

VOLUME 55 NUMBER 2

JANUARY 11, 2014

THE KWAJALEIN HOURGLASS



Chief Warrant Officer 3 Shawn Carpenter shows Gen. Vincent Brooks, commanding general of U.S. Army Pacific, around the Kwajalein Dock Security Checkpoint and harbor Wednesday during the leader's visit to U.S. Army Garrison-Kwajalein Atoll. For more, see page 2.

Photo by Jordan Vinson

U.S. Army Pacific commander tours USAG-KA

Hourglass reports

Gen. Vincent Brooks, the commanding general of U.S. Army Pacific (USARPAC)—the Army service component of the United States Pacific Command—toured U.S. Army Garrison-Kwajalein Atoll Wednesday.

Having taken command of U.S. Army Pacific July 2, 2013, the general came to the atoll for an in-depth look at the array of mission assets, garrison infrastructure and quality of life services currently available.

Gen. Brooks' and his visiting party came in to Bucholz Army Airfield on U.S. Army Garrison-Kwajalein Atoll via a personal plane, where they were greeted by several members of USAG-KA Command.

At the Command building off Ocean Road, the general received



Gen. Vincent Brooks' official party takes a look around the Kwajalein pier and marine facilities.

YOKWE!

Nick and Sarah Dahl are new to Kwajalein. Having recently moved from Knoxville, Tenn. Nick has begun working in Finance for Kwajalein Range Services, a job opportunity he heard about from a friend already living on Kwajalein. Sarah is a photographer. The Dahls said they look forward to becoming involved in the Kwajalein community and enjoying free time on the beach.



Photo from Nick and Sarah Dahl

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 necessarily official views of, or endorsed by, the

U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

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a debriefing aimed at explaining the overall mission of both the garrison and the Reagan Test Site. RTS' radars and instrumentations on Roi-Namur were a highlight of the meeting.

He and his staff stopped by the Marine Department and got a firsthand look at how the bustling Dock Security Checkpoint and Kwajalein harbor function on a normal business day.

En route to Roi-Namur, they were able to enjoy a sweep of the western perimeter of Kwajalein Atoll via helicopter, courtesy of Chief Warrant Officer 4 George Gansel.

On Roi, Brooks and his team toured TRADEX, ALTAIR, MMW and other state-of-the-art radar installations and instrumentations.

Accompanying Gen. Brooks was his wife Dr. Brooks who visited several locations on Kwajalein, including the Marshallese Cultural Center, the hospital and veterinarian clinic, the schools, the child daycare center and the youth center.



Deputy USAG-KA Garrison Commander Joseph Moscone discusses with Gen. Vincent Brooks the assets available at and functions performed by the Kwajalein Dock Security Checkpoint and harbor. It was one of the stops Brooks and his staff made on Kwajalein before heading to Roi-Namur.



Chief Warrant Officer 3 Shawn Carpenter and Gen. Vincent Brooks talk about marine assets on Kwajalein, such as the ferry boats, the catamarans that run to Meck and the *Worthy*.

The Kwajalein Hourglass Time Capsule



The Kwajalein Hourglass has been a steadfast recorder of history, both on Kwajalein Atoll and elsewhere throughout the world. What follows is a selection of clips from prior editions of the newspaper printed decades ago.

SOVIET PREMIER WISHES KENNEDY AND AMERICANS HAPPY NEW YEAR
 MOSCOW (UPI)--PREMIER NIKITA KHRUSHCHEV AND PRESIDENT BREZHNEV LAST NIGHT SENT A NEW YEAR'S MESSAGE TO PRESIDENT KENNEDY AND EXPRESSED THE HOPE FOR A "GREAT IMPROVEMENT IN RELATIONS" DURING 1963.

MOSCOW RADIO, IN A BROADCAST BEAMED AT NORTH AMERICA, QUOTED THE SOVIET LEADERS AS WISHING KENNEDY, HIS FAMILY AND ALL AMERICANS "NEW YEAR'S GREETINGS AND BEST WISHES "

THE MESSAGE TO KENNEDY WAS ONLY ONE OF MANY SENT TO WORLD LEADERS.

IN A MESSAGE TO BRITISH PRIME MINISTER HAROLD MACMILLAN, KHRUSHCHEV EXPRESSED HOPE THAT THE PROBLEMS OF BERLIN, DISARMAMENT AND NUCLEAR TESTING WOULD BE SOLVED.

From Jan. 2, 1963

War Games In North Pacific

TOKYO (UPI) -- U.S. officials said the largest American military exercise in the North Pacific since World War II entered a sixth day today and the Soviet Union charged the maneuvers were "a great threat to the interests of peace and stability "

The American military officials said the maneuvers in the North Pacific included the aircraft carriers *Midway*, *Enterprise* and *Coral Sea*, plus 30 other ships, 300 aircraft and more than 23,000 personnel.

