

VOLUME 57 NUMBER 40

OCTOBER 1, 2016

# THE KWAJALEIN HOURGLASS



## THIS WEEK

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FEATURE BANNED BOOKS - P 11

Roi rat Bridget Rankin, middle, shares a photo with USAG-KA Command Sgt. Maj. Angela Rawlings and Commander Col. Michael Larsen after the Roi town hall meeting last week at the Trade Winds Theater.

• O • Nikki Maxwell



# EMPLOYMENT, ENVIRONMENT, FOOD PROJECTS DISCUSSED DURING RECENT TOWN HALLS

## HOURLASS REPORT

**The U.S. Army Garrison-Kwajalein** Atoll command team held their quarterly Town Halls for the U.S. and Marshallese workforce and residents, Sept. 22 and 23. The entire USAG-KA community was invited to attend the meetings and bring their questions, comments, concerns and suggestions for the group to discuss. The topics ranged from environmental concerns to dairy supplies. Here is a summary of those discussions.

### **Kwaj RMI Workforce Town Hall**

Col. Michael Larsen made opening remarks to the Marshallese workforce on Kwajalein, Sept. 22 at the Island Memorial Chapel, recalling some events from his first year as commander here.

"Our community faced the challenges of a major storm last October, and we came together to overcome it and take care of each other. We've also shared many celebrations along the way," Larsen said.

Several questions were raised by employees regarding employment conditions, benefits and human resources-related issues. Those questions were either answered in the town hall discussion or forwarded to company human resources departments to answer individual concerns.

A question raised involved DCCB bid sale items and if Marshallese workers could take a look at items before they go on sale. Larsen explained that that Compact of Free Association requires the RMI government to have first choice of excess property, the rest would then be available for employee purchase. But he had some good news.

"Some items, including mattresses for beds and desks for school children were donated to Enniburr (Third Island) and

are being delivered," Larsen said. "There will be more deliveries as soon as transportation is available."

Then the commander spoke about the Mission program and the volunteers currently in Kwajalein Atoll providing medical and dental services. "They are doing awesome things for the Marshallese people, and some of them come back every year to help," Larsen said.

The issue regarding sponsorship policy for Halloween events was raised, specifically how to broaden the number of participants this year. More information will be published in next week's issue of the Hourglass regarding the process for Ebeye children to come to Kwaj to participate in Halloween activities.

Larsen concluded the meeting by saying how proud he is to be the USAG-KA commander.

"I am also proud to serve in the RMI and the very special relationship between us," Larsen said. "Our two nations are stronger because of our partnership."

### **Kwaj Residents Town Hall**

The Kwajalein Resident Town Hall opened with a State of the Garrison briefing which covered these topics: access at Surfway and the Zamperini Dining Facility, Yuk Club project status, new hospital clinic project status, and the plan to purchase additional B-Boats for Kwaj and Roi.

The first question came from an environmentally conscious resident regarding the use of Styrofoam and plastic: "How do we get rid of Styrofoam here on Kwaj?"

"We try hard to recycle here and be responsible," Larsen answered. "We will



U.S. Army photos by Nikki Maxwell and Kim Yarnes

**USAG-KA Commander Col. Michael Larsen fields questions from Roi's RMI workforce during a town hall meeting at the Trade Winds Theater last week.**

## THE KWAJALEIN HOURLASS

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

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look into alternative food containers and work with KRS and AAFES to reduce that waste."

The topic of the recent dairy shortage was raised. The audience asked if there was a backup plan in case of another milk shortage and whether there will be an increase of dairy orders to help carry the island population through to the next delivery.

"We have powdered milk in stock for consumers to purchase," said KRS Deputy Site Manager Chris Baker. "There will be more cheese in the next few containers, and we are working to solve the demand issues. We look at a 10-week process from the time the food is ordered, so there are many steps involved."

A question was raised regarding development of a bike safety campaign to help educate the youth on Kwajalein and discourage them from riding distracted and in groups spread out on the street. Larsen said that message would be shared with community. Community Services Manager Kim Yarnes added that a bike safety rodeo is scheduled for Oct. 19 to encourage safe riding, teach bicycle maintenance and accident prevention.

#### **Roi RMI Workforce Town Hall**

During opening remarks to the Marshallese workforce on Roi-Namur, Sept. 23, Larsen touched on the importance of maintaining check cashing services for the employees through the Bank of the Marshall Islands.

A few questions were raised by employees regarding employment conditions, benefits and human resources-related issues. Those questions were either answered in the town hall discussion on Roi or forwarded to company human resources departments to answer individual concerns.

An employee asked about the laundromat at the Dock Security Checkpoint, and when will the machines be fixed. Kwajalein AAFES General Manager Holly Elliott said, "We will bring parts from Kwaj next week to make repairs."

Switching topics, an employee thanked the garrison "for a shipment of desks and mattresses that were delivered recently. We know there is a second shipment coming and want to thank USAG-KA and all the people involved in that," he said.

Larsen responded, "Mike Savage and his Space Fence team were behind all of that and wanted the surplus items to be delivered to you and your families on Third Island."

