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THE KWAJALEIN HOURGLASS

Eric Fridrich, lead vocalist for the visiting Quality of Life band this month, instructs Kwajalein youth during a music workshop at the Namo Weto Youth Center Monday. For more, see page 3.

Photo by Sheila Gideon



Residential Internet violations

Hourglass Reports

Kwajalein Range Services has received numerous notifications from our Internet Service Provider indicating potential instances of copyright infringement and other service violations. The ISP has stated that if the violations persist community members' residential Internet service could be terminated.

As a user of the residential Internet service, you signed an Acceptable Use Policy as part of your agreement for this service. If it is determined that your account has violated this agreement, you will be notified immediately. If violations persist, per the AUP, your residential Internet account may be terminated.

The most common violations appear to be the use of peer-to-peer sites. P2P file-sharing applications allow a computer to connect to a P2P network, and once connected, make it possible to download and share files with other users on the network. Beginning in April 2003 when members of the Recording Industry Association of America began to file civil suits seeking substantial damages for copyright infringement, there has been an increasing level of attention to violators of copyright laws. Although, many of these sites by themselves are not illegal, downloading from them may result in copyright infringement. We advise avoiding these sites altogether.

These Frequently Asked Questions can help to clarify what peer-to-peer file-sharing is defined as and help to make sure

you are not violating the AUP.

Q1: Are peer-to-peer file-sharing systems illegal?

A1: P2P technologies have many legitimate uses. However, the primary use of P2P technology has been copying of commercial music and video files, without the copyright holder's permission, for personal enjoyment. It is that type of activity that generally violates the Copyright Law.

Q2: What kinds of activities are probable violations of the Copyright Law?

A2: Any of the following activities, if done without permission of the copyright owner:

- Copying and sharing images, music, movies, television shows or other copyrighted material through the use of P2P technology
- Purchasing a CD or DVD and then making copies for others
- Posting or plagiarizing copyrighted material on your personal Web space
- Downloading anything of which you don't already own a copy (software, MP3s, movies, television shows, etc.)

Q3: What kinds of sites are considered P2P?

A3: There are many, but a few examples are: BitTorrent, LimeWire, Shareaza, Kazaa, iMesh or BearShare.

Q4: Does KRS monitor Residential Internet activity?

A4: Absolutely not. KRS is alerted by our Internet Service Provider that certain IP addresses are illegally utilizing P2P software.

Q5: How could I get caught if I violate Copyright Law or AUP?

A5: System administrators do not routinely police our network for illegal activity, but they must

respond to formal legal complaints they receive from the ISP. Users may be under the impression that their activity on the Internet is largely anonymous or untraceable, but this is untrue. In fact, almost all your activity on the Internet is logged on many of the computer systems you use, and while these logs usually are not inspected, they certainly can be used to confirm or implicate you in illegal activity.

Q6: What will happen if I get caught?

A6: A letter of violation will be sent to the user whose account has been linked to copyright infringement and possible termination of Residential Internet if violations persist.

Q7: But if everyone breaks the rules, how can you punish just one person?

A7: As with speeding tickets, "everyone else was doing it" will not satisfy an enforcement officer or provide an excuse for illegal behavior. Pleading ignorance of these rules or the applicable laws is also equally useless in an enforcement situation, so educate yourself before you potentially break the law.

Q8: How can I obtain digital music and movie files legally?

A8: Some music, movies and television shows can be legally obtained through online subscription services or from sites officially permitted by the copyright holders to offer certain downloads. Apple's iTunes store, Netflix or Amazon Prime are examples of these services.

If you have any further questions, please contact the IT Helpdesk at 52444.

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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Visiting QOL band spreads love of music throughout Kwajalein Atoll

Article and photos by Sheila Gideon
Managing Editor

The Quality of Life Committee has booked entertainment for Kwajalein and Roi-Namur for nearly every month this year. From musicians to comedians, each group has brought their unique style of music or fun to the islands, hoping to entertain and delight U.S. Army Garrison-Kwajalein Atoll residents. This month was no exception.

Eric Fridrich and the Wanderlust are an eclectic group of musicians from Seattle. Their self-proclaimed Afro Cuban Blues music brought a fresh, new element of music to the islands. The group performed three well-attended shows at the Roi Outrigger Oct. 3, the Kwajalein Yacht Club Oct. 4 and the Vet's Hall Sunday. What's notable about this group is that they booked a few extra days here on Kwajalein in order to take time to interact with island youth, both here on Kwajalein and Ebeye.

Despite the torrential rain on Monday, the group brought their music gear to the Namo Weto Youth Center for a music workshop for grades 7-12. Drummer Jeremy David Jones was excited when two percussionists were the first to arrive. Aiden Mitchell and Liam Beguhn took advantage of their one-on-one time with Jones, explaining their level of music ability and what they wanted to learn. Jones started by showing them some music videos and then discussed the importance of drummers in a music group.

"You're the rhythm guys," Leif Totusek, the group's lead guitar and backup vocalist chimed in. He talked to the boys about the evolution of the drum and hi-hat.

Jones instructed further, explaining to the boys that they must "get their hands to work independently of one another." Throughout the workshop, Jones gave the boys the opportunity to try out several different pieces of his percussion set.

Finally, a few more youth trickled in, some toting their musical instruments.



From left, Leif Totusek, Eric Fridrich and Dylan Hughes play some improv music with junior high students Christina Jones and Mackenzie Gowans at the Teen Center Monday.



Jeremy David Jones, right, works with Liam Beguhn, left, and Aiden Mitchell on their drum skills during a music workshop at the Teen Center Monday.

