

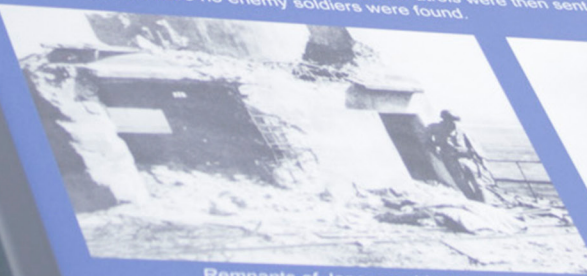
THE KWAJALEIN HOURGLASS



Echo Pier

Echo pier, codenamed Nob pier by the Americans, was one of two piers on Kwajalein Island originally constructed by the Japanese. The other pier, known simply as H pier, was a wooden structure located just south of Echo Pier. The exact construction date for Echo Pier is unknown, however it is thought to have been built sometime between 1920 and 1940. Echo Pier supported the only reinforced concrete Japanese blockhouse on the island. The blockhouse housed a 13mm dual-purpose machine gun on the roof. Firing ports were located on the ground floor, allowing machine guns to fire in all directions. The blockhouse, which has since been demolished, was located approximately 1,000 feet from the shoreline, along the north side of the pier.

The Japanese used guns from the blockhouse on Echo Pier to fire at the American destroyer Sigbee on the nights of 1 and 2 February in order to suppress its searchlight. The Sigbee was able to silence the original machine gun, which the Japanese quickly replaced. The new gun was also silenced by the American destroyer. In order to secure the pier, several remnants of three companies of the 2nd Battalion, 184th Infantry of the U.S. Army were consolidated under the command of Captain Rene E. Maysonave. On 4 February, just after 1300 hours, the unit took up an attack on the base of the pier. Patrols were then sent by tank, on foot, and in small boats to the end of the pier where no enemy soldiers were found.



Remnants of Japanese blockhouse



Soldier sitting alone on what remains of Echo Pier



Japanese concrete blockhouse on Echo Pier

THIS WEEK

REMEMBERING RAY
KWAJ HONORS PILOT - P 2-3

SIGNS OF HISTORY
BY KRS ARCHAEOLOGY - P 4

MIT/LL INTERNS
CELEBRATE SUMMER SUCCESS - P 5

**KRS Archaeologists
Caitlin Gilbertson and Grant
Day inspect a new historical
marker for Echo Pier.**

○ Jessica Dambruch

KWAJALEIN CELEBRATES LIFE OF RAY ARSENAULT

Raymond Edgar Arsenault 1962-2017



HOURGLASS REPORT

Friends gathered Sunday, Aug. 20, at the Island Memorial Chapel to remember and celebrate the life of the late former Kwaj resident Ray Arsenault. Arsenault, who passed away in Honolulu Aug. 6, had been active member of the Kwajalein community, an integral part of the Berry Aviation workforce on U.S. Army Garrison-Kwajalein Atoll and a devoted and loving father and husband.

He and his wife Bethany and 2-year-old daughter Reagan spent two years on the garrison, where Ray flew Lakota helicopters and Fairchild Metro turboprops to support Reagan Test Site and USAG-KA missions.

Arsenault and his family loved life on Kwaj, their friends said Sunday during the memorial. While Ray and Bethany knew they would miss the sunsets and tightknit community on Kwajalein, they couldn't pass up an offer for a dream job that came through to them earlier this year: Both Ray and Bethany would be able to pilot tourist flights throughout the Hawaiian Islands.

Within a short time, the Arsenaults had settled into their new lives in Honolulu. Ray was flying small helicopters for

Makani Kai Helicopters, and Bethany was preparing to rekindle her aviation career after Reagan enrolled into preschool.

Kwajalein residents Nikki Maxwell and her family were fortunate enough to pay the Arsenaults a visit earlier this month and witness the happiness the family of three exuded in this new chapter in life.

"Ray was so happy," Maxwell told the crowd at the Island Memorial Chapel. On the job, he was flying over active volcanoes; outside of work, he was enjoying time with his wife and daughter and entertaining guests if they happened to transit through the Hawaiian capital. As the Arsenaults and



LEFT: Kwaj musicians perform some of Ray Arsenault's favorite songs during the Aug. 20 memorial service organized for him. RIGHT: Ray, photographed for the Hourglass the week of Jan. 7, 2017, after he helped locate an imperiled fishing crew in the ocean west of Kwajalein Atoll.

📷 U.S. Army photos by Jordan Vinson; Courtesy photos from Nikki Maxwell and Bethany Arsenault

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

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

Phone: Defense Switching Network 254-2114;
Local phone: 52114
Printed circulation: 650
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the Maxwells caught up on news and future plans over dinner Aug. 6, they promised to see each other again in November for a miniature Kwajalein reunion at a Jimmy Buffet concert.

