

THE KWAJALEIN HOURGLASS



The Cold Storage Warehouse gang gathers for a group photo at the chilly storage facility Tuesday, July 25, on Kwajalein.

 Jordan Vinson

THIS WEEK

COLD STORAGE

CREW HIGHLIGHTED - P 3

SWIMMERS TRAIN

FOR BIG LEAGUES - P 5

SMDC HISTORY

REMEMBERING NIKE II - P 4

MAMMOGRAMS AVAILABLE ON KWAJ

COMMUNITY CONNECTION BY KWAJALEIN HOSPITAL STAFF

Living in a remote location can be challenging when it comes to healthcare. Here at Kwajalein Hospital, we provide the basic diagnostic tools for health care. Our mammography program is one of these assets.

The Kwajalein Hospital mammography program is Food and Drug Administration (FDA) and American College of Radiology (ACR) certified. Our mammography program is audited every year by the FDA to insure that all aspects of quality assurances, credentials and continuing education are being met.

One of the requirements of certification is performing 200 mammograms every two years. With such a small population base, this can be challenging. The American Cancer Society states a mammogram can find breast changes that could develop into cancer years before physical symptoms are noticed.

The ACA recommends the following guidelines for both women at average risk for breast cancer and all women without personal histories of breast cancer.

- Women between ages 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.

- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

Screenings should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with how their breasts normally look and feel, and should report any unusual changes, such as thickening, pain, skin changes or discharge to a health care provider right away.

If you haven't had a mammogram during the last year, call the Kwajalein Hospital at 5-3522 to schedule your next examination.

IMPORTANT CHANGES COMING TO ZDF

Starting this August, Zamperini Dining Facility patrons will begin to see a lot of changes at the cafeteria.

What's in the works?

A new All American Bar and Deli station

- Available every day for lunch and Sunday/Monday dinners
- Will feature a daily grilled feature sandwich and appetizer, along with a full assortment of toppings
- Will feature hot dogs, burgers, etc. as standard items daily

A new daily breakfast menu and layout

- Available every day
- Will feature four different main line protein items (Canadian bacon, sausage patties, bacon, ham steak, for instance) every breakfast session

- Will feature a station-based serving arrangement, requiring a change in foot traffic in the facility

New eggs-to-order and omelet station for Sunday/Monday brunch

- You grab your omelet fillers, portioning them as you see fit and hand them to the grill master

New salad bar menu

Lots more

- More frequent sliced steak offerings
- Implementation of the military's Go For Green program, featuring easy-to-understand nutritional value placards for each food item
- Displays at the facility entrance, put in place to inform patrons of the day's menu items

These improvements are exciting. How-

ever, in order for us to be able to create and manage this varied menu every day we emphasize to our patrons: ***It's All You Can Eat. Not All You Can Take.***

Starting in August, ZDF servers will begin portioning out the main line protein items, providing a maximum of two main proteins or one main protein and a sandwich per meal. An average main protein portion is 5-8 ounces. Portioning will occur for both dine-in and take-out patrons; take-out patrons will, of course, not be able to return to the line for second portions. All other food items (the salad bar, for instance) will remain on a self-serve basis.

Without properly portioning out the protein items, we will not be able to sustain this new, varied menu. Please be patient as we implement these changes.

