

VOLUME 60 NUMBER 3

JANUARY 19, 2019

THE KWAJALEIN HOURGLASS




THIS WEEK

FOAM BATTLE
FOR KWAJ KIDS - P 2

WWII SHOTS
TELL SOLDIER STORIES - P 3

DIVING BLIND
WITH GEORGE TOONE - P 4

USAG-KA COMMANDER COL. JAMES DEORE, LEFT, RMI PRESIDENT DR. HILDA HEINE AND COMMAND SGT. MAJ. KENYATTA GASKINS ATTEND THE OPENING CEREMONY OF THE 40TH SESSION OF THE NITIJELA CONGRESS JAN. 7.

 FREDERICK KREWSON



1

U.S. Army photos by Jessica Dambruch

KIDS MAKE A SPLASH AT SHAVING CREAM SOCIAL

BY JESSICA DAMBRUCH

It was all-out foamy frenzy at the Richardson Ravine Jan. 12, as more than 40 Kwaj kids donned goggles and splashed into battle during the 2019 Shaving Cream Social. The kids-only event was produced by USAG-KA FMWR and is an annual island favorite.

The social objective is simple: In 15 minutes, get as messy as possible—and tag all of your friends with a terrific white splat of shaving cream.

After filling the ravine with enough water to make a generous splash, Cliff Pryor and Donna Pickard released kids into battle groups according to age.

FMWR provided rounds of plain shaving cream for kids to use as foamy artillery to pelt their friends. The young combatants laughed and chased each other through the puddle, ducking and dodging the foamy spray. None were spared from the fun—especially not the lifeguards standing duty around the ravine area.

Each group of kids emerged from the battle scene to queue up at a rinse station in various degrees of foamy splatter, some with hair spiked, and all with a big grin. Some stayed on to cheer younger siblings and friends. Others went home to hit the showers, leaving a trail of foamy drips and white footprints down Lagoon Road.

1) Steven Finn, left, is about to engage another combatant in shaving cream battle. 2) Donna Pickard was among the few brave adults who entered the splash zone at the Shaving Cream Social. 3) What do you get when you put more than 40 Kwaj kids in a puddle and arm them with shaving cream? Foamy madness. In this photo, Brooklyn Hill waits her turn at a rinse station. 4) Lifeguard Kaya Sylvester is prepared with a snazzy purple shower cap.



2



3



4

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.

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Garrison CSM.....Sgt. Maj. Kenyatta Gaskins
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An undated photo of WWII photographer George Strock.

WWII PHOTOGRAPHER CAPTURED PACIFIC BATTLES ON CAMERA

EDITORIAL / JESSICA DAMBRUCH

By the time American photographer George Strock found himself standing in the surf at Kwajalein Atoll in January 1944, he had documented Allied forces in the Pacific theater for two years. Strock's tenacity would secure his work a place among the more memorable and controversial photo portfolios to emerge from WWII. The American public knew his monochrome cover shots from LIFE magazine. By the end of the war, Strock would show America the terrible cost of battle in a way they had never seen it before.

Strock's work presented the United States Office of War Information (OWI) with a problem: How to present the nation the truth without a breach in sensitivity and censorship laws? At the time, it was not permissible to show the public photos of the uncovered bodies of fallen American troops. However, at Buna Beach in New Guinea, Strock had captured just that. Among his shots from Jan. 1, 1943 is a photo of two fallen American GIs, face-down in the surf.

The image polarized censors. Homefront morale was at stake. Ultimately, the photo was approved for release in September 1943 in a calculated move to galvanize Allied support on the homefront. Strock earned the distinction of being the first to publish such a photo during WWII.

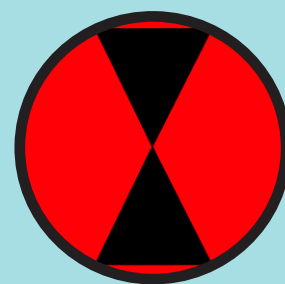
In early February 1944, Strock was documenting Kwajalein under the central Pacific sunshine. Behind the men in his photos, the once-lush island is as luminous and barren as the surface of the moon. War photographer Andre Friedman (known as Robert Capa) famously said: "If your photographs aren't good enough, you aren't close enough." It is clear Strock always aimed to place his audience alongside the troops in his photos, whether they were at rest or in the thick of battle. His shots are framed close-in on the action, sometimes uncomfortably close. His gumption nearly got him killed, once, while photographing an enemy combatant whom he'd assumed to be dead.