The military exercise, known as Fleet-ex 83-L, began Sunday and was taking place northeast of Japan in the vicinity of the outermost Aleutian Islands, the officials said. The exercises are under the command of the Third Fleet, based in Pearl Harbor.

From April 2, 1983

KNOW YOUR HOSPITAL

DURING THIS YEAR, 21 MAJOR SURGICAL OPERATIONS AND 437 MINOR SURGICAL PROCEDURES WERE PERFORMED IN THE KWAJALEIN HOSPITAL. ONE OF THE KEY MEMBERS OF A SURGICAL TEAM WHO CONTRIBUTES MUCH TO THE SUCCESS OF ANY MAJOR OPERATION IS THE ANESTHETIST. THE KWAJALEIN HOSPITAL, OPERATED BY THE TRANSPORT COMPANY OF TEXAS, IS HAPPY TO SAY THAT THEY, LIKE THE BETTER HOSPITALS ALSO HAVE ONE ON THEIR STAFF. SO, LET'S MEET---

FRANK BOWLING, ANESTHETIST

BORN AND RAISED IN ENGLAND, MR. BOWLING DEPARTED FOR CANADA AND THE U.S.A. AFTER THE CLOSE OF WORLD WAR II IN WHICH HE SERVED FOR 5 YEARS IN THE INFANTRY.

UPON ARRIVING IN THE U.S.A. IN 1949, HE ATTENDED THE LOS ANGELES COUNTY HOSPITAL SCHOOL OF NURSING. FOLLOWING GRADUATION, HE CONTINUED ON FOR ADVANCED TRAINING AT THE NORFOLK GENERAL SCHOOL OF ANESTHESIA IN NORFOLK, VA. THERE HE WAS INDOCTRINATED INTO THE LATEST ANESTHETIC AGENTS, PROCEDURES AND TECHNIQUES, PASSED THE SPECIALTY EXAMINATIONS IN WASHINGTON, D.C. AND WAS LICENSED AS A CERTIFIED REGISTERED NURSE ANESTHETIST.

ONCE AGAIN HE RETURNED TO THE WEST COAST WHERE HE WORKED FOR THE POLY CLINIC HOSPITAL IN SAN FRANCISCO AND ALSO WITH MANY OTHERS WHO SOUGHT HIS SERVICES AS AN ANESTHETIST AFTER HOURS.

ONE YEAR AGO, THE FEELING OF ADVENTURE AND TRAVEL AGAIN INTRIGUED HIM ENOUGH TO COME TO KWAJALEIN. HIS PRESENCE HERE HAS CONTRIBUTED MUCH TO THE SUCCESS OF THE HOSPITAL IN THE NUMEROUS OTHER DUTIES HE HAS PERFORMED BESIDES THAT OF AN ANESTHETIST.

From Jan. 2, 1963

Pest Management Department appeals to communities of Kwajalein, Roi-Namur

Hourglass reports

On Nov. 2, 2013, the Kwajalein Atoll Pest Management Department did an inspection of food waste disposal habits of unaccompanied and accompanied residents on Kwajalein. The results of the study revealed that serious problems persist with the ways in which individuals and families dispose of their scraps.



A fly maggot viewed through an electron microscope

The department inspected approximately 90 percent of the black dumpsters scattered throughout Kwajalein Island. All but four of the containers were filled with unbagged food waste and were crawling with thousands of fly maggots and hundreds of matured flies.

Some of the dumpsters with the worst fly infestations on the island were located around the Bachelor Quarters. The common culprits? People who throw their Styrofoam takeout containers directly in dumpsters without first enclosing them in sealed trash bags.

But residents living in accompanied housing haven't performed any better. 50 percent of the green trash cans that the Pest Management Department inspected throughout family housing areas during the study contained unbagged food waste like slices of pizza, rice, chicken bones, pet food, cat litter and more. Maggots

made their homes in 20 percent of them.

Other "hot spots" identified with bait stations were the Dome Housing areas and Emon Beach.

The Pest Management Department has appealed to the communities of Kwajalein and Roi-Namur in the past to act responsibly when disposing of waste, and it's doing so again.

"Are we really so busy or uncaring that we cannot take a few extra minutes to place food scraps in plastic bags or some other sealable container before we throw it in our trash receptacle?"

The alternative to properly sealing trash, Pest Management Department employees said, is to pump hundreds of gallons of noxious pesticides into the air in order to control the maddening fly populations. Unfortunately however, pesticides also kill off populations of dragon flies, lady bug beetles, mud daubers, ensign wasps and bundles of other beneficial insects in the process.

