

VOLUME 57 NUMBER 34

AUGUST 20, 2016

THE KWAJALEIN HOURGLASS

THIS WEEK

FURGESON FINISHES

FIRST IN 50M FREESTYLE HEAT - P 2

DIPONEGORO CREW

WOWS KWAJ AUDIENCE- P 3



WELCOME ABOARD
KRI DIPONEGORO - 365



Crewmembers of the Indonesian Naval Vessel KRI Diponegoro share a group photo with Kwajalein residents Aug. 13 at the Corlett Recreation Center Gym following a suite of cultural dances performed by the visitors.

FURGESON WINS 50M FREESTYLE HEAT

HOURLASS REPORT

Kwajalein Jr./Sr. High School student Colleen Furgeson competed at the apex of the international swimming circuit Aug. 12, finishing in first place during her 2016 Olympic women's 50-meter freestyle swim heat in Rio de Janeiro.

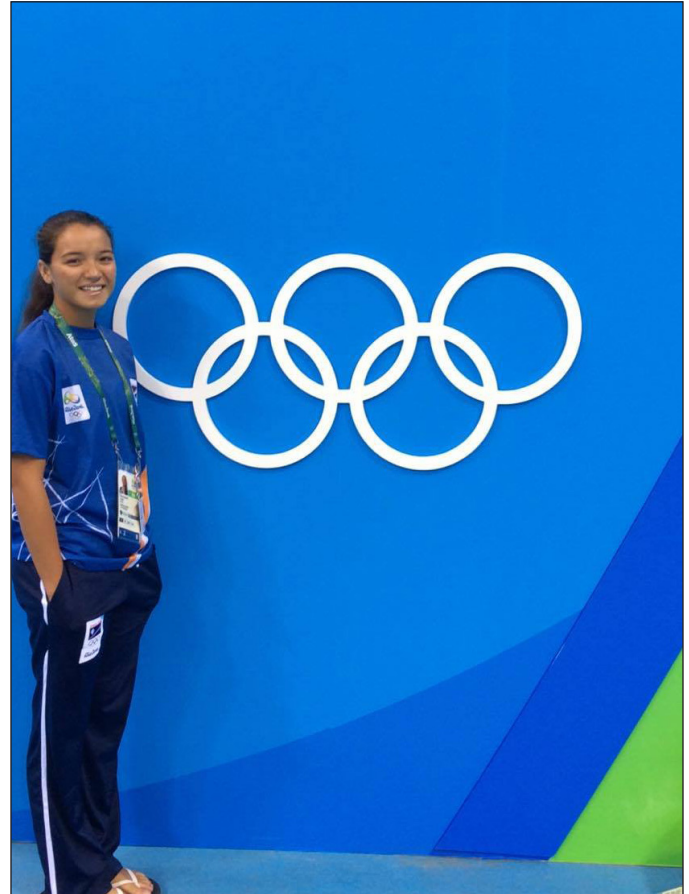
Ending with a time of 28.16 seconds, the 17-year-old life-long resident of Kwajalein crossed the length of the pool, smacking the opposite wall well ahead of her peers swimming for nations such as Palestine, Malawi, Senegal, Tanzania and Mongolia.

While a finish time under 29 seconds was commendable, it wasn't quick enough to move Furgeson along to the semi-finals, which required times of less than 25 seconds. Of the 16 women who qualified to progress to the next stage, Etienne Medeiros, 25, of Brazil, was the slowest, finishing with a time of 24.82 seconds; Pernille Blume, 22, of Denmark, was the quickest, with a time of 24.47 seconds.

All told, 17-year-old Furgeson was the 58th fastest woman competing in the 50-meter freestyle competition in the 2016 Olympics. Not a bad rank for a young swimmer with a bright competitive future ahead of her. Now, with the competition behind her, she said she's not only proud but thankful for the chance to compete in Rio.

"I can't even describe how incredibly happy I am," she wrote via Facebook Aug. 18. "Being able to race on the biggest stage in the world is amazing. Honestly, just having the opportunity is something I could only dream about. But it's reality. It's a great honor to represent my country. I couldn't have it any other way."

Be on the lookout for news regarding a USAG-KA-sponsored welcome home ceremony for Furgeson when she returns to the island at the end of the month.



Courtesy of Colleen Furgeson

HEROES OF THE WEEK

HOURLASS REPORT



USAG-KA's Heroes of the Week are Kwajalein resident and Department of Public Works Electrician Harold Pennamon, along with Richson Aiene and Carlson Jai. Real-life Supermen, Pennamon and his team acted quickly Aug. 13 to handle a serious electrical supply issue at the Corlett Recreation Center Gym. The sound system and musical instruments used by the KRI Diponegoro sailors during their cultural performance would have been useless were it not for the men, who cranked up the juice at the gym to supply the gear with the 220 volts needed to operate. It was a completely unexpected issue, not known until 10 minutes prior to the start of the show, but Pennamon, Aiene and Jai handled it with ease and got to check out the show in the meantime. Cheers, guys.



U.S. Army photo by Jessica Dambruch

FROM LEFT: Richson Aiene, Harold Pennamon and Carlson Jai.

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

U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

Phone: Defense Switching Network 254-2114;

Local phone: 52114

Printed circulation: 650

Email:

usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Garrison Commander.....Col. Michael Larsen
Garrison CSM.....Sgt. Maj. Angela Rawlings
Public Affairs Officer.....Nikki L. Maxwell
Managing Editor Jordan Vinson
Associate Editor Jessica Dambruch
Media Services Intern.....Colleen Furgeson

DIPONEGORO CREW BRINGS INDONESIAN CULTURE TO KWAJ

BY JORDAN VINSON

Crewmembers of the Indonesian Naval Vessel KRI Diponegoro came to port on Kwajalein last weekend shortly after completing the 2016 Rim of the Pacific multinational maritime exercise in Hawaiian waters. It was the crew's second visit in as many months to U.S. Army Garrison-Kwajalein Atoll. A stopping off point between the Diponegoro's home base in Surabaya, a congested port city of 2.8 million in East Java, and the location of the RIMPAC exercises at Hawaii, the community of Kwajalein once again gave the sailors an opportunity to take on fresh water and fuel, stretch their legs—and fulfill one of the Indonesian Navy's core, overarching objectives: to enhance foreigners' understanding of traditional Indonesian culture.

"When we are going abroad to another country, not only to conduct in exercises—this time our exercise was RIMPAC in Hawaii—but also we act as ambassadors of Indonesia," said Lt. Hasan Sapril, a navigator on the KRI Diponegoro and the performance announcer and commentator. "So, we are performing and introducing our traditional culture to other countries."

Assuming the mantle of cultural ambassadors, the sailors gathered at a special ceremony Aug. 13 at the Corlett Recreation Center Gym, dressed in an array of colorful outfits and carrying both modern and traditional music instruments and a suite of props. Over the course of more than an hour, the Diponegoro crew regaled more than 150 Kwaj and Ebeye residents with four distinct cultural dances, some originating from Papua and others coming from Java. Each gave viewers a special glimpse into the beauty and mystique of traditional Indonesian song and dance.

"I learned a little more about Indonesian history, language and the islands," audience member Carmel Shearer said. "I truly enjoyed the cultural exchange, but was more impressed with the joy and pride the Indonesian sailors displayed throughout this short visit."

The Diponegoro crew left port the following morning, Aug. 14, to begin their four-day voyage back to Surabaya. With their contributions at RIMPAC a success, the crewmembers have yet another naval exercise waiting for them when they reach the island city.

KRI Diponegoro's Lt. Hasan Sapril explains the four dances featured Aug. 13 on Kwaj.



"We call this dance ... Tari Perang, or war dance. This dance is coming from Papua, the [most] eastern of Indonesia islands. This [dance] symbolizes heroism, the valor, when we are protecting our national country."



"The second is Tari Jaranan. Tari Jaranan is coming from Ponorogo. Ponorogo is one city from ... East Java. This dance symbolizes the heroism also and the strength of the Indonesian people when we are conducting the war. It symbolizes the old, the ancient origins of our wars."