Fridrich, the band's lead singer, along with Totusek, spent some time working with Christina Jones, an 8th-grader who is just starting out on guitar.

Next, the group got 7th-grader Mackenzie Gowans going on her alto saxophone.

Angelo Lelet and Jared Wase

joined in on ukulele, and soon the group was lost in their improv music session.

The band visited Kwajalein Schools music classes on Tuesday and rode the ferry to Ebeye, giving a drum lesson to Marshallese kids using a few basketballs as improvised drums.



Lead Helicopter Mechanic Jobe Bell and fellow mechanic Josh Weiner perform maintenance on one of USAG-KA's UH-72 Lakota helicopters Thursday.



Josh Weiner, left, and Jobe Bell install a new alternator, or generator, into the engine compartment of the aircraft at the Helicopter Maintenance Facility.

Helicopter maintenance key to mission success

Article and photos by Jordan Vinson
Associate Editor

U.S. Army Garrison-Kwajalein Atoll's pumpkin orange UH-72 Lakota helicopters are used for everything from transporting Reagan Test Site staff to outer islands to delivering fresh fruits and vegetables to Roi-Namur to performing duties prior to weapons testing missions.

While the pilots get pats on the back from passengers thankful for safe flights, it's the crew of mechanics working behind the scenes that are the backbone of the operation.

Standing aside one of the \$5.9 million aircraft last week, Jobe Bell, the installation's lead helicopter mechanic, explained the gist of what he and his crew do for a living.

"We have myself and a handful of other mechanics who are basically removing things, inspecting them, changing parts," Bell said. "If the pilots come back with discrepancies—if they say, 'Hey, the engine's running wrong or whatever'—we go out, troubleshoot, order parts, get them on the helicopter. Then we have a test pilot, and we go out and test fly. We check everything out, and then we hand it back to the customers, which are the Berry [Aviation] pilots and the Army pilots."

Built in Columbus, Mississippi by Airbus Helicopters, Inc.—a U.S. subsidiary of the European aerospace conglomerate Airbus—the Lakota aircraft are part of a newer fleet of light utility helicopters designed specifically for the Army National Guard and the active Army.

Introduced in 2007 to replace the service's fleet of aging Bell Helicopter UH-1 Iroquois and OH-58 Kiowa aircraft, Lakotas have been built and sent off to Army and National Guard installations throughout the country and to overseas bases in Puerto Rico, Germany and Kwajalein Atoll.

The Army replaced USAG-KA's Iroquois aircraft with Lakota helicopters in 2010. A total of nine people work on the aircraft: a site quality manager, an aviation safety officer, Bell and four other mechanics, a logistician and a test pilot.

Contracted by the Army to maintain each of the Lakotas employed in the service, Kay and Associates, a company that specializes in government maintenance contracts, pays the maintenance crew on Kwajalein to keep USAG-KA's fleet of helicopters operational and ready to get off the ground whenever the Army needs them.

In a normal month, Kay and Associates' FAA-certified mechanics on Kwajalein do enough work on the helicopters to allow them to fly for a cumulative total of about 120 hours, Bell said.

The month of August was a different story, though.

In preparation for a recent Army weapons test, the Lakotas flew more than 130 hours, shuttling hundreds of researchers, engineers, Department of Defense personnel and RTS staff around the atoll.

It was a milestone for USAG-KA rotary division, said John Taylor, the site quality manager and crew supervisor at the Helicopter Maintenance Facility. It was a testament, he said, to his staff's ability to make do with what they have to get the job done at a location as far removed as Kwajalein Atoll.

"We flew 132 hours on three helicopters [in August], which is an amazing feat considering that other sites around the world have more helicopters and have the advantage of parts, equipment and other support personnel at their disposal," Taylor said.

While it was the greatest amount of helicopter flight time on USAG-KA since the 9/11 attacks, 132 hours of flight might not seem like a big deal to others, he said. But when you take into consideration the highly corrosive weather conditions that affect aircraft in the Marshall Islands, he said, you get a better understanding of the magnitude of the crew's performance in August.

"For about every one flight hour on the helicopter it takes generally between two and three hours of scheduled maintenance to keep it flying in a safe and efficient manner while maintaining it to the Federal Aviation Administration standards," he said. To keep the helicopters in the air in preparation for the mission, the mechanics and other staff at the



The crew at the Helicopter Maintenance Facility on Kwajalein pause for a group photo. From left to right: Site Quality Manager John Taylor and FAA-certified mechanics Andy Carden, Victor Favela, Josh Weiner and lead mechanic Jobe Bell. Not pictured: Mechanic Jason Jeffries, Aviation Safety Officer CW4 Billy Kilgore and Test Pilot Bobby Hamilton.

facility put in long shifts—as much as 16 hours a day.

Chief Warrant Officer 4 Billy Kilgore, USAG-KA's new aviation safety officer, echoed Taylor's position. Unlike the rugged, combat-ready Black Hawks that Kilgore piloted for 15 years in the Army, Lakotas are much more sensitive machines. Bathe them in corrosive salt spray and equatorial sunlight, and the job's even tougher.

"If you think it's hard keeping your bike maintained, think of all the moving parts and pieces of a helicopter," he said. "I was at Fort Belvoir [Virginia] before I came here, where we had Lakotas, and those aircraft were always flying; they were maintained well. They weren't flying in an austere environment. They were flying hard stand to hard stand. They were never around salt water. They weren't flying through coral dust, sand or anything like that that could cause corrosion or anything damaging to the aircraft."

