward to returning to New England to be with his family: "I haven't spent the holidays with them in a long time."

Stone's job was demanding. He saw his work for Chugach as a 24-hour gig and preferred to be in the center of action. Stone's colleague Don Ryan said that when work got busy, Stone stayed on island to take care of it. In his free time on Kwajalein Stone enjoyed snorkeling and spending time at the beach and, of course, solving work problems.

"I remember when I began taking shorter vacations," Stone said.

The deputy program manager is also a Veteran of the U.S. Navy and avid traveler and explorer. He spent vacations in Africa, Asia and the Pacific region. Before coming to Kwajalein Stone wintered three times at McMurdo Station with the U.S. Antarctica program. The two distinct parts of his prior career, underwater and on the ice, turned out to compliment his future in logistics.

"I recall when I took the entrance question test to go to the ice," said Stone. "There are questions that everyone has to answer



When the proctor discovered I'd been on submarines, they learned everything they needed to know. They let me in the program."

On Kwajalein, Stone's hallmark style of meeting challenges head-on in isolation became something of legend. After 2010, Stone kept Chugach fully operational despite budget reductions. The unexpected never kept him from implementing procedures to save the U.S. government time and money.

"If you've ever been to GSK, you know that it could be inefficient," said Stone, speaking of Kwajalein's former supply system. Workmen and casual laborers would have to drive out to obtain parts. The sheer amount of capital lost through time spent picking up parts was astronomical. Stone knew the island could do better.

"I walked into the meeting [that day]

with the papers in my hand [and] the new plan," said Stone. He redesigned the entire supply process to accommodate delivery drivers. Now parts could be delivered to worksites. It saved the government thousands of dollars that could in turn be used for other projects, Stone said.

When Stone wasn't saving, he was providing for the community around him. Part of Chugach's legacy is empowering the indigenous workers at its worksites. Under Stone, countless RMI employees received paid training, both on the atoll and in the United States to become more proficient at their jobs and to increase their technical capabilities. He also worked hard to donate to local community initiatives, scholarship programs for local youth and organizations such as Kwajalein Girl Scout Troop 801.

"My rationale was to always leave a place better than I found it," said Stone.



1) CMSI Deputy Project Manager of Logistics Alan Stone prepares to depart Kwajalein after more than 15 years of service on the atoll. Here are a few scenes from Stone's legacy of good works: 2) Stone presents former Bridge Chief Engineer Mike Custer for an award for his 42 years of service in July 2016. 3) In August 2017, Don Ryan congratulates Anitak Joseph Jr. and Francis Bokin, two Chugach RMI certified garrison tower climbers who benefitted from Chugach's support. 4) Stone presents a \$5,000 donation check to members of the Kwajalein Yokwe Yuk Women's Club in February 2018.



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U.S. Army photos by Jessica Dambruch

1) Rowe leads a spinning class on Kwajalein. 2) Cyclists put their pedals to the metal to the rock and techno tracks Rowe plays during afternoon Circuit class.

AROUND THE CLOCK FITNESS WITH MWR'S SHELBI ROWE

FEATURE/JESSICA DAMBRUCH

Look around for Shelbi Rowe and you'll find her working out every day. Kwajalein's new MWR Health and fitness coordinator welcomes the Kwajalein community into her action-packed weekly fitness classes. Hosted early mornings, afternoons and evenings, Rowe hopes that no matter their schedules, everyone in the community will be able to find a class time to enjoy fitness.

"Finding different ways to help people get healthy and fit is a challenge that gives me as much gratification as the student," said Rowe of her work in classes. "Together we set and achieve goals for a healthier lifestyle."

If you've never been to a Rowe class, come on down. All of the classes are free of charge and offer a variety of challenges to athletes at every training level.

Rowe worked as a fitness volunteer and certified personal trainer on Kwajalein before her current role. She is also credentialed in different types of exercise instruction. In a recent interview, the fitness coordinator said she enjoys the challenge of helping her students get in tune with their best, healthiest selves, and find fun new ways to build communities around fitness activities.

"After close to three years of instruct-

ing people I am excited to join MWR," said Rowe. "It provides me the opportunity to lead health and fitness programs and make sure we all have a great place for individual and group instruction."

