

VOLUME 57 NUMBER 10

MARCH 5, 2016

THE KWAJALEIN HOURGLASS



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Lt. Gen. David Mann, commander of U.S. Army Space and Missile Defense Command, second from right, tours the Space Fence construction site on Kwajalein with USAG-KA Commander **Col. Michael Larsen**, right, Command Sgt. Maj. **Angela Rawlings**, left, and Space Fence Site Manager **Mike Savage**.

◉ Maj. Holly Maness

YYWC RAISES CASH FOR MICRONESIA SCHOOLS

HOURLASS REPORT

The Yokwe Yuk Women's Club hosted the group's annual basket auction Feb. 28, raising thousands of dollars in cash for schools throughout the Marshall Islands and the Federated States of Micronesia. A yearly charitable blockbuster, the masquerade-themed gathering at the KHS Multi-Purpose Room brought out more than 100 U.S. Army Garrison-Kwajalein Atoll residents to bid on everything from baskets weaved by RMI artisans to high-dollar dinner parties prepared and hosted by the likes of the garrison commander himself.



Photos courtesy of Kim Yarnes

TOP: More than 100 Kwaj residents enjoy the annual YYWC basket auction at the KHS Multi-Purpose Room Feb. 28. **BOTTOM:** Event organizer Jenn Anderson, second from left, joins Kristen Miller, at left, Ashley Anderson, second from right, and Holly Botes for a photo.

SECOND GT MISSION OF 2016 IS SUCCESS

BY JORDAN VINSON

The 91st Missile Wing, part of the Air Force Global Strike Command's 20th Air Force, joined forces with Air Force Space Command's 30th Space Wing to launch another Minuteman III at the Reagan Test Site at Kwajalein Atoll Feb. 26. Fired off at 11:01 p.m. PST, the unarmed intercontinental ballistic missile crossed the dateline and, roughly 30 minutes after liftoff, re-entered the Earth's atmosphere and impacted the ocean a few miles east of the Mid Atoll Corridor islands. Kwaj resident Rob Taylor's photo, at bottom, provides a unique view of the re-entry from one of those corridor islets.



As seen from Kwajalein, an unarmed Minuteman III intercontinental ballistic missile launched from Vandenberg Air Force Base re-enters the atmosphere at Kwajalein Atoll.

U.S. Army photo by Jordan Vinson



The re-entry vehicle pierces the atmosphere and falls toward the ocean east of the Mid Atoll Corridor islands Feb. 26.

Photo courtesy of Rob Taylor

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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HOOPLA WIN JR HIGH CHAMPIONSHIP

HOURGLASS REPORT

Team Hoopla defeated Coral Dust 53-34 during the Kwajalein Jr. High Basketball Championship March 1 at the CRC Gym.

The red jersey-clad teens started off strong, denying Coral Dust in the white jerseys the opportunity to secure needed field goals early in the game. By the end of the first half, the score was 27-15.

A scoreless streak for Coral Dust made things worse early in the second half. Only four minutes in, Hoopla's lead had stretched to 40 to Coral Dust's 17. During the next ten minutes of play, Coral Dust scored 12 points to Hoopla's six, putting them within 17 points of the leaders, but with five minutes left before the buzzer there wasn't enough time to make up the deficit. Hoopla took home the coconut trophy with a final tally of 53 points to Coral Dust's 34.



TOP: Hoopla celebrate their championship win Feb. 24. **LEFT:** Julia Sholar fends off a Hoopla defender. **MIDDLE:** DJ deBrum drives through Coral Dust's defense. **RIGHT:** Rod Hazard goes in for a lay-up.

EMPLOYEES CELEBRATE 10 YEARS ON KWAJ

HOURGLASS REPORT

Kwajalein Range Services employees gathered together Feb. 27 at the Corlett Recreation Center to toast the fulfillment of 10 years of service with the prime contractor supporting the mission at U.S. Army Garrison Kwajalein Atoll. The employees, who man positions ranging from information technology and Reagan Test Site mission control functions to human resources and construction posts, took home certificates of appreciation, brand-new rain gear and full stomachs after a luncheon with company leaders at CRC Room 1.



KRS employees celebrate 10 years of service with the company at the CRC Feb. 27.



LEFT: Lt. Gen. David Mann, SMDC commander (second from left) and Larsen, left, tour the Space Fence project site with garrison personnel tasked with building the facility. **RIGHT:** Host Nation Director Maj. Holly Maness, right, speaks with Mann about USAG-KA's enduring relationship with the Republic of the Marshall Islands; USAG-KA Commander Col. Michael Larsen, at left, looks on.

U.S. Army photos from Maj. Holly Maness

SMDC LEADER TALKS MISSION, BUDGET, QUALITY OF LIFE

NIKKI MAXWELL, USAG-KA PUBLIC AFFAIRS

One of the strongest advocates of the Kwajalein Atoll community spent a few days on the Army garrison to reconnect with the workforce and witness progress of several projects here in the Republic of the Marshall Islands.