"This is the Tari Rampak Kendang dance. This is coming from West Java. This symbolizes harmony, because we move together with the beautiful voice and sounds. The drum is called kendang. Rampak is together. So something like we move and drum together."



"The last is Tari Saman. Tari Saman is coming from Aceh. Aceh is the western of our archipelago. So, with this dance, we symbolize all culture from the eastern to the western of our archipelago. Thousands of movements; we're moving together very fast, but we are very, very harmonic."

U.S. Army photos by Jessica Dambruch



Nealsen Neptali, front left, and Suewellyn Johannes, front middle, complete the 2016 MIT Lincoln Labs RMI Intern Training Program Aug. 12 at the Reagan Test Site on U.S. Army Garrison-Kwajalein Atoll. Joining them in this photo are leaders from RTS, MIT Lincoln Labs and USAG-KA.

U.S. Army photos by Jessica Dambruch

LINCOLN LABS GRADUATES NEW BATCH OF INTERNS

BY JESSICA DAMBRUCH

Two Marshall Islands citizens completed the ninth annual Kwajalein-based Massachusetts Institute of Technology Lincoln Laboratory RMI Intern Training Program Aug. 12 at the Reagan Test Site Headquarters located on U.S. Army Garrison-Kwajalein Atoll.

The two 2016 Lincoln Labs interns, Suewellyn Johannes and Nealsen Neptali—both graduates of the College of the Marshall Islands, with backgrounds in liberal arts—presented post-program briefings to Lincoln Labs Site Manager Justin Stambaugh, program technical advisor Jessica Holland, RTS Range Director Lt. Col. Andrew Koschnik, Lincoln Labs Program Instructor Ranny Ranis, RMI Liaison to USAG-KA Lanny Kabua, RMI Relations Specialist Mike Sakaio, Host Nation Office Director Maj. Holly Maness and several Lincoln Labs staff members.

USAG-KA Deputy Garrison Commander Jenifer Peterson and Command Sgt. Maj. Angela Rawlings officially recognized the interns for their perseverance with certificates of excellence. The interns also received commemorative coins given by the U.S. Ambassadors to the Marshall Islands Thomas Armbruster and Karen Stewart.

BACKGROUND

As a generative investment in the future of the Marshall Islands, the Lincoln Labs internship program cultivates a valuable relationship between young, novice tech-savvy RMI citizens and seasoned subject matter experts employed by Lincoln

Labs. Each year with the support of USAG-KA, lab staff award at least two interested RMI citizens with focused, hands-on training opportunities in computer system administration and networking.

The program represents an equally positive challenge for the interns, learning on the job in preparation for positions in related IT fields. It is a demanding program, requiring residency on Kwajalein for the duration of the 10-week internship. It means traveling long distances to attend workshops, performing technical training with RTS personnel and completing worksite observations, such as briefings on range activities like the Kiernan Re-Entry Measurement Site on Roi and the RTS Weather Station on Kwaj. It also means competing for a weekly stipend and a \$1000 scholarship to be used to pursue further education and project proposals.

After 10 weeks interns leave the program equipped with knowledge, skills and abilities that secure their entry into innovative in technical and science-related fields. Most importantly, interns not only learn how to envision the future—they learn how to build it together.

PROGRAM EXPERIENCES

Following an introduction to the program's initiatives by Stambaugh and Holland, Johannes and Neptali shared their aspirations and vocational interests. Johannes presented a compelling and pragmatic approach to building computers.

"It has to have a purpose," said Johannes, of Enewetak Atoll.

SEE "INTERN," PAGE 13

UNDERSTANDING THE GARRISON'S EMERGENCY SIREN SYSTEM

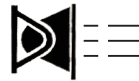
HOURLASS REPORT

One of the methods USAG-KA uses to notify the community of impending danger due to a natural or man-made emergency is an outdoor siren warning system. The sirens provide an audible warning through a series of varying patterns indicating a pending disaster or need to evacuate to shelters. Residents and visitors are encouraged to maintain a basic level of preparedness at all times and to understand the siren warning system to ensure they are prepared to take appropriate action.

In addition to the siren warning system, a "giant voice" announcement system is audible in the downtown area on Kwajalein. Emergency announcements are also communicated throughout the installation by tuning to radio station 101 FM and/or the roller TV channel.



SIREN WARNINGS



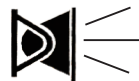
Pending Disaster

Two short blasts repeated five times at 25-second intervals. Tune radio to 101 FM and/or TV to channel 14.1 (Roller channel)



Evacuate to Shelters

One three-minute warble. Evacuate to shelters. For locations, refer to the Natural Disaster Plan in your directory.



Fire Recall

One minute steady blast.



KPD Recall

One 10-second blast, 10-second pause, 10-second blast, 10-second pause. Repeat entire sequence.



All Clear

One 20-second blast.

NOTE: The siren warning system is tested each workday at 6 p.m. and consists of one 20-second blast.

SUPER SUMMER READING PROGRAM FINISHES WITH A KA-POW! BANG! BOOM!

HOURLASS REPORT

Kwajalein's "super readers" visited Grace Sherwood Library (aka Hero Headquarters) Wednesday as the popular Super Summer Reading Program wrapped up with an action-packed morning of reading, prizes and super crafts. Sponsored by Community Activities, the program ran June 15-Aug. 17 and inspired youngsters to read and track books completed during the program. Participants also enjoyed making different crafts each week, culminating with making a marvelous super reader cape. Combined, participants read 949 books—40,010 pages—during the program and each received a Super Reader certificate and earned prizes stashed in the library's Bat Cave. Program highlights: Meg and Charlie Ardey read an impressive 282 books, and Noah, and Caleb Baker attended every super hero story time and craft activity.

Storytime and crafts are offered every Wednesday at Grace Sherwood Library from 10-11 a.m. For more information, contact Community Activities at 53331.

The Kwajalein Hourglass



U.S. Army photo by Cari Dellinger

Meg Ardey enjoys a good book while dressed in her own super hero costume she dubbed "Megland."

Saturday, August 20, 2016 / Volume 57 Number 34

KWAJ COUPLE TIES KNOT ON EBEYE

HOURLASS REPORT

Kwajalein residents Mark Fredericks and Yolanda Kalles were married Monday, Aug. 15, at an intimate ceremony at Ebeye United Church of Christ on Kwajalein's neighboring islet to the north.

Filling out the small indoor chapel of the church, more than 100 guests from Kwajalein and Ebeye watched as the couple, together since Dec. 2014, were brought together in a customary Marshallese wedding. Heading the ceremony was the Rev. Lawson Matauto and Deacon Robert William, the bride's uncle.

Following the ceremony was a festive outdoor reception under starry skies, replete with music by Ebeye's Mon-La Mike Band, food cooked up by the bride's family and—yes—a fair share of dancing. Jeramon, Fredericks family!

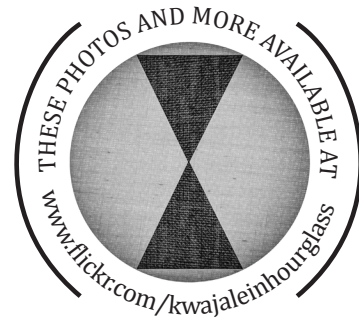


Mark Fredericks and Yolanda Kalle are pronounced man and wife during their wedding Aug. 15 at Ebeye United Church of Christ.



More than 150 friends and family of the Fredericks join the newlyweds in a festive reception in the Mon Kubok neighborhood of Ebeye Aug. 15 and danced the night away.

U.S. Army photos by Jordan Vinson



BELOW: Kwajalein residents share photos and get their dance on with crewmembers of the Indonesian Naval Vessel KRI Diponegoro during the crew's cultural dance performance Aug. 13 at the Corlett Recreation Center Gym. This was the Diponegoro crew's second stop in as many months before heading back to their home port in Surabaya, East Java for more naval exercises.



