

THE KWAJALEIN HOURGLASS



Leightyn Cossey enters the MP Room during the opening procession of the Kwajalein Jr./Sr. High School graduation ceremony May 30. She was one of 19 students in the 2014 KHS senior class to graduate in 2014. For more, see page 3.

Photo by Sheila Gideon



Happy 239th Army Birthday June 14

Events:

- 6 a.m., Army Birthday Run/Walk, starting at flagpoles
- 10 a.m., Ceremony at Island Memorial Chapel and cake cutting

MANIT MINUTE

The following sayings reflect strong Marshallese cultural beliefs:

- Kandrikdrik, kan yokwe.

Share whatever small food you have with love.

- Rie me jiem.

Assist and help your brother. (In small isolated islands and atolls, families and communities must work together to sustain harmony.)

- Ewor tarlike im boka.

The tide never ceases to go out and come in – a reflection on the consistency of nature.

Military Casualties

Capt. Jason B. Jones, 29, of Orwigsburg, Penn., died June 2, in Jalalabad, Afghanistan, of wounds received from small arms fire. The incident is under investigation. He was assigned 1st Battalion, 3rd Special Forces Group (Airborne), Fort Bragg, N.C.

Pfc. Jacob H. Wykstra, 21, of Thornton, Colo., died May 28, in Kandahar Province, Afghanistan, of injuries sustained as a result of an aircraft accident. The incident is under investigation. He was assigned 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

THUMBS UP!



... and warm island "kommel tata" to all our friends and family on Kwajalein and all over the globe. Not just for wishing Kitti a happy graduation and gifts, but for your support and encouragement throughout the years and for traveling thousands of miles to be a part of her graduation on May 11. This meant so much to all of us! (see photo page 13)
— Pamela Duffy and family of Kitlang "Kitti" Kabua, former Kwajalein Ri'katak student

Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

<p>8 1. Half Marathon, 5:30 a.m., Namo Weto Youth Center. 2. Spiritual Resilience, see page 14. All welcome. 3. Smoking Cessation Classes, open enrollment, call 55362.</p>	<p>9 1. Circuit Training, 8 a.m., Ivey Gym. 2. Pick-up Soccer, 6 p.m., Brandon Field.</p>	<p>10 1. Cross Fit, 5:30 a.m., Adult Pool. 2. Bariatric Support Class, 4:45 p.m., Hospital Conference Room.</p>	<p>11 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>12 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. ADHD Support Class, 4:45 p.m., Hospital Conference Room. 3. Run Intervals, 5:30 p.m., Emon Beach.</p>	<p>13 1. Circuit Training, 5 a.m., Ivey Gym.</p>	<p>14 1. Cross Fit, 5:30 a.m., Ivey Gym. 2. Army Birthday Run/Walk, 6 a.m., flagpoles. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.</p>
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THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Graduates reminisce lives on Kwaj, look forward to futures, opportunities ahead

Article and photos by Sheila Gideon
Managing Editor

The Kwajalein Jr./Sr. High School graduation ceremony is one of the most unique and highly anticipated events for students, family and community members on Kwajalein and Ebeye. This year, 19 students celebrated the bittersweet moment, reminiscing about their years at Kwajalein Schools, but looking forward to the world of possibilities awaiting them once they had their diplomas in hand. Members of the Kwajalein and Ebeye communities packed the Davye Davis Multi-Purpose Room May 30 for the commencement ceremony.

The students filed into the dark MP Room one by one, barefoot, holding a lit candle as parents and friends caught a glimpse of them in their caps and gowns.

Senior Keith Brady welcomed guests in Marshallese, perfectly pronouncing each phrase, which elicited loud cheers from the crowd, especially from his Marshallese family. Jimmy Beio followed, repeating the welcome in English.

“My classmates and I are overjoyed that you chose to spend this night with us,” Beio commented. “The support we have received from the Kwajalein and Ebeye communities through our high school years is nothing short of spectacular. The road to graduation has finally ended and the light at the end of the tunnel is shining so bright. I can feel the anticipation growing by the second.”

The crowd cheered for the graduates and then quieted down as John Sholar approached the podium. Sholar has accomplished much throughout his

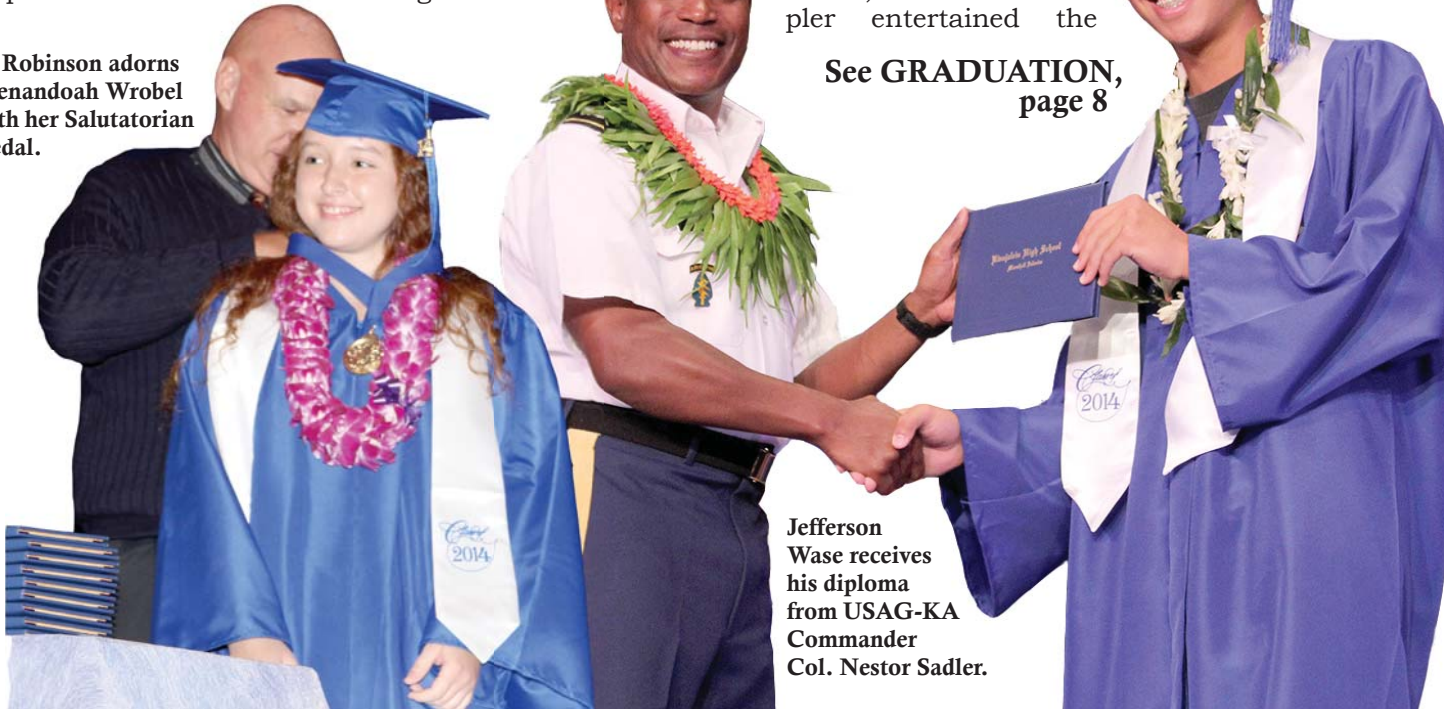
school years. Finishing with a 4.0 grade point average was just one of them. As the Class of 2014 valedictorian, he decided to dig deep into his grade school roots and delivered his address completely in rhyme.

