

THE KWAJALEIN HOURGLASS



During a trip to Ennubirr last week, Lt. Gen. James Dickinson, commanding general of U.S. Army Space and Missile Defense Command, presents local Ennubirr officials gifts purchased for island youth.

◉ Maj. Dan Lacaria

THIS WEEK

KWAJ KIDS EXPLORE
SPACE CAMP IN HUNTSVILLE - P 5

SUMMER BRINGS
GREAT VIEWS OF GALAXY - P 3

SPEAR FISHERMAN
HAULS IN MEGA DOGTOOTH - P 4



U.S. Army photos by Maj. Dan Lacaria, Jordan Vinson



CLOCKWISE FROM TOP-LEFT: Ennubirr children smile for the camera. Kwajalein Atoll Sen. David Paul observes a duo of black tip sharks swimming together in the lagoon at Roi-Namur. SMDC Commander Lt. Gen. James Dickinson presented a lei by island residents on Ennubirr last week. An Ennubirr youngster is all smiles.



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.

THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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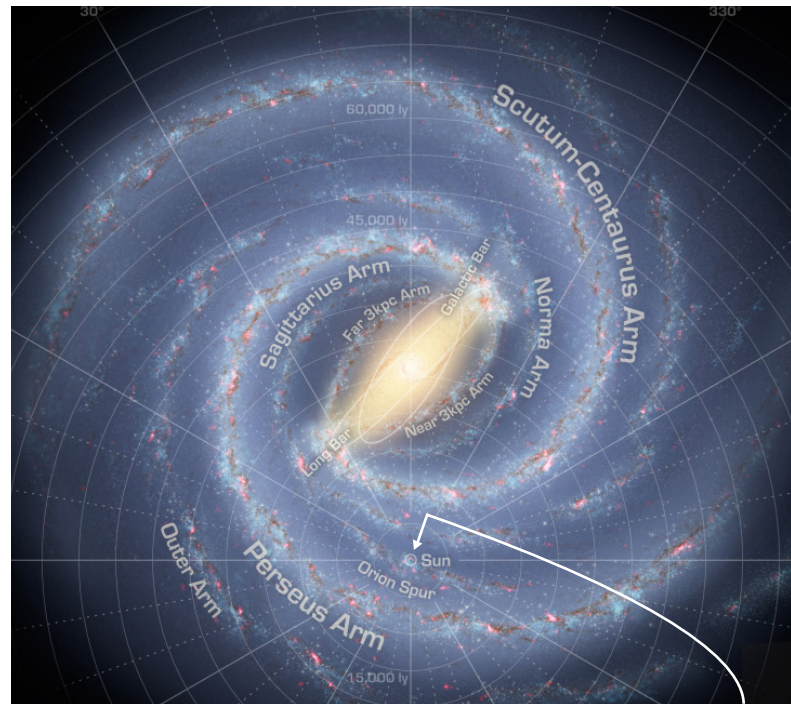


HOURGLASS REPORT

It is summer time in the Marshalls, and that means great views of the Milky Way's galactic core. To check it out, look south-southeast after sundown and fix on Scorpius, a large, popular constellation that looks like a scorpion—or, if you will, a giant fishhook. Look leftward a few degrees and fix on Sagittarius, the eight brightest stars of which resemble a sort of teapot. (Following ancient Greek beliefs, Sagittarius is really a centaur.) The true rotational center of the galaxy lies behind the star forming Sagittarius' "spout" on its right side and the stars forming the tip of Scorpius' venomous tail (or the pointy end of the fishhook). The bulge of the core encompasses this area and reaches northward a few degrees well into Ophiuchus, the serpent bearer.

Toward the northernmost portion of the bulge, you'll notice a nice bright "star" that doesn't flicker like nearby Antares, the red supergiant in Scorpius. That's Saturn. Moving through orbit at an average speed of 515,000 mph, Saturn, Earth, the sun and the rest of the solar system take 230 million years to do a complete revolution around the galactic bulge. The last time we were in this position in orbit around the center of the Milky Way (in terms of our position relative to neighboring galaxies in the Local Group) it was the Triassic period on Earth, a time when the first dinosaurs and mammals were evolving into distinct life forms.

