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THE KWAJALEIN HOURGLASS



Secretary of the Army John McHugh visits with USAG-KA Command staff, Department of the Army civilians and civilian contractors on Kwajalein Thursday. For more, see page 2.

Photo by Jordan Vinson

Sec. Army applauds work on USAG-KA

HOURLASS REPORTS

U.S. Secretary of the Army John McHugh talked with U.S. Army Garrison-Kwajalein Atoll Command staff, Department of the Army civilians and civilian contractors at a special luncheon on the island installation Thursday.

A brief stop on his trek through the Pacific region, the time McHugh spent on Kwajalein gave him a rare opportunity to tour one of the Army's most far-flung installations and get to know the people that live and work on the U.S. Army Space and Missile Defense Command test site.

"Suffice to say, you're doing important work in an extraordinarily important place," the secretary told an audience of about 100 individuals.



Photo by Jordan Vinson

U.S. Secretary of the Army John McHugh talks with U.S. Army Garrison-Kwajalein Atoll Command staff, Department of the Army civilians and civilian contractors at a special luncheon on Kwajalein Thursday.

Underwater Photos of the Week

HOURLASS REPORTS

This green sea turtle (chelonina mydas) was photographed by John Cassidy Jr. in the waters off Roi-Namur.

One of three species of sea turtles that are native to the Marshall Islands, green sea turtles are not an extremely uncommon site for divers and snorkelers on Kwajalein Atoll. The frequency with which they're seen on the atoll, however, belies their overall falling numbers worldwide. Currently listed by the International Union for the Conservation of Nature as endangered, the population of the species has suffered severe declines

due to marine and land habitat degradation, the harvesting of their eggs, their tendency to become entangled in commercial fishing lines and more.

The species, like other sea turtles, is known for its long lifespan, which can last up to 80 years, and its highly migratory behavior. Both males and females, for instance, often travel thousands of kilometers during migration cycles to search for food and lay the eggs of future generations.



Photo of a green sea turtle by John Cassidy Jr.

THE KWAJALEIN HOURLASS

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

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SMDC command sergeants major visit USAG-KA

HOURGLASS REPORTS

The U.S. Army Space and Missile Defense Command's incoming and outgoing Command Sergeants Major visited U.S. Army Garrison-Kwajalein Atoll April 18.

Outgoing Command Sgt. Maj. James Ross was accompanied by incoming Command Sgt. Maj. Jerome Wiggins in what was both a departure and orientation visit for both men.

Ross, who will be retiring later this year, will be succeeded by Wiggins in May. Wiggins will assume the duties of the Command Sergeant Major for SMDC/ARSTRAT and will be the senior enlisted advisor to Lt. Gen. David Mann, Commander of SMDC/ARSTRAT.

Both Ross and Wiggins received briefings and visited mission assets and garrison infrastructure both on Roi-Namur and Kwajalein. They also received a host nation briefing focusing on U.S.-RMI relations and visited the island of Ebeye where they had an opportunity to meet the residents and see some of the projects that USAG-KA and the RMI have worked on together. Both Ross and Wiggins departed USAG-KA Monday.



Photo by Mike Sakaio

Outgoing and incoming SMDC Command Sergeants Major visit with USAG-KA Command staff on Roi-Namur this week. From left to right: USAG-KA Command Sgt. Maj. Reginald Gooden; USAG-KA Commander Col. Nestor Sadler; outgoing SMDC Command Sgt. Maj. James Ross; incoming SMDC Command Sgt. Maj. Jerome Wiggins; Range Director, RTS, Lt. Col. Humberto Jones.

Metal Shop staff save fishermen off Gagan

ARTICLE BY JORDAN VINSON
ASSOCIATE EDITOR

Two Public Works Metal Shop employees had a hand in saving the lives of three local Marshallese fishermen after their small sailboat capsized on the ocean side of the east reef near Gagan.

According to a report released to the public this week, Metal Shop employees Tony Jones and Bolton Nenam "heard a strange high-pitched sound" coming from the water as they began working on the outer islet the morning of March 13. The source of the noise, they saw, was a man about 100 yards off shore. With no boats to use on the island, Jones and Nenam threw out a life ring, letting it drift toward the man, and pulled him ashore.

"The man was exhausted and could barely speak," the report indicates. But after some water and a chance to gather himself, he told the men that two others were still in the water and needed help.

A quick phone call from Jones to emergency personnel scrambled a helicopter and a police boat from Roi-Namur to the area to conduct a search. After spotting a second lone fishermen stuck in the water, personnel aboard the helicopter guided rescuers on the police boat to the man's location, and he was secured.

It was Jones and Nenam again who got eyes on the third and final fishermen. Having drifted closer to the island, the man had come within shouting distance.