Check out Barre, a ballet-inspired weight training class that combines stretching with modern aerobics. If you're not into dance and weights, then Spin Class, an indoor cycling class, will be a fun challenge. The class meets mornings and evenings to pedal hard in time to techno, rock and country music while

building endurance with interval training to challenge even the hardest cardio junkies. If you're an early bird and like workout machines, check out the gym on Mondays for Circuit class. The hour-long session incorporates short and long timed exercises with weights and different workout tools to offer the body the maximum return.

Stick with the training and enjoy the strong sense of community that Rowe's workout classes provide—and don't give up.

"Everyone can exercise," says Rowe. "I'm a mother, and I suffered a knee injury. If I can do it, so can you, and it is fun! The biggest victory is that you're there in class. You made it! You took the time to do something for yourself."

Check out MWR Kwajalein's lineup of Health and Fitness classes!

Circuit Class

Monday, 8a.m., Ivey Gym

Barre Class

Tuesday, 9 a.m., CRC room 7

Spin Class

Wednesday, 5:45 a.m., CRC room 7

Barre Class

Thursday 5:30 p.m., CRC room 7

Spin Class and Core Class

Friday, 5:30 p.m., CRC room 7

Circuit Class

Saturday: 6 a.m., Ivey Gym



Want to learn more? For a complete schedule of class offerings, times and upcoming opportunities please contact the MWR Office at 5-3331.

GOWANS AWARDED KWAJ YOUTH OF THE YEAR

NEWS/JESSICA DAMBRUCH

Kwajalein Jr.-Sr. High School sophomore Mackenzie Gowans has earned the coveted distinction of the U.S. Army Garrison-Kwajalein Atoll National Military Youth of the Year award.

The award, sponsored by Kwajalein Morale, Welfare and Recreation (MWR) and the Boys and Girls Club of America (BCGA), is an annual award presented to an outstanding teen who demonstrates leadership, vision and dedication to her military community. The competition is open to teens enrolled in BCGA programs on garrisons worldwide. Preparation for the award is intensive and requires submission of an award package months in advance. Winning the nomination automatically puts Gowans in the running for the next level of the competition. Installation Management Command (IMCOM) has agreed to fund Gowans' travels to Japan to represent USAG-KA later this spring.

Kwajalein Child and Youth Services Specialist Michael Hillman coordinates BCGA events for the garrison and is proud that Gowans is a finalist. DynCorp International is funding Hillman's travel to accompany Gowans to the competition. Upon Gowans' return to Kwajalein, she will be a youth ambassador for her peers in BCGA and help foster a community of leaders among Kwaj youth.

"As a Kwaj kid myself, I know how sometimes in the past we didn't have access and exposure to other kids around the world, or other valuable programs," said Hillman. "For Mackenzie to be able to go to Japan and represent us [USAG-KA] is going to be incredible for her."

Gowans said she is humbled to be a finalist.

"I was extremely surprised and happy to win this award," she said. "And I worked so, so hard for this."



U.S. Army photo by Jessica Dambruch

Kwajalein Jr.-Sr. High School sophomore Mackenzie Gowans will represent USAG-KA youth at an upcoming U.S. military garrison youth conference in Japan.

NEW FRIENDS AT FAIRWAYS WITH MWR GOLF WORKSHOPS

HOURLASS REPORT

Newcomers and longtime residents attended a golf skills workshop with MWR Golf Manager Mark Nickless at the Kwajalein Country Club March 11. This was the first in a series of new classes and golf training opportunities offered by the Kwajalein Morale Welfare and Recreation (MWR) team. More event programming, including another round of workshops is planned for a later date to include works on Roi-Namur.

At the workshop, Mark gave attendees exercises to help perfect their swings. New golfers received guidance from Nickless about how to begin and continue practice.

"It's the constant practice that makes

the difference," said Nickless. "The first second that you practice something is the most important. You have to keep that momentum going. And the best way to learn something new is through physical activity."

Nickless looks forward to future events at the course, and plans to include a driving range to encourage use of the golf course for more than 9-hole play. Mats, balls and new clubs have been ordered for this newest addition to the golf club offerings. There is a lot of excitement in getting this off the ground, he said.