#### **Roi Resident Town Hall**

The next meeting was with the Roi-Namur U.S. resident workforce. Topics included scheduled installation of digital cable services, use of public facilities for private parties and status of facility improvements on Roi.

"The digital TV service equipment is on the barge and will be installed in mid-October," Larsen said.

One resident asked if the Trade Winds Theater could be made available for



***A Roi RMI employee addresses questions to Col. Larsen.***

private functions and movie showings. Yarnes said they would look into reservations on evenings when scheduled Community Activities movies are not playing.

A resident asked about pending facilities improvements, specifically sound-proofing the wall between the Roi dispensary and Roi operations. The resident also addressed a safety concern at the entrance to Café Roi. Both issues are being addressed by the Department of Public Works and are priorities to the command.

"We are some distance away, but we are all part of the same garrison," Larsen said in closing. "Thank you for all you do for our nation and the RMI."



***KRS Deputy Site Manager Chris Baker responds to Kwaj residents' questions regarding dairy supplies on the island.***



# THE ATOMIC PLAYBOYS MAKE WAVES IN DARK SURF ROCK

BY JESSICA DAMBRUCH

**Luminous in their glowing** Ray-Bans, Kwajalein's The Atomic Playboys delivered face melting surf rock to an enthusiastic audience at the Vet's Hall Oktoberfest celebration on Sunday Sept. 25. These local musicians bring a new, dark edge to the timeless genre that redefined American popular music.

If you are new to surf rock, know that its DNA lies in sound textures: admixtures of world, folk, rock and jazz form the bedrock of a rich soundscape that emerges in the years following World War II. Punctuated by innovations in technology and music performance, together these elements form the signature styling of 1960s surf rock. Start your playlist with the Del-Tones' "Misirlou," based on an Egyptian melody. Next add the Beach Boys, Bruce & Terry and The Razorblades. Listen to the sweet vocals, and catchy harmonies; it's good stuff. The tunes are appropriate to any beach scene, anywhere.

Many of us are still titillated by the friendly tropical escape packaged for our radios—but that escape often lacks the resonance of authenticity.

And Kwajalein demands something more.

Beach life in the atoll requires immersion in its powerful history and environment. Everyone here experiences that, but our artists internalize it, and produce within it something they can share.

That kind of creative work requires some major *cojones*. Cue the Atomic Playboys.

## SURF ROCK 101

Now hear this: surf rock is about surfing. And surfing is about our intimate relationship with ocean water. At the next Atomic Playboys concert, you should listen, quite literally, for waves.

"The signature sound echoes with a lot of reverb," says Chicago native and bandleader Mike Symanski. He is the band's only surfer.

"It sounds wet. If you mute the strings and rake the pick across, it can sound like dripping water. If it was played with distortion, it could be heavy metal."

It was back in 2011, on his third Kwajalein tour, that Symanski joined forces

with fellow eclectic guitarist Jordan Vinson and they began a search for their future bandmates. Bassist Rick Broomell and drummer Christian Boles both added a voracious energy to the band's evolving sound. The jazz sensibilities of drummer Justin Smith round out their homegrown noise with influences of cumbia, world music, psych rock, southern rock, viking metal and Spanish classical guitar.

"We call it dark surf rock," says Jordan Vinson. "We add more of an aggressive edge to surf rock."

The drastic change that the Internet has brought to music, both in terms of music marketing and creation, has made it possible for emerging bands to listen more widely and readily to new sounds than ever before. Today's surf rock musicians are engaged in generating a musical tapestry that spans over sixty years. For them, it's a veritable golden age.

"There's such a greater ability [now] for more bands to pursue, not making as much money, but making good music," Symanski says.

## No Lyrics, No Problem

The Atomic Playboys are unique in that none of their songs include vocals—except for the ones they make up on their own during practice. To date, the Playboys have dismissed suggestions to include lyrics in their songs, or to write songs that require a vocalist.

As Vinson admits: "None of us sings consistently."

Instrumental rock simply does not require a vocalist to present a canned narrative any more than surfers or sailors need a commentator to explain their desire to penetrate the sea. Broomell says that the spare emptiness in their compositions, reminiscent of classical and jazz, is a space reserved for the audience to actively listen. It also imbues the music with a staying power beneficial in today's music market.

"As soon as you add any reference to politics, economics, or a car, you've dated yourself," adds Broomell.

The band is energized by the chance to

See (ATOMIC PLAYBOYS) page 8



U.S. Army photos by Jessica Dambruch

ABOVE, FROM LEFT TO RIGHT: Mike Symanski, Rick Broomell, Justin Smith and Jordan Vinson of The Atomic Playboys perform at the Vets Hall Oktoberfest celebration on Sept. 25 on Kwajalein.



# HERO OF THE WEEK

BY COLLEEN FURGESON

**USAG-KA's hero of the week** is school counselor, Masina McCollum. Masina has lived on Kwaj for 19 years. All throughout high school, she helped her mother teach hula, and now she teaches as well. She met her husband Mark her first summer back from college and has three beautiful triplets who are 11-years old. You can find this amazing woman everywhere on this island. Not only does she contribute to the Elementary school, but she is also the advisor of a group called Jimjera for the high school girls. Masina is the co-founder of Kwajalein Sports Association with her best friend, Tarah Yurovchak, which started through their love of sports; you can find her on the field, on the court and in the pool. On her free time, she enjoys spending time with her family and friends.