Lt. Gen. David Mann, commander of U.S. Space and Missile Defense Command and U.S. Army Strategic Command arrived at U.S. Army Garrison Kwajalein Atoll, Feb. 23, marking his fifth excursion to the remote islands since taking command in August 2013.

His four-day visit included some time at the U.S. Air Force-funded Space Fence construction site where he noted visible progress in the facility. traveling by boat and helicopter, he also toured the neighboring islands of Ebeye and Enniburr, where the Marshallese workforce who support operations on Kwajalein and Roi-Namur live.

"We can't complete our mission here without their [Marshallese] hard work every day," Col. Mike Larsen explained to Mann during a command briefing on the first day of his visit. "We are one team, and they are just as important to our national security as we are."

Mann said he shares Larsen's teamwork philosophy, and is aware of the

challenging living conditions for many of the Marshallese people.

"I know we are good partners with them, and it inspires me to see what they [the RMI] do for us, and how we have worked together for so many years," Mann said.

The visiting leader held two town hall meetings, in which he spoke with the U.S. residents of Kwajalein and Roi-Namur. The gatherings came on the heels of the garrison commander's town halls the previous week. Many of the issues were already on the garrison's list for action, but some meeting attendees raised new questions about the possibilities for the future of Kwajalein.

"There is a lot of concern about space capabilities, and obviously this installation plays a critical role in missile defense, space surveillance and awareness and tracking of objects," Mann said. "The threat [to national security] doesn't pause, so neither do we. There is always risk, but that's why we make wise investments. ... It's about taking care of families and providing the best support possible," Mann said.

Kwajalein resident Tommy Ryan asked Mann about a timeline for implementation of a Morale Welfare and Recreation program on the garrison so that funds can be reinvested in the local community.

"I think that by this Summer we will see some modifications by Installation Management Command that will provide us with the ability to retain some of the resources that can be used to reinvest here," Mann answered. "It has been very challenging because more people have claims on resources than there are resources available. But we are further along than we were in 2013 when we began this journey, and we are seeing the fruits of that collaboration."

Other topics discussed included the cash sales program, which is discontinued now but is being reviewed for possible exception to policy; the status of the Compact Agreement between the U.S. and Marshallese governments; possible resources for funding a new airport runway at Bucholz Airfield; discussion about TRICARE insurance services and the difference between the contractor-managed Kwajalein hospital and a traditional overseas Military Treatment Facility; and Fiscal Year 2022 funding for increased hospital services. Mann explained the reason for the long-term planning and budgeting for the Kwajalein hospital and other major projects on the garrison.

"Budget is a challenge right now. We

SEE "MANN," page 9

Next week in

THE MARSHALL ISLANDS SKY



BY JORDAN VINSON

Residents of the Marshall Islands will be treated to a rare celestial treat March 9 when the moon obscures the sun, creating a near-total solar eclipse. Scooting together across the sky, the sun and the moon will begin to cross paths a little after 1:15 p.m. local time. According to NASA's Goddard Space Flight Center, the eclipse will peak 1.5 hours later at 2:42 p.m. and will taper off until just after 4 p.m. when the sun and moon's trajectories take them apart from one another. The umbra, the point from which the sun will appear to be completely obscured by the moon, will pass north of the Marshall Islands, but viewers should see more than 80 percent of the sun covered by the moon by 2:42 p.m. If it isn't cloudy, of course.

