

THE KWAJALEIN HOURGLASS



KHS Stage Band musician Thomas Greene performs sax solo during 29th Annual KHS Ballroom Dinner Dance, May 7.

📷 Jessica Dambruch

THIS WEEK

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2017 RUSTY FAMILY MINI TRIATHLON

HOURLASS REPORT

The Kwajalein Running Club held the 2017 Rusty Family Mini Triathlon May 8.

This year's event had 13 teams and 23 solo participants, several of whom also recently completed the RustMan Triathlon. All who registered finished the event. Although the Rusty Family carries a "mini" label, with a 600-yard lagoon swim, a 10-mile bike and two-mile run, there is nothing mini about its tough young participants—especially the Kindergartners. Two six-year-olds completed the entire triathlon completely under their own power: Micah Hinton and Juliet Delisio. An-remarkable athlete is nine-year-old Alana Leines, the first female finisher and youngest female winner ever. Alana's total finish time was one hour, 24 minutes and 58 seconds.

Many community members and RustMan veterans graciously volunteered to keep the event safe with several bike course Marshals. "An enjoyable afternoon under the sun to celebrate fitness was had by all," according to Race Director Bob Sholar. He applauds all of the participants who "displayed courage and toughness" to complete the event.



ABOVE: Wagma Komak, Benjamin Venghaus, Jackie and Avel Gibbon and Trina Ellison watch Rusty Family participants; **BELOW:** Chad and Avel Gibbon participate in the biking portion of the Rusty Family Mini Triathlon, May 8.



ABOVE: Alana Leines charges forward during her two mile run, May 8.



Courtesy of Bob Sholar, Bruce Premo, Joanna Foster and Christi Cardillo

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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ABOVE: Chad Gibbon and daughter Avanel pause for a photo as they prepare for the swim; Swimmers take to the water for the 600 yard lagoon swim; Runners sprint for the finish line near the end of the Rusty Family run.

INDIVIDUAL TIMES

NAME	SWIM	BIKE	RUN	TOTAL TIME
Zachary Hill	0:08:18	0:40:29	0:20:18	1:09:05
Quincy Breen	0:10:10	0:41:25	0:21:46	1:13:21
Yuto Kaneko	0:09:02	0:45:08	0:19:58	1:14:08
Scott England	0:10:56	0:42:59	0:21:01	1:14:56
Ryan Hess	0:10:25	0:43:39	0:21:45	1:15:49
Dominic Leines	0:09:30	0:44:45	0:25:27	1:19:42
Luc Burnley	0:13:56	0:50:25	0:18:44	1:23:05
Alana Leines	0:09:51	0:44:34	0:30:33	1:24:58
Myles Sylvester	0:10:40	0:43:45	0:30:40	1:25:05
Tessa Delisio	0:10:11	0:53:43	0:27:43	1:31:37
Gavin Karlsen	0:13:14	0:49:51	0:28:33	1:31:38
Ava Moore	0:10:29	0:56:21	0:32:05	1:38:55
Ellie Miller	0:16:36	1:05:58	0:23:23	1:45:57
Heather Miller	0:16:36	1:05:58	0:23:23	1:45:57
Benjamin Hill	0:14:51	1:16:40	0:32:15	2:03:46
Athena LaBrie	0:13:59	1:19:35	0:31:52	2:05:26
Ursula LaBrie	0:13:59	1:19:35	0:31:53	2:05:27
Connor Karlsen	0:19:05	1:19:52	0:33:40	2:12:37
Chris Karlsen	0:19:10	1:19:48	0:33:59	2:12:57
Juliet Delisio	0:19:24	1:20:14	0:37:53	2:17:31
Micah Hinton	0:21:10	1:26:44	0:36:09	2:24:03
Michael Hinton	0:21:10	1:26:46	0:36:07	2:24:03
Emerson Moore	0:16:20	1:41:45	0:41:47	2:39:52