U.S. Army Photo by Colleen Furgeson

*Masina McCollum and her family enjoy a trip to Florida last summer.*

## HEALTH AND WELFARE BENEFITS OPEN ENROLLMENT—NOV. 3-17 FOR KRS-----CMSI-----BAI EMPLOYEES

Attend one of the presentations listed below—and don't forget the Health Fair—to learn more about the open enrollment process and your 2017 benefits.

10-11 a.m. Wednesday, Oct. 19

Roi- Presentation at TRADEX Conf. Rm.

4-5 p.m., Tuesday, Oct. 18

Kwaj- Presentation at CRC Room 1

4-6 p.m., Wednesday, Oct. 19

Kwaj- Health Fair at CRC Gym

5-6 p.m., Wednesday, Oct. 19

Kwaj- Presentation at CRC Room 1

8:30-9:30 a.m., Thursday, Oct. 20

Kwaj- Presentation at CRC Room 1



Enrollment packets will be mailed to KRS/BAI eligible employees Oct. 20. Contact your FCE Benefits office at 805 355 0939 or 805 355 1701 if you have questions concerning the benefits presentations or your 2017 benefits enrollment.



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.



## [www.army.mil/kwajalein](http://www.army.mil/kwajalein)

Check out USAG-KA's new website for garrison and community news, links to each directorate and other helpful information. Have thoughts or suggestions? Send them to the USAG-KA Public Affairs Office at [Nikki.l.maxwell.civ@mail.mil](mailto:Nikki.l.maxwell.civ@mail.mil).



# CLEANING UP CARLOS

## EXTERNAL REPORT

**U.S. Army Garrison-Kwajalein Atoll** environmental cleanup contractor BKSS will be conducting contaminated soil remediation at the former power plant site on Ennylabegan (also known as Carlos) Island. Site investigations show diesel fuel contamination in soil and groundwater related to the operations of the aboveground storage tanks (FN 6006) that supplied the power plant for telemetry stations on Carlos. The contamination levels exceed Risk Based Cleanup Levels in soil with minor impacts to groundwater. The cleanup will include in-situ remediation of approximately 300 cubic yards of diesel contaminated soil through enhanced bioremediation. The soil will be treated in place at Carlos through application of nutrients and oxygen releasing compounds that will be applied at the surface or subsurface, as appropriate. If areas are determined to be resistant to in-situ treatment they may be excavated to be treated via land farm on Carlos or Kwajalein. If transported to Kwajalein, the excavated soil will be put into containers and transported via LCM to the existing landfarm on Kwajalein Island. Every attempt will be made to minimize impacts to residents on both islands; however, we appreciate your cooperation in avoiding areas with equipment and workers. Proposed work hours will be from 7 a.m. to 4 p.m. If you have questions please contact Derek Miller, DPW, CMR 701, Building 730, 96555-9998.



*Diesel fuel storage tanks at the Carlos Power Plant.*

**FCE Representatives and Open Enrollment Information**

**FREE BMI, Blood Pressure, and Skin Screenings**

**Employee Assistance Program**

**KMS**  
Kwajalein Range Services, LLC

**Wellness**

**BIG DIFFERENCE**

# Health and Wellness Fair

**Wednesday, October 19**

**4:00pm – 6:00pm**

**CRC Gym**

**Flu Shots and Health Screenings**

**Health Education**

**Bike Inspections**

**Fire Prevention and E S & H**

**Wellness Activity and Program Information**

Come learn about Health and Wellness booths presented by: Recreation and Programs, Aetna and FCE Benefits, Kwaj Hospital and Medical Services, EAP, Fire Prevention, ES&H, Kwajalein, Running Club, Kwajalein Swim Team, Kwajalein Sports Association, Outrigger Canoe Club, Bike Rodeo

## OPEN TO THE ENTIRE COMMUNITY



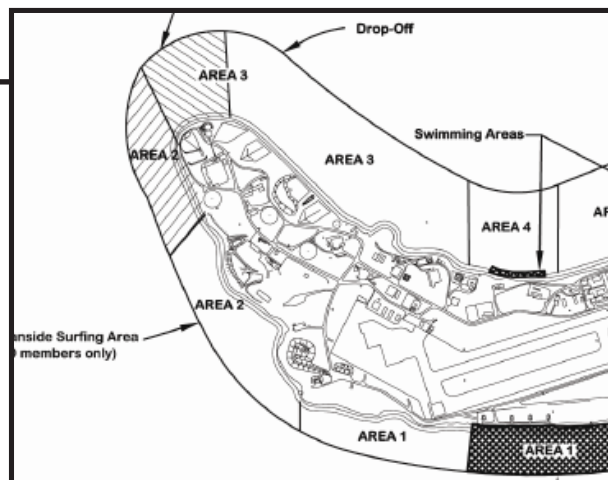
# AREA SAFETY AND CLOSURE NOTICES

## Area 2

Area 2 is open for recreational activities as authorized in USAG-KA Reg. 385-9, including reefing, SCUBA Diving, and Surfing.

