

VOLUME 59 NUMBER 2

JANUARY 13, 2018

# THE KWAJALEIN HOURGLASS



YACHTS ANCHORED IN THE CALM LAGOON OFF DELAP, MAJURO.

 JORDAN VINSON

## THIS WEEK

### SPEED OF SELF

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# HOURLASS INTERVIEWS

# CHAD MCGLINN

FEATURE / JESSICA DAMBRUCH

*Sometimes we need an action tale to make those New Year's fitness goals stick. U.S. Air Force Veteran and Kwaj triathlete Chad McGlinn beat his personal goal in IRONMAN Malaysia in November 2017—and a few weeks later began training again for competitive events on Kwajalein and the Philippines in 2018. The decision to take up distance running challenged changed the Kwaj surfer but what keeps him running is another story—and a good one. So the Kwajalein Hourglass asked him about it.*

**Jessica Dambruch:** Describe what it's like to immerse yourself in Ironman training.

**Chad McGlinn:** Training for an Ironman just takes your whole life over. Basically that's all you do. You eat for the training, you sleep for the training. I would get up at 3:30 in the morning and do one training session then, and as soon as I got off work, I'd get my takeout meal so I could train from 4 or 5 p.m., then swim, then sleep. You get up, you eat, sleep, train. It's an addiction. As soon as I finished, I signed up for another one.

**JD:** Why did you start running?

**CM:** I came here out of the Air Force. I had never done any [competitions]. I came out here and I was one of the people in the bar, smoking, drinking all the time and it was just a waste of time. The way I quit doing everything was I just started running. I ran instead of going to the bar. There's a lot of people that call it Chad's way of quitting, or Chad's way of getting healthy. So I did that.

**JD:** Which type of endurance events do you enjoy more? Triathlons or marathons?

**CM:** I had done outdoor stuff a lot [before] but never any long endurance stuff. I quit smoking and drinking and started training. I did a marathon in Seattle on vacation. I did a Rustman in preparation, as something different.

When I did the marathon I was like, this is boring. I liked the three different triathlon disciplines to train for because you're never going to get bored. You can switch them up in different orders, different lengths.

**JD:** How many Rustmans have you finished?

**CM:** I won four or five. I've done five or six. I went full out on all the triathlons. The first year I was an hour and 30 or 40 minutes. The next year I was an hour and 12 minutes. I was one of the few people who had gone under 2 hours and ten minutes. And I just—I don't know. I keep going, keep going [and] keep going.

**JD:** How do you stay focused while you train?

**CM:** During my first Kwajalein tour, I was just doing half Ironmans in the states. I was [also] doing online school. Basically I would write all my term papers while I was riding the bike for three and four hours, in my head. You go nowhere: It's like a blank.

You don't want to think about the pain. You don't want to think. You focus. It's a distraction. In the real races, it's a safety hazard to have earbuds and music playing. When I train out here, it's a six hour bike ride just me in my head, thinking.

**JD:** What would be your ideal soundtrack for training?

**CM:** Anything that was fast. I'll listen to music the day or night before so I have something in my head. I have a shirt that says my mind is 30 percent swim, 30 percent run, 30 percent bike and ten percent song lyrics.



*Chad McGlinn experiences the euphoria of runner's high after completing IRONMAN Malaysia in November 2017.*

**JD:** Talk about what it was like to compete in Malaysia.

**CM:** Ironman Malaysia was my first full Ironman. 140.6 miles. It was incredibly exciting. Coming from here, I'm riding or running around in circles. I get there, and the swim was horrible. There was no visibility. There's nothing that's going to compare to the clarity of our water.

But when I get on the bike, I'm not riding in circles. I'm riding up mountains, and down, and then riding through the villages on Langkawi Island, which is a small island off of Malaysia. All the kids line up to high-five as you're riding through. I was afraid I'd hurt someone: I'm going 25 to 27 miles an hour. You know—whack!

## 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.

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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Email:  
[usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto:usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil)

Garrison Commander...Col. James DeOre Jr.  
Garrison CSM ..... Sgt. Maj. Todd Shirley  
Public Affairs Officer ..... Nikki Maxwell  
Managing Editor ..... Jordan Vinson  
Associate Editor ..... Jessica Dambruch  
Media Services Specialist ..... Cari Dellinger  
Media Services Intern ..... Allison Homuth

**JD: Malaysia is mountainous. Kwaj is flat. Does that pose training challenges for Kwaj athletes?**

**CM:** Well, we have the wind, to fight for resistance, here. On the last run I was flying past people in the hills. It was exciting. There was so much support from everyone there. When you're running the streets were entirely lined with people—the entire way, people cheering.

