

THE KWAJALEIN HOURGLASS



THIS WEEK

KWAJ CELEBRATES

INDEPENDENCE DAY - P 2-3

COUPLE RETURNS

WWII JAPANESE FLAG - P 4

ARMY WARRIOR

EARNs PARALYMPIC SHOT - P 7

Kwajalein residents finish up their Fourth of July Bicycle Parade with a group photo at the main pavilion on Emon Beach last Monday. For more Independence Day festivities, see pages 2-3.

Colleen Furgeson

USAG-KA RESIDENTS CELEBRATE INDEPENDENCE DAY KWAJ STYLE

HOURLASS REPORT

The Kwajalein community gathered for a rip-roaring Independence Day party Monday, July 4, at Emon Beach. Organized by KRS' Community Activities staff, the day-long fest brought out hundreds of Kwaj folks looking for a way to celebrate America's birth with their friends and family.

Kicking off the day was the traditional Baggo tournament, won by a team comprising Jim Cossey and Andy Estacion. The traditional Fourth of July Bike Parade took off from northern Emon Beach and finished at its southern perimeter. An opening ceremony, featuring a speech from USAG-KA Commander Col. Michael Larsen preceded hours of children's fun with the garrison's inflatable bounce houses, an obstacle course, carnival games and more. Residents decorated coconuts as part of the fifth annual Kwajalein Art Guild Fourth of July craft activity. And Waterpalooza—Kwajalein's largest water balloon fight ever—kicked off at 4 p.m., bringing out scores of sharp shooters to the field, each eyeing to wallop opponents with their jiggly weapons.

Rounding out the night were performances by Tommy Rocker, a Las Vegas-based solo musician who was invited out to U.S. Army Garrison-Kwajalein Atoll by the Quality of Life Committee. He performed first on Roi earlier in weekend and later followed up with shows at the Vets Hall and Emon Beach.



CLOCKWISE FROM TOP: Kwajalein youth, parents, teens and guests go head-to-head in the Fourth of July Waterpalooza water balloon fight at Emon Beach. Jim Cossey, left, and Andy Estacion celebrate their championship win following the Independence Day Baggo Tournament. Ryland Yarnes checks out Tommy Rocker during the musician's afternoon set.

U.S. Army photos by Kim Yarnes, Nick Yarnes and Derek Finch

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

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

Email:

usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Garrison Commander.....Col. Michael Larsen
Garrison CSM.....Sgt. Maj. Angela Rawlings
Public Affairs Officer.....Nikki L. Maxwell
Managing Editor Jordan Vinson
Associate EditorCari Dellinger
Media Services Intern.....Colleen Furgeson

HIGHLIGHTS



1) The annual bike parade heads down Emon Beach. 2) Kids of all ages get soaked during Waterpalooza. 3) Taneka Hearne tosses her water balloon with precision. 4) KHS students, visiting college students and friends volunteer. 5) Justin Hamon, left, and Handy Amlej work behind the scenes to prepare and serve food. 6) Kwaj dances for Orlando. 7) Axel Vail takes a break from the fun to peer out of the bounce house. 8) Bruce Premo concentrates during a mini-golf game. 9) Alison Sok paints a festive coconut.



KWAJ COUPLE REUNITES JAPANESE WWII VETERAN WITH FLAG LOST FOR 70 YEARS

EXTERNAL REPORT

Jason B. Cutshaw, USASMDC/ARSTRAT Public Affairs

REDSTONE ARSENAL, Alabama — A family shows ultimate respect to a once bitter enemy by returning a flag that had been lost more for more than 70 years.

Billy G. Traweek, range engineer and ground safety officer, Ronald Reagan Ballistic Missile Defense Test Site on Kwajalein Atoll in the Republic of the Marshall Islands, and his wife, Lauren, returned treasured flags to warriors and family members of those who fought for their nation in World War II.

The flags, named Yosegaki Hinomaru, were 3-feet-by-3-feet Japanese flags signed and blessed by the soldier's priest, families, friends and even their teachers before they left to fight. The soldiers would fold them up and carry them next to their heart, under their uniforms.

"I searched the Internet for 'World War II Japanese flags with writing' and found Rex and Keiko Ziak with the OBON Society," Lauren said. "When they explained the flags were Yosegaki Hinomaru, and their importance to the families of the soldiers, I was thrilled to send them to OBON to be repatriated, if possible."

The OBON Society is a nonprofit group founded by the Ziak's from Naselle, Washington, to facilitate the return of flags. OBON devotes all of their own time and money to return the flags to the families of the soldiers.

When Billy and Lauren moved to Kwaj in 2001 they made friends with two long-time residents, who worked at the Kwajalein Hospital for many years. One was Ray Wolff, who arrived on Kwajalein in 1960 as a medic and left in 2008.

"He was an avid collector, and loved all things Eastern," Lauren said. "He had a fine collection of oriental carpets and many lovely carvings from Indonesia and Japan, including a collection of netsuke.

"He also had two Japanese flags, covered in kanji, carefully wrapped in tissue that he would occasionally show to special friends, and always with great reverence," she added. "He didn't know what the flags meant, only that they were obviously very meaningful. Sadly, we never learned how or where he obtained them, and he was never in World War II, or even in the military."

The other friend was Kathy Campbell, a nurse at the hospital, who arrived on Kwajalein in 1975 and left shortly after Ray left in 2008.

"They were very old and dear friends and when Ray's health began to fail, Kathy moved Ray and all of his collections into her apartment in Portland, Oregon, to care for him," Lauren said. "After he passed away in October 2013, Kathy had the daunting task of distributing Ray's belongings that he had so carefully assembled and cared for his entire life.