He began by thanking his family, which included his “second Kwaj families” for support and guidance. He thanked teachers and mentors for 13 years of dedication. “We’d like to thank our families for all those years of zeal. Unfailing winds beneath our wings, you helped us reach new heights. For every diaper change ... and broken heart you healed, remember it’s because of you we are on this stage tonight,” Sholar recited. He continued, saying that although they have reached this momentous milestone, he knows there is still hard work ahead. He urged his fellow graduates to not only recall the joyous moments growing up on Kwaj: the days at the beach and learning to ride a bike. Instead, he urged them to also remember the times they have failed. “The broken bones, the failed tests, the sting of fresh defeat. The shots we’ve missed, the letters telling us we’ve been denied. For though we cannot overcome each test or trial we meet, no matter what the obstacle, we cannot fail to try.” He advised them that the number of times they will fail may seem more than the grains of sand at the beach. “So, if your rope is ending and you’re far from triumph’s crown, tie a knot and hold on tight, your battle is far from done. You’ve totaled up the times that you’re going to fall down. So let the times that you stand up, be all of those plus one.”

Next, Ann-Marie Hepler entertained the

See GRADUATION,
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Al Robinson adorns Shenandoah Wrobel with her Salutatorian medal.



Jefferson Wase receives his diploma from USAG-KA Commander Col. Nestor Sadler.

Memorial Day ceremony volunteers recognized

Article and photos by Jordan Vinson
Associate Editor

Pulling off a problem-free U.S. Army Memorial Day ceremony is not an effortless task. It takes dozens of volunteers, each specializing in his or her own talents. When working together, they pull off a ceremony that both befits the importance of the Memorial Day holiday and does justice in honoring the U.S. military service members who have fallen defending their country.

For those residents of U.S. Army Garrison-Kwajalein Atoll who contributed to the success of the USAG-KA Memorial Day ceremony at the flagpoles May 26, Command issued special acknowledgements and awards on the afternoon of May 31. The men, women and children who participated—whether they performed music for the event, worked in the rifle squad or laid an honorary wreath—were reminded that the success of events, such as that on Memorial Day, depend on their selfless volunteerism and unrelenting patriotism.

Mike Woundy, commander of the American Legion Post #44, accepted a certificate of appreciation for the American Legion from Command for the work he did to organize the American Legion's contributions to the Memorial Day ceremony. He and the American Legion Post #44 Rifle Squad worked together to organize and perform the ceremony's hallowed three-volley salute in honor the country's war dead. The Rifle Squad members who were acknowledged were: Billy Abston, Andrew Carden, Stan Edwards, Karen Guevera, Doug Hepler, David Scheivert, Jon Sok, Lamar Sullivan, Steve Tippetts and Master Sgt. Marcus Weiland.

Kyle Miller, the Kwajalein Jr./Sr. High School band teacher, accepted on the behalf of the Kwajalein High School Band, a certificate of appreciation for providing music for the event at the flagpoles. The band, conducted by Miller, played service songs for the Army, Navy, Air Force, Marines and Coast Guard, as well as "Amazing Grace," and the Republic of the Marshall Islands and U.S. national anthems. Trumpeter Wyatt Jones performed "Taps" following the three-volley salute.

Boy Scouts Yuto Kaneko, Caleb Parker and Chad



Members of the American Legion Post #44 Rifle Squad receive certificates of appreciation from USAG-KA Commander Col. Nestor Sadler and Command Sgt. Maj. Reginald Gooden May 31.

Sykes delivered the wreaths for the ceremony and were personally thanked by Command.

"In recognition of your dedication in honoring American Heroes by assisting with wreath-laying and distributing program handouts during the Memorial Day Ceremony," Sgt. Maj. David Negrón announced, "USAG-KA Command thanks you for your continuous support."

Outgoing USAG-KA Transportation and Logistics Officer Maj. Doug Rogers was also commended by Command for the work he did in his one year of service on the installation. Reagan Test Site Director Lt. Col. Dean Wiley took the opportunity to talk up Rogers, acknowledging the major's crucial assistance and expertise during a number of high-profile flight test operations conducted by the Army, Air Force, the Missile Defense Agency and more. Wiley handed Rogers a radar calibration globe, signed by many within Command, and told him to hang it on his family's Christmas tree next December and to never forget his friends and colleagues he became close with on Kwajalein.

"Thank you all," Rogers said, accepting the globe and a photo collage showcasing islands and mission assets within the installation. "I couldn't have gotten this far without you."

Command also took the opportunity to acknowledge the members of the Kwajalein School Advisory Council during the 2013-2014 school year: Jim Bishop, Gabe Elkin, Glenn Hibberts, Yoshi Kemem, Stella Lorok, Henry McElreath, Jon Mitchell, Ona Moore and Wiley.

"For your professionalism and commitment to the children of the Kwajalein school system, your steadfast service as a school advisory council member reflects great credit upon yourself and the United States Army Garrison-Kwajalein Atoll," Negrón said. "Thank you."

Finally, Ann-Marie Hepler and John Sholar were thanked by Command for taking the responsibility to raise and lower Kwajalein Jr./Sr. High School's RMI and U.S. flags every school day throughout the 2013-2014 school year.

"In recognition of your dedication in raising and lowering the great flag of the United States of America, along-side the Marshallese flag, USAG-KA Command thanks you," Negrón announced.



Outgoing Transportation and Logistics Officer Maj. Doug Rogers receives a radar calibration globe from RTS Director Lt. Col. Dean Wiley May 31. Rogers ended his tenure on USAG-KA this week and is moving to Nebraska.