When I finished, my goal was under 12 hours. I finished with [something like] 11 hours and 51 minutes. I beat my goal. I was really scared of it. Two weeks before I was feeling really sick—I had a viral infection in my lungs. I'd go half a mile and cough. I was doubting I'd be able to start. It cleared up enough—or maybe it was a lot of adrenaline too.

**JD: What's your next major goal?**

**CM:** I've signed up for an event in the Philippines in June. And [in December] I signed up for the Pauper's Marathon. Which wasn't very smart. You're supposed to be in recovery, to do nothing after the Ironman for three weeks, and then slowly bring it back. Give your muscles time to recover.

It takes a lot out of you to train, and then you put it all together for 12 hours of continuous strenuous exercise. Your muscles are breaking down. They can't get enough fuel. Your body is feeding off anything it can. You're supposed to eat, sleep and recover. And then, in the fourth week, you start to come back.

**JD: That must be tough.**

**CM:** It's called the Ironman depression. I read a lot about that. Within hours after finishing, I was like—that's all I've done for months. What am I going to do now? In my fourth week, I decided I was going to run a marathon.

**JD: If you weren't working on the radar and running, what job would you choose?**

**CM:** I'd be a surfer. I'd start training and then the rest of the year go to Pohnpei to surf. I used to go to Nell and surf. I spent a week up there [on Nell] once, just hanging out.

**JD: How did you celebrate after finishing the competition in Malaysia?**

**CM:** Everyone says you crash, but I couldn't sleep for two days. Adrenaline, just—wow, great! That's how they get you to another one. You want that back. It's euphoric to finish something you've worked so hard on for so long.

I went around and saw the villages. I ate a lot of stuff I didn't chance eating when I first got there. All the local street

stuff. It's a small island. They have all the seafood cooked right there on the fire.

**JD: How do your children feel about your training?**

**CM:** They think I'm crazy. They're more into music and video games.

**JD: Any of the island youth ask for guidance with their own fitness goals?**

**CM:** If I see kids at the gym I help them if they're doing something wrong. I don't want them to get hurt. I also used to run with the Sykes' boys. They thought it was cool to sprint past me in the end. So I was like, "Well. All right." It made them happy.

**JD: For Rustman 2018 training, do you team up with anyone?**

**CM:** It's more of a solitary thing—for me that is. I'll go out there and run and lap swim. If I see somebody, I'll always run next to them and talk to them for a while. I'd do the group [bike] rides when they used to have them and hang out and talk with people but it's more that I like to go fast, I guess. 🚲



*McGlinn speeds down a mountainside on Langkawi Island during the biking portion of the event.*

# 1 PASSPORT TO MAJURO

FEATURE / JORDAN VINSON

**It's not crazy** to chase down a legend if the story turns out to be true.

If the people of Majuro really did throw the biggest New Year's Eve block party bash in the Republic of the Marshall Islands, we going to be part of it.

For this reason some friends and I took our gear on the road for an adventure. At the block party we performed before a sea of Marshallese residents, Taiwanese nationals, American sailors and scores of other wanderers. We brought the revelers the tunes of the great Kwajalein-based motorcycle surf rock band—the Yokwe Cowboys—and discovered that making history is even better than chasing legends.

In the first days of 2018 we immersed ourselves in the sights of the colorful RMI capital. Check out our photos and join us next year.

- 1) The lagoon off Delap, Majuro shelters dozens of yachts and commercial tuna fishing vessels at any given time.
- 2) Locals take in a game of island-style chess outside the local Ace Hardware downtown.
- 3) A scene from the New Year's Eve Block Party. Thousands of residents came out for street food, a fireworks show, music by local and visiting bands, raffle prizes, games and more.
- 4) A view of the island chain making up the eastern edge of Majuro Atoll.
- 5) "Yachties" come in to port from a vessel. The double masted vessel on the left in the background is *Infinity*, a 120-foot yacht, whose crew sails from Antarctica to the Arctic for global warming awareness.
- 6) A group of Kwaj residents meet at the Block Party.
- 7) Perusing the office of the Marshall Islands Journal.
- 8) Kwaj residents Katey Beavers and Nick Yarnes admire an alleyway of graffiti art in Delap.



