

YOUNG LEADERS TAKE KWAJ HELM FOR A DAY

NIKKI MAXWELL, USAG-KA PUBLIC AFFAIRS

here were some fresh, young faces at the head of the table during the May 21 U.S. Army Garrison Kwajalein Atoll Command and Staff meeting. Kwajalein teenagers Matt Nash (Garrison Commander for the Day), Megan Sok (Garrison Deputy for the Day) and Makena Moseley (Command Sergeant Major for the Day) had some "official" duties to carry out before heading to school that day.

Meanwhile, there was also a temporary turnover of leadership down the street at the Ronald Reagan Ballistic Missile Defense Test Site. Logan Lelet was the RTS Director for the Day, joined by his RTS NCOIC, Graeson Cossey.

The five Kwaj kids were among 42 local junior and senior high school students who participated in the recent USAG-KA Mentorship Program, which began in April and ran eight weeks until the end of the school year. The students met once a week with active duty military mentors from the U.S. Army and Navy, completing obstacle courses, learning military bearing, doing team building exercises, performing critical thinking skills and improving their overall confidence and self-esteem.

"We had ideas when we started this program, but these kids made this program a success," said USAG-KA Com-



FROM LEFT TO RIGHT: Megan Sok (deputy garrison commander for the day), Matt Nash (garrison commander for the day), USAGKA Commander Col. Michael Larsen, Makena Moseley (command sergeant major for the day), and USAG-KA Command Sqt. Maj. Angela Rawlings.

mand Sergeant Major Angela Rawlings. "I am inspired by them and how hard they worked to encourage each other through this process."

Rawlings said the five students were selected for their special positions that day, because they each consistently volunteered for leadership opportunities during the program.

"All the kids are awesome, and we want to congratulate them all for trying something new and different," she said. "We are too small for a typical JROTC program, but this is our own version of

it with a twist, and we enjoyed doing it. This is not a recruiting program—This is to help our youth realize what they can accomplish, both on their own and as a team."

Rawlings said the feedback from the parents had been very supportive, and the students are already asking her if the program will return next school year.

"The answer is yes, definitely," Rawlings said. "We will kick it off again Sept. 12, and I look forward to seeing the same kids back again and some of their new friends to join us."



Check out daily news and community updates on the official U.S. Army Garrison-Kwajalein Atoll Facebook page.

www.facebook.com/usarmykwajaleinatoll

For command information questions, please contact Public Affairs at 54848.

SPEED LIMITS REDUCED ON KWAJ

SPEED LIMITS —The speed limit for all roads north of Sixth Street has been reduced from 15mph to 10mph.

—All roads south of Sixth Street now have a limit of 15mph, reduced from 25mph.

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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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USO SHOW TROUPE PERFORMS BALLADS FOR KWAJALEIN

HOURGLASS REPORT

Four members of the New York-based USO Show Troupe visited U.S. Army Garrison-Kwajalein Atoll this week to perform for the community of Kwajalein June 16.

Part of a series of island-hopping shows the group is doing in the Pacific, the Thursday night performance featured an assortment of patriotic big band-era classics mixed with 1950s and 1960s pop hits.

Also part of the sunset performance was a brief USAG-KA commemoration ceremony meant to recognize the birthday of the Army, now in its 241st year of service.

Though the performers' stay on the garrison was brief, the island had quickly grown on the New Yorkers, said Karley Willocks, the group's second soprano.

"We're falling in love very quickly on our short trip," she said.

Emily Goglia, the group's alto, agreed: "We're just so excited to be here," she said.

Part of the greater 50-member USO Show Troupe, the four performers had split off from the troupe to tackle shows in the Pacific. Prior to arriving on Kwaj, the singers were on Guam. They flew out Friday, headed to Honolulu for more performances.



USO Show Troupe performs sing for the Kwaj community June 16 at Emon Beach. Pictured from left: Bryna O'Neill, first soprano; Emily Goglia, alto; Karley Willocks, second soprano; and Christopher Brasfield.