U.S. Army photos by Jessica Dambruch

HOSPITAL STAFF CELEBRATE WELLNESS PROGRAM'S 20-YEAR HISTORY

BY JESSICA DAMBRUCH

This year the Kwajalein Diabetes Clinic celebrates 20 years of service to the communities of Kwajalein and Roi-Namur. Initiated by former Kwajalein Hospital Chief Medical Officer Dr. Eric Lindborg and current Physician's Assistant Bess Buchanan in 1996, it is the longest running wellness program in the history of the garrison. Today the clinic continues to provide a supportive environment and free health education services to all residents of both Kwajalein and Roi.

Buchanan describes the origins of the Kwajalein Diabetes Clinic as a unique service and the continuation of the work of the visionary Lindborg.

"In 1996, it was a novel idea for a wellness clinic that we hoped would be embraced and make a positive impact in the health of our employees," said Buchanan, then the nurse clinic coordinator at the hospital. "Lindborg was the driving force that made it happen. The entire staff enthusiastically teamed [up] to develop the program."

Since that time the clinic has seen a steady group of returning attendees.

"We reach out to a roster of approximately 100 participants," said Linda Reynolds, the hospital's current diabetes clinic nurse coordinator.

"I think the longevity of the program speaks to having accomplished some of our original goals," said Buchanan.

Newcomers to the Clinic can expect a combination of creative teamwork, ingenuity and education—the hallmarks of Kwajalein's program. They will learn how to reduce and fight the impact of diabetes through preventative measures such as taking prescribed medication, adopting an exercise regimen and maintaining a healthy diet. It can be a challenge to incorporate wellness awareness into a daily routine, but it is possible, clinic staff said.

"The key is not to forget to take your meds daily and exercise as [much] you can," said Helmer Emos, a returning participant who recommends the program to prospective candidates. "It is very good and educational. It is the chance of a lifetime. Take it from me!"

Participants also receive diabetes screenings, build personal health plans



File photo

Participants in the Kwajalein Hospital Diabetes Clinic speak to health experts during the program's first session in the late 1990s. The program has been going steady since.

and celebrate individual wellness milestones. Additional healthy lifestyle discussions presented by physicians, nurses and local guest speakers also provide basic wellness training. Topics range from the overall benefits of quitting smoking to the basics of proper foot and dental care. Attendees also have the benefit of the medical expertise of a caring team.

"I have learned plenty!" said Emos. "How to manage my intake, for instance ... Meter reading at home and over at the clinic is just fine to compare and make [you] aware of foods and exercises. I do want to thank [PA] Bess Buchanan for being my mentor doctor. I do seek her advice whenever I miss doses."

Buchanan describes the large clinic workshops as informative and a lot of fun for everyone. The sheer number of participants often challenges workshop leaders to try new activities.

"How do you teach aerobics to 60 people sitting in chairs?" Buchanan asked, recalling one memorable aerobics workshop with instructor Karen Brady. "Karen said, 'We need weights,' and handed everyone two water bottles. They did an arm workout right in their chairs using what was available."

Having seen the program through since its beginning, Buchanan understands what works with employees on Kwajalein and Roi-Namur.

"We are meeting real needs that far ex-

ceed just taking medications," she said. "We are helping employees to meet the physical standards necessary to maintain job requirements, including heavy equipment and boat captain medical certifications. The Kwajalein Diabetes Clinic builds stronger families and futures."

"For the employee, the goal is to be able to support their families," Buchanan added. "[To] see their children grow and graduate from high school and college and to live as healthy a life as possible free from the potentially devastating complications associated with long term management of diabetes. I truly believe it has made a difference."



Courtesy of Bess Buchanan

Nurse Lynda Reynolds, Kwajalein Hospital's current diabetes clinic nurse coordinator prepares to see a patient.

In the mid-1960s, E. H. Bryan, Jr.—then, manager of the Bishop Museum in Honolulu—and his staff at the museum's Pacific Scientific Information Center prepared an in-depth guide to the geography, biodiversity and history of the Marshall Islands and the cultural practices, lifestyles and histories of the Marshallese people. Written specially for Kwajalein Hourglass readers, the 24-part series appeared over the course of two years and was titled "The Marshalls and the Pacific."

Uncovered at the Grace Sherwood Library, it comprises a literal bounty of professionally-curated essays that take the reader on a profound tour of knowledge on everything from marine shell identification and the etymology of atoll names, to the traditional division of labor in the Marshallese household and explanations on how atolls are formed.

Included are excerpts from the timeless "Marshalls and the Pacific" series. Enjoy.

THIS IS THE SECOND HALF OF THE FIFTH IN A SERIES OF ARTICLES CONCERNING LIFE IN THE MARSHALL ISLANDS AGAINST A BACKGROUND OF THE PACIFIC OCEAN AS A WHOLE. THEY ARE BEING PUBLISHED EXCLUSIVELY BY THE HOURGLASS AND WRITTEN BY E.H. BRYAN, JR., WITH THE ASSISTANCE OF THE STAFF OF THE PACIFIC SCIENTIFIC INFORMATION CENTER AT THE BERNICE P. BISHOP MUSEUM IN HONOLULU, OF WHICH HE IS MANAGER.

PLANT LIFE ON ATOLLS, PART 2

BY E.H. BRYAN, JR.

There are several members of the Spurge Family, Euphorbiaceae. *Acalypha Wilkesiana* (fig. 30), called Copper Leaf or Jacob's Coat, is an ornamental shrub planted in yards, with red-spotted, bronzy-green leaves, variously toothed along the edge. There are spikes of tiny flowers without petals. Another ornamental garden shrub is the False Croton, *Codiaeum Variegatum* (fig. 31). There is much variation in the shape and pattern of its brightly colored leaves. Narrow spikes or inconspicuous flowers grow from the upper leaf axils, producing three-parted fruiting capsules.

There are several spurge weeds, most distinctive of which are: *Euphorbia Heterophylla* (fig. 32), an herb with red on the green rosette of flower bracts, like a dwarf poinsettia; *Euphorbia Chamissonis*, an indigenous ground cover in the woods, called "Mal Dok", "Beran", or "Puripur"; *Euphorbia Hirta*, the hairy spurge,

with brown spots on the leaves, and pale seeds (fig. 33); *Euphorbia Hypericifolia*, the graceful spurge, with small green leaves, which may turn purple and red seeds; *Euphorbia Prostrata*, the prostrate spurge, with the fruiting capsules hairy only at angles; and *Euphorbia Thymifolia*, with fruiting capsules covered with down. *Phyllanthus Niruri*, a weedy low shrub, has branches crowded with two rows of quarter inch leaves, with tiny flowers without petals hanging from their base (fig. 34).

Representing the soapberry family, Sapindaceae, is *Allophylus Timorensis*, "Katak", or "Keda". It is a sprawling, yard-long shrub, with slender alternating leaves, each made up of three leaflets, each two inches long with obtuse tips and wavy margins. Small greenish flowers produce globose reddish fruits.

In the Linden family, Tiliaceae, is *Triumfetta Procumbens*, "At' At" (fig. 35), a low bush with runners bearing fleshy leaves,

which are almost circular with wavy edges. The yellow flowers which close in the middle of the day produce a spherical burr with incurving bristles.

Belonging to the hibiscus family, Malvaceae, are four species: the ornamental hibiscus planted in gardens, mainly *Hibiscus Rosa-Sinensis* (fig. 36); *Hibiscus Tiliaceus* (fig. 37), "Law," called Hau in Hawaii and "Pago" in Guam, a small tree with crooked branches, glossy, heart-shaped leaves, and yellow, cup-shaped flowers which later turn pink; *Thespesia Populnea* (fig. 38), called Milo in Hawaii, an ornamental tree planted in Kwajalein yards, the bell-shaped flowers having a purple center, and the five-lobed capsules differing from those of the Hau; and *Sida Fallax*, a small bush with downy leaves and stem and bright yellow flowers, "Kio," call Ilima in Hawaii.