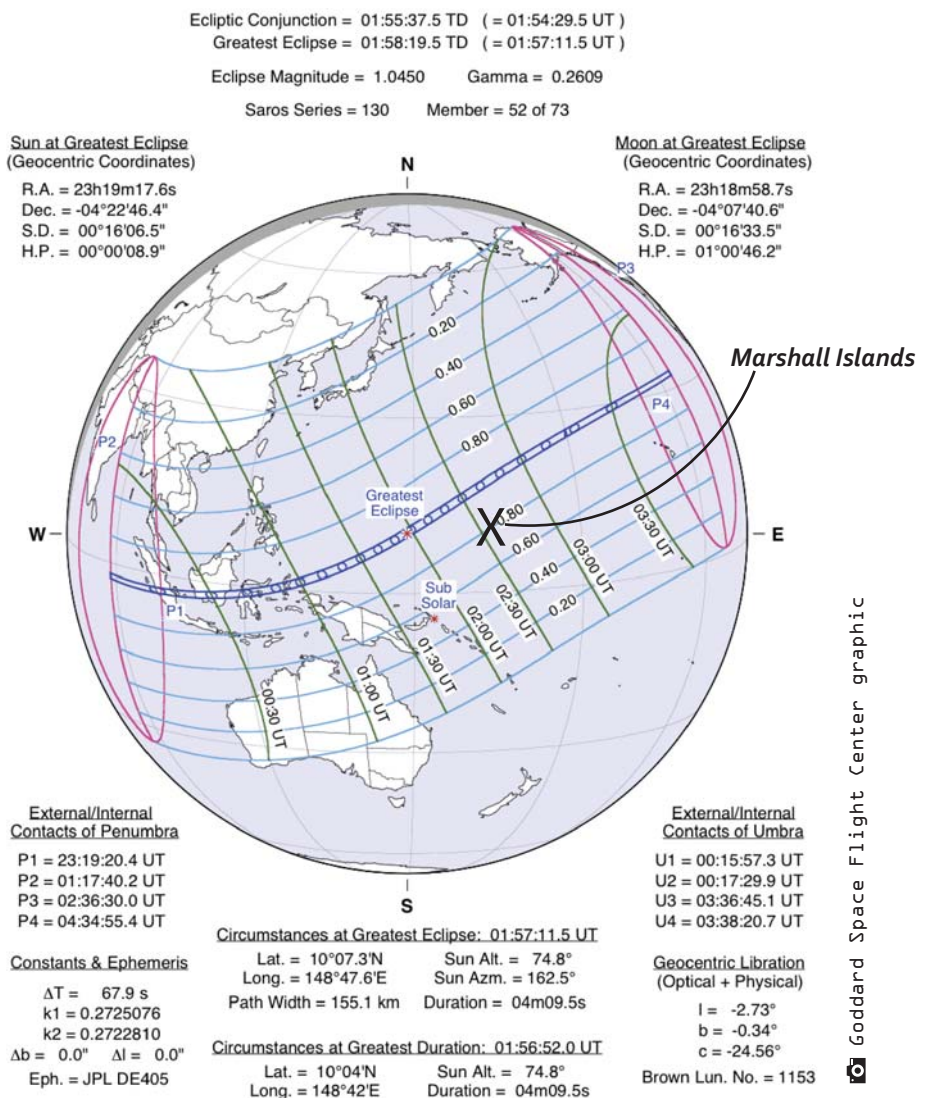
The March 9 eclipse will be the first of two solar eclipses to take place in 2016, the latter of which will not be visible in the Pacific region. The last solar eclipse to pass through the area occurred in May 2013, and the next one will make an appearance in Dec. 2019. Better take advantage of the next two eclipses: Only one solar eclipse will occur in the region during the next decade, in 2031 that the moon covers the sun in this neck of the woods again.

Though more than 80 percent of the sun will be obscured, it will **NOT** be safe to view with the naked eye. Follow these NASA tips below to check out the eclipse without ruining your vision.

Projection: The safest and most inexpensive way to watch a partial solar eclipse is by projection. Place a pinhole or small opening in a card, and hold it between the sun and a screen—giant sheet of white paper works—a few feet away. An image of the sun will be seen on the screen. Projected images of the sun's crescent during an eclipse may even be seen on the ground in the small openings created by interlacing fingers, or in the dappled sunlight beneath a leafy tree. You can also use binoculars to project a magnified image of the sun on a white card. However, you must never look through the binoculars at the sun.

Filters: The sun can be viewed directly

SOLAR ECLIPSE PATH, MARCH 9



only when using filters specifically designed for this purpose. Such filters usually have a thin layer of aluminum, chromium or silver deposited on their surfaces. One of the most widely available filters for safe eclipse viewing is a #14 (or darker) welder's glass. A welding glass that permits you to see the landscape is not safe. Aluminized Mylar manufactured specifically for solar observation can also be used. Mylar can easily be cut with scissors and adapted to any kind of box or viewing device. Only use filters that you know have been ap-

proved for solar viewing.

Unsafe filters include color film, some non-silver black and white film, medical x-ray films with images on them, smoked glass, photographic neutral density filters and polarizing filters. Solar filters designed to thread into eyepieces, which are often sold with inexpensive telescopes are also dangerous.

Telescopes with solar filters: There are sun-specific telescopes available for sale that are also safe for viewing a partial eclipse.



PANDANUS IN THE MARSHALL ISLANDS

BY MARY BROWNING

Mary Browning was a frequent Hourglass contributor in the late 1970s and early 1980s. Her pieces covered an array of issues pertaining to Marshallese culture and history, archeology in Micronesia and marine biology. In this article, which appeared April 28, 1980, she discusses the importance of the pandanus tree to the people of the Marshalls.

Pandanus has been one of the most important forms of plant life in the Marshalls. Its nutritious fruits and tough, fibrous leaves provided both food and shelter on the atolls in early times, and still do today, although to a lesser extent.

Throughout Micronesia, leaves were used for mats and thatch, but only in the Marshalls, Gilberts and certain islands in the Carolines was the pulp of the fruit used for food on a regular basis.

How important it was can be seen in the size of the vocabulary which deals with it. There are at least 123 vernacular names, all dealing with varieties of the tree, according to Benjamin C. Stone's

article, "The Role of Pandanus in the Culture of the Marshall Islands." Not all names are used on all atolls.