Sheltered from the billowing salt spray and trade winds blowing outside the Helicopter Maintenance Facility, the Lakotas need constant pampering.

"I call this aircraft the princess, because you've got to treat it like a princess," Kilgore said. "These guys are constantly washing them, spraying them down with an anti-corrosive agent. They turning wrenches on these helicopters constantly. It's around-the-clock work."

Part of what separates Kwajalein's helicopter mechanics crew from the rest in the industry is the group's ability to maintain high performance with limited resources. Kay and Associates asserts an 80 percent readiness rate; that is, at least 80 percent of each fleet must be ready to get off the ground at all times. Because USAG-KA has a limited number of Lakotas, it is easier to fall below that threshold. It forces the mechanics, Taylor said, to give it their all at any point in time to keep the fleet at 100 percent. It's a far cry from other installations typically experience.

"When I was in the Army involved in combat operations [we] had 24 helicopters, and [we] would fly 2,000-3,000 hours a month. So it's easy. But here, because we have such a limited number of aircraft and people, when something is broke, it has to get fixed. So to fly 132 hours, in my opinion, on three airframes and maintain a high operational readiness rate is just something you don't see often."

With nearly 30 years of experience as a helicopter mechanic, 25 of which were with the Army, Taylor has worked on

enough helicopter fleets to compare Kwajalein's performance with that of U.S. installations elsewhere in the world. And with access to quality assessment reports on helicopter maintenance from sites around the U.S., he has current data to compare to.

"I'm not tooting my own horn or anything," he said. "But we probably rank in the top three percent across the board in helicopter operational readiness. And these other sites have maybe six, eight, 18 aircraft."

Kilgore agreed. A newcomer to USAG-KA, he said that he was impressed that the Kwajalein crew can achieve the same amount of flight time as other installations with half the number of aircraft that other sites enjoy. He used his previous station in Virginia as an example.

"Fort Belvoir, for example, I think they're given 120 hours a month, and they fly it with eight aircraft. At USAG-KA we're given 120 hours a month to fly with even less than that."

"For them to maintain all the aircraft—100 percent of our aircraft—at all times, it's difficult," he continued. "Because things happen. They'll break, but they'll turn around and get right on it. And if they've got the part on island and if they've got the ability to fix it, they're going to do it right on the spot."

So if you ever get the opportunity to ride in one of the Lakotas for work, Taylor concluded, definitely give the pilots a pat on the back. But don't forget about the team of mechanics back at the Helicopter Maintenance Facility who tirelessly turn the wrenches on the aircraft day after day to keep you safe.



Mechanic Victor Favela pushes a UH-72 Lakota into its hangar after a refueling procedure this week.

U.S. Army recognizes Hispanic Americans

By Lisa Ferdinando
Army News Service

Hispanic Americans have made incredible contributions to the nation, and the Army is giving them special recognition during National Hispanic Heritage Month, an Army spokeswoman said.

"The Army is committed to building a strong, long-lasting relationship with the Hispanic community," said Mari Monserrate, Hispanic outreach liaison for the Army's Office of the Chief of Public Affairs.

The outreach efforts are especially significant during National Hispanic Heritage Month, which runs Sept. 15 to Oct. 15, she said.

The endeavor has personal meaning for Monserrate, who developed the Hispanic outreach program "from the ground up" in the two years since she has been in the position.

"It's my passion to work with the Hispanic community," the Puerto Rico native said. "It's my cultural background, so I have a personal connection, not only to the Army force of Hispanic heritage, but also to the Hispanic community nationwide."

There are commemorations, award ceremonies and other events throughout the nation that the Army is participating in to honor the service and sacrifice of Hispanic Americans.

The Army is also highlighting the service and sacrifice of 17 recent Medal of Honor recipients, who are of Hispanic heritage. The 17 were part of the "Valor 24" who received Medals of Honor in March, decades after the valorous acts, dating as far back as World War II.

"To continue to showcase the dedication that they gave to the Army and to this nation, we will be doing a social media campaign on Twitter," Monserrate said. "We're posting the stories of those 17 Soldiers—15 of them who gave their lives to the protection of our nation."

The tweets, she noted, will appear on the Army's account, @USArmy, during the month.

The Army maintains a webpage called Hispanic Heritage in the U.S. Army, which can be found at www.army.mil/hispanicamericans. The site includes historical information, links to resources, and showcases the service of Army personnel of Hispanic heritage.

Now and throughout the entire year the Army is committed to communicating with and engaging with the Hispanic community, and recognizing their service and sacrifice, she said.

"It's very important that we include Hispanic outreach in everything that we do, and there are many ways to do that," she said.

For example, she said, the Jazz Ambassadors of the U.S. Army Field Band recently played three concerts in Miami, and included music from Latin American composers, she said.

During the concert, band members talked about "the Army profession and what it's about and what you can do being in the Army and how you can contribute to your community and the nation by being part of the Army," she said.

The latest figures show that about 12 percent of the active Army is of Hispanic heritage, she said.

"That number has been growing steadily, since 2008," Monserrate said. "What we want to do is have that number continue to grow."

In a tri-signed letter marking National Hispanic Heritage Month, Army leaders said the vision and determination of Hispanic Americans have "transformed our nation."

Americans of Hispanic heritage have made "immeasurable

contributions" to the Army and the nation with their service and sacrifice, wrote Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. Ray Odierno, and Sgt. Maj. of the Army Raymond F. Chandler III.

More than 40 Medal of Honor recipients are of Hispanic heritage, they noted.