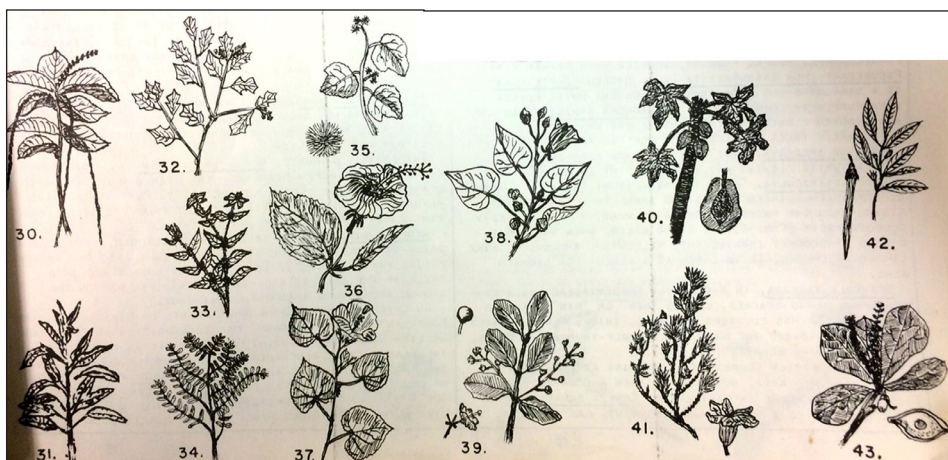
Calophyllum Inophyllum, "Leuj" or "Luech," and called Kamani in Hawaii, is a member of the mangosteen family, Guttiferae (fig. 39). It is a small, low-branching tree with shiny, leathery, nearly oval leaves. The blossoms are white and sweet-scented, and the globose, clustered fruit is about an inch in diameter.

In the papaya family, Caricaceae, is the familiar papaya tree, *Carica Papaya* (fig. 40). It has a hollow, tapering trunk, topped by a cluster of deeply-lobed leaves on long leaf-stalks. The fragrant, cream-white flowers produce an ovoid, green-to-orange fruit with its cavity full of seeds. All parts exude a white latex, rich in pepsin.

Pemphis Acidula, "Ngiengie" or "Kengi," belongs to the crape myrtle family, Lythraceae. It is a shrub or small tree with heavy, hard wood and wiry twigs, bearing thick narrow leaves with white pubescence, scattered among which are solitary white flowers (fig. 41).

Mangroves, family Rhizophoraceae, are not common on atolls, but *Bruguiera Conjugata*, "Jong" or "Chong" (fig. 42) is found sparingly. It occurred on Meck before that islet was cleared. It is a tree of moderate size, widely branching from a main trunk, with dark green leaf scars. Bright red flowers grow in the axils of leathery leaves and produce long cylindrical, bomb-shaped fruit, which drop, settle point down in cracks in sand or mud and start a new tree.

The Terminalia family, Combretaceae, is represented by *Terminalia Catappa*, the tropical almond, "Kutil," (fig. 43), an introduced tree with wide spreading horizontal branches. The leaves are green or reddish, rounded, tapering toward the stem. Small, white, unpleasant smelling flowers grow along a spike, without petals; the fruit is almond-shaped, the wood strong and reddish. *Terminalia Samoensis*, "Eking," "Ku-



kung," or "Akungkung," is an indigenous and common forest shrub.

The Panax family, Araliaceae, has two cultivated, ornamental shrubs in the islands. Polyscias Scutellaria is a large shrub planted occasionally around villages. A tall, unbranched trunk is crowned by a tuft of large, feather-shaped leaves, each up to six feet long, with about 40 short-stemmed leaflets, borne on segments like "dog vertebrae." Nothopanax Guilfroylei is a tall ornamental shrub with dark green leaves variegated with white and saw-tooth margins (fig. 44).

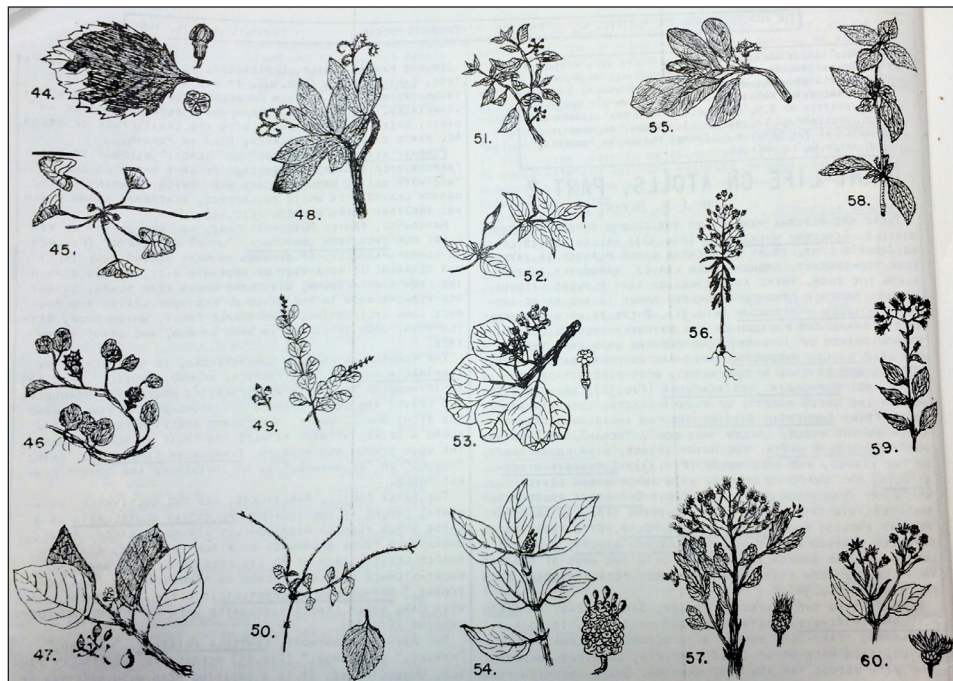
The Asiatic Pennywort, Centella Asiatica, "Marukko," "Marike," or "Margo," (fig. 45) represents the parsley family, Umbelliferae. It is a creeping herb with rosettes of leaves like those of a violet, connected by runners; flowers are white and inconspicuous.

Representing the periwinkle family, Apocynaceae, are Plumeria Rubra, an ornamental tree with fragrant flowers planted in villages; and Ochrosia Oppositifolia, "Kegbar," a slender tree with whirls of branches, like spokes from a hub, bearing leaves near their tips; flowers in the leaf axils have white petals, and fruits are in pairs, end to end, shaped like small lemons, fibrous when they fall to the ground and sprout.

There are two or more members of the morning glory family, Convolvulaceae: Ipomoea Tuba has white flowers and is abundant in forested regions, climbing over vegetation; Ipomoea Pes-Caprae (fig. 46), the beach morning glory, has leaves shaped like a "goat's foot," purple flowers, and is locally common near beaches.

Two important trees and a shrubs represent the heliotrope family, Boraginaceae. Cordia Subcordata, "Kano" or "Koko," called Kou in Hawaii, is a small tree with gray-flecked bark, tubular orange flowers and a globular fruit (fig. 47). Messerschmedia Argentea, the tree heliotrope, (formerly in the genus Tournefortia) is an abundant forest tree, commonly planted on Kwajalein Island. It has rough gray bark, rosettes of long, soft, hairy, gray-green leaves, and minute flowers and fruits on curled, "finger-like" flower stalks (fig. 48). Heliotropium Ovalifolium Depressum is a low shrubby heliotrope, especially found near the airstrip on Kwajalein.

Four aromatic plants represent the verbena family, Verbenaceae. Trifolium is a shrub (fig. 49), planted in Kwajalein gardens. It has opposite leaves, each with three leaflets, stem with white felt, and light blue flowers which produce a small black drupe. Stachytarpheta Indica, Vervine, is a small, weedy shrub with serrated leaves, a long flower stalk, along



which pale blue flowers come out a few at a time (fig. 50). Premna Obtusifolia, called "Kar" or "Kaar," is a small tree in the forest and planted around villages. It has obtuse leaves and small, cup-shaped flowers. Clerodendron Inerme is a low branching shrub with opposite leaves four or five inches long, tapering from a rounded base, with conspicuous greenish or dull purple flowers from their axils. It forms tangled thickets and may be planted near settlements or in coconut groves.