Later that night, Ray Arsenault suffered a sudden heart attack from which he would not recover.

As the news came in to his friends on Kwajalein, disbelief was followed by sadness and acceptance. Later came celebration—celebration of a life so well lived.

On Kwaj, friends of Ray gathered not to ask why he was taken from life at the young age of 55. Instead, they toughed out the early-afternoon rain showers Sunday and came together to honor him, celebrate his accomplishments and extend their support to his surviving family members.

One man, Rick Fegurur, came to the front of the chapel to tell everyone of how Arsenault helped save his life this year. Fegurur and some friends had headed out on a fishing trip to ring in the New Year Jan. 1 when their boat capsized. Increasingly desperate, they spent the next four hours clutching the bow of the overturned boat when, finally, one of USAG-KA's orange helicopters finally came into view. It was piloted by Steve Simpson and Arsenault, who guided rescuers to the fishermen's location. Arsenault described his experiences that day last January as being one of the most important and rewarding of his professional life. For Fegurur and his friends, they were even more thankful.

"I didn't know Ray personally. But I was really glad he was up in the helicopter looking for us," Fegurur said Sunday. "He may have lost his life, but he gave us our lives back by finding us."

Others who came to the chapel podium Sunday extolled Ray Arsenault's unwaveringly friendly personality. He was known for helping injured friends up to their BQ rooms, entertaining guests for hours with his gift of gab and playing a crucial role in one of the Kwajalein's finest bowling dream teams: Bowling Thunder.

In everything he did, Ray introduced honor, speakers said Sunday.

"He was such a good man. [A man] that had honor," the Rev. Steve Munson said. "He's one of the few men I've ever known who would not do something to benefit himself even if it was convenient. If it wasn't right. He wouldn't do it. And I appreciate that about him. A good man. We will certainly miss him."

Information regarding a memorial service for Ray in the United States will come at a later date.

A BIT ABOUT RAY, FROM HIS FRIENDS

- Ray Arsenault was born in 1962.
- He met Jimmy Carter in high school during the 1976 presidential debates.
- He joined the Army in 1980 and served in the Honor Guard, working President Ronald Reagan's inauguration in 1981. He met both Reagan and George Bush Sr.
- He spent one year stationed at the Demilitarized Zone at the South Korea-North Korea border.
- He became a paratrooper first sergeant.
- During a three-year deployment to the Ivory Coast, he is said to have been involved in a car chase with criminals and was shot. He refused a Purple Heart, claiming the medal should be for "real" injuries.
- He did six months in Bosnia on intelligence operations and finished his military career at the Defense Intelligence Agency.
- He used the GI Bill to go to flight school after retiring from his 21-year military career. After graduating, he did traffic reporting in small aircraft in Washington, D.C. and met Bethany, his wife.
- He later worked as a contract aviator in Iraq and Afghanistan and then did work for the Department of Energy in Washington, D.C. and Las Vegas.
- He wrote and published a romance novel, "Tempestuous Seas."
- He became a father two years ago and moved to Kwaj, where he flew Lakota utility helicopters and Fairchild Metro turboprop airplanes for Berry Aviation on USAG-KA.
- He began writing his second book, one themed on parenthood—likely based on his experiences with Reagan.
- He moved to Honolulu to take a dream job of flying tourists over the Hawaiian Islands.
- He loved hockey, sailing, bowling, swimming, riding motorcycles and flying aircraft.
- He was a great friend to those who knew him and spent time with him. He was an even better husband and father.



Terry Henson, a good friend of the Arsenault family, addresses the crowd during the Aug. 20 memorial service at the chapel.

KRS ARCHAEOLOGY PROJECT MAKES HISTORY

NEWS/JESSICA DAMBRUCH

KRS Archaeology is helping Kwajalein residents, families and visitors see history a little more clearly.

Thanks to a project headed by Grant Day and Caitlin Gilbertson of KRS Archaeology, as of June 2017, 10 new interpretive historical markers have been installed on Kwajalein as part of an initiative that began in 2015. Four of these markers are for sites additional to Kwajalein's WWII battle markers, and still in regular use by the garrison: Island Memorial Chapel and the Richardson Theater, Bucholz Army Airfield, the downtown area and Echo Pier. New signs for Roi-Namur's self-guided tour will be shipped in by barge later this year.

Making History Last

"The military, history and tradition have strong ties and many military bases have markers and signage to help people understand and appreciate the history of the installation," says Day.

It was paramount for Gilbertson and Day that the markers should withstand the inevitable effects of erosion for as long as possible. After ES&H proposed and USAG-KA approved the initiative to improve and refresh the marker structure and design, Day researched and chose a high pressure laminate and weather resistant bases for the markers. These building materials are not only eco-friendly. They should be able to withstand crazing from the elements and the impact of falling coconuts for at least a decade.