After Kwajalein, Strock was reportedly with the 22nd Marine Regiment during the Battle of Eniwetok. There, he photographed a Marine dragging a fallen comrade from the water at Engebi. This time, the fallen man faced the lens. Before the photo hit newsstands, the Soldier's face was artfully disguised to conceal his identity. As consequence, today we can't put a face with his name. LIFE ran the photo March 13, 1944.

Now 75 years after the liberation of the Marshall Islands, Strock's photographs are a bold record of moments that shaped the future of photographic journalism. He didn't always capture the lighter or more joyous moments of the war, but he preserved evidence of the ultimate sacrifice in the Pacific for future generations.



The cover of LIFE from March 16, 1942 features Strock's portrait of draftee Charles Teed.



READ THE KWAJALEIN HOURGLASS ONLINE.

ON JAN. 11, 2019, THE KWAJALEIN HOURGLASS WENT DIGITAL.

READ THE HOURGLASS ONLINE EACH WEEK ON THE OFFICIAL USAG-KA FACEBOOK PAGE.

For more information about George Strock, check out his portfolio online at the International Center of Photography: www.icp.org. The images above are found in the public domain.



📷 U.S. Army photo by Jordan Vinson

George Toone, a blind scuba diver, is helped during his dive by Cliff Pryor, right, and William Boehnke during a dive off Kwajalein in November 2018.

GEORGE TOONE DIVES KWAJ

BY JORDAN VINSON

In late 2018, a visitor came to Kwajalein to visit friends. While he was here he participated in one of the atoll's favorite pastimes: scuba diving. The catch? The diver, George Toone, is blind and has been since birth.

Diving in the Marshalls was an experience he couldn't pass up, Toone said.

"It was something I had never tried before, and I like to try things that everyone else does," he said. "Well, I had to try it, too."

Toone's dive session in the Kwaj ski boat area was his first scuba dive in nearly 30 years, his first occurring in a quarry in Texas. But with help from local divers from the Kwajalein Scuba Club, Toone had plenty of help to catch up on the basics of scuba diving. While Kwaj resident Cliff Pryor guided Toone through his discovery dive book work, others helped him gear up, switch out regulators and guide him safely through the water.

"My biggest thing was the breathing," said Toone of his visit to the Lagoon. "It's so unnatural to breathe underwater. I don't care if you have a regulator—or what you have. It's just so unnatural to breathe underwater. Obviously, I can't see

underwater, 'cause I can't see on top of the water. But I trusted the people that were with me to guide me to where I needed to go and what I needed to do. So, I just kind of left that up to them and was just experiencing the feeling of it and the sounds of it."

All scuba divers should shut their eyes for a spell the next time they're under the surface and try not to lose their nerve underwater. But for Toone, a special breed of adrenaline junkie, his dive was just another sensory experience he's taken advantage of during his life, along with dirt bike riding, bungee jumping, rodeo and so much more.

"I heard the bubbles, obviously from the air we were all breathing out," he said. "I also heard [what] some people said was fish eating the coral."

"Choo choo choo," he said after the dive, vocalizing his interpretation of the sound of reef fish biting into coral rocks in the water. "I did hear that."

Having trouble clearing the pressure in his ears at depth, Toone made the wise decision to pull the plug on the dive roughly 10 minutes into the excursion. Protecting his hearing, he affirmed, was more important than risking a few more meters of depth. Still, he stayed under the

surface long enough to get a sense of the diving experiences countless Kwajalein Scuba Club members have enjoyed for decades in these waters. And for him, that was worth it, Toone said.

Toone lives and operates out of Texas as a semi-retired businessman. His visit to Kwaj wasn't just a dive excursion. He came out to Kwaj to visit friends. During the get-togethers he attended during his stay, Toone learned about the community.

"The people are very friendly here," he said. "This is a totally unique place. And people do without here. I mean, if something doesn't come in on the barge [and if] they don't have a certain thing for a week or two, it's OK. They just adjust. I was playing music the other night, and I asked a bunch of people not to throw tomatoes at me, and they told me not to worry because tomatoes are a commodity here, and they don't want to waste them on me."