"Hispanic Americans represent our military with deep, abiding patriotism and heroism and continue to make a difference through their dedicated and professional public and military service," the tri-signed letter reads.

National Hispanic Heritage Month

What is it?

Each year from Sept. 15 - Oct. 15, the U.S. Army community both reflects upon and celebrates the tremendous contributions of Hispanic Americans. These individuals have not hesitated to defend and show their allegiance to the nation in many important ways. The legacy of exceptional service begun by prior generations of Hispanic Americans continues today, and is evident in various functional areas of the force and levels of leadership.

Hispanic Heritage Month begins Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This month takes into account, the independence day of Mexico on Sept. 16 and Chile on Sept. 18. Throughout Spain and Latin America, Columbus Day is also celebrated as "Hispanity Day."

Why is this important to the Army?

Army senior leaders acknowledge the great value of embracing diversity within the inclusive military environment. The depth of experience evident in the Army's talent pool helps sustain the legacy as the effective fighting force that America, its allies and adversaries know today. During the Korean War, the Borinqueneers of Puerto Rico's 65th Infantry Regiment launched the last recorded battalion-sized bayonet charge and overran the Chinese 149th Division south of Seoul on Feb. 2, 1951. This battle exemplifies the unwavering courage and indomitable spirit that has earned the Hispanic-American Soldiers a distinguished legacy. With more than 40 Medal of Honor recipients dating back to the Civil War, Hispanic Americans continue to represent the Army with deep and abiding patriotism and heroism.

What has the Army done?

As a tribute, a tri-signed letter was signed by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army, encouraging the Army community to plan and execute appropriate commemorative activities to celebrate National Hispanic Heritage Month. The Army will also pay tribute to Hispanics by telling their stories in command information products at all levels. Army installations worldwide will also conduct local events to honor Hispanic-American Soldiers.

What continued efforts does the Army have planned for the future?

The Army will continue to recruit the best-qualified Soldiers of all backgrounds and ensure that these individuals are given every opportunity and encouragement to rise to their highest level of ability, so that they can be "Army Strong!" The Army encourages every member of the Army family to learn about and celebrate the contributions of all Hispanic Soldiers, civilians and their families who have given so much to help safeguard the nation's freedom.



KWJALEIN ARES CORNER

Current virus threats: how to protect yourself, your family

By Ralph C. Jones, M.D.
Kwajalein Hospital

Globalization is responsible for the progress that drives markets, leads new discoveries and increases the value of international investments. But with increasing interconnectivity across national borders comes greater opportunities for interpersonal contact that spreads disease and exposes us to conditions that are alien to our knowledge base. Viral diseases are ubiquitous and change annually. Several specific viral diseases have captured the

news media, motivating us to gain an understanding of the diseases, the means to prevent them and any steps we may take to protect ourselves and the ones we love. Read on to learn more about emerging viral illnesses and general strategies on how to protect yourself.

Ebola

The largest outbreak of Ebola in recorded history is underway in West Africa. The conditions that make this a health crisis for Africans and travelers to Africa is that access to modern intensive medical support, tracking and isolation of case exposures and sophisticated

medical personnel are lacking. Average West Africans have neither the education nor the means to effectively protect themselves, allowing the disease to spread unchecked. Add the virulence of the virus and high case fatality rate, and you have a disease that strikes fear into us. The reality is that there has been only a single reported case of someone contracting Ebola in the U.S., and there have been no increasing Ebola numbers. In fact, the Ebola risk to U.S. citizens, particularly those on Kwajalein, is ex-

See **VIRUS**, page 8

Kwaj Cub Scouts visit PMO

Hourglass Reports

Kwajalein Cub Scout Pack 135 visited the U.S. Army Garrison-Kwajalein Atoll Provost Marshal Office Sept. 27 to learn about law enforcement. The Scouts are required to meet several requirements before they can advance to the next rank and learning about their community is one of the requirements. The visit focused on teaching the boys how to keep their homes and neighborhoods safe by reporting suspicious behavior, what to do when approached by strangers and the importance of dialing 9-1-1. The highlight of the visit included a tour of the communications center and holding area where the Scouts experienced the cell and handcuffs first hand.

At the end of the visit, Evan Mitchell, Sean Hess and Isaac Weiland, all Bear Den members, asked several questions and thanked the officers for their time. Kwajalein is a little safer now with the help of the Cub Scout Bear Den.



Sean Hess, left, and Evan Mitchell experience the holding cell firsthand during a tour for a Cub Scout badge Sept. 27.

Photo courtesy of Pam Hess

VIRUS, from page 7

tremely low. The best practice to curtail international dissemination, screening people leaving the area, is ongoing in West Africa.

Several screening questions are used to identify possible symptoms and include a fever more than 101.5° F, muscle aches, severe headaches, nausea, vomiting, diarrhea, abdominal pain, unusual bleeding or bruising. The incubation period, or time to develop symptoms once infected, ranges from 3-21 days. A patient who has symptoms is isolated, and a review of travel and contacts is done, specifically foreign contact with someone from West Africa or anyone who may have travelled there and has similar symptoms. While a patient is treated and monitored, early entry into our health care system produces better outcomes with sophisticated medical support available at the hospital.

Transmission of the virus develops from close contact with body fluids like blood, secretions, urine, feces and possibly sweat. Treatment is completely supportive in nature. There are some experimental treatments that do not improve outcome. There is no FDA-approved vaccination, although there are promising vaccines being developed for the future. Upon recovery, the patient develops immunity for at least 10 years, possibly lifelong. You can learn more about Ebola at <http://www.cdc.gov/vhf/ebola/symptoms/index.html>.