For more information about upcoming golf events, new additions to the course or to learn more about MWR program offerings, please contact the Kwajalein MWR Office at 5-3331.



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1-2) Novice sportsmen and golf aficionados tune in to MWR Golf Manager Mark Nickless during a workshop at the Kwajalein Country Club and Golf Course March 11.

Courtesy of Patrick Sadowski

WEEKLY WEATHER LOOKOUT

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: We received above average precipitation last week and expect that trend to continue this week. A broad circulation is located in the vicinity of Pohnpei. Southerly winds to the east of Pohnpei are converging with northeasterly trades south and west of Kwajalein causing deep convection (storms), sometimes with thunder. The circulation center will remain relatively stationary into Monday so deep convection remains in the vicinity much of the weekend. Surface winds will be mostly trade winds but storm driven winds will at times cause brief periods of winds from the SW-SE directions.

In seasonal trends, the 2017-18 La Nina event is collapsing. We expect the Pacific to be in an ENSO neutral this spring into the summer, which favors 'normal' weather. Some climate models are going into El Nino already for 2018-2019 period, which increases risk of tropical storms developing in our region and prolonged period of west winds. Other models remain in ENSO neutral conditions. However, our skill at predicting ENSO patterns at this time of year is very low and is even nicknamed the spring time predictability barrier.

SATURDAY/SUNDAY/MONDAY FORECAST: Scattered showers Saturday into Monday, which may be heavy at times. Winds NE at 7-13 knots, but storm driven winds will cause variability from the trades.

MID-WEEK FORECAST: Continued above average shower activity in the RMI with scattered showers. Trade winds picking up mid-week from 13-18 knots.

AFN 99.9 THE WAVE

The USAG-KA Public Affairs Office launched the official return of local AFN radio. Tune in and chill out with AFN 99.9 THE WAVE during the work day from 7-9 a.m., 11 a.m.-1 p.m. and 4-6 p.m. Tuesday through Saturday for local news, announcements and musical entertainment. On radio frequency FM 99.9 and on the Roller Channel! *All requested community announcements must be submitted to and approved by the USAG-KA PAO. Email: nikki.l.maxwell.civ@mail.mil

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:55 a.m. 7:00 p.m.	7:17 a.m. 7:37 p.m.	4:52 a.m. 4.3' 5:03 p.m. 4.7'	10:54 a.m. -0.8' 11:14 p.m. -0.9'
MONDAY	6:54 a.m. 7:00 p.m.	8:01 a.m. 8:27 p.m.	5:20 a.m. 4.5' 5:32 p.m. 4.7'	11:24 a.m. -0.8' 11:42 p.m. -0.8'
TUESDAY	6:54 a.m. 7:00 p.m.	8:46 a.m. 9:19 p.m.	5:50 a.m. 4.5' 6:03 p.m. 4.4'	11:57 a.m. -0.7' -----
WEDNESDAY	6:53 a.m. 7:00 p.m.	9:33 a.m. 10:12 p.m.	6:21 a.m. 4.5' 6:35 p.m. 4.1'	12:11 a.m. -0.7' 12:31 p.m. -0.5'
THURSDAY	6:53 a.m. 7:00 p.m.	10:22 a.m. 11:08 p.m.	6:56 a.m. 4.2' 7:11 p.m. 3.6'	12:41 a.m. -0.4' 1:10 p.m. -0.1'
FRIDAY	6:52 a.m. 7:00 p.m.	11:15 a.m. -----	7:36 a.m. 3.9' 7:55 p.m. 3.0'	1:15 a.m. -0.0' 1:57 p.m. 0.3'
MARCH 24	6:51 a.m. 7:00 p.m.	12:10 p.m. 12:05 a.m.	8:29 a.m. 3.5' 9:01 p.m. 2.4'	1:56 a.m. 0.4' 3:06 p.m. 0.8'

U.S. Army Garrison—Kwajalein Atoll

Volunteer Recognition Event
 Kwajalein Jr.-Sr. High School MP Room
 Saturday, March 31, 6:30-8:30 p.m.