# SMDC HISTORY: FIRST UNIT EQUIPPED WITH PATRIOT SYSTEM

## EXTERNAL REPORT

By Sharon Watkins Lang

USASMDC/ARSTRAT Command Historian

Initially designed as an anti-aircraft interceptor, the Patriot air defense system had been modified to achieve a limited anti-ballistic missile capability under the Patriot Advanced Capability 1 program in the mid-1980s.

During the Gulf War, further improvements were made to the system creating the Patriot Advanced Capability 2, or PAC-2. Following the successful intercept of the Iraqi Scud missiles during the first Gulf War, there was an initiative to expedite the upgrades to the Patriot system to counter tactical ballistic missiles and air breathing targets.

In conjunction with the conditional fielding decision granted by the Materiel Release Board on Dec. 21, 1995, the 2nd Battalion, 7th Air Defense Artillery Brigade became the first unit equipped with the Patriot Advanced Capability 3, or PAC-3, Configuration 1 hardware and software. The move toward the next generation Patriot had begun.

Five months later, on May 15, 1996, full release was approved. In total, seven American battalions and three foreign partner equivalents would be fielded at this stage.

The question remains, however, what is meant by Configuration 1? Is this the first introduction of the new PAC-3 interceptor, the former Extended Range Interceptor, or ERINT, developed by the U.S. Army Strategic Defense Command, which had been identified as the new interceptor in the summer of 1994?

In fact, it is not. The ERINT/PAC-3 interceptor does not appear until the deployment of the Configuration 3.

Although described as a major growth program, the Configuration 1 did not address the interceptor itself. Instead, this system upgrade focused more upon the electronics and the optics for the PAC-2, which used MIM-104D missiles equipped with explosive warheads that detonated near their targets using proximity fuses.

Specifically the Configuration 1 upgrade involved the expanded weapons control computers, optical disk drives, embedded data recorders, the input/output fiber optic translator, a new Pulse Doppler processor and the release of the Mini-Sweep Tactical Software.

The new processor improved radar performance while the other upgrades addressed issues in the Engagement Control Station and the Information coordination center affecting weapons control, computer throughput, memory and reliability.



A Stryker Mobile Expeditionary High Energy Laser, or MEHEL, participates in the Maneuver Fires Integrated Experiment, or MFI, Dec. 4-14 at Fort Sill, Oklahoma. The MEHEL was one of more than 40 platforms experimented on during MFI.

## MEHEL PARTICIPATES IN MFI EXERCISE

### EXTERNAL REPORT

By Jason Cutshaw

USASMDC/ARSTRAT Public Affairs

**REDSTONE ARSENAL, Alabama**—An Army team is laser-focused on improving high-energy technologies to support Soldiers in the field.

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command Technical Center's Air and Missile Defense Directorate participated in the Maneuver Fires Integration Experiment, or MFI, hosted at the Fires Center of Excellence, or FCoE, at Fort Sill, Oklahoma, Dec. 4-14.

At MFI, a crew of three air defense Soldiers were able to detect, acquire, track and defeat aerial targets as well as ground targets with USASMDC/ARSTRAT's Mobile Experimental High Energy Laser, or MEHEL, vehicle after a week of training.

"I am very proud of our SMDC and contractor MEHEL team," said Adam Aberle, SMDC High Energy Laser Division technology development and demonstration lead. "They worked very hard pulling the MEHEL system together to support the event and did an exceptional job ensuring that MEHEL was able to support FCoE MFI objectives."

MEHEL is a laser testbed on a Stryker-armored fighting vehicle chassis and serves as a platform for research and development. The current version of MEHEL has a 5kW laser and other capabilities. The MEHEL crew demonstrated the ability to defeat UAV targets above and below the horizon in both daylight and low visibility scenarios. The team successfully defeated UAV threats and static mortar round engagements.

"The information we learned in the field will be incorporated into future designs," said Dee Formby, SMDC Tech Center Multi-Mission High Energy Laser lead engineer. "The feedback we took from the Soldiers will help improve the performance and user interface. The Soldiers did a great job and picked up the training quickly and also understood that a more mature version of this system could be beneficial to them in the future."