Enterovirus D68

In 2014, the emergence of unusually high numbers of cases of Enterovirus D68 was first reported in Illinois, Missouri and Kansas. This has progressed to 43 states as of October. Enteroviruses are a large group of viruses that affect the respiratory and gastrointestinal tract with over 100 known variants. They are spread via the secretions from the nose, mouth and respiratory track. This airborne route is especially prone to rapid transmission as the virus survives persistently on surfaces, clothing and inanimate objects called fomites. Symptoms can range from mild cold-like symptoms to severe respiratory illness or asthma. Fever, cough, runny nose, sneezing, muscular aches and joint pain are common. Infants, children and teenagers are at particular risk. A history of asthma may predispose someone to severe expression of the illness. Only four fatalities have been reported, but severe illness is widespread requiring hospital supportive care.

Enterovirus illness is seasonal in the late summer and fall with rapid decline in reportable cases by mid-winter. There is no vaccine or anti-viral drug therapy. The most effective plan is early recognition of severe symptoms unresponsive to cold and flu remedies or asthmatics progressively requiring frequent use of rescue inhalers without effective relief. Any child or teenager on Kwajalein that is not getting better with common remedies and prescribed medications should make an appointment with their physician or provider as soon as possible. Enterovirus D68 is effectively treated by supportive care by your primary care physician or provider. Prevention of transmission has many avenues: Reduce close contact to persons with respiratory illness; disinfect surfaces in your immediate area frequented by persons outside your family circle; wash your hands or use an alcohol-based rub; cover your cough or sneezes when in public; if sick, stay home if possible. Additional information may be obtained at <http://www.cdc.gov/>

non-polio-enterovirus/about/EV-D68.html.

Influenza

Influenza, or “the flu,” is a symptom caused by an ever-changing world of viruses we become exposed to annually. Each year the mix of likely viruses that causes the flu changes. Predictive models emerge from world reporting with early evidence from China. There is always a flu vaccine offered targeting the three or four most likely viruses. This is your best defense against contracting the virus. The most effective time to take your vaccine is in October, before the emergence of high case numbers which increases your chances of acquiring the disease. Peak flu season is between December and February, so being vaccinated early is a wise choice. It takes approximately two weeks for the vaccination to begin its protection.

Flu vaccinations are available at the Kwajalein Hospital from 1-4 p.m., Tuesday, Wednesday, Thursday and Saturday. The schedule is also posted on the AFN Roller channel and is available by calling the Kwajalein Hospital.

Flu is a contagious respiratory illness which spreads rapidly through respiratory secretions, body fluids, and fomites (inanimate surfaces). Viruses can remain persistent in the environment well after the infected person has left the area.

How it gets into our system is easy to pinpoint: The average person, for instance, touches his or her face over 300 times every hour. Thus, hand washing and the use of alcohol rubs are the most effective means to limit our exposure. The range of symptoms is wide, from mild aches and pains to severe fever, cough, congestion, joint pain, muscle pain, fatigue, pneumonia, heart failure and death. Those at increased risk for serious illness are children, elderly folks over 65 years old and those with chronic medical conditions.

Most people are aware of the flu and methods to reduce the transmission. Common sense will tell you to stay home if you feel ill, cover your cough and sneezes and wash your hands.

For more information about this year's flu visit <http://www.cdc.gov/flu/index.htm>.

There are many other viruses that are effectively prevented by vaccination programs like Measles, Mumps, Rubella, Shingles (Zoster) and more. Make sure you visit the Center for Disease Control website to learn about these conditions, vaccines and preventative steps you can take to protect your family. The Kwajalein Hospital is prepared for all of these contingencies in practice and doctrine. There is a reverse isolation room, plans for expansion of isolation during epidemic disease and scheduled drills to prepare for whatever we may face. Your Kwajalein primary care practice with vaccination program is active to prevent disease before crisis. During your annual visit or preventative health maintenance, ask your care team to check your vaccination history to stay up to date. For more guidance, stop by the hospital where our medical and nursing staff will be more than happy to provide you with more information.

Check next week's *Hourglass* for information on common virus threats from the west, including Japanese Encephalitis and Chikungunya Fever.

View from Kwaij

Email photo submissions to:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Shannon Paulsen



From Jordan Vinson



From Pam Hess



From Jordan Vinson



From Julie Savage



From Karen Brady



From Karen Brady

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.

LOST

HOODED, ZIP-UP SWEATER, lightweight, gray, with "Garmish" logo on the front, has sentimental value. Call Sonya at 50876 or 53118.

T-MOBILE CELL PHONE, Prism. Call Stephen at 52743.

FOUND

SOCCER BALL WITH INITIALS "LKH." Call Ray at 53400 to claim.

IF YOU LEFT A serving spoon, cheesecake pan or other items at Auntie and Kenny's birthday party at Emon Beach, call Auntie at 54501 or 52170 to claim.

PATIO SALE

TODAY, 11 a.m.-5 p.m., and MONDAY, 9 a.m.-1 p.m., quarters 137-A. Pots, pans, dishes, glasses, clothes, shoes, twin headboard/footboard and frame, books, toys, household items. No early birds.

SATURDAY, Oct. 18, 6 a.m.-noon, quarters 414-A,

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., Sunday School for Kids, REB. Contact Dolly Ghearing with questions.
- 11 a.m., Sunday, Island Memorial Chapel
- Youth Fellowship will meet on Monday
- 6:30-7:30 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's). Come check it out and invite a friend; anyone is welcome. Call the Wilsons at 52370 with questions.