The plants are cultivated as clones, using cuttings of stems which have a number of aerial roots growing just behind the leave clusters. The cuttings are placed in shallow holes, sometimes with compost. Since they are often in a leaning position, the trees frequently grow low and in ascending curves. Deeper planting and use of fertilizers produce better results. But, they need little care to survive. Tolerant of poor soil conditions, salt and drought, they often survive when other nearby plants die.

They produce some fruit

year-round, but in the Marshalls the season peaks between November and January. Just as some trees are known for the good qualities of their leaves, so are others known principally for their fruit. And, some have fruit which is better eaten raw while the syncarps of others are good only if cooked. All these factors account in part for the number of names.

Other names refer to variations in size, flavor, juiciness, shape of the raw keys or phalanges, or other factors. But all are fairly tough. Chewing, or rather, twisting and chewing on them, is exercise for teeth and jaws. Their appeal as raw food, like that of sugar cane, lies in their sweet flavor.

Cooked, the pandanus paste or flour provides high energy, good nutrition and relative imperishability. This is important historically, for the cooked, pounded and dried pandanus could be stored for long periods of time and

used as emergency rations, either in time of drought or on lengthy sea voyages.

The leaves make superior roof thatching. Bound together with sennit, folded in small bunches around long poles which are then laid like shingles in staggered layers from outer rafters to the center beam of a building, pandanus thatch makes a cool, waterproof and easily-repaired roof which should last for about three years.

Mats of various kinds were formerly an extremely important use for the leaves. It is said that the strips used in plaiting canoe sails might have been the width of the leave in some cases. These mat sails were several layers thick, too. But mats for other purposes invariably used narrow strips, the width depending on the eventual use of the mat and the amount of time available. The narrower the strips, the finer and softer the finished product—but the more time-consuming to make.

Leaves are prepared for plaiting by removing any spiny margins and midribs, as well as the tips and bases of the leaves. The strips are dried (in the sun for lighter color, in the shade for darker) and then can be rolled for storage.



LEFT: A Bikini Atoll structure features the traditional pandanus-thatched roof used by islanders to top their homes for about 2,000 years until the 20th century. RIGHT: A pandanus tree on Kwajalein bears the species' large grenade-shaped fruit.

📷 Courtesy of the Marshallese Cultural Center

📷 U.S. Army photo by Jordan Vinson

GRACE SHERWOOD LIBRARY IS PLACE TO BE

HOURLASS REPORT

Tucked away in the upstairs of building 805 is an island treasure—the Grace Sherwood Library. The library offers a collection of books ranging from popular fiction, to travel, to local knowledge, to children and young people, as well as a selection of movies to rent. The three most popular features of the library are the book exchange, children's section and activities and the business center.

Though the weather outside doesn't always reflect the seasons, the children's section is always festively decorated. Children's story time takes place every Wednesday at 10 a.m. The creative library staff develop crafts to augment the weekly story. Guest readers are always welcome—contact the Midori Hobbs at the library to sign up.

The most current books can be found in the library's paperback book exchange. This selection is always revolving and includes popular fiction authors, cookbooks, travel writing and more. Strategically placed by the front door, the paperback exchange is available even after hours. Feel free to stop by and grab a good to read or donate to the shelves.

The library also offers computer access with Internet and printing capabilities, in addition to WIFI service. The library is a great place to relax out of heat. Stop by during lunch to check your Facebook or send a fax.

Grace Sherwood Library is always looking for volunteers—contact Midori Hobbs for more information or just stop by the library to see what it's all about.

UPCOMING EVENTS

April 13- D.E.A.R. Day—Drop Everything and Read
April 27- Mother Goose Day
June 15- Summer Reading Program Kick-Off



U.S. Army photos by Jordan Vinson

TOP: Community Activities Entertainment Supervisor Midori Hobbs channels her inner princess and reads to children during the library's Fairy Tale Day event Feb. 24. **BOTTOM:** Owen Mitchell, left, and a friend do some fairy tale-themed crafts.

STUDENTS THROW DANCE-A-THON

BY COLLEEN FURGESON

The Elementary Student Council sponsored a Heart Healthy Dance-a-thon on Kwajalein Feb. 24. Organized to help celebrate Heart Month in February, the event offered healthy snacks for the kids and, of course, plenty of music to boogie down to.

The goal was to keep the kids constantly moving, event organizers and judges said. There were rules the students had to follow. For instance, dancers needed to have their feet moving at all times while a song was playing, and they needed to look like they were dancing and not just marching around. Only during snack time and break time were the kids allowed to rest their feet.

While everyone went home with some coupons for the school's PTO store, those who danced with extra energy and enthusiasm went home with the big prizes. The event was only one of several others meant to get Kwaj kids sweating during the month of February.



George Seitz Elementary School students boogie down during an Elementary Student Council-sponsored dance event at the school Feb. 24.

U.S. Army photos by Colleen Furgeson

SMDC SOLDIERS ACCEPT OUT-OF-THIS WORLD MISSION ABOARD SPACE STATION

EXTERNAL REPORT

By Dottie K. White, Space and Missile Defense Command Public Affairs

JOHNSON SPACE CENTER, Texas, Feb. 26, 2016 — Sending Soldiers into space may seem unusual for an Army that conducts a large part of its missions on the ground, but during the next two years NASA's International Space Station will have at least one active duty or retired Army astronaut on board.