"This man was obviously in much more distress, and the two of them jumped in the water to pull the man to shore," the report reads.

After being reunited on Gagan, the three fishermen were transported to Roi-Namur before returning to their homes on Third Island.

The initial cause of the men's ordeal isn't clear. Having set out on an overnight fishing trip on the ocean side of the east reef, their small sailboat's rudder was ripped off early the previous night after hitting an unknown object. The dainty 5 HP outboard motor they brought with them was no match for rough seas, and the boat eventually capsized.

How far from Gagan the three were when they hit the water is unknown, but with their life jackets on, they drifted through the night and ended up being pushed over the east reef with the tide and into the lagoon. There was no sign of land for a long time, but one man finally noticed the lights on the 200-foot towers on Gagan. The best swimmer of the bunch bid farewell to the others and started the long swim to Gagan, and it was he who Jones and Nenam pulled from the water.

All three men recovered fully.

"Besides some obvious exhaustion and dehydration the men recovered from their ordeal and were very glad Jones and Nenam were there on the island to help them," the report reads.



Photo from Kristi Harrington

Metal Shop employees Bolton Nenam, left, and Tony Jones, the men who helped save the lives of three fishermen off Gagan.

Earth Day volunteers stash trash on Kwaj

HOURLASS REPORTS

About 40 Kwaj residents participated in an Earth Day clean-up event on Kwajalein Monday, filling 20 55-gallon bags with an assortment of plastic and Styrofoam debris found along the windward, ocean-facing side of the island. A tire was also recovered as well as a large mooring line.

For event organizer Karen Simas, the event was a good opportunity to get people together to give a little back to both the community and the island itself.

"This was great," she said. "I would like to thank everyone for coming out to help keep the island clean. Thanks also to the Solid Waste team for helping us with the big trash cans we used to dump the trash."



Photos from Rachael Harris

LEFT: Volunteer Kacie Wolverton throws a trash-laden bag into a dumpster during the event Sunday. **RIGHT:** Event organizer Karen Simas lugs a big bag of trash to a golf cart.

MANIT MINUTE

ATAT



Atat (*triumfetta procumbens*) is a low-lying plant native to the Marshall Islands that boasts yellow flowers, small fruits covered in spines and broad leaves.

Its vines, or stems, reach lengths of up to 10 feet and can be used for a number of things, such as the making of traditional clothing or rope. Atat rope, for instance, is often used to decorate the borders of traditional mats; parts of the plant can also be used to make dye for mats.

The plant may sometimes be referred to as "old man's medicine" and can be mixed with other plants to cure a bad cough. The plant's broad leaves are also used to heal open wounds and cuts.

KINO



Kino (*phymatosorus grossus*) is a type of fern that is native to the Marshall Islands and can grow leaves of up to 36 inches in length. The plant has many traditional uses on the islands. It can be used to make ut (head garlands) and marmar (leis or flowered necklaces). It is also used to make decorative lengths of rope that are said to decrease one's sadness and promote peace. In addition to serving as a type of medicine, when mixed with coconut, it is also sometimes used in a special cooking technique in which chicken, pig, turtle or shark is covered with the fronds and grated coconut.

The information for this manit minute was obtained from the University of Hawaii's Center for Pacific Island Studies. See: <http://www.hawaii.edu/cpis/MI/Home.html>

Children of active duty service members on USAG-KA featured



Claire Anderson
Age: 7

Claire Anderson is the daughter of Maj. Spencer Anderson, the director of logistics at U.S. Army Garrison-Kwajalein Atoll and a 15-year veteran of the Army. During her life, Claire has moved to Texas, Indiana, Kansas, Hawaii and now Kwajalein.

She likes going to the beach and playing sports.

Future career path? Dolphin trainer.



Katie Anderson
Age: 10

Allison Anderson is the daughter of Maj. Spencer Anderson, the director of logistics at U.S. Army Garrison-Kwajalein Atoll and a 15-year veteran of the Army. During her life, Katie has moved to Texas, Indiana, Kansas, Hawaii and now Kwajalein.

Favorite aspects of Kwaj? Sports and the beach.

Future career path? She's dead set on being an equestrian.



Peyton Smith
Age: 17

Peyton Smith is the son of Command Sgt. Maj. Reginald Gooden, U.S. Army Garrison-Kwajalein Atoll's first Command Sergeant Major. Having lived on Kwajalein since August 2014, Peyton enjoys the freedoms that come with living on Kwaj; he also enjoys his classmates at school.

Future career path? To go to college or a U.S. military academy and become an engineer.



Humberto Jones
Age: 13

Humberto Jones is the son of Lt. Col. Humberto Jones, director of the Reagan Test Site on USAG-KA. He's moved with his parents several times, being stationed in Virginia, Seattle, Hawaii, Louisiana, Kwajalein and more.