TEAM TIMES

TEAM	SWIM	BIKE	RUN	TOTAL TIME
THE BUDS—				
Alyssa England; Julia Sholar.....	0:08:06	0:40:31	0:17:22	1:05:59
TRIPLE THREAT—				
Maliana McCollum; Makoa McCollum; Matai McCollum				
.....	0:09:02	0:43:48		1:11:32
FANTASTIC DUO—				
Kayla Hepler; Sean Hepler.....	0:08:19	0:40:07	0:24:25	1:12:51
THE VAILS— Aksel Vail; Lindsey Vail; Adam Vail				
.....	0:09:15	0:41:55	0:24:03	1:15:13
11, 12, 13 AND COUNTING— Mia Wase; Ayana Kaneko; Mary Naut				
.....	0:11:38	0:46:48	0:22:04	1:20:30
THE BURNLEYS— Victor Burnley; Oli Burnley; Ingrid Mounier				
.....	0:11:40	1:05:05	0:21:24	1:38:09
THE BREEN TEAM—				
Indigo Breen; Zane Breen; John Breen				
.....	0:24:57	0:44:17	0:35:51	1:45:05
TEAM BROOKLYN—				
Maegan Aljure; Scott Hill; Brooklyn Hill				
.....	0:09:20	0:54:35	0:44:12	1:48:07
4G—				
Calvin Gibbon; Avanel Gibbon; Jackie Gibbon; Chad Gibbon				
.....	0:14:39	1:04:40	0:29:46	1:49:05
TEAM UMIZOOMI—				
Freddy Fluhrer; Paula Fluhrer; Jeffrey Fluhrer				
.....	0:18:23	1:16:48	0:17:21	1:52:32
ELLISON—				
Trina Ellison; Peyton Ellison; Brody Ellison				
.....	0:15:07	0:59:43	0:45:01	1:59:51
CARDILLO SIX PACK—				
TC Cardillo; Christi Cardillo; Iji Cardillo; Alonzo Cardillo; Berkeley Cardillo;				
Delina Cardillo.....	0:13:44	1:14:24	0:40:42	2:08:50
THE OTHER MILLERS—				
Orion Miller; Nova Miller; Ember Miller; Kristin Miller; Derek Miller				
.....	0:26:10	1:08:18	0:38:18	2:12:46



ABOVE: Myles Sylvester charges through the running portion of the Rusty Family Mini Triathlon; RIGHT: Zachary Hill grabs water from a Rusty Family volunteer.



ABOVE: Minnie Snoddy plays piano during the second set at the 29th Annual Ballroom Dinner Dance, May 7.

KHS BAND GETS KWAJ DANCING

HOURLASS REPORT

Dressed in formal tropical attire dancers in the Kwaj community strutted their stuff at the 29th Annual Ballroom Dinner Dance at the KHS MP Room, May 7. The music program fundraiser dinner event is a stylish live showcase of brassy big band and swing dance tunes played by the Kwajalein High School Stage Band under the direction of Kyle Miller.

In an interview May 2, Miller said he hoped the event would encourage Kwaj patrons to have fun and dance as they enjoyed the music. Mission accomplished: several dance and dinner guests used the evening as an opportunity to practice swing and Salsa dance moves refined at Kwajalein dance meetups. Song after song was met with enthusiasm, especially when favorite tunes such as "Zoot Suit Riot," "In the Mood," and "Boogie Woogie Bugle Boy" began to play.

Miller and his band students rehearsed for weeks prior to the event to prepare music to please the crowd. Their onstage performance was augmented with the help of volunteer student servers who whisked away the plates between songs. The sweet and savory foods from the evening's meal were quickly devoured as the popular and classic dance music drove couples to retake the floor.

A highlight of the evening was the virtuosity of senior student musicians. Solos by Thomas Greene, DeVante Floor, Dash Alfred, Cameron Jones, Auguston Lelet, Alyssa England, Abigail Bishop and Minnie Snoddy received standing ovations, much applause and more dancing. It was a night to remember—and to bust a move.



Dancers and diners enjoy the music at the 29th Annual Ballroom Dinner Dance, May 7.

U.S. Army photo by Jessica Damburch



CHAPLAIN'S CORNER

EDITORIAL / THE REV. PATRICK MCCORMICK

In the Scriptures, the Divine Master exhorts his followers to "Fear Not" ("do not be afraid", "do not fear", "be not afraid") more than 30 times. Why must he so often exhort them to "Fear Not"? It is a common human reaction when something unexpected enters our life or when too many problems pile up for us to become overwhelmed and filled with fear. When this fear becomes strong, it can terrorize and paralyze us from acting and moving forward.

In its deepest form it is called "paranoia," a fear at the core of one's being that causes immobility, terror, and depression. One is stuck and cannot even bear to face the day ahead.

Fear itself can be either good or bad. It is good if it moves us quickly out of unexpected danger, as in running from an oncoming car. It is bad if it makes us immobile, unable to make a decision, even in small matters of no consequence.