The singers are treated to some picture-perfect sunset eye candy during their performance.

US, RMI TACKLE COMMON ISSUES IN JOINT MEETING

HOURGLASS REPORT

U.S. Army Garrison Kwajalein Atoll Commander Col. Michael Larsen and staff traveled to Majuro last week to discuss issues impacting relations between the Marshall Islands and the garrison. The meeting—an annual sit-down titled a joint committee meeting—is required by the Compact of Free Association and is hosted on both the garrison and on Majuro in alternating years. It was led by U.S. Embassy-Majuro's Charge d' Affairs Sarah Nelson and RMI Minister of Foreign Affairs John Silk.

Issues discussed during the meeting included fish contamination within the Kwajalein Lagoon; the potential disruption of the Ri 'katak program on USAG-KA; labor issues for RMI workers on USAG-KA; potential disruption of banking services in the RMI and its impact on RMI workers; U.S. humanitarian assistance for the RMI; on-going U.S. Navy Seabees construction projects in the RMI; and RMI enlistment in the U.S. military.

Joining USAG-KA staff were personnel representing an array of other U.S agencies: the U.S Embassy in Majuro; U.S. Army Pacific Command, Hawaii; Army Space and Missile Defense Command, Alabama; and the 30th Naval Construction Regi-



The U.S. delegation discuss issues impacting both the garrison and the RMI during the latest annual joint committee meetings last week in Majuro.

U.S. Army photo by Mike Sakaio

ment, California. Individuals representing the RMI consisted of personnel from the Ministries of Foreign Affairs, Health and Finance; the Office of the Chief Secretary; the Office of the Attorney General; the Environmental Protection Agency; the Trust Company of the RMI; and the RMI Representative to USAG-KA.

and Jordan Vinsor

AND THE WINNERS OF THE 2016 PHOTO EXHIBIT CONTEST ARE...

Category: Kwajalein Atoll Nature

Category: Kwajalein Atoll Recreation

HOURGLASS REPORT

The results of the 2016 Kwajalein Photo Exhibit Contest are in. It was, as usual, another hotly-contested battle. Twenty-seven people entered the contest, each vying for the top prize and hoping that, among the 237 photos submitted, theirs would be the crowd favorites. But while many entered, few could win.

Photo categories consisted of nine themes, each designed to invite residents to show-case the best that Kwajalein Atoll has to offer. Photos submitted for the contest depicted everything from gorgeous sunsets, the moon and sandy-bottomed babies, to Lakota helicopters, ferry tern chicks and carpet anemones.

Prints of the photographs graced the walls of the KHS Multi-Purpose Room last month and were voted on by those who attended to the Arts and Crafts Fair. Based on nearly 200 submitted ballots, the winners have been determined, and the top three winners of each category will be featured in the Hourglass. Because of space limitations only two categories will be featured this week. Other categories will run in future issues.

It's important to remember that the final say regarding which photos will be featured in the 2017 Kwajalein Art Guild Calendar is up to the KAG Calendar Committee. Because the group will select from the top six photos submitted for each category, don't lose hope if you don't see any of your entries featured here. You may still have a shot to get into next year's calendar, which should be provided by Kwajalein Range Services by November.



"Castaway"—Colleen Furgeson



"Pink Plumeria"—MaryBeth Chalmers



"Nap Time"—Kara Larson



"Waves at Emon"—Sarah Dahl



"Sandy Bottom Escape"—Lynda Reynolds



"The Mers of Kwaj"—Jenn Anderson

SUMMER READING PROGRAM GETS SUPER

HOLIRGI ASS REPORT

The island's young residents had the chance to officially register as super reading heroes during the Grace Sherwood Library's 2016 Summer Reading Program kickoff on Wednesday. All this summer, until August 18, the library will serve as the "Hero Headquarters." As the young heroes read, they will earn rewards and travel across the cityscape, capturing villains and putting them behind bars. Can they catch them all?