Located nearly 30,000 light years from the core, the Earth's vantage point of the entirety of the galaxy is somewhat lim-

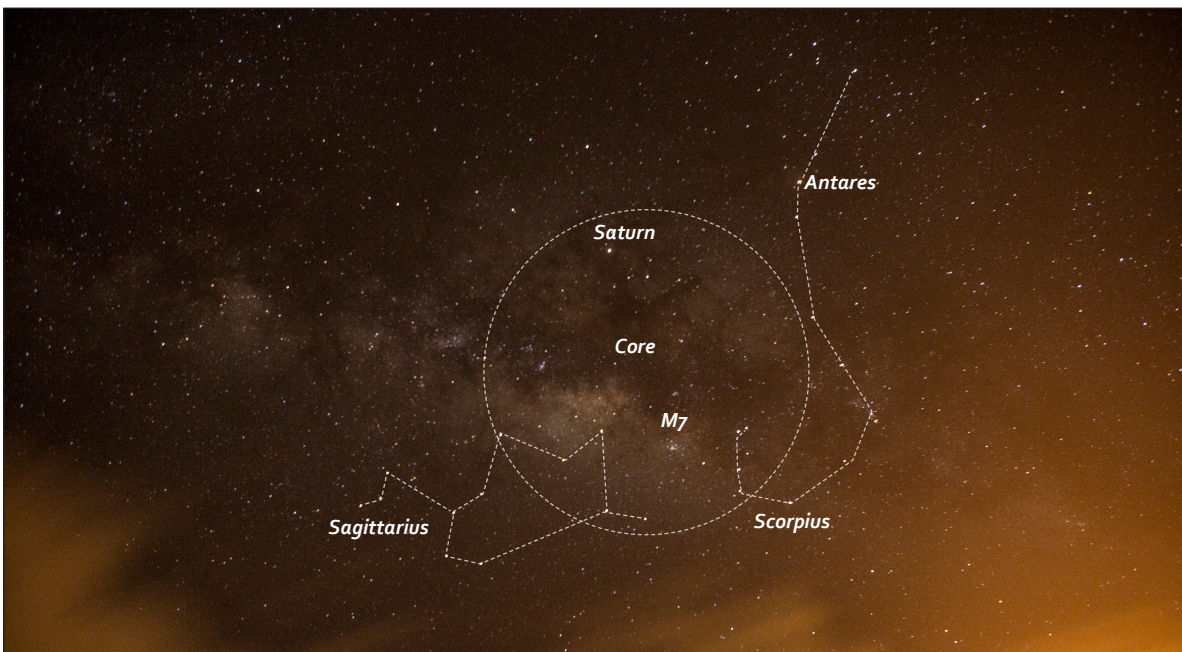


This NASA image illustrates the solar system's position relative to the rest of the galaxy. The Marshall Islands are *HERE*

ited. The NASA depiction above illustrates our position relative to the rest of our spiral-armed Milky Way. While we have brilliant views of the core and the galactic arms reaching outward on our "side" of the galaxy, we cannot see past the galactic bulge and enjoy the sights of the star clusters, nebulae and more lying "on the other side."

There's another thing astrophysicists cannot see but know is there. It's the supermassive black hole lying at the dead center of the core. Named Sagittarius A, it is a massive emitter of radio waves and is believed to be spatially large enough to fill the orbit of Mercury and contain the mass of 40,000 suns.

Sources: NASA; phys.org.



In this photo, shot from light-polluted North Point on Kwaj Thursday night, the galactic core is easily visible, flanked by Scorpius and Sagittarius. Scorpius' bright red supergiant, Antares, is also seen, along with Saturn and other a great deal of open and closed star clusters. The patch of light lying midway between the Sagittarius and Scorpius, for instance, is Messier 7, aka the Ptolemy Cluster.



U.S. Army photo by Nikki Maxwell



U.S. Army photo by Maj. Dan Lacia

LEFT: USAG-KA Commander Col. James DeOre Jr. meets Ebeye hospital staff during a tour of the islet community last week. SMDC Commander Lt. Gen. James Dickinson, his wife Angie and other SMDC staff tour the Marshallese Cultural Center on Kwajalein last week.