These refreshed historical markers don't simply replace Kwajalein's older series of WWII-era signage: They present updated and research, new facts and photographs to visitors. In anticipation of the arrival of Roi's new signs, some existing signs have been relocated to be closer to the physical locations they describe. Future plans to expand historical offerings to the community include an updated self-led tour booklet for visitors and history aficionados to use.

Signs of the Times

Archaeological work in the atoll is largely about reviewing work plans and monitoring construction sites, so Day appreciates the chance to participate in sharing more of its history with the current community. He hopes the refreshed signage will help reacquaint us with the atoll's historic past and encourage a new appreciation of the Marshall Islands.

"[The signs are] one of the more interesting projects we have worked on," says Day. "The island we live on is a historic battlefield, a prehistorical archaeological site and a modern missile test range."

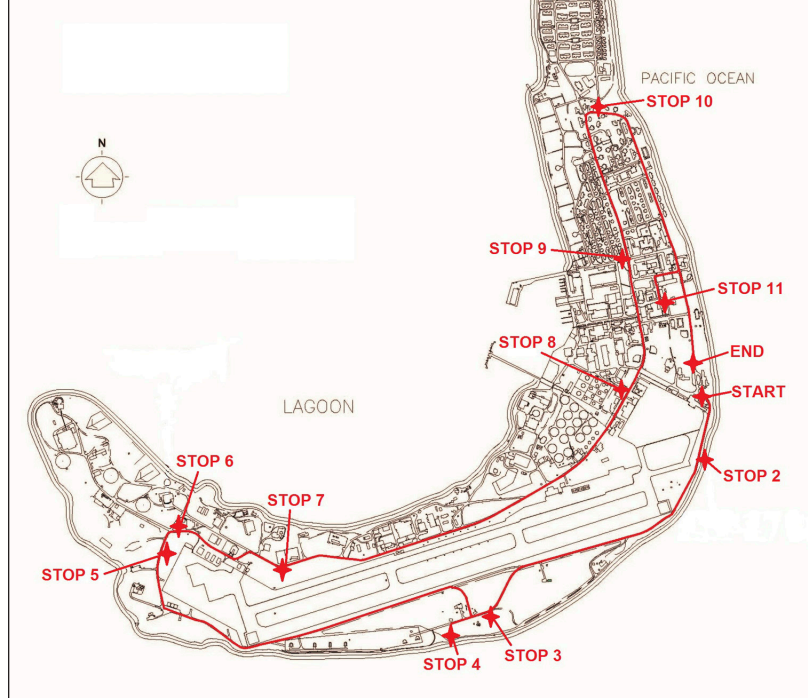
TOP RIGHT: KRS Archaeologists Caitlin Gilbertson and Grant Day check out the updated historical marker for Echo Pier at the corner of Sixth and Lagoon Road. The signs were installed in June 2017.

BOTTOM RIGHT: While you're waiting for Roi's new historical markers to be installed, grab your bike and follow this map to see the 10 new site markers on Kwajalein.



U.S. Army photo by Jessica Dambruch

Courtesy KRS Archaeology





LINCOLN LAB GRADUATES NEW RMI SUMMER INTERNS

2017 MIT Lincoln Laboratory RMI Summer Internship Program participants and advisers join RTS and USAG-KA leaders for a photo Aug. 19 at the RTS Headquarters on Kwajalein. FROM LEFT: MIT/LL System Administrator John O'Rourke, RTS Range Director Lt. Col. Chris Kennedy, MIT/LL Intern Markus Milne, MIT/LL Site Manager Dr. Justin Stambaugh, RMI representative staff member Kalani Riklon, Technical Advisor Jessica Holland, MIT/LL Intern Yoster Jibon, Instructor Ranny Ranis, Command Sgt. Maj. Angela Rawlings and USAG-KA Commander Col. James DeOre Jr.

NEWS/JESSICA DAMBRUCH

The Massachusetts Institute of Technology Lincoln Laboratory site at the Reagan Test Site celebrated the recent graduation of its 2017 RMI Information Technology Program participants, Yoster Jibon and Markus Milne, Aug. 19 at the Reagan Test Site Headquarters. During their post-internship briefing to MIT/LL and USAG-KA Command staff, the students presented their future plans and highlights from their summer training.

With the support of USAG-KA, Marshallese interns compete annually for limited slots in the competitive 10-week MIT/LL program. Those accepted are eligible to attend trainings, lectures and seminars with RTS staff at locations such as Kwajalein's RTS Weather Station and Roi's Kiernan Re-entry Measurements System. Interns also receive a weekly stipend and \$1,000 in education scholarship funds. By the end of the summer program, they receive and test volumes of technical knowledge they may use in higher education and future IT careers.