The following activities are not authorized per 385-9:

Swimming  
Snorkeling  
Fishing  
Skiing  
Board Sailing  
Kayaks/Small Day Sailors



Courtesy of Anej family



## Building 602

**For everyone's safety,** pedestrians, bicycles, and unauthorized traffic, include pedestrians, and vehicles in the 602 construction area is prohibited until further notice.

This warning applies to both business and non-business hours. It shall remain in effect until construction is complete.

Workers in the area should wear a safety vest at all times. Pedestrians walking down marine road should stay to the lagoon side of the street. On 6th street, pedestrians should always use sidewalks.

# BANNED BOOK WEEK

BY ERIN WAITE

**The end of September** is Banned Books Week, and Grace Sherwood Library is raising awareness and defending the right to read.

Community Activities members assembled a display in celebration of literary freedom of speech. Previously banned novels, ranging from classics like "Black Beauty" and "Frankenstein" to religious texts like The Holy Bible, are exhibited with a note explaining why they had been banned.

Fabricated burnt book pages are hanging from the ceiling in front of the library's display in reference to book burnings that used to be held in certain communities after a book had been banned. Literature that was considered evil and corrupt was brought to a bonfire and burnt. The display incorporates the singed pages as a statement about the significance of the freedoms and

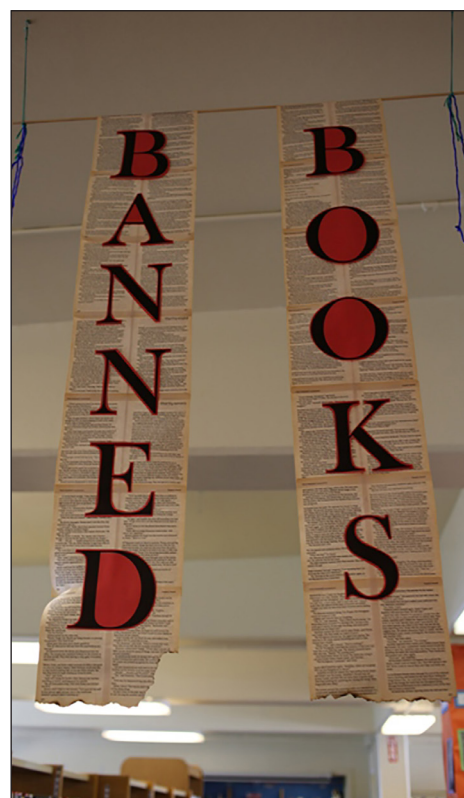
choices that books afford.

### Why is Banned Books Week so important?

This is an important time for libraries to be able to educate their patrons and the public to the importance of individual rights to freely access information, and to encourage people to read.

Books that have subjects that some people might object to are important because they expose people to new ideas, says exhibit creator and Community Activities Administrative Assistant Alison Sok.

"Challenging ourselves in literature opens our minds to different worlds and perspectives, different ways of thinking, and different situations that we may not be aware of," she said. "That's why it's so important that these banned books are available. So we can have access to these ideas."



U.S. Army photo by Erin Waite



# USE YOUR STREP SMARTS

BY JESSICA DAMBRUCH

## *If happens like this.*

A fire systems tech and a diver walk into a bar.

One says to the other:

"Want a sip of my drink?"

If you like, you can exchange diver and fire systems tech for engineer, electrician or the names of you and your buddies. We're all in this environment together. And while we're all here to enjoy work and share life experiences and supplies, when the going gets tough and you become ill, we sure don't want to have what you're having.

In the Marshall Islands so many things thrive: children. Plants. Bacteria.

"What do you get if you have strep on Friday?"

"Saturday night fever."

Welcome to flu season. We're surrounded by many exciting species of germs. Let's be realistic about keeping them at bay.

In most cases, battling flu season is a no-brainer. The trick is to contain the

bacteria, and to deter it from collecting or contacting surfaces we use. Become more diligent about practicing good hygiene. Launder clothing regularly and wash your hands after events like dining and sneezing. Encourage children to keep their hands away from their faces, and do your best to contain sneezes, coughs and mucous with tissues and hand sanitizer. Additionally, try to avoid contact with fluids from someone who may be ill. Do not share utensils or drink from the same glasses.

If you experience flu-like symptoms such as coughing, sneezing, a rash, red eyes, or a sore throat—don't panic. These signs are typical of basic flu season ailments, including the legendary "Kwaj Crud" caused by environmental allergens. But do pay attention: these symptoms might signal the onset of strep throat. You will be keenly aware of this if your discomfort is accompanied by headaches, nausea, swollen lymph nodes, extreme pain in swallow-

ing, vomiting, and a fever of at least 101 or higher.

Strep is no fun, but a simple swab test at the Kwajalein Clinic can verify whether a basic sore throat may be caused by strep bacteria. If the diagnosis reveals that you have strep or have been exposed to strep bacteria, a round of antibiotics are available.

