

VOLUME 56 NUMBER 37


SEPTEMBER 12, 2015

THE KWAJALEIN HOURGLASS



Mason Finley and Julian Beguin enjoy snow
cones from the swim team at the Labor
Day Beach Blast!

For more, see page 5.

 Kim Yarnes

Underwater Photos of the Week



HOURLASS REPORTS

T

his yellow cardinalfish (*Ostorhinchus luteus*) was photographed by Lisa Shier in the waters off Emon Beach.

Native to the west-central Pacific Ocean, from Palau to the Marshall Islands, yellow cardinalfish favor sheltered waters in and around reefs and in lagoons. According to writers

at www.fishbase.org, they "aggregate under ledges, in holes, or even among spines of sea urchins."

Because of these habits, they may not be the easiest fish to photograph. You have to be patient, Shier said.

"They hide in the shadows and crevices of coral in the daytime and come out at dusk," she explained.

Growing to about 4.4 cm in length, the species has a foothold in the aquarium trade, but its overall numbers are not currently known. The International Union for the Conservation of Nature has not yet performed population studies.



📷 Yellow cardinalfish by Lisa Shier

**Reprint from April 18, 2015*

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.

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CA INVITES KIDS TO LEARN TO SWIM

By Mandie Morris, Recreation and Programs Manager

Swimming has long been considered a lifetime skill. Some of Kwajalein's own residents participated this summer in the World's Largest Swim Lesson, a record-setting program positioned to teach the importance of learning to swim. According to wsl.org, "the best thing anyone can do to stay safe in and around the water is to learn to swim". Many swimming and water safety programs teach important tips for remaining safe around the water, however knowing how to swim is the ultimate key to enjoying a safe and fun aquatic experience.

With the addition of Pools and Beaches Coordinator, Cliff Pryor, the Community Activities American Red Cross Learn to Swim program has returned. The program is offered with different lesson series, designed to teach swimming skills from Level 1 (Introduction to Water Skills) to Level 5 (Stroke Refinement). Lesson series offered this fall will include the months of September, October, and November. Students are able to register for lessons, which meet twice weekly for the series month.

Students of the program are able to progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the program includes training in basic water safety and helping others in an emergency, in addition to stroke development. Some of the important skills taught in the Learn To Swim program include floating, gliding, water submersion, treading water, front crawl, back crawl, elementary backstroke, breast stroke, side stroke, butterfly, rotary breathing, and diving. Important water safety lessons also included in each level are recognizing the lifeguard, learning to stay safe around aquatic environments, using a lifejacket, and survival swim-



Learning to swim is the best way to stay safe around water. Alana Leines, former learn to swim student, enjoys time at the family pool.

ming. The program also boasts an additional water safety element called "Longfellow's Whales Tales" that provides child-friendly quips like "Reach or Throw, Don't Go", in order to commit important water safety elements to memory.

The American Red Cross has been providing standardized swim lessons for 100 years. With the launch of the "100YEARS of Water Safety" campaign, they have made learning to swim a science. Instructors in the Learn To Swim program must be certified by the American Red Cross as a Water Safety Instructor (WSI). The WSI course requires over 30 hours of instruction where candidates learn aquatic principles and body mechanics, as well as complete physical elements of stroke improvement. The class also stresses providing proper instruction to Learn To Swim students.

The Learn To Swim program is designed to teach students the importance of all aspects of swimming. Besides providing a curriculum with instruction in six swimming strokes, it teaches students to be aware of

hazards in and around the water. The American Red Cross credits the program with reducing accidental drowning by 90%. Under previous revisions of the program, a fitness element and diving element were provided. However, they were eliminated, as the American Red Cross chose to focus on teaching swimmers how to be safe and smart, as opposed to competitive.

The registration for the September series is closed, however the October series registration will be opening soon. Students must be at least 4 years old to register. In addition, a monthly Merebabes class is also offered for infant and toddler swimmers. This class meets on the first Saturday of each month. For information about water safety or the Learn To Swim program, please contact the Pools and Beaches office at 52848 or the Recreation Office at 51275.