THE KWAJALEIN HOURGLASS

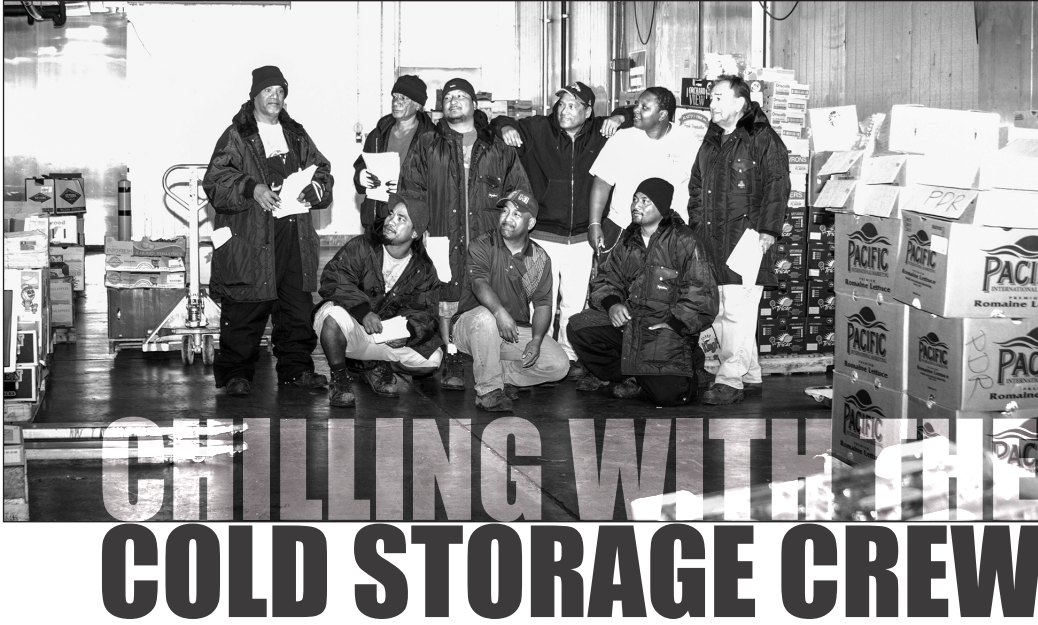
The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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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CHILLING WITH THE COLD STORAGE CREW

FEATURE/JORDAN VINSON

There is a place on Kwajalein where long parkas and thick, black beanies are standard issue. A place where small chandeliers of ice grow above thermometer displays showing numbers like -13 F. It's a place where all your bananas, yogurt, milk, eggs and TV dinners come from. And without it, you'd be eating nothing but canned beans and jerky.

Welcome to Cold Storage, says Nikki Ellis, the Cold Storage Warehouse supervisor. The only person in the facility wearing a T-shirt, Ellis gives me a tour of one of the most vital links in the distribution chain assembled on and off the garrison to supply residents with cold and frozen food items.

"It all comes from here," Ellis says Tuesday, leading me through a door that opens up into the dark, icy warehouse. Men dressed in winter clothing shuffle from pallet to pallet carrying stacks of stapled carbon paper order forms in their hands. They inspect the contents of boxes brimming with onions, lettuce and avocados and pull on manual forklifts. It seems to be a busy day.

"Tuesday is a busy day," Ellis affirms.

"It's produce day. We get fresh fruits and vegetables flown in every week. They [get] it to us, and we sort it every week."

Over the loud din of the refrigerator fan units overhead, the men inside look over the order forms in their hands, head into the inner, colder recesses of the warehouse to prep the next pallet for delivery somewhere on the garrison. The next order of frozen or chilled items could be going to any number of places: the Zamperini Dining Facility, Meck, Café Roi, Roi Surfway and ships at sea like the Coast Guard's Sequoia. Yep, even the Coast Guardsmen need milk with their cereal.

But because it's Tuesday, most of the sorted pallets are heading to Surfway. Tucked into a stack of boxes filled with tomatoes, one of the order forms sticks out. It's an order submitted to Cold Storage by Surfway Assistant Manager Joann Hermon. Ready for shipment, the pallet has been stationed next to a small entrance opening up into the early-afternoon Marshall Islands heat, and in a few minutes, a warehouse crewmember will pick up the pallet and take it down to the supermarket's loading dock for the Tuesday evening rush.

A Cold Storage Warehouse lead since November 2016, Tom Barragan says working at the focal point of cold foods distribution on U.S. Army Garrison-Kwajalein Atoll is both rewarding and enjoyable.

"I've been doing this type of work for about 40 years," Barragan says. "And it's just really fun. Otherwise, if I didn't like this I would have gotten out of it years ago. It's a very rewarding job to know that we're making sure that everybody gets fresh, edible food."

Dressed like I just got off a sailboat, I know I'm not in the right clothing. But I want Ellis to take me into the other areas of the warehouse. Going through door after door, the ambient temperature inside the warehouse units becomes increasingly colder. The 38 F sorting platform where the crew is still assembling deliverable pallets now seems much warmer than it was before. We pass crates of Go-Gurt and small mountains of eggs, 30-pound buckets of Bavarian cream filling and enough yard mulch-sized bags of cake batter to bake a cake as big as Ebeye.