Favorite aspects of Kwaj? Swimming and snorkeling.

Future career path? Become an electrical engineer.



Gabriela Jones
Age: 3

Gabriela Jones is the daughter of Lt. Col. Humberto Jones, director of the Reagan Test Site on USAG-KA. She's lived in Virginia and now Kwajalein.

Favorite aspects of life on Kwajalein? Playing with her friends and definitely going to the beach.

Future career path? She might want to be a nurse.



Kwaj teens enjoy annual Prom

ARTICLE AND PHOTOS BY MOLLY PREMO
MEDIA SERVICES INTERN

Kwajalein Jr./Sr. High School students dressed up and danced the night away at the annual prom Sunday night. Hosted by the school's junior class, the dance was held at the MP Room and was based on an "Alice in Wonderland" theme. The room was transformed with many creative decorations, and the night even had appearances from the Mad Hatter and Alice herself.

The students crowned their royal peers at 9 p.m., and parents were invited to watch. The freshman Lord and Lady were Dash Alfred and Janalynn Reimers; the sophomore Duke and Duchess were Thomas Greene and Colleen Furgeson; the junior Prince and Princess were Ben Tavutavuwale and Allison Hibberts; and the Senior King and Queen were Trey Thomas and Mereille Bishop.



Kwajalein Jr./Sr. High School students get their dance on at the annual prom at the MP Room Sunday night.

TARP, OPSEC, anti-terrorism training begins on USAG-KA

HOURGLASS REPORTS

Annual training sessions that address threat assessment, operational security and anti-terrorism are now underway for all Common Access Card holders on U.S. Army Garrison-Kwajalein Atoll.

The sessions are beginning earlier this year than they did last year to allow for more than enough time for all CAC holders to receive the required training.

Session leaders were able to combine all three training requirements into one cohesive session that lasts under two hours. It's for efficiency's sake, said Kwajalein Range Services Security Manager "TC" Cassidy.

In addition to the Threat Assessment Reporting Program training that many employees on USAG-KA are familiar with, the anti-terror-

ism section of the training session takes attendees through everything they need to know regarding anti-terrorism measures on the garrison. Led by Capt. Pamela DeVille, the USAG-KA Provost Marshal, attendees learn information that is vital, both in the event of an attack and in the effort to prevent such attacks.

Another newcomer to the employees' training regimen is a section on Operational Security (OPSEC). Led by the USAG-KA Security team, the section reminds attendees of the ins and outs of proper OPSEC practices, namely two main points: What do you need to protect, and how do you protect it?

Even out here in the middle of Pacific, foreign intelligence services are a constant threat, section leader and USAG-KA Security Manager Mac McGuire told attend-



Photo by Jordan Vinson

USAG-KA Security Manager Mac McGuire talks to CAC holders on Kwajalein about proper operational security practices at a training session last week.

ees last week.

"Remember: It's a lot cheaper for them to steal secrets than build the technology themselves to have similar capabilities," he said.

View from Kwaij



Photo from Jordan Vinson



Photo from Jordan Vinson

Note from the editor

It's an unwritten law among Kwajalein Fire Department staff that whenever one of them gets his or her photo in the Hourglass, he or she must buy ice cream for the rest of the shift. Let's hope there's enough ice cream on the island for this one.



Photo from Jordan Vinson



KWJALEIN ARES ORNER

Article by Marion Ruffing, NCEAP, NCMAS, DAAETS
Kwajalein Hospital

What is Adult Attention Deficit Disorder?

Attention deficit hyperactivity disorder is one of the most common childhood brain disorders and can continue through adolescence and adulthood. Although unacknowledged for many years, Adult ADHD is becoming widely known throughout the world, particularly since this condition affects millions of individuals.

Adult ADHD is a condition that is characterized by difficulty paying attention, impulsiveness and hyperactivity. Although ADHD often goes undiagnosed until later in life, it usually starts in childhood. It is often mistakenly diagnosed as poor behavior until it escalates and becomes uncontrollable and causes difficulty in learning and with relationships.

Approximately 8 million adults suffer from Adult ADHD. Although it affects boys more than girls during childhood, ADHD affects both genders more evenly in adulthood.

Common ADHD symptoms

*Anxiety *Inability to sit still *Difficulty concentrating *Chronic forgetfulness *Impulsiveness *Mood swings *Poor organizational skills *Relationship problems *Employment problems *Depression

Individuals suffering from Adult ADHD often experienced difficulty succeeding academically. They may also have had behavior problems in school and may even have been held back a grade as a child. Adults with ADHD often have difficulty maintaining good working relationships and often have driving violations, resulting from their inability to pay attention and maintain focus. It has been said that ADHD may often be linked genetically. Studies also suggest a potential link with environmental factors such as cigarette smoking and alcohol use during pregnancy, and high exposure to lead. Brain injuries may be a factor as well. The idea that refined sugar causes ADHD or makes symptoms worse is popular, but more research discounts this theory than supports it. Likewise, food additives have been discussed; however, no research shows that artificial food coloring causes ADHD.