Kwaj Elementary School students receive awards

Article and photos by Jordan Vinson
Associate Editor

The Kwajalein Elementary School gym was packed May 31 for an end-of-year student awards ceremony. Arranged to acknowledge those young people who went above and beyond their duties as students on the island during the 2013-2014 school year, the ceremony was an opportunity for Kwajalein leaders to give the installation's youth a hardy handshake and a pat on the back for their hard work throughout the year.

"I just want to say that you guys do an awesome job throughout the school year," Command Sgt. Maj. Reginald Gooden told the 120-or-so students sitting quietly on the gym floor. "You're very dedicated to your education. It's good to have kids that have such motivation in them to do good things in school."

He was joined by U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler, Kwajalein Schools Superintendent Al Robinson, Security and Access Control Lt. Dirk Roesler and a host of Kwajalein Elementary School teachers. Each leader had nothing but compliments for the children, many whom received special awards for meeting some striking goals.

Sixth-grade teacher Tarah Yurovchak called fifth-graders Kathryn Montgomery and Julia Sholar to the front of the gym to accept an award for completing what Yurovchak described as "The Great American Challenge."

To call the award theirs, Montgomery and Sholar told their peers they first had to demonstrate an impressive array of knowledge regarding American history and politics. Everything from memorizing the list of U.S. presidents in chronological order, the names of the 50 states in alphabetical order and their respective capitols, to memorizing the words of the "Gettysburg Address," the "Pledge of Allegiance" and the "Star Spangled Banner" was required. That's quite a feat for any U.S. citizen, let alone 10-year-old school children.

Sixth-grader Mackenzie Gowans was acknowledged for her flawless academic performance in 2013-2014. She was the only student in the school to earn all A's in every course all year. Upon her name's announcement, the throng of students in the gym belted out cheers and rounds of applause. In fact, she received so much thunderous applause from her peers as she picked her way through the rows of students to walk to the front that she might as well have just won an Oscar or a major election.

"She had straight A's in every subject in every quarter," Yurovchak told the students, many who reacted just short of astonishment. "It's very difficult to do."

As a segway into reading awards, Robinson highlighted the role that reading played—and will continue to play—in the success of the Kwajalein Jr./Sr. High School class of 2014.

"We had graduation last night, and we got to say goodbye to 19 of our favorite teenagers, who will be moving on to bigger and better things," he told the children. "And the reason they're able to do that is that they've learned not only how to read, but how to read to learn more." He told them to not just read the words and letters printed on the pages of their books, but to read deeper and really tackle the meanings behinds those words and analyze the overall story that they point toward.

"That's when reading counts and all those test that come into play become important for you," he told them.



Kathryn Montgomery and Julia Sholar tell their peers about the work they did to meet "The Great American Challenge" during an awards ceremony May 31. Sixth-grade teacher Tarah Yurovchak applauded their efforts.

Accepting reading awards for both the third and fourth quarter in the school year, many of the elementary school body in the gym stood up to receive recognition for meeting or exceeding goals set by teachers.

"First-graders have been reading very challenging books this year and have done a fabulous job," Masina McCollum told everyone. "Please give them a hand."

Those students who didn't miss a single day of school in the 2013-2014 school year were also acknowledged by Robinson. And the sixth-graders who volunteered to raise and lower the school's flag every school day throughout the year were personally thanked by school officials.

Roesler, who came to the assembly to represent the officers of Security and Access Control, thanked a small group of students who volunteered during their free time, coming in early and going home late, to help Security man the crosswalk in the mornings and afternoons.

"If you can imagine when both schools are letting out at the same time, what it would be like trying to get across [the street] without having you guys there, it would be really dangerous," he said. "So, you do a really, really important task there, and we appreciate it immensely. So, thank you very much for your service all year long."

Near the end of the assembly, Gooden, like Robinson, implored the students to not only feel good and celebrate their accomplishments attained in the past year, but to also look at the accomplishments of their older peers, some of which graduated from Kwajalein Jr./Sr. High School the night prior.

"Make sure that you continue to strive for your best," he said. "We had some seniors that graduated last night. You should look to them for inspiration. They did an awesome job throughout the school year. ... We do commend you on what you do throughout the year. You're great kids."

He wrapped up the assembly by opening the floor for input from the students regarding issues that might be on their minds.

"Is there anything that we can do for you that you would like to see?" he asked. "What can we do for you as a command?"

"Give us a million dollars?" chirped one boy.

"Candy," yelled out another.

After the laughter died down, a girl countered with a slightly different sentiment.

"We're happy just the way we are," she said, smiling.

School's out for SUMMER

Photos/design by Jordan Vinson



Kwaj kids kicked off the summer with a party at the Family Pool Wednesday. The School's Out-Pool's In event brought out more than 50 kids for cannon balls, snow cones, raffle drawings, games and more. It was nice segway to help "ease" the kids into a couple months of school-free sunny days at the pool and beach.



Big time drops at Oceania Swim Championships

Local swimmers earn personal bests in Auckland, New Zealand

Article and photos by Mary Harris,
Oceania Event Team Manager,
MISF President

Imagine if you will, standing on a dive block, with hundreds of people staring at you, a stream of thoughts running through your mind. Don't flinch or jump too soon or you'll get disqualified. Don't take too many breaths. Remember when to build, when to break away and be aware of hand and arm position. With all the things that could go wrong in a less-than-30 second swim, a nervous swimmer just might crack under the pressure. We've seen it happen before, but training and discipline takes over to squash those negative thoughts. Once you see that perfect dive in the water with no false start, there is a sense of relief. It is a lot for a young swimmer to take in. The expectation of perfection while under pressure at international-level competition—where there are no excuses—forces them to put aside all negative thoughts, visualize the perfect swim, take a deep breath and perform the best swim of their life.

Marshall Islands Swim Federation swimmers Colleen Furgeson and Giordan Harris did just that at the Oceania Swim Championships in Auckland, New Zealand last month. The bi-annual event is comprised of swimmers from all the islands in the North and the South Pacific to include Hawaii, New Zealand and Australia.

Furgeson, 15, got ready to swim against the best female swimmers in Oceania. She smiled at the swimmers to her left and right and jumped in her lane preparing for her 100 backstroke. She listened intently for the whistle to set up and then the high pitched beep signaling the start. She was off. She didn't disappoint. She came out strong in her first event, dropping a whopping 13 seconds off her recent 100 backstroke time earned at the last Kwajalein Swim Team meet in May. The icing on the cake—she made evening finals. She continued to impress the rest of the competition.



Marshall Islands Swim Federation swimmers Colleen Furgeson and Giordan Harris represent the Marshall Islands at the Oceania Swim Championships in Auckland, New Zealand last month.



Colleen Furgeson, representing the Marshall Islands, prepares to race at the Oceania Swim Championship in New Zealand.

Former Ri'katak student, Giordan Harris, also seemed intent on showing he had what it takes to compete. Harris mimicked Furgeson's personal best improvement by dropping 13 seconds off his 200 free time and also making finals.