Retired Army Col. Tim Kopra launched Dec. 15 and is scheduled to return June 5. He will be joined by retired Army Col. Jeff Williams March 18.

Upon Williams' return, retired Army Col. Shane Kimbrough is set to launch Sept. 22, and Col. Mark Vande Hei will be making his rookie flight in March 2017.

All but Vande Hei will be commanders during the second half of their six-month missions.

"The Army is always gravitating toward having more representation in those longer duration flights on the space station than the other services have," Vande Hei said. "We have a very good reputation for going places and staying. And we're doing that in space."

All active duty Army astronauts are assigned to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's NASA detachment at the Johnson Space Center in Houston, Texas. The newest class of astronauts includes Lt. Col. Drew Morgan and Maj. Anne McClain. Either could be assigned for ISS expeditions beginning in the next 12 to 18 months.

McClain said she really likes how varied astronaut training is from day to day.

"Being in the Army, you don't stay in one job very long," she said. "I was nervous coming here thinking this is going to be my one job for a very long time even though it's like the coolest job I could possibly imagine. But something I didn't realize is how varied your job is day to day."

Morgan said his Soldier skills bring something unique to the Astronaut Corps.

"We have a very expeditionary mindset, a concept that we can pick up and we can go anywhere and we can live there for a long time," said Morgan. "We bring a lot of leadership. We bring a lot of technical skills. I think that Soldiers are very well suited for what we need astronauts to be, which is very flexible, very technical, very operational and good at working in teams."

Morgan said his favorite thing about being an astronaut is being part of a team. He also talked about the importance of the mission.

"It's important to everybody in the entire human race, the entire world," Morgan said. "It's something that transcends national boundaries."

Vande Hei said that one of his favorite aspects of military service is being part of a team and he explained how that carries over to his astronaut mission.

"Just the interaction with people when you all have to be really good at your particular task, but you also have to be looking out for each other keeping up a good sense of humor when it's a really stressful situation, Vande Hei said. "There's challenges with it, but that's one of things I really like about this job too."

As Vande Hei prepares for his launch on a Russian Soyuz



Army astronaut Col. Mark Vande Hei enters the Neutral Buoyancy Lab, Feb. 8, for training at NASA Johnson Space Center.

📷 U.S. Army photo by Dottie K. White, SMDC Public Affairs

spacecraft in March 2017 for Expeditions 51 and 52, he said he is looking forward to the experience.

"I'm most excited about just adapting to living in a completely different environment and getting a different perspective of the earth and what it means to be a human living on this planet," Vande Hei said. "I think having a perspective of our situations in life that's extremely unique is an amazing opportunity. It's going to be a six-month expedition, and we're living off of the planet with five other people. It's an extended camping trip."

have a lot of priorities we are pursuing in a thoughtful manner," Mann said. "But please trust me when I say that we're doing better than we've done in the past, and a lot of it is because we are starting to gain the recognition this installation deserves in terms of its importance to our national security."

He also mentioned his concerns about the Department of Defense budget for Fiscal Year 2017, but said in the big picture, Kwajalein is in good shape.

"In terms of space and missile defense, we're not doing too bad, and I think that is a reflection of how we're kind of holding our own in that regard," Mann explained. "We're continuing to do [missile] tests out here, and we have new capabilities like Space Fence being built here, and there is potential to receive investments to upgrade the centers that we have."

Mann said he understands the importance of nourishing balance in the Kwajalein community.

"I want to make sure you know that it is not just about mission here, it is about quality of life," Mann told the packed room of approximately 250 people. "I take that very seriously. Every time I have an opportunity to talk about remote [military] locations, I bring up Kwajalein and the incredible work you do here."

Mann said he continues to inform those who make budget decisions involving Kwajalein Atoll military assets, and recommends they to visit the Atoll for themselves whenever possible.

"I always encourage our advocates and leaders to come here so they can see for themselves the amazing things you do with limited resources, and how they can help improve things for you."

He said that when other top military and civilian leaders visit Kwajalein, and they see the importance of the installation, that helps build the advocacy base he wants for the USAG-KA and RTS missions.

"Your commander is committed to you, there is no doubt about that, but he has to comply with regulations too, just like I do, and I know he is working hard to find legal solutions for you," Mann said. "Lawyers in Washington, D.C. read the letter of the law, but they've never been to Kwaj, so they don't understand the unique nature of what you deal with here."

With no more questions coming from the crowd, Mann summed up his thoughts about the people and mission of Kwajalein.



U.S. Army photo by Maj. Holly Maness

Mann tours the ALTAIR facility with Kiernan Re-entry Measurement Site personnel on Roi-Namur.

"On behalf of my family, thank you for all you do out here. This place is not going away because this is the only place we can do certain things for America," Mann said to the residents. "Kwajalein is a national treasure, and it needs to get more recognition and funding, but we are on our way."