"Medicine is civilization," said explorer Liv Heyerdahl, when she witnessed an influenza outbreak on Fatu Hiva in the 1930s. Take antibiotics seriously—and actually take them. These should be taken consistently as directed, along with a 24-hour homestay from work or school to keep others from becoming ill. By sticking to the antibiotics regimen, you'll be doing the community a great service, and also drastically reducing the chance that your sore throat may strike you down with sinus and tonsil infections.

So let's give health a high-five this flu season—and then go wash our hands.

## ATOMIC PLAYBOYS from page 4

share their music with Roi residents at upcoming shows.

Vinson doesn't blink as he delivers a challenge to Roi:

"I want to slap them in the face with music they're not used to!"

Vinson adds: "People surround themselves with these repetitive playlists—Tom Petty, Bob Dylan. Every once in a while you've got to get out and experience something new."

At that next concert, listen out for the gorgeous overture that bookended Sunday's set: Snowflake. It has a throbbing reverb and rapid cadence. The playful staccato from the lead guitar recalls ominous precipitation reaching a desolate landscape. "Tres Hombres" has a texture like the thrumming energy of high tide. "Romantic Dinners" is aggressive; the guys unanimously agree it is the perfect song for a dinner date.

These Playboys also have a wicked and purposeful sense of satire. Though at first their name might seem indecently

decadent, it was not carelessly chosen. The namesake directly references a quotation from Vice Admiral William Blandy, who supervised the bomb tests at Bikini Atoll. It has frequently been used by other ensembles across Europe and America.

"The name," says Vinson. "We're in a geographic area where it's suitable to use the name. Kwajalein was a resupply and logistical hub. It's not used in a derogatory or insensitive way at all. We have complete respect for the Rongelapese and people of Bikini. It's merely a reflection of history."

Degas once said, "Art is not what you see, but what you make others see." The band acknowledges that the name might still tweak new listeners, but extends it as an invitation for us to consider the legacy of the nuclear age and our own love affair with the ocean.

For The Atomic Playboys, life in the atoll sounds like surf rock that sounds like water.

Come and listen: it's time we all escaped the radio.



**RIGHT:** Guitarist Mike Symanski of The Atomic Playboys melts faces with the band's signature blend of dark surf rock.



# THE SURFWAY RESUPPLY PROCESS

*A step-by-step journey from the mainland to the shelf*



By Jordan Vinson

**BY THE TIME YOU GRAB** a can of marinara sauce or a head of broccoli from the shelf at Surfway, those products have travelled thousands of miles across the Pacific. Countless work hours go into processing orders, communicating with suppliers in the United States, transporting purchased goods via trucks, ships, planes and forklifts and readying them for sale in the store. It's a logistical labyrinth, and you can learn more about the process below.

## Food by sea

**1** Tracking product inventories, Surfway staff request resupplies from island warehouses. When received, they restock the store's shelves.

**2** KRS Warehouse staff track their own inventories, submitting resupply orders to the KRS acquisitions team. It's time to get a resupply shipment from the United States!

**3** Spanning a two-week time span, the acquisitions team generates orders, which are approved by the government, and sends them to two off-island suppliers: the Defense Commissary Agency (DeCA) and the Defense Logistics Agency (DLA). Most items purchased at Surfway come from these two agencies.

**9** Warehouse logistics staff replenish their product inventories. They are ready for further Surfway resupply requests.

**8** Supplies in containers are unloaded and inspected. Inspectors search for the presence of pests, in-transit damage and supplies that might have spoiled during the journey.

**7** Shipping containers are removed from ship and staged at the garrison's warehouses. Cold storage containers and dry storage containers go to separate warehouses.

**6** About four weeks after the Oakland departure, the DeCA containers—now joined with the DLA containers—arrive at Echo Pier on Kwajalein.

**5** It's time to hit the sea. DeCA supplies depart California for Hawaii. In Hawaii, those supplies are transferred to a separate ship and then taken to Guam. In Guam, DLA supplies are transferred to yet another ship—"the barge," as garrison residents often call it—where they join the DeCA supplies. Now bundled together, the DeCA and DLA supplies make the trek to Kwajalein from Guam aboard the barge. This resupply barge arrives at Kwajalein every other week, except in situations involving inclement weather, which can delay transports.

**4** DeCA and DLA receive the acquisition team's orders. Within a 4-5-week time span, DeCA fulfills those orders at the Port of Oakland, California, places those orders into shipping containers and loads them onto a cargo ship.



## Veggies by air

**1** Every week, Surfway staff generate a produce order request. This order is created two weeks in advance of the order being sent off to mainland suppliers. This two-week window allows: 1) time needed to locate desired produce in the San Francisco Bay area and 2) opportunities for businesses to bid against one another to supply the produce for each order.

Once the KRS acquisitions team reviews the Surfway produce order request originally received two weeks prior, it generates a detailed produce order, which is approved by the government. This order is sent off to the selected Bay area fresh produce suppliers who will fulfill this week's order.

**6** Within four-five hours of the ATI's arrival, the produce is inspected and staged for delivery; transported to Surfway; and placed on store shelves.

**5** Within one hour of the ATI's arrival, the produce is unloaded and transported to a cold storage warehouse on Kwajalein.