During their briefing Jibon and Milne described assignments they faced with Program Instructor Ranny Ranis and Technical Advisor Jessica Holland. Troubleshooting hardware, learning to program using different operating systems such as LINUX and building networks were among the toughest tasks. Milne said the network training had challenged him to consider long-term network maintenance while he and Jibon assembled a server rack at the Ebeye Hospital.

"We're used to power outages on Ebeye. [But] when the power comes back—that's not normal for us," said Milne.

Jibon and Milne credit Ranis and Holland for their patience and expertise. Ranis, a longtime employee of Lincoln Lab, said he enjoys the equally challenging work of guiding novice students through IT studies.

"Its great fun to teach these guys," said Ranis. "[The] first time I taught them, they'd [ask], what [something was]. At the end, they've learned a lot."

Jibon plans to work at the College of the RMI on Ebeye and do

IT work, and he plans to use his scholarship to pursue higher education and further his career in IT. Milne, who also works at the College, plans to enter a four-year university. Both interns want to become IT educators in the future.

To honor and recognize their work and commitment to learning, Lincoln Laboratory's Kwajalein Site Manager Dr. Justin Stambaugh awarded the interns certificates of completion and congratulatory MIT/LL parting gifts.

Holland sees the program, now in its ninth year, as a way to invest in the future of the RMI.

"We are pleased to give back to our host nation. We all love the Marshall Islands," said Holland. "We appreciate the chance to be here. The Range is very technical [and] we have resources and knowledge that can help the Marshallese. The important thing is, we're teaching the interns, and they'll go teach others in the RMI."



MIT/LL Site Manager Dr. Justin Stambaugh awards 2017 intern Yoster Jibon a program certificate after his presentation Aug. 19.

U.S. Army photos by Jessica Dambruch



📷 Courtesy of Veronica Fairchild

An Ebeye Christian School student enjoys some time at the Grace Sherwood Library during a recent trip with his classmates to Kwajalein.

📷 U.S. Army photos courtesy of USAG-KA Command



FROM TOP TO BOTTOM: The Marine Department's chief stevedore, Mike Peoples, loads equipment onto an LCM vessel recently picked up from USAG-KA by the RMI government. The RMI police boat, Lomor, and crew haul the vessel from Kwajalein.



📷 U.S. Army photo by Jordan Vinson



📷 Courtesy of Kim Yarnes

LEFT: A group of more than 40 Marshallese friends gather for a birthday party on Kwajalein Saturday, Aug. 19. **RIGHT:** The USNS Brunswick maneuvers in the lagoon Wednesday morning.



Courtesy of Ursula LaBrie



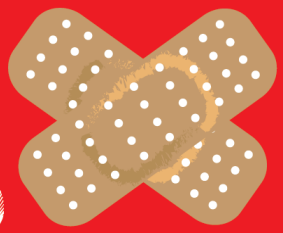
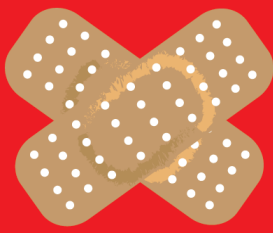
The Kwajalein outrigger canoe folks spend the morning of Aug. 21 making the long voyage across the lagoon to the Prinz Eugen wreck at Carlson (Enubuj) Island. LEFT: Sue Zehr, left, and Ursula LaBrie get a Prinz Eugen selfie. BELOW: The group is photographed by Kwaj resident Linn Ezell aboard a tag-along B-boat.

Courtesy of Linn Ezell



Courtesy of Ursula LaBrie

The Kwajalein Hash House Harriers sponsor a red dress run Sunday, Aug. 20 on Kwajalein. Pictured, the group assembles for a photo at the Vets Hall.



THE SKINNY ON OBESITY IN AMERICA

COMMUNITY CONNECTION BY:

One in four Americans qualifies as obese. If all these people held hands, they would circle the globe three times. In recent decades, obesity rates have doubled in adults and tripled in children. That's scary. Here's a look at the numbers.

CHILDHOOD OBESITY

Nearly one in three children between the age of two and 19 are overweight or obese. That's more than 23 million children – enough to fill over 500,000 school buses. Further children with a TV in their bedroom, or watch TV more than two hours per day are 1.5 times more likely to be overweight or obese. Children who live in unsafe neighborhoods are 61% more likely to be obese than kids in safe neighborhoods.

HOW TO FIGHT FAT

Just losing 10-15 pounds per year can improve health and reduce obesity related complications.

1. Start slow: Don't try to change your whole diet overnight-this will probably lead to giving up. Take small steps, like adding a salad once a day.
2. Go green: Try adding lettuce, broccoli and other green vegetables to your diet. Greens are chock full of vitamins A, C, E and K in addition to calcium, iron and potassium
3. Moderation: Everything in moderation, don't ban your favorite foods from your diet, just eat them less often and in smaller portions.