Asked if he would go diving again, Toone affirmed most definitely. Few blind people get to experience the magic under the surface of a tropical lagoon. Toone, with a strong total of two dives recorded in his dive logbook, is one of them.



1



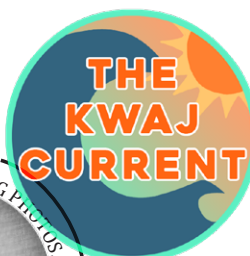
2

1-2) George Toone, left, gets used to breathing through a regulator before his dive.

📷 U.S. Army photos by Jordan Vinson

HERE'S LOOKIN' AT YOU, USAG-KA.

Want to see Kwaj and Roi in action?
Check out the Kwajalein Hourglass Flickr
page and the next episode of the Kwaj
Current TV Show on channel 29-1.



THE KWAJALEIN HOURGLASS



SCUBA DIVE SAFETY TIPS

Always dive with a buddy.
Never dive alone.

Wait at least 12 hours before
flying after doing a single dive.

Wait 18-24 hours after doing
multiple dives.

Divers Alert Network (DAN)
recommends refraining from
strenuous work at least 24
hours before and after diving.

Keep your gear up-to-date
and serviced regularly. DAN
recommends that regulators
get overhauled at least once a
year.

Each diver should have their
own computer.

On any given dive, both div-
ers in the buddy pair should
follow the most conservative
dive computer.

Do not ascend greater than 60
feet per minute.

SATURDAY, JANUARY 19, 2019 / VOLUME 60 NUMBER 3

WITH PEACE IN MIND: MEDITATION FOR KWAJ BEGINNERS

Meditation is the practice of silencing the mind in order to make space for clearer thoughts, heightened awareness and concentration as well as improved connection to emotions and behaviors.

The practice has been in place for thousands of years and more recently became a proven effective technique for treatment of anxiety, depression, PTSD, sleep disorders and ADHD. Most commonly, MBSR (Mindfulness Based Stress Reduction), researched and founded by Jon Kabat-Zinn, has been incorporated in schools and office settings to offset the daily impact of our ever growing to-do lists and demands.

By establishing a simple five-minute daily practice, meditation provides a multitude of benefits to both our short and long term health such as improved energy and sleep, reduced risk of obesity, and lowered risk of stroke, heart attacks, and dementia.

To begin a practice, find a five-minute window in your day to set aside

and set an alarm on your phone or simply download an app that will provide timed notifications.

Here is a simple present moment meditation to try:

1. Find a quiet space where you will be free of distractions and will not be interrupted.
2. Set a timer for five minutes. (If that feels too long, start with one or two minutes.)
3. Sit or lie comfortably. Gently close your eyes and begin relax your body.
4. Make no effort to control your breath; just breathe naturally.
5. Focus your attention to the breath and notice how the body moves with each inhale and exhale, notice the chest or belly as it rises and falls, feel the breath entering your body – what is the temperature of the air as it enters and exits.
6. As other thoughts enter the mind, notice them and then bring your attention back to the breath. (TIPS: If you prefer a focus point, after the inhale – count one, and after the exhale – count two and repeat the one, two counts with each breath).
7. Once the timer goes off, take one last long, deep breath and slowly open your eyes.

Other styles of meditation include guided meditation, visualization, mantra and becoming the observer. Using meditation practice builds a necessary moment of self-care into your daily routine. We drink water to hydrate, shower to cleanse and fight germs to keep our bodies healthy, why not meditate to strengthen and protect the brain.

Try out some self-help tools. Apps to consider include: Calm, Headspace, Mindfulness, Insight Timer, Simple Habit, Oak and Soultime.

You can also find plenty of free resources online through any search engine, podcasts or on Youtube. The practice is for you so if you do not feel connected to the words or practice, simply find one that fits you better. It should feel like your favorite pair of jeans: comfortable and easy.

HOW TO START MEDITATING



Sources: "Start Where You Are: A Guide to Compassionate Living" by Pema Chodron; "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh; "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story" by Dan Harris

BUSINESS INSIDER

KWAJ SOUND BITES

COUNT TO TEN IN MARSHALLESE

Number	Marshallese	Sounds Like
1	juon	choo-on
2	ruo	roo-oh
3	jilu	chill-oo
4	eman	eh-mann
5	lalem	lah-lemm
6	jiljino	chill-chino
7	jimjuon	chim-choo-on
8	ralitok	rall-ee-tek
9	ratimjuon	rah-jim-choo-on
10	joñoul	chonn-yool

BIKE SAFETY

REMINDER

Parents, please make sure to transport your children safely on bicycles. Use appropriate seats and/or trailers and always have them wear a helmet. Children and passengers should not be carried unsecured on baskets or handle bars. Please ensure your day-care provider transports your children safely as well.