Digital, archived copies of the Kwajalein Hourglass are located online at the U.S. Army Space and Missile Defense Command website. A PDF copy of each issue is uploaded to the website two weeks after the issue's original print date on Kwajalein. To view archived issues, visit the following URL address or simply search "smdc hourglass" in an Internet search engine.

<http://www.smdc.army.mil/2008/HourglassArchives.asp>

2015: WILD, WET, WINDY, AND WONDEROUS WEATHER

by Joel Martin, RTS Chief Meteorologist

While this year's weather seems unique, the weather of 2015 is much like 1997 in several respects. Both were significant El Niño years; both had increased Monsoon Trough activity spreading well east of Kwajalein Atoll, past the Dateline; and research by former Chief Meteorologist Mark Bradford revealed that this is the first time Kwajalein has experienced west winds like this since 1997. In 1997 there were 45 consecutive days of nearly 20-knot winds.

El Niño is the warming of the sea surface along the Pacific Equatorial waters. Why does El Niño happen? Why does it change so many weather patterns? Quite simply, the Earth has to manage an energy budget. The tropics are the bullseye for the ceaseless blast of energy from the sun. About half of the energy received is managed by the atmosphere and about half by the oceans. Both air and water are fluids, and if you heat fluids, currents must develop because of nature's attempt to stay within the physical laws and balance the distribution of the energy. The Earth responds to the energy by setting up these complex currents, which, in turn, create nonlinear cycles in both the atmosphere and oceans. Nonlinear is a fancy term, meaning that it's not a straight relationship and much harder to predict, which usually means much, much more complex mathematics is involved.

One of those cycles the Earth creates in this energy management process is El Niño, which is caused by the periodic sloshing of the energy distribution back and forth across the Pacific Basin. Warmer water from El Niño warms the atmosphere, which enhances rising motions. Rising motions in the atmosphere mean a mass of air is being pulled from one place that must be replaced from someplace else. Replacing the displaced air creates winds. Thus, El Niño alters what is considered normal wind patterns. This alters the characteristics of the Monsoon Trough.

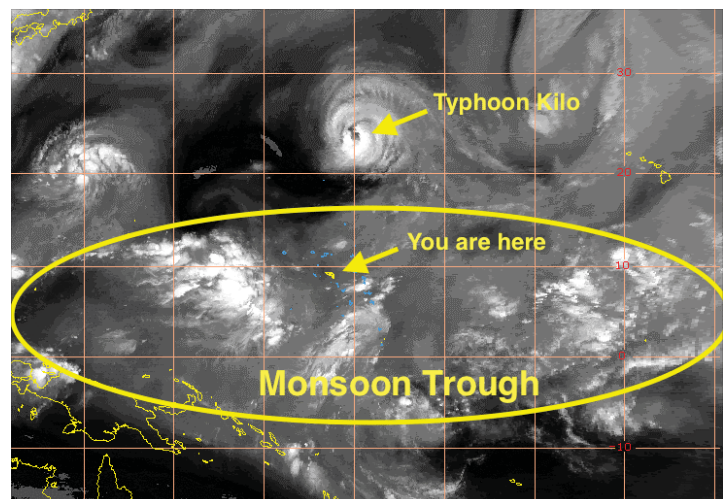
What is a Monsoon Trough? The English version of the term monsoon appears to have originated in British India and referred to the changing wind. Changing wind often meant big rains would soon follow. Our military forces experienced the big Monsoon rains in Vietnam. A Monsoon Trough is simply a string of cyclonic circulation where wind patterns are converging at the surface and diverging high up to create upward motion and convective

rains. Convection is the process of air going upward, cooling, condensing, and causing precipitation. Heat rises, water vapor rises, and when water vapor changes phase to liquid water it gives up heat to the atmosphere. So convection feeds upon itself to create a focus of heat and rising motion ... displacing air.