"One year after Ray's passing, Kathy returned to Kwajalein with Ray's ashes to spread on the beautiful blue water in the atoll, and to give me the flags, in the hopes I could somehow find their best resting place," she added. "Initially I had thought to give the two flags to one of the Japanese bereavement groups that come to Kwajalein once a year."

Lauren said she would like to emphasize Ray Wolff and Kathy Campbell's involvement.

"Not only did they take beautiful care of the flags, but especially Kathy was so pleased to find this resolution before she passed



Courtesy of Lauren Traweek

Lauren Traweek returns a flag to Katsutarō Kuroda, a Japanese soldier from World War II, during a Returning Ceremony in Miyako City, Japan, June 2. The flags, called a Yosegaki Hinomaru, were 3-feet-by-3-feet Japanese flags signed and blessed by the soldier's priest, families, friends and even their teachers before they left to fight. The soldiers would fold them up and carry them next to their heart, under their uniforms. The Yosegaki Hinomaru was returned to Kuroda after being separated for more than 70 years.

away," she said. "Both were longtime members of the Kwajalein community and loved by all."

The first flag found its way to Taiwan to two grandsons of a Taiwanese soldier who enlisted with the Japanese.

"It was returned with great ceremony on May 9, 2015," Lauren said. "The remaining heirs of the soldier, who claim the flags, believe the spirit of the soldiers are actually in the flags, and treat them as if they are the actual person. These returning ceremonies are very poignant."

After sending the flags to the Ziaks in November 2014, the second Yosegaki Hinomaru found its way back to the veteran, named Katsutarō Kuroda.

The Returning Ceremony was hosted in Miyako City, Japan, on June 2 and the Traweeks were invited to attend. The event brought family members together that Kuroda had not seen in a while. His family said he was 'reinvigorated' by the whole affair, and was staying in Miyako City to celebrate his 95th birthday on June 4.

"As soon as I heard we had been invited with only three weeks to spare, I jumped on the reservations for hotels, transportation and leave requests," Billy said. "It was a challenge to get us there on time, with time to spare for some sight-seeing. I was able to find where my family lived when I was 8 years old and my Dad was stationed in Japan. It was a great trip, totally unplanned and successful in every way. It was a very emotional to see this whole experience come to fruition."

Lauren said it was very emotional for her too.

"Although nobody but the OBON volunteer spoke English, I could tell he was very appreciative," Lauren said. "He poured over it, as each signature was from his family and friends, from 70 years ago. The Japanese are very reserved, so there weren't any hugs or even handshakes, but lots of bowing.

"I don't quite understand why this was my job, but I took it very seriously, flying all the way to Japan," she added. "When I actually handed him the flag, I cried."

AND THE WINNERS OF THE 2016 PHOTO EXHIBIT CONTEST ARE ...

Category: *Wildlife*



"Google Eyes"—Lynda Reynolds



"Hangin Out Together"—Linn Ezell



"Henrietta Sings the Blues"—Cari Dellinger

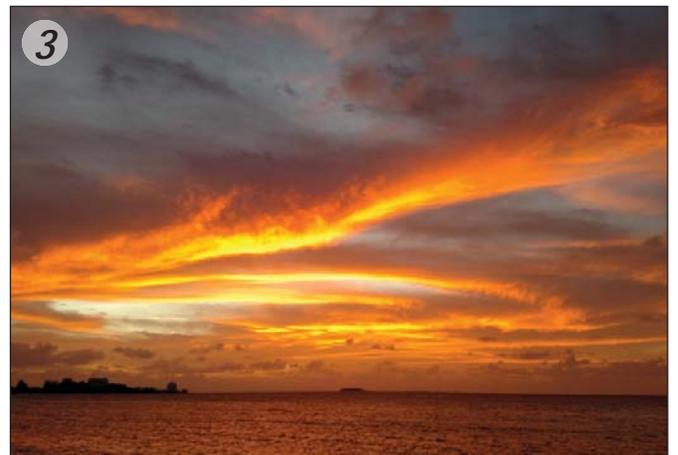
Category: *Sunrise/Sunset*



"Emon Gold"—Steve Munson



"Day is Done"—Kim D'Alessandro



"When You Say Nothing At All"—Jasyn Jefferies

In the mid-1960s, E. H. Bryan, Jr.—then, manager of the Bishop Museum in Honolulu—and his staff at the museum's Pacific Scientific Information Center prepared an in-depth guide to the geography, biodiversity and history of the Marshall Islands and the cultural practices, lifestyles and histories of the Marshallese people. Written specially for Kwajalein Hourglass readers, the 24-part series appeared over the course of two years and was titled "The Marshalls and the Pacific."

Uncovered at the Grace Sherwood Library, it comprises a literal bounty of professionally-curated essays that take the reader on a profound tour of knowledge on everything from marine shell identification and the etymology of atoll names, to the traditional division of labor in the Marshallese household and explanations on how atolls are formed.

What follows in coming Hourglass issues are excerpts from the timeless "Marshalls and the Pacific" series. Enjoy.

*Continued from July 2, 2016

CLIMATE IN THE PACIFIC AREA

The condition of the atmosphere at any particular time and place is called the weather. The usual succession, through the years, of types of weather characterizes the climate of a region.

