

VOLUME 57 NUMBER 20

MAY 14, 2016

# THE KWAJALEIN HOURGLASS



## THIS WEEK

### ATHLETE BATTLES

FOR AQUATIC WORLD RECORD - P 2

### BICYCLE PRIDE

IS DAILY KWAJ CELEBRATION - P 4-5

### CLANS COMPETE

IN 2016 RUSTY FAMILY - P 7

May is National Bike Month, and on Roi and Kwaj, where one of the richest bicycle cultures in American society exists, we celebrate with portraits of residents and their awesome rides. Pictured: Kwajalein resident and bike enthusiast Stan Jazwinski shows off his "Kai bike" at North Point on Kwaj.

◉ Jordan Vinson



# CHAPLAIN'S CORNER

*Be the Best for the World*

BY CHAPLAIN STEVE MUNSON



**B**e the best! Be driven, be first! Never settle for second! Pursue goals with extreme passion! Never be the first-loser! Isn't that the desire of most people? Do we not measure success in this way? Is there more to life than this?

Often in our pursuit for first place we miss what's really important. And a hundred years after a win most people couldn't care less. Typically, the person who runs the race of life well is not concerned with being first. They are concerned about making a difference, and they turn out to be the real winner.

What!? How can a loser be a winner?

Too often in the pursuit to be the best, we become the worst. I believe it does matter how we reach our goals. I have found living life with purpose and meaning has little to do with being the best in the world and everything to do with being the best for the world. When I think back, every person I recall who made a significant difference in my life was a person who also made significant sacrifices and contributions so I could succeed. They were the best for the world! To some they would be losers, because they did not build great wealth, nor were they noted on the national stage for any great accomplishment. They often worked behind the scenes ensuring those around them succeeded; they were servant-leaders who invested in others. These people all had one thing in common: They nurtured their spiritual core. They looked deep within and asked hard questions about life, God, work, family—all the important things. They were not afraid to voice their concerns and doubts. They lived meaningful lives and made significant contributions to others.

How can we determine if we are being the best for the world? Perhaps by one simple rule: Treat others as you want to be treated. I have found when I do that I make significant contributions to others as well. And when I fail, I am a loser.

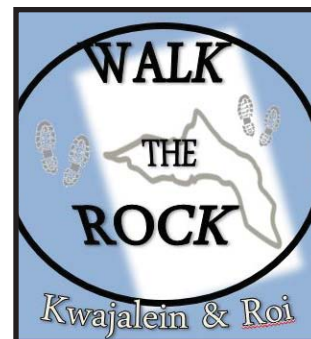
**RESERVATIONS** MUST BE MADE FOR COMMERCIAL ACTIVITIES, CLASSES AND PARTIES AT THE ADULT POOL.

RESERVATIONS CAN BE MADE BY CALLING 52848 OR BY EMAILING CLIFF PRYOR.

# KWAJ FOLKS COMPLETE WALK THE ROCK CHALLENGE

HOURLASS REPORT

*Congratulations* to all of the participants who completed this year's 'Walk the Rock' Physical Activity Challenge, March 22-May 2. Participants on Kwajalein and Roi-Namur each received a pedometer and log book to track their daily steps over a six-week period. Prizes for the most daily average steps were recently awarded to the top three individual and team challenge finishers, listed below.



## 2016 WALK THE ROCK WINNERS

Team Challenge	Individual Challenge
<b>1st Place:</b> PEACEKEEPERS 13,211 steps	<b>1st Place:</b> Allison Villarreal 17,487 steps
<b>2nd Place:</b> FIRE B 12,966 steps	<b>2nd Place:</b> Laura Lawson 11,172 steps
<b>3rd Place:</b> TALK THE TALK 12,883 steps	<b>3rd Place:</b> David Casbarra 10,817 steps

## NEED TO UPDATE YOUR CONTACT INFO IN THE GARRISON DIRECTORY PHONEBOOK?

The process is very simple. Simply shoot an email to Shawn Kelley at [shawn.g.kelley.ctr@mail.mil](mailto:shawn.g.kelley.ctr@mail.mil). You may also give him a call at 51127.

## 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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# ATHLETE BATTLES OPEN WATER IN UNPRECEDENTED CHALLENGE

## HOURLASS REPORT

**Kwajalein resident** Danny O'Connor took on last week one of the gnarliest athletic feats to be attempted in the Republic of the Marshall Islands: a complete circumnavigation by kayak of Kwajalein Atoll, the largest atoll and natural lagoon on the planet.

Determined to do a complete lap of the atoll's interior in a span of only five days, O'Connor took off from Emon Beach May 9, with his wife Jenna and his friends and coworkers cheering him on with a traditional Hawaiian blessing.

Having reached a small pass just north of Gellinam—a small islet 18 miles from Kwaj by kayak—the Army captain and endurance athlete hit hostile seas that forced him to make the tough decision of hitting pause on the adventure and later abandoning it to ensure his safety.