Like children, adults who suspect they have ADHD should be evaluated by a licensed mental health professional. To be diagnosed with Adult ADHD, an adult must have ADHD symptoms that began in childhood and continued throughout adulthood. Health professionals use certain rating scales to determine if an adult meets the diagnostic criteria for ADHD. The mental health professional will also look at the person's history of childhood behavior and school experiences.

For some adults, a diagnosis of ADHD can bring a sense

of relief. Adults who have had the disorder since childhood, but who have not been diagnosed, may have developed negative feelings about themselves over the years. Receiving a diagnosis allows them to understand the reasons for their problems, and treatment will allow them to deal with their problems more effectively.

How ADHD is treated in adults

ADHD medications, including extended release forms, often are prescribed for adult ADHD. Although not FDA-approved specifically for the treatment of ADHD, antidepressants are sometimes used to treat adults with ADHD. The antidepressant bupropion (Wellbutrin), which affects the brain chemical dopamine, showed benefits for adults. Older antidepressants, called tricyclics, sometimes are used because they affect the brain chemical norepinephrine.

Adult prescriptions for stimulants and other medications require special considerations. For example, adults often require other medications for physical problems, such as diabetes or high blood pressure, or for anxiety and depression. Some of these medications may interact badly with stimulants. An adult with ADHD should discuss, in an open and honest dialogue with his or her doctor, the complete medical history to include all current medication prescriptions.

In addition to medications, education and psychotherapy is offered. An adult with ADHD can learn how to organize his or her life with tools such as a large calendar and date book, lists, reminder notes, and by assigning a special place for keys, bills and paperwork. Large tasks can be broken down into smaller, more manageable steps so that completing each part of the task provides a sense of accomplishment. Psychotherapy, including cognitive behavioral therapy, also can help change one's poor self-image by examining the experiences that produced it. The therapist encourages the adult with ADHD to adjust to the life changes that come with treatment, such as thinking before acting, or resisting the urge to take unnecessary risks.

ADHD can sometimes make social situations challenging. For example, you may sometimes blurt out things without thinking first, or have trouble keeping up with conversations.

Tips that may help you in social settings

*Before speaking or acting, pause for 10 seconds to make sure that what you want to say or do is a good idea. *Practice "active listening;" pay very close attention to what others are saying before you join the conversation.

See ADHD, page 9

Boy Scouts grow green thumbs

HOURGLASS REPORTS

Boy Scouts from Kwajalein-based Troop 314 got their hands dirty, digging up and transplanting trees Wednesday.

Part of the troop's effort to celebrate Earth Day with real, active efforts on the ground, the Scouts have been digging up saplings at the Marshallese Cultural Center and the Public Garden and planting them at new locations across Kwajalein. Some destinations have been the area near the island's dog park and locations farther north toward Emon Beach.

The Scouts had been at it during the past two weekends, tackling a total of 41 small trees. The effort culminated on Earth Day Wednesday when four Scouts and their leader Glen McClellan dug up the final 11 trees and planted them near the tennis courts and the dog park.

The work the Scouts did transplanting all those plumeria, utilomar, tropical almond trees and more goes toward not only their organization's community service goals—a core component of the group's identity—but also to the KRS Environmental Department's ongoing effort to plant one tree for every tree that is cut down on the installation.

They have a lot of pride in the work they've done, McClellan said.

"Back in the States it is common to see a whole classroom of kids get together and plant a tree [for Earth Day] and planting just one tree can be a lot of work," he said. "The Boy Scouts are proud to have planted 52."



Photos by Jordan Vinson

TOP: Travis Ropella, left, and Tyler Waite fill in a hole vacated by a small sapling. **BOTTOM:** Aiden Mitchell, middle, and Xander Waite work with Scout leader Glen McClellan, left, to wrestle a tree out of the ground without breaking its roots.

The Scouts will spend the following couple of weeks watering the transplanted trees and ensuring they take well to their new locations.

Other parties who helped out with the project were Richard Clearman and Jane Abston.

ADHD, from page 8

Tips that may help at your workplace

*Use earphones, soothing music or other sounds to drown out office noises. *Work in uncluttered space, where distractions are few. *Send phone calls directly to voice mail, and respond to them at the same time every day. *Write down ideas in a notebook to avoid interruption of the task you are currently doing. *Keep a list of ideas that you get during meetings so that you can talk about them more effectively. *Perform one task at a time. Do not start a new task until the present one is completed.