The first USAG-KA Volunteer Recognition Event is scheduled for March 31, 2018 at the Kwajalein High School MP Room from 6:30-8:30 p.m. Recipients of the certificates have been nominated as individuals and in group categories. Everyone is invited to attend and show their appreciation for the time, talent and efforts offered by volunteers to improve our community.

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF MARCH 16

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 24
Beef Stew	Pepper Steak	Honey Glazed Chicken	Chicken Alfredo	Fried Catfish	Chicken & Broccoli	Teriyaki Beef
New England Broil	Browned Potatoes	Fried Trout	Fried Pork Chop	BBQ Baked Chicken	Hamburger Yakisoba	Lemon Baked Chicken
Fried Cabbage	Corn O'Brien	Potatoes Au Gratin	Noodles Jefferson	Candied Yams	Buttered Noodles	Pork Fried Rice

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 24
Grilled Ribeye Steak	Swedish Meatballs	Spaghetti w/Meat Sauce	Teriyaki Beef	Beef Stew	Cajun Meatball	Grilled Pork Chop
Shrimp Scampi	Baked Pollock	Chicken Parmesan	Honey Ginger Chicken	Caribbean Catfish	Pineapple Baked Ham	Mustard Dill Salmon
Dirty Rice	Corn Combo	Mashed Potatoes	Paprika Potatoes	Oven Brown Potatoes	Wild Rice	Broccoli Cheese Rice

COMMUNITY CLASSIFIEDS

HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit www.usajobs.gov.

Job opportunities are available at RTS Weather Station. For full details and to apply see <http://www.aq-ast.com/careers req.#42>.

FCE Benefits Administrator position. For more information please contact Diane Peters at (805) 355-0939 for more information.

San Juan Construction is currently hiring for multiple projects on Kwajalein. If your contract is ending and you are interested in continued work on Kwajalein, please see our website at www.sanjuanconstruction.com for opportunities and to apply or call Tim Hughes, Corporate Recruiter at 970-497-8238.

Space Fence is hiring for multiple on-island positions. Inquire with Leslie.Halenaar@lmco.com.

Community Bank currently has an opening. The position is available to on-island hires. Some banking experience is required. Please apply at dodcommunity-bank.com or call Stephanie Prudence, 5-2152.

COMMUNITY NOTICES

National Honor Society Decades Diner. 5:30- 8:30 p.m. March 18. Pods will be sold 4-6 p.m. March 6 and March 13 in front of the Shopette. Questions? Email Kellie Reed at reedk@kwajalein-school.com.

Calling all junior and senior high school students to join us for Youth Fellowship! Middle School Youth Fellowship will meet at 3:30 p.m. in the elementary school gym on March 5 and 19. High School Youth Fellowship will meet at 6:30 p.m. in the REB on March 12 and 26. Contact Wes or Cher Kirk or Alex Coleman.

George Seitz Elementary School Art Show. Kindergarten-6th Grade: Tuesday, March 20. The show will be 4-6 p.m. in the Art Studio (room 14, in building across the street from the Family Pool). This year's theme is Journey! Theme appropriate costumes and outfits are welcome! We hope to see you there! *Students must be accompanied by an adult.

George Seitz Elementary School Talent Show. Friday, March 23 at 5:30 p.m. in the MP Room. The community is invited to enjoy the performance! Bake sale treats and GSES merchandise will be available for sale.

There is a trip planned to go to the Guegegue Fellowship (Bible study, worship & singing) on Tuesday, March 27. Leaves Kwaj at 6 pm and returns at 10 p.m. All are welcome to attend. Please call Cherie at 5-9444.

Please join us for Catholic Holy Week and Easter Services in the main sanctuary of the Island Memorial Chapel. All are welcome! Palm Sunday Mass, March 25 at 9:15 a.m. Mass of the Lord's Last Supper, Thursday, March 29 at 7 p.m. Adoration of the Cross, Friday, March 30 at 7 p.m. Easter Vigil, Saturday, March 31 at 7 p.m. Easter Morning Mass, Sunday, April 1 at 9:15 a.m.

Island Memorial Chapel Interdenominational Service will have

a Good Friday Service on Friday, March 30 at 6:15 p.m. in the REB. Everyone is welcome to attend.