HERO OF THE WEEK

HOURLASS REPORT

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SAG-KA's Hero of the Week this week is Labtak Langrus. If you live on Kwajalein and play in any of Community Activities' wide array of competitive, yet friendly, sports seasons, you're sure to have run into Labtak a few times. He works as a referee or umpire in the softball, basketball and soccer leagues, and he's been doing it for about 20 years. Playing sports and simply being around sports is in his blood, he says.

When he's not calling the shots on the field or court, he's working his day job as a computer technician with the Information Services folks on Kwajalein. While the island of Kwajalein is Labtak's home, he's also lived on Maloelap Atoll and in Majuro. During his free time, he enjoys fishing and playing tennis and ping pong.



U.S. Army photo by Jordan Vinson

COMMUNITY CLASSIFIEDS

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.

AAFES is looking for help to fill a regular/full-time office assistant and vending position. Work hours would run Tuesday-Saturday, 8 a.m.-4:30 p.m. Please call AAFES Manager Holly Elliot at 53542 to set up an interview.

PATIO SALE

Patio sale. 7 a.m.-1 p.m., March 5, at Qtrs. 136-E, in the back. Clothing, kitchen items, DVDs and more available.

COMMUNITY NOTICES

Environmental Public Announcement: Dredging and Filling Operation. Avoid eating fish caught in the Camp Hamilton lagoon area. The shoreline protection work activity could increase the potential for Ciguatera poisoning. Questions? Call 51134.

Kwajalein Small Boat Marina summer hours, effective March 1 are as follows. Friday: 1:15-

6:30 p.m. Saturday-Monday and holidays: 8 a.m.-6:30 p.m.

Walk the Rock registration is open March 1-19. Walk the Rock is a physical activity challenge with a goal of reaching 10,000 steps each day. Register as an individual, team or whole department! Challenge dates run March 22-May 2. Prizes will be awarded for the most steps achieved during the six weeks for groups and individuals. Receive a pedometer and log book when you register to help you track your steps. To register and ask questions, call Mandie Morris at 51275.

CYSS youth sports soccer registration open March 2-18. Call 52158 or visit building 358 to register. Season dates run April 5-May 21. Cost is \$40 per player.

The Optometrist, Dr. Chris Yamamoto, will be on Kwajalein to see patients on 4-15 Mar 2016. Please call the Hospital for an appointment at 52223/52224 for eye exams or ES&H at 58855 for prescription safety glasses.

The pharmacy on Kwajalein will be open 8 a.m.-noon Saturday, March 5, and closed for the afternoon. For urgent matters, speak with your doctor or a nurse.

Father/daughter Tea Party in Wonderland Dance. 4:30-7:30 p.m., Monday, March 7 at the High School Multi-Purpose

Room. Dinner and refreshments provided. Questions? Call Alison Bowers at 59987.

Softball Open Play Clinic. 6 p.m., Friday, March 11, at Brandon Field. Come out and learn the basics of Kwaj softball. You may even find a team to play on! Questions? Call Derek Finch at 51275.

Quizzo. 7:30 p.m., Friday, March 11, at the Vets Hall. Special guest host Andrea Williams will have all our minds flying through her trivia challenges.

Blessed Sacrament Catholic Parish St. Patrick's Day fellowship meal. 11 a.m., Sunday, March 13, at the Religious Education Building. Chef Humberto Jones will be making magic with Irish stew, Irish Soda bread, salad, rice and desserts.

Family Pool will close at 2:30 p.m., Monday, March 14 in preparation for a Kwajalein Swim Team swim meet.

CYSS Open Recreation Bingo Night. 5:30-7:30 p.m., March 19, at the School Age Care room. For kids from kindergarten grade through sixth grade. We provide the prizes and snacks. Space is limited. Call 52158 to sign up. Cost is free.

The Easter bunny will visit the AAFES Exchange from 1-2 p.m., Friday, March 25. Bring your camera!

Alcoholics Anonymous meets

every Tuesday, 6:30-7:30 p.m. in the Religious Education Library.

All residents must obtain a building permit before constructing any fences or decks, erecting any gazebos/tarps or attaching any items to your quarters, including antennas. Please contact Raymond Sosnowski at 52049 to request a building permit or if you have any questions.

Safely Speaking: We must remember that the weight we can lift above shoulder height is much less than the weight we can lift below shoulder height. And the risk of injury to your back and shoulders is much higher than that of lifting from the ground.

E-talk: Kwajalein Island has two water systems. The reclaimed system, color-coded with red labels, is not suitable for drinking. Landscaping with reclaimed water conserves drinking water.

Boaters-Please be advised of USAG-KA Regulation 385-9: "No person shall operate or otherwise be in control of any boat (including private boats), surfboard, windsurfer, kayak, outrigger canoe or any other type of personal watercraft of any sort in waters controlled by USAG KA with a blood alcohol level greater than 0.0 percent BAC. Persons in violation of this provision are subject to a appropriate administrative action."