The Kwajalein Atoll Pest Management Department is reminding the Kwajalein and Roi-Namur communities to take the following steps to help keep the islands free from pests without resulting to poisoning the environment with pesticides.

—Bag your food waste and secure the top properly with included plastic straps or with twist ties or tape

—Re-use produce bags, nut cans and any non-recyclable closable container for food scraps

—Don't leave burgers, hot-dogs and chicken on the grills at the beaches

—Rinse recyclable food containers, beverage cans, bottles and more before disposing

—Keep your yards free of rotting vegetation

—Bag and properly dispose of pet droppings

Fly Facts

—One female housefly will lay five to six batches of eggs with 75-100 eggs per batch. That's a total of up to 900 eggs in her lifetime.

—Eggs hatch in 12-24 hours, becoming maggots (larvae). The process occurs more quickly in warm climates like that found on Kwajalein Atoll.

—It takes only four to seven days for a fly to mature from an egg to an adult fly.

—A fly's flight range can extend up to 20 miles, though they normally remain near food and breeding sources.

—The matter in which flies defecate and lay their eggs is the very same matter that they eat. Sometimes that matter could be the food you put in your stomach.

—A pair of flies breeding in April, if all eggs were to survive to adulthood, would result in 191,010,000,000,000,000,000 (191 quintillion 10 quadrillion) flies by August. Allowing 1/8 cubic inch to each fly, this number of flies would cover the entire Earth's surface in a 47-foot-deep cloud of flies.



That other newspaper

What follows is a piece written by late historian and longtime Kwajalein resident, Eugene Sims. Author of the 1993 book Kwajalein Remembered, Sims wrote many historical articles that have appeared in the Hourglass throughout the years. Having passed away late last year, Sims left the newspaper with many of those original articles and passages penned years ago. They will be occasionally reprinted as a tribute to the local historian, as thanks for helping Kwajalein keep a thoughtful eye on the past as it rocks ever more into the future.



Article by Eugene Sims

Late historian and longtime Kwajalein resident

Quite often I'm asked by early residents of Kwajalein, "Hey, whatever happened to that other newspaper on Kwaj?"

Of course, these folks are talking about the "Kwajalein Post," which was first published in April 1953.

The Kwajalein Post was a station newspaper, written by a small staff of U.S. Naval personnel. The

purpose of the Post, established by Navy Base Commander Capt. George Dufek, was to disseminate local island information in story and picture format about daily island living, schedules, personalities and other events that centered solely on Kwajalein.

Captain Dufek realized there was a need to improve the morale of personnel assigned to Kwajalein. He was also heard to say, "Maybe an island newspaper will stop some of the damn rumors that get started on Kwajalein."

By 1953 there were several dependent families living in old wooden houses along Ocean Road. Children went to school in a Quonset hut called the George Seitz School. The Post Exchange was renamed Macys, and the newly opened commissary was nicknamed Safeway.

The Post newspaper format was much different from the daily Hourglass newspaper that carried all the United States and international news. The Post was published only once a week and was printed in Honolulu. The Post was a fun newspaper that carried jokes, cartoons and pictures about island activities.

The Post reported information about the social, athletic and various military and civilian department activities on island. After a shaky start, the Post grew into a multi-paged document by mid-1953 with a weekly circulation of over 3000 copies. Many of the papers were mailed by Kwajalein residents to their families to illustrate living on a Central Pacific island.

The Post printed a June 1953 story with pictures of the 3rd annual Kwaj Carnival and copy explaining how the carnival raised over \$11,000 donated to Navy Relief.

Use of the newly opened Safeway Commissary was restricted for island family residents only. Since there were still many single military personnel on the island, many letters of complaint about this policy were sent to the Post. The Navy finally relaxed the restriction by allowing single persons to buy a lim-

ited amount of items at Safeway.

In 1953 the Post also told about the opening of the first Women's Beauty Salon located in a 12-by-18 foot room in the women's barracks. The new air-conditioned facility included "one hair dryer, an all purpose chair, and several waiting chairs." The Post was quick to point out that the only thing missing was a qualified beautician to operate the new salon!

As 1953 came to a close, the Korean War was over. There were only 600 Marshallese living on Ebeye, and Roi-Namur was still just a sleepy island home for a few Marshallese families.

As one reporter wrote in a 1954 edition of the Post, "Kwajalein is a great duty station and a wonderful place to live." The wonderful place, however, was soon to come to an end.

The Navy plan for Kwajalein to become a major military refueling center did not continue much longer. This was due to increasing range capability of military aircraft, the end of the Korean conflict and the heavy military budget cuts by Congress in 1954-55.