Entering the coldest place on the garrison, I feel little part of me beginning to die. Under the dull green glow of the lights overhead, the thermometer reads 7 below zero, and it's the deepest cold I've experienced in nearly a decade. I manage to snap a few photos of Ellis standing proudly in her T-shirt, all smiles, in front of a small snow bank growing out of the corner of the room. I last another two minutes before my ears and hands are on fire, and I've got to bail.

Surrounded by the heat of the doldrums in the steamy Marshall Islands, I'm still having a hard time understanding how these people do their jobs in such an environment. As I begin the thermal transition from subarctic temperatures, to the refrigerator-friendly 30s, to the office-standard 70 F, Ellis puts it bluntly enough: "You get used to it."



LEFT: Stanley Korab and Jibas Kenibar inspect orders bound for Surfway at the Cold Storage Warehouse Tuesday, July 25. **MIDDLE:** Cold Storage Warehouse Supervisor Nikki Ellis shows off some of the ice that has formed along a wall inside one of the warehouse's coldest storage rooms. **RIGHT:** Sorimle Lokboj loads fresh vegetables onto a manual forklift to help supply Surfway with veggies for the Tuesday evening rush. **IMAGE ATTOP:** The whole crew pauses work for a group photo Tuesday; featured in the image: Fredly Jibas, Tom Barragan, Remmy Jelke, Nelson Tokeak, Stanley Korab, Jibas Kenibar, Sorimle Lokboj, Kransen Langinlur and Nikki Ellis.

SMDC HISTORY: NIKE II STUDY DEMONSTRATES INTERCEPT FEASIBILITY

EXTERNAL REPORT

Sharon Watkins-Lang, SMDC Historical Office

In October 2017, the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command will celebrate its 60th anniversary marking the Oct. 3, 1957, creation of its predecessor, the Redstone Anti-Missile Missile System Office, or RAMMSO.

RAMMSO was the first Army organization established with a ballistic missile defense and space mission. Before there could be a RAMMSO, however, there was the Nike II study. Begun in March 1955, the Nike II study would determine the feasibility of a defense against strategic ballistic missiles.

In the early years of the Cold War, the U.S. Army developed missile systems to address the evolving threat -- bombers flew at altitudes beyond the range of traditional anti-aircraft weapons. The first operational, guided, surface-to-air missile system, the Nike-Ajax was designed to counter the threat to the U.S. mainland posed by Soviet bombers.

By 1958, there would be almost 200 Nike-Ajax batteries deployed around urban, military and industrial locations. The next generation missile system, the Nike-Hercules increased the capabilities of the Nike system. While the Nike-Ajax was limited to one target at a time, the Nike-Hercules was designed for a potential massed air attack. The objective was to intercept aircraft flying at 1,000 miles per hour, at an altitude of 60,000 feet, and a horizontal range of 500 yards.

The Nike Hercules had both a greater range than its predecessor and also carried a nuclear warhead three times greater than the Ajax. Following three years of development and testing, the first Ajax batteries would be converted to Nike-Hercules in 1958.

Even as preparations were on-going for the Nike-Hercules, the Army Ordnance Corps began to look further into the future. In March 1955, the Army Ballistic Missile Agency contracted with Bell Laboratories and Douglas Aircraft Company (now McDonnell-Douglas) to conduct an 18-month study on an "anti-aircraft defense system for the Zone of the



The Nike family of missiles, from front to back: NIKE-Zeus, NIKE-Hercules and NIKE-Ajax.

Interior to defend against future target threats in the 1960-1970 time period."

While the primary emphasis was initially placed on super air breathing targets, the task included "ballistic targets and the desire to defend against the extremely difficult Intercontinental Ballistic Missile (ICBM)." Under these parameters, the target spectrum ranged from "the maximum speed of the air-breathing ramjet out to ICBM speed of 24,000 feet/second, and at altitudes far

beyond 100,000 feet." By June 1955, however, intelligence reports predicted that the Soviet Union would soon have an ICBM capability. Thus with increased concerns over the ICBM threat, the NIKE II feasibility study placed primary emphasis upon this area.