Kwaj resident Tim Davis hauls a hefty dogtooth tuna to the surface Monday, July 17. Davis caught the fish (estimated to weigh 60-80 pounds) while spearfishing off Bigej.



Courtesy of Steve Davis



U.S. Army photo by Jordan Vinson



Courtesy of Veronica Fairchild

LEFT: Thompson Tarwoj, left, and Angel Alejandro look on at last week's USAG-KA change of command ceremony at the airplane hangar on Kwajalein. RIGHT: Angie Dickinson, wife of Lt. Gen. James Dickinson, commander of SMDC, hosts a gathering at Emon Beach last week.



Kwaj kids Tessa Delisio and Marina Dethlefsen attended the camp this year.

Members of the Air, Space, and Missile Defense Association pose with the 16 recipients of the 2017 ASMDA Space Camp scholarship at the U.S. Space and Rocket Center in Huntsville, Alabama earlier this month. Since 1996, ASMDA has sent more than 200 students to Space Camp.

ASMDA SCHOLARS ATTEND SPACE CAMP

EXTERNAL REPORT

By Jason Cutshaw, SMDC Public Affairs

HUNTSVILLE, Ala.—Sixteen future explorers began their journey into the future this week in the Rocket City.

The students, recipients of an Air, Space, and Missile Defense Association, or ASMDA, scholarship, spent July 2-7 at Space Camp at the U.S. Space and Rocket Center in Huntsville. On July 5, the scholarship winners were treated to lunch by members of the ASMDA board and had a chance to speak with those who made the week possible.

"The principles you have learned this week are the principles to teach leadership, decision making and give you the tools you are going to carry with you well after you leave here," said Tom Webber, ASMDA board member. "The teamwork you learn here will take you through the rest of your life."

"Reach for the stars and pay attention to your education and learn everything you can," he added "Remember to have fun in whatever you decide to do and become well rounded in all aspects of your life, not just with schoolwork."

Since 1996, ASMDA has awarded scholarships to children, ages 9-11, of a parent or guardian currently assigned to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command; Program Executive Office Missiles and Space; Joint Functional Component Command for Integrated Missile Defense; Missile and Space Intelligence Center; NASA Marshall Space Flight Center; or Missile Defense Agency, whether military or government civilian.

The 16 Space Camp students this year are from Alabama, Alaska, Colorado, Virginia and Kwajalein Atoll, Republic of the Marshall Islands. They are: Audrey Beard, Tessa Delisio, Ma-

rina Dethlefsen, Breanna Jones, Matthew Kimmett, Rachel Mann, Peyton Markham, Zoe Moore, Elizabeth Murphy, Anna Nguyen, Arian Phillips, Nathaniel Raineault, Lauren Sheehy, Elizabeth Tourville, Grace Townson and Bennett Whichard.

Community leaders also talked to the campers and told them how proud everyone was of them for being selected and congratulated them on receiving the Space Camp scholarships.

"To each of our Space Camp attendees, you are the future," said Huntsville Mayor Tommy Battle. "There is a challenge to each of you. Take the experience you have had here and then go out and learn all you can to lead us into the future."

During the week, the children participated in activities including rocket construction and launch, water activities, a simulated Space Shuttle mission, Mars mission simulation, Manned Maneuvering Unit, Multi-Axis Trainer, and an IMAX movie.

"This is awesome," Raineault said. "Space Camp is a great experience. I have loved the missions and the simulators. It is really cool."

"Tomorrow, I get to be the commander of the shuttle," he added. "It will be fun because I get to be in charge. I can't wait."

The students were selected for the scholarship based on an essay, school grades, interest in science and space, and financial need. The scholarship covers one week at Space Camp, travel, a flight suit, clothing package, a calling card and spending money.

"I have enjoyed Space Camp a lot," Delisio said. "I like doing the missions and making new friends. This is a once-in-a-lifetime experience."

"I've been the space station scientist and a mission specialist," she added. "Everyone should come to Space Camp because it is really fun."