DE-STRESS IN 2019

COMMUNITY CONNECTION / BRODIE JANE

While social media and the rest of the internet will now be flooding us with information on healthy New Year resolutions and de-stressing post-holiday season, we are most fortunate here in Kwajalein to have avoided most of this sort of stress. For one, we didn't have to endure Christmas and New Year's traffic while trying to get to relatives or stand in line for hours getting last minute presents.

Nevertheless, we are not completely spared from strain here on the island. For one, we live in considerable isolation and have to endure much time away from friends, family, and everything that is familiar. Living in such close proximity to one another also comes with its own challenges, no matter how much we may love our neighbor.

For the men and women who work here, things may not always run so smoothly and small stresses can accumulate, quickly turning into a more pervasive form of distress.

Despite our idyllic surroundings, it is all too tempting to become bogged down by little irritations and forget to look up.

At times it is easier to brush problems away and leave them unacknowledged. This, however, can have many detrimental effects on the body as well as your mind. Stress left unaddressed can contribute to many health problems, such as high blood pressure, heart disease, obesity, diabetes and autoimmune disease. Symptoms of stress might include:

headaches and chest pain
muscle tension or pain
fatigue
stomach upset
sleep problems

anxiety or restlessness
lack of motivation or focus
feeling overwhelmed
irritability or anger
sadness or depression

It is also important to remember that we often, without realizing, take on stress in our environment and that of others, even through brief interactions. It is most important we learn to recognize the signs and avoid any such unhealthy or toxic interactions.

Why not make one of your new year resolutions better health or 'self-care'.

There are many resources here on the island to tackle stress. One of these is the free counseling provided for those who may feel a little overwhelmed. If this is you, next time you see your doctor, please feel free to reach out and ask for help.

If counseling is not for you, there are many other resources online worth utilizing. For those who are tech-savvy apps such as Headspace, Breathe and Calm are wonderful hubs for meditation and relaxation. These apps also include features to help those who struggle with sleep.

If you prefer a more personal touch, FMWR Yoga classes are led each week by Lauren Wallach. Lauren teaches power yoga for those who want a bit of a workout, but also Yin yoga, Nidra yoga and meditation which all promote deep forms of relaxation and stress release.

Yin and Nidra (meditation) classes are held on Saturdays. Yin Yoga in particular has become very popular in the past several years and is widely used by professional athletes and high intensity job professionals. Some of the benefits are as follows:

Calms and balances the mind and body
Reduces stress and anxiety
Increases circulation and improves flexibility
Releases fascia and improves joint mobility
Balances the internal organs and improves energy flow

"You get peace of mind not by thinking about it or imagining it, but by quietening and relaxing the restless mind."
—Remez Sasson

E-WARENESS

SHORELINE PROTECTION

REPORT / DI ENVIRONMENTAL

USAG-KA-leased islands at Kwajalein Atoll have several miles of shoreline that are protected naturally or with man-made structures.

Shoreline areas provide habitat (birds, crabs, turtle nesting), recreation for residents, and protection from waves. Threats to the shoreline areas include run-off from on-island activities, offshore spills, and erosion from wave action. Vegetation along the shoreline provides soil stability, habitat areas, and prevents runoff.

What can you do? Scoop the poop! Pet waste can contribute bacteria and excess nutrients to surface waters. Any activities with the potential to impact areas within 50 feet of the shoreline (demolition, construction, vegetation removal...etc.) re-

quire review and approval.

Aeto ko emoj an USAG-KA lease i ion Kwajalein Atoll ewor jet mile ko me emoj komman ak illik jet men ko ak kokkalle ko non kejbarok i.

Konan emman ibarijet in jokkein, ekomman bwe en emman non jikin kabbed (bao, baru, jikin lik an won), jabdrewot men ko armej remaron kommane ie, im kejbarok jen no ko.