If one considers the Pacific as a whole, from Antarctica through the tropics, to the stormy area along the Aleutian Islands, quite a range of climate is encountered. However, throughout much of the Pacific, particularly the tropical portion where islands are found, there is much uniformity, with comparatively small ranges in air temperature, both daily and throughout the year, and in most other climatic factors. The greatest variation is in rainfall. Over much of the central Pacific area, temperatures never become very hot nor very cold at sea level. The reason for this is that the ocean water is able to store more heat than the land and radiate it more slowly. The moisture-laden air over the equatorial Pacific becomes heated, expands and rises, allowing the denser, heavier, cooler air to flow in from both sides, near the surface, to take its place. The rotation of the Earth from west to east, with a speed of more than 1,000 mph at the equator to nothing at the poles, makes the air appear to drift westward, giving rise to the trade winds. North of the equator these blow from northeast to southwest; in the southern hemisphere these blow from southeast to northwest. Both systems blow with great regularity. They converge a short distance north of the equator [at the intertropical convergence zone], the exact latitude varying with the season, as the sun appears to move north and south. Here there is a belt of light air moving westward, or of claims, called the doldrums.

The warm, expanded air, which has risen in tropical regions, flows poleward in both directions at higher altitudes, forming the anti-trades. These bodies of air cool, contract and settle back toward the surface of the Earth. Here the Earth is rotating more slowly than the winds, which have the velocity of equatorial rotation, and they appear to pass over the middle latitudes in an easterly or northeasterly direction, depending upon the season of the year.

In the western Pacific the trade winds are reinforced or modified by seasonal winds called monsoons. When it is summertime in the northern hemisphere the land in southeastern and central Asia is heated so much that the air becomes warmer and lighter than that over the equatorial seas. At such

times the winds blow from the western Pacific and Indian Oceans toward the land, bringing with them moisture which falls as torrential rain. Entering a belt of slower rotation, the air movement takes a northeasterly direction, and these winds are called the southwest monsoon. In the northwest Pacific, the wind direction in winter is similar to that of the northeast trade winds.

The monsoon winds north of the equator are augmented by another set south of the equator in the Australian region. The seasons being reversed, when the winds blow toward heated Asia they are blowing out of cooler Australia. When Asia is cooler, the interior of Australia is warmer. Then winds blow toward Australia, but more from the east than from the northwest. However, Indonesia gets the full force of the winds from the northwest, resulting from the northeast monsoon.

Violent storms are not frequent in the Pacific, but tropical cyclones (popularly known as typhoons) occur at times in the central and western Pacific, both north and south of the equator, but seldom near it, and also in the extreme eastern Pacific, off the coast of Mexico. Winds, especially storms, have helped distribute seeds, spores and insects.

Rainfall is the most variable factor in the climate of the Pacific, and it exerts a great influence in the type of vegetation and related animal life. Water picked up by air, as it moves over expanses of ocean, is dropped when the air cools, as it does when it rises off landmasses and air "fronts," or as a result of convection. Thus, other factors being equal, rainfall is likely to be heavier on high islands than on low islands, and on the windward sides of high islands more than on their leeward sides. But there are also rather definite wet and dry zones or belts across the Pacific roughly parallel with the equator. For example, there is a wet zone located a little north of the equator. This runs through Palmyra, Washington and Fanning Islands. To the north of this is a drier zone. To the south, near the equator, is another dry zone through Jarvis, Malden, Baker, Howland, the northern Phoenix and Gilbert Islands. There are pronounced seasonal changes on many islands, as well as variations from year to year in cycles not yet fully understood.

OCEAN CURRENTS

Propelled, at least in part, by the wind system, well-established ocean currents circulate in the Pacific. The north Pacific equatorial current crosses from east to west, with its center about 15 degrees north of the equator. It moves toward the Philippines, turns northward past Japan as the Kuro Siwo or Japan Current, circles northeastward, and crosses the north Pacific with the West Wind Drift. Intermixing with a cold current from the Bering Sea, it brings a zone of fog to the Aleutian region. To some extent it warms the shores of the Gulf of Alaska, and curves southward past the Hawaiian Islands. Near the west coast of the United States there is an upwelling of cold water, which moves southward as the Californian Current. This accounts for the clouds seen during the first few hundred miles of a trip from San Francisco to Hawaii.

South of the equator, the South Pacific Equatorial Current circulates in a counterclockwise direction. It is warmed as it moves westward in the vicinity of the equator and gradually turns southward, mainly between the Tuamotus and New Zealand. One branch works farther west and circles the Tasman Sea, between New Zealand and Australia. Turning eastward

SEE "CLIMATE," PAGE 7

SERGEANT EARNS ARMY'S INAUGURAL BERTH IN PARALYMPIC SWIMMING

EXTERNAL REPORT

CHARLOTTE, N.C. — Sgt. Elizabeth Marks earned a Paralympic berth at the 2016 U.S. Paralympic Swimming Team Trials June 30 through July 2 at the Mecklenburg County Aquatic Center.

Marks, 25, a native of Prescott Valley, Arizona, joined the Army at age 17 and is the first Soldier in the U.S. Army World Class Athlete Program to become a Paralympic swimmer.

"I'm just grateful," Marks said. "I'm excited that I get the chance to represent the United States of America's colors in any way that I'm allowed."

Marks opened the three-day meet Thursday morning with a victory in the women's 100-meter breaststroke class preliminaries with a time of 1 minute, 29.47 seconds. She won the final in a personal-best time of 1:28.54 – only .01 seconds off the world record of 1:28.53 – on Thursday night. Seventeen-time Paralympic medalist Jessica Long finished second in 1:34.51 – nearly six seconds behind Marks.

After migraines kept Marks awake most of Thursday night, U.S. Army World Class Athlete Program Head of Sports Medicine and Strength & Conditioning Jason Barber and Marks' coach, Nathan Manley, medically scratched her from the 100-meter butterfly on Friday to allow her to better recover for two events Saturday.