In addition, the library is hosting a weekly story time, Wednesdays at 10 a.m., where children can enjoy hero themed books, games and crafts. Youth can register any time and can even track their reading while off-island.

Designed by Community Activities staff for local children, the program encourages participants to devour as much literature as possible during the summer months. Reading a minimum of 20 minutes a day has shown to not only prevent the "summer slide," but actually help students' reading abilities progress. On the other hand, without practice and enrichment, students can lose reading skills over the long break.

"We want reading to be fun," said Kim Yarnes, Community Services Manager. "We want everyone to want to come to the library. The reading program is one way to promote what we have to offer and encourage kids to be super readers. As Joseph Addison touted, 'Reading is to the mind what exercise is to the body,' we want to encourage everyone to keep their reading muscles strong."

To help participants get into gear, library staff members Alison Sok and Phaylina Taganas have transformed the facility into a real-life "Hero Headquarters." The muscular Incredible Hulk is one of the first heroes to pop out and encourage readers with his "Books are incredible" slogan. Meanwhile, Spiderman recommends getting "stuck in a good book," and evidence of other heroes including Captain America and Thor can be found around the facility. In the Bat Cave, prizes are stashed, waited to be claimed by this summer's "Super Reading Heroes." Sign up and start your reading adventure!



Youngsters receive instructions from library staff member Alison Sok for the 2016 Grace Sherwood Library Summer Reading Program.



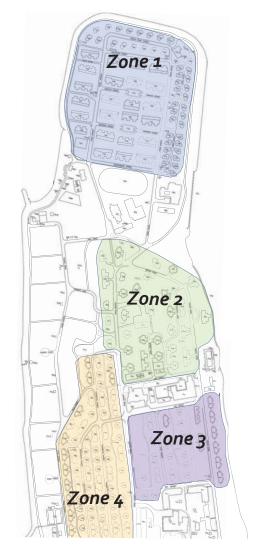
Juliet Delisio gets a pink mask painted on her face during the summer reading program's opening day June 15 at the library.

SEND IN YOUR IDEAS FOR NEIGHBORHOOD NAMES!

HOURGLASS REPORT

The Garrison Commander wants to hear from you! Col. Larsen is asking Kwaj residents to submit their name ideas for the housing areas outlined on this map of the island. The new name can relate to Kwajalein history, Marshallese culture or U.S patriotism. Think outside the box and send your ideas to: nikki.l.maxwell. civ@mail.mil

The Command Team will make the selections later this summer, and the entire community will be invited to the name unveiling and rededication of our neighborhoods. Together we are working to improve our community, and we thank you for your input.



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KWAJ SWIMMERS TO COMPETE IN FIJI

Four members of the Marshall Islands Swim Federation will swim at the Oceania Championships in Suva, Fiji next week. Ruthie Long, Ann-Marie Hepler, Colleen Furgeson and Giordan Harris will go head-to-head with athletes representing more than 15 Pacific countries in the June 19-25 competition. They'll be joined in the Damodar City National Aquatic Centre pools by swimmers from Fiji, Papua New Guinea, New Zealand, Australia, Palau, Samoa, Hawaii and other nations and island groups.

Long, Hepler and Furgeson will compete in eight events, while Harris tackles

The competition in Fiji will be the final International Swimming Federation event before the 2016 Summer Olympics in Roi de Janeiro this August.



From left: Ruthie Long, Ann-Marie Hepler and Colleen Furgeson. Not pictured: Giordan Harris.

LaCost Amy o f Courtesy

Always dive with a buddy. Never dive alone.

Wait at least 12 hours before flying after doing a single dive.

Wait 18-24 hours after doing multiple dives.

Divers Alert Network (DAN) recommends refraining from strenuous work at least 24 hours before AND after diving.

Keep your gear up-to-date and serviced regularly. DAN recommends that regulators get overhauled at least once a year.

Each diver should have their own computer.

On any given dive, both divers in the buddy pair should follow the most conservative computer.

Do not ascend greater than 60 feet per minute.