The tomato family, Solonaceae, contains the following: Physalis Angulata, a weedy relative of the Cape Gooseberry, with a small fruit in a papery sack. The black nightshade, Sclanum Nigrum (fig. 51), a weedy herb with thin leaves, clusters of small white flowers and black fruit, which are juicy when ripe. The small red pepper, Capsicum Frutescens (fig. 52), is cultivated in gardens.

Three ornamental shrubs belong to the Acanthus family, Acanthaceae. Planted in Marshallese villages is Pseuderanthemum Atropurpureum, with purplish-green leaves and funnel-shaped purple flowers, spotted with darker purple. Pseuderanthemum Carruthers II (also called P. Reticulatum), is a similar shrub with green leaves and white flowers with purple or crimson dots. Odontonema Strictum has narrow reddish flowers at the tips of its branches.

Two small trees represent the coffee family, Rubiaceae: Guettarda Speciosa, "Wut" (fig. 53) has pear-shaped, tubular white flowers and hard, smooth, brown fruits. Morinda Citrifolia, "Nen" or "Nin" (Noni in Hawaii), has glossy green pointed leaves and small tubular flowers rising from the faceted surface of what becomes a

fleshy globose fruit (fig. 54). At first green, when the fruit ripens it becomes translucent, yellowish, and smells like Limburger cheese. It is eaten as a remedy for stomach ache.

Scaveola Taccada, in the family Goodeeniaceae, is a common shrub along the beaches, called "Nen" or "Nin," Naupaka in Hawaii. It has clusters of large, thick, glossy leaves which taper toward the base, pale "half-trumpet" flowers and white pithy berries (fig. 55).

The daisy family Compositae, contains at least ten species in this area, but most of them are wayside weeds. The Canada Fleabane or Bitterweed, Conyza Canadensis (long classified in the genus Erigeron) has a single, erect, woody stem, topped by flower branches and numerous narrow leaves, the older, lower ones dying. The flowers are numerous but very small, and the small flat seeds have tufts of bristly pappus (fig. 56). Conyza Bonariensis, the hairy horseweed, is similar. Eclipta Alba, the false daisy, is a low branching weed with slender greenish or reddish-brown, hairy stems, bearing opposite leaves of variable shape and solitary, white, daisy-like flowers; seeds without pappus. Emilia Javanica, a "paint brush" weed, has a low rosette of toothed leaves of varying shape, and long, slender flower stems tipped by red or purple flowers.

Pluchea Indica (fig. 57) is a branching, weedy shrub, with aromatic, rough or downy leaves, with saw tooth edges, tapering toward the stem. At the tips of the branches are broad clusters of pinkish or purplish flowers, producing fruits with tufts of light yellow hairs. Pluchea Odorata, SEE "PLANTS," PAGE 10

LOCAL PHOTOGRAPHER EARN'S PRAISE IN PHOTO CONTEST

EXTERNAL REPORT

By Professional Photographers of America

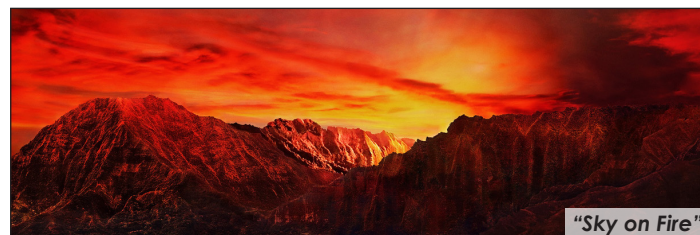
Three photographs created by Kwaj-based photographer Julie Savage have recently been accepted into the Loan Collection of Professional Photographers of America's 2016 International Photographic Competition. One additional image was also accepted into the general merit collection. Savage's work will be on display at the Henry B. Gonzalez Convention Center in San Antonio, Texas, Jan. 8-10, 2017. This International Photographic Exhibition is held in conjunction with Imaging USA, an annual convention and expo for professional photographers.

A panel of 46 jurors from across the United States selected the top photographs from nearly 5,700 total submitted entries at Gwinnett Technical College in Georgia. Judged against a standard of excellence, 2,428 images were selected for the PPA's General Collection and 1,007 were selected for the Loan Collection. The Loan Collection images will all be published in a book, and more than 200 selected general collection images will be published in a separate showcase book published by Marathon Press.

With the acceptance of three loan images, Savage has achieved 2016 Platinum Photographer of the Year.

Images titled "Sand Angel," featuring Kwaj senior, Erin Waite, "Alone Again," "Sky on Fire," and "Angels Over Oahu" will be in the International Photographic Exhibition alongside other top photographic works from the competition and traveling and special invitational dis-

"Alone Again"



"Sand Angel"



plays. These images constitute one of the world's largest annual exhibits of professional photography gathered simultaneously under one roof.

Pursuing success in image competition is one way Savage works to keep her skills top notch for her clients. She stated

that the beauty of the IPC is that photographers are not competing against other photographers. Just like everything else with PPA, the competition is designed so that we are not working against each other but are pulling for and helping each other to succeed in this industry.

"PLANTS," FROM PAGE 9

the sour bush, is similar, with the same characteristic odor; it differs chiefly in having wooly oblong leaves and larger heads of whitish flowers and pappus.

Nodiflora is an erect, branching herb, with stemmed leaves that often hairy (fig. 58). There are pairs of opposite leaves along the stem, those above being larger and finely toothed, with three veins to the base. Yellow, stemless flower heads are borne singly in leaf axils. Each small black fruit is tipped with two or three spines.

Tridax Procumbens, known as coat buttons, is a rough, hair weed which grows prostrate on the ground. The opposite leaves are narrow and coarsely toothed; flowers are solitary and yellowish.

The little ironweed, Vernonia Cinerea, is a slender, erect herb with few branches, the stem and spade-shaped leaves with fine

pubescence (fig. 59). Purplish flower heads are in open clusters at the top of the stem; each tiny fruit has a tuft of white pappus.

Wedelia Biflora is a tall shrubby climber, with yellow daisy-like flowers; the ovate, pointed leaves are in opposite pairs (fig. 60). It grows over bushes and into trees in the forest and can form a dense mat on the ground and around abandoned equipment.

An extensive account of the "Plants of Bikini and Other Northern Marshall Islands" has been written by Professor William Randolph Taylor, 1950. In addition to the flowering plants, this describes and illustrates seaweeds, mosses and fungi. Mosses and Liverworts also are described by Dr. Harvey Alfred Miller in Atoll Research Bulletin 40, 1955. Dr. F.R. Fosberg and others have listed plants, with notes, in various Atoll Research Bulletins.

THIS WEEK IN KWAJALEIN HOURGLASS HISTORY



From Aug. 19, 1975



BEERFELDT OF THE KWAJ KOPS TAKES A SPILL AT HOME PLATE....

Kwaj Sports Results

A lot of good ball games were played this weekend both in Slow-Pitch and Fast-Pitch.

First in Slow-Pitch action, it was the Entertainers 11 the Hamburgers 4...Rogues just got by the Leftovers, 9-8.. RCA had an easy time with Raytheon, 14-2....Kwaj Kops squeezed by the MZC team, 8-6...Shirley's Lounge defeated the Renegades in extra innings, 3-1...and CBE took a 7-5 decision over the Marine Dept. but the game was won by the Marine Dept. by forfeit.

In Fast-Pitch action, AFRS clobbered the Ebeye Rovers, 9-2.. FI1-American just did beat the Kamaaina, 4-3...V.O. and 50th State traded the lead back and forth but V.O. finally won the game, 7-5.

The Hawaiians took two out of three sets from the Ehukai team by the scores of 15-4 and 15-8

Ebeye also took two out of three sets from the Teen Center, 15-6 and 12-9.

From Aug. 17, 1962

BOY FROM EBEEYE UNDERGOES OPERATION FOR SPEAR REMOVAL

MORSE KUN, 16, A MARSHALLESE LAD FROM EBEEYE, WAS ACCIDENTLY SHOT IN THE RIGHT CHEST YESTERDAY AFTERNOON WHILE WATCH- A FRIEND LOADING A FISHING SPEARGUN.