- 6:30 p.m., Thursday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3
Contact the chaplain's office at 53505 for more information.

inside.

FOR SALE

TWO FLAT SCREEN RCA TVs, 32 inch, with built in DVD players, one year old with all paperwork, remote and additional swivel/pivoting wall mount bracket, \$350 each; 10x10-feet portable canopy with side curtains, new, espresso color, \$125. Call 52642.

TWO SUN BIKES, \$150 each; baby swing, \$40; gas grill with stand and cover, \$200; microwave, \$25; cordless phone and answering machine \$30; shower curtain, \$8; baby changing pad, \$12; two king-size pillows, \$5 each. Will take best offer on all items. Call Leanne at 51159.

BOYS BASKETBALL SHOES, youth size 3, new, one pair black and red, one pair gray and orange, \$20 each; tabletop pool set and Toss-n-Score set, new, great for Christmas, \$15 each. Call 55176.

XBOX 360 WITH Kinect, 10 games and controller, \$220; PS3 with seven games and controller, \$200. Call 53936 or 51550.

COMMUNITY NOTICES

THE 5TH ANNUAL FIRE-MUSTER Obstacle Course and Fire Prevention Week Finale is today at the Richardson Theater. Teens (grades 7-12) compete from 3:30-5:30 p.m.; adults compete from 5:30-7 p.m. Winners announced at 7 p.m. Stay to watch a short fire safety movie before the scheduled movie.

ANNUAL FALL ART SHOW will be 2-5 p.m., Sunday, at the REB. Enjoy an afternoon of art accompanied with light appetizers and beverages.

ZOMBIE INFESTED OBSTACLE Course sponsored by the Kwajalein Sports Association will be Sunday. Course starts at the Richardson Theater at 6 p.m. An

THUMBS UP!

... to the Galbraith Family for the welcome home gifts we received last week. Thank you for being so thoughtful.

— Lescalleet Family

Apocalypse Party will be held at the finish including a Zombie DJ, concessions, adult zombie drink specials, family zombie drinks and food.

KWAJALEIN SMALL BOAT MARINA Columbus Day holiday hours: 8 a.m.-6:30 p.m. Sunday through Tuesday.

THERE IS NO BARIATRIC Support Class this month due to the Columbus Day holiday. Smoking Cessation Classes are ongoing. Questions? Call EAP at 55362.

KWAJALEIN RUNNING CLUB will conduct the 37th Annual Columbus Day Run at 6 a.m., Tuesday, starting at Namo Weto Youth Center. Questions? Call Bob and Jane at 51815.

THERE WILL BE AN EOD Disposal Operation from 12:30-2 p.m., Wednesday, at the south end of the runway. Glass Beach will be off limits and road blocks will be in effect until completion. Questions? Call 51433.

SCHOOL ADVISORY COUNCIL will meet at 7 p.m., Wednesday, in the Coconut Room. Major topic will be school improvement activities for the year. All are welcome.

BINGO IS THURSDAY at the Vet's Hall. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Windfall completion at 27 numbers, \$1,700 payout; Blackout comple-

Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

Why can't the theaters show newer movies?

The films shown at the theaters and their associated licenses are provided by AAFES. KRS has no control over the movies that are selected or when they are distributed to the islands.

There are unsupervised children at the Ivey Gym.

Rules state that in order to use equipment at the Ivey Gym, you must be 15 years of age or older. Children ages 12-15 may use the gym only if accompanied by a parent. Children under the age of 12 are not permitted in the gym. Parents: Please ensure if you are bringing your children to the gym with you that they are supervised and using the equipment appropriately at all times.

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

Beef Tips in Burgundy
Herb Roast Chicken
Salmon Croquettes

Monday

Sautéed Chicken
Quiche
Beef/Cheese Turnovers

Tuesday

Breaded Pork Chops
Quiche Lorraine
Local Boy Chicken Stew

Wednesday

Teriyaki Beef Steak
Herb Chicken Breast
Vegetarian Stir-fry

Thursday

BBQ Chicken Sand.
Baked Meatloaf
Pizza

Friday

Coconut Chicken
Fish Du Jour
Chimichangas

Oct. 18

Spaghetti
Chicken Picatta
Shrimp Alfredo

Dinner**Sunday**

Maple Glazed Pork
Szechuan Chicken
Rice Pilaf

Monday

Kwaj Fried Chicken
Oriental Beef Stir-fry
Macaroni and Cheese

Tuesday

Swedish Meatballs
Thai Shrimp Stir-fry
Peas and Carrots

Wednesday

Carved London Broil
Cheese Tortellini
Herb Roast Chicken

Thursday

Hawaiian Ham Steak
Wing Dings
Vegetarian Stir-fry

Friday

Pancake Supper
Sweet/Sour Pork
Chinese Chicken

Oct. 18

Chicken Fajita Wraps
Beef Stew
Jalapeño Poppers

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.	Monday 1. Pick-up Soccer, 6 p.m., Brandon Field.	Tuesday 1. Cross Fit, 5:15 a.m., Adult Pool. 2. KRC Columbus Day Runabout, 6 a.m., Youth Center. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.	Wednesday 1. Registration for Indoor Volleyball season begins. Call the Recreation Office at 51275. 2. Zumba, 5:30 p.m., CRC Room 1.	Thursday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts. 3. Alcoholics Anonymous, 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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tion at 57 numbers, \$1,700 payout. Packet price is \$20. Shuttle transportation available from the Ocean View Club and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

KWAJALEIN AMATEUR Radio Club October meeting has been rescheduled for Thursday. Meeting is at 7 p.m., at the Ham Shack, just south of the Adult Pool. We'll be discussing our successful work party from Sept. 8 and planning the next one. Call Paula at 53470 with any questions.