The \$1.65 million contract was designed to cover not only the system study, but also "exploratory hardware development" in radar and missile technology areas "defined as critical to suc-

successful development of a NIKE II System." An additional \$1.8 million was added to the contract in March 1956 to expedite this exploratory development.

In their first report, released in December 1955, the Bell Labs team provided some initial recommendations, such as interchangeable nose cones to address the wide scope of the threat, and identified some key concerns. As summed up by historian Donald Baum in his *Origins of SDI, 1944-1983*:

"These included such things as determining the optimum point in the ICBM's flight for interception and detailing the role required of an effective ABM command and control system that had to include the difficult task of distinguishing decoys from warheads."

One critical factor in the development of an effective anti-missile system then was "a long-range, high-data-rate acquisition radar." Could any communications network and computer system make the necessary calculations in such a timely manner as to guide a defensive missile to intercept an ICBM traveling at 24,000 feet per second? Scientists generally considered this feat impossible and compared the proposed endeavor as "tantamount to hitting a bullet with a bullet."

To address this specific issue, the Bell Labs team modified an analog simulation room used to test the NIKE-Ajax and -Hercules for ICBM intercepts. They then conducted 50,000 intercept simulations incorporating varying threat parameters and intercept altitudes. These analog computer simulations "convincingly demonstrated that ICBMs could be accurately intercepted when the guidance was properly scaled to the high-speed target."

In October 1956, the results of the NIKE II were reported to the Pentagon. The report, which included many specific technical recommendations, decided in favor of the development of an anti-missile system and projected that the first operational capability could be obtained in late 1962.

KWAJ SWIMMERS TRAIN FOR BIG LEAGUES



Five swimmers competing internationally this summer pause for a photo at the Family Pool on Kwaj. FROM LEFT: Colleen Furgeson, Kayla Hepler, Annie Hepler, Phillip Kinono and Daniel Arabia.

COMMUNITY CONNECTION / AMY LACOST

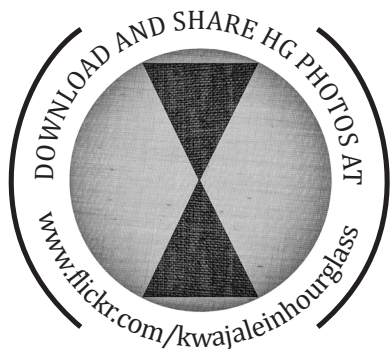
Five swimmers from Kwajalein have been training to swim at two separate FINA World Championships this summer.

Colleen Furgeson, Annie Hepler and Phillip Kinono travelled to Budapest, Hungary to swim at the 17th FINA World Championships. The competition began July 23, with each athlete planning to swim in two events.

The three swimmers swam for years on the Kwajalein Swim Team and have represented the Marshall Islands in international meets. Hepler represented the Marshall Islands in the 2012 Olympics, and Furgeson did so in the 2016 Olympics. Both women have participated in other FINA World Championships. Kinono traveled to Guam for an international competition and has recently rejoined the Marshall Islands Swim Federation (MISF) to compete again.

As for the island community's younger competitors, Kayla Hepler and Daniel Ranis have been training this year to attend the sixth FINA Junior Swimming Championships in Indianapolis in late August. Both swimmers are lifelong residents of Kwajalein and have been swimming since grade school. Each swimmer will be allowed to swim two events.

Each athlete maintains a serious workout regimen for months in order to prepare both physically and mentally for competition. They don't prepare all alone, however: The swimmers' support group includes their parents, coaches and fellow athletes. Everyone works together to make sure that the competitors are healthy and strong enough to compete at the international level. Good luck to Kwajalein's finest swimmers.



WEEKLY WEATHER OUTLOOK


RTS WEATHER STATION STAFF

WEATHER DISCUSSION: Last week we discussed the Madden-Julian Oscillation being in a phase that favors above average precipitation in our region. That turned out to be true for Micronesia but not for the Marshalls. The MJO is progressing eastward where our region will become located on the backside of this phenomena, or favored for below average precipitation. For the month of July we have received 5.42 inches of rainfall, which is 66 percent of normal levels. During 2017, we sit right at historical average rainfall amounts.