"I ran in to some very dangerous conditions today and unfortunately had to turn back from an area call the Takimushikan Reef," O'Connor wrote on his Solo 'Round the Atoll Facebook page May 10. "Waves 6-7 feet crashing on me from all sides with no islands to land on for 18 miles. So (smart choice with a baby on the way), I made the decision to wait on Gellinam for a bit. When nothing was changing I headed back. While I'm awfully [disappointed] in the outcome, I had a great time, and as a wise man once said today at 5 p.m. (Bob Sholar), it's not a failure, it's an experiment."

O'Connor came up with the first solo circumnavigation idea as a means to both challenge himself physically and mentally and also raise cash for schools in the Marshall Islands. To date, O'Connor's supported have kicked in \$3,025 to support education of Marshall Islands students.



*Photographed from a helicopter, O'Connor is seen paddling his kayak through the azure blue waters 24 hours into his journey through Kwajalein Atoll's lagoon, May 9.*

📷 Photo courtesy of Ray Arsenault

## HERO OF THE WEEK

BY CARI DELLINGER

**U** **SAG-KA's Hero of the Week** is Dennis Joji. Dennis has been employed on Kwajalein for 27 years and works as a postal clerk at the Kwajalein Post Office. Dennis enjoys keeping busy, and it's no surprise he also works after hours, providing landscaping services for residents and tending bar at the Country Club and at community events. He tries to know all of his post office customers by name and is eager to deliver off-island packages that arrive at the post office. He sometimes has to deal with the challenges of a long work day but always has a smile on his face. Dennis has a strong work ethic, instilled in him by his parents who taught him the importance of hard work and making a contribution to society. In his free time, Dennis loves to read, and enjoys learning about world religions. In 2001, he visited Israel and was deeply moved by what he experienced in the Holy Land, and he currently follows the teachings of the Bahá'í Faith. Originally from Likiep Atoll, Dennis lives on Ebeye and has three children living on Majuro.



📷 U.S. Army Photo by Cari Dellinger





*A troupe of Roi rats gather at the north end of Dyess Army Airfield on Roi for a group shot of them and their faithful rides. FROM LEFT TO RIGHT: Sandra Garrison, Gene Littlefield, Shelley Easter, Tommy Drabek, DJ Castle, Allan Foreman, Stacey Helt, JoDanna Castle, Ricky Everette and Joe Coleman.*

Courtesy of Jordan Vinson

# I LOVE YOU, KWAJ BIKE

EDITORIAL BY JORDAN VINSON

*If there's one aspect of life on U.S. Army Garrison-Kwajalein Atoll that binds nearly every resident together, it is the ubiquitous presence of the bicycle and its use as the primary mode of transportation throughout the communities of Kwajalein and Roi-Namur. No matter residents' interests, beliefs, cliques or professions, if they're not working or walking, if they want to get somewhere, they nudge back their rickety kick stands and pedal onward.*

In lieu of personal motor vehicles, many residents have given their bicycles the type of care some would associate with car or truck ownership. Take a quick look around, and you'll see bicycles and trikes in all shapes, sizes, colors and designs. From recumbents, unicycles and choppers to modified Sun bikes with high-rise handlebars and slick paint jobs, the fleet of modified—and prided—rides in the communities of Kwaj and Roi are proof of one of the strongest bicycle cultures in American society. No overstatement there.

In honor of National Bike Month, which is celebrated each year in communities throughout the United States each May, we feature portraits of USAG-KA folks and their trusty rides.



*Bicycle trailers, which can be as unique and customized as the bikes themselves, are also used perform an essential job on the islands. USAG-KA folks use them to haul everything from children to surfboards—or in the case of Kwaj resident Jimmy Severson, cold beverages and fishing gear.*





**LEFT:** Kwajalein residents Lou Velazquez (left) and Stan Jazwinski show off their highly customized “Kai bikes.” Welded together from sections of cannibalized Sun bikes, the two-wheelers feature a low center of gravity that forces the rider to lounge back on the seat and pedal with feet stretched out in front of him. They’re true cruisers. **RIGHT:** Kwaj resident Nate Jones poses with his Sun chopper, which he says he’ll be bringing back with him to the States whenever he decides to PCS.

**CLOCKWISE FROM LEFT:** USAG-KA Commander Col. Michael Larsen rides a simple, blacked-out bike that boasts function over form; no bells and whistles for the colonel! Yours truly rides a rehabilitated Sun bike and is proud of his “crutch-mobile” trailer used to haul dive gear. Jack Montgomery (left) and his daughters, Sydney (center) and Kathryn ride their aluminum kit recumbent trikes together along North Point; made by Danish bike manufacturer, N55, the trikes are as comfortable as they are attractive.



**Ask  
& answer**  
We Want Your  
FEEDBACK!

Kwajalein Range Services wants your feedback on how the garrison’s Community Services programs are going. Take part in ongoing surveys to voice your opinion on everything from the Kwajalein Hourglass and Mongolian Night at Café Roi, to the golf courses and the Self Help shops. Click on the “We Want Your Feedback” icon on the USAG-KA-Web Intranet home page and type away.





# TRADITIONAL WISDOM

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 November 3, 1980, she discusses taboos and collected wisdom in early Marshallese culture.