It was an exceptional start for Team Marshall Islands and the week of competition would be nothing short of spectacular with each swimmer earning lifetime personal

bests and a nightly spot in finals.

At the moment, both swimmers are preparing for the upcoming Micronesian Olympic Games to be held July 17 in Pohnpei, Micronesia. Furgeson is training on Kwajalein with her coach Sarah Stepchew, and Harris is training with his coach Jonathan Jordan from Iowa Lakes College. They will be attending with a team of 18 Kwajalein swimmers.

GRADUATION, from page 3

crowd as she played guitar and sang “Living in the Moment” with accompaniment by Angelo and Auguston Lelet. Entertainment later in the evening included a graceful and sentimental hula to “E O Mai” by Bokean Yomoko Kemem.

Scholarships were presented to the graduates from various island organizations and clubs. Most presenters portrayed the students as selfless, hard-working and committed contributors to the community and school. Community service and volunteerism were frequent themes for student recognition. Several scholarships were named in honor of former Kwajalein residents who have passed away recently. The Blessed Sacrament Catholic Church renamed their award the “Lee Allas Memorial Scholarship” in honor of Allas, who was active in the church and the Kwajalein and Ebeye communities for 40 years. The American Legion Post #44 renamed their scholarship in honor of David Helm, another longtime Kwajalein resident who recently lost his battle with cancer. Helm requested that in lieu of flowers, donations be sent to the American Legion’s scholarship fund.

The Class History is a graduation tradition where students recounted their days at Kwajalein Schools since kindergarten. Surprisingly, of the 19 graduates, 10 began school at George Seitz Elementary. In first grade, they always closed the day in song, their favorite one being, “The Colors of the Rainbow.” In second grade, Beio was called out for constantly disrupting class with his excessive flirting. This was also the year Sholar fell out of a tree and broke his tooth and lip.

“We think this sparked his intellectual growth because he had to write an essay on it,” Stephanie Hibberts said.

Cursive and timetables took up their day in third grade. The following year, they welcomed the Hibberts twins from the Bahamas and had their first coed sleepover party with classmates, parents and teachers at the last annual fourth grade Read-Over.

“Reading at a party—what fun,” Austin Wiley joked.

In fifth grade, they tortured their parents with their newly acquired musical instrument “skills.” Finally, they were the top dogs of the elementary school, only to go on to be “the little people on campus” as sevie the next year. They were introduced to high school traditions like the Turkey Bowl and went on their first



Adorned with flower and candy leis from friends and family, graduates embrace after their commencement ceremony May 30.

and last school-sponsored Bigej trip. In eighth grade they planned Romp with a double theme because they couldn’t all agree on the same one. They buckled down as freshman because “grades started to count.” Wiley and Iwalani Furgeson arrived for sophomore year and in time to participate in a memorable “South Park” comedy sketch at Turkey Bowl. Their final graduating class was rounded out their junior year with the arrival of Ally Scott and the return of several more retirees. They all cheered on classmate Hepler as she competed in the 2012 Olympics in London.

Finally, they were seniors and part of an “exclusive club.” This year they tested how long a human being could go without sleep, especially with formidable college applications and essays looming on their to-do lists.

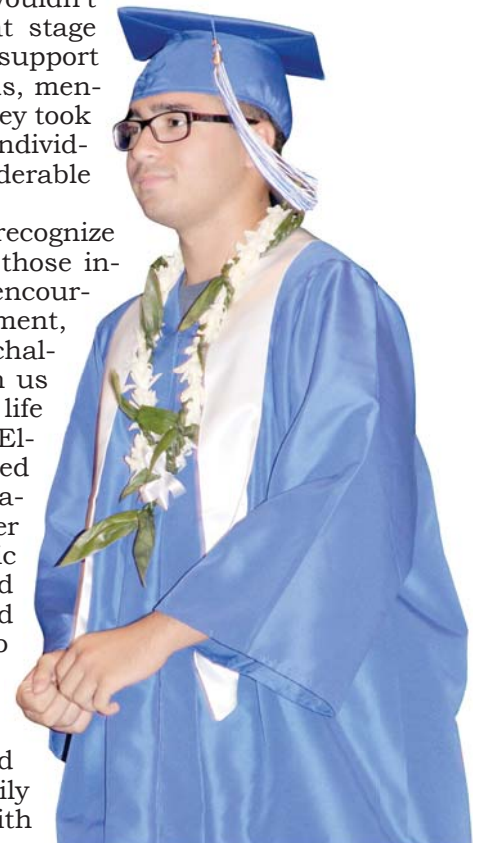
“After this long journey, I think I speak for everyone when I say that we are really a family,” Jennifer Hibberts said. “With all these memories we share, it will be hard to let this place go. But, this is time for growth. Graduation is a tradition. We must all embrace our past, but look forward to the future.”

The Album of Memories featured a slideshow that depicted the seniors from childhood to adulthood. Photos captured the big moments in life like holidays, riding their Kwaj bikes and birthdays. They also captured the little moments like laughing on the beach, playing with bubbles in the tub or drawing on a sibling’s face with marker. They shared silly baby photos, group family moments and old class snapshots. The audience laughed, hooted and hollered as they were given a glimpse into each student’s life.

The graduates wouldn’t have made it to that stage without the love and support of their family, friends, mentors and teachers. They took a moment to thank individuals who had a considerable impact on their lives.

“We would like to recognize and sincerely thank those individuals who have encouraged our development, guided us through challenges and been with us through our entire life journey,” Elizabeth Elkin said. They called Barbara Bicanich, Jamie Bowers, Jennifer and Jim Cossey, Ric Fullerton, Terri and Glenn Hibberts and Jennifer Newberry to the stage to thank them. Then, each student went into the crowd and handed out leis to their family members, along with hugs, kisses and tears.

The reminiscing and recognition culminated



Chris Sanborn walks the stage to receive his diploma.

with the presentation of diplomas and the recognition of the class' valedictorian and salutatorian by Kwajalein Schools Superintendent Al Robinson, U.S. Army Kwajalein Atoll Commander Col. Nestor Sadler and Command Sgt. Maj. Reginald Gooden.

Robinson said he was surprised this year to find that two students finished with the exact same grade point average. Shenandoah Wrobal and Jennifer Hibberts were recognized as the Class of 2014 salutatorians with a 3.92 GPA. Robinson explained that a 3.92 GPA probably means only one minus after an A in a four-year

period. "That's as close to perfection as you can get," he said. However, speaking of perfection, valedictorian Sholar was recognized for his 4.0 GPA. "It's very, very rare these days that in a program as vigorous as ours someone gets a 4.0 for four years," Robinson said. "Although Ms. Newberry tried very, very hard to prevent this, John pulled it off."