Looking into the details of the computer weather models, the Intertropical Convergence Zone is moderately active but remains south of our area. A week wave near the dateline comes through the area Monday.

SATURDAY/SUNDAY/MONDAY FORECAST: Isolated showers Saturday and Sunday. Scattered showers Monday. Winds ENE-E at 12-16 knots Saturday and Sunday, ENE-SE at 10-15 knots Monday.

MID-WEEK FORECAST: Scattered showers linger into Tuesday with wind E-SE at 8-12 knots. Trade winds return mid-week. Expect lower than normal precipitation.

				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:40 a.m. 7:11 p.m.	12:21 p.m. -----	8:27 a.m. 3.1' 9:14 p.m. 2.9'	2:22 a.m. 0.8' 2:49 p.m. 0.6'
MONDAY	6:40 a.m. 7:11 p.m.	1:08 p.m. 12:32 a.m.	9:18 a.m. 2.6' 10:28 p.m. 2.7'	3:22 a.m. 1.1' 3:42 p.m. 0.9'
TUESDAY	6:40 a.m. 7:10 p.m.	1:54 p.m. 1:14 a.m.	10:44 a.m. 2.3' -----	4:57 a.m. 1.3' 5:03 p.m. 1.1'
WEDNESDAY	6:41 a.m. 7:10 p.m.	2:42 p.m. 1:57 a.m.	12:04 a.m. 2.8' 12:39 p.m. 2.2'	6:52 a.m. 1.2' 6:36 p.m. 1.0'
THURSDAY	6:41 a.m. 7:10 p.m.	3:29 p.m. 2:42 a.m.	1:22 a.m. 3.0' 1:55 p.m. 2.4'	8:03 a.m. 0.9' 7:43 p.m. 0.8'
FRIDAY	6:41 a.m. 7:10 p.m.	4:18 p.m. 3:28 a.m.	2:14 a.m. 3.4' 2:43 p.m. 2.7'	8:48 a.m. 0.5' 8:31 p.m. 0.5'
AUGUST 5	6:41 a.m. 7:09 p.m.	5:06 p.m. 4:16 a.m.	2:54 a.m. 3.7' 3:20 p.m. 3.0'	9:23 a.m. 0.1' 9:09 p.m. 0.2'

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 28

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 5
Sunday						
Boneless chicken	BBQ short ribs	Chicken picatta	Baked meatloaf	Jamaican jerk chicken	Fish du jour	Oriental curried steak
Nacho beef	Blackened chicken	Meat lasagna	Garlic roast chicken	Beef stew	Corned beef/cabbage	Chicken adobo
Eggs benedict	Spinach quiche	Garlic bread	Potatoes O'Brien	Mac and cheese	Soda bread	Lumpia
DINNER	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 5
Sunday						
Chicken saltimbocca	Chicken spaghetti casserole	Cantonese pork	Steak night	Fajitas	Sloppy Joes	Hamburger steak
Wild rice	Garlic toast	Sticken chicken	BBQ chicken	Enchiladas	Fish du jour	Chicken pot pie
Franconia potatoes	Boiled potatoes	Oriental fried rice	Brown rice	Mexican rice	Vegetarian spaghetti	Brown rice pilaf

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

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 29, 6:30pm at the Yacht Club. Social Hour begins at 5:30pm, Meeting starts at 6:30pm. Ursula LaBrie 5-1951

Vets Hall will be closed Sunday July 30 in support of Patrick Sieben Band at Emon Beach. Questions? call Jan Abrams 5-4440.

Merbabes Swim Class. Friday, August 4, 12:30pm - 1:00pm. Come enjoy an American Red Cross Parent/Child Swim Lesson. Class is for children ages 6 months - 3 years. All participants must be accompanied by an adult in the water. The purpose of this class is to develop a comfort level in and around the water. Swim diapers are required for children who are not potty-trained. Cost is FREE! For questions, contact Cliff at 5-2848.