By 1956, the Kwajalein population dwindled to less than 500 station keeper personnel, and the need for both the Kwajalein Post and the Hourglass decreased dramatically. The Post ceased printing in late 1956, and the Hourglass became sporadic and nearly followed the Post shortly thereafter in 1957.

It was not till the arrival of the first logistics contractor, Transport Company of Texas in 1958-1959 that the Hourglass was again printed on a scheduled basis. The Kwajalein Post was never again printed.

It is interesting to note that much of the format used in the Post was picked up and printed in the new 1958 issues of the Hourglass. This included a funny paper, cartoons, puzzles, movie schedules and a host of local island items. Besides the U.S. and world news, the Hourglass now covered many items of local happenings on Kwajalein and Roi-Namur. The Hourglass had become a fun newspaper too.

Kwajalein Echo Pier Repair

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (USASMDC/ARSTRAT) has completed an Environmental Assessment (EA), prepared in accordance with the National Environmental Policy Act (NEPA) of 1969 and the Council on Environmental Quality regulations implementing NEPA. The Kwajalein Echo Pier Repair EA analyzes the potential environmental consequences that could result from the implementation of repairing the pier to continue its use as a location for transfer of supplies and a major berthing location for USAG-KA/RTS. Given its significant deterioration, Echo Pier cannot currently support any loading or off-loading operations beyond manual operations. No vehicles (trucks, cranes, forklifts, etc.) are allowed on Echo Pier at several places. Consequently, extensive restoration and repair is needed to meet current and future demands.

Based on the analysis, the USASMDC/ARSTRAT has determined that proposed activities are not expected to result in significant impacts to the environment. A final signed Finding of No Significant Impact (FONSI) and the EA are available at www.govsupport.us/eprea and at the following locations:

Office Lobby of the Republic of the Marshall Islands Environmental Protection Authority, Majuro, Marshall Islands

Office Lobby of the Republic of the Marshall Islands Environmental Protection Authority, Ebeye, Marshall Islands

Grace Sherwood Library
Kwajalein, Marshall Islands

Roi-Namur Library
Roi-Namur, Marshall Islands

Public comments on the EA and Draft FONSI were accepted through 11 November 2013. Revisions based on comments received were included in the final version as applicable. An Environmental Impact Statement is not required. Thus, the signed FONSI is being distributed to various individuals and agencies to include with their copy of the Kwajalein Echo Pier Repair EA. Questions regarding these documents or request for additional copies should be addressed to:

U.S. Army Space and Missile Defense Command,

ATTN: SMDC-ENE (Mr. Mark Hubbs)
P.O. Box 1500, Huntsville, AL 35807-3801

Or fax to SMDC-ENE (Hubbs), Huntsville AL, (1)-256-955-6659

What has Quality of Life been up to during the last few months?

By Tommy Ryon

- 11 new picnic tables for the BQ areas have been ordered

- Picnic tables, chaise lounge chairs and Adirondack chairs have been ordered for the beaches

- The Josh Logan Trio (Josh Logan finished 11th on The Voice this year) will have performances in early 2014 on Kwaj and Roi.

- New speakers have been purchased for the Roi Tradewinds Theatre

- A TRX Suspension system and fitness balls have been purchased for the group fitness room



- New Sunfish sailboats have been purchased for the Kwajalein Yacht Club

- KAISC is receiving a new tractor for boat launches

- The Outrigger Canoe Club and the newly founded Roi Namur Outrigger Canoe Club will be receiving new canoes and equipment