Robinson turned to the graduates and said, "I am happy to announce tonight that these seniors have successfully completed a course of study as required by policies of Kwajalein schools and USAG-KA, approved by the North Central Association Commission on Accreditation and School Approval and are ready to receive their diplomas."

The students filed across the



Photo by Jordan Vinson

Rosalynn Ysawa and Austin Wiley thank their families for their support during the graduation ceremony.

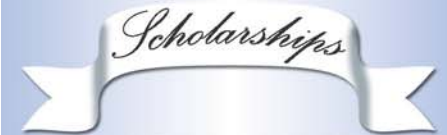
stage one by one, handing off the traditional gag gift to Sadler, as he handed them their diploma and Commander's Coin. After all 19 students held diplomas in their hands, Furgeson and Eltina John led the Turning of the Tassels, signifying the end of their high school careers.

After a boisterous cheer from the crowd, the students made their way back through the crowded MP Room and out to the courtyard where family, friends and community members met them with congratulations. In Kwajalein and Marshallese tradition, students were adorned with flower and candy leis. Most students soon found it difficult to fit many more or to even see over them.

Valedictorian John Sholar and Salutatorian Jennifer Hibberts are recognized by Superintendent Al Robinson.



Class of 2014



PAY IT FORWARD CLASS OF 2013

Eltina John
Iwalani Furgeson
STUDENT GOVERNMENT ASSOCIATION

Leightyn Cossey
Eltina John
Bokean Yomoko Kemem
AMERICAN LEGION POST #44

Leightyn Cossey
John Sholar
JINEITIP
Jimmy Beio
Keith Brady
Iwalani Furgeson
Ann-Marie Hepler
Eltina John
Bokean Yomoko Kemem
John Sholar
Jefferson Wase
Rosalynn Ysawa

RI'KATAK PARENTS

Jimmy Beio
Eltina John
Rosalynn Ysawa

KWAJALEIN ART GUILD

Leightyn Cossey
Stephanie Hibberts
Austin Wiley

**SHENANDOAH WROBEL
KWAJALEIN SCUBA CLUB**

Madison Greene
YOKWE YUK WOMEN'S CLUB

Leightyn Cossey
Elizabeth Elkin
Iwalani Furgeson
Madison Greene
Ann-Marie Hepler
Jennifer Hibberts
Stephanie Hibberts

Eltina John
Bokean Yomoko Kemem
John Sholar

BERRY AVIATION

Chris Sanborn

MIT/LINCOLN LABORATORY

John Sholar

KWAJALEIN RANGE SERVICES

Keith Brady
Leightyn Cossey
Madison Greene
Ann-Marie Hepler
Jennifer Hibberts
Stephanie Hibberts
Dan Murillo
John Sholar

QUALITY OF LIFE

All Class of 2014 Graduates Awarded

KWAJALEIN SPORTS ASSOCIATION

Keith Brady
Leightyn Cossey
Iwalani Furgeson
Ann-Marie Hepler
Jennifer Hibberts

ISLAND MEMORIAL CHAPEL

Leightyn Cossey
Elizabeth Elkin
Madison Greene
Ann-Marie Hepler
Jennifer Hibberts
Chris Sanborn

BLESSED SACRAMENT CATHOLIC CHURCH

Keith Brady
Bokean Yomoko Kemem
John Sholar

PROSPECT HILL LOVE OF MUSIC

Ann-Marie Hepler

MARSHALL ISLANDS CLUB

Eltina John



KWJALEIN ARES CORNER

Chickenpox virus on the loose

Learn important symptoms, prevention, treatments

By Lynda Reynolds, R.N.
Kwajalein Hospital

The chickenpox siblings—the Blister Sisters—make their victims, usually kids, itch like crazy from the rash of blisters that they cause. You can read about the Blister Sisters at <http://www.bam.gov/> to understand more about chickenpox.

Varicella is a virus we commonly call the chickenpox. The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that will eventually turn into scabs. The rash can appear on the face, chest and back initially, then spread to the rest of the body, including inside the mouth, eyelids or genital area. It can take up to one week for the blisters to become scabs. Chickenpox attacks mostly children younger than 15 years of age. However, adults who get the chickenpox are more likely to have serious complications, along with babies, people with weakened immune systems and pregnant women.

Symptoms/Incubation: Early symptoms of the chickenpox may begin one to two days prior to a rash breaking out and include: high fever, tiredness, loss of appetite and headache. After exposure to someone with the chickenpox or shingles it will take 10 to 21 days before symptoms will manifest. The chickenpox is an illness that lasts about five to 10 days and is very contagious. The virus is spread through the air; by coughing or sneezing; by contact or breathing in the virus particles found on the

blisters.

Treatments: To help relieve the symptoms and prevent skin infections, use Calamine lotion, take frequent baths in colloidal oatmeal and keep fingernails trimmed short to prevent scratching. You may use non-aspirin medications to relieve fever such as acetaminophen. **Do not use** aspirin or aspirin-containing products with children experiencing the chickenpox. The use of aspirin has been associated with Reye's syndrome, a disease that affects the liver and brain. Reye's syndrome can be fatal.

Seek Medical Attention: Seek medical attention for the following situations: if you are older than 12 years of age, have a weakened immune system or are pregnant at the time you acquire the chickenpox. Seek medical attention for the following symptoms: fever that last longer than four days, fever above 102 degrees F, difficulty waking up or confused demeanor, difficulty walking, stiff neck, frequent vomiting, difficulty breathing or severe cough. Seek medical attention should any areas of the rash or skin become very red, warm, tender or begin leaking pus (thick, discolored fluid).

Prevention: The best prevention for the chickenpox is the chickenpox vaccination. The vaccine is very safe and effective at preventing the disease. The vaccine prevents al-



most all cases of severe disease. In rare cases, people will get the chickenpox even though they have been vaccinated, but it will usually be a very mild case. The vaccination is given in two doses. Children should receive the first vaccination between 12-15 months of age. The second dose should be administered at four to six years of age. People 13 years of age and older who have never had the chickenpox should get two doses at least 28 days apart.

Facts: If you have been vaccinated for chickenpox and you do get the disease; you can still spread it to others. For most people, getting chickenpox provides immunity for life. However, for a few people, they can get chickenpox more than once, although this is not common. A person with shingles (also caused by the varicella-zoster virus) can spread chickenpox to other persons who have never had the chickenpox or have not been vaccinated.