MEHEL successfully met the objectives of the Fort Sill Battle Lab, validating the improvements made since the prior MFI, and providing valuable feedback from the users. The data gathered will allow MEHEL to be used to help develop concept of operations and tactics, techniques and procedures for directed energy systems and inform requirements for future directed energy development efforts. Besides MFI, the team said the Army is looking at how to utilize the MEHEL during future exercises in the coming year.



U.S. Army Photo

U.S. Army Photo by Monica K. Guthrie

# WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

**WEATHER DISCUSSION:** Strong sub-tropical high centered in the Pacific is causing the strong trade winds Saturday into Sunday. Expecting Small Craft Advisory to be needed Saturday, possibly into Sunday. A mid-latitude polar low will be cross the Pacific over the weekend breaking down the High. Trade winds will subside. Numerical weather models are showing the Inter-tropical Convergence Zone (ITCZ) to drift northward with more shower activity next week.

**SATURDAY/SUNDAY/MONDAY FORECAST:** Isolated showers Saturday. Winds ENE at 20-25 knots Saturday decreasing to 15-20 knots for Monday. Widely scattered showers Monday.

**MID-WEEK FORECAST:** Widely scattered to scattered showers next week. Winds ENE-E at 15-20 knots.



Check out daily news and community updates on the official U.S. Army Garrison-Kwajalein Atoll Facebook page.

[www.facebook.com/usarmykwajaleinatoll](http://www.facebook.com/usarmykwajaleinatoll)

For command information questions, please contact Public Affairs at 54848.

## SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
<b>SUNDAY</b>	7:08 a.m. 6:48 p.m.	4:32 a.m. 4:31 p.m.	2:53 a.m. 2.8' 3:08 p.m. 3.9'	8:43 a.m. 0.4' 9:36 p.m. 0.1'
<b>MONDAY</b>	7:08 a.m. 6:48 p.m.	5:21 a.m. 5:18 p.m.	3:30 a.m. 3.0' 3:41 p.m. 4.1'	9:19 a.m. 0.1' 10:07 p.m. -0.2'
<b>TUESDAY</b>	7:08 a.m. 6:49 p.m.	6:09 a.m. 6:06 p.m.	4:02 a.m. 3.2' 4:12 p.m. 4.4'	9:52 a.m. -0.1' 10:37 p.m. -0.4'
<b>WEDNESDAY</b>	7:09 a.m. 6:49 p.m.	6:56 a.m. 6:54 p.m.	4:33 a.m. 3.4' 4:42 p.m. 4.5'	10:23 a.m. -0.3' 11:06 p.m. -0.5'
<b>THURSDAY</b>	7:09 a.m. 6:50 p.m.	7:43 a.m. 7:43 p.m.	5:03 a.m. 3.5' 5:12 p.m. 4.6'	10:53 a.m. -0.3' 11:34 p.m. -0.6'
<b>FRIDAY</b>	7:09 a.m. 6:50 p.m.	8:28 a.m. 8:31 p.m.	5:32 a.m. 3.6' 5:41 p.m. 4.6'	11:23 a.m. -0.3' -----
<b>JANUARY 20</b>	7:09 a.m. 6:51 p.m.	9:12 a.m. 9:19 p.m.	6:01 a.m. 3.6' 6:10 p.m. 4.5'	12:03 a.m. -0.5' 11:53 a.m. -0.3'



Have something the USAG-KA commander needs to know?

Call the Commander's Hotline at 51098.  
**Your voice is valued.**



**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

**iWATCH ARMY**

**iREPORT** **i KEEP US SAFE**

**Your Actions Can Save Lives**

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

\*MENU CURRENT AS OF JAN. 12

### LUNCH

<b>Sunday</b> Seafood Lasagna Chicken Strips Garlic Bread	<b>Monday</b> Italian Sausage Sub Southern Chicken Yellow Squash	<b>Tuesday</b> Fried Catfish Herb Baked Chicken Peas and Carrots	<b>Wednesday</b> Beef Pot Pie Casserole Hawaiian Roasted Pork Island Rice	<b>Thursday</b> Yankee Pot Roast Teriyaki Cod Buttered Peas	<b>Friday</b> Chicken Cacciatore Southern Pork Chops Squash Casserole	<b>Jan. 20</b> Spaghetti w/Meatballs Generals Chicken Steamed Bitter Melon
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### DINNER