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: This month the weather for the eastern half of Micronesia and the RMI has been dominated by trade-wind convergence at the ITCZ. The ITCZ has been south of Kwajalein for the past days, and modest trade winds from 13-18 knots have been in place. An embedded wave helps move the ITCZ northward for increased shower coverage late tonight into Sunday and the next wave overnight Monday into Tuesday. Expect average precipitation this week but a that will move upward for next 7-14 days due to the Madden-Julian Oscillation. The MJO is a planetary scale wave or oscillation that travels along the equator making one trip around the globe every 45-60 days. A weak MJO signal is now in the eastern Indian Ocean. Some numerical models amplify this signal progressing it through the Maritime Continent and Western Pacific during next two weeks.

SATURDAY/SUNDAY/MONDAY FORECAST: Isolated showers Saturday becoming scattered overnight. Widely scattered showers daytime Sunday and isolated for Monday. Winds ENE-E at 12-16 knots Saturday, ENE-ESE at 8-12 knots Sunday, and ENE-E at 10-15 knots Monday.

MID-WEEK FORECAST: Scattered showers Tuesday next week. Too much uncertainty to get any details for following days. Trend is for above average precipitation starting in 7-14 days. Winds ENE-ESE at 10-15 knots.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:39 a.m. 7:12 p.m.	6:04 a.m. 6:58 p.m.	3:58 a.m. 4.9' 4:26 p.m. 3.8'	10:26 a.m. -0.8' 10:20 p.m. -0.6'
MONDAY	6:39 a.m. 7:12 p.m.	7:06 a.m. 7:55 p.m.	4:41 a.m. 5.1' 5:07 p.m. 3.9'	11:07 a.m. -0.9' 11:01 p.m. -0.7'
TUESDAY	6:39 a.m. 7:12 p.m.	8:05 a.m. 8:48 p.m.	5:21 a.m. 5.0' 5:46 p.m. 3.9'	11:45 a.m. -0.9' 11:41 p.m. -0.6'
WEDNESDAY	6:40 a.m. 7:12 p.m.	9:01 a.m. 9:38 p.m.	5:59 a.m. 4.8' 6:24 p.m. 3.8'	12:22 p.m. -0.7' -----
THURSDAY	6:40 a.m. 7:11 p.m.	9:55 a.m. 10:24 p.m.	6:36 a.m. 4.5' 7:02 p.m. 3.6'	12:20 a.m. -0.3' 12:58 p.m. -0.4'
FRIDAY	6:40 a.m. 7:11 p.m.	10:45 a.m. 11:08 p.m.	7:12 a.m. 4.1' 7:40 p.m. 3.4'	12:58 a.m. 0.0' 1:33 p.m. -0.1'
JULY 29	6:40 a.m. 7:11 p.m.	11:34 a.m. 11:50 p.m.	7:48 a.m. 3.6' 8:22 p.m. 3.1'	1:38 a.m. 0.4' 2:09 p.m. 0.3'

Commander's Hotline

Have something the USAG-KA commander should know about?

Call the Commander's Hotline at 51098 today!



SEE SOMETHING – SAY SOMETHING

REPORTING SUSPICIOUS ACTIVITY

- 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

WHO TO REPORT TO

- Local law Enforcement and Security *911
- *5-4445/4443
- *usarmy.bucholz.311-sg-cmd.mbx.usag-pmo@mail



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

CW3 Dave Casbarra
SHARP Victim Advocate

Work: 805 355 3421 • Home: 805 355 1731
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

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF JULY 21

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 29
Herb baked chicken	Hungarian goulash	Vegetarian stir-fry	Japanese style chicken	Swiss steak jardiniere	Tacos	Italian chicken
Beef pasticio	Cajun roast chicken	Coconut muffins	Oriental stewed oxtail	Fish du jour	Enchiladas	Sweet, spicy meatballs
Franconia potatoes	Quiche lorraine	Grilled potatoes/onions	Baked zucchini/cheese	Rice pilaf	Refried beans	Garlic bread

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 29
Pot roast	Fried chicken	Hawaiian pork chops	Steak Night	Beef teriyaki	Hamburger Bonanza	Beef pad thai
Chicken florentine	Baked meatloaf	Oriental fried rice	Roast chicken	Chicken stir-fry	Pork pot roast	BBQ garlic chicken
Brown rice	Vegetarian pasta	Boiled potatoes	Vegetarian pasta	Sesame noodles	Fish du jour	Coconut rice

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.