- A speed bag and stand have been ordered for Ivey Gym

- Roi Namur will receive new music equipment

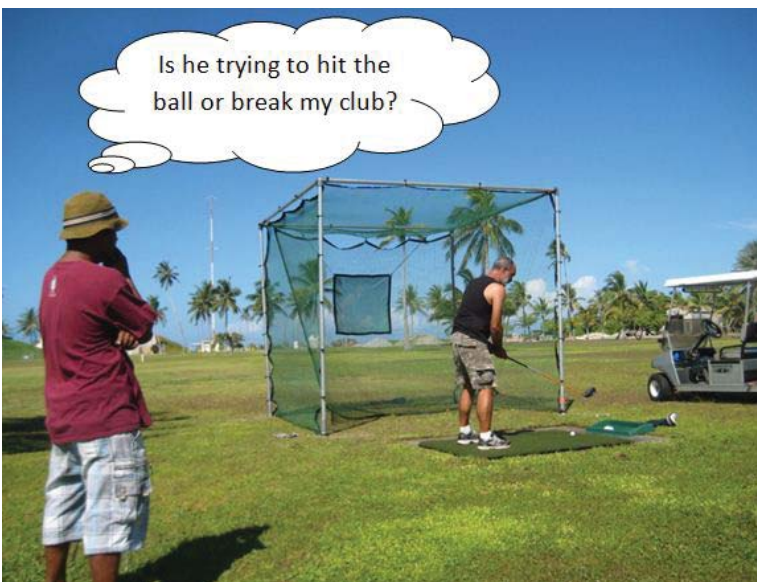
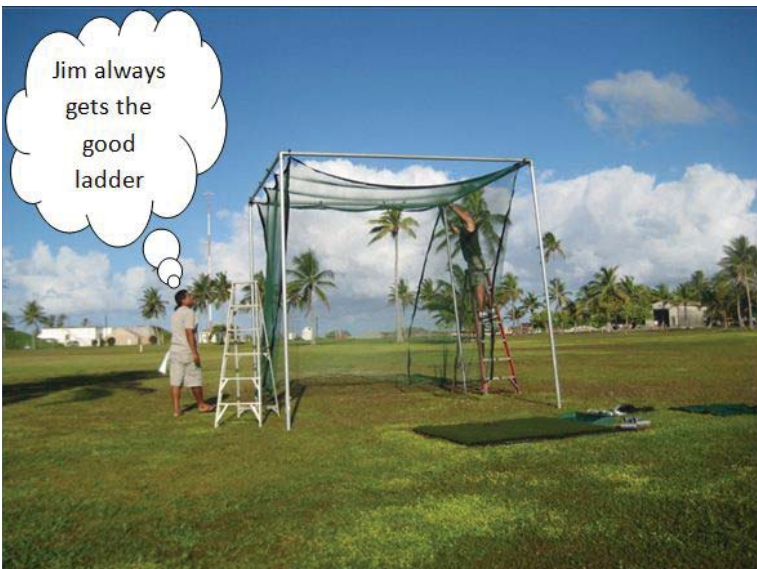
Ideas, feedback, suggestions, etc.? Contact a Quality of Life representative

Bachelor Quarters—Stacy Helt, Tim Roberge, Jim Hockenberger, Bill Williamson, Laura Pasquarella-Swain, Jan Abrams, Midori Hobbs

Accompanied Housing—Cindy Cullen, Kim Parker, Sarah Stepchew, Harden Lelet, Ed Jednacz, Becky Harris, Marc Rivera

Students—Elizabeth Elkin, John Sholar

DISPATCH FROM ROI



View from Kwaij



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

BAGGO BOARD and eight beanbags, left on Emon Beach (Pavilion 1) for a party, property of Community Activities. Call 53331.

FOUND

MEN'S RING, at Emon Beach after King-of-Beach tournament. Call David at 52322 or 50625.

FOR SALE

FREE SAILING LESSONS with the purchase of 35-foot Jason sailboat *MALI*. call 52625.

BIKE, men's Simple Giant aluminum 1-speed, excellent condition, \$190; kid's 20-inch bike, rusty, \$20; Huffy women's 1-speed, rusty, \$20; Simple Giant, women's, old but good aluminum frame, \$25. Call John at 52535.

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
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.

OCEANIC QLR3 BC, size XXL, \$250, Call Jim at 54184.

BIKE AND TRAILER, less than one year old, 3-speed aluminum Giant and aluminum trailer, \$400. Call Todd at 51574.

GLASS & METAL 3-shelf TV stand, \$50; barstool, \$10; rock/glass polisher, \$40; Sun bike in excellent condition, \$150; pole/tarp patio cover, currently set up for 2-bedroom old housing, \$100; queen quilted bedspread/shams, \$40; full comforter/shams/dust ruffle, \$40; two twin comforters/sham/dust ruffle/sheets/blankets/pillows, \$50. Call 52785.

NICE SOLID WOOD FUTON, storage in armrests for remotes, etc, magazine racks on both sides, nice matching pillow set, great for second or third bed, will help move, \$200; front and back 26-inch aluminum bike rims and various other bike parts. Call 52495 and leave a message.

APPLE ITOUCH, 32 GB comes with original box, paperwork, ear buds, USB cable, screen protector and hard shell back protector, cleared to starting setup, \$225; Dawes Canadian 1-speed racing bike, new parts, 700 wheels, carbon forks, \$300; medium size all aluminum bike trailer, \$125. Call 52642.

MEN AND WOMEN'S Trek cruisers, single-speed, aluminum frames in good condition, components Kwaj condition, racks and baskets included, \$50 each; kid' pink 20-inch cruiser, \$30; all available Jan. 23; new, unused cat carrier, airline approved, \$20. Call 52306 or visit quarters 208-B.