Marks resiliently returned to the pool Saturday and finished second in the 100-meter backstroke with a personal-best time of 1:21.64. Long won the race event in 1:19.56. Marks also finished third in the 200-meter individual medley preliminaries with a time of 2:56.83.

"The Army has taught me resiliency and I didn't think twice about waking up and coming and trying to give it my all that third day – I came too far to not swim as much as possible," Marks said.

"CLIMATE," FROM PAGE 6

and propelled by the "Roaring Forties," it gradually cools as it intermixes with the West Wind Drift, part of which turns north along the coast of South America as the Peru or Humboldt Current. This cools the west coast of South America as far north as the equator, turning westward south of the Galapagos Islands.

The two equatorial currents carry a great volume of water to the vicinity of New Guinea and the Philippines. The South



U.S. Army photos by Tim Higgs, IMCOM Public Affairs

Sgt. Elizabeth Marks earned a Paralympic berth at the 2016 U.S. Paralympic Swimming Team Trials June 30 through July 2 at Mecklenburg County Aquatic Center in Charlotte, N.C.

"But the second day it was a smart, strategic move to medical out. I wanted to push through it, and I would've – but I was extremely ill."

Marks, who has a loss of sensation in her limbs, reduced lung capacity and impaired vision while swimming, remembers little about each of her races in Charlotte.

"It was all a blur. I don't remember; I really don't," said Marks, who also experiences hearing difficulties immediately after racing. "When I swim, I swim so hard that I don't even know what my time is. I can't see it. I don't know if I finished first or last. I have no idea."

On the Fourth of July weekend, she swam fast enough to earn a spot on Team USA. Marks officially was named to the 2016 U.S. Paralympic Team during a celebration ceremony Sunday at Romare

Bearden Park in uptown Charlotte.

"I don't view this as me making the team," Marks said. "I view this as a group effort making the team. These people that I've been so lucky to have in my life, like all of my Invictus brothers and sisters, I feel like we made this team. Every step along the way has been unexpected and sometimes hard and sometimes beautiful, and I'm just grateful for all of it. What it's led to is just a result of trying hard, caring about what I was doing, and wanting to do it for my military family."

Marks was determined to make Team USA to show her fellow wounded warriors that they, too, can return to living a productive life.

She sustained bilateral hip injuries in 2010 while serving as a combat medic

SEE "PARALYMPICS," PAGE 9

Equatorial Current, having no place to go southward, circles to the right and returns across the Pacific, partly on the surface as the Equatorial Counter Current, and partly beneath the surface from west to east. The upwelling of this latter in the equatorial region brings to the surface nutrient materials on which feed a variety of organisms, and makes these equatorial waters a place rich in animal life. These currents not only help to equalize heat and cold, but also distribute many kinds of plants and animals from one part of the Pacific to another.

JOINT THEATER SUSTAINMENT INTEGRATION IS WITHIN REACH IN PACIFIC

EXTERNAL REPORT

By Maj. Gen. Edward Dorman III and Maj. Marc Vielledent

Army power is joint power. As a concept, joint sustainment is not a new idea; however, implementing and executing it is routinely not performed well. Throughout the years, a joint sustainment concept has gained support but has also received criticism based on a variety of factors ranging from faulty organizational constructs and span of control problems to budget constraints and a recurring lack of political will.

The future force is being built with a greater emphasis on joint interdependence, synergy, and cross-service solutions. The Pacific theater is the perfect battle lab to test the potential of such solutions, even if these solutions remain primarily condition-based.

THE TIME IS NOW

Considering the lack of predictability in both resourcing and the Pacific operational environment, there will never be a better time than now to examine the possibility of joint theater sustainment integration.

Logistics must happen first or maneuver cannot occur. But logistics cannot occur without assured access to the global commons and the ability to gain and maintain access to denied areas. If we wait to test the viability of joint theater sustainment during some notional D-Day in the future, it will be too late.

Integrating what we call joint, interorganizational, multinational, and commercially-enabled (JIM--C) partners into sustainment organizations could flatten mission command processes, which would, in turn, allow a joint force commander (JFC) to combine elements of both national and regional power. As the only two-star logistics headquarters in the Pacific, the 8th Theater Sustainment Command (TSC) is best postured to lead this effort.

REACHING COMMON GROUND

While few disagree that the effective delivery of logistics is crucial to the JFC, the challenge lies in reaching a common agreement and understanding of the purpose of joint logistics. Joint logistics in the Pacific is necessary because the services seldom have sufficient capabilities to independently support the U.S. Pacific Command (PACOM) and its subordinate unified commands. The sum of pooled resources and efforts always outweighs any individual service's capability or performance.

From October to December 2015, the 8th TSC conducted engagements and office calls with its Pacific sustainment partners and sister-service leaders. These engagements started a conversation about the potential for developing a joint theater sustainment concept to support not only the Army of the Pacific but also the entire joint force. This joint theater sustainment concept centers on a component that could coordinate, synchronize, and integrate sustainment organizations, functions, and processes.

While participants did not agree on every detail of joint sustainment during these meetings, they did reach some middle ground. They agreed that greater visibility of theater-level sustainment practices and processes is necessary--specifically in the Pacific theater.



U.S. Army photo by Sgt. Jon Heinrich

To build joint sustainment coordination capability, senior enlisted leaders from the Army, Air Force, Navy, and Coast Guard are briefed, on March 11, 2016, about the capabilities of the 8th Theater Sustainment Command's Logistical Support Vessel-4, the Lt. Gen. William B. Bunker, at Joint Base Pearl Harbor-Hickam, Hawaii.