*When foreign ships began to call on Micronesian Islands, the result was all too frequently an epidemic of some kind. It would sweep with devastating effect through the native population, which had no immunity against it. Local "medicine men" (for lack of a better general term) would attribute the disease to the foreign ships, saying a spell had been cast in revenge for some grievance. The foreigners would scoff and ridicule the superstitious islanders for their beliefs in magic spells. Now we know that the medicine men were right about their source, even though the "spell" had not been intentional.*

Foreigners also laughed at the "taboos" under which the islanders lived. But these taboos were very useful and reflected the collected wisdoms of the culture. For instance, if in the Marshalls, taboos had not limited the access to northern bird refuge islands, the results would have been islands depleted of birds and eggs. Specifying "seasons" and propitiatory ceremonies to accompany organized expeditions to the refuges ensured that the birds would continue to nest on the islands.

Similar taboos served to control use of other natural resources, as well as to insure against over-population, inbreeding and disease. Even though they were expressed in the context of the supernatural, the taboos successfully regulated life so that it fit best into the specific environment.

John Wesley Coulter observed in "The Pacific Dependencies of the United States" (NY Macmillan, 1959), that "the

problem of sanitation in aboriginal times was kept within bounds by witch doctors backed up by the chiefs, all of whom worked together to their mutual advantage. A belief in black magic strongly inculcated the idea that if human excrement, hair, pieces of cast-off paper bark, and other personal coverings were not buried under the soil, an enemy could cast a spell on them which was instantly conveyed to the person responsible. It is not unlikely that the association with witchcraft was developed as a method of dealing with a human problem. The Christianization of the people, not providing any observable penalty for filth, has resulted in a difficult situation now universal in the Pacific among the natives who have partially abandoned their old animistic cult." And who have not yet acquired modern knowledge of hygiene, he might have added.

In 1947, according to Alexander Spoehr, the local medicine men (and women) continued "on the whole" to add to the stability and mental health of the people of Majuro. There was no conflict between traditional and modern medicine. In fact, the principal medicine man himself had been treated at the dispensary. But, by treating the islanders who came to him with various kinds of "ghost-sicknesses" the medicine man apparently achieved satisfactory cures.

Just as effective was the treatment of despondency. One elderly woman specialized in this. And, her spells and plant medicines, plus the passage of time, sound like very attractive alternatives to consultations with psychotherapists.

## 20 WATER SAVING TIPS

1. When washing dishes by hand, don't let the water run. Fill one basin with wash water and the other with rinse water.
2. Designate one glass for your drinking water each day, or refill a water bottle. This will cut down on the number of glasses to wash.
3. Soak pots and pans instead of letting the water run while you scrape them clean.
4. Wash your fruits and vegetables in a pan of water instead of running water from the tap. If you must wash your fruits and veggies in running water, collect the water you and use it to water house plants.
5. Reuse leftover water from cooked or steamed foods to start a nutritious soup. It's one more way to get eight glasses of water a day.
6. Select the proper pan size for cooking. Large pans may require more cooking water than necessary.
7. When doing laundry, match the water level to the size of the load.
8. Shorten your shower by a minute or two, and you'll save up to 150 gallons per month.
9. Time your shower to keep it under five minutes. You'll save up to 1,000 gallons per month.
10. Toilet leaks can be silent! Be sure to test your toilet for leaks at least once a year. You can test by adding food coloring—if the water is clear the next time you check, you probably have a leak or a running toilet.
11. If your toilet flapper doesn't close properly after flushing, call it in.
12. Turn off the water while you brush your teeth, and you'll save up to four gallons a minute. That's up to 200 gallons a week for a family of four.
13. Plug the sink instead of running the water to rinse your razor and save up to 300 gallons a month.
14. Turn off the water while washing your hair, and you save up to 150 gallons a month.
15. One drip every second adds up to five gallons per day! Check your faucets and showerheads for leaks.
16. At home or while staying in a hotel, reuse your towels.
17. Run your washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
18. Use a broom instead of a hose to clean patios, sidewalks and driveways. You'll save water every time.
19. When ice cubes are left over from your drink, don't throw them out. Pour them onto a plant.
20. Scrape dishes rather than rinsing them before washing.

**DON'T FORGET: WE ARE IN A DROUGHT. WATER YOUR PLANTS AND/OR YARD FOR ONLY 30 MINUTES EVERY OTHER DAY.**

# 2016 RUSTY FAMILY

## Mini Triathlon

COMMUNITY CONNECTION BY: *Bob Sholar*



The Kwajalein community held the 2016 Rusty Family Mini Triathlon May 9, with a 4:30 p.m. start at the Kwajalein ski boat area. Kwajalein Running Club President Jay Lord acted as the official starter following his second RustMan competition win two weeks ago.

The Rusty Family carries a 'Mini' label, but with a 600-yard lagoon swim, a 10-mile bike and two-mile run, it is anything but mini to the youngsters. The youngest finisher this year was five-year-old Micah Hinton. Other very young finishers were Reid Sadowski and Gideon Lowe, both six years old.