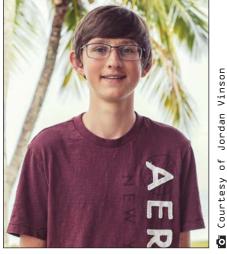
Even if not required, always make a safety stop at 15 feet for at least 3 minutes.

Start the dive day with the deepest dive first.

Avoid making multiple deep dives on the same day.

KHS STUDENT HEADING TO WASHINGTON

Truman Kohler, a sophomore at Kwajalein High School, has been accepted into the Junior State of America Summer School Program. He will be attending Georgetown University in Washington D.C., where he has enrolled in the a U.S. government and politics program. Kohler will have the opportunity to meet and question national leaders, including White House officials, congressional leaders and cabinet members. He'll watch the House and Senate in sessions and attend congressional hearings. The Department of Interior granted Kohler a full scholarship to attend the program, where he'll represent Kwajalein Jr./Sr. High School next month.



Truman Kohler

USAG-KA welcomes Indonesian Naval vessel KRI Diponegoro to Kwajalein in support of the U.S. Navy RIMPAC 16 exercise! Welcome to Kwajalein.



MDA TO HOLD PUBLIC MEETINGS ON CONSTRUCTION OF FUTURE CONTINENTAL US INTERCEPTOR SITES

EXTERNAL REPORT

MDA News Release

The U.S. Missile Defense Agency, in cooperation with the Michigan Army National Guard, will host public open house meetings on June 21 at Lakeview Middle School, 300 South 28th Street, Battle Creek, Michigan, from 5 p.m. to 8 p.m. and on June 23 at Richland Community Center, 9400 East Cd Avenue, Richland, Michigan, from 5 p.m. to 8 p.m. to review the Draft Environmental Impact Statement (EIS) for a potential Continental United States Interceptor Site at Fort Custer Training Center, Michigan.

The Draft EIS evaluates candidate sites for a potential future deployment of additional ground-based interceptors for homeland defense, as required by the fiscal year 2013 National Defense Authorization Act.

The Department of Defense has not made a decision to deploy or construct an additional interceptor site. Current sites in Alaska and California provide the necessary protection of the homeland against the current and projected intercontinental ballistic missile threat from North Korea as well as a future Iranian threat, should it emerge.

The open house event will allow attendees to talk with experts at a series of information stations. Attendees can learn about findings in the Draft EIS and may provide verbal and written comments to address additional areas of concern. There will not be any formal presentations.

Sites under consideration include: Fort Custer Training Center, Michigan; Fort Drum, New York; and Camp Ravenna Joint Military Training Center, Ohio. The Center for Security Forces Detachment Kittery - Survival, Evasion, Resistance and Escape Facility in Redington Township, Maine, was considered, but it was not carried forward due to significant environmental impacts, cost and constructability issues.

For each of the sites, the following re-

source areas were assessed: air quality, airspace, biological resources, cultural resources, geology and soils, hazardous materials and hazardous waste management, health and safety, land use, noise, socioeconomics, transportation, utilities, water quality, wetlands, visual and aesthetic and environmental justice.

The MDA is asking for comments from the public and federal and state agencies on the Draft EIS. Written comments on the Draft EIS should be received by July 18, 2016, and can be sent via e-mail to MDA.CIS.EIS@BV.com, or by U.S. Postal Service to Black & Veatch Special Projects Corp. Attn: MDA CIS EIS, 6800 W. 115th Street, Suite 2200, Overland Park, KS 66211-2420.

All comments received during the comment period will become part of the public record and will be considered during the preparation of the final EIS.

A downloadable copy of the Draft EIS is available at:

http://www.mda.mil/about/enviro_cis.html.

ARMY 'INDEPENDENCE DAY: RESURGENCE' AD POISED TO COUNTER MISCONCEPTIONS OF BRANCH

EXTERNAL REPORT

By Gary Sheftick, Army News Service

WASHINGTON — The Army is launching the second phase of a new advertising campaign this week in conjunction with a promotional period for the movie "Independence Day: Resurgence."