**4** Within a two-day time span, the produce is flown to Hickam Air Force Base, Hawaii, transferred to an Air Transport International, Inc. (ATI) aircraft and flown to Kwajalein.

**3** Within a four-day time span, Bay area produce suppliers pull and package the requested supplies for shipment and deliver them to Travis Air Force Base, located in central California. An Air Force aircraft is readied for take-off.





# 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 Check-point 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](http://www.krsjv.com).

## COMMUNITY NOTICES

### ANTHONY'S PIZZA IS STILL OPEN:

Anthony's Pizza is currently located at the American Eatery (at Dock Security Check Point). It was temporarily moved due to construction at main Food Court. Call 5-1605 to order a pizza for pick-up or delivery.

Job Opportunity at KRS. Position: KRS - Technical Writer II (Full-time). Education: High School Diploma or equivalent. Experience: Minimum of 2 years of progressive Technical Writer experience or related field. Qualification: Experience with process facilitator /documentation administrator or related to IT or Cybersecurity. Ability to obtain CAC Card & Network Access. Please submit your application to the HR Office, Bldg. 700.

If you are suffering from a cold or virus, please refrain from using the gym until you are feeling better. Wipe down the equipment after use for prevention of many of the transmissible bacteria and viruses that can linger on the equipment.

Christian Women's Fellowship Luncheon. Sunday, Oct. 2 at 12:30 p.m. in the REB (Bldg. 671).

The Family Pool will be closed on Monday, Oct. 3 until 2:30 p.m. for the KST

## Swim Meet.

Kwajalein Running Club will conduct the 39th Annual Columbus Day Run-about starting at Namo Weto Youth Center at 6 a.m. on Tuesday, Oct. 11, 2016. Distance options are 6.52 and 13.04 miles. Pre-registration by Oct. 8 is required. Custom "wick-away" type running shirts are available as a registration option. All residents and visitors are welcome, walkers too! Get entry forms on Mini-Mall bulletin board or at Qtrs. 473-A (Sholar). Questions? Jane & Bob - H:5-1815 or Linn and Ben - H:5-1990.

Please join us for Quizzo at The Vet's Hall on Friday, Oct. 7 at 7:30 p.m. Special Guest Host Cliff Pryor will be checking the depths of our trivia pools of knowledge! Questions? Contact Mike Woundy or Neil Dye.

Food Court Construction Ongoing. Aug. 23 - Oct. 22. Customers are requested to stay clear of the work areas. We apologize for the inconvenience.

Jackson & the Roosters Live Performances. Check out this Quality of Life-sponsored band at one of their upcoming performances. Saturday, Oct. 8, 7:30 p.m., Yacht Club. All ages welcome, bring a chair; Sunday, Oct. 9, 8:30 p.m., Vets Hall, Adults Only; Monday, Oct. 10, 7:30 p.m., Roi Outrigger.

Kwajalein Fire Station Fire Prevention Week Open House. Friday, Oct. 14, 3:00 -6:00 p.m. Fire House Bldg. 904 Lagoon Road. Open to everyone. Enjoy the Inflatable Fire House! See and hear a smoke Detector! Learn how to use a fire extinguisher! Bring your camera for great photo ops! Get a tattoo, jr. firefighter balloon, fire hat, stickers, magnets, and much more!

The Optometrist, Dr. Chris Yamamoto, will be on Kwajalein and will see patients on Oct. 21 through Nov 3. Please call the Hospital for eye exam appointment at 5-2223/5-2224 or ES&H for prescription safety glasses at 5-8855.

2016 Shaving Cream Social Saturday Oct. 15 at the Richardson Ravine. Pre-School must be accompanied by an Adult in the Pit. 4:30-4:40 p.m., Pre-School; 4:40-5:00p.m., K - 2nd Grade; 5:10-5:30 p.m., 3rd - 6th Grade; 5:40-6:00 p.m., Jr. and Sr. High. Each participant will receive one free can of shaving cream. Participants are encouraged to wear goggles. No gel, menthol, or mint creams allowed.

Adult Volleyball Season Registration Oct. 11 - 21. Season runs from Nov. 1 - Dec. 16. \$100 team fee. A League and B League. Limited team slots available so register fast!

Holiday Timber Tree Lot. Friday, Nov. 4. 4:30-6:00 p.m. On the Corner of 7th and Lagoon. Come pick your blank pallet tree form and paint at the Holiday

Timber Tree Lot. Decorate it on your own or with a group, place it around the island by Dec. 2 and enter to win!

Vet's Hall Holiday Parties. HO! HO! HO! The holidays are coming don't ya know! Time to start thinks about your holiday party. Dates are starting to fill up so please book yours early. Questions?

Safely Speaking: Chemical Labeling: Compressed Gases. The gas cylinder label means gases under pressure. Be aware of the types of hazards that the various gases themselves have. Be sure to read the labels, warnings and SDS.

E-Talk: Stormwater Pollution Prevention. Prevent storm water pollution and protect surrounding waters by practicing good housekeeping, spill prevention, and sediment and erosion control at your shop or work-site.