The community is invited to attend the Easter Sunrise Service on Sunday, April 1 at 6:30 a.m. on Emon each. Brunch will follow both services. There will also be an 11 a.m. Easter Service on Sunday, April 1 in the main chapel.

Health Workshop: Smoking Cessation. Please contact EAP at 5-5362 to enroll in group as it will be built based on interest. Not comfortable with a group setting, individual sessions provided during the workday.

IMC Community Choir rehearsals will begin soon for the Sunrise Church Service Easter morning (Sunday, April 1) at Emon Beach. All singers are welcome. Practices will begin soon. Contact Heather at: heather.ardrey@gmail.com.

Christian Women's Fellowship Prayer Quilt Ministry is looking for quilters! Meets Tuesdays, 6:30-8 p.m. in the REB. We are accepting donations of fabric (long pieces) for lap quilts. Contact the church office at 5-3505.

KRS ES&H moved to Facility 1017 February 7. Contact numbers will stay the same. Roi KRS ES&H Office is at Facility 8060, office 146.

Seeking donations for the Book Fair! Please donate gently used or new books (children, teen and adult), puzzles or games for the Book Fair to be held at George Seitz Elementary School Wednesday, April 11 and Thursday, April 12. Donations can be dropped off at the Elementary School office now through April 6.

E-awareness. Spill Notification. In the event of a spill of a hazardous

WEEKEND MOVIES

Yuk Theater – Kwajalein
March 18
Girls Trip (R)

March 19
Thank You For Your Service (R)

Tradewinds Theater– Roi Namur
March 17
Downsizing (R)

March 18
Father Figures (R)
***All features begin at 7:30 p.m.**

material, waste, or petroleum product: Recognize – If it is safe, identify the material. Retreat – Evacuate. Keep others out. Report – call 911.

Lifeguard Classes. Session Dates: April 8-9, 15-16, 2018. Classes Dates: Tuesday, March 20 – Prerequisite LG Skills Tests 5-7 p.m.; Sunday, April 8 – 8 a.m. – 5 p.m.; Monday, April 9 – 8 a.m.– 5 p.m.; Sunday, April 15 – 8 a.m. – 5p.m.; Monday, April 16 – 8 a.m.– 5 p.m. Cost: \$150 (includes online class, book, pocket mask, and certification fees). Registration: Tuesday, March 6 – Saturday, March 17. Course fee due Saturday, March 24. For questions and registration, contact Cliff at 5-2848. Participants must be at least 15 years old.

Women's Bible Study Opportunities. Tuesday, 9:30-11 a.m. "Book of John", at Qtrs. 405-B Taro, March 20-May 22 (for more information call Sally Bulla at 5-9804 or email: sagebulla@gmail.com). Thursday. 9:30-11:30 a.m. "Uninvited," at house 430-B on (3/8) then 461-A Poinsettia (March 15-April 5). Thursday. 6:30-8:30 p.m. "Uninvited in the REB. Call Jill Grabowski at 5-3300 for more information.

Café Roi

*MENU CURRENT AS OF MARCH 16

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 24
Pepper Steak	Stuffed Bell Peppers	Chicken Vega	Fried Catfish	Baked Chicken	Chicken Alfredo	Roasted Turkey
Cantonese Spareribs	Honey Glazed Chicken	Fried Pork Chops	BBQ Ribs	Hamburger Yakisoba	Teriyaki Beef	Beef Stew
Pork Fried Rice	Rice Pilaf	Noodles Jefferson	Mac and Cheese	Buttered Noodles	Tomato and Eggplant	Buttered Noodles

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 24
Swedish Meatballs	Chicken Parmesan	Teriyaki Beef	Steak Night	Lemon Chicken	Grilled Pork Chops	Grilled Chicken
Butter Herb Chicken	Spaghetti Bolognese	Orange Chicken	Chicken Cordon Bleu	Cajun Meatloaf	Beef Stroganoff	Fried Shrimp
Sauteed Zucchini	Parsley Buttered Potatoes	Oriental Rice	Steamed Rice	Wild Rice	Potatoes Au Gratin	Red Beans & Rice w/Pork

GUIDE TO AFN TELEVISION CONTENT ON USAG-KA

HOURLASS REPORT

Here's a handy map to all 17 AFN TV channels available to USAG-KA residents.