This year's results were notable in a number of remarkable personal bests among repeat contestants. Alana Leines cut her 2015 finish time of one hour, 52 minutes, 50 seconds to one hour, 23 minutes, 32 seconds this year—nearly a full half-hour difference. Similarly, Claire Anderson cut her time by more than 25 minutes, finishing at 1 hour, 32 minutes, 56 seconds. Both girls are only eight years old.

Other recurring competitors cut 10-20 minutes from their 2015 finish times. Julia Sholar is a good example, having crossed the finish line with a time of one hour, 4 minutes, 35 seconds, compared to just over 1 hour, 14 minutes last year. Asked what she attributed her performance to, Sholar shyly explained that



she had a lot of experience competing in the Rusty Family, having been at least present at it for all 13 years of her life; her genes may have helped, too, she said. Sholar was followed at the finish line by fellow seventh graders Zach Hill—one hour, five minutes, 57 seconds—and Alyssa England—one hour, six minutes, 25 seconds.

High School math teacher and former Kwaj kid, Mallory Masciarelli, made a long-awaited return to the competition she last competed in way back in 1996 at the age of eight. Her one hour, 28 minutes, 31 minutes finish time eclipsed her finish time of over two hours she achieved 20 years ago.

During an award ceremony after the race, each finisher received a printed certificate displaying their performance times. A thank-you list for volunteers that supported Rusty Family (and RustMan) triathlons would be very long, considering more than 50 individuals contributed handily to the events. Apart from KRC volunteers and KRS Community Activities staff, major help with the event came from Rob Taylor and the Kwajalein Amateur Radio Club volunteers, Neil Dye, Doug Hepler, Jim Bishop, Janette Bishop, Gus Garcia, Jim Steph-chew, Carmel Shearer, Ron Sylvester, Ben Bartyzel, Cliff Pryor, Rebecca Bradley, Linn Ezell, Pam Hess, Kwajalein Jr./Sr. High School Honor Society members and many more.

U.S. Army photos by Nikki Maxwell; also courtesy of Rebecca Bradley

**CLOCKWISE FROM TOP** - Julia Sholar finishes the swimming segment and proceeds to the bike transition area. TC Cardillo hauls his family through the swimming portion of the event. Young competitors storm the beach to begin the bike segment of the race.





# EUROPE SWEEPS IMCOM BEST WARRIOR COMPETITION

## EXTERNAL REPORT

By Jade Fulce  
IMCOM Public Affairs

**FORT SAM HOUSTON, TEXAS, May 11, 2016** — Four local commands conducted a consolidated 2016 Non-commissioned Officer of the Year and Soldier of the Year competition at Camp Bullis, Texas, May 2-5.

The U.S. Army Installation Management Command, U.S. Army North, U.S. Army South and U.S. Army Medical Command joined forces to maximize military and civilian resources located at Joint Base San Antonio and reduce costs. Soldiers from each command competed together through every event, but were graded by their own commands. IMCOM had a total of four Soldiers and four NCOs compete; one Soldier and NCO from each region.

Sgt. Derrick Adams from U.S. Army Garrison Rheinland-Pfalz was named the IMCOM Soldier of the Year, and Staff Sgt. Brendan Hagens from U.S. Army Garrison Wiesbaden was named the IMCOM Non-commissioned Officer of the Year.

This is the second year in a row that Europe Region has taken top honors at the IMCOM Best Warrior Competition.

The Best Warrior competition's purpose is to promote morale and unit cohesion, and is part of the process to select the best-qualified NCO and Soldier to represent IMCOM at the Army-level Best Warrior competition.

Each participant competed in three days of field events, followed by a board. The events included the Army Physical Fitness Test, 12-mile ruck march, an obstacle course, day and night land navigation, and a situational training exercise. The board was a panel of IMCOM sergeants major, who scrutinized each NCO's and Soldier's record, military bearing, appearance and knowledge of Army history, regulations and current events. The events were continuous and the competitors had little time for sleep.

"The competition is more about competing against yourself than each other," said IMCOM Command Sgt. Maj. Jeffrey Hartless. "It's learning what your weaknesses are and capitalizing on your strengths. It's becoming a better Soldier.



U.S. Army photo by Amanda Rodriguez

**Pvt. first class Mercedes Nearing, from Fort Wainwright, Alaska, climbs the inverted robe during the obstacle course at the U.S. Army Installation Management Command Best Warrior Competition May 3 at Camp Bullis, Texas.**

Having a never quit attitude in all that you do, training, life issues and in combat. I'm proud of each of the competitors and looking forward to the next phase."

The weather was chilly and soggy from previous rain storms in San Antonio, however, the rugged professionals were well-trained and persevered in every environment according to Hartless.

"Nobody quit, no matter how hard it was ... and they made it through it" said Hartless. "The Best Warrior Competition recognize Soldiers who demonstrate commitment to the Army values, embody the warrior ethos and represent the Army of the future."

The IMCOM winners were announced at an awards ceremony May 6 at the Fort Sam Houston Theater. Hagens was not surprised when the announcement was made.