## Island Memorial Chapel

### CATHOLIC SERVICES

SAT 5:30PM MASS IN SMALL CHAPEL  
SUN 9:15AM TO 10:30AM MASS IN MAIN CHAPEL  
10:45AM TO 12 NOON CCD CLASSES, REB, 2ND FLOOR  
MON, TUES, FRI 4:45PM DAILY MASS, REB LIBRARY  
WEDS 7:00 TO 8:00PM ADULT ED, REB CONFERENCE ROOM

### INTERDENOMINATIONAL SERVICES

SUN 8:15AM TO 9:15AM EARLY WORSHIP IN SMALL CHAPEL  
9:30AM TO 10:35 BIBLE STUDIES, REB, 2ND FLOOR  
1100AM TO 1215PM (Children's Worship PROVIDED FROM 1120-1200 NOON IN THE REB CONF ROOM ON THE 2ND, 3RD, 4TH SUNDAYS)  
Nursery provided 0915am-1215pm

### MON YOUTH GROUPS

SENIOR YOUTH, 6:00PM IN REB CONFERENCE ROOM  
MIDDLE YOUTH, 6:00PM AT YOUTH CENTER

CHRISTIAN WOMEN'S FELLOWSHIP, FIRST SUNDAY EACH MONTH  
MEN'S GROUP 5:30PM TO 6:45PM 1ST & 3RD THURSDAYS IN THE REB CONF ROOM

### LDS SERVICES

SUN 10:00AM TO 11:00AM TO 12 NOON, CRC ROOM 3  
WED 6:30PM YOUTH GROUP, CRC ROOM 3

CHAPELS BUILDINGS 671/683 LOCATED ACROSS FROM THE AIRPORT

## Captain Louis S. Zamperini Dining Facility

\*MENU CURRENT AS OF SEPT. 28

### LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	October 8
Beef Tips & Mushrooms	Beef Curry	Chicken Wings	Honey Mustard Chicken	BBQ Pork Ribs	Beef/Chicken Tacos	Spaghetti
Pork Chops	Cacciatore Chicken	Unstuffed Peppers	Tuna Casserole	Turkey Wrap	Refried Beans	Garlic Toast
Cheese Quiche	Egg Casserole	Vegetable Saute	Chef's Choice	Vegetable Saute	Chef's Choice	Chef's Choice

### DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	October 8
Meatloaf	Pizza	Grilled Chicken	Picante Chicken	Mongolian BBQ	Chicken Fried Steak	Oriental Pork Steak
Fried Chicken	Pasta Carbonara	Beef Pot Pie	Vegetarian Pasta	Garlic Chicken	Mashed Potatoes	Beef Stir Fry
Roasted Potatoes	Chef's Choice	3-Cheese Macaroni	Baked Potatoes	Chef's Choice	Fish Du Jour	Chef's Choice



## DOES YOUR TO-GO BOX LOOK LIKE THIS?



Patrons are expected to follow the portion control guidelines as written in DI 1019 that authorize the following food items.

2 portions, main entrée  
2 portions, starch  
1 portion, vegetable side  
1 portion, salad  
1 portion, soup

If patrons continue to ignore the guidelines, take-out privileges could be revoked.



# SHARP<sup>SM</sup>

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

## 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	HIGH TIDE	LOW TIDE
<b>SUNDAY</b>	6:37 a.m. 6:39 p.m.	7:19 a.m. 7:33 p.m.	4:39 a.m. 4.3' 4:54 p.m. 4.5'	10:45 a.m. -0.7' 11:03 p.m. -0.6'
<b>MONDAY</b>	6:37 a.m. 6:39 p.m.	8:04 a.m. 8:14 p.m.	5:06 a.m. 4.2' 5:20 p.m. 4.4'	11:09 a.m. -0.6' 11:30 p.m. -0.5'
<b>TUESDAY</b>	6:37 a.m. 6:38 p.m.	8:50 a.m. 8:56 p.m.	5:31 a.m. 4.0' 5:45 p.m. 4.3'	11:33 a.m. -0.4' 11:58 p.m. -0.3'
<b>WEDNESDAY</b>	6:37 a.m. 6:38 p.m.	9:36 a.m. 9:39 p.m.	5:57 a.m. 3.7' 6:11 p.m. 4.1'	11:57 a.m. -0.2' -----
<b>THURSDAY</b>	6:37 a.m. 6:37 p.m.	10:24 a.m. 10:24 p.m.	6:24 a.m. 3.3' 6:39 p.m. 3.8'	12:27 a.m. 0.0' 12:21 p.m. 0.1'
<b>FRIDAY</b>	6:37 a.m. 6:37 p.m.	11:12 a.m. 11:11 p.m.	6:53 a.m. 2.9' 7:12 p.m. 3.4'	12:58 a.m. 0.3' 12:48 p.m. 0.4'
<b>OCTOBER 8</b>	6:37 a.m. 6:36 p.m.	12:00 p.m. 11:59 p.m.	7:29 a.m. 2.5' 7:56 p.m. 3.1'	1:38 a.m. 0.7' 1:21 p.m. 0.8'

## 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:** Although we have escaped the drought from the 2015 El Nino, our rainfall production has been below normal in September. We are 3.59 inches below normal for the month through Wednesday, 28 September. We would expect about three days this month, each with over an inch of rain. So far, only Saturday, Sept. 10, with 1.14 inches, exceeded that 1-inch mark. However, We have had at least a trace of rainfall on all but one day and five days with a half inch or more of rain. Weather satellite imagery watchers have noticed the full Inter-tropical Convergence Zone (ITCZ) has descended over Kwajalein Atoll. The ITCZ is a convergence of northeast and south-east surface winds that establishes long-lasting convection patterns. That, coupled with a series of high-altitude cyclonic circulations that have transited from east to west, north of the Atoll provided the more frequent waves of showers.