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF MARCH 2

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 5
Beef Pepper Pot Soup	Grilled Salami	Ropa Viejas Beef	Pork Pot Roast	Braised Short Ribs	Garlic Ranch Chicken	Spaghetti
Baked Cheeseburger	Sweet Spicy Meatballs	Chicken Enchilada	Chicken Veggie Stir Fry	Grilled Chicken Breast	Fish Du Jour	Meat Sauce
Casserole	Oven Roasted Potatoes	Casserole	Roasted Potatoes	Mac & Cheese	French Dip	Chicken Alfredo

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 5
Bangers & Mash	Pot Roast	Kwaj Fried Chicken	Chicken Cordon Bleu	Roast Chicken	Hamburger Bonanza	Beef Pad Thai
Steak and Ale Pie	Veggie Pasta	Meatloaf	Baked Potato	Country Fried Steak	Chicken Marsala	General Tso's Chicken
Boiled Red Potatoes	Boiled Potatoes	Mashed Potatoes	Grilled Top Sirloin	Mashed Potatoes	Fish Du Jour	Veggie Stir Fry

USAG-KA MENTORSHIP PROGRAM 2016

For Kwajalein Teens ages 13-19

YOU WILL GAIN:



LEADERSHIP
TEAM WORK
SELF ESTEEM
SELF-DISCIPLINE
COMMUNICATION
PHYSICAL FITNESS
GOOD CITIZENSHIP
DRILL & CEREMONIES
CRITICAL THINKING SKILLS
FIELD TRAINING EXERCISES
PERSONAL RESPONSIBILITY
MILITARY RANK STRUCTURE
EMPLOYMENT OPPORTUNITIES
COLLEGE & ADVANCED EDUCATION
SERVICE TO THE NATION & COMMUNITY
DRUG & SUBSTANCE ABUSE AWARENESS
HIGH SCHOOL GRADUATION & SUCCESSFUL FUTURE

Sign Up Today - The Program Launches April 11, 2016

CHALLENGE YOURSELF TO SUCCEED!

For more information, contact CSM
Angela Rawlings at 5-1414 or email:
angela.u.rawlings.mil@mail.mil



Sexual Harassment/ Assault
Response and Prevention (SHARP)

Contact Information

Chief Warrant Officer 4 Sharnta' Adams
SHARP Victim Advocate

Work: 805 355 2139

Home: 805 355 3565

USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100

USAG-KA SHARP VA Local Help Line: 805 355 2758

DOD SAFE Helpline: 877 995 5247

COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA
COMMANDER SHOULD KNOW ABOUT?

*CALL THE COMMANDER'S
HOTLINE AT 51098 TODAY!*

THUMBS UP



Thumbs up to the guys in Automotive's Scooter Rental Department. Last night I returned a scooter right at closing time. I evidently rush out a little too fast and did not search the vehicle very well and forgot several \$20 bills in one of the front storage compartments. This morning they notified me that I had forgotten my money and returned it to me. To express my gratitude Pizza was on me. Thank You and Komol Tata Jimmy Bolkeim, Ejli Shem and Julian Helson for your honesty and customer

service. You are a credit to the Automotive Department and your families.

—Michael Hayes

Thumbs up to Susannah Jorgensen for achieving status as a certified professional property specialist through the National Property Management Association. This achievement requires dedication and a lot of personal study time, and reflects knowledge and growth in the property management profession.

—Peggy Basset

SUN—MOON—TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	LOW TIDE	HIGH TIDE
SUNDAY	7 a.m. 7 p.m.	4:09 p.m. 4:15 a.m.	8:30 a.m. 0.3' 9:15 p.m. -0.3'	2:39 a.m. 3.0' 2:50 p.m. 4.1'
MONDAY	7 a.m. 7 p.m.	5:02 p.m. 5:12 a.m.	9:13 a.m. -0.3' 9:50 p.m. -0.7'	3:18 a.m. 3.6' 3:29 p.m. 4.6'
TUESDAY	7 a.m. 7 p.m.	5:55 a.m. 6:10 a.m.	9:53 a.m. -0.7' 10:25 p.m. -1.1'	3:54 a.m. 4.1' 4:07 p.m. 5.0'
WEDNESDAY	6:59 a.m. 7 p.m.	6:47 a.m. 7:08p.m.	10:31 a.m. -1.0' 10:59 p.m. -1.2'	4:30 a.m. 4.5' 4:44 p.m. 5.2'
THURSDAY	6:59 a.m. 7 p.m.	7:40 a.m. 8:07 p.m.	11:10 a.m. -1.1' 11:34 p.m. -1.2'	5:05 a.m. 4.8' 5:21 p.m. 5.2'
FRIDAY	6:58 a.m. 7p.m.	8:32 a.m. 9:05 p.m.	11:48 a.m. -1.1' -----	5:42 a.m. 4.9' 5:58 p.m. 4.9'
MARCH 5	6:58 a.m. 7 p.m.	9:25 a.m. 10:04 p.m.	12:08 a.m. -1.0' 12:28 p.m. -0.8'	6:19 a.m. 4.7' 6:35 p.m. 4.4'