"I anticipated [winning] it because I worked hard and was confident in my ability," said Hagens. "I looked at it with the mentality that this was training for the next event. I had already had it in the bag and had fun while doing it."

Spc. Trevius Mosquera from Fort Hood and Cpl. Clint Horton from Fort Stewart were named runners-up for the Soldier of the Year and NCO of the Year titles, respectively. Mosquera is the Central Region Soldier of the Year and Horton is the Atlantic Region NCO of the Year.

The other IMCOM Soldiers competing were: Pvt. 1st Class Mercedes Nearing from Fort Wainwright, Alaska, the Pacific Region Soldier of the Year; Spc. Tyler Nelson from U.S. Army Garrison West Point, New York, the Atlantic Region Soldier of the Year; Sgt. Jason Garrison from Fort Wainwright, Alaska, the Pacific Region NCO of the Year; and Staff Sgt. David White from Fort Bliss, Texas, the Central Region NCO of the Year.

Nearing was the youngest Soldier to compete, with only eight months in the Army. Nearing said her NCO did a great job preparing her.

"It was a great good opportunity to show everyone what I have and show myself what I am capable of," she said.

At the award ceremony, IMCOM Commanding General Lt. Gen. Kenneth Dahl gave advice to the Soldiers and gave them a message to take home.

"We need to expect a lot from you," said Dahl. "We expect you to be rugged, we expect you to be Spartan, and expect you to thrive in austere environments."

You should not expect to handled too softly by your leaders," he continued, "you have to be rugged. This is not a game."

Adams and Hagens will move on to the U.S. Army Cyber Best Warrior competition later this year. The winner of ARCYBER will compete at the Army-level Best Warrior Competition.



# TOP MILITARY INSTALLATIONS OF 2016 ANNOUNCED

EXTERNAL REPORT

DoD News, Defense Media Activity

**WASHINGTON, May 10, 2016** — Defense Secretary Ash Carter today announced the 2016 recipients of the Commander in Chief's Annual Award for Installation Excellence:

This year's award recipients are:

— U.S. Army Garrison Fort Campbell, Kentucky. Commander: Army Col. James R. Salome.

— Marine Corps Logistics Base Barstow, California. Commander: Marine Corps Col. Sekou S. Karega.

— Naval Air Station Whidbey Island, Washington. Commander: Navy Capt. Michael K. Nortier.

— Spangdahlem Air Base, Germany. Commander: Air Force Col. Joseph D. McFall.

— Defense Supply Center Richmond, Virginia. Commander: Air Force Brig. Gen. Allan E. Day.

## ARMY ALLOWS SOLDIERS' USE OF HEADPHONES IN GYM

EXTERNAL REPORT

By C. Todd Lopez, Army News Service

**WASHINGTON, May 10, 2016** — Soldiers jogging or lifting in the gym may now be allowed to listen to music through small headphones or ear buds, according to Army Directive 2016-20, released May 6.

Acting Secretary of the Army Patrick J. Murphy signed a memo that authorizes Soldiers to listen to music on a variety of devices and ear pieces while doing personal physical training inside gyms, though the memo does give final word on the new policy to installation or unit commanders.

"Effective immediately, unless the unit or installation commander prohibits otherwise, Soldiers may use headphones, including wireless or non-wireless devices and earpieces, in uniform only while performing individual physical training in indoor gyms or fitness centers," Murphy wrote in the memo.

The headphones cannot be more than 1.5 inches in diameter and the memo states violators may be subject to admin-

istrative or disciplinary action under the Uniform Code of Military Justice. The Commander in Chief's Annual Award for Installation Excellence recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations, Pentagon officials said. The five recipients of this highly competitive presidential award were selected for their exemplary support of Defense Department missions, they added.

"Excellent installations enable better mission performance and enhance the quality of life for military men and women and their families," officials said in a statement announcing this year's recipients. "Each winning installation succeeded in providing excellent working, housing and recreational conditions."

Each winning installation will receive a commemorative trophy and flag and a congratulatory letter from the president, officials said.

istrative or disciplinary action under the Uniform Code of Military Justice.

To push music through "conservative and discrete" earpieces, Soldiers are also permitted to "wear electronic devices, such as music players or cell phones" on their waistband, in accordance with AR 670-1. That regulation says the color of the carrying case for such a device must be black. The directive also permits Soldiers to wear a "solid black armband" to hold their electronic device, but only while in the gym or fitness center.

When Soldiers leave the gym or fitness center, however, the arm bands, the music devices and the headphones must be put away.

Sgt. Maj. of the Army Daniel A. Dailey said the new policy is something Soldiers have told him they wanted for a while.

"This change came about because Soldiers stood up at one of my town halls and asked about it," Dailey said. "If we can make changes that improve morale and they don't adversely affect discipline, I'm all for it."

# GROCERIES RECALL INFO

*Certain grocery items* sold throughout the United States have been recalled by retailers due to an outbreak of listeriosis. This includes a few items recently purchased at Surfway. Please see notices at Surfway, on the AFN roller channel or in KRS bulletins regarding the specific food items that should not be consumed and should be returned to the store immediately.