How do we overcome fear? The answer is well known. We overcome fear with the virtue of trust, in ourselves and in others. To gain trust in our own ability to make decisions is to overcome fear through confidence in one's self. To gain trust in the words and advice of another is to depend on those whom we can trust while we regain self-confidence. Fear and freedom cannot live together; only one can dominate and give direction to our life.

When does emotional paralysis or paranoia set in? Usually when one has too many fears and the fears become comingled, piled up, intertwined, knotted together.

In southern Germany in the city of Augsburg, Bavaria in the Church of St. Peter am Perlach there is a statue of the Mother of Jesus, entitled Our Lady Undoer of Knots, now made famous by the devotion to her of Pope Francis, a man whose job in life is to deal with many problems. Some pray that she will help them to un-knot the entangled problems and fears of life, one by one. Thus the causes of depression and emotional paralysis can slowly be lifted, one problem at a time.

Each of us must find the way to "Fear Not" when the unexpected occurs in life so we can regain self-trust. And we have the promise of the Divine Master to aide us in this process so that we can again live productive and reasonably happy lives.

Father Pat is departing Kwajalein this week for his new assignment. His parish community, friends and neighbors wish him safe travels, fair winds and following seas.



THUMBS UP

THUMBS UP to KRS Prime Contract Administrator Rose Zukley for achieving the designation of Certified Professional Contracts Manager (CPCM) by the National Contract Management Association (NCMA). The CPCM designation is awarded only to candidates who meet rigorous standards

including education, training, and knowledge. It is reserved for contract professionals who have mastered the majority of contract management competencies in the Contract Management Book of Knowledge, extensive business education and training, and a minimum of 5 years' experience in the contract management or related field.

-Chris Baker

SEABEES AT WORK



COMMUNITY CONNECTION / U.S. NAVY SEABEES



U.S. Navy photo by Builder Constructionman Shyann Waters

Construction Electrician 2nd Class Junior Jeanbaptiste uses a vibrating sled to compact the dirt throughout the Ebeye school building project construction site, May 1.

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

It's important to have the latest, most accurate information relating to disaster plans, evacuation plans, locations of storm shelters—both on Kwajalein and Roi-Namur. It's easy to ensure you and your friends and family know what to do in event of an emergency. 1) Visit the USAG-KA-Web intranet site. 2) In the Web Links list at left, click on "Phonebook." 3) Peruse all the information you need in the "Community Safety Information" section.



LEFT: CSM Angela Rawlings and USAG-KA Commander Col. Michael Larsen meet with Major General Anthony Cotton during his visit to Kwajalein last week. Maj. Gen. Cotton is the Commander for the Twentieth Air Force, Air Force Global Strike Command, and the Commander, Task Force 214, U.S. Strategic Command at Francis E. Warren Air Force Base, Wyoming.



CLOCKWISE FROM TOP: CYS Staff Mike Hillman, Michelle Huwe, Lobo Arelong and Mamo Wase score pop culture quizzes at the high-energy CYS Lock-In at the Namo Weto Youth Center, April 30.; Claire Stepchew and Julia Sholar help their team during a game challenge; Auguston Lelet vies for the top win and bragging rights during a balancing game; students brainstorm together.



ABOVE: Visitors at the Kwajalein Jr./Sr. High School Sprint Art Show examine sculpture, mixed media and acrylic artwork produced by the student body; dressed out in full Marvel Comics regalia, Kwaj art instructor Jane Christy defends a display of superhero artwork during the art show with the help of her trusty Mjolnir prop hammer.



CLOCKWISE FROM TOP LEFT: Attendees at the DeMeo Field dedication await the unveiling of the new field marker, April 30; Lucienne DeMeo visits with friends following the ceremony; Visiting Archbishop Neal Buckon addresses the Catholic congregation at Island Memorial Chapel, April 29.



ABOVE, CLOCKWISE: Palepa Smith of Pure Aloha accompanies hula dancers at the April 30 Hula Revue; KHS Seniors Colleen Furgeson, Leah Lokeijak, Jaycie Reed and the advanced class perform their final routines; Makoa and Matai McCollum conclude the dance review by sounding a call from conch shell horns.

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.