Working with ADHD - Organization and Planning

*Use a tape recorder to take notes at meetings. *Write checklists for complex tasks. *Use memory triggers such as a bulletin board or a reminder list on your computer for announcements. *Learn how to use a day planner to help you keep track of tasks and events (can be computerized) *Write notes on sticky pads and put them where you can easily see them.

Working with ADHD - Time Management

*Use time line charts to break down large projects into more manageable smaller parts, with due dates. *Reward yourself for achieving due date goals. *Use watches with alarms or buzzers, daily planners, or computer software with alerts or reminders. *Program your computer to beep 5 minutes before every meeting on your calendar. *Avoid over-scheduling the day by blocking out more time than you think each task or meeting will take.

No matter how you feel, the challenges are beatable with education, support and with a little creativity you can learn to manage the symptoms. Look at ADHD essentially as a chemical problem in the management system of the brain. The brain isn't damaged; it works well under its own set of rules. And just to let you know, most people with ADHD have a significantly higher than average IQ. In addition to the above, exercise and eat right and get plenty of sleep.

Most of the time, doctors can diag-

nose a child or adult with ADHD simply by observing his or her behavior in the office and by asking parents or spouses to describe his or her attention or behavior problems, such as when they started, where they occur and so on. But sometimes doctors have trouble making a definite ADHD diagnosis. When diagnosis is difficult, the usual approach is to order one or more additional standard diagnostic tests – notably a technique known as a single photon emission computed tomography and a quantitative electroencephalography, which measure brain wave activity. These techniques show which brain regions are metabolically active ("hot") and which are quiescent ("cold") when an individual completes various tasks. SPECT adds to the richness of the diagnosis and helps target treatment. If you suspect ADHD and would like to investigate further, please contact the EAP at 5362. Or visit the National Institute of Mental Health <http://www.nimh.nih.gov>

Information for this article is from public domain NIMH publications.

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.

A number of positions are available in the Community Services group, including teachers, clubs supervisor, nurses and more. Please see Human Resources for the file of available on-island positions or www.krsjv.com for contract slots.

KRS is searching for available, on island licensed registered nurses, individuals with medical billing and coding experience, and dental hygienists. For more information, please contact HR/Julie Gooch at the Temp Pool at 50777.

MIT Lincoln Laboratory is hiring a full-time Site Administrator. Call the MIT Office at 55100 to inquire. A resume will be required.

FOR SALE

VT SPORT ORLIMAR golf clubs, 5 irons and 3 woods and putter with bag, only used twice, \$160; new Nikon D3100 (14.2 megapixels) w 18-55 Nikkor lens, \$375. Call 52931.

YAMAHA ADVANTAGE YAS-2000AD student Alto Saxophone, like new, \$525. Call 54530.

Religious Services

Catholic

- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

- 8 a.m., Sunday, Island Memorial Chapel
- 9:15-10:15 a.m., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 6:30 p.m., Friday, Roi Chapel

Latter-day Saints

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

TENOR UKULELE, Kala brand model SSTU-T thinbody, with padded bag, \$180; Seagull "Merlin" strummed dulcimer, mahogany model, with padded bag and extra strings, \$120; also available, Lorient Carmen concert flamenco guitar, serious inquiries only. Contact Sean at 52670 or at seanmwinkler@yahoo.com.

Stainless steel six-burner propane grill, works great, \$25. Call 52525.

LOST

Pair of prescription Maui Jim sunglasses. Please call Cindy at 54547 if found.

Flashlight, Intovatec SCUBA Divers, 6-inch, black with wrist strap, lost night of April 2 between Bakery and Palm BQ. If found please call Bob at 53788 or 51053.

FOUND

Special watter bottle, found at the Roi Airport. Call 56359 to describe and claim the item.

COMMUNITY NOTICES

KWAJALEIN YACHT CLUB will hold its monthly meeting at 6:30 p.m., tonight, at the Yacht Club. Happy Hour starts at 5:30pm, and dinner begins at 7 p.m. A Chinese food entree will be provided, so bring a side dish to share. Questions? Contact Tim Cullen at yeoman@kwajyachtclub.com.

COME OUT TO THE APRIL Birthday Bash at the Ocean View Club tonight at 8 p.m. Join us in celebrating April birthdays with DJ JACK. Present valid ID. Must be 21 years of age or older.

THE 36TH ANNUAL RustMan Run-Bike-Swim Triathlon is scheduled for Monday with a 4 p.m. start. Get your information packet and registration forms at the big bulletin board next to the United ticket office. The event consists of a 1,000-yard swim, a 26-mile bike section and a 10K run. Questions? Call Bob and Jane at 51815 or Benn and Linn at 51990.