When El Niño happens, the wind patterns are altered. The altered wind patterns tend to make the Monsoon Trough stronger and extend further East of Kwajalein Atoll than non-El Niño years. Then there is more convection, which means more rain. There are more storm threats. And, if the Monsoon Trough is pushed a little North of Kwajalein, there are extended periods of west winds.

What does this all mean for Kwajalein Atoll? We really don't know what the 100-year or 200-year or 500-year threat is for Kwajalein because our weather records extend back only 75 years. It is quite likely that this is the kind of unusual year that will produce the wildest weather events. One indication is the 95.79 inches of rain this year so far, when normally we would have 33 inches less than that by this date.

2015 truly is wild, wet, and windy. The complex meteorology producing it is wondrous science. Kwajalein Atoll is at ground zero for climate change and part of the factory floor for manufacturing the strongest storms on the planet!



Labor Day Beach Blast draws a crowd

Kwajalein is a little more colorful after this weekend's Labor Day Beach Blast! Over 150 shirts were splashed with the colorful tie dye inks at the extravaganza. Members of the sophomore class and their advisors helped community members twist and tie their shirts then expertly apply the bright reds, yellows, greens, blues, and oranges. More than one participant left with dyed fingers and colored spots!

The beach was bouncing with the castle filled with youth ranging from two to ten. Petty Officer 2nd Class Isaac Cajinas from the Naval Mobile Construction One volunteered as king of the castle to ensure it operated safely. Fayette Clark, Scott Tallieu, and Kendra Rauch, also members of the Naval Mobile Construction One, volunteered to help at the craft station, making visors and bouncing balls.

Others entertained themselves in the rare waves on Emon, played basketball or relaxed in the shade.

Vendors and clubs took advantage of the crowd to spread the word about their services. Amy Hromiak represented the recently re-formed Girl Scout organization, which will begin meeting in October. Libbie Lide with the fencing club also promoted their new club to the community. Bob Gray was selling unique coins. Joy Whipple offered chair massages for those needing a break from all the excitement. Kwajalein Swim Team offered snow cones to help everyone cool down and dining services had a tasty barbecue.

While the weather impacted the Stand-up paddle board races (new date to be determined) and the Swap Meet, which was rescheduled to Sept. 19, the beach blast continued with fun for all.



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
Spiritual Resilience All Welcome.	Circuit Training, 8 a.m., at Ivey Gym.	Cross Fit, 5:15 am, Adult Pool.	Circuit Training, 5 a.m., at Ivey Gym.	Cross Fit, 5:15 a.m., at the Ivey Gym.	Cross Fit, 5:15 am, Adult Pool.	Cross Fit, 5:15 a.m., at Ivey Gym.
Smoking Cessation Classes, open enrollment, call 5-5362.	Pick-up Racquetball, 8:00 am, racquet court (gym).	Pick up Tennis, 5:30 pm, Tennis Court.	Grace Sherwood Library Story Time 10:00 a.m., at the library	Interval Training, 5:15 p.m., at intersection of Sprint & Ocean.	Pick up Tennis, 5:30 pm, Tennis Court.	Family Swim Time, 9:30 a.m., at Family Pool.
	Pick-up Ultimate Frisbee, 4:30 pm, near the soccer field.			Pick-up Tennis, 5:30 p.m., Tennis Court.		Roald Dahl Day Party, 3:30 p.m., and movie at 6:30 p.m. at the Grace Sherwood Library.
	Pick-up Soccer, 6:00 pm, at Brandon Field.			AA Program, 6:30 p.m., Religious Education Building.		Pick-up Tennis, 5:30 p.m., at the tennis courts.

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.

Executive Administrative Assistant (Full-time) Education: High School Diploma or equivalent Experience: Minimum of 5 years of progressive administrative experience or related field. Qualification: Experience with computer software e.g. MS Outlook, Word. Must perform technical writing & editing documents for widespread external consumption. Ability to obtain CAC Card & Network Access. Please submit your application to the HR Office, Bldg. 700.