PENN INTERNATIONAL II 130H 2-speed reel, pristine condition, serious reel for serious fishing, bought as a refurbished floor model, has never seen line or water, \$800. Call 56572.

56 KBPS MODEM, \$20; GE cordless phone, \$25; electric clock, \$15; 30-inch flat-screen TV, \$200; vacuum cleaner, \$35; lawn chair, carrying bag, \$7; two Ugly Stik fishing poles, tackle, \$70; new work boots, size 11; \$30; black suit jacket, size 48r, \$45; Garmin GPS for car, \$35. Call Robert at 51752.

COMMUNITY NOTICES

"PARENTS MAKE A DIFFERENCE" group will begin the second Saturday of every month beginning today, from 4:45-5:30 p.m., in the Hos-

pital Conference Room. Teach your kids calmer, more constructive ways to express their anger, disappointment, fear, frustration and much more. For parents of elementary age students. Questions? Call the EAP at 55362.

GREAT KWAJ SWAP MEET. 9-11 a.m., Monday, 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.

BARIATRIC SUPPORT GROUP meets on the second Tuesday of each month at 4:45 p.m. in the hospital conference room. First meeting of the new year is Jan. 14 Questions? Call the EAP at 55362.

KWAJALEIN ART GUILD meeting is at 5:30 p.m., Tuesday, in the Art Annex. All members and interested individuals plan to attend to vote for the new 2014 Board Members.

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

WINTER BOWLING LEAGUE. 4-person teams, runs from Jan. 15 to March 5 on Wednesday nights. Limited to 24 bowlers. You will bowl each team once and two position rounds. 7-point scoring for the night. All are welcome to sign up. Don't have a team? Sign up and bowl with new friends. Have fun in the winter bowling league! Register with Community Activities. Call 53331.

BASKETBALL SEASON. Register through Friday for the 2014 season, running from Jan. 22-March 7. \$100 team registration fee. Mandatory managers' meeting at 6:15 p.m., Friday, in CRC Room 1. Questions? Call Kaylee at 51275.

JOIN US FOR QUIZZO at The Vet's Hall! 7:30 p.m. on Friday. Special guest hosts Rob Ewbank and Leigh Pinney will try to stump us with their trivia! Questions? Contact Neil Dye or Mike Woundy.

SMALL BOAT MARINA MLK Day Hours: 12:15-6 p.m. on Jan 18; 7:30 a.m.-6 p.m. on Jan 19-21. Reservations Recommended!

LIVE SHOWS from rock band *Prospect Hill!* Friday at the Roi Outrigger. Jan. 19 at the Vet's Hall. Special show for high school students Jan. 20 at the MP Room. Band sponsored by Quality

Captain Louis S. Zamperini Dining Facility**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 18
Maple Glazed Ham	Herb Roast Beef	Meat Lasagna	Roast Turkey	Dry Rub Spareribs	Mesquite Turkey	So Many Kinds of Pasta
Crab Benedict	Tuna Casserole	Cheese Manicotti	Sage Stuffing	Baked Beans	Pot Roast	Meatballs
Barbecue Beef Sandwich	Quiche	Garlic Toast	Mashed Potatoes	Corn on the Cob	Fish du Jour	Garlic Bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 18
Rosemary Pork Loin	Beef Curry	Kwaj Fried Chicken	Grilled Chicken	Teriyaki Beef	Hamburger Bonanza	Breaded Pork Steak
Chicken Stir-fry	Buffalo Chicken	Hawaiian Chopped Steak	Pineapple Salsa	Crab Egg Foo Yung	Picante Chicken	General's Chicken
Mixed Vegetables	Brown Rice	Potatoes O'Brien	Baked Potatoes	Sesame Noodles	Vegetarian Stir-fry	Thyme Roast Potatoes

of Life. Questions? Call Community Activities at 53331.

PROSPECT HILL youth songwriting workshop. 6:30 p.m., Jan. 21, at the Youth Center. Interested in learning to write songs? Have a work in progress you want feedback on? This workshop is for you. Bring a pen, paper and an instrument, if you choose. Questions? Call Nick Langley at 53796 or Midori Hobbs at 53331.

STAINED GLASS WORKSHOP for experienced glassers. 5 p.m., Jan. 22, at the Art Annex. All tools will be supplied by the Kwajalein Art Guild. Questions? Call Jayne at 54643.

OPEN RECREATION EVENT: Photo Scavenger Hunt. 6-7:30 p.m., Jan. 25. The Youth Center teens will help lead us in an exploration around Kwaj. Meet in the SAC room, form teams, complete photo assignments and race back to share experiences and a snack. Registration Dates: Jan. 14-24. Register at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr.@us.army.mil.