HE WAS BROUGHT TO KWAJALEIN BY OUT- RIGGER CANOE ABOUT TWO HOURS LATER FOR AN OPERATION AT STATION HOSPITAL FOR REMOVAL OF THE SPEAR.

BECAUSE HE HAD LOST SO MUCH BLOOD AN EMERGENCY CALL FOR DONORS BROUGHT MORE THAN 40 VOLUNTEERS. FIRST TO ARRIVE WERE FROM TCT'S SECURITY DEPARTMENT, CECIL ELKINS, HOWARD HO, ALFRED WILLIAMS, LARRY ANTONELLI, ELIJA GROGAN AND JACK LYSAGHT. BLOOD ALSO WAS GIVEN BY JUAN SANTIAGO FROM THE MESS HALL.

AMONG VOLUNTEERS WERE SOME 30 WECO EMPLOYEES BUT THEIR SERVICES WERE NOT REQUIRED.

THE BOY WAS ON THE OPERATING ABOUT 2 HOURS AND LAST REPORTS ARE THAT HE IS DOING AS WELL AS MIGHT BE EXPECTED.

Talk of the Town

with Stephanie Phillips

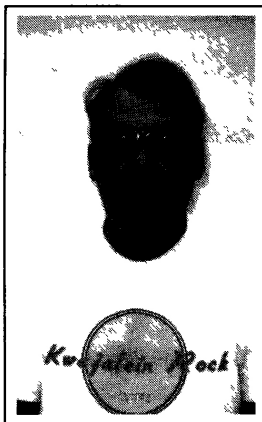
**What Hourglass features
do you like and what would
you like to see added?**

(Asked at Ten-Ten)



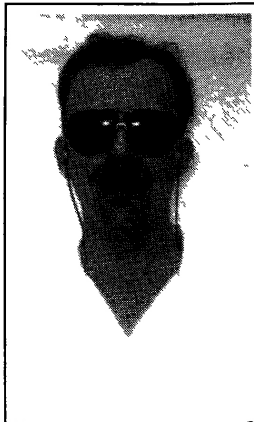
"I enjoy receiving the paper twice a week. It keeps you informed on the local and mainland news. I also enjoy reading the 'Life-styles' articles."

Dawne Pierce
Special Services



"I enjoy 'World News,' though I think it could be extended more. I also think 'Kwaj Recipe Corner' could be deleted and more 'Local News' and what's happening here on Kwaj added."

Gary Maxwell
Licensed Vocational Nurse



"The Hourglass is a nice paper but I would like to see a section with letters to the editor or advice to the loved crazed ones!"

Terry Pannier
PDR employee



A MORNING'S WORK IS REPRESENTED BY THE TWO MARLIN, PICTURED IN THE COMPANY OF JAN WISNIEWSKI, A ROI-NAMUR SECRETARY, WHO LANDED THE LARGER OF THE TWO AT 245 POUNDS -- UH, THE MARLIN, THAT IS JAN HAS BEEN HERE ONLY EIGHT WEEKS. THE SMALLER -- 180 POUND -- MARLIN, WAS TAKEN BY NORMAN ANDERSON. BOTH FISH WERE TAKEN SATURDAY. WHOSE BOAT? JACK ICHIKAWA'S J-6, WOULDN'T YOU KNOW.

From Aug. 14, 1990

From Aug. 14, 1967

COMPANY'S TOP NCO LEADS FROM FRONT

EXTERNAL REPORT

By Jason B. Cutshaw, U.S. Army Space and Missile Defense Command Public Affairs

REDSTONE ARSENAL, Ala.—From the first time a Soldier checks into his unit to the first time he deploys, the first leader he looks to is his first sergeant.

Since joining the Army in January 2003, 1st Sgt. James K. MacKay, B Company, 53rd Signal Battalion (Satellite Control), has served in Germany, Afghanistan, Georgia and Maryland.

As the unit first sergeant, his two primary roles are to be the senior enlisted adviser to the commander and the senior noncommissioned officer in the local NCO chain.

"The mentorship, development and care for my Soldiers and their families is my chief concern as this translates my company into a ready and able force capable of accomplishing a tough and complex mission of significant strategic importance," MacKay said.

MacKay talked about what he likes about the unit and the role it plays in the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command mission.

"I very much enjoy the sense of trust that defines our unit," MacKay said. "Our battalion is decentralized, so the battalion leadership has to extend a great deal of trust to us, which we treat as a tremendous responsibility. That trust comes with clear and achievable measurements for success, and we in turn extend this model downward to our squads, who work 24/7 to keep the mission maintained. In the same way that this trust and clarity of mission empowers us and energizes my commander and me to steward what we have been given, I see the same type of positive impact at all levels within our company.

"Regarding USASMDC/ARSTRAT as a whole, it is a great privilege to be a part of an organization that does so much for so many," he added. "It is humbling to be the backdrop upon which so much of combat power rests, even if many of those who rely on us never know our



Courtesy photo

First Sgt. James K. MacKay, B Company, 53rd Signal Battalion (Satellite Control), holds the unit colors as his Soldiers conduct a tour of the Nimitz-class aircraft carrier, USS George Washington, for familiarization and appreciation of SATCON mission impact and responsibility.

names. It is enough to know that we are able to extend our military's ability to prevent, shape and win conflicts around the globe thanks in no small part to the efforts of the Black Dragons and our sister companies worldwide."

MacKay explained how his past experiences have helped him get to where he is today.

"Mentorship has been the key to my success, period," MacKay said. "I have had the incredible privilege of being mentored and coached by the absolute best NCOs and officers the Army has to offer. I have never been far from leaders who kept me effectively and purposefully stressed, always kept at the limits of my abilities in order to condition me to grow or die.

"This conditioning, which literally began on the first day I signed into my first unit and continues to this day, helped me embrace the positives of hard times and to help others do the same," he added. "There is little as satisfying as hav-

ing Soldiers come to me the same way I came to my mentors in the past."

MacKay also mentioned the person who had the biggest impact on him professionally.

"My biggest influence in the Army was retired Sgt. 1st Class Roderick Miller," MacKay said. "He took me under his wing in the in-processing briefing at my first unit, and has been coaching me ever since. Prior to joining the Army, I had no sense of humility nor a real sense of professional purpose. He taught me how to be genuine with myself, to seek what was best in both myself and others, and to make the absolute most of the talents I had and do my utmost to develop what didn't come easily by nature. He lived by the total Soldier concept before the Army ever codified it and taught me to do the same. I'll never forget him."

MacKay took a minute to give advice to young Soldiers who are just beginning

SEE "NCO," PAGE 13

"You must understand why it is needed—before you start to build."

Neptali's studies ultimately led him to discover an abiding interest in network maintenance and efficiency. He wants to take that enthusiasm into the workplace, becoming an IT specialist.

"Rather than waiting for support to arrive from Majuro, someone will already be there to meet that need," said Neptali of Wotje Atoll.

RMI citizenship, fluency in English and a passion for computing systems are the only prerequisites to apply to the program. The coursework is designed to complement college education; its administrators strongly encourage college students and future high school graduates to apply. The 2016 duo was chosen from a pool of 60 applicants. To date, 19 interns have completed the program.

"We want to see this program grow," said Stambaugh, the Lincoln Labs site manager.

"So many students impressed us with their desire to learn," agreed Holland, the technical advisor for the program. "It was challenging to admit just two."

The interns' commitment to work within their respective communities upon completion of the program is an essential factor in the candidacy decision process, Lincoln Labs staff said.

"Also the willingness to come to a whole other island," said Holland. "Kwajalein is definitely not the place most people might be coming to work or to learn. They're away from their families. They're very brave and committed to learn. These students have demonstrated the flexibility and ability to do that."

Flexibility was essential during troubleshooting training for Johannes and Neptali. They would often return to a project after a lunch break and find it broken apart and in need of troubleshooting—the handiwork of the program instructor Ranny Ranis, a 13-year employee of Lincoln Labs on Kwajalein. The troubleshooting lessons proved both memorable and invaluable, the interns said Aug. 12.