FOR SALE

Yamaha Advantage YAS-2000AD Student Alto Saxophone, like new, \$525 or best offer. Call 54530.

FOUND

Camera in the vicinity of the Surf Shack/ DCCB Building on Aug. 23. Call 50787 to describe and claim.

COMMUNITY NOTICES

Vets Hall end of summer party! 8:30 p.m., tonight, join us and rock to the beat of Radar Love starting at 8:30. Questions call Mike Woundy or Jan Abrams

Coral Sands fire pit construction: Boy Scouts meet at Scout Hut 2 p.m., Sun, Sept. 13. Scouts will break ground on construction of the new community fire pit at Coral Sands. We'll be transporting the flagstone. Bring gloves if you have them. David Sholar 51815.

Come sign up for 4-H clubs this year on Sept. 14, 3-4 p.m., at the Youth Center. Some of the clubs include running club, citizenship club, sewing club and cooking club. Questions? Contact Katrina Ellison at Katrina.M.Ellison2.ctr@mail.mil or call 52158.

Boy Scouts first meeting is Thursday, Sept. 17, 7:30-8:30 p.m., at the Scout Hut. Sign up at any meeting. For boys sixth grade and up. New? Questions? Call Glen at 54641.

Rock Hopper Adventure Trail Run Kosrae, Oct. 12. For more information visit the Travel Fair on 17 and 18 Sept outside the United Airlines ticket office.

Roald Dahl Day 3:30 p.m., Sept. 19 at the Library. Join us in celebrating the author that brought you classics such as "Matilda"

and "James and the Giant Peach!" Crafts, goodies, special readings. Come celebrate with us! For questions, call 53439.

Library Movie Night 6:30 p.m., Sept. 19, at the Library. The Roald Dahl Day celebration continues into the evening with a special showing of "Willy Wonka & the Chocolate Factory." Fun for the whole family! For questions, call 53439.

The Great Kwaj Swap Meet. 5-7 p.m., postponed to Sept. 19, at Emon Beach. Come shop until your heart is content! Call the CA office at 53331 to reserve your table.

Loosen up those pipes and join us for Karaoke at 7:30 p.m., Sept. 20, at the Vet's Hall. Sing your heart out, and have some fun. Questions? Contact Jan Abrams or Mike Woundy.

2015 Fall Bowling League Register Sept. 9-25. League play is every Wednesday night, Sept. 30-Dec. 2. Warm-ups begin at 5:30 p.m.; League Bowling begins at 6 p.m. Cost is \$70 with shoe rental, or \$60 without shoe rental. Sign up teams of four bowlers. Register at the Community Activities office. Limited number of team slots available, so register quickly! Adults only, please. For questions, contact Mandie at 51275.

Would you like to be added to the CYSS Babysitter List? If you are between the ages of 13-18 or will be 13 within the next

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

- 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.

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF SEPT. 8

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 19
Roast chicken	Citrus-glazed chicken	Super bird sandwich	Grilled ruben	Beef stroganoff	Coconut chicken	Chicken picatta
Lemon garlic fish	Quiche	Kalua Pork	Crispy garlic chicken	Chicken caesar wrap	Fish du jour	Sausage and peppers
Southern benedict	Spaghetti casserole	Chicken stir-fry	Corn bread	Parslied noodles	Rice pilaf	Garlic bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 19
Pork pot roast	Kwaj fried chicken	Barbecue chicken	Grilled ribeye steak	Grilled tuna sandwich	Sweet & sour pork	TACO BAR!
Chicken coconut curry	Shepherd's pie	Three bean chili	Ravioli marinara	Huli huli chicken	Peach chicken	Refried beans
Mashed potatoes	Three cheese macaroni	Onion rings	Baked potatoes	Augratin potatoes	Ginger fish	Spanish rice

six months, please email Michelle Huwe at michelle.r.huwe.ctr@mail.mil or call 53610 to sign up for the 4-H Babysitter Training Class. The training will take place 1-4 p.m., Sept. 19, and 3:30-6 p.m., Sept. 24. Registration ends Sept. 15.