AMERICA'S FATTEST STATES

West Virginia is the fattest state in America with one in three adults qualifying as obese, and New Hampshire residents have gained the most weight with a six percent increase in obesity. Colorado clocked in as the skinniest state, with one in five obese residents, and the biggest loser is Delaware with a 2.7 percent drop in obesity rate.

AMERICA'S FATTEST CITIES

1. Corpus Christi, TX
2. Charleston, WV
3. El Paso, TX
4. Dallas, TX
5. Memphis, TN
6. Kansas City, MO
7. San Antonio, TX
8. Baltimore, MD
9. Houston, TX
10. Birmingham, AL

AMERICA'S SKINNIEST CITIES

1. San Francisco, CA
2. Burlington, VT
3. Washington, DC
4. Seattle, WA
5. Austin, TX
6. Albuquerque, NM
7. Portland, OR
8. Cincinnati, OH
9. Denver, CO
10. Aurora, CO

CAUSES OF OBESITY

At its core, obesity is caused by taking in more calories than you use.

1. **Environment**—Busy work schedules, long commutes, fast food restaurants on every corner, a lack of parks and trails, and the high cost of health food all support increased obesity rates.
2. **Inactive lifestyle**—We pay the price for many of our modern conveniences in physical inactivity. Driving, instead of walking or riding a bike (except on Kwajalein), and spending hours sitting at a desk or computer or in front of the television have all contributed to the rise of obesity.

OH, THE LIES!

Less than four percent of adults engage in enough physical activity to improve their health, although 40 percent claim they do. Meanwhile, a quick fix for many Americans has been surgery, and the rate undergoing weight-loss surgery has quadrupled.

BREAKING DOWN OBESE AMERICANS BY AGE, RACE, EDUCATION

18-29 years	20.3%	White	25.2%	No high school diploma	32.9%
30-39 years	27.8%	Black	36.8%	High school graduate	29.5%
40-49 years	29.4%	Hispanic	30.7%	College graduate	20.8%
50-59 years	31.1%	Other	16.7%		
60-69 years	30.9%				
Over 70	20.5%				

COST OF OBESITY

The medical costs of obesity are estimate to be as high as \$147 billion per year, and health-care costs related to obesity are projected to quadruple in the next 10 years, accounting for 21 percent of healthcare spending. In addition, the average obese people have to pay an extra \$1,429 per year in medical fees.

Call the Employee Assistance Program counselor at 5-5362 during regular business hours for more information on weight loss and support programs currently offered at Kwajalein Hospital.

THE GOOD NEWS: THERE IS HELP ON USAG-KA

SMDC HISTORY: FIRST ZEUS LAUNCHED FROM UNDERGROUND CELL

EXTERNAL REPORT

By Sharon Watkins-Lang
SMDC/ARSTRAT Historical Office

The Nike-Zeus represents the next generation of the Nike family of missiles. The Nike-Ajax was developed to defend against bomber attacks. Its successor the larger and more powerful Nike-Hercules was created to tackle the potential of a massed bomber attack. The next generation, the Nike-Zeus, sought to address a new problem. It was the first system developed to intercept ballistic missiles, specifically intercontinental ballistic missiles.

In the initial concepts, the Zeus anti-missile missile retained some of the features of the Nike-Hercules. The most prominent being the winged body. With each successive research and development test firing, the configuration was amended as new technologies, new concepts and/or new techniques were adopted.

The test on April 28, 1960 saw two firsts. Unlike previous tests, the main fins or wings of Zeus missile were removed to simulate a next generation DM-15B Zeus interceptor. At the same time a dummy sustainer and warhead were installed. Thus the second stage engines and warhead were not fired in this test. The missile did however incorporate a new booster motor which was capable of producing 450,000 pounds of thrust.

Second, this test was the first to employ a prototype underground cell, developed following an extensive series of static engine firings to collect data on pressure, temperatures and acoustics. In this particular test, the exhaust duct from the underground cell remained open to allow expanding gases to divert into the atmosphere.

Period reports note that both primary objectives were met. The launch helped generate the necessary data and design



A winged version of the Nike-Zeus interceptor rests on an earlier model launcher at White Sands Missile Range, New Mexico in 1960.

criteria for an underground cell. At the same time, scientists were able to investigate the effect of exhaust gases on hardware and equipment and the subsequent impact if any on the performance of the interceptor. In addition, this ducted version of the underground launch cell was ultimately adopted by the project office.

To many, this test was the first suggestion that an operational Nike-Zeus might employ an underground launch system. In a subsequent press release, Army spokesmen explained the rationale for this dramatic transition noting that overall construction costs were less for an underground cell. Above ground complexes for example require an elaborate barricade system and access tunnels, in

addition to an air conditioning/heating system to monitor and control the temperature of the equipment.

In contrast an underground facility was "more resistant to attack" and its location below the surface provided a natural ambient temperature. At the same time officials believed that maintenance costs would be reduced with the elimination of the hydraulic system employed on the fixed launching rail.