**OUTLOOK:** We will see the ITCZ continue very active over the Marshall Islands. We'll see more clouds than blue skies. Tropical upper-tropospheric closed cyclonic circulations will also continue to transit from east to west north of the atoll. As a result, we expect frequent periods of more intense shower activity as a continuing series of waves transits the atoll. We will continue to experience increased winds, mostly from north-east to southeast, over the next week with fewer periods of doldrums. Many of the heavier showers will be in the periods between midnight and sunrise. Upper levels remain favorable for occasional lightning threats. Remember to take lightning precautions when you hear thunder or get our warnings. None of our predictors show any sources of significant west-wind bursts, which are generally needed for tropical cyclone formation. Consequently, we see no tropical cyclone threats developing for the atoll at this time.

## Café Roi

\*MENU CURRENT AS OF SEPT. 28

### LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	October 8
Pork Sparerib Turkey ala King Eggs a la Lucio	Lemon Baked Chicken Baked Fish Egg Sandwich	Grilled Ham Sandwich Roast Turkey Mashed Potatoes	Chicken Fried Steak Chicken Turnover Mashed Potatoes	Veggie Quesadilla Glazed Pork Loin Parsley Potatoes	Tuna Melt Country Meatloaf Mac & Cheese	Chicken Fajita Wrap Parker Stew Ranch Corn on the Cob

### DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	October 8
Italian Meatballs Fried Fish Marinara Pasta	Swiss Beef Steak Pork Adobo Brown Rice Stir-Fry	Beef Machaca Enchilada Casserole Spanish Rice	Carved Roast Beef Coconut Chicken Baked Potato Bar	Fried Chicken Stuffed Cabbage Mashed Potatoes	Eggs to Order Quiche, Bacon/Sausage Pancakes	Oxtail Stew Roasted Chicken Broccoli Casserole





# SIMPLY



## HOURLASS REPORT

**When we are exposed to loud noises** over long periods of time, we are at increased risk of losing our ability to hear. The tiny cells in our inner ear that are most likely to be damaged are those that allow us to hear noises in the frequency range of the human voice.

### How to reduce sound levels

Sound is additive. Reducing the number of noise sources will reduce exposure to noise. Sound, wanted or unwanted, can damage hearing. Turning up the radio to drown out 'unwanted noise' increases one's exposure to noise. Sound levels can sometimes be reduced by installing sound absorption materials or by reducing the amount of vibration of equipment.

### Hearing Protection

If we cannot prevent exposure to sound, we can reduce exposure by the use of hearing protection. To determine the best type of hearing protection for any particular application, it is best to know a few things about the work environment, such as:

- The sound levels, which can be measured using a sound level meter
- The duration of time spent in noisy environments

—The degree to which sound levels vary in the work environment

### Proper Use of Hearing Protection

Hearing protection should not cause you discomfort. If it does, ask if there are other options that you can try. If foam earplugs are used, they should be inserted correctly into the ear. This is done by squeezing the earplug so that it's compressed fully, then opening the ear canal by pulling on the top part of the ear with the opposite hand, and carefully sliding the foam earplug into the ear. It is important to hold the earplug in place for 15 seconds, so that it expands properly inside the ear canal. Earmuffs are easy to use, but may not offer the same level of protection as most ear plugs. Always check the Noise Reduction Rating of the earmuff or ear plug to ensure you have the right level of protection.

### Thought Provoking Questions

- What are the primary sources of noise in your work area?
- What actions can be taken to reduce the level of noise in your work area?
- If you're required to wear ear protection, does it fit properly and it is effective?

# USAG-KA SPORTS

## KWAJ SOCCER



### RESULTS LAST WEEK

#### Sept. 21

FC Swell def. Spartans I 1-0  
KFC def. Spartans II 5-1

#### Sept. 22

Go Green Go def. Spartan Co-ed White 5-1

#### Sept. 23

Bako tied KFC 2-2  
FC Swell def. Kwaj Rejects 5-0

#### Sept. 24

KAT def. Spartan Co-ed Red 3-1

### RECORDS

#### Men's League

	Win	Loss	Tie
FC Swell	3	0	1
KFC	2	0	2
Kwaj Rejects	1	1	1
Bako	1	1	1
Spartans I	0	1	1
Spartans II	0	4	0

#### Women's League

	Win	Loss	Tie
Go Green Go	4	0	0
Spartan Women	2	1	0
KAT	1	2	0
Spartan Co-ed Red	1	3	0
Spartan Co-ed White	0	2	0