Men ko remaron kakkure ijokein rej einwot jabdewot men ko ilo rej bed ilo dren ko rej lutoklok jen enne non lojet, lutok in oil, kab jorren ko jen no ko. Menin errek ko itorerein ibarijet rej komman bwe en tot bwirej ko, komman jikin kabbed, im kejbarok lutoklok in dren jen ene non lojet.

Ta komaron kommane? Bok jen bwirej! Bwirej ko an menin mour ko remaron komman kij ko non ion lojet. Jabdewot makutkut iloan 50 ne (rubrub, ekkal, ka-iine... etc.) rej aikuj bar lale im komalim.

E-Wareness is a product of the DI Environmental Office. If you have any questions, please call DI Environmental at 5-1134. Elane elon am kajitok, jouj im kurlok DI Environmental ilo 5-1134.

PLEASE PICK UP THAT PLASTIC

Every day is Earth Day on Kwajalein Atoll. Please do your part to protect the environment.

Segregate solid wastes and deposit all waste in the appropriate receptacles for trash, glass and aluminum.

Pick up plastics and discarded trash on the beaches. Wildlife will mistake trash for food and become sick.

Please never throw trash in the ocean. The water is not your trashcan.

Fight the plastic with a friend! If you are part of an organization on island, consider adopting an area to keep trash-free together.



ROAD CLOSURE

The West and South ends of the Kwajalein are restricted until this operation is complete. Road blocks will be located on the access road to the weather station (Ocean Road) and the Kwajalein Gardens on Lagoon Road. An additional road block will be located near Space Fence Facility. The operation starts at 5 a.m., Jan. 20 and runs until the operation is complete and barricades are removed. Questions should be directed to RTS Command Safety Directorate, 5-4841.



APO OPEN JAN. 23

The Kwajalein and Roi-Namur Post Offices will be closed in observance of the Birthday of Martin Luther King Jr., on Jan 22. These facilities will resume regular hours of operation on Wednesday, Jan. 23.



OPSEC CHECK

Social Networking Sites (SNS) like Facebook and Twitter, are software applications that connect people and information in spontaneous, interactive ways. While they can be fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Tell friends to be careful about using SNS to post photos and information about you and your family.



VET VISITS KWAJ



The veterinarian will be on island Jan. 22-29. The primary purpose of the visit is public health; however, if time allows, the veterinarian will see pets. If you have a pet and are due to PCS within the next three to four months, contact the Veterinarian Technician for guidance. Call Kwajalein Vet Services at 5-2017 to inquire about appointments.



USAG-KA NEWS

U.S. Army photos by Frederick Krewson

Together with United States Ambassador to the Republic of the Marshall Islands Karen Stewart, U.S. Army Garrison-Kwajalein Atoll Commander Col. James DeOre and Command Sgt. Maj. Kenyatta Gaskins attended the opening ceremony of the 40th Session of the Nitijela (Congress) Jan. 7. RMI President Dr. Hilda Heine delivered her 2019 State of the Nation Address, highlighting the administration's accomplishments achieved over the past year. She extended positive remarks and thanks to the U.S. government and USAG-KA. Attendees at the ceremony included the President's cabinet, RMI senators, members of the RMI council of Iroij and Judiciary, business leaders, religious leaders and members of the diplomatic corps.

BRIEF POLITICAL HISTORY OF THE MARSHALL ISLANDS

To understand the role of the Nitijela, it helps to be familiar with the history of the Republic of the Marshall Islands. Here are some highlights in the development of modern RMI politics.

The Trust Territory

In the sixteenth century Spain laid claim to the Marshall Islands and later sold it to the Germans during the Spanish-American war in 1898. Japan captured the Marshall Islands from Germany during World War I and later lost it to the United States during World War II.

Under a 1947 Trusteeship Agreement with the United Nations, the United States administered the Marshall Islands and other Micronesian countries. Under the Trusteeship Agreement the United States assumed the obligation to foster the development of political institutions such as suited for member countries of the Trust Territory.

The United States was tasked with promoting the development of the inhabitants of the Trust Territory towards independence, according to the wishes of the peoples concerned. A bicameral Congress of Micronesia was established in 1964 of which the Marshall Islands was a part.

Political Development

In 1978 the Marshall Islands in a referendum broke away from the rest of Micronesia and opted for a separate Constitution. In 1979 its Constitution was ratified. The country gained independence and signed a compact of free association with the United States in 1986.