Notice of Availability, Removal Action Activities Associated with the Kwajalein Landfill, Final Environmental Assessment

The US Army Garrison—Kwajalein Atoll (USAG-KA), with assistance from the US Army Space and Missile Defense Command/Army Forces Strategic Command (USASMDC/ARSTRAT), has completed a Final Environmental Assessment (FEA), prepared in accordance with the National Environmental Policy Act (NEPA) of 1969 and the Council on Environmental Quality regulations implementing NEPA. The FEA analyzes the impacts of executing the components of the removal action alternatives. The potential components analyzed in the FEA include: (1) removing metal debris along the shoreline east of the landfill; (2) removing metal debris from the mound area between Glass Beach and the Shark Pit; (3) removing metal debris from the storage area adjacent to the landfill; and (4) re-armoring of the shoreline east of the landfill between Glass Beach and the landfill within the original landfill shoreline footprint only—this component would remove and reduce the total volume of metal debris along the shoreline east of the landfill area continuing all the way to Glass Beach and also create a stable shoreline along this same shoreline with a regraded new stone-armored revetment capable of withstanding storm wave energy to avoid future erosion (replaces the metal debris currently serving this purpose) protecting the boundary and integrity of the landfill; (5) closing, grading, and placing impermeable cap on the existing landfill; (6) closing the existing landfill by excavating and shipping refuse to CONUS and placing impermeable cap on the existing landfill; (7) constructing a new landfill for future refuse; (8) transporting future reuse (incinerator ash) to CONUS landfill; (9) stabilizing the shoreline by constructing a new revetment along the landfill shoreline only; (10) 1-year quarterly and an additional 5-year water quality monitoring plan to evaluate remedial effectiveness for executing components 1–4, (this is not post-closure monitoring per UES Section 3 6.5.7(c)(6)(vii)); and (11) 30-year water quality monitoring plan to evaluate remedial effectiveness of the execution of components 1–9. Based on the analysis, USAG-KA has determined in the FEA that the proposed removal action alternatives are not expected to result in significant impacts to the environment. The final signed Finding of No Significant Impact (FONSI) and the FEA are available at www.usagkacleanup.info and at the following locations:

Office Lobby of the Republic of the Marshall Islands
Environmental Protection Authority, Majuro, Marshall Islands

Office Lobby of the Republic of the Marshall Islands
Environmental Protection Authority, Ebeye, Marshall Islands

Grace Sherwood Library
P.O. Box 23
Kwajalein, Marshall Islands
APO, A.P. 96555

Roi-Namur Library
Roi-Namur, Marshall Islands

Public comments on the EA and Draft FONSI were accepted from Sept. 19 through Oct. 28, 2016. Revisions based on comments received were included in the final version as applicable. An Environmental Impact Statement is not required. Thus, the signed FONSI is being distributed to various individuals and agencies to include with their copy of the Removal Action Activities Associated with the Kwajalein Landfill FEA. Questions regarding these documents or requests for additional copies should be addressed to:

U.S. Army Garrison - Kwajalein Atoll
ATTN: Public Affairs Office
(1)-(805) 355-4848

Kojjela Ikiijeen Ripoot Kaal Naetan Removal Action Activities Associated with the Kwajalein Landfill, Final Environmental Assessment