In a television spot called "The U.S. Army: A Source of Inspiration," footage from the new movie shows troops preparing to attack a spaceship. A voice-over says "when the Soldiers in the movie rise up ... when they adapt to a new threat facing the world ... when they find a way to win no matter what ... remember where Hollywood gets that from."

As the music climaxes, the screen shows a montage of real Army combat footage.

That's definitely inspirational, said Mark Davis, deputy assistant secretary of the Army for marketing and director of the Army Marketing and Research Group, after previewing the new spot at a recent Army public affairs leadership forum.



A scene from the new television commercial "The U.S. Army: A Source of Inspiration" shows Soldiers preparing to attack a spacecraft. The new ad is part of a campaign running in conjunction with a promotional period for the film "Independence Day - Resurgence."

The AMRG mission is to support recruiting and retention through aggressive, innovative and cost-effective marketing. The new ad campaign will focus on motivating potential recruits toward science, technology, engineering and math, or STEM careers in the Army, while highlighting the real-life heroes fictional characters are based

on: U.S. Army Soldiers.

The campaign's television commercial will air on major networks including ESPN, MTV, SyFy, BET, Discovery, the History Channel, USA, TNT and more beginning Monday. An Army spot will also play in cinemas around the

SEE "AD," PAGE 9

CONGRATULATIONS

From June 16, 1969



THIS WEEK IN KWAJALEIN HOURGLASS HISTORY

1969 HIGH SCHOOL GRADUATES











First Row (Left to Right)
Vickie Addy
Pat Birkler
Pamela Blake
Tana Boggess
Pat Browning























Third Row (Left to Right)
Jay Gordon
Alan Gould
Sterling Gregg
Cathy Haley
Byron Heap























Fifth Row (Left to Right)
Mike McMurphy

Bill Moseley Wini Nakashima Susan Peterson Jenny Specker

Sixth Row (Left to Right) Shannon Stein

Shannon Stein Cortland Weaver Vickie Wessel







country prior to the release of the new Independence Day film scheduled for June 24.

There will also be a supporting social media campaign, all aimed at improving the public's perception of the Army.

Davis said polls and focus groups have shown the Army is associated with being large, "ordinary," and low-tech.

Many of those questioned, he said, believe the Army is a service that will accept anyone. "They believe the Army is a last-resort place—it's where you go if you can't get a job at McDonalds."

While that may be the perception of those polled, Davis said, the perception is unfounded. The Army actually employs 27,000 scientists, he said, and "the stuff we invent is phenomenal."

"We've got everything from astronauts to deep-sea divers in the United States Army," Davis said, though the force hasn't done a good enough job communicating that.

The futuristic technology and innovation depicted in the new Independence Day film highlights the types of capabilities achievable in today's Army, according to the campaign overview.

The campaign, which launched May 9, is designed to curb misperceptions about the Army being low-tech. And it's especially aimed at the Army's recruiting demographic of 18-24 year-olds during the critical summer recruiting months.

The ad campaign is designed to leverage FOX Studio's promotions and drive potential recruits to the goarmy.com website through the Army's JoinESD.com microsite. ESD stands for "Earth Space Defense," and it's the force that repels aliens in the new movie.

The new interactive microsite will "test users' problem-solving skills, ability to work under pressure, pattern recognition and risk analysis to determine their 'role' in the ESD, while also providing information on relevant Army MOSs that exist today," officials said.



Kwaj youngsters show off their painted faces during the opening day of the Summer Reading Program at the Grace Sherwood Library.

Trom Jordan Vinson



Navy Seabees Lt. j.g. Alex Liu, right, shares a photo with Col. Larsen during his promotion from the rank of ensign.



The championship team from the Kwajalein Spring Bowling League, the Replacements, celebrate with their coconut trophy this week. Having clinched the past three championships, these are the dudes to beat. FROM LEFTTO RIGHT: Bob Stack, Nathaniel Poole, Andy Shattuck and Gregory Bush.



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.