The 1979 constitution provides for a unicameral parliamentary system. However, the President is elected by members of the Nitijela (parliament), and serves as the head of government as well as the head of state. A consultative upper house for traditional leaders known as the Council of Irooj advises on customary issues.

Text from rmiparliament.org.



CHECK OUT THE OFFICIAL USAG-KA FACEBOOK PAGE FOR NEWS AND UPDATES

THIS MONTH IN KWAJALEIN HOURGLASS HISTORY

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THE KWAJALEIN HOURGLASS

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CAT team assists in baby delivery

By Lee Fleming

The Civic Action Team, 47th Engineer Company stationed on Gugeegue was surprised on December 23 when Jubar Belene, a Marshallese woman residing there, told them she didn't feel well. Knowing she was already a mother of six and due to have her baby any day they had expected her to make the trip to Ebeye to deliver in the hospital. When they asked what the matter was, she told them she was having the baby. Medic for the Team, SFC Michael Walters, who had previously assisted in the delivery of 11 babies, realized Belene didn't have time to make the trip to Ebeye. There were a few minor complications but the baby was a healthy six pound, eleven ounce boy. His first delivery without a doctor in attendance. Walters was assisted by SFC John Gallas and SPC 4 Craig Rudy.

"I was really nervous at first," said Rudy, "but when they handed me



SFC John Gallas, SP4 Craig Rudy and SFC Michael Walters (left to right) pose with Jubar Belene and baby Michael (U.S. Army photo by Lee Fleming)

the baby it was really exciting." The mother was so appreciative of their help, she wanted the Team to name her newborn. After the names Cat

and Sport were rejected Jubar decided to name him after the man who delivered the baby.

When the Team returns to their permanent base in Fairbanks, Alaska, Walters will be leaving behind a namesake on Gugeegue Michael.

Medic on Roi serves 24 hours a day

By Lisa Thornhill

There are those who walk through their whole lives, serving others completely and are paid in smiles, thanks and small pensions.

Don Kinslow is one of those people. Kinslow has been a medical technician on Roi since August 29, 1979. There, he is the only medic and the only medical personnel. Day in day out Kinslow is responsible for the 300 plus population and takes call 24 hours a day. His office phone and home phone share the same number and, when not in either of those places, he wears a beeper to catch any and every emergency the Roi population might throw his way.

Each day, he greets about 15-20 patients with a smile. Oh, not a I'm-just-trying-to-be-polite-smile, but a smile where his whole face effortlessly glides into an over all gleam. With crows feet popping out, he welcomes his patients with a hearty "Hello, what can I do for you?"

Sometimes he seems to be running on an unlimited supply of energy. After wrapping up somebody's

foot, he asks if they want crutches. "I think you need some crutches. You want crutches? Here, I'll go into the other room and get you some crutches." Then he pops up and with the speed of an eleven-year-old boy, he darts in and out of a locked room and returns with the crutches. The patient hobbles out of the one room office, muttering a low "thank-you."

This energy also shows in his work. He has been a medic for 50 years, starting first in the Navy in 1942. Some time afterwards, he moved to Kwajalein and worked as a medic for two years. Then he transferred to Roi where he has spent the last thirteen years.

He's treated everything from minor injuries to helping deliver babies. As a matter of fact, Kinslow just helped the medic on Ennuburr deliver a seven pound baby. And how does bringing a new life into the world make him feel? He humbly said "Oh I don't know. I never gave it a thought."



Don Kinslow takes Isaac Aneo's blood pressure in the dispensary at Roi-Namur (U.S. Army photo by Laura Clark)

When he's finished with his mission here, which won't be for "quite a while," he says he will retire or volunteer in his home state of California. But for now he'll stay on Roi, handing out smiles, wearing tennis shoes and listening to the sound of his beeper.

WEATHER WATCH

RTS WEATHER STATION STAFF

DISCUSSION: Typical Dry Season pattern to persist through the week. Trade wind convergence within the Inter Tropical Convergence Zone (ITCZ) will remain south of Kwajalein, generally along 5-6N latitude. The southern Marshalls and even Majuro may receive above average precipitation this week, but Kwajalein and the northern Marshalls will remain dry. Current precipitation totals for the month of January are about 60 percent of normal.


Daily weather will be consistent with isolated fast moving showers that don't amount to much accumulation. Moderate trade winds for the early part of the weekend, becoming brisk trade winds near end of weekend into early next week. Due to weak El Nino like conditions, precipitation outlook for January through March is average to below average.