U.S. Army Garrison-Kwajalein Atoll (USAG-KA), koba jipan jen ippen U.S. Army Space im Missile Defense Command/Army Forces Strategic Command (USASMDC/ARSTRAT), emoj an kepooje juon jermal eo eliktata nan etale melan ko naetan Final Environmental Assessment (FEA), eo im kar komman ekkar nan kien ko an National Environmental Policy Act (NEPA) eo jen 1969, im bareinwot iumwin kien ko an Council on Environmental Quality, ko im rej jerbale kottopar ko an NEPA eo. FEA eo ej jerbale jermal in etale ta ko im remaron walok tok jen jermal ko rejelet jolok ak kommakut men ilo bwidje ko. Mottan ko emoj etali im reped ilo FEA eo ekoba: (1) jolok ak kommakut mottan "metal" ak aen ko im reped iparijet in "landfill" ak jikin kwopej eo im turilik in lok; (2) jolok ak kommakut mottan aen ko jen ijoko ikotaan Glass Beach im Shark Pit eo; (3) jolok ak kommakut mottan aen ko jen jikin kakkwon eo iturin jikin kwopej eo; im (4) bar kokajoorlok parijet eo turilik in jikin kwopej eo ikotaan Glass Beach im jikin kwopej eo emoj kar kalikkar ilo jonak in jikin kwopej eo mokta—jermal in enaaj maron komakut im kaietlok jonan mottan aen ko ilo turilik in jikin kwopej eo im maanlok nan Glass Beach im bareinwot ejaake juon parijet eo ekajoor kake juon "revetment" ak deka killep ko likut ioon doon nan kadiklok jonan kajoor in no ko im bobrae jen an laplok an jakolok ene (deka kein rej bok jikino mottan aen ko im kar kojerbali kon ejja un in) im nan kojparok bwe en jab jorreen parijet in jikin kwopej eo; (5) kiloke ioon jikin kwopej eo ej jermal kio, ak pinej jen an delon den kake juon kein kalibobo eo emijel; (6) kiloke jikin kwopej eo kio im kubwij tok kwopej ko rejjab ekkar im jilkinlok nan jikin kwopej ko Amedka im kajutak kein kalibobo ioon; (7) kommane juon jikin kwopej eo ekaal; (8) jilkinlok aolep kwopej ko rejekkar im renaaj walok tokalik nan jikin kwopej ko Amedka; (9) kojparok parijet eo an jikin kwopej eo kon "revetment" wot; (10) komman jermal in etale erre eo an den ko ilo aolep 3 allon ilo 1 iio im elikin 5 iio nan etale ta ko remman tata nan jermal ko an menan ko 1-4 im rej walok itulon, (men in ejjab komman elikin ikkilok ekkar nan kien eo UES Section 3-6.5.7(c)(6)(vii)); im (11) komman jermal in etale erre eo an den ilowaan 30 iio aitokin nan etale ta ko remman tata nan jermal ko an menan ko 1-9 im rej walok itulon. Pedped wot ion ekkatak in, USAG-KA emoj an kalikkar ilo FEA eo bwe jermal in jolok ak kommakut kein reban komman jorraan nan melan ko. Juon pepa in kalikkar eban wor jorraan naetan Finding of No Significant Impact (FONSI) eo emoj jaini, im FEA eo, rej aolep ped ilo www.usagkacleanup.info im ilo jikin kein rej ellaajrak ilal:

Opiij eo an Republic eo an Marshall Islands Environmental Protection Authority eo ilo Majuro, Marshall Islands

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Roi-Namur, Marshall Islands

Kakkobaba ikiijeen EA eo im Draft FONSI kar boki ilo kotaan in Jep-tomba 19, 2016 nan Oktoba 19, 2016. Eaar wor jet oktak ko kommani ilo ripoot kein im raar pedped wot ioon kakkobaba ko litok, ko im rekka. Kon men in ejjab aikuj bwe en wor juon pepa kwalok ta jorraan ko remaron walok im ej naetan Environment Impact Statement. Kon men in, FONSI eo emoj jaini emoj an jino ajej nan ippen elon armej ro im jikin jermal ko nan aer kobaiklok nan pepa eo naetan Removal Action Activities Associated with the Kwajalein Landfill FEA. Kajjitok ko kake pepa kein im kajjitok ko nan bok elonlok mottan pepa kein aikuj jilkinlok nan:

U.S. Army Garrison – Kwajalein Atoll
ATTN: Public Affairs Office
(1)-(805) 355-4848

NAME THAT BOAT

USAG-KA wants your help in naming the ten new B-Boats arriving on Kwajalein and Roi-Namur throughout 2017. The names must be no more than 15 characters in length, including spaces, and no more than two words. All names must be appropriate and "family-friendly." Submit your B-Boat name ideas to usagkapao@gmail.com by June 1 with your full name and contact phone number. Finalists will be selected by Col. Mike Larsen and published in The Kwajalein Hourglass before the 'christening' of the vessels.

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: Light stray showers have been moving through the area with moderate northeast to east winds at 10 to 15 knots. The atoll has experienced below normal precipitation over the past week. Major weather drivers are not expected to change much over the next seven days. The east-west oriented Intertropical Convergence Zone (ITCZ) remains along 4-5N latitude. Because of this, any well organized shower cluster will stay well south of the atoll.

SATURDAY/SUNDAY/MONDAY FORECAST: Light to moderate winds with stray showers will remain in place through Saturday into Sunday. A slight increase in shower coverage to widely scattered lines Sunday and Monday is expected with just enough precipitation to remain near average accumulation.