SPEED LIMITS REDUCED ON KWAJ

—The speed limit for all roads north of Sixth Street has been reduced from 15mph to 10mph.

—All roads south of Sixth Street now have a limit of 15mph, reduced from 25mph.

From Mike Sakaio

| From Derek Finch

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.

Community Services Administrative Assistant II HR Req.# K051755 Provides administrative and program support for KRS Community Services and the community at large. Adheres to company Policies, Procedures, Values, Covenants, and Business Ethics. Must have excellent communication skills, computer skills, and the ability to multitask. For more information co tact the KRS Human Resources Office, Bldg #700 at 54916.

Mail Clerk Financial HR Req. #K051750 Provides mail processing for incoming and outgoing packages. Must be a US citizen and be able to work 32 hours and handle registered mail and rotate to Roi. Must be eligible to obtain a secret clearance. Must be able to physically lift/push/handle items up to 70 lbs. Flexible schedule to work early mornings, mid-day and evenings. For more information co tact the KRS Human Resources Office, Bldg #700 at 54916.

KRS is seeking a grade 7-12 science teacher. Please direct any potential candidates to www.krsjv.com

YARD SALE

3-6 p.m., June 25, at Qtrs. 418 B. Multi-family sale. No children's items.

COMMUNITY NOTICES

Radar Love at the Vets Hall! 8 p.m., Saturday, June 18. Come out and dance your slippa's off during the Radar Love group's last show at the Vets Hall. It's the end of an era, so be there to see it!

Kwajalein Atoll International Sportfishing Club monthly meeting will be held at 7 p.m., Wednesday, June 22, at the Pacific Club. Show up early for refreshments. All anglers welcome to attend! Question? Contact Bill at 52693.

Summer Camp 2016. June 14-August 20. Child, Youth and School Services is gearing up for "Kwaj Super Summer," offering a fun-filled, fast-paced recreational program guaranteed to keep your children entertained and active this summer! Camp Hours: 8:30-11:30 a.m. and 12:30-4:30 p.m. Extended hours: 7-8:30 a.m. and 4:30-5:30 p.m. Questions? Contact the Central Registration Office or Allysse Struhs, at 5-2158 or allysse.m.struhs.ctr@mail.mil.

Kwajalein Yacht Club monthly meeting. 7 p.m., Saturday, June 25. Show up early for happy hour, and stay late for dinner. Please bring a dish to share. Guests welcome.

Birthday Bash at the Ocean View Club. 8 p.m., Saturday, June 25. Featuring the rowdy rock tunes of two new Kwajalein bands: The Atomic Playboys and The Jordashians. Sign up for complimentary beverages if your birthday is in June! Stop by the Community Activities Office to sign up. Please present K-badge. Must be 21 years or older. Questions? Call 53331.

Karaoke Night. Sunday, June 26, 8 p.m. at the Ocean View Club. Be a star for the night and sing your heart out! Must be 21 years of age or older. Questions? Call 5-3331.

Mandatory Island Orientation. 12:30-3:30 p.m., June 29, at CAC Room 6. Please arrive 10 minutes early to sign in and be seated by 12:30 p.m. This orientation is required for all new island arrivals, including dependents. Children under the age of 10 are welcome, however they are not required to attend. Parents are responsible for covering the information with dependents who do not attend. If you have any questions, please contact the meeting facilitators at KRS Environmental, Safety & Health (ES&H) at 5-1134.

The Grace Sherwood Library Summer Reading Program has begun! Channel your inner superhero reading all summer long! Visit us at the library next Wednesday at 9:30 a.m. for our next SUPER group session!

Environmental Public Announcement: Dredging and Filling Operations. Avoid eating fish caught on the ocean side near North Point behind the domes. The concrete barrier emplacement on the reef flat could increase the potential for Ciguatera poisoning. Questions? Call 5-1134.

If there are any local residents

who know of locations personal belongs or have in their possession personal belongings of Akino Lippwe please contact CW3 David Casbarra at 805-355-3421 or email at david.j.casbarra.mil@mail.mil. It is important to his family that they receive his personal effects in timely manner. Thank you.