<b>Sunday</b> Chicken & Beef Tacos Refried Beans Spanish Rice	<b>Monday</b> Chicken Scarpariello Piggy Mac Italian Potatoes	<b>Tuesday</b> Szechuan Beef Chicken Lomein Steamed Rice	<b>Wednesday</b> Steak Night Huli Huli Chicken Creamed Spinach	<b>Thursday</b> Braised Pork Ragut Cornish Hen a l'orange Hulushki	<b>Friday</b> Brunswick Seafood Stew Alfredo Pasta Bake Stewed Tomatoes	<b>Jan. 20</b> Veggie Lasagna Smashed Potatoes Balsamic Zucchini
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# 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](http://www.krsjv.com).

Job Opportunity at RTS Weather Station. Position: Radar Engineer/Instrument Specialist (Full-time). Education: Bachelor's Degree. U.S. Citizen/Permanent Resident Card required. For full details and to apply see <http://www.aq-ast.com/careers req.#42>.

San Juan Construction is currently hiring for multiple projects on Kwajalein. If your contract is ending and you are interested in continued work on Kwajalein, please see our website at [www.sanjuanconstruction.com](http://www.sanjuanconstruction.com) for opportunities and to apply or call Tim Hughes, Corporate Recruiter at 970-497-8238.

There are still ExPat positions remaining with DynCorp International. If you are interested in applying please come to the second floor of Building 602 and inquire.

## FOR SALE

Family Patio Sale. Saturday, Jan. 20, 7:30 a.m.-1 p.m. at Qtrs. 137-F. Small kitchen appliances, house wares, clothing, toys, DVDs and more.

BQ PCS Sale. Sunday, Jan. 14, Monday, Jan. 15 and Tuesday, Jan. 16 from 10 a.m. to 6 p.m. Women's clothes, sizes 5/6, household items and more. Jan Abrams, Coral 308 or call 51602 No early birds please.

## COMMUNITY NOTICES

Pools and Beaches Winter 2017

Hours. Millican Family Pool: 1-6 p.m. Weekdays and Sunday; 9 a.m. - 3 p.m. Monday, closed Thursdays. Emon Beach: 12:30-3:30 p.m. Tuesday-Saturday; Noon-4 p.m. Sunday and Monday. Adult Pool: Open 24 hours and closed Fridays for cleaning.

Kwajalein Art Guild Meeting. Thursday, Jan. 18, 5-6 p.m. in the Kwaj Hobby Shop. Register for an epic year of creative fun! Individual and family memberships available.

CYS Youth Sports Registration. Bowling: Season Jan. 26-March; cost \$35; ages 8-grade 6. Baseball: Season Jan. 25-March 8; cost \$45; grade K-6. Start Smart Tee Ball: Season Jan. 31-March 7; cost \$25; call about age limitation. Reg. for all three open Dec. 12-Jan. 20. Visit Central Registration or call 52158. Call Mammo Wase at 53796.

The Family Pool closes until 2:30 p.m. Jan. 22 for the KST Swim Meet.

KGA Golf Association Annual 2018 Membership Drive. Join the KGA to get your USGA handicaps, participate in fun tournaments such as the Kwaj Open, Coral Cup and others! Dues: \$60. Deadline: Jan. 31, 2018. Cash or check payable to KGA, Attn: Greg Whitehead, Unit 17001 Box 102, APO, AP 96555.

## SAFETY/ENVIRONMENTAL

Alcoholics Anonymous Meetings are held on Tuesdays and Thursdays, 6:30 -7:30 p.m. at the Kwaj REB Library.

Safely Speaking/Glove Safety: Gloves are the most common form of Personal Protective Equipment (PPE). Choose the right glove for the job.

E-Talk/Petroleum Product Storage Tank Management. Owners and operators of petroleum product storage tanks are required to evaluate each tank for the presence of bottom water as part of the annual inspection in accordance with SPI 1589. Call KRS Environmental at 51134.



**Start 2018 by going back in time to the 80s!** The M80s will rock all the best 80s music on Kwaj and Roi! Don't forget to wear your 80s attire!