Because the leaders faced mutual resourcing shortfalls, they shared the sentiment that they should collectively look at how the Pacific sustainment community precisely responds and conducts sustainment integration. A greater unity of effort through PACOM's boards, bureaus, centers, cells, and working groups may possibly be part of the right solution at the right time.

DESIGNATING AN INTEGRATOR

Routinely traveling across 16 time zones has forced Pacific-theater sustainment organizations, including the 8th TSC, to rely on the immense capabilities of allies' and partners' commercial assets. While these capabilities have recently become a viable option, this solution lacks a primary synchronizer and integrator.

Designating a joint theater sustainment coordinating component command would provide additional options, even if only on a conditional basis, to enhance support for PACOM, U.S. Forces Korea, and U.S. Forces Japan. Effective joint logistics depends on clear roles and authorities coupled with strong relationships among the global stakeholders within the joint logistics domain.

As the senior sustainment headquarters in the Pacific theater and as an Army service component command theater enabling command, the 8th TSC is already charged with providing responsive, redundant, and resilient solutions to strengthen the land component and continually looking for innovative ways to repurpose capabilities for the Pacific JFCs.

The collective power of a joint sustainment headquarters is undoubtedly greater than the sum of what individual components can currently bring to bear. With this in mind, the TSC is the most viable sustainment headquarters in the Pacific to spearhead efforts toward joint theater sustainment integration.

The 8th TSC recognizes that a joint theater sustainment concept would offset the potential for JFCs to become encumbered with uncoordinated logistics and disconnected, ambiguous messaging regarding sustainment priorities. By offering to serve as a joint theater sustainment coordinating component command, the 8th TSC could help fill this void.

in Afghanistan, and nearly died in London in 2014 from a respiratory infection that led to a medically induced coma that lasted nearly two months.

"There's too many people that get stuck after they get hurt, whether it's mentally, physically or emotionally hurt, and I think the most tragic thing that can happen is for one of our brothers or sisters to get left behind," said Marks, who also wears an Ideo – a prosthetic for her non-sensation left leg. "I think the Vietnam era really helped to usher my generation in with open arms and gave us the opportunity where we have to be seen instead of being put in a corner.

"I think that it's our responsibility to continue lifting our brothers and sisters up until not one person is left behind – until the statistic of suicide is reduced, until everyone knows that there's a family once you become ill, sick or injured – mentally or physically. There is a new chapter to be opened and we welcome them."

Marks boosted her campaign for U.S. Paralympic Team selection with a sterling performance at the 2016 Invictus Games. She won four gold medals at Walt Disney World's ESPN Wide World of Sports and gave one of them to Invictus Games founder Prince Harry to deliver to members of the Papworth Hospital staff who saved Marks' life after she traveled to London to compete in the inaugural Invictus Games in the fall of 2014.

"If I just had one [medal] I would have given it to that hospital," Marks said. "I was meant to die in London. I went from the Royal London [Hospital] to Papworth to Landstuhl [Army Medical Center in Germany] to Brooke Army Medical Center or SAMMC [in San Antonio], and then I was finally released from the hospital on Oct. 20. I was admitted at London Royal with a fever of over 103 and that was the last thing I remember [until coming out of the coma in Germany].

"When I found out that I would have a chance to compete at Invictus again, that meant so much to me because I wanted to go and stand with my teammates that supported me – get to hug and shake the hands of all the strangers that loved and supported me without even knowing me," Marks said. "To get to just go be on their team again and be beside my brothers and sisters who've been through so much, it meant so much get to go and compete for them.

"Of course, Prince Harry's country, the UK, saved my life, and saving my life meant a great deal to me. I've known

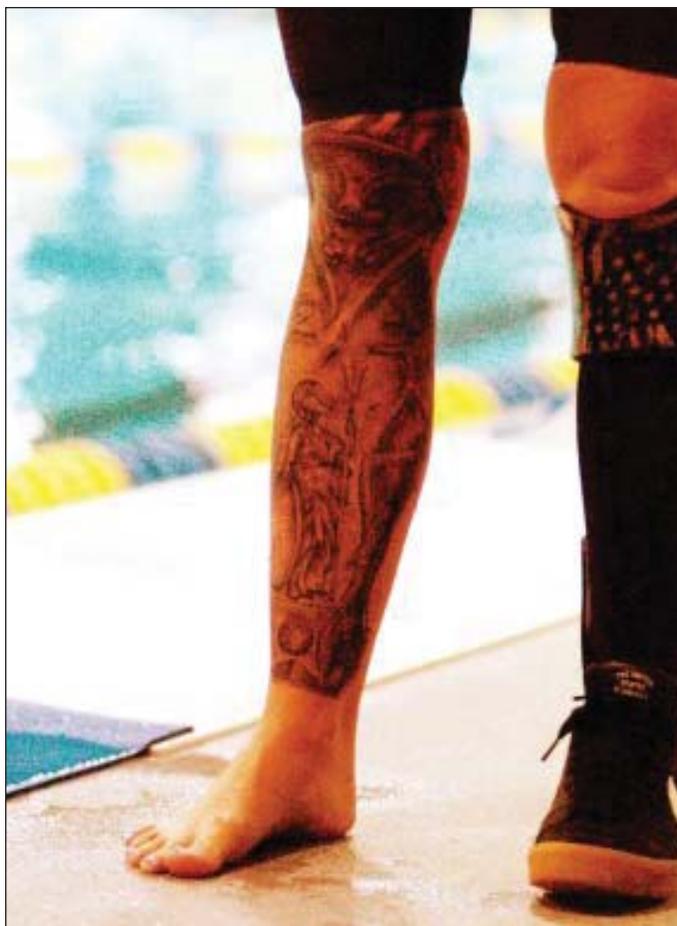
Prince Harry since the Warrior Games in 2013 but I wanted to be able to shake his hand and thank him for all his country had done for me."