MID-WEEK FORECAST: A sub-tropical high pressure to our north will strengthen next week. This will cause trade winds to increase to 15 to 20 knots Tuesday through Thursday. Isolated to widely scattered showers are expected with the strengthened sub-tropical high.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:30 a.m. 7:01 p.m.	9:41 p.m. 8:51 a.m.	5:47 a.m. 4.3' 6:06 p.m. 3.3'	12:09 p.m. -0.2' 11:57 p.m. 0.0'
MONDAY	6:30 a.m. 7:01 p.m.	10:29 p.m. 9:39 a.m.	6:17 a.m. 4.1' 6:37 p.m. 3.0'	12:42 p.m. 0.0' -----
TUESDAY	6:30 a.m. 7:01 p.m.	11:16 p.m. 10:27 a.m.	6:49 a.m. 3.8' 7:14 p.m. 2.8'	12:27 a.m. 0.3' 1:19 p.m. 0.2'
WEDNESDAY	6:30 a.m. 7:01 p.m.	----- 11:16 a.m.	7:28 a.m. 3.5' 8:03 p.m. 2.5'	1:01 a.m. 0.5' 2:05 p.m. 0.5'
THURSDAY	6:29 a.m. 7:02 p.m.	12:03 a.m. 12:06 p.m.	8:20 a.m. 3.2' 9:19 p.m. 2.4'	1:47 a.m. 0.9' 3:09 p.m. 0.7'
FRIDAY	6:29 a.m. 7:02 p.m.	12:49 a.m. 12:56 p.m.	9:38 a.m. 3.0' 11:04 p.m. 2.5'	3:01 a.m. 1.2' 4:38 p.m. 0.8'
MAY 20	6:29 a.m. 7:02 p.m.	1:35 a.m. 1:47 p.m.	11:17 a.m. 3.0' -----	4:52 a.m. 1.2' 6:03 p.m. 0.6'

Commander's Hotline

Have something the USAG-KA commander should know about?

Call the Commander's Hotline at 51098 today!



Sexual Harassment/Assault Response and Prevention (SHARP) Contact Information

Capt. David Rice
SHARP Victim Advocate

Work: 805 355 2139 • Home: 805 355 3565
USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100
USAG-KA SHARP VA Local Help Line: 805 355 2758
DOD SAFE Helpline: 877 995 5247

iWATCH ARMY

iREPORT **i KEEP US SAFE**

SEE SOMETHING – SAY SOMETHING

<p>REPORTING SUSPICIOUS ACTIVITY</p> <ul style="list-style-type: none"> -Date and time activity occurred -Where and what type of activity occurred -Physical description of the people involved -Description of modes of transportation -Describe what you saw or heard -Provide pictures if you took any 	<p>WHO TO REPORT TO</p> <p>Local law Enforcement and Security</p> <p>*911</p> <p>*5-4445/4443</p> <p>*usarmy.bucholz.311-sg-cmd.mbx.usag-pmo@mail</p>
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LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 20
Carved Flank Steak	Herb Baked Chicken	Buffalo Chicken Wings	Honey Mustard Chicken	BBQ Pork Ribs	Beef or Chicken Tacos	Spaghetti
Roasted Cornish Hens	Cajun Spare Ribs	Orange Pork	Kalua Pork and Cabbage	Beef Stew	Chimichangas	Kwaj Fried Chicken
Garlic Shrimp with Pasta	Egg Casserole	Vegetarian Pasta	Lemon Rice	Baked Pasta	Mexican Rice	Cheesy Corn Casserole

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 20
Baked Meatloaf	Manicotti	Grilled Chicken	Steak Night	Mongolian BBQ	Chicken Teriyaki	Oriental Pork Steak
Oven Fried Chicken	Pasta Carbonara	Beef Pot Pie	Seared Herb Pork Chops	Sweet & Sour Pork	Bean Supreme	Beef Broccoli Stir-Fry
Vegetable Fried Rice	Garlic Toast	Brown Rice Pilaf	Three Cheese Macaroni	Lyonnais Potatoes	Steamed Potatoes	Mac & Cheese

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF MAY 11

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

George Seitz Elementary School Kindergarten Registration. Registration for the 2017-2018 Elementary School Year has begun. Registration packets may be picked up at the Elementary School Office now-June 22. The Elementary School Office will be closed June 23-July 11. Registration will resume July 12-Aug. 10. Children eligible for Kindergarten must turn five by Sept. 1. Questions? Call 53601.