2014 ANNUAL SHAVING Cream Social will be Oct. 18 at the Richardson Ravine. Group times: 4:30-4:40 p.m., Pre-School (must be accompanied by an adult in the "Pit" area); 4:40-5 p.m., K-2nd grade; 5:10-5:30 p.m., 3-6th grade; 5:40-6 p.m., Jr./Sr. High. Each participant will receive one free can of shaving cream; no gel, menthol or mint creams allowed. Participants are encouraged to wear goggles and will only be allowed in the "Pit" area during their grade groups; arrive early. Come out and enjoy this Kwaj-Unique kick-off to Halloween! For questions, contact the Recreation Office at 51275.

FAREWELL PAGE FAMILY! Come see Preston, Leanne and Elli off, island-style, at 6:30 p.m., Oct. 18, at Emon Beach Large Pavilion. Bring a pupu and your own beverages.

OCTOBER OPEN RECREATION Events: Bingo Night is from 5:30-7 p.m., tonight, in the SAC room; Halloween Dance is from 5:30-7 p.m., Oct. 25, in the SAC room, register by Oct. 23. Come join your friends for Halloween games and dancing. Register at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr@us.army.mil.

INDOOR VOLLEYBALL SEASON play is Nov. 5-Dec. 19. Registration is Wednesday through Oct. 24. Cost is \$100 per team. Limited number of team slots available, so register early! For questions and registration, contact Carlos at 51275.

VETS HALL HALLOWEEN Party is at 7 p.m., Oct. 26. Come celebrate the 4th annual Halloween Bash with a special performance by "Radar Love" at 8 p.m. Don't miss the costume contest with cash prizes. Questions? Contact Jan Abrams.

CYSS YOUTH FLAG Football season is Nov. 13-Dec. 13. Register now through Oct. 29. Cost is \$25 per player and is open to all CYSS youth in grades K-6. To register, visit Central Registration, Building 358, or call 52158. Questions? Call Jason Huwe at 53796.

CYSS YOUTH GOLF season is on Thursdays, Nov. 13-Dec. 18. Register now through Oct. 29. Cost is \$30 per player and is open to all CYSS youth in grades K-6. To register, visit Central Registration, Building 358, or call 52158. Questions? Call Jason Huwe at 53796.

FREE BALLROOM DANCE lessons are being offered by Gus Garcia from 6-7 p.m., Fridays in October, at CRC Room 6. Come out and learn to ChaCha.

THE VET CLINIC IS CLOSED through Nov. 2. Call the hospital at 52223 for animal related emergencies.

2015 HEALTH AND WELFARE KRS/CMSE/BAI Benefits Open Enrollment on Kwajalein and Roi is as follows: 5:30-7:30 p.m., Nov. 4, at the CRC Gym during the Health Fair; 10:30-11:30 a.m., Nov. 5, at the Roi Tradex Conference Room; 5-6 p.m., Nov. 5, at the Elementary School Coconut Room; 8-9 a.m., Nov. 6, at the REB. This is your once-a-year opportunity to make changes to your 2015 benefit elections. Questions? Contact the FCE Benefits Office at 50939.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival Veteran's Day Weekend, Nov. 10. Register with Roi Community Services at Laura.a.Pasquarella-Swain.ctr@mail.mil. We are looking for rib cooks and home brewers. There will be prizes for the best tasting ribs and people's choice on the brew! Tie-dye and games! Music provided by a QOL band!

FLU SHOTS are now available at the Kwajalein Hospital. Stop by and sign in from 1-4 p.m., Tuesday, Wednesday, Thursday or Saturday.

THE MOSQUITO FOUND ON Kwajalein and Roi is a primary carrier of serious viruses, like Dengue Fever. Please help the Pest Management department by inspecting and tipping your yard containers daily; it only takes a few minutes. This needs to be a continuous process with the torrential rains we are having.

E-TALK: USAKA/RTS Regulation 200-4: No person may handle, move, alter or remove components or artifacts or otherwise disturb any submerged cultural resource without written permission of the USAG-KA Environmental Office and appropriate RMI agency(s).

SAFELY SPEAKING: The best method of lifting is by using a mechanical device that is load rated for your task.

Columbus Day Hours of Operation

Kwajalein	Tuesday, Oct. 14
Emon Beach Lifeguard Hours	11 a.m.-6 p.m.
CRC	Closed
Bowling Center	Closed
Golf Course	Sunrise-sunset
Country Club	Closed
Hobby Shop	1-6 p.m.
Grace Sherwood Library	Closed
Family Pool	11 a.m.-6 p.m.
Small Boat Marina	8 a.m.-6:30 p.m.
Surfway	11 a.m.-4 p.m. (Closed Sunday)
Laundry	Closed
Surfside Salon	Closed
Sunrise Bakery	Closed
Ocean View Club	4:30-11 p.m.
Post Office	Regular Hours (Closed Monday)
Zamperini Dining Facility	7-10 a.m. 11 a.m.-1 p.m. 4:30-7 p.m.
AAFES Express	10 a.m.-4 p.m.
AAFES Pxtra	Closed
Food Court	10 a.m.-4 p.m.
American Eatery	Closed
Community Bank	Closed
Roi-Namur	
AAFES Express	11 a.m.-3 p.m.
Small Boat Marina	8 a.m.-6 p.m.
Third Island Store	Closed (Open 10:30 a.m.-12:30 p.m. & 1:30-5:30 p.m. Wednesday)
Outrigger Snack Bar	Noon-2 p.m.; 5:30-9 p.m.
Outrigger Bar	5:30-10 p.m.