LOST AND FOUND

Earring found near Memorial Chapel and REB. Camera found on 7th and Lagoon. Call 54547 to describe and claim.

Fount at Elementary Schoo: 1 pair of girls prescription glasses and 1 baseball bat. Please stop by our office during normal business to retrieve.

COMMUNITY NOTICES

Due to the damage sustained to the courts and fence, the Tennis Courts will be closed until further notice. The community will be notified when they are repaired and open for use.

Bocce Ball Summer Fun Tournament. Registration: July 25-Aug. 4, Tournament Play: Aug. 8-11 (dates may vary depending on number of teams). Cost: \$20 per team. Two-person teams. Questions? Email derek.m.finch.ctr@mail.mil or call 5-1275.

Kwajalein Yacht Club's monthly meeting is Saturday July 29th, 6:30pm at the Yacht Club. Social Hour begins at 5:30pm, Meeting starts at 6:30pm. Ursula LaBrie 5-1951

This is a reminder for Island Orientation, which will be held the last

Wednesday (July 26) of each month in Building 365, CAC room 6 from 12:30-3:30 pm. If you cannot attend, please send your primary or alternate in your stead. Safety will not be filling in for missing presenters. Please call ES&H at 5-1134/5-9817 so we can notify the other presenters to adjust his/her time slots.

CYS Youth Sports: Flag Football Season Registration Open: Aug 3 - Aug 30 Season Dates: Sept 7 - Oct 19 Cost is \$25.00 per player Open to all CYS Youth Kindergarten-Grade 6 To register, visit Amy Hansen at Central Registration, Building 358 or 5-2158

CYS Start Smart Program: Golf Season Registration Open: Aug 3 - Aug 30 Season Dates: Sept 13 - Oct 18 (Wednesday's) Cost is \$25.00 per player Open to Ages 4 - 7 To register visit Amy Hansen at Central Registration, Building 358 or 5-2158

CYS volunteers needed. CYS provides before and after school programming at the Child Development Center, School Age Center, Teen Center, and Youth Sports. Sign-up at CDC Central Registration, BLDG 358. Questions? Contact Mamo Wase at leimamo.kwase.ctr@mail.mil.

Safely Speaking: To choose the proper lifting technique you should consider your flexibility, strength and the number of lifts being done. Some of the lifts that you may consider when lifting from the ground are: squat lift, stoop lift straight leg lift or golfers reach.

Safely Speaking 2. The potential for heat stress illnesses both on and off the job can be significant. Drink lots of water and take plenty of breaks in a hot environment.

E-Talk: Owners and operators of petroleum product storage tanks are required to conduct and record an annual inspection in accordance with

SPI 1589. Questions? Call KRS Environmental at 5-1134.

Save Energy! You Have the Power to Conserve! Fill your dryer, but don't pack it too tightly. Clean the lint screen after each load. Keep your

dryer's outside exhaust pipe clean. Use your dryer's automatic dry cycle rather than a timed cycle. Separate loads into heavy and light items, since lightweight items take less drying time than heavy ones.

Recreational diving at USAG-KA will be limited to 50 feet, due to mission support activities, during these time periods: July 19-28 and Aug. 1-4. Questions and concerns should be directed to the Marine Department manager.



NEW CALIBRATION LAB HOURS

TMDE Equipment Drop-Off / Pick-Up

Tuesday _____ 0800 - 1630
 Wednesday _____ 1300 - 1630
 Thursday _____ 0900 - 1630
 Friday _____ 0900 - 1630
 Saturday _____ 1300 - 1630



Delinquent TMDE Items may be dropped off at anytime

Questions? 5-2167

George Seitz Elementary School Kindergarten Registration 2017-2018

The George Seitz Elementary School Kindergarten Registration for the 2017-2018 Elementary School Year has resumed

- * Registration continues now through August 10th
- * Registration Packets may be picked up at the Elementary School Office
- * Office business hours are 7:30 am - 11:30 am & 12:30 pm - 4:30 p
- * Children eligible for Kindergarten must turn 5 before September 1, 2017.