May Open Rec Events for Grades K-6. Come camp out with us in the SAC Room (Elementary Room 7) for s'more fun during our final 2016-2017 school year open rec event. We will play games, participate in team relays, and enjoy a tasty camping treat. K-2nd Grade: Friday, May 12 (1-2 p.m.); 3rd-4th Grade: Saturday, May 20 (3:30-5 p.m.); and 5th-6th Grade: Saturday, May 27 (3:30-5 p.m.). Space is limited. Register at the CYS Registration Office. Questions? Contact Ms. Rachel at 52158 or rachel.c.horner.ctr@mail.mil.

"MOM" Golian BBQ. 5-8 p.m., Sunday, May 14, at the Vets Hall. American Legion Post #44 presents "MOM" Golian BBQ in honor of Mother's Day. Dinner includes delicious Mongolian BBQ and includes soda or water. Tickets are \$45 and will be available at the Vets Hall or from Post # 44 Members. All proceeds will benefit the Makin Raiders and the Marine Corps Association. Bar opens at 4:30 p.m.

Questions? Contact Mike Woundy.

School Advisory Council (SAC) Public Meeting. 7 p.m., Wednesday, May 17, at the Elementary School, Coconut Room 29. For agenda, available after May 12, please contact gamblec@kwajalein-school.com. Questions? Call 53601.

Rock and Bowl. 6-9:30 p.m., Saturday, May 20, at Kwajalein Bowling Alley. Bring your beverages and come enjoy the best of the 80's and 90's. \$2 for shoes, \$2 per game. Adults only, please. Come "Rock and Bowl" and enjoy the show!

George Seitz Elementary School K-6 Spring Vocal Music Program. 5-6:30 p.m., May 24 at the KHS MP Room. All K-6 grade students and parents are invited.

Baccalaureate Ceremony. 6:30 p.m., Sunday, May 28, at the Island Memorial Chapel. The Graduating Class of 2017 requests the honor of your presence at the Baccalaureate Ceremony. Reception to follow at the Religious Education Building. Dinner and dessert served.

Memorial Day Festivities. Tuesday, May 31, at Emon Beach. Enjoy the following festivities: 9-11 a.m., Swap Meet. Call Community Activities to reserve a table, space is limited! 1-3 p.m., Tie Dye, Inflatables, Beach Bar, and Vendor Sales. Questions? For

CONSTRUCTION ANNOUNCEMENT MACY'S WEST SIDE

The next construction phase for Macy's West Side begins Saturday, May 6. The entrance door into the AAFES retail vendor area (Bali, Dive & Bike Shops) will be temporarily relocated to the north side door. AAFES retail vendor will remain open to the public. Please use this specified route for safety reasons. Signage will be posted.



PALM FROND PICK UP INFO

For the safety of our community, palm fronds and coconuts are trimmed as needed. However, due to limited equipment and vehicles for pick up of these trimmings, the piles may remain in place for a delayed period of time. We apologize for the inconvenience and appreciate your patience as we work together to improve the safety and beautification of our neighborhood.

questions, call 53331.

Tie-Dye Fundraiser. 1-3 p.m., Tuesday, May 30. The sophomore class is having their annual tie-dye fundraiser at the memorial Day celebration. Come join the fun and create a closet full of tie-dye. \$3 if you bring a shirt to tie-dye; \$5 to buy a shirt.

City Ticket Office Hours. Tuesday, May 30. In observance of Memorial Day, the City Ticket Office will be closed. Normal operating hours will resume on Wednesday, May 31.

Family Pool Hours. Tuesday, May 30. The Family Pool will be closed in support of the Memorial Day Beach Blast. Please join us at Emon Beach for the fun and festivities.

The Vets Hall loves supporting the local community. However, if you have borrowed any of our kitchen items please do not forget to return them. We will continue to provide event support when asked as long as we have the items back that we own to do so. Questions, please contact Mike Woundy or Dan Farnham.

IS Weekly Compliance Checking. The IS department performs compliance checking on all computers every week. Keep computers in compliance with the updates required by restarting your computer at the end

of each work day. Call the Help Desk at 52444 with questions.

Amnesty Boxes: Anyone in possession of ammunition or pyrotechnics, please deposit into one of the designated amnesty boxes located on Kwajalein or Roi. Locations: Bldg. 902 Kwaj Air Terminal, Bldg. 8035 Roi Air Terminal and Kwaj Small Boat Marina. If items are too large in size/quantity or if you have any safety concerns notify EOD at 51433/1550 to arrange for collection. Do not leave items outside of box. These boxes are not UXO collection points. For UXO, notify EOD. Do not touch.

Safely Speaking: Take 5 for Safety. Look for potential hazards, and take action to prevent them, before you start a job.