Back to School Picnic! 5:30 p.m. socializing; 6:30 p.m. dinner, Sept. 21 at Emon Beach the LDS, Catholic, and Protestant congregations are hosting a back to school picnic and everyone is invited! Hamburgers, hotdogs, and beverages will be provided. If you would like to bring a dish to share, please bring one from the list below based on the first letter of your last name:
A-H: Side dish
I-P: Desert
Q-Z: Salad

Kwajalein Atoll International Sportfishing Club monthly meeting will be held Wed., Sept. 23, at the Pacific Club. Food & beverages will be served at 6:30 p.m., meeting will start at 7:00 p.m. All anglers welcome to attend! Questions? Call Andy at 52878.

Patrick Sieben Trio LIVE! Check out this Emmy Award Winning Singer/Songwriter and Las Vegas Aria Resort and Casino Residency performer! Show listing: Friday, Sept. 25, 7:30 p.m. at the Roi Outrigger; Saturday, Sept. 26, 7:30 p.m. at Camp Hamilton; Sunday, Sept. 27, 9 p.m. at the Vets Hall.

Monthly Island Orientation, Wed., Sept. 30, 12:30-4:30 p.m. in Bldg. 365 - Community Activity Center (CAC), Rm 6. It is required for all new island residents including dependents. Children under age 10 are welcome, but not required to attend. Please arrive early to sign in. Questions, call 51134.

American Red Cross Lifeguard Class Session Dates: Oct. 5-Nov. 9 Classes on Sat.s and Mon.s. Cost: \$150 (includes book, pocket mask, and certification fees) Course fee due after the first class; participants must be at least 15 years old. Registration: Sept. 22-Oct. 3. For questions and registration, call Cliff Pryor at 52848.

American Red Cross Learn To Swim Class Session Dates: Oct. 7-30 Wednesdays and Fridays (8 sessions). Levels III, IV, & V: 3:45-4:15 p.m.; Levels I & II: 4:30-5 p.m. Cost: \$50 per participant; participants must be at least 4 years old. Registration: Sept. 22-Oct. 3. For questions and registration, call Cliff Pryor at 52848

Boaters: your vessels must be parked in their designated locations. Parking in the vicinity of the boat ramp is strictly prohibited. Trailer parking is allowable for day use only.

2016 Quality of Life Live Entertainment Requests are being accepted now through Sept. 19. A limited number of live entertainment will be selected. Request forms can be obtained from a QOL member or on the USAG-KA intranet under Community - What's Going On. Requestors will present at the Sept. QOL meeting. For questions, contact Tommy Ryan or Midori Hobbs.

401(k) Open Enrollment for all Eligible CMSI Employees. Employees can change their current deferral contribution percentage. Employees who did not initially enroll in the 401(k) Plan can do so at this time. Changes will be effective Oct. 1. Forms must be submitted to CMSI HR by Sept. 17. Call Linda at 50788 if you have any questions or to request the appropriate forms.

Storytime Celebrity Readers Wanted. 10 a.m., Wed., at the Grace Sherwood Library. Want to volunteer? Please call 53439.

Kwaj SBM Notice. The fish cutting station is closed. Please observe the barriers and stay clear of the area. An alternate location has been set-up under the shower. Questions? Call Kim Yarnes.

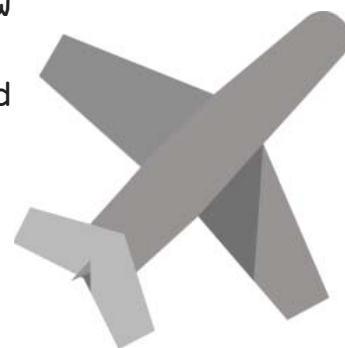
The feeding of wild or stray animals is strictly prohibited. Please do not feed the wild chickens on Roi-Namur. The bird population is increasing, posing a hazard to Aviation if the birds migrate to the air field. For questions or concerns, please contact the Installation Pest Management Department (In accordance with USAG-KA Regulation 210-8, Section 3.7, Paragraph C "Control of Animals")



Person of the Week: Evelyn Smith

Many people know Ev from the Hobby Shop, where she works part time, and puts her creative genius to work making beautiful pottery. Her favorite pastimes are hand building/slab pottery and cooking. Originally from Chepachet, Rhode Island, Ev came to Kwajalein six and a half years ago as the AFN Broadcast Technician providing television programming to the community and she works diligently to ensure all your favorite shows are on the air.