Command toasts graduating seniors

Article and photo by Sheila Gideon
Managing Editor

The Kwajalein Jr./Sr. High School Class of 2014 gathered at U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler's quarters May 29 for a farewell toast. Sadler was joined by his wife Monica, Command Sgt. Maj. Reginald Gooden and wife Princess, USAG-KA Schools Evaluator Ray Drefus, Kwajalein Schools Superintendent Al Robinson and KHS Guidance Counselor Jamie Bowers. The students were served sparkling pear and apple juice, along with dinner and dessert, and raised their glasses as command and school leaders toasted to their already successful school careers and future successes to come.

Gooden began by saying, "To the parents, teachers, mentors and coaches that have shown so much compassion, inspiration and motivation to this outstanding class—we see the results of all their dedication. To them."

Sadler kept his toast short and sweet. "A very simple toast: To the class of 2014 Kwajalein High School Seniors."

Robinson chimed in and said, "To this class, for proving me right. When I talked to you as seventh graders and every year since, [I told you] that doing the right things and doing them every day and working hard will get you exactly where you want to go. This is the most accom-



The Kwajalein Jr./Sr. High School graduating Class of 2014 are invited to the quarters of USAG-KA Commander Col. Nestor Sadler and his wife Monica May 29 for a toast to their future successes and endeavors.

plished and incredible class I have ever had."

Drefus and Bowers both joked that while the class put forth a team effort when necessary, they were still individuals with their own ideas—ones they didn't always all agree on.

Drefus added to the accolades, saying, "This group has some very distinguished students. What makes this group so beautiful is your cohesiveness. You act like brothers and sisters. You fight like brothers and sisters. But when there's something

out there, you grab each other and you are a formidable force. You've done all the right things and we're very proud of you."

Bowers finished the toasts saying, "You guys are likely the highest achieving group of graduates we've had in many, many years. You do get along very well together and do not get along very well together. This year was a lot of extra work to get you to where you needed to be, but it was the best extra work I've had since I've been here."

The class graduated May 30.

Kwajalein Hospital heard you: billing practices revamped at request of community members

Hourglass Reports

Kwajalein Hospital continues to make every effort to improve the quality of our overall operations. One area of focused improvement has been medical billing. Through the patient satisfaction surveys, community members have been providing feedback regarding the timeliness of the medical billing process. In response, a focused effort was made to ensure that the outpatient billing process was brought to an acceptable standard for timeliness, with claim submission within 30 days.

As of June 1, that goal was achieved. There are still outlier accounts that remain to be processed, howev-

er the majority of our outpatient accounts have been brought up to date.

Linn Ezell, supervisor of business operations, has led this charge with the support of management and temporary staffing over the last six months. Ezell has provided eight years of excellent service. A new supervisor of business operations and a new medical billing specialist are both scheduled to arrive mid-June.

The Hospital Business Office will continue receiving and documenting the community's requests for assistance and responding to them on a case-by-case basis. Please continue to be patient through this transition and know this is a top priority for the entire Kwajalein Hospital team and management.

DISPATCH FROM ROI



From Jordan Vinson



From Jordan Vinson



From Jordan Vinson

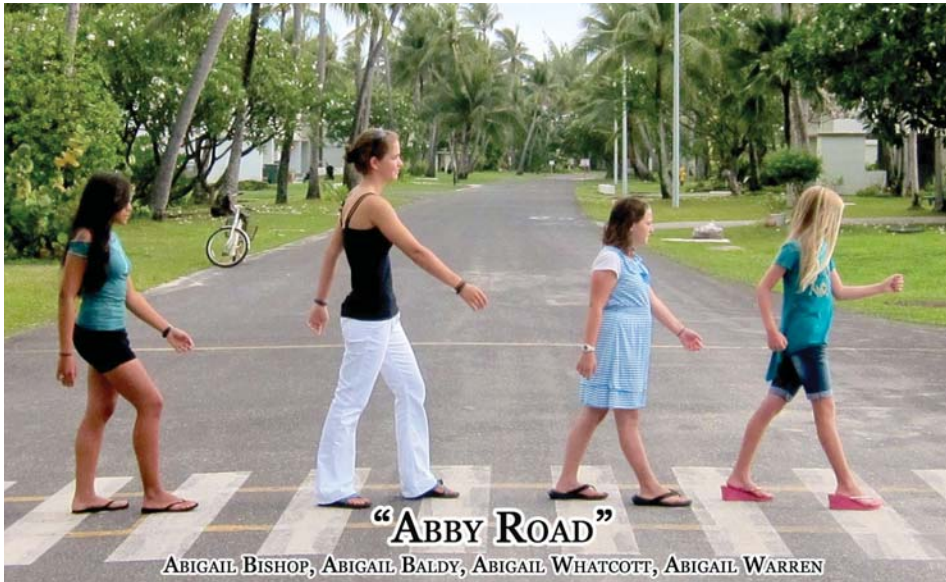


From Jordan Vinson



From Jordan Vinson

View from Kwaj



From Judy Shimamoto



From Jordan Vinson



From Pam Duffy



From Jordan Vinson



From Jordan Vinson



From Jerry Brumm

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

DEPARTMENT: Department of the Army; Agency: U.S. Army Corps of Engineers; Hiring Organization: U.S. Army Engineer District Honolulu Job Announcements: #WTEW140564451118500; Status: #WTEW140564451117422 (U.S. Citizens); Opportunities and Location: 1 vacancy at Kwajalein Atoll, Marshall Islands; Salary: \$27,705 to \$36,021/year; Series and Grade: GS-0318-05; Open Period: Through June 16; Position: Secretary; Information: Full Time, TERM NTE 2 Years; Who May Apply: Status Candidates and U.S. Citizens. Interested candidates are encouraged to apply at www.usajobs.gov.

COME JOIN the Kwaj Post Office team! Part-time mail clerk and full-time mail clerk financial positions have been posted. To review the job descriptions and complete an application, stop by KRS Human Resources, Building 700. Questions? Call Julie Gooch at 50777.

LOST

BLUE LUGGAGE BAG, carry-on size, four wheels and handle. May have mistakenly been claimed from United flight on May 17. Please return bag and contents to Atoll Terminal or Building 687. Call 52660.

FOUND

DENVER Broncos visor at Emon Beach two weeks

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel
Roi-Namur service, 4:45 p.m., Second and Fourth Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

8 a.m., Sunday, Island Memorial Chapel
11 a.m., Sunday, Island Memorial Chapel
6:30 p.m., Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3
Contact the chaplain's office at 53505 for more information.

ago. Leave message at 52428.

RAIN JACKET, at the Vet's Hall after Bingo. Call 51569.

WANTED

TUTOR OR ASSISTANCE with Python programming. Will pay. Contact Shana at 52524 or 59502.

COUCH. Call 52428.

WEEDEATER, new or used, working or not. Call Scott at 56574.