E-Talk: Disposal of Batteries. Tape over terminals to cover electrodes. Smaller batteries may be dropped off at AAFES Shoppette. For larger batteries, call Environmental at 51134.

Café Roi

*MENU CURRENT AS OF MAY 11

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 20
Peking Style Chicken	Pepper Steak	Spaghetti and Sauce	Stir-Fry Beef	Ground Beef Tacos	Hot Brown Turkey Sand.	Island Style Shoyu Chicken
Indonesian Pork	Glazed Pork Loin	Sausage & Peppers Sub	Chicken & Broccoli	Taquitos	Chicken Adobo	Kalua Pork
Eggs Benedict	Cheese Quiche	Garlic Bread	Vegetable Chow Fun	Enchilada Casserole	Collard Greens	Grilled Cheese

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 20
Herb Baked Fish	Pork Chops	Coconut Fried Chicken	Roast Beef	Fried Chicken	Mom's Beef Pot Roast	Hot Dog
Mashed Potatoes	Chicken & Dumplings	Korean Steak	Chicken w/Sauce	Meatball Sub	Fried Fish	Onion Rings
Pasta Primavera	Mashed Potatoes	Stir-Fry Vegetables	Corn on the Cob	Stir-Fried Vegetables	Braised Cabbage	Meatloaf

Workplace Ergonomics is the science of integrating equipment and facility design with staff interactions. The goal to prevent operator injury and fatigue while maximizing productivity.

Working at your workstation in the same orientation for extended periods of time can cause problems such as carpal tunnel syndrome and other cumulative trauma disorders (*CTDs) also called repetitive strain injuries (RSIs).

Common Causes of CTDs:

- Poor posture
- Equipment not the right size or type for the worker
- Over reaching for equipment and supplies
- Routinely moving objects at the limits of your strength
- Repetitive movements (same movement many times per hour)
- Poor technique in lifting or moving materials

Three Things You Can Do To Prevent CTDs:

- Have the correct sized equipment
- Use good posture and techniques
- Take breaks

When Would I Suspect That I Have An Ergonomic Problem?

- When you frequently experience muscle or joint pains/stiffness at the end of the day
- Pains that you endure daily are noticeably better after an extended time away from work.

Who Should I Talk To If I Suspect An Ergonomic Problem?

Contact your supervisor and use SPI 1430 to evaluate your problem. You can also check with the Environment, Safety and Health Department if you have questions regarding ergonomics.

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

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

UNITED CHECK-IN TIMES

Monday, United 155—**3:30-4:45 p.m.**
 Tuesday, United 154—**11-11:30 a.m.**
 Wednesday, United 155—**2:30-3:45 p.m.**
 Thursday, United 154—**11:30 a.m.-Noon.**
 Friday, United 155—**3:30-4:45 p.m.**
 Saturday, United 154—**11-11:30 a.m.**

ATI CHECK-IN TIMES

Early departures—**7:45-8:15 a.m.**
 All other departures—**8-8:30 a.m.**
 *Check with your ATI flight representative to confirm check-in and flight departure times.

**USAG-KA SPORTS
SOFTBALL**



MAY 3

Alumni def. Coed Blue 13-9

MAY 4

Bakai'Arma def. Automotive Bonjo 17-7
 Mon Kubok def. Heavy Cargo 14-4
 Jab Pere def. Tropic Blunder 14-3

MAY 5

Scrubs def. Coed White 21-0
 OFU def. Spartans I 11-1
 Lollygaggers def. RF Hazards 14-3

MAY 9

Coed White def. Coed Blue 17-4
 Automotive Bonjo def. Mon Kubok 26-25
 T-Shooters def. Heavy Cargo 14-8
 Lollygaggers def. Jab Pere 11-6

A LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Goats	5	4
OFU 6-4-3	6	3
Kwajalein	6	3
Spartan Men	1	8

B LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Mon Kubok	3	7
Bakai'Arma	8	1
Heavy Cargo	5	5
Trouble Shooters	2	8
Trouble Makers	8	2
Automotive Bonjo	3	6

COED LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Jab Pere	4	5
Lollygaggers	9	0
Tropical Blunder	2	6
RF Hazards	2	6

WOMEN'S LEAGUE RECORDS

	<u>Win</u>	<u>Loss</u>
Alumni	4	4
Scrubs	5	3
Spartan Women	8	0
Coed Blue	2	6
Coed White	1	7