Be sure to follow all road signs—especially around the airfield. Look both ways for incoming planes before proceeding.



Café Roi							*MENU CURRENT AS OF SEPT. 8
Lunch							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 19	
Roasted cornish hen	Roast pork loin	Jamaican patties	Monte Cristo sandwich	Chicken sandwich	Salmon cakes	Chicken quesadillas	
Hamburger steak	Grilled chicken strips	Roast beef	Honey mustard pork chop	Beef stroganoff	Italian sausage hoagies	Beef tacos	
Vegetable Frittata	Southern benedict	Corn on the cob	Wild rice	Tofu stir-fry	Vegetable quiche	Pinto beans	
Dinner							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 19	
Beef enchilada casserole	Roast turkey	Kalua pig	Charcoal grilled steak	Roi fried chicken	MONGOLIAN GRILL	Hamburgers	
Chicken chimichanga	Beef stew	Baked fish	Broiled huli huli chicken	London broil	Noodles and rice	Hot dogs	
Cilantro lime rice	Stuffing	Vegetable fried rice	Baked potatoes	Mashed potatoes	Egg rolls	French fries	

DISPATCH FROM ROI



Amy Hansern

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:39 a.m. 6:51 p.m.	6:20 a.m. 6:45 p.m.	4:09 a.m. 4.4' 4:26 p.m. 4.1'	10:21 a.m. -0.6' 10:28 p.m. -0.5'
Monday	6:39 a.m. 6:50 p.m.	7:05 a.m. 7:25 p.m.	4:36 a.m. 4.4' 4:52 p.m. 4.3'	10:46 a.m. -0.7' 10:56 p.m. -0.6'
Tuesday	6:39 a.m. 6:50 p.m.	7:49 a.m. 8:05 p.m.	5:02 a.m. 4.4' 5:17 p.m. 4.3'	11:10 a.m. -0.6' 11:23 p.m. -0.5'
Wednesday	6:39 a.m. 6:49 p.m.	8:34 a.m. 8:46 p.m.	5:27 a.m. 4.2' 5:42 p.m. 4.2'	11:34 a.m. -0.5' 11:50 p.m. -0.4'
Thursday	6:39 a.m. 6:49 p.m.	9:20 a.m. 9:28 p.m.	5:53 a.m. 4.0' 6:09 p.m. 4.1'	11:58 a.m. -0.4' -----
Friday	6:39 a.m. 6:48 p.m.	10:06 a.m. 10:11 p.m.	6:19 a.m. 3.7' 6:36 p.m. 3.9'	12:18 a.m. -0.2' 12:22 p.m. -0.1'
Sept. 19	6:39 a.m. 6:47 p.m.	10:55 a.m. 10:57 p.m.	6:47 a.m. 3.3' 7:08 p.m. 3.6'	12:49 a.m. 0.1' 12:49 p.m. 0.2'

WEATHER

Courtesy of RTS Weather

Day	Sky	Rain	Winds
Sunday	Mostly Cloudy	20%	SW-W at 9-14 knots
Monday	Mostly Cloudy	30%	W-NW at 8-13 knots
Tuesday	Partly Sunny	30%	SW-NW at 7-12 knots
Wednesday	Mostly Cloudy	20%	SW-WSW at 7-12 knots
Thursday	Mostly Cloudy	40%	SW-WSW at 5-10 knots
Friday	Partly Sunny	20%	SSW-WSW at 5-10 knots

Yearly rainfall total: 96.82 inches

Yearly rainfall deviation: +41.75 inches

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