GIVEAWAY

IF YOU BOUGHT Guitar Hero and Rock Band from Jon Jahnke at the Swap Meet, he has guitars, drums and microphone for you. Call Jon at 54309 or stop by quarters 441-B.

IF YOU PURCHASED two beach towels at the Swap Meet from Stephanie Trimble, call 51829 to pick them up.

PATIO SALE

MONDAY, 8-10 a.m., 441-B. Household goods, entertainment, DVDs, books, toys, games, clothes.

FOR SALE

35-FOOT JASON SAILBOAT Mali, turn key with new bottom and top sides painted, inboard Volvo diesel engine, reduced for quick sale, \$22,000 or best offer; 12 Noveraina RIB and trailer \$2,000 or best offer. Call 52625.

DIGITAL PIANO, \$350; Yamaha trumpet, \$300; Dell Inspiron PC, \$100; HP Deskjet color printer, \$20; Hoover vacuum, \$35; blender, \$10; electric griddle, \$10; steam iron, board, \$10; LEGO Mindstorm EV3 Robot set, sensors and servos, new, \$300; 20 years worth of assorted LEGO bricks, slabs, wheels and figures, cleaned and sorted, \$100. Contact Jon at 54309 or stop by quarters 441-B.

BLACK & DECKER Party Mate cordless blender, extra batteries, charger, \$15; Media Center PC, Intel® Core™2 Duo Processor, 4 GB of DDR2 RAM, Blu-Ray/DVD-RW drive, digital HDTV, Windows 7 Home Premium, Windows Media Center, \$300; two Nintendo DSi systems and six games, \$100; ASUS Transformer 10.1-inch 16 GB tablet, \$250. Call 50165 or 50937.

FINE QUALITY FISHING equipment: Penn Intl 80 STW reel, rebuilt at Hobbietat and spooled with new line; 20 small, medium, large lures; gaff hook; hand line; large Igloo cooler and heavy duty fishing trailer, \$1,200 for the complete package. Call 51053.

HANAPA'A CUSTOM-MADE fishing pole, 65.5 inches long, Penn Senator 14/0 reel, 1,900 yards of H-catch nylon Mono-line 130lb test, fishing lures, new, \$650; Walden Mini-Magic surfboard, 7 feet

6 inches, call for dimensions, \$325 or best offer; Dewey Weber Performer surfboard, 9 feet, long board, triple redwood stringer, \$600 or best offer. Call 59283.

PCS SALE: used charcoal grill/smoker combination with cover, good condition, \$35; early generation Sun bike, needs work, \$75; canopy with extra pieces, can be seen at quarters 425-B, \$250; TV stand/entertainment center, small, \$30; plants, prices vary; other items available, call to inquire. Call 59985.

SONY 32-INCH FLAT SCREEN TV and Sony Blu-ray/DVD player, new, purchased in December for \$378 (Exchange Christmas sale), selling for \$300. Call Ken at 51080.

COMMUNITY NOTICES

KWAJALEIN YACHT CLUB Spring Sunfish Regatta and Beach Party is from noon-4 p.m., Sunday, at Camp Hamilton. It is open to the entire community. Enjoy the beach, launch some water balloons, learn how to sail Sunfish, and Hobie Getaway and Laser Bahia rides. Sponsored by KYC. Questions, email sunfish@kwajyachtclub.com.

COMMUNITY EDUCATION classes for June are as follows: Bariatric Support Class meets Tuesday; ADHD Support Class meets Thursday. All classes are from 4:45-5:30 p.m. in the hospital conference room. Smoking cessation classes are ongoing. Contact EAP at 55362.

BINGO IS THURSDAY at the Vet's Hall. New games! Packet price is \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 55 numbers, \$1,500 payout. Windfall completion at 24 numbers, \$1,400 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play. Bring your ID.

ATTENTION KWAJ YOGIS! June Resilience Yoga classes by Ben Allgood include new formats, styles, durations and locations featuring an expanded exploration of poses, a 90-minute class time, guided meditation and more. Friday class is 6:30-8 p.m., at CRC Room 7. June 13 class is 6:30-8 p.m., at CRC Room 7. Free to all, and everyone is welcome! Questions? Call Ben at 53851. Namaste.

ADULT TEAR BOWL CLASS will be from 9 a.m.-noon, June 23, at the Hobby Shop. Space is limited. To register, stop by the Hobby Shop and pay. Questions? Call 51700.

AMERICAN LEGION POST #44 Steak Dinner will be from 6:30-9:30 p.m., June 29, at the Vet's Hall. Tickets are \$40 and available beginning June 15 from the Vet's Hall or Post #44 members. Dinner includes a generously sized filet, baked potato, vegetable, soda or water. Entertainment by "Smells Like Fish!" Questions? Contact Mike Woundy or Jan Abrams.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 14
Hoisin Roast Pork	Cajun Short Ribs	Veggie Quesadillas	Grilled Cheese	Boneless Chicken	Giribaldi Sub	Tropical Pork Chops
Shoyu Chicken	Eggs Florentine	Hawaiian Chopped Steak	Sliced Roast Beef	Nachos and Cheese	Fish Du Jour	Pizza
Oriental Fried Rice	Lyonnaise Potatoes	Scalloped Potatoes	O'Brien Potatoes	Cajun Dirty Rice	Au Gratin Potatoes	Chili Mac

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 14
BBQ Chicken	Teriyaki Chicken	Mostaccioli	Carved Flank Steak	Chicken Fried Steak	Herb Roast Chicken	Braised Short Ribs
Beef Stew	Beef Stir-fry	Alfredo and Marinara	Garlic Roast Chicken	Chicken Peapod Stir-fry	Sage Stuffing	Wing Dings
Mac and Cheese	Crab Egg Foo Young	Garlic Bread	Onion Rings	Parslied Steamed Potatoes	Veggie Stir-fry	Mixed Vegetables

THE ATM AT THE BANK BUILDING is closed until mid-June for replacement. Please use the ATMs at the Shoppette or Kwaj Lodge. Sorry for the inconvenience.

JUNE HOURS for Grace Sherwood Library: Sunday, Closed. Monday, 11:30 a.m.-5 p.m. Tuesday-Saturday, 8 a.m.-5 p.m.

JOIN US FOR 4TH OF JULY festivities at Emon Beach. There will be fun, food, festivities and Quality of Life sponsored FIREWORKS!

ALWAYS REMEMBER to lock your doors! Daytime, nighttime—keep your doors locked.

E-TALK: Turtle nesting time is here! Please avoid heavy foot traffic and pet activity on beaches with active nests. Questions? Contact ES&H at 51134.

SAFELY SPEAKING: The general recommendation is to drink 5-8 glasses (8 oz.) of water each day. Lack of water is the number one trigger of daytime fatigue, and 75 percent of the population is chronically dehydrated.