For questions or assistance, please call the GSES Office at 5-3601

DynCorp International is interested in Current USAG-KA employees. Follow the link below to answer questions and connect with DI today: <https://www.surveymonkey.com/r/LOGCAPIV>.

Café Roi

*MENU CURRENT AS OF JULY 21

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 29
BBQ pork sparerib	Lemon baked chicken	Grilled pastrami sandwich	Chicken parmesan	Vegetable quesadilla	Tuna melt	Chicken fajita wraps
Chicken ala king	Baked fish	Da kine	Roast pepper steak	Glazed pork loin	Country meatloaf	Parker ranch stew
Biscuits	Egg/cheese sandwich	Loco moco	Mashed potatoes	Parsley potatoes	Mac and cheese	Scalloped potatoes

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 29
Spaghetti	Beef steak	Tacos	Carved roast beef	Fried chicken	Breakfast at Night	Grilled mahi-mahi
Chicken alredo	Pork adobo	Enchilada casserole	Coconut chicken	Stuffed cabbage	Eggs to order	Breaded chick. sandwich
Garlic bread	Brown rice	Spanish rice	Corn on the cob	Mashed potatoes	Pancakes	Cheese tortellini alfredo

THUMBS UP

THUMBS UP to Crystal Samuel for the outstanding job she did managing the AAFES Food Court and American Eatery for the past three months. Job well done!

—Lee Pennington

Have someone you'd like to publicly thank for a job well done? Email the Hourglass: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

DOES YOUR TO-GO BOX LOOK LIKE THIS?



Dining facility 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.



COMMUNITY CONNECTION BY:

When handling any loads manually remember to Stop Think and Act before proceeding, and remember the manual handling basics from the previous Safely Speaking's. To choose the proper lifting technique you should consider your flexibility, strength and the number of lifts being done. Remember that when doing lifts of 50 pounds or pulling items over 300 pounds, you must have assistance or a mechanical means to move the item. Some of the lifts that you may consider when lifting from the ground are:

Squat Lift: Good for loads that fit between the knees and

where the individual doing the lift has good knee and hip flexibility. Note this lift may increase the stress on the knees if frequent lifting is required and good form is not maintained. Keep head up butt out and tighten stomach muscles. Make sure the knees are over the toes and you have a good grip on the load. Using the large muscles of the butt and legs to lift.

Stoop Lift: This lift is best for loads that fit between the knees and it requires less knee bending. This lift puts more stress on back than squat lift and is not good for heavier loads. With this technique you follow the same technique as the squat lift but do not allow your knees to bend past 90 degrees. Still keeping your head up and butt out while lifting.

Straight Leg Lift: In some cas-

es you can get closer to the load if it's bulky or awkward using straight leg lift and you cannot lift loads as heavy as the squat lift. To complete this lift stand as close to the load as possible keeping the knees slightly bent using the butt muscles to initiate the lift. Again with your head up and butt out.

Golfers reach: Used for small light loads and when you have something stable to hold on to. Stand on one leg holding something for balance hinging forward at the hip, and grab the load with the other hand while keeping the proper curvature of the back. For more on these lifts and other information concerning material handling go the EH&S webpage and take a look at the videos.



www.army.mil/kwajalein

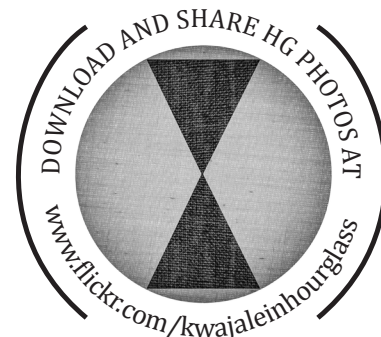
Check out USAG-KA's new website for garrison and community news, links to each directorate and other helpful information. Have thoughts or suggestions? Send them to the USAG-KA Public Affairs Office at Nikki.l.maxwell.civ@mail.mil.

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.



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