SATURDAY: Partly sunny with isolated showers (10-20 percent coverage across the atoll). Winds NE-ENE at 13-17 knots.

SUNDAY: Partly sunny with stray showers (<10 percent coverage across the atoll). Winds NE-ENE at 13-17 knots.

MONDAY: Partly sunny with isolated showers (10-20 percent coverage across the atoll). Winds NE-ENE at 15-20 knots.

NEXT WEEK: Showers coverage typically 10 percent. Trade wind speeds from 17-22 knots Tuesday and Wednesday.

 SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:09 a.m. 6:51 p.m.	5:48 p.m. 5:44 a.m.	3:39 a.m. 3.5' 3:54 p.m. 4.9'	9:30 a.m. -0.4' 10:23 p.m. -0.9'
MONDAY	7:09 a.m. 6:51 p.m.	6:52 p.m. 6:47 a.m.	4:22 a.m. 3.8' 4:36 p.m. 5.2'	10:14 a.m. -0.7' 11:04 p.m. -1.1'
TUESDAY	7:09 a.m. 6:52 p.m.	7:57 p.m. 7:48 a.m.	5:04 a.m. 4.0' 5:17 p.m. 5.3'	10:56 a.m. -0.8' 11:44 p.m. -1.1'
WEDNESDAY	7:10 a.m. 6:52 p.m.	8:58 p.m. 8:46 a.m.	5:45 a.m. 4.0' 5:58 p.m. 5.2'	11:38 a.m. -0.8' -----
THURSDAY	7:10 a.m. 6:52 p.m.	9:57 p.m. 9:41 a.m.	6:25 a.m. 4.0' 6:38 p.m. 4.9'	12:24 a.m. -1.0' 12:19 p.m. -0.6'
FRIDAY	7:10 a.m. 6:53 p.m.	10:53 p.m. 10:31 a.m.	7:07 a.m. 3.8' 7:19 p.m. 4.5'	1:03 a.m. -0.7' 1:02 p.m. -0.2'
JANUARY 26	7:10 a.m. 6:53 p.m.	11:46 p.m. 11:19 a.m.	7:51 a.m. 3.6' 8:01 p.m. 3.9'	1:44 a.m. -0.3' 1:47 p.m. 0.2'

COMMUNITY CLASSIFIEDS

HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov.

San Juan Construction has multiple openings on Kwajalein. Please see our website www.sanjuanconstruction.com or contact recruiter Tim Hughes at thughes@sjcco.com or (970) 497-8238.

DynCorp International (DI) is looking for qualified candidates to fill various positions. Current DI open positions on USAG-KA include education services, aviation and airfield operations, marine operations and public works among others. For more information and to apply, go to: www.dilogcap.com or contact your local HR representative.

Berry Aviation has an opening for an Aviation Supply Supervisor (unaccompanied). If interested please apply at www.Berryaviation.com "Careers" and/or call Steve Simpson @ 5-2273.

Berry Aviation has an on island/local RMI opening for Supply Warehouse Lead. Must have basic computer skills, including Microsoft Word, Excel and Access. Contact lynn.a.price5.ctr@mail.mil.

COMMUNITY NOTICE

Ongoing Smoking and Tobacco Cessation offered. Please call EAP at 5-5362 or make an appointment with a physician.

Attention USAG-KA Residents: Telephone Fee Collection. DynCorp International is collecting for

residential and business phone services. Kwaj residents can pay at the cash cage in building 702, Tuesday – Saturday from 1 – 5 p.m. Roi Namur residents can pay at the Finance Office, Tuesday – Friday from 1 – 4 p.m. The monthly fee is \$10 per line and due no later than the 10th of each month.

Middle School Youth Fellowship meets at 3:30 on Jan. 21 in the REB. For information, contact the Soks, Kara Larsen or Julie Richey.

Free Family Movie Night at the Island Memorial Chapel. Join us on Monday, Jan. 21 at 6:30 p.m. for the Christian movie, "I Can Only Imagine." The movie is based on the true story that inspired Bart Millard (of band Mercy Me) to write this song. Bring your snacks and drinks and get ready to enjoy a movie in the main sanctuary!