*Listeriosis* is a bacterial infection that usually causes a mild febrile illness, but that can cause meningoencephalitis and/or septicemia in newborns and adults. In pregnant women infection can cause preterm delivery and fetal infection, with infection most likely resulting from transplacental transmission.

*The mode of transmission:* Outbreaks have been reported in association with ingestion of raw or contaminated milk, raw vegetables, fried rice, ice cream, ready-to-eat meats and other food products. This specific food recall pertains to frozen vegetables as noted above. Illness amongst healthy adults can be somewhat difficult to detect in mildest cases, and confirmation requires identification of the organism from blood or cerebrospinal fluid. The median incubation period from exposure to disease is 3 weeks. Serologic tests for this disease are unreliable. Testing of asymptomatic patients has not been shown to be of any value.

*Advice for the island residents regarding this recall include* the adherence to the recall by identification of the product and either returning it to store for refund and/or properly disposing of it. Any prior exposure, if the food was well cooked should pose minimal risk to potential patients. Those at highest risk of serious illness are newborns less than 1 month (hopefully not likely to have been eating this product), elderly over 60 to 65, and anyone immunocompromised. Those with poorly controlled diabetes, cirrhosis, status post organ transplantation, or recovering from cancer are all also at increased risk.



# COMMUNITY CLASSIFIEDS

## HELP WANTED

Visit USAJOBS.GOV to search and apply for USAG-KA vacancies and other federal positions.

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 Bldg 700 and on the "Kwaj-web" site under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at [www.krsjv.com](http://www.krsjv.com).

KRS is seeking a grade 7-12 science teacher. Please direct any potential candidates to [www.krsjv.com](http://www.krsjv.com)

## COMMUNITY NOTICES

2016 Spring Photo Exhibit and Craft Fair: 10 a.m.-2 p.m., Monday, May 16, at the Kwajalein Junior/Senior High School Multi-Purpose Room.

YYWC Bargain Bazaar Volunteer Meeting: 4-5 p.m., Monday, May 16, at Qtrs. 470-A (Sixth Street and Heliotrope). For all previous, current, new and newly interested volunteers. High schoolers and adults are welcome. Bring your ideas!

Kwajalein Running Club's 10th Monthly Fun Run: 5:30 p.m., Monday, May 16. The public, visitors and walkers are welcome to participate in the last run for the 2015-16 season. Distance options are 1/2 mile, 2 miles and 4 miles. Meet near the Bowling Alley entrance. Following this event, KRC will go dormant until late August. Questions? Call Bob/Jane at 51815 or Ben/Linn at 51990.

Quizzo: 7:30 p.m., Friday, May 20, at the Vet's Hall. Hosted by Neil

Dye. Questions? Contact Neil Dye or Mike Woundy.

Rock and Bowl: 6-9:45 p.m., Saturday, May 21, at the Kwajalein Bowling Alley. Bring your own beverages and enjoy the best music of the 80's and 90's. \$2 for shoes, \$2 per game. Adults only, please.

Kwajalein Fencing Club's "Gillian Ghearing Intra-Mural Tournament": 3:30 p.m., Monday, May 23, at CRC Room 1. Friends, family and fans of fencers in 3rd-11th grade are welcome to learn and cheer for this AOL sponsored program.

Kwajalein Atoll International Sportfishing Club Monthly Meeting: 7 p.m., Wednesday, May 25, at the Pacific Club. Food and beverages will be served at 6:30 p.m. All anglers welcome to attend! Questions? Call Rich at 59219.

Interested in getting your B-boat license? Register at the Small Boat Marina. Once registration reaches 20 participants, the class will be scheduled. Questions? Call Kim Yarnes at 53331.

Due to increased congestion and equipment traffic, overnight bicycle parking is not allowed in the area between Building 718 and Marine Rd. Supply and Transportation employees working out of Building 718 will be allowed to park bicycles in the rack next to the building during work hours only.

Friendly Reminder: Per USAG-KA Regulation 420-1, smoking inside BQ rooms, common area, balcony and within 50 feet from all entrance doors is strictly prohibited. This reminder also applies to smoking of e-cigarettes.

Alcoholics Anonymous meets ev-

ery Tuesday and Thursday, 6:30-7:30 p.m. in the Religious Education Library.

Safely Speaking: Falls Cost! Falls continue to be the number one killer in construction. In 2012, falls accounted for 1/3rd of all construction fatalities. Falls are number one killer of OSHA's Fatal Four. These are tragic deaths because they are preventable.

E-talk: Report dead, injured, or distressed marine mammals to ES&H 51134. For your safety and theirs, do not attempt contact with marine mammals.

Community Bank Notice. Due to construction, the Community Bank has adjusted work hours until June 8: 9 a.m.-3 p.m., Tuesday; 9 a.m.-3 p.m. and 11 a.m.-5 p.m., Wednesday-Friday; and 11 a.m.-5 p.m., Saturday.