According to newspaper accounts, the April 28 test was quite spectacular. "The Zeus roared skyward from its launcher at 8:52 CDT. The missile streaked almost straight up on a ballistic trajectory. All test objectives were met."

**Original print date: April, 2016*



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.

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: The monsoon trough was active around Kwajalein Atoll the past few days but has moved to the north and west. The Intertropical Convergence Zone (ITCZ) will reform in the southern RMI this weekend and embedded passing waves will produce showers on Sunday/Monday and again on Wednesday. Overall, close to normal precipitation is predicted over the next week.

SATURDAY/SUNDAY/MONDAY FORECAST: Scattered showers and a stray thunderstorm late Saturday into Sunday morning, and again the first half of Monday. Winds ENE-ESE at 8-13 knots, decreasing in speed slightly on Monday.

MID-WEEK FORECAST:

Brief reprieve on Tuesday (a few showers) before the next wave arrives on Wednesday (scattered showers). Relatively quiet and mostly dry on Thursday and Friday. Winds generally ENE-ESE at 5-10 knots throughout, with some calm periods.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:41 a.m. 7:00 p.m.	11:00 a.m. 11:09 p.m.	7:06 a.m. 3.6' 7:30 p.m. 3.5'	1:03 a.m. 0.1' 1:16 p.m. 0.1'
MONDAY	6:41 a.m. 7:00 p.m.	11:48 a.m. 11:52 p.m.	7:37 a.m. 3.1' 8:07 p.m. 3.1'	1:38 a.m. 0.5' 1:45 p.m. 0.5'
TUESDAY	6:41 a.m. 6:59 p.m.	12:35 p.m. -----	8:13 a.m. 2.6' 8:58 p.m. 2.8'	2:21 a.m. 0.9' 2:20 p.m. 0.9'
WEDNESDAY	6:41 a.m. 6:59 p.m.	1:23 p.m. 12:36 a.m.	9:14 a.m. 2.1' 10:38 p.m. 2.6'	3:31 a.m. 1.3' 3:22 p.m. 1.2'
THURSDAY	6:41 a.m. 6:58 p.m.	2:11 p.m. 1:22 a.m.	11:59 a.m. 2.0' -----	6:03 a.m. 1.3' 5:44 p.m. 1.3'
FRIDAY	6:41 a.m. 6:58 p.m.	2:59 p.m. 2:09 a.m.	12:45 a.m. 2.7' 1:44 p.m. 2.3'	7:44 a.m. 1.0' 7:24 p.m. 1.1'
SEPTEMBER 2	6:41 a.m. 6:57 p.m.	3:48 p.m. 2:57 a.m.	1:52 a.m. 3.1' 2:29 p.m. 2.7'	8:28 a.m. 0.6' 8:15 p.m. 0.6'

**GOT UXO?
LEAVE IT ALONE.
Mark the location and call
Launch Ordnance at 5-6120.**

Commander's Hotline
Have something the USAG-KA commander should know about?
Call the Commander's Hotline at 51098 today!

iWATCH ARMY
iREPORT **i KEEP US SAFE**
SEE SOMETHING – SAY SOMETHING

REPORTING SUSPICIOUS ACTIVITY	WHO TO REPORT TO
-Date and time activity occurred	Local law Enforcement
-Where and what type of activity occurred	and Security
-Physical description of the people involved	*911
-Description of modes of transportation	*5-4445/4443
-Describe what you saw or heard	*usarmy.bucholz.311-sg-
-Provide pictures if you took any	cmd.mbx.usag-pmo@mail

SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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 AUG. 23

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 2
Sunday Boneless Chicken Nacho Beef Eggs Benedict	BBQ Spare Ribs Blackened Chicken Spinach Quiche	Chicken Picatta Meat or Veggie Lasagna Garlic Bread	Baked Meatloaf Garlic Roast Chicken Potatoes O'Brien	Jamaican Jerk Chicken Mediterranean Beef Stew Macaroni & Cheese	Corned Beef & Cabbage Fish Du Jour Soda Bread	Oriental Curried Steak Chicken Adobo Coconut Rice
DINNER	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 2
Sunday Chicken Saltimbocca Beef Stew Franconia Potatoes	Sliced Roast Beef w/Gravy Chicken Spaghetti Cass. Boiled Potatoes	Cantonese Pork Sticken Chicken Oriental Fried Rice	Steak Night BBQ Chicken Scalloped Potatoes	Beef or Chicken Fajitas Creamy Burrito Casserole Mexican Rice	Sloppy Joes Vegetarian Spaghetti Roasted Potatoes	Hamburger Steak Chicken Pot Pie 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.

RTS Weather Station. Position: Electronics Technician (Full-time). Education: Associate Degree or equivalent experience. US Citizen/Permanent Resident Card required. For details and to apply see <http://www.aq-ast.com/careers>.