Prince Harry delivered on his promise and presented Marks' gold medal to staffers at Papworth Hospital at the Royal Palace in London.

"I had a very hard recovery and a pretty difficult past year, physically and emotionally," Marks said. "To watch that chapter close in such a beautiful way

that brought publicity to the hospital that they so deserved and to help outline and shine on what a wonderful human being Prince Harry is and how much he genuinely cares about Soldiers – just the entire situation felt like the most beautiful, most unimaginable ending to that chapter of my life.

"I just hope this brings other people into the fold," Marks added. "I hope that my Dad sees that his generation's pain didn't go to waste."



ABOVE: U.S. Army World Class Athlete Program Paralympic swimmer Sgt. Elizabeth Marks finishes third in a multi-class heat of the 200-meter individual medley with a time of 2 minutes, 56.83 seconds during preliminaries of the 2016 U.S. Paralympic Swimming Team Trials on July 2 in Charlotte, N.C.

LEFT: U.S. Army World Class Athlete Program Paralympian Sgt. Elizabeth Marks, who sustained bilateral hip injuries in 2010 while serving as a combat medic in Afghanistan, wears an Ideo, a prosthetic for her non-sensation left leg to help her walk.

COMMUNITY CLASSIFIEDS

HELP WANTED

Visit USAJOBS.GOV to search and apply for USAG-KA vacancies and other federal positions.

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Bldg 700 and on the "Kwaj-web" site under Contractor Information>KRS>Human Resources>Job Opportunities. Listings for off-island contract positions are available at www.krsjv.com.

Community Services Administrative Assistant II HR Req.# K051755 Provides administrative and program support for KRS Community Services and the community at large. Adheres

to company Policies, Procedures, Values, Covenants, and Business Ethics. Must have excellent communication skills, computer skills, and the ability to multitask. For more information contact the KRS Human Resources Office, Bldg #700 at 54916.

COMMUNITY NOTICES

Kwajalein Golf Association's Red - White - Blue 4 Person Scramble. Monday, July 11. Event benefits the Folds of Honor Foundation. Shotgun start at 10 a.m. Open to all golfers. Cost \$30 per person. \$\$\$CASH\$\$\$ prizes and lunch after the tournament. Email Deb Crawford: debra.b.crawford@lmco or Carmel Shearer: carm1022@yahoo.com to register.

Summer Fun Dodgeball Tourna-

ment. Register July 12 - 22. Tournament play July 26-30. Cost is \$50 per team. Six players at a time, same female/male ratio between teams. To register call Derek at 51275.

Summer Fun Skate Night. Friday, July 15, at the CRC Gym. 5:30-6:30 p.m. Family Skate; 6:30-7:30 p.m. ages 10 and up. Roller skates or inline skates may be worn (no skateboards). Questions? Call Derek at 51275.

Quizzo. 7:30 p.m., July 15, at the Vet's Hall. Special guest host Alana Brooks will try to trip us up with her trivia questions! Questions? Contact Jan Abrams or Mike Woundy.

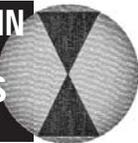
Participants Needed for the Annual Roi Coconut Race on July 17, 2016, at the Surf Shack. Come have some fun on Roi. \$20 donations per each coconut registered. Registration be-

gins at 12:30. Race time is at 2:00. Kwajalein Atoll International Sport-fishing Club Monthly Meeting. Wednesday, July 20, at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7:00 p.m. All anglers welcome to attend! Questions? Contact Bill at 52693.

Safely Speaking: Common Glove Safety. Gloves are the most common form of PPE. We have a variety of gloves available and each type is designed for a specific task or application. It is important to select the right glove for the work you will be doing.

E-talk: KRS Environmental Services ensures KRS activities comply with USAG-KA's environmental standards to minimize or prevent negative environmental impacts.

THIS WEEK IN KWAJALEIN HOURGLASS HISTORY



L CANNAN...STANDING BESIDE G CLUB AIRPLANE.

Cannon New Private Pilot

BILL CANNAN, PROJECT MANAGER FOR BURNS AND ROE, INC., RECENTLY RECEIVED HIS PRIVATE PILOT CERTIFICATE.

BILL JOINED THE NIKE FLYING CLUB IN SEPTEMBER, 1967 AND SOLOED IN FEBRUARY, 1968. HE PASSED HIS FAA WRITTEN EXAMINATION IN MARCH. BILL CAME TO KWAJALEIN WITH NO PREVIOUS FLYING EXPERIENCE AND IS NOW "HOOKED" ON FLYING. HIS INTEREST HAS LED HIM TO BE THE PRESENT CLUB PRESIDENT. HE FINDS THAT AN HOUR FLIGHT IN THE EVENING IS A WONDERFUL WAY TO GET AWAY FROM EARTHBOUND PROBLEMS.

BILL'S FIRST PASSENGER WAS HIS SON CRAIG WHO REPEATEDLY ASKED HIS FATHER IF HE WAS SURE HE HAD HAD ENOUGH PRACTICE AND REMINDED HIM THAT SISTER CHERYL WAS TO HAVE BEEN THE FIRST PASSENGER AND MAYBE THEY SHOULD WAIT UNTIL SHE RETURNED FROM A VACATION IN THE STATES. HOWEVER, ONCE THEY WERE AIRBORNE...CRAIG THOUGHT IT WAS "PRETTY NICE" AFTER ALL.