"He is a tough instructor," Johannes said. "He is the toughest and best instructor. And we have to know how to fix things. Not everything's going to work all the time." Hearing this report during the ceremony, Ranis remained silent, but beamed back a smile.

Acknowledging the work that lies ahead, the interns are enthused about tackling the next challenge, they said. Neptali will to return home to Wotje atoll. Starting with the school system, he will work to provide a local solution for network adminis-



During a presentation Aug. 12 with leaders from RTS, MIT Lincoln Labs and USAG-KA, Neelson Neptali explains the array of concepts he learned during the 2016 MIT LL RMI Internship Program on Kwajalein.

tration. Johannes, an employee at Majuro branch of the Bank of Guam, will apply for an IT position within the bank. She has already made enrollment plans to pursue her education while she seeks new opportunities to continue self-guided learning.

"The fun part is that the Internet is available to me, so can research whenever I have free time," said Johannes. "I have to find time and ways to keep myself updated and learning."

"We are definitely looking for students to be motivated to take these skills and improve not only themselves, but also their communities in the Republic of the Marshall Islands," said Holland. "These students have been an excellent example of that."

to be all they can be.

"Don't be afraid to need help," MacKay said. "When a Soldier struggles - whether that's with physical training, their technical certifications, or other life issues - the easiest thing in the world to say is 'I'm OK.' The problem with it is that isn't true, and only widens the gulf between the Soldier and those who have made a choice to live a life dedicated to leading and cultivating them.

"There will be times when you don't know what to do, can't manage to get over, under, around or through," he added. "These are the times you need to en-

gage with your leaders, let them do what they love to do. You wouldn't run from a medic when you're wounded, don't run from your NCOs when you struggle."

On a personal note, MacKay talked about serving in Stuttgart, Germany, and how it is a wonderful city with some of the most beautiful scenery he has ever seen and some of the nicest people he has ever met.

He also discussed what he likes to do during his time away from work.

"I like to spend time with my daughter and wife, and together we enjoy cooking, music and playing video games," MacK-

ay said. "We are a digital family, and my son (a combat medic who completed his enlistment and is currently attending college in Colorado) and I spend time playing games together online with my daughter providing colorful commentary. I am also in a Ska band that combines elements of Caribbean music with American Jazz and Rhythm and Blues, and we play shows in Baltimore and Washington, D.C., pretty regularly, with an album coming out this fall. Hobbies are important."

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. Listings for off-island contract positions are available at www.krsjv.com.

COMMUNITY NOTICES

CYSS Youth Basketball. Register now-Aug. 29. Season runs from Sept. 9-Oct. 20. Cost is \$40 per child for K-6 grade league and \$20 per child for Start Smart. Questions? Contact Michael Hillman or Jason Huwe at the Teen Center at 53796.

Adult Soccer Season Registration. Aug. 16-26. Season runs from Sept. 7-Oct. 21. \$100 team fee. Separate men's and women's leagues. Limited team slots available so register fast! Questions? Call Derek at 51275.

Water Safety Instructor Class. Saturdays and Mondays, Aug. 30-October 3. Registration: Aug. 16-27. Cost is \$200 (includes books and certification fees) and is due after the first class. Participants must be at least 16 years old. Contact Cliff Pryor at 52848.

"Galactic Atoll Bowl" Night. 6-9:30 p.m., Saturday, Aug. 20, at the Bowling Alley. Bring your beverages and friends, we'll bring the rave. Adults only, please. \$2 for shoes, \$2 per game.

Karaoke Night. 8 p.m., Sunday, Aug.

21, at the Ocean View Club. Be a star for the night and sing your heart out! Must be 21 years of age or older.

September Learn To Swim Registration. Aug. 23-Sept. 3. Session runs Wednesdays and Fridays, Sept. 7-30 (8 sessions). Levels III, IV, & V 3:45-4:15 p.m.; Levels I & II 4:30-5 p.m. Cost: \$50 per participant. Participants must be at least 4 years old. Questions? Contact Cliff Pryor at 52848.

AAFES Food Court Construction Update: Beginning Aug. 23-Sept. 27, Anthony's Pizza in the AAFES Food Court will be closed for interior repair work. Customers are requested to stay clear of the work areas. We apologize for the inconvenience.

Smoking Cessation Program. 4-5 p.m., Friday, Aug. 26, at the Hospital, 2nd floor conference room. Have you ever thought about quitting smoking? Attend this session and learn more about our Smoking Cessation Program, and how it can help you have that little extra "umph" to finally complete what you have been talking about for a long time. You can do it! Questions? Contact 55362.

Quizzo. 7:30 p.m., Friday, Aug. 26, at the Vet's Hall. Special guest host Terry Torres will be puzzling our brains to the max!

Kwajalein Yacht Club Monthly Meeting. 6:30 p.m., Saturday, Aug. 27, at the Yacht Club. Happy Hour begins at 5:30pm and dinner at 7pm. Questions? Contact Ursula LaBrie 51951. Guests Welcome!

Birthday Bash - 70's Disco Night. 8 p.m., Saturday, Aug. 27, at the Ocean View Club. Celebrate August birthdays in your best 70's attire! 70's music, drink specials, and disco lights! Sign up for complimentary beverages if your birthday is in August. Stop

THUMBS UP



Thumbs Up to our Super Hero guest readers: Rose Zukley, Captain Rice, and Morgan Dethlefsen; and our Super Hero Staff: Alison Sok and Phaylina Taganas, for helping make the Super Summer Reading Program an amazing success!

— Midori Hobbs

by the Community Activities Office to sign up. Please present K-badge. Must be 21 years or older.

Kwajalein Diabetes Clinic. 12:30 p.m., Wednesday, Aug. 31, in the Kwajalein Hospital lobby. Questions? Contact Linda Reynolds at 52223.

Mandatory Island Orientation - Required Attendance. 12:30-3:30 p.m., Wednesday, Aug. 31, in FN CRC Room 6. Please arrive 10 minutes early to sign in and be seated by 12:30 pm. 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. Questions? Contact ES&H at 51134.

The Great Kwaj Swap Meet. 4:30-6:30pm, Saturday, Sept. 3, on the corner of 6th and Lagoon. One complimentary table per household, additional table is \$10. Pick-up service provided, please ask for the pick-up when registering. No oversized items please. Call the CA office at 53331 to reserve your table.

New Vet Clinic Hours. 7:30 a.m.-5:30 p.m. by appointment, on Tuesdays, Wednesdays and Fridays. Contact Jenny at 52017 for more information.

BQ Residents will find new QOL vacuum cleaners in your laundry room.

Please use and return to your laundry room directly after use. (Roi BQ residents: vacuums are on their way.) Questions? Contact your QOL Rep.

Road Closure. The elevated dirt road between the Space Fence Power Plant Annex construction site and the Kwajalein Power Plant is closed to all traffic, including bikes, until further notice. Please use caution if in the area.

Safely Speaking: Acute Toxic materials will have this pictogram:

- Toxic means poison.
- Acute toxicity refers to those effects occurring within 24 hours after exposure.
- Routes of exposure could include ingestion, inhalation, or skin.
- Used with keyword "Danger", it means the material is capable of being fatal.

E-talk: Solid Waste Segregation. Do your part! Segregate hazardous and recyclable materials from trash, at work and at home!