### Notice of Availability USAG-KA Draft Removal Action Memorandum for Facility Number 900 Site

The US Army Garrison, Kwajalein Atoll (USAG-KA) is proposing to remove Polychlorinated Biphenyl (PCB) contaminated soil and concrete from a transformer room in FN900 on Kwajalein. The U.S. Army Kwajalein Atoll Environmental Standards (UES) require proposed removal activities to be described in a Removal Action Memorandum (RAM). The UES also provide regulatory agencies and the public opportunities to review and comment on the Draft RAM. The Draft RAM for the Kwajalein Facility Number (FN) 900 Site, dated February 2016, provides a summary of information related to the proposed cleanup actions at this site. The actions are the next step in USAG-KA's Compliance Cleanup Program to clean up soil and concrete contamination from a transformer fluid spill that contained PCBs in one room at FN 900. The public is invited to review and comment on this Draft RAM document. Copies of the Draft RAM and the UES are available for review at the RMI EPA Offices on Majuro and Ebeye, the Grace Sherwood Library on Kwajalein, and the Roi-Namur Library. Computer users with internet access can view this information at the USAG-KA IRP website, [www.usagkacleanup.info](http://www.usagkacleanup.info). Questions regarding the Draft RAM document can be directed to: Nikki Maxwell USAG-KA public affairs office (PAO) at 805-355-4848. Written comments can be placed in comment boxes located at the RMI EPA Office in Majuro/Ebeye, the Grace Sherwood Library, or the Roi-Namur Library; through the [www.usagkacleanup.info](http://www.usagkacleanup.info) comment portal for the Draft FN 900 RAM; e-mailed to [comments@usagkacleanup.info](mailto:comments@usagkacleanup.info) or mailed to Nikki Maxwell; Attn: Removal Action Memorandum for FN 900 Comments: USAG-KA PAO, PSC 701, Bldg. 730, APO AP 96555. A period of at least 30 days is provided for public comment. Comments should be mailed for receipt no later than 05 June 2016.

## Captain Louis S. Zamperini Dining Facility

\*MENU CURRENT AS OF MAY 11

### LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 21
Sautted Beef Tips	Beef Curry	Fish Sandwich	Roast Chicken	BQQ Pork Ribs	Taco Bar	Meat Lasagna
Pork Chop	Cacciatore Chicken	Kahlua Pork	Stuffed Cabbage	Turkey Wrap	Beef or Chicken	Veggie Lasagna
Mashed Potatoes	Augratin Potoates	Roasted Potatoes	Soup Du Jour	Roasted Potatoes	Refried Beans	Garlic Toast

### DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 21
Meatloaf	Spaghetti	Grilled Chicken	Ham Steak	COOK TO ORDER	Chicken Fried Steak	Sweet & Sour Pork
Fried Chicken	Marinara Sauce	Beef Pot Pie	Picante Chicken	Mongolian BBQ	Mashed Potatoes	Chicken Chopsuey
Roasted Potatoes	Garlic Bread	Three Cheese Mac	Baked Potatoes	Garlic Chicken	Fish Du Jour	Roasted Potatoes



# USAG-KA TOWN HALL MEETINGS MAY 19 & 20, 2016



**WHO:** RMI Workforce on Roi  
**WHEN:** Thursday, May 19, 1-2:30 p.m.  
**WHERE:** Trade Winds Theater

**WHO:** RMI Workforce on Kwaj  
**WHEN:** Friday, May 20, 1-3 p.m.  
**WHERE:** CRC Basketball Court

**WHO:** Roi Residents  
**WHEN:** Thursday, May 19, 2:30-4 p.m.  
**WHERE:** Trade Winds Theater

**WHO:** Kwajalein Residents  
**WHEN:** Friday, May 20, 6:30-8:30 p.m.  
**WHERE:** CRC Basketball Court

**(NOTE: Representatives from Army Public Health Command will be at all meetings to explain recent Fish Study results)**



Hourglass throwback ad

## SUN—MOON—TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	LOW TIDE	HIGH TIDE
<b>SUNDAY</b>	6:30 a.m. 7:01 p.m.	7:58 p.m. 1:45 a.m.	5:29 a.m. 1.4' 6:33 p.m. 0.8'	11:47 a.m. 2.8' -----
<b>MONDAY</b>	6:30 a.m. 7:01 p.m.	2:44 p.m. 2:27 a.m.	6:59 a.m. 1.1' 7:26 p.m. 0.6'	1:01 a.m. 2.7' 1:03 p.m. 2.9'
<b>TUESDAY</b>	6:30 a.m. 7:01 p.m.	3:29 p.m. 3:07 a.m.	7:54 a.m. 0.8' 8:05 p.m. 0.4'	7:54 a.m. 0.8' 8:05 p.m. 0.4'
<b>WEDNESDAY</b>	6:29 a.m. 7:02 p.m.	4:14 p.m. 3:37 a.m.	8:34 a.m. 0.4' 8:38 p.m. 0.1'	2:24 a.m. 3.4' 2:32 p.m. 3.3'
<b>THURSDAY</b>	6:29 a.m. 7:02 p.m.	4:59 p.m. 4:27 a.m.	9:08 a.m. 0.1' 9:08 p.m. -0.1'	2:55 a.m. 3.8' 3:07 p.m. 3.5'
<b>FRIDAY</b>	6:29 a.m. 7:02 p.m.	5:45 p.m. 5:08 a.m.	9:40 a.m. -0.1' 9:37 p.m. -0.3'	3:25 a.m. 4.1' 3:39 p.m. 3.6'
<b>APRIL 21</b>	6:29 a.m. 7:02 p.m.	6:32 p.m. 5:50 a.m.	10:11 a.m. -0.3' 10:07 p.m. -0.3'	3:54 a.m. 4.3' 4:10 p.m. 3.7'