YYWC presents the Kaleidoscope of Music! 7 p.m., Jan. 26, in the MP Room. Kwajalein's musical talent will present a fabulous evening of entertainment. Tickets are \$15 with proceeds going to Kwajalein High School Senior Scholarships. Ticket sales on Monday from 11 a.m.-2 p.m. at the AAFES porch, the Mic Shop or contact Jane Premo, Cynthia Rivera or Sarah Stepchew.

NOT SURE where to start with your New Year's resolution? The library can help! Whether you're taking on a new hobby or a little self-improvement, we've got the resources to get you started! Check out self-help materials, cookbooks, workout DVDs, travel guides and more. Open Tuesday-Saturday 8 a.m.-5 p.m.; and open until 6:30 p.m. on Wednesday, Friday and Saturday; 11 a.m.-5 p.m. Sunday. Call us today at 53439!

AFN-KWAJALEIN will soon make the transition from analog to digital broadcast for all 10 TV channels. The transition will likely be finalized on or before 31 January 2014. Residents with newer, digital TV sets will only need to reprogram their current TV set to receive all the digital channels. Residents with older, analog TV sets will need to obtain a DTV converter box to receive the digital TV Channels. These converter boxes are available for purchase online from various vendors. For information on how to use

DTV converter boxes with an analog TV, see the PBS webpage explaining the process: http://www.pbs.org/digitaltv/converter_boxes.php.

WWII VETERANS to visit Kwajalein and Roi. Two veterans who fought in Operation Flintlock, the battle for Kwajalein Atoll in January and February 1944, will be returning to Kwajalein in January for the 70th anniversary of the battle. Several events are being planned for their visit, which is being sponsored by American Legion Post #44, the Kwajalein Scuba Club and the Quality of Life committee. For more information, contact the event coordinator, Dan Farnham.

CONGRATULATIONS! You're doing it! Learn to manage stress and you'll learn to manage food. See you at the next weight management group at 4:45 p.m., Feb. 6, in the hospital conference room. Questions? Call the EAP at 55362.

LIFE CAN BE a balancing act for any adult, but if you find yourself constantly late, disorganized, forgetful and overwhelmed by your responsibilities, you may have ADD/ADHD. Help is available and learning about ADD/ADHD is your first step. The ADD/HD support group will meet from 4:45-5:30 p.m., the second Thursday of each month in the hospital conference room. Questions? Call the EAP at 55362.

E-TALK: Reduce waste, reuse materials and make an effort to be part of the recycling program. Questions? Call KRS Environmental at 51134.

SAFELY SPEAKING: New Year Safety Resolution: Speak up if you see an unsafe action or unsafe condition. Listen up when someone identifies an unsafe act or condition, especially if you are the one acting unsafe.

Correction to the Dec. 14, 2014 Hourglass

Dr. Paulette Galbraith was listed as the author of the "Kwaj Cares" feature. The author of the piece was actually Marion Ruffing.

Military Casualties

Sgt. Jacob M. Hess, 22, of Spokane, Wash., died Jan. 1 while supporting combat operations in Helmand Province, Afghanistan. He was assigned to Marine Aviation Logistics Squadron 26, Marine Aircraft Group 26, 2nd Marine Aircraft Wing, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. First Class William K. Lacey, 38, of Laurel Hill, Fla., died Jan. 4 in Nangarhar Province, Afghanistan, of injuries sustained when the enemy attacked his unit with rocket propelled grenades. He was assigned to 201st Brigade Support Battalion, 3rd Brigade Combat Team, 1st Infantry Division, Fort Knox, Ky.

THUMBS UP

...to Greg Moore who found a credit card in the Post Office and returned it to the owner.

...to William Jones, who found a checkbook at Emon Beach a few weeks ago and turned it into the Kwajalein Security and Access Control office. The owner is extremely grateful.