Please join us for Quizzo on Friday, 4 August 2017 at The Vet's Hall at 7:30pm. Special Guest Host John Wolff will present a spectrum of trivia questions! Questions? Contact Neil Dye or Mike Woundy 5-4440

The tennis courts on Kwaj have been

reopened for use. Thank you for your patience while we repaired them.

Child and Youth Services (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.k.wase.ctr@mail.mil.

Safely Speaking: We must remember that the weight we can lift above shoulder height is much less than the weight we can lift below shoulder height. And the risk of injury to your back and shoulders is much higher than that of lifting from the ground.

Safely Speaking 2: Boating Safety Tips:

- Keep an eye out for changing weather conditions.
- Use your common sense!
- Make sure that your crew knows your day's float plan.
- Check boat for all required safety equipment.
- DO NOT OVERLOAD THE BOAT!
- Leave your alcohol behind.
- Fill out a float plan.
- Take a boating course.

E-Talk: A Hazardous Waste Collection Area is a designated location where a generator (i.e., Kwaj Ops, Utilities, Amec, San Juan, Nan, etc.) accumulates as much as 55 gallons of hazardous waste in containers at or near any point of generation (i.e., shops, project site).

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.

REGISTRATION NOTICES

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 Sea-

son 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

Airfield Operations has requested the removal of 69 trees/bushes south of the airfield along Ocean Rd and Zeus Blvd for the safety of our operations and personnel. The removal of these obstructions will take place over the next 30 days. These removal operations may create temporary impacts to traffic and golf play around the area. Please avoid any risk in these hazardous work areas by keeping a safe distance, respecting safety barriers/signs, and following the direction of the on-site safety personnel.

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

Effective immediately the Calibration Lab has new hours of operation for TMDE equipment drop-off and pick-up. Delinquent items can be dropped-off at any time. The new hours are:

**Tuesday 8 a.m.-4:30 p.m.
Wednesday 1-4:30 p.m.
Thursday 9 a.m.-4:30 p.m.
Friday 9 a.m.-4:30 p.m.
Saturday 1-4:30 p.m.**

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.

Question? Call the GSES Office at 5-3601

Café Roi

*MENU CURRENT AS OF JULY 28

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 5
Roast pork loin	Garlic roast beef	Sloppy Joes	Grilled cheese	Cheese quesadilla	Fish sandwich	Patty melt
Baked chicken	Egg muffins	Honey mustard chicken	Roast pork	Mashed potatoes	Apple glazed chicken	Roast pork
Egg florentine	Roasted potatoes	Cheesy potatoes	Rice pilaf	Hamburger steak	Succotash	Couscous

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 5
Southwestern chicken	Chicken marsala	Grilled pork chops	Grilled steaks	Fried chicken	Bavarian fest	Roast chicken
Beef tamales	Stuffed peppers	Turkey ala king	Fish florentine	Roast pork loin	Bratwurst	Beef stew
Fiesta rice	Pasta puttanesca	Biscuits	Baked potatoes	Mashed potatoes	Braised cabbage	Green bean casserole

THUMBS UP



THUMBS UP to John Mohr for his quick response to a choking incident during a social function on Saturday, 22 June. Me and my family thank you for your timely action.

—Gus Aljure



COMMUNITY CONNECTION / SAFETY STAFF

We will discuss how to safely move and carry loads over the shoulder. We must remember that the weight we can lift above shoulder height is much less than the weight we can lift below shoulder height. And the risk of injury to your back and shoulders is much higher than that of lifting from the ground. Remember there is also more of a risk of the load falling on you should the load slip or become unbalanced.

Above shoulder lifting

Always try to lower the load or raise yourself up to the load to keep the load between the shoulders and waist.

- 1. Before lifting from heights try to position the load so that it is below shoulder height.
- 2. Pivot the load off the shelf and let it lower to a lower position so that the overhead lift is changed to a shoulder lift.
- 3. Keep the heaviest part of the load closest to you.
- 4. Keep the proper curvature of the spine, and do not twist with the load.

- 5. If you are moving an item to an overhead position get an edges in place and slide the load to its position. Making it so you do not have to take the entire weight of the load.
- 6. Plan for an escape route just in case you lose control of the lift. Should you lose your grip use your escape route and allow the item to fall. Do not risk injury to save the load.



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.