- 14-1: Local Roller (LOCAL) / Roi, 45-1, 2
- 14-2: Local Weather (LOCAL) / Roi, 51-1, 19
- 14-3: AFN News (LIVE) / Roi, 39-1, 15**
- 14-4: *AFN Prime Atlantic (DELAYED 14 hours)*
- 17-1: AFN Sports (LIVE) (HD) / Roi, 26-1, 13**
- 17-3: *AFN Spectrum (DELAYED 21 hours)*
- 17-4: *AFN Movie (DELAYED 21 hours)*
- 17-5: *AFN Family (DELAYED 21 hours)*
- 20-1: *AFN Sports-2 (DELAYED 14 hours)*
- 20-2: DTS (LIVE)
- 20-3: AFN Prime Pacific (LIVE) / Roi, 40-1, 8**
- 20-4: AFN Movie (LIVE) / Roi, 27-1, 23**
- 23-1: AFN Prime Atlantic (LIVE) / Roi, 36-1, 21**
- 23-2: AFN Spectrum (LIVE) / Roi, 31-1, 18**
- 23-3: AFN Family (LIVE) / Roi, 32-1, 5**
- 23-4: AFN Sports 2 (LIVE) / Roi, 29-1, 11**
- 29-1: Kwajalein TV (LOCAL) / Roi, TBD

There are eight AFN channels that we receive via satellite from the AFN Headquarters in California. They are in bold type above. Those eight channels are broadcast live.

Five of those channels (Prime Atlantic, Spectrum, Movie, Family, Sports 2) also run in a delayed format on five separate channels so as to align prime time programming with the evening hours locally on Kwajalein Atoll. It's the exact same content—only delayed. Those delayed channels are in italic type above.

The other off-island live channel is a separate, special channel: AFN DTS (Direct to Sailor), which exists in its own category. It is on 20-2. It is underlined above.

Finally, there are also three local channels: Kwajalein TV, the new local access channel; the roller channel; and the

weather channel. They are listed in normal type above.

AFN provides programming schedules for the eight live channels coming in from AFN-California and also for the one DTS (Direct To sailor) channel. How do you find out what the programming schedules are? Go straight to the source to get the most accurate, real-time programming for these channels at **www.myafn.net**. *Note, AFN does not provide scheduling information for the locally delayed channels or the local channels (KTV, roller, weather).

Be sure to click "Current Time Zone" at the top right of the myafn.net homepage, and select the Kwajalein Atoll time zone in the dropdown box. In the AFN TV menu at left, click on "Schedules," and you're all set. Just select the date you're looking for by hitting the calendar icon at the top right of the screen, and all programming for all channels are presented.

The one exception is the AFN DTS (Direct to Sailor) channel. To find scheduling for the DTS channel, go back to the homepage. Click "DTS SCHEDULES" under the AFN TV heading at the left of the page. Under the "DTS" heading (not the "AFN" heading), select the Excel file that displays the time period you are researching. In the Excel spreadsheet that opens, make sure you have selected the "DTS Pacific" page at the bottom of the sheet. There is your programming for the entire week. Understand that there is a five-hour difference in time that you must take into consideration. For example, midnight on Kwajalein is 5 a.m. on the spreadsheet.

If you have questions, call AFN Kwajalein at 53743 or 52114.

SCHOOL ADVISORY COMMITTEE

March 21, 2018 at 7 p.m.
George Seitz Elementary School
Coconut Room

ORGANIZATION REPRESENTATIVES

Alutiiq Representative – Yoshi Kemem – yoshi.j.kemem.ctr@mail.mil

USACE Representative – Mike Howe – michael.d.howe@usace.army.mil

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Thank you, Kwajalein.

The YYWC would like to express our gratitude to the Kwajalein Community for their kind and generous support of our fundraising efforts this year, particularly the Kaleidoscope and Basket Auction Events. Together, with your generous giving, we have surpassed an unbelievable \$48,000. KHS scholarships and numerous grant requests for educational improvements throughout the Marshall Islands can now be funded because of your contributions. Thank you to everyone for your support and generosity.