Lunch

Sunday

Salisbury Steak
Eggs a la Lucio
Sweet Potatoes

Monday

Beef Stir-fry
Five-spice Chicken
Fried Rice

Tuesday

Fried Fish Sandwich
Blackened Spareribs
Cornbread

Wednesday

Chicken Pesto Turnover
Beef Stroganoff
Stir-fry Vegetables

Thursday

Cheese Quesadilla
Turkey Cordon Bleu
Onion Rings

Friday

Grilled Cheese
Country Meatloaf
Cheesy Pasta

Jan. 18

Chicken Fajita Wrap
Ropa Vieja Beef
Black Beans and Rice

Dinner

Sunday

Italian Meatballs
Pasta
White Clam Sauce

Monday

Kibi Beef Ribs
Adobo Chicken
Candied Yams

Tuesday

Beef Tamales
Chicken Enchilada
Refried Beans

Wednesday

Carved Steamship
Chicken Pot Pie
Corn on the Cob

Thursday

Roi Fried Chicken
Pork Spareribs
Mashed Potatoes

Friday

Eggs to Order
Bacon and Sausage
Pancakes

Jan. 18

Italian Roast Beef
Pesto Grilled Chicken
Garlic Bread

Café Roi

Ready and Resilient Wellness calendar Jan., 2014

Sponsored by the Community Health Promotional Council

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Smoking Cessation Class: 4:45-5:30 p.m., Hospital Conference Room Unaccompanied Roundtable 4:45-5:30 p.m. (this Sat only-time will change)
5 Christian Women's Fellowship 12 p.m., Religious Education Building.	6	7	8 Smoking Cessation Class (Roi) 11-11:45 a.m., KEAMS Conference Room.	9 Adult AD/HD 4:45-5:30 p.m. Hospital Conference Room. *Occurs 2 nd Thursday every month	10 Resiliency—Emotions and Reactions Hospital Staff, 12 p.m. Community, 4:45-5:30 p.m. Hospital Conference Room	11 "Parents Make a Difference" group meeting 4:45-5:30 p.m., Hospital Conference Room (For parents of elementary age students)
12	13 Fun Run Number 6: .5 mile, 2 miles and 4 miles 5:30 p.m., Grace Sherwood Library	14 Bariatric Surgery Support Group 4:45-5:30 p.m., Hospital Conference Room.	15 Smoking Cessation Class (Roi) 11-11:45 a.m. KEAMS Conference Room	16	17	18
19	20 Ride and Park: Two-person team, run and share a bike 5:00 p.m., Atoll Terminal	21	22 Yoga 5:30-6:30 p.m. CRC, Room 6	23 Adult AD/HD 4:45-5:30 p.m. Hospital Conference Room. *Occurs 2 nd Thursday every month	24	25

Need to submit a publication request to the Hourglass or AFN Roller? This is how: If you have access to the global, type in "usarmy" to get to the group email listings. There are three listings. The first two groups are bolded. When you scroll past those, the last group is unbolded – this is the listing you want to choose. Make sure it says "mailbox" before Hourglass or AFN Roller and NOT "List" or "MBXOWNER" If you do not have access to the global, here are the email addresses:

usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

usarmy.bucholz.311-sig-cmd.mbx.afn-roller@mail.mil

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	<10%	ENE at 15-20 knots
Monday	Mostly Sunny	<10%	ENE-E at 15-20 knots
Tuesday	Partly Sunny	<10%	ENE at 15-20 knots
Wednesday	Partly Sunny	10%	ENE-E at 14-19 knots
Thursday	Mostly Cloudy	20%	ENE-E at 13-18 knots
Friday	Partly Sunny	10%	ENE at 15-20 knots

Yearly total: 0.18 inches

Yearly deviation: -0.85 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	7:07 a.m. 6:47 p.m.	3:37 p.m. 3:36 a.m.	12:01 a.m. 2.5' 2:25 p.m. 3.5'	7:51 a.m. 0.7' 8:59 p.m. 0.5'
Monday	7:08 a.m. 6:47 p.m.	4:25 p.m. 4:25 a.m.	2:50 a.m. 2.7' 3:04 p.m. 3.8'	8:37 a.m. 0.4' 9:33 p.m. 0.1'
Tuesday	7:08 a.m. 6:48 p.m.	5:13 p.m. 5:14 a.m.	3:26 a.m. 3.0' 3:37 p.m. 4.1'	9:15 a.m. 0.1' 10:03 p.m. -0.2'
Wednesday	7:08 a.m. 6:48 p.m.	6:01 p.m. 6:01 a.m.	3:58 a.m. 3.3' 4:08 p.m. 4.3'	9:48 a.m. -0.1' 10:31 p.m. -0.4'
Thursday	7:08 a.m. 6:49 p.m.	6:49 p.m. 6:47 a.m.	4:28 a.m. 3.5' 4:38 p.m. 4.5'	10:20 a.m. -0.3' 10:59 p.m. -0.5'
Friday	7:09 a.m. 6:49 p.m.	7:36 p.m. 7:31 a.m.	4:57 a.m. 3.6' 5:06 p.m. 4.6'	10:50 a.m. -0.4' 11:26 p.m. -0.6'
Jan. 18	7:09 a.m. 6:50 p.m.	8:22 p.m. 8:13 a.m.	5:25 a.m. 3.7' 5:34 p.m. 4.5'	11:19 a.m. -0.4' 11:53 p.m. -0.6'