Caution: there has been a reported case of Hand, Foot, and Mouth Disease on-island. This virus is highly contagious, especially for those under 5. Please practice good hand washing techniques to prevent infection. If you suspect your child is infected, please keep them out of school.

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

Safely Speaking: Gloves can be dangerous if worn around rotating parts. With this type of equipment your hands can be pulled into the piece of machinery and severe injury or amputation can occur. When using rotating equipment keep in mind the type of work you are doing and recognize when a potential glove hazard exists.

E-talk: Did you know, AAFES Exchange offers a 5¢ discount for every AAFES reusable bag used by customers?

	———— Captain Louis S. Zamperini Dining Facility			*MENU CURRENT AS OFJUNE 17		
LUNCH Sunday Roast Beef Garlic Shrimp w/ Pasta Mashed Potatoes	Monday Sauteed Boneless Chick. Herb Roast Potatoes	Tuesday Oriental Pork Steak Beef Broccoli Stir-Fry Parslied Potatoes	Wednesday Baked Chicken Roasted Potatoes	Thursday Beef Stroganoff Chicken Caesar Wrap Parslied Noodles	Friday Coconut Chicken Fish Du Jour Roasted Potatoes	June 25 Spaghetti Garlic Bread
DINNER Sunday Fried Chicken Garlic Mashed Potatoes	Monday Taco Bar Refried Beans Spanish Rice	Tuesday BBQ Chicken Three Bean Chili Onion Rings	Wednesday Oriental Cube Steak Crispy Garlic Chicken Baked Potatoes	<i>Thursday</i> Huli Huli Chicken Augratin Potatoes	Friday Salisbury Steak Mediterranean Chick. Parslied Potatoes	June 25 Roasted Cornish Hens Shepherd's Pie Three Cheese Mac

RESIDENTS ARE ENCOURAGED TO MAINTAIN UP-TO-DATE EMERGENCY PREPAREDNESS INSTRUCTIONS

It's important to have the latest, most accurate information relating to disaster plans, evacuation plans, locations of storm shelters—both on Kwajalein and Roi-Namur. It's easy to ensure you and your friends and family know what to do in event of an emergency.

1) Visit the USAG-KA-Web intranet site.
2) In the Web Links list at left, click on "Phonebook." 3) Peruse all the information you need in the "Community Safety Information" section.



COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA COMMANDER SHOULD KNOW ABOUT?

CALL THE COMMANDER'S HOTLINE AT 51098 TODAY!



Sexual Harassment/ Assault Response and Prevention (SHARP) Contact Information Capt. David Rice 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

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	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:31 a.m.	6:04 p.m.	3:31 a.m. 4.2'	9:54 a.m0.2'
	7:09 p.m.	5:17 a.m.	3:51 p.m. 3.4'	9:44 p.m0.2'
MONDAY	6:32 a.m.	6:55 p.m.	4:04 a.m. 4.4'	10:28 a.m0.4'
	7:10p.m.	6:05 a.m.	4:25 p.m. 3.5'	10:18 p.m0.3'
TUESDAY	6:32 a.m.	7:46 p.m.	4:37 a.m. 4.5′	11:01 a.m0.5'
	7:10 p.m.	6:55 a.m.	4:59 p.m. 3.5′	10:51 p.m0.3'
WEDNESDAY	6:32 a.m.	8:36 p.m.	5:11 a.m. 4.6′	11:35 a.m0.5'
	7:10 p.m.	7:46 a.m.	5:34 p.m. 3.5′	11:25 p.m0.3'
THURSDAY	6:32 a.m. 7:10 p.m.	9:27 p.m. 8:39 a.m.	5:45 a.m. 4.5' 6:10 p.m. 3.5'	12:11 p.m0.5′
FRIDAY	6:33 a.m.	10:16 p.m.	6:21 a.m. 4.4'	12:01 a.m0.2'
	7:10 p.m.	9:32 a.m.	6:50 p.m. 3.4'	12:48 p.m0.4'
JUNE 25	6:33 a.m.	11:04 p.m.	7:01 a.m. 4.2′	12:41 a.m. 0.0'
	7:11 p.m.	10:25 a.m.	7:34 p.m. 3.3′	1:30 p.m0.2'