Café Roi						
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 18
Sunday	Beef Fajitas	Hot Roast Beef Sand.	Beef Stew	Char Siu Pork	Tuna Casserole	Meat Lasagna
Korean Beef Steak	Chicken/Orange Sauce	Grilled Chicken Breast	Chicken Strips	Beef Stir-fry	Yankee Pot Roast	Spaghetti Marinara
Roast Duck	Breakfast Burrito	Three-Cheese Quiche	Hot Spiced Apples	Veggie Fried Rice	Mashed Potatoes	Cheesy Garlic Bread
Veggie Frittata						
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 18
Sunday	BBQ Pork Ribs	Chicken Fried Steak	Carved Roast Beef	Roi Fried Chicken	Fish and Chips	Cuban Sandwich
Jambalaya	Smoked Sausage	Chicken Curry	Herb Chicken	Waffles	Steak/Mush. Pasties	Chicken Wings
Cajun Roast Beef	Baked Beans	Mashed Potatoes	Baked Potatoes	Baked Ham	Toad in a Hole	Potato Wedges
Mashed Potatoes						



SOCCKER RESULTS

MEN'S LEAGUE

FRIDAY, OCT. 3

NANSENSE VS. FC SWELL: 3 - 2

Nansense: Steve Freiburger - 1, Curtis Childress - 2

FC Swell: Kenny Leines - 2

SPARTANS MEN VS. USAG-KA: 5 - 1

Spartans: Ben Tavutavuwale - 1, Manini Kabua - 2, DeVante Floor - 1, Dash Alfred - 1

USAG-KA: Josh Cole - 1

WOMEN'S/CO-ED LEAGUE

TUESDAY, OCT. 7

SPARTANS WOMEN VS. KAT: 2 - 0

Spartans Women: Molly Premo - 1, Caleigh Yurovchak - 1

WHITEOUT VS. GO GREEN GO: 2 - 0

Whiteout: Ethan Dean - 2

ALL OTHER GAMES RESCHEDULED DUE TO RAIN!

MEN'S LEAGUE STANDINGS (W-L-T)

KFC: 4-0-1
 NANSENSE: 4-1-1
 SPARTANS MEN: 2-2-2
 FC SWELL: 1-2-2
 USAG-KA: 0-6-0

WOMEN'S/CO-ED LEAGUE STANDINGS (W-L-T)

SPARTANS WOMEN: 4-1-1
 SPARTANS BLACKTIPS: 3-1-2
 SPARTANS WHITEOUT: 2-3-2
 KAT: 1-3-2
 GO GREEN GO: 1-4-1

NEXT WEEK'S SCHEDULE: MEN

WEDNESDAY, 6 P.M.: NANSENSE VS. KFC
 WEDNESDAY, 7:30 P.M.: FC SWELL VS. USAG-KA
 FRIDAY, 6 P.M.: KFC VS. FC SWELL

NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY: NO GAMES DUE TO HOLIDAY
 THURSDAY, 6 P.M.: WHITEOUT VS. KAT
 THURSDAY, 7:30 P.M.: BLACKTIPS VS. GO GREEN GO
 FRIDAY, 7:30 P.M.: BLACKTIPS VS. SPARTANS WOMEN

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	20%	NE-E at 3-8 knots
Monday	Partly Sunny	30%	NE-E at 3-8 knots
Tuesday	Mostly Cloudy	30%	NE-E at 4-9 knots
Wednesday	Partly Sunny	20%	ENE-ESE at 4-9 knots
Thursday	Partly Sunny	10%	SE-SW at 4-9 knots
Friday	Mostly Sunny	20%	SE-S at 3-8 knots

Yearly total: 100.32 inches

Yearly deviation: +34.58 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:37 a.m. 6:34 p.m.	9:50 p.m. 9:46 a.m.	12:06 a.m. 0.5' 12:02 p.m. 0.3'	6:05 a.m. 3.7' 6:21 p.m. 4.3'
Monday	6:37 a.m. 6:34 p.m.	10:41 p.m. 10:39 a.m.	12:42 a.m. 0.1' 12:31 p.m. 0.1'	6:37 a.m. 3.2' 6:53 p.m. 3.9'
Tuesday	6:37 a.m. 6:34 p.m.	11:33 p.m. 11:31 a.m.	1:20 a.m. 0.3' 1:01 p.m. 0.6'	7:12 a.m. 2.8' 7:31 p.m. 3.4'
Wednesday	6:37 a.m. 6:33 p.m.	----- 12:19 a.m.	2:07 a.m. 0.8' 1:38 p.m. 1.0'	7:55 a.m. 2.3' 8:22 p.m. 2.9'
Thursday	6:37 a.m. 6:33 p.m.	12:22 a.m. 1:06 p.m.	3:26 a.m. 1.2' 2:53 p.m. 1.4'	9:26 a.m. 2.0' 10:08 p.m. 2.6'
Friday	6:37 a.m. 6:32 p.m.	1:10 a.m. 1:50 p.m.	5:49 p.m. 1.2' 5:53 p.m. 1.5'	----- 12:24 p.m. 2.1'
Oct. 18	6:37 a.m. 6:32 p.m.	1:57 a.m. 2:32 p.m.	7:10 a.m. 0.9' 7:17 p.m. 1.1'	12:20 a.m. 2.7' 1:30 p.m. 2.5'