COMMUNITY NOTICES

Kwajalein Yacht Club Monthly Meeting. Saturday, Aug. 26. Social Hour begins at 5:30 p.m. Meeting starts at 6:30 p.m. Dinner is at 7 p.m. Bring a side dish. Questions? Call 51951.

Adult Soccer Open Play Clinic. 6-7:30 p.m., Aug. 30, at Brandon Field. Come out and learn the Kwaj rules of the game and find a team to play on. Shin guards required. A few pairs will be available for use at the field.

Merbabes Swim Class. 12:30-1 p.m., Friday, Sept. 1, at the Family Pool. 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. Swim diapers are required for children who are not potty-trained. Cost is FREE! Questions? Contact Cliff at 52848.

CYS Parental Advisory Board Meeting. 5 p.m., Friday, Sept. 1, in the Coconut Room. Discuss upcoming events, voice concerns, and meet our new Pre-K teacher, Ms. Chelsea. Questions or comments? Call Central Registration

at 52158 or Alex McGlenn at 53606.

Quizzo. 7:30 p.m., Friday, Sept. 1, at the Vet's Hall. Special Guest Host Carl Wiley will test your trivia knowledge! Questions? Contact Neil Dye or Mike Woundy.

Christian Women's Fellowship 2017 Kickoff. 6:30 p.m., Saturday, Sept. 9 at Camp Hamilton. All are welcome. We grill, you chill. Bring a friend!

Ballroom Dance Classes. 6:30-8 p.m., Tuesdays, beginning Sept. 12, at the CRC (Room 6). Classes run through Nov. 14. Jitterbug (Swing), East Coast Swing, Rumba, ChaCha, and Salsa covered. Questions? Contact Gus Garcia or email kwajdance@gmail.com.

Yokwe Yuk Women's Club Annual Meet and Greet Party. 4-5:30 p.m., Monday, Sept. 18, at Quarters 241. All women on the atoll are invited to attend! Questions? Contact Kellie Reed at 53640. Save the Date!

Dance Classes with Josh Parker. Sunday evenings at the Vets Hall. All styles of dance will be taught starting with upbeat Latin dances, Salsa and Meringue. There is no charge for the lessons. Class starts at 6:30 p.m. and doors open at 6 p.m. Questions?

PLEASE do not remove the shopping carts from Surfway property. They are authorized for use at the facility only.

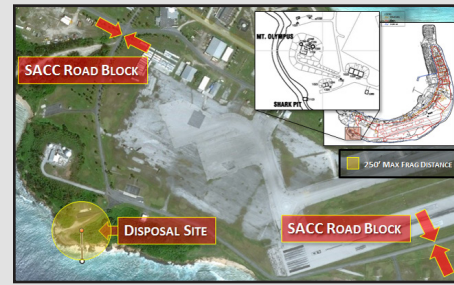
The Family Pool will be closed in support of the Labor Day Beach Blast on Monday, Sept. 4. In the event of inclement weather, event date will move to Tuesday, Sept. 5.

New DSN Dialing. Outgoing: 99-94-Three digit DSN Area Code plus the seven digit number you are calling. Incoming: 315-480-XXXX (X= the last four of your telephone number). For DSN Area Codes, refer to current Phone Directory, pp. 1-20.

EOD UXO Disposal Operation

EOD will be conducting two disposal operations at UXO Disposal Site "Shark Pit," Friday, Sept. 1. The area will be off limits until the operation is complete.

- Operation 1: approx. 9-10 a.m.
- Operation 2: approx. 10 a.m. until noon.



Safely Speaking: Hoisting & Rigging. Lifting heavy objects with a crane is a common practice for KRS. The lifting device and rigging must have the rated capacity to lift the object.

Safely Speaking 2: Drinking & Driving. Kwajalein is unique in that our primary mode of transportation is a bicycle. There are several regulations governing bicycles cited in USAGKA/RTS Reg. 190-5 Ch 3.9 c. states "Bicyclists will not carry an open alcoholic beverage or operate a bicycle when intoxicated." The problem with alcohol is it impairs judgement.

E-Talk: Shoreline Protection. Any activity with the potential to impact areas within 50 ft of the shoreline (facility demolition, construction, vegetation removal) requires Environmental review and approval.

REGISTRATION NOTICES

CYS Youth Sports: Flag Football Season. Register now-Aug. 30. Season Dates: Sept. 7-Oct. 19. Cost is \$25 per player. Open to all CYS Youth Kindergarten-Grade 6. To register, visit Amy Hansen at Central Registration, Building 358 or call 52158.

CYS Start Smart Program: Golf Season. Register now-Aug. 30. Season Dates: Sept. 13-Oct. 18 (Wednesdays). Cost is \$25 per player. Open to Ages 4-7. To register, visit Amy Hansen at Central Registration, Building 358 or call 52158.