CELEBRATE MOTHER GOOSE Day at 10:30 a.m., Wednesday, at the Grace Sherwood Library. There will be games, activities, special readings of nursery rhymes and more! Questions? Call 53331.

THE NEXT MONTHLY ISLAND orientation is scheduled for 12:30-4:30 p.m., Wednesday, at the CAC Building, Room 6. The session is mandatory for all new island residents, including dependents. Children over age 10 are welcome but not required to attend. Please arrive early and sign in. Questions? Call 51134.

MEREBABES SWIM CLASS: 9-9:30 a.m., May 2, at the Family Pool. Come enjoy an American Red Cross Parent/Child Swim Lesson. Class is for children ages six months-three years. All participants must be accompanied by an adult in the water. Cost is FREE! The purpose of this class is to develop a comfort level in and around the water. Class

will meet the first Saturday of each month. Swim diapers are required for children who are not potty-trained. Questions? Contact Cliff at 52848.

COME ENJOY FAMILY Swim Time on Saturdays, beginning May 2. Session runs 9:30-10:30 a.m. This is a special swim time just for families at the Family Pool!

EAP CLASSES for the month of May: Bariatric Support, May 5; Weight Management Support, May 7, Smoking Cessation classes are ongoing. All classes take place at 4:45 p.m. in the hospital conference room. Questions? Call 55362.

KWAJALEIN HOBBY SHOP six-month membership renewals are upon us. Enjoy unlimited access to the Hobby Shop during normal hours May 1-Oct. 31. Prices: \$100 individual; \$200 family; \$60 child. Questions? Call 51700.

ISLAND MEMORIAL CHAPEL'S Bible Study Digital Library is a media service that boasts over 8,000 videos for kids, youth and adults to watch on any device. If you'd like an invitation to our Right Now Media membership at no charge, email Kevin at kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil.

UNITED AIRLINES UA 155 CHECK-IN TIMES for Monday, Wednesday and Saturday are 3:30-4:45 p.m. UA 155 check-in times for Tuesday, Thursday and Saturday are 11-11:30 a.m. Passengers must pass through security by closeout.

ATI FARES FOR SPACE-A travel have increased \$0.20 to a total of \$35.20. The ATI check-in time and location is as follows: 8-9 a.m., at Building 902. Note: The check-in time for 9:20 a.m. departures is 7:45-8:30 a.m.

DO YOUR PART to conserve energy! Turn off lights when they're not needed.

E-TALK: Chlorine is a respiratory irritant and can have harmful effect on marine life. Always be careful when using chlorine bleach

SAFELY SPEAKING: Respirator filter cartridges must be changed out a regular intervals. The color of the filter indicates the chemicals that the filter is good for.

THUMBS UP

... to KFD staff for always being great with the kids. Letting them see the trucks, talking to them and making them feel comfortable around you. They see you as heroes!



Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 2
Beef tips in burgundy	Chicken w. citrus glaze	Kahlua pork	Teriyaki chicken	Beef stroganoff	Clam chowder	Spaghetti
Herb-roasted chicken	Quiche	Local boy chicken stew	Veggie stir-fry	Huli huli chicken	Coconut-breaded chick.	Chicken picatta
Asian salmon	Herb-roasted potatoes	Parslied potatoes	Chinese fried rice	Parslied potatoes	Fish du jour	Sausage and peppers

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 2
Pork pot roast	Fried chicken	Swedish meatballs	Grilled striploin steak	Grilled tuna sandwich	Sweet and sour pork	Tacos
Rice pilaf	Broccoli stir-fry	Thai chicken stir-fry	Ravioli in marinara sauce	BBQ chicken	Peach chicken	Pork Carnitas
Chick. coconut curry	3 cheese macaroni		Herb-roasted chicken	Pork pimento	Chinese fried rice	Refried beans

Ready and Resilient Wellness Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Spiritual Resilience, see Page 10. All welcome. 2. Smoking Cessation classes ongoing. Call 55362.	1. Circuit Training, 8 a.m., at Ivey Gym. 2. RustMan Triathlon, 4 p.m., at Emon Beach. 3. Pick-up ultimate frisbee, 5 p.m., near the soccer fields. 4. Pick-up soccer, 6 p.m., at Brandon Field.	1. Cross Fit, 5:15 a.m., at the Adult Pool. 2. Pick-up tennis, 5:30 p.m., at the tennis courts.	1. Circuit Training, 5 a.m., at Ivey Gym.	1. Cross Fit, 5:15 a.m., at Ivey Gym. 2. Interval Training, 5:15 p.m., at Emon Beach. 3. Pick-up tennis, 5:30 p.m., at the tennis courts 4. AA Program, 7 p.m., at the REB.	1. Circuit Training, 5 a.m., at Ivey Gym.	1. Cross Fit, 5:15 a.m., at Ivey Gym. 2. Pick-up tennis, 5:30 p.m., at the tennis courts.