From July 5, 1968

AROUND TOWN



OLD GLORY...SUPERIMPOSED BEHIND A PICTURE OF THE FIREWORKS DISPLAY PROVIDED BY GLOBAL ASSOCIATES AT EMON BEACH LAST NIGHT. SPECTATORS WHO HAVE SEEN SEVERAL 4TH OF JULY FIREWORKS DISPLAYS CLAIMED THIS YEAR'S TO BE BETTER THAN EVER.

From July 5, 1968

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF JULY 8

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 16
Sauteed beef tips	Beef curry	Fish sandwich	Honey mustard chick.	BBQ pork ribs	Taco Bar	Lasagna
Pork chops	Cacciatore chicken	Kahlua Pork	Tuna casserole	Turkey wrap	Refried beans	Garlic toast
Mashed potatoes	Augratin potatoes	Vegetarian saute	Chef's choice	Roasted potatoes	Chef's choice	Chef's choice

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	July 16
Meatloaf	Spaghetti	Grilled chicken w/ herbs	Ham steak	Mongolian BBQ Night	Chicken fried steak	Sweet and sour pork
Fried chicken	Garlic bread	Beef pot pie	Picante chicken	Grilled marinated chick.	Mashed potatoes	Chicken chopsuey
Roasted potatoes	Chef's choice	Three cheese macaroni	Vegetarian pasta	Chef's choice	Fish du jour	Roasted potatoes

Kwajalein Post Office	
Temporary Reduced Hours	
Monday	11:30am – 3:30 pm
Tuesday & Thursday	3:00 pm – 6:00 pm
Wednesday	11:30 am – 1:30 pm
Friday	Closed
Roi Post Office	
Temporary Reduced Hours	
Wednesday	8:00 am – 4:00 pm
Wednesday (Parcel Pick-up Only)	4:00 pm – 6:00 pm
Thursday	Closed
Friday	8:00 am – 4:00 pm
Friday (Parcel Pick-up Only)	4:00 pm – 6:00 pm
Saturday	Closed
* All hours are for finance window and parcel pick-up availability unless specifically noted	

CRC NEW HOURS OF OPERATION—EFFECTIVE NOW

Tuesday - Saturday

5-8 a.m. - Room 7 available for certified group exercise class instruction. Please make a reservation.

8 a.m.-9 p.m. - Facility open for general public use. Please make a room reservation.

9 p.m.-midnight - Facility access available for the gym through the Provost Marshall's Office. Stop by the Security Desk, or call 54445.

Sunday

6 a.m.-midnight- Facility access available for the gym through the Provost Marshall's Office. Stop by the Security Desk, or call 54445.

Monday

5-8 a.m. - Room 7 available for certified group exercise class instruction. Please make a reservation.

8 a.m.-4 p.m. - Facility open for general public use. Please make a room reservation.

4 p.m.-midnight - Facility access available for the gym through the Provost Marshall's Office. Stop by the Security Desk, or call 54445.

*Reservations can be made by contacting the Recreation Office at 5-1275 or the CRC Office at 5-2491.



SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	LOW TIDE	HIGH TIDE
SUNDAY	6:36 a.m. 7:12 p.m.	11:19 a.m. 11:42 p.m.	1:23 a.m. 0.4' 2:03 p.m. 0.3'	7:37 a.m. 3.6' 8:12 p.m. 3.0'
MONDAY	6:37 a.m. 7:12 p.m.	12:05 a.m. -----	2:05 a.m. 0.8' 2:43 p.m. 0.5'	8:16 a.m. 3.2' 9:01 p.m. 2.8'
TUESDAY	6:37 a.m. 7:12 p.m.	12:50 p.m. 12:23 a.m.	2:58 a.m. 1.1' 3:34 p.m. 0.8'	9:03 a.m. 2.8' 10:08 p.m. 2.7'
WEDNESDAY	6:37 a.m. 7:13 p.m.	1:35 p.m. 1:03 a.m.	4:17 a.m. 1.3' 4:43 p.m. 0.9'	10:13 a.m. 2.5' 11:33 p.m. 2.7'
THURSDAY	6:37 a.m. 7:13 p.m.	2:21 p.m. 1:44 a.m.	6:01 a.m. 1.3' 6:04 p.m. 0.9'	11:50 a.m. 2.4' -----
FRIDAY	6:38 a.m. 7:12 p.m.	3:08 p.m. 2:27 a.m.	7:25 a.m. 1.0' 7:13 p.m. 0.8'	12:51 a.m. 3.0' 1:14 p.m. 2.5'
JULY 16	6:38 a.m. 7:12 p.m.	3:57 p.m. 3:11 a.m.	8:20 a.m. 0.6' 8:06 p.m. 0.5'	1:49 a.m. 3.3' 2:13 p.m. 2.7'

COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA
COMMANDER SHOULD KNOW ABOUT?

CALL THE COMMANDER'S
HOTLINE AT 51098 TODAY!



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

Capt. David Rice
SHARP Victim Advocate

Work: 805 355 2139

Home: 805 355 3565

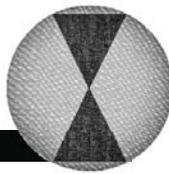
USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100

USAG-KA SHARP VA Local Help Line: 805 355 2758

DOD SAFE Helpline: 877 995 5247

						*MENU CURRENT AS OF JULY 8
<i>Café Roi</i>						
LUNCH						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>July 16</i>
BBQ spare ribs	Lemon chicken	Ham and swiss sandwich	Chicken turnover	Veggie quesadillas	Tuna melts	Chicken fajita wraps
Turkey a la king	Egg and cheese sand.	Roast turkey	Chicken fried steak	Glazed pork loin	Country meatloaf	Parker ranch stew
Eggs a la lucio	Couscous	Stuffing	Mashed potatoes	Parsley potatoes	Mac and cheese	Corn on the cob
DINNER						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>July 16</i>
Italian meatballs	Korean beef steak	Beef machaca	Carved roast beef	Fried chicken	Breakfast at Night	Hamburger steak
Baked fish casino	Pork adobo	Chick. enchilada casserole	Thai-style chicken	Stuffed cabbage	Eggs to order/quiche	Cornish hens
Pasta	Brown rice	Refried beans	Corn on the cob	Mashed potatoes	Bacon/sausage	Mixed roast potatoes