September Learn To Swim Class. Register now-Sept. 2. Session dates: Wednesdays and Fridays (8 sessions), Sept. 6-29. Levels III, IV, & V 3:45-4:15 p.m.; Levels I & II 4:30-5 p.m. Cost: \$50 per participant. Participants must be at least 4 years old. Questions? Contact Cliff at 52848.

Water Safety Instructor Class. Register now-Sept. 9. Session Dates: Sept. 24-25 and Sept. 30-Oct. 1. Required pre-requisite skill swim - Sept. 9. Cost: \$200 (includes books and certification fees). Course fee due by Sept. 23. Participants must be at least 16 years old. Contact Cliff at 52848.

Girl Scouts new online registration begins Aug. 29 for K-10th grade. Message through USA Girl Scout Overseas-Kwajalein Facebook page or contact Carrie Aljure at 51897 if you're interested in joining or volunteering!

The Roller Channel is provided to update the community about special events, important announcements and changes to flight and AFN TV schedules. Be sure to check often as announcements change weekly. Happy viewing!

Café Roi

*MENU CURRENT AS OF AUG 23

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 2
Roast Herb Chicken	Linguine w/Beef Marinara	Grilled Catfish	Blackened Chicken Sand.	Sloppy Joe Sandwich	Salmon Cakes	Beef Stroganoff
Hamburger Steak	BBQ Pork Sandwich	Southwestern Roast Beef	Pork Honey Mustard Glaze	Roasted Turkey	Cuban Sandwich	Egg Noodles
Vegetable Frittata	Egg & Cheese Sandwich	Roasted Vegetables	Stir-Fry Vegetables	Stuffing	Tater Tots	Italian Baked Chicken

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sept. 2
Seafood Casserole	Roast Chicken	Roasted Herb Porkloin	Grilled Steak Night	Fried Chicken	Mongolian BBQ	Fried Catfish
Beef Pot Roast	BBQ Spare Ribs	Oxtail Stew	Huli Huli Chicken	Roast Pork	Beef or Chicken Lumpia	Pinto Beans
Spicy Cabbage	Baked Beans	Islander's Rice	Corn on the Cob	Mashed Potatoes	Corn Dogs	Macaroni & Cheese

THE 5 W'S OF WOMEN'S HEART ATTACKS

COMMUNITY CONNECTION BY KWAJALEIN HOSPITAL STAFF

Who is at risk?

Heart attacks are responsible for one in every four female deaths. They are caused by heart disease, the leading cause of death for women in the United States.

When can heart attacks occur?

The average age for women is 70, but many women have them before the age of 50. Heart attacks at a young age are more likely to be fatal.

What are the symptoms?

Heart attack victims may experience symptoms such as cold sweats, nausea, lightheadedness and a pain or discomfort in one or both arms, the back, neck, jaw

or stomach. Shortness of breath, with or without chest discomfort (angina), is also a common sign of heart attack.

Why do heart attacks happen?

Many environmental and biological factors increase the risk or likelihood of heart attack:

- Excessive stress
- Alcohol abuse
- High blood pressure
- High cholesterol
- Being overweight or obese
- Diabetes
- Poor diet
- Tobacco use

In what type of situation can heart attacks strike?

Some studies show that heart attacks

are more likely to occur in the morning, at sporting events, in bed, in public areas and on Mondays.

Fight Heart Attacks

Small adjustments to your lifestyle can benefit your wellness lifelong. Here are a few suggestions to start.

- Walking for just 30 minutes per day is basic cardiovascular exercise that can strengthen and build a healthy heart. It is an activity that can help you relax and enjoy the outdoors in the company of family and friends.
- Quit smoking. Try the Kwajalein Hospital's cessation program.
- Change your diet. Avoid packaged foods high in saturated fat and stick to healthy snacks and meals that include lean meats.

LABOR DAY CELEBRATION

Monday, September 4

3:00pm: Emon Beach

Food Sales/Cash Bar

Inflatables/Crafts

3:30pm

Kwaj's Largest Water Fight

4:00pm:

Island Music Jam

7:30pm:

Fireworks Display

7:45pm:

The Weekend Friends Live DJ Set



LABOR DAY SAFETY AND AREA CLOSURES

Please enjoy the Labor Day celebration responsibly and adhere to these area safety closures.

Aug. 30- Sept. 6

The dog park will be closed to the public to support fireworks operations.

Sept. 3-6

The intersection of Palm Street and Ocean Drive to Palm Street and Project Lane will be closed to foot traffic and vehicles.

Sept. 3-6

The ski boat dive shack and access to the stairs will be restricted.

Sept. 4

No water traffic is permitted south of the ski boat area. This includes boats, people, swimmers, paddleboarding, snorkeling and diving activities.

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.