**SHARP**<sup>SM</sup>  
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

## 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

## Café Roi

\*MENU CURRENT AS OF MAY 13

### LUNCH

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>May 7</i>
Cornish Hens Fish Florentine Quiche	Beef Fajitas Breakfast Burrito Fiesta Rice	Marinated Chicken Breast Ranch Style Beans Rice Pilaf	Beef Stew Fried Chicken Strips Hot Spiced Apples	Char Siu Pork Sand. Beef Stir-fry Veggie Fried Rice	Tuna Casserole Yankee Pot Roast Corn Dogs	Meat Lasagna Spaghetti Cheesy Garlic Bread

### DINNER

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>May 7</i>
BBQ Pork Ribs BBQ Chicken Sweet Potatoes	Jambalaya Cajun Roast Pork Mashed Potatoes	Chicken Fried Steak Chicken Curry Mashed Potatoes	Roast Beef Herb Baked Fish Baked Potatoes	Fried Chicken Beef Pot Pie Mashed Potatoes	Greek Herb Chicken Pastitsio Lentils	Asian Roast Pork Chicken Hekka Sweet Potato Wedges



# MAKE YOUR VOICE HEARD

**M**embers of the Kwajalein and Roi communities have many opportunities to ask questions, provide feedback and address issues with garrison leadership. Col. Larsen and the garrison team are available to address any issues that may impact the community via the official U.S. Army Garrison-Kwajalein Atoll Facebook page, quarterly town hall meetings, the Commanders Hotline (51098), and the Commander's Open Door Policy. KRS employees may also address issues with KRS leadership at quarterly sensing sessions. Sensing session meeting minutes are updated quarterly and are available on the USAG-KA-Web intranet site in the "Community" drop-down box at the bottom of the list of options.



## DO'S AND DON'TS OF FALL PROTECTION

### DO

- Pick an anchorage point that will support 5000 lbs. per worker (strong enough to support a pickup truck).
- Fall arrest systems should be rigged so employees can't free fall more than 6 feet (or contact a lower level).
- Tie off above your head. A six foot person who ties off at the feet could free fall as much as 12 feet.
- Place your anchorage directly above/behind your work area to avoid potential swing fall hazards.
- Use the shortest lanyard possible. The shorter the tie-off the shorter the fall.
- Have anchorage points selected by a competent person.

### DON'T

- **DO NOT** tie off to vent pipes or non-structured non-designated areas.
- **DO NOT** tie knots in the lanyard. This will reduce the strength.
- **DO NOT** use water pipes, electrical conduits, light fixtures, or guard-rails as anchor points.
- **DO NOT** use lanyards without self-locking snap hooks.
- **DO NOT** join multiple lanyards together to reach anchorage.
- **DO NOT** allow more than one worker to tie off to the same anchorage unless it is designed and approved by an engineer.
- **DO NOT** unhook from a fall protection while exposed to a fall greater than six feet.
- **DO NOT** allow someone else to rig your equipment unless you verify that it has been done correctly.
- **DO NOT** use an anchorage that is not independent of any anchorage used to support or suspend platforms.

# USAG-KA SPORTS

## SOFTBALL

### RESULTS LAST WEEK

#### May 3

Kekambas def. Spartan Men	36-14
Lollygaggers def. Jab Lale	14-6
Tropic Blunder def. RF Hazards	10-9

#### May 4

Scrubs def. Spartans White	19-4
OFL def. Criminals	12-1
Kwajalein def. Yokwe	19-8

#### May 5

Concrete def. Mud Slingers	Forfeit
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#### May 6

Spartan Women def. Spartans Blue	15-10
Criminals def. Yokwe	8-0
OFL def. Bat Hit Crazy	10-0

### RECORDS

#### A League

	<u>Win</u>	<u>Loss</u>
OFL	8	2
Kwajalein	8	2
Old, Fat and Ugly	7	3
Yokwe	4	6
Criminals	2	8
Bat Hit Crazy	1	9

#### B League

	<u>Win</u>	<u>Loss</u>
Kekambas	9	1
Trouble Makers	8	2
Spartans Men	7	3
Concrete	4	6
993-Cartel	3	7

#### Coed League

	<u>Win</u>	<u>Loss</u>
Lollygaggers	7	0
Spartans Coed	5	2
Tropic Blunder	4	3
Jab Lale	1	7
RF Hazards	1	6

#### Women's League

	<u>Win</u>	<u>Loss</u>
Scrubs	7	2
Spartan Women	7	2
Spartans Blue	3	6
Spartans White	1	8