The Island Orientation for new hires will be held on Wednesday, Jan. 23 at 12:30 p.m. in the Corlett Recreation Center (CRC) Room 6. Please send an email to LOGCAPHV@dyn-intl.com or call Asia Williams @ 5-3511 to register.

High School Youth Fellowship meets at 6:30 on Jan. 28 in the REB. Contact the Kirks or Alex Coleman for details.

Prayer Quilt Ministry. Prayer Quilt ministry meets weekly, Tuesdays at 1 p.m. in the REB. We make quilts to give to those who have experienced tragedy and illness. Interested in learning how to quilt or enjoy quilting? Come when it works for your schedule.

Send community announcements and updates to kwajaleinhourglass@dyn-intl.com.



SHOP GREEN IN 2019.

BRING REUSABLE SHOPPING BAGS TO AAFES AND SURFWAY.



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

CW2 Jarell Smith
SHARP Victim Advocate
Work: 805 355 2139
Home: 805 355 2036

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 **iKEEP US SAFE**

Your Actions Can Save Lives

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

**OPSEC IS EVERYONE'S
BUSINESS. PLEASE THINK
BEFORE YOU POST.**

DR. MARTIN LUTHER KING JR. DAY HOURS OF OPERATION

KWAJALEIN

Monday, Jan. 21

Tuesday, Jan. 22

Airport Shuttle Normal hours
American Eatery Check facility
Bowling Center 1-8 p.m.
Country Club 7 a.m.-2 p.m.
Emon Lifeguard Hours 11 a.m.- 6 p.m.
Millican Family Pool Noon- 6 p.m.
Library 7 a.m.-7 p.m.
MWR Rentals 7 a.m.-7 p.m.
Hobby Shop Noon- 6 p.m.
Kwaj Post Office Closed
Golf Course Normal hours
Kwajalein Hospital Weekend schedule
Ocean View Club 4:30 - 11:30 p.m.
Small Boat Marina 7:30 a.m.-6:30 p.m.
Sunrise Bakery Closed
Surfside Salon 9 a.m.-6 p.m.
Surfway Check facility
Yuk Theater 7:30-9:30 p.m.
Zamperini Cafeteria Breakfast - 6 a.m. - 10 a.m.
Brunch - 11 a.m. - 1 p.m.
Dinner - 4:30 p.m. - 7 p.m.
9 a.m.-6 p.m.
10 a.m.-4 p.m.
10 a.m.- 4 p.m.

Normal hours
Check facility
6 - 9 p.m. (league play)
Closed
Unguarded
Closed
Closed
Closed
Closed
Normal hours
Holiday/Weekend schedule
4:30 - 11:30 p.m.
7:30 a.m.-6:30 p.m.
Closed
Closed
1-6 p.m.
N/A
Breakfast - 7 a.m. - 10 a.m.
Brunch - 11 a.m. - 1 p.m.
Dinner - 4:30 p.m. - 7 p.m.
Check facility
7 a.m.-8 p.m.
7 a.m.-8 p.m.

ROI-NAMUR

Roi Post Office Closed
Community Activities Closed
Café Roi Breakfast - 6-8:30 a.m.
Lunch - 10:30 a.m. - 12:30 p.m.
Dinner - 5 - 6:45 p.m.
5-11 p.m.
Lunch - noon-2 p.m.
Dinner - 5:30-9:30 p.m.
11 a.m.- 3 p.m.
Holiday/Weekend Schedule
8 a.m.-6 p.m.
Check facility

Closed
Closed
Breakfast - 7 a.m. - 9 a.m.
Lunch - 10:30 a.m. - 12:30 p.m.
Dinner - 5 p.m. - 6:45 p.m.
5 p.m.-2 a.m.
Lunch - noon-2 p.m.
Dinner - 5:30-10:30 p.m.
11 a.m.- 3 p.m.
Holiday/Weekend Schedule
8 a.m.-6 p.m.
Closed

Outrigger Bar
Outrigger Snack

Shoppette
Roi Dispensary
Small Boat Marina
Roi Surfway

*These hours are current as of Jan. 18. Please visit the facility for details and updates on holiday hours of operation.

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.

SHUTTLE BUS SERVICE

To set up a pick up time for the shuttle please call: 5-3341 or 5-8294. If a representative cannot be reached, please leave a detailed message and your phone call will be returned as soon as possible. Shuttle services start one hour prior to check-in times for United flights and 0700 for the ATI.