April is Sexual Assault Awareness Month

Action tips to prevent sexual violence:

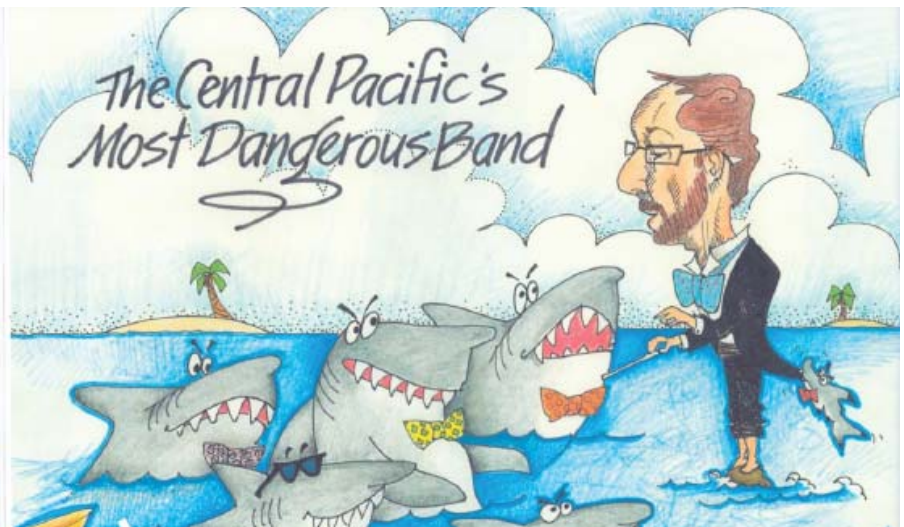
1. Stop Victim Blaming
2. Ask for sexual consent
3. Say No to Gender Stereotyping
4. Confront Racism
5. Seek Support

For more information:

Contact **Lynx McClellan**, PhD, RN
 Sexual Assault Nurse Examiner, Human
 Trafficking/Domestic Violence Victim
 Justice Resource
lynx.mcclellan@gmail.com

Helpful links:

<http://www.cdc.gov/violenceprevention/sexualviolence/index.html>
<http://www.preventconnect.org/>
<http://www.nsvrc.org/>



27th annual Kwajalein High School Stage Band Ballroom Dinner Dance May 3 at the MP Room

Enjoy great music, dancing and dinner. The Kwajalein High School Stage Band—The Central Pacific's Most Dangerous Band—will play cool jazz, jumpin' swing and hot Latin tunes throughout the evening. This is a high-profile event for the musicians to showcase about 30 pieces they practice all year long. Come out and show your support and, of course, have a good time!

Tickets must be purchased ahead of time. They are \$45.00 per person and are on sale until Wednesday. Contact Kyle Miller at 51167 or at millerk@kwajalein-school.com.