Café Roi

*MENU CURRENT AS OF MARCH 2

LUNCH

Sunday

BBQ Pork Sparerib
Turkey
Ala King Biscuits

Monday

Lemon Baked Chicken
Chicken
Baked Fish

Tuesday

Grilled Ham Sandwich
Roast Turkey
Mash Potatoes

Wednesday

Chicken
Steak
Stir-Fry

Thursday

Veggie Quesadilla
Glazed Ham
Parsley Potatoes

Friday

Grilled Cheese
Meatloaf
Stir-Fry

March 12

Chicken Fajita
Hamburger
Steak

DINNER

Sunday

Italian Meatballs
Fish
Marinara Pasta

Monday

Beef Steak
Pork Adobo
Brown Rice

Tuesday

Chicken
Casserole
Refried Beans

Wednesday

Roast Beef
Chicken Pot Pie
Corn on the Cob

Thursday

Fried Chicken
Stuffed Cabbage
Mashed Potatoes

Friday

Mongolian Grill Night
Beef/Chicken
Pork/Veggies

March 12

Stir-Fry
Chinese Spiced Chicken
Veggie Fried Rice

USAG-KA SPORTS

BASKETBALL

RESULTS LAST WEEK

FEB. 23

Coral Dust def. Nothing but Net 33-28
Spartans def. Might Durables 33-29
Hoopless def. Outcasts 57-36

FEB. 24

Balls of Fury def. Island Splash 63-59
Magical Adventures def. BrickDaddies 45-43

FEB. 25

Spartans def. Hoopless 55-38
Faith def. Spartans II 59-52
Outcasts def. Might Durables Forfeit

ADULT LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Hoopless	6	1
Magical Adventures	6	1
Spartans	4	3
Faith	4	3
Brick Daddies	4	3
Mighty Durables	2	4
Outcasts	1	6
Spartans II	0	7

HIGH SCHOOL LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Hoops! I Did It Again	7	2
Balls of Fury	4	6
Island Splash	3	6

JR. HIGH LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Hoopla	8	2
Nothing But Net	5	5
Coral Dust	2	8

BOWLING

RESULTS LAST WEEK

The Replacements def. El Dorado 5-2
You Just Got Munsoned def. SSUFKYM 7-0
Split Happens def. Oily Balls 7-0

LEAGUE RECORDS

Split Happens 22-13
SSUFKYM 21-14
The Replacements 23-12
You Just Got Munsoned 23-12
Oily Balls 7-28
El Dorado 9-26

INNER TUBE WATER POLO

RESULTS LAST WEEK

FEB. 23

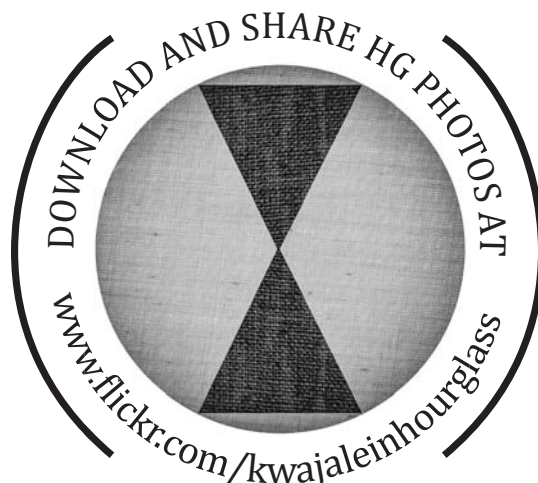
Turbo Turtles def. Zissou 67-27
Spartans def. Chargoggog 27-22

FEB. 27

Spartans def. Zissou 83-43
Chargoggog def. El Polo Loco 77-41

LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Turbo Turtles	7	1
Spartans	6	2
Chargoggog	5	3
El Polo Loco	2	6
Zissou	0	8



HOURLASS REPORT

MATERIAL HANDLING TIPS

IF POSSIBLE LOWER THE FRONT PORTION of the load so that it is below shoulder height. Pivot the load off the shelf and let it come to a lower position changing the overhead lift to a shoulder lift. Always try to lower the load or raise yourself up to the load to keep the load in the green zone between the shoulders and waist. Try to raise the load up or down to

the green zone with a forklift or other piece of equipment.

1. Before lifting from heights try to position the load so that it is below shoulder height.

2. Pivot the load off the shelf and let it lower to a lower position so that the overhead lift is changed to a shoulder lift.

3. Keep the heaviest part of the load closest to you.

4. Keep the proper curvature of the spine, and do not twist with the load.

5. If you are moving an item to an overhead position get an edge in place and slide the load to its position.

tion. Making it so you do not have to take the entire weight of the load.

6. Plan for an escape route just in case you lose control of the lift. Should you lose your grip use your escape.