—Friday, January 12, 7:30 p.m. at the Roi Outrigger  
—All Ages Show Saturday, January 13, 7 p.m. at Emon Beach

—Adults Only Show Sunday, January 14, 8 p.m. at the Vets Hall. Enjoy bar service during the performance!  
**Happy New Year Sponsored by Quality of Life!**



**WEDNESDAY, JANUARY 31, 8 p.m.**  
**COUNTRY CLUB**

**ADULT AUDIENCES ONLY.**

**SPONSORED BY ARMED FORCES ENTERTAINMENT.**  
**QUESTIONS? CALL 5-3331.**

**QOL VEHICLE UPDATE:**  
**QOL vehicle rentals will now be available until Feb. 15, 2018.**

## Café Roi

\*MENU CURRENT AS OF JAN. 12

### LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 20
Baked Chicken	Garlic Roast Beef	Sloppy Joes	Grilled Cheese	Cheese Quesadilla	Fish Sandwich	Patty Melt w/grilled onions
Egg Florentine	Chicken with Bacon	Honey Mustard Chicken	Roast Pork	Hamburger Steak	Apple Glazed Chicken	Roast Pork
Mashed Potatoes	Egg Muffins	Cheesy Potatoes	Rice Pilaf	Mashed Potatoes	Succotash	Couscous

### DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 20
Southwestern Chicken	Chicken Marsala	Grilled Pork Chops	Grilled Steaks	Fried Chicken	Bratwurst	Roast Chicken
Beef Tamales	Stuffed Peppers	Turkey Ala King	Fish Florentine	Meatloaf	Pork Schnitzel	Beef Stew
Ranch Style Beans	Pasta Puttanesca	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Potato Pancakes	Green Bean Casserole



# USAG-KA TOWN HALLS

## KWAJALEIN / ROI-NAMUR

### RMI Workforce

Jan. 25, 2 p.m., at the Island Memorial Chapel

### Island residents

Jan. 25, 6 p.m., at the MP Room

### Island residents

Jan. 26, 1 p.m., at the Tradewinds Theater

### RMI Workforce

Jan. 26, 2 p.m., at the Tradewinds Theater



## SELF-SHIPMENT TIPS FROM THE POST OFFICE

### HOURGLASS REPORT

**Planning to self-ship** belongings home before your departure from Kwajalein? The Kwajalein Post Office wants to help.

With many island residents mailing boxes, lines have been a little longer than normal. The post office staff reminds the community that special appointment times can be arranged outside of the normal hours of operation. If you have four boxes or more, please take advantage of this ap-

pointment time Kwajalein Post Office clerks are available to discuss your various shipping options. Residents are encouraged to remember that standard height and weight shipping dimensions apply for self-shippments. Boxes and packages have a weight limit of 70 pounds. Length and girth limits are 108 inches for Priority Mail packages and 130 inches for packages shipped via SAM or Parcel Post.

Custom forms can be completed online and all forms should be completed before coming to the mailing window. USPS has a variety of mailing supplies available for free through their website.

For additional assistance and questions please contact the Kwajalein Post Office at 53461 and visit <https://pe.usps.com/text/dmm100/tips-measure-packages.htm>.

## SCHOOL ADVISORY COMMITTEE MEETING

January 17, 2017 at 7 p.m. in the Coconut Room  
George Seitz Elementary School

### ORGANIZATION REPRESENTATIVES

**ALUTIIQ**—Yoshi Kemem  
yoshi.j.kemem.ctr@mail.mil

**USACE**—Mike Howe  
michael.d.howe@usace.army.mil

**KRS**—Jim Bishop  
james.h.bishop.ctr@mail.mil

**KRS**—Alexie McElhoe  
alexie.d.mcelhoe.ctr@mail.mil

**KRS**—Veronica Moos  
veronica.moos.ctr@mail.mil

**MIT**—Stacey O'Rourke  
KEKGmom@comcast.net

**PTO**—Kiersta Bailey  
renbird74@gmail.com

**Ri'katak Family**—Eric Corder  
eric.c.corder.ctr@mail.mil

**Teacher**—Kyle Miller  
millerk@kwajalein-school.com

**USAG-KA**—Brad Reed  
brad.g.reed.civ@mail.mil

**USAG-KA**—Gary Kohler  
gkohler1@yahoo.com

**Education Services**  
Julia Sektnan  
julia.m.sektnan.civ@mail.mil

**School Administration**  
Tarah Yurovchak  
yurovcht@kwajalein-school.com

## 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.