Lunch

Sunday
 Apple-glazed chicken
 Indonesian pork
 Eggs benedict

Monday
 Pepper steak
 Glazed pork loin
 Cheese quiche

Tuesday
 Ham and cheese sand.
 Chicken-fried steak
 Stir-fry veggies

Wednesday
 Chili
 Meatloaf
 Corn bread

Thursday
 Stir-fry beef
 Chicken and broccoli
 Ginger rice pilaf

Friday
 Bacon and cheese sand.
 Sauteed trout
 Mac and cheese

May 2
 Shoyu chicken
 Hawaiian chopped steak
 Spicy asian noodles

Dinner

Sunday
 Chicken-fried rice
 Herb-baked fish
 Mashed potatoes

Monday
 Chicken and dumplings
 French braised beef
 Au gratin potatoes

Tuesday
 Corned beef and cabbage
 Roast chicken
 Boiled potatoes

Wednesday
 Roast beef
 Chick. w. mustard sauce
 Baked potatoes

Thursday
 Fried chicken
 Hot and sweet tofu
 Mashed potatoes

Friday
 BBQ pork ribs
 BBQ chicken
 Corn on the cob

May 2
 Grilled bratwurst
 Baked chicken
 Sauerkraut

Café Roi

KWAJ SPORTS



A LEAGUE

WEDNESDAY, APRIL 15

Criminals def. Bakai Arma 17-7
Old Fat and Ugly def. USAG-KA 17-5

FRIDAY, APRIL 17

Yokwe def. Criminals 16-6
Bakai Arma def. Lucky Eleven Forfeit

SATURDAY, APRIL 18

Old Fat and Ugly def. Lucky Eleven 14-4

COED LEAGUE

TUESDAY, APRIL 14

RF Hazards def. Jellyfish 12-11

THURSDAY, APRIL 16

Lollegaggers def. USAG-KA 16-0

Softball

B LEAGUE

TUESDAY, APRIL 14

Spartan Men def. SJC X-Pats 18-7
Team Disciple def. Mon Kubok 4-1

THURSDAY, APRIL 16

Mon Kubok def. SJC X-Pats 21-7
Jikalum def. Auto 14-5

WOMEN'S LEAGUE

WEDNESDAY, APRIL 15

Spartan Women def. Scrubs 16-14

FRIDAY, APRIL 17

Spartan Women def. Spartan Co-ed 10-0

TEAM STANDINGS

A League

Old, Fat and Ugly 5-0-1
Yokwe 4-1
Criminals 3-2-1
USAG-KA 2-3
Bakai-Arma 2-4
Lucky Eleven 0-6

B League

Jikalum 6-0
Mon-Kubok 6-2
Spartans Men 3-3
Team Disciple 3-3
Auto 1-4
SJC X-Pats 0-7

Women's League

Spartans I Women 5-0
Scrubs 1-3
Spartans Coed II White 0-3

Coed League

Lollegaggers 4-0
Jellyfish 2-2
RF Hazards 2-2
USAG-KA 0-4

NEXT WEEK'S SCHEDULE

Tuesday, April 28

5:15 p.m., Ragan: Spartan Co-ed vs. Spartan W.
5:15 p.m., Dally: Spartan Men vs. SJC X-Pats
6 p.m., Brandon: Auto vs. Mon Kubok
7:15 p.m., Brandon: Lollegaggers vs. Jellyfish

Wednesday, April 29

5:15 p.m., Ragan: Spartan Co-ed vs. Scrubs
5:15 p.m., Dally: -----
6 p.m., Brandon: Yokwe vs. Old Fat and Ugly
7:15 p.m., Brandon: Criminals vs. Lucky Eleven

Thursday, April 30

5:15 p.m., Ragan: -----
5:15 p.m., Dally: Team Disciple vs. Jikalum
6 p.m., Brandon: Mon Kubok vs. Spartan Men
7:15 p.m., Brandon: USAG-KA vs. RF Hazards

Friday, May 1

5:15 p.m., Ragan: Spartan Women vs. Scrubs
5:15 p.m., Dally: -----
6 p.m., Brandon: Bakai-Arma vs. Yokwe
7:15 p.m., Brandon: USAG-KA vs. Lucky Eleven

Bowling

LEAGUE STANDINGS

TBD 7-0
Alley Cats 5-2
Scrubs 2-5
El Dorado 0-7
Acey Deucy 0-0

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	25%	ENE-E at 5-10 knots
Monday	Mostly Cloudy	15%	E-ESE at 11-16 knots
Tuesday	Partly Sunny	10%	E-ESE at 10-15 knots
Wednesday	Mostly Sunny	<10%	E-ESE at 10-15 knots
Thursday	Mostly Sunny	<10%	E-ESE at 5-10 knots
Friday	Partly Sunny	30%	ENE-E at 6-11 knots

Yearly rainfall total: 39.99 inches

Yearly rainfall deviation: +24.57 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:35 a.m. 6:59 p.m.	12:54 p.m. 12:49 a.m.	2:34 a.m. 1.2' 4:35 p.m. 1.1'	9:22 a.m. 2.8' 10:58 p.m. 2.1'
Monday	6:35 a.m. 6:59 p.m.	1:42 p.m. 1:34 a.m.	4:35 a.m. 1.5' 6:26 p.m. 1.0'	11:20 a.m. 2.6' -----
Tuesday	6:35 a.m. 6:59 p.m.	2:28 p.m. 2:16 a.m.	6:41 a.m. 1.3' 7:27 p.m. 0.8'	12:53 a.m. 2.4' 12:54 p.m. 2.8'
Wednesday	6:34 a.m. 6:59 p.m.	3:13 p.m. 2:57 a.m.	7:44 a.m. 0.9' 8:06 p.m. 0.4'	1:46 a.m. 2.8' 1:49 p.m. 3.1'
Thursday	6:34 a.m. 6:59 p.m.	3:57 p.m. 3:38 a.m.	8:25 a.m. 0.5' 8:38 p.m. 0.1'	2:21 a.m. 3.2' 2:28 p.m. 3.3'
Friday	6:34 a.m. 6:59 p.m.	4:43 p.m. 4:18 a.m.	8:59 a.m. 0.2' 9:07 p.m. -0.1	2:51 a.m. 3.6' 3:01 p.m. 3.6'
May 2	6:33 a.m. 6:59 p.m.	5:28 p.m. 4:58 a.m.	9:31 a.m. -0.2 9:35 p.m. -0.3	3:20 a.m. 4.0' 3:32 p.m. 3.8'