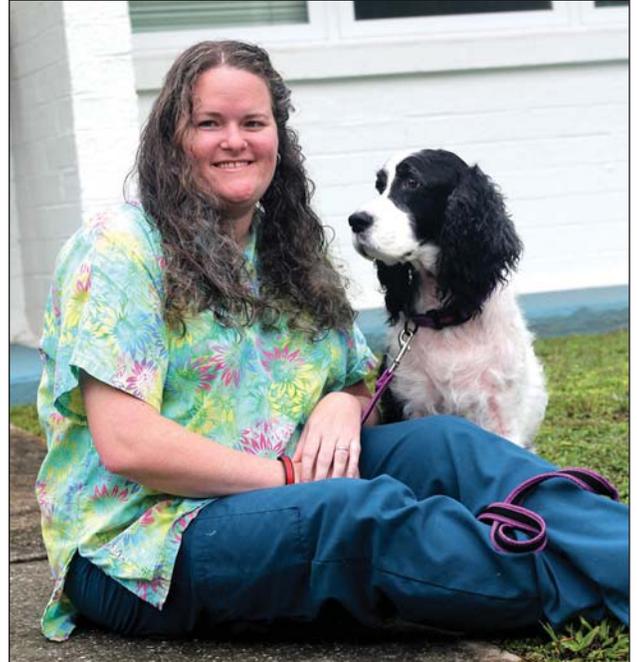
HERO OF THE WEEK



HOURLASS REPORT

USAG-KA's *Hero of the Week* is Registered Veterinary Technician Jenny Schwartz. Since moving to Kwajalein from Seattle 11 years ago, Jenny has been providing compassionate veterinary care between Army veterinarian visits to registered dogs and cats on the island. Each day is different. Sometimes she's administering routine vaccinations, and on other days there is a critical animal that requires consultation with the veterinarian in Hawaii. One of the unique aspects of her job is having the support from and relationship with the team at the Kwajalein hospital. She is incredibly thankful for radiology, laboratory, nursing assistance and the occasional physician or surgeon consult when needed. Jenny received her degree from Bel-Rea and passed the national certification exam (VTNE) in 2001; has been in the field since 1997. She recently completed a graduate certificate program from the University of Missouri's College of Veterinary Medicine in Veterinary Biomedical Technology. In her spare time, Jenny enjoys working with glass and sailing and camping when time permits. Jenny is married to William Smith and they have two Kwaj-cats: Emmy and Aloysius Danger (Ollie). Some residents may remember Emmy as her clinic cat several years ago. The most rewarding aspect of Jenny's job? Being part of the human-animal bond which Kwaj dog Skye Chochran, pictured right, is a willing participant.

"A heartfelt thanks to Jenny Schwartz-Smith for providing excellent emergency veterinary care to our dog, Misty!" — The Aljure Family



U.S. Army photo by Cari Dellinger

IN THE LINE OF FIRE

Have you ever held a nail for someone else brandishing a hammer? Or have you ever used your hand instead of a push stick on a table saw? These are just two examples of putting yourself in the line of fire. We do a lot of things that can cause injury every day, but don't. We become complacent and don't even think about the how we put ourselves in the line of fire. This complacency can lead to injury or in severe cases it can kill you or your coworker. So what can we do to protect ourselves?

1. Look for hazards before you start working. At its most basic level, the line of fire is the path of a moving object that could potentially injure you or the potential path of an object that may move. Ask yourself: What can hurt me while I'm doing this task? If you're unsure, ask a co-worker or supervisor. It's always good to have a second set of eyes review what you're planning to do.

2. Eliminate the hazard when possible. Once line-of-fire hazards are identified, take steps to eliminate or control them. The best-case scenario is to remove the hazards completely.

3. If you can't eliminate, then control. If it's not possible to remove the hazards, neutralize them. For example, use a fume hood and proper personal protective equipment to avoid exposure. Consider the following questions: Where is my body located in relation to the hazard? What is the worst-case scenario of my task? How can I protect myself from the hazard?

4. Use best practices for minimizing hazards. There are many easy and effective methods to

eliminate and control line-of-fire hazards. For example, organize the lab area to provide unobstructed and easy access to equipment, use signs and stickers for clear labeling, keep pathways clear, eliminate possible pinch points on doors or hand tools, and always use the correct tool for the job.

Safety also has a video available on the EH&S webpage that gives more information on in line of fire hand safety



Ask & Answer



Kwajalein Range Services wants your feedback on how the garrison's Community Services programs are going. Take part in ongoing surveys to voice your opinion on everything from the Kwajalein Hourglass and Mongolian Night at Café Roi, to the golf courses and the Self Help shops. Click on the "We Want Your Feedback" icon on the USAG-KA-Web Intranet home page and type away.

THUMBS UP

Thumbs Up to everyone who helped make this 4th of July Kwajical—especially our volunteers, Amy Hansen, Holly Maness, the teens who helped fill water balloons and the kids who picked up all the pieces!

— Community Activities

Thumbs Up to Rose Zukley for being a guest reader for the Summer Reading Program. We enjoyed your accents and the jelly beans.

— The library kiddos