SPECIAL SURFWAY HOURS

Aug. 24 8 a.m.-3 p.m.
Aug. 25 Regular hours
Aug. 26 1-7 p.m.
Normal hours return Aug. 27

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF AUGUST 18

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	August 27
Oven Fried Chicken	Grilled Reuben Sandwich	Grilled Chicken Breast	Grilled Cheese Sandwich	Beef or Chicken Tacos	Lemon Chicken	Chicken Alfredo
Beef Pastitsio	Sweet & Spicy Meatballs	Chef's Choice Entrée	Pork Pot Roast	Black Beans	Fish Du Jour	Baked Ravioli
Scalloped Potatoes	Oven Roasted Potatoes	Mac & Cheese	Chicken Veggie Stir-Fry	Mexican Rice	Rice Pilaf	Spaghetti Aglio e Olio

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	August 27
Bangers and Mash	Old Fashioned Pot Roast	Kwaj Fried Chicken	Steak Night	Pancake Supper	Hamburger Bonanza	Beef Pad Thai
Chef's Choice Entrée	Fish Du Jour	Meatloaf	Roasted Chicken	Baked Chicken	Chicken Marsala	General Tso's Chicken
Chef's Choice Veggies	Boiled Potatoes	Mashed Potatoes	Baked Potatoes	Vegetable Sauté	Roasted Potatoes	Chef's Choice Veggies



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



	SUNRISE SUNSET	MOONRISE MOONSET	LOW TIDE	HIGH TIDE
SUNDAY	6:41 a.m. 7:03 p.m.	8:23 p.m. 8:55 a.m.	12:07 p.m. -0.9' -----	5:51 a.m. 4.9' 6:14 p.m. 4.4'
MONDAY	6:41 a.m. 7:03 p.m.	10:13 p.m. 9:51 a.m.	12:17 a.m. -0.6' 12:42 p.m. -0.6'	6:28 a.m. 4.6' 6:53 p.m. 4.2'
TUESDAY	6:41 a.m. 7:02 p.m.	11:04 p.m. 10:47 a.m.	12:59 a.m. -0.3' 1:20 p.m. -0.3'	7:07 a.m. 4.1' 7:36 p.m. 3.9'
WEDNESDAY	6:41 a.m. 7:02 p.m.	11:56 p.m. 11:44 a.m.	1:47 a.m. 0.2' 2:03 p.m. 0.2'	7:51 a.m. 3.5' 8:28 p.m. 3.6'
THURSDAY	6:41 a.m. 7:01 p.m.	----- 12:41 p.m.	2:48 a.m. 0.6' 2:59 p.m. 0.6'	8:48 a.m. 2.9' 9:41 p.m. 3.2'
FRIDAY	6:41 a.m. 7:01 p.m.	12:50 a.m. 1:39 p.m.	4:22 a.m. 1.0' 4:28 p.m. 1.0'	10:21 a.m. 2.4' 11:28 p.m. 3.1'
AUGUST 20	6:41 a.m. 7 p.m.	1:45 a.m. 2:36 p.m.	6:30 a.m. 0.9' 6:25 p.m. 1.0'	12:34 p.m. 2.4' -----

COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA
COMMANDER SHOULD KNOW ABOUT?

CALL THE COMMANDER'S
HOTLINE AT 51098 TODAY!

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER TRENDS: So far still two of the three expected days with over an inch of rain which have happened in August: 1.18 inches Aug. 1 and 2.39 inches Aug. 10. We have seen a progression of horseshoe-shaped waves in the easterly winds, moving from east to west. With the open end of the horseshoe on the south side, we have seen these waves develop into tropical cyclones when they encounter west winds at the surface, well west and northwest of our atoll. The west winds act to complete the counterclockwise circulation that the horseshoe-shaped winds have begun. These passing waves have made our surface winds more erratic and have increased the frequency of doldrums between the circulations. Crosswinds on the runways are common when the waves transit the atoll.

OUTLOOK: We will continue the trend of passing waves, doldrums and erratic wind directions. Periodic deeper convection, heavy showers and occasional lightning threats remain probable. With no significant source of west winds at the surface, probability of tropical cyclone spin-up threats will remain lower in our area. Models indicate most of the source of the west winds should remain with the monsoon trough well west and northwest of the atoll. The Guam-Japan-Wake Island triangle will remain active. Strong tropical cyclone activity to our west and northwest can sometimes generate west wind bursts and west swells, so we will remain vigilant for secondary threats developing.



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

Café Roi							*MENU CURRENT AS OF AUGUST 18
LUNCH							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	August 27	
BBQ Pork Spare ribs	Lemon Baked Chicken	Grilled Ham & Swiss Sandwich	Chicken Turnover	Veggie Quesadilla	Tuna Melt	Chicken Fajita Wrap	
Turkey à la King	Fish	Roasted Turkey	Chicken Fried Steak	Glazed Pork Loin	Country Meatloaf	Parker Ranch Stew	
Biscuits	Egg & Cheese Sandwich	Stuffing	Mashed Potatoes	Onion Rings	Mac & Cheese	Corn on the Cob	
DINNER							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	August 27	
Italian Meatballs	Korean Beef Steak	Beef Machaca	Carved Roast Beef	Fried Chicken	Stuffed Pork Loin	Hamburger Steak	
Baked Fish Casino	Pork Adobo	Chicken Enchilada Casserole	Thai-Style Chicken	Stuffed Cabbage	Caribbean Seafood Curry	Roasted Cornish Hens	
Marinara Pasta	Brown Rice	Refried Beans	Baked Potato Bar	Mashed Potatoes	Islander's Rice	Mixed Roasted Potatoes	



Gloves can be dangerous if worn around rotating parts. With this type of equipment, your hands can be pulled into a piece of machinery, causing severe injury or amputation. According to the Bureau of Labor Statistics, injuries to the hand account for 23 percent of the workplace injuries.

When using rotating equipment it is important to keep

in mind the type of work you are doing and that you recognize when a potential glove hazard exists. Understanding these differences and observing them at the workplace is important.

Let's look at the following examples and decide if you should wear gloves.

1. A worker using an angle grinder? Gloves or not? YES! Both hands should be on the grinder at all times. One on the grinder itself and the other on the stabilizing handle.

2. A worker using a lathe to turn a piece of wood. Gloves or not? NO! Lathes are known for catching gloves and causing injury.

3. A worker using a drill press. Gloves or not? NO! The glove can get caught on the chuck or bit causing serious injury.

As we can see, there is an appropriate time to wear and not to wear gloves for safety. Use your head and don't lose your hands!

ZIKA VIRUS STILL A CONCERN ON ARMY BASES

Who is at risk of the Zika virus?

—Zika is contracted through a bite from the Aedes mosquito. Those at risk are people traveling to South Americas: Barbados, Brazil, Colombia, Panama, Puerto Rica and Venezuela, to name a few. The CDC reports that an outbreak in Brazil led to reports of a Guillain-Barre-like syndrome and pregnant women giving birth to babies with microcephaly, birth defects and poor pregnancy outcomes. This virus could be especially dangerous if you are pregnant; otherwise the virus will run its course of fever, headache, rash and possibly pink eye.

What are the signs and symptoms of the virus?

—Fever, rash, joint pain, pink or red eyes, muscle pain and/or headache

What do I do if I experience these symptoms?

—Seek professional medical help immediately. Treatment for Zika virus includes controlling pain and fever, good fluid intake and rest. Other medications including antibiotics are not effective, and there is no vaccine.

What steps can I take to prevent the virus from impacting me and my family and neighbors?

—Get rid of sources of standing water such as tires, buckets, cans, bottles and barrels whenever possible.

—Make sure flower pots around the house are adequately drained to prevent accumulating water.

—Check the CDC web page prior to traveling.

—Get tested before engaging in intimate contact with someone has traveled to areas known to be affected by the virus.

—If pregnant, talk to your supervisor about eliminating any outdoor work assignments to limit exposure, especially during first two trimesters. Consult CDC info on Zika and pregnancy.

—Wear long-sleeved shirts and long pants.

—If possible, stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

—Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.



—Use Environmental Protection Agency registered insect repellents. All EPA registered insect repellents are evaluated for safety and effectiveness.

—Always follow the product label instructions on repellent sprays.

—Do not use insect repellent on babies younger than two months of age.

—If you are also using sunscreen, apply sunscreen before applying insect repellent.

—Dress your child in clothing that covers arms and legs, or cover crib, stroller and baby carrier with mosquito netting.

—Do not apply insect repellent onto a child's hands, eyes, mouth or cut or irritated skin.

—Adults: Spray insect repellent onto your hands and then apply to a child's face.

—Treat clothing and gear with permethrin or purchase permethrin treated items.