			- Café Roi	*MENU CURRENT AS OF JUNE 17		
LUNCH			- Case Roc			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 25
Sliced Roast Beef	Breaded Pork Chop	Pizza	Meatball Sub	Fish Sandwich	Beef Tacos	Cheese Steak Wrap
Eggs Benedict	Chicken Supreme	Ziti	Bombay Chicken	Cottage Pie	Enchilada Casserole	Roasted Pork Loin
Hot Apples	Breakfast Frittata	Garlic Bread	Brown Rice Pilaf	Vegetable Quiche	Mexican Rice	Mac and Cheese
DINNER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 25
Grilled Steak	Roast Turkey	Thai Beef w/ Vegetables	Grilled Pork Chop	Fried Chicken	Chinese Night	Sausage and Peppers
Chicken Florentine	Short Rib Jardmiere	Chicken in Peanut Sauce	Chicken Fajitas	Swedish Meatballs	Sweet and Sour Chicken	Chicken Alfredo
Fresh Bread	Stuffing	Tofu Stir-Fry	Baked Potatoes	Noodles	Chow Mein	Fresh Bread

HERO OF THE WEEK

HOURGLASS REPORT

USAG-KA's Hero of the Week is Kitlang "Kitti" Kabua. Nominated by Marshallese Cultural Society volunteer Sharon Rice this week, Kitlang volunteers her time, serving as the Marshallese liaison for the Marshallese Cultural Center. She, along with Iroij Sen. Mike Kabua and scores of Ralik Chain residents, recently represented the Republic of the Marshall Islands at the Festival of Pacific Arts in Guam, where they showcased their culture on the world stage. Kitti spent months working with the others for the event and spoke as one of the traditional narrators for the group's legendary Jobwa Stick Dance.

A former Ri 'katak student and graduate of Kwajalein Jr./Sr. High School, she lives on Ebeye and works for Kwajalein Atoll Joint Utilities Resources., the local energy producer for Ebeye and the other islands located on the atoll causeway.



From Sharon Rice





Common Causes of Hand Injuries

Some of the common causes of injuries include hands or fingers struck by hammers, pinched between objects being moved, cut by sharp objects, pierced by splinters and slivers, burned by hot objects and chemicals, and caught in moving machinery.

Gloves-A Prime Means of Protection

As long as your skin remains unbroken, it can keep germs out. Once skin is opened by a scrape or cut, however, germs can get in and infection can result without proper treatment. And no matter how rugged you think your hands can be, they aren't tough enough to stop splinters or resist punctures. That's why gloves are important; they are like an extra layer of skin. The nail that rips your glove would have injured you if your hand had been bare.

Wear gloves whenever you're handling rough or sharp material. Use rubber gloves when working with chemicals, solvents, or other materials that can irritate your skin. Wear gloves that fit properly. However, remember that gloves shouldn't be

worn if there is a possibility they could be caught in moving machinery.

Guards are Hand Savers

Guards on power saws and other equipment sometimes seem like a nuisance, always getting in the way. But they're on the equipment to protect you against injury. Removing guards or otherwise making them inefficient increases your chances of being hurt. Tie one hand behind your back for a day, and you'll better understand the consequences of working without a guard.

Other Dangers

Many hand injuries occur even when you are wearing gloves or using guards. Be alert to these dangers, too. Such injuries can result from the unexpected shifting of materials, getting hands caught in pinch points, grabbing moving parts of machinery, or using the hands to hold work that should be held in a vise or securely clamped.

Reservations must be made for commercial activities, classes and parties at the Adult Pool. To make a reservation, email Cliff Pryror at clifford.j.pryor.ctr@mail.mil, or call 52848.