Attention Kwaj Golfers. Golf greens and locker fees are due by June 30.

Payment Options:

- 1) Annual greens and locker fee (July 1, 2014 – June 30, 2015), \$400
- 2) Six-month greens and locker fee (July 1, 2014 – Dec. 31, 2014), \$250
- 3) Six-month locker-only fee (July 1, 2014 – Dec. 31, 2014), \$50
- 4) One-month locker-only fee (by calendar month), \$10
- 5) One-month greens fee (by calendar month), \$60

*Daily and monthly greens fees are required for locker only payments

Payment can be made at the Community Activities Main Office at Building 805, located inside the library, or by mailing a check to:

KRS
Community Activities
Attn: Golf Fees
APO, AP 96555
Please make checks out the KRS

Questions? Contact Mandie at 51275.

Thanks for a Great Season!

Thank you to everyone who helped make the 2014 Softball Season a huge success. It really took a lot of effort by so many different people, and everyone involved did an excellent job. I want to thank Labtak Langrus and James Corder for helping to oversee league play as night supervisors.

Thanks to the Kwajalein Sports Association for providing the league with officials and scorekeepers. They did a great job in helping maintain the integrity of the league and making play safe and fun for everyone. Thanks to the *Hourglass* staff for printing the schedule and rankings each week to help keep the community involved! A special thanks goes to the folks at the Hobby Shop, who supplied the coconut trophies for league winners. Finally, softball wouldn't have been complete without the assistance of all of our coaches, managers and sponsors. Your interest, effort and support were greatly appreciated.

Again, thank you so much. We could not have done it without you. Congratulations to Old Fat and Lazy, Jikalum, Lollygaggers and Spartans 1 Women, who were this year's champions.

—Kaylee West, Recreation Coordinator

Pools and Beaches Summer Hours, Beginning Sunday

Family Pool Hours of Operation:

Tuesday 5:30-7:30 a.m.;
1-6 p.m.

Wednesday 1-6 p.m.

Thursday CLOSED for cleaning

Friday 1-6 p.m.

Saturday 5:30-7:30 a.m.;
1-6 p.m.

Sunday 1-6 p.m.

Monday 9 a.m.-3 p.m.

Emon Beach Lifeguard Hours:

Tuesday - Saturday 12:30-3:30 p.m.

Weekends Noon-4 p.m.

Not on a Summer Fun Water Polo team yet? No Problem!
Session Play: June 18 - July 16. Please call Kaylee at 51275 for more information regarding how get involved!

THANK YOU!

The Kwajalein High School Class of 2014 would like to thank the entire Kwajalein Community for their wonderful support during our educational years at Kwajalein. We would also like to thank the numerous groups and organizations that provided scholarships and thank those of you who helped make BaccaLaureate, Graduation, and our party all huge successes. The love and support this community has shown to each of us is amazing! To the Class of 2015, best of luck and enjoy every moment of your senior year.

Thank you very much and kommel tata!
—The Kwajalein Jr./Sr. High School Class of 2014

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 14
Roasted Porkloin	London Broil	Chili	Bombay Chicken	Fish Tacos	Assorted Pizza	Philly Cheese Steak
Chicken Piccata	Fried Fish	Meatloaf	Vegetable Quiche	Chicken Fricassee	Baked Ziti	Slow-roasted Kibi Ribs
Wild Rice Pilaf	Pinto Beans	Corn Bread	Hot German Potato Salad	Onion Rings	Cheesy Garlic Bread	Macaroni and Cheese

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	June 14
Chicken Parmesan	Roasted Chicken	Thai Beef with Vegetables	Grilled Top Sirloin	Roi Fried Chicken	Char-grilled Hamburgers	Sausage and Peppers
Beef Ragu	Oxtail Stew	Tofu Stir-fry	Baked Chicken	Swedish Meatballs	Chicken Breast	Chicken Alfredo
Garlic Bread	Mashed Potatoes	Fried Rice	Baked Potatoes	Mashed Potatoes	Tater Tots	Garlic Bread

By Dustin Williams
Kwajalein Weather Station

The Weather Baller

Why are rain drops different sizes?

Rain drops come in a variety of different sizes. Drizzle and mist are characterized by very small drops; heavy rain is comprised of large drops. Even within a single rain shower, we find a distribution of rain drop sizes, or a drop-size distribution, that runs the gamut from roughly 0.5 mm to 5 mm in diameter. Why is this? To understand drop-size distribution, we must first understand the formation of cloud and rain drops.

Obviously, precipitation starts with a cloud. Cloud drops form by the condensation of water vapor on tiny particles called condensation nuclei—these can be salt, dust, soot, etc. The nuclei come in a range of sizes, and thus cloud drops start that way, as well. Cloud drops collide and coalesce, forming larger cloud drops and widening the spectrum of cloud drop size.

Eventually, some of the cloud drops exceed 0.5 mm in diameter and become classified as rain drops. As the rain drops continue to collide and coalesce, they become too heavy to be suspended by upward motion and fall to the ground. Heavier rain typically comes from clouds with stronger upward motion, so the rain drops have spent more time colliding and coalescing, and are therefore larger.

To summarize, we see a range in rain drop size because 1) there is a spectrum of size for condensation nuclei, the building blocks for cloud and rain drops, and 2) the rate of coalescence is variable. Another consideration is that rain drops sometimes break apart as they fall to the ground.



Don't forget to notify the **post office** when you leave island by filling out a **vacation slip, form PS3801**. Mail will only be held for **30 days** without notification. You can find the forms in the **post office lobby**.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-E at 8-13 knots
Monday	Partly Sunny	40%	ENE-E at 9-14 knots
Tuesday	Partly Sunny	20%	ENE-E at 11-16 knots
Wednesday	Mostly Cloudy	30%	ENE-E at 11-16 knots
Thursday	Mostly Cloudy	50%	ENE-ESE at 9-14 knots
Friday	Partly Sunny	20%	ENE-E at 11-16 knots

Yearly total: 56.20 inches
Yearly deviation: +31.46 inches

Call 54700 for updated forecasts or visit www.rts-wx.com.

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:30 a.m. 7:07 p.m.	3:23 p.m. 2:46 a.m.	7:22 a.m. 1.1' 7:38 p.m. 0.6'	1:09 a.m. 2.9' 1:20 p.m. 2.8'
Monday	6:30 a.m. 7:07 p.m.	4:15 p.m. 3:32 a.m.	8:29 a.m. 0.7' 8:32 p.m. 0.3'	2:10 a.m. 3.3' 2:26 p.m. 3.0'
Tuesday	6:30 a.m. 7:07 p.m.	5:11 p.m. 4:22 a.m.	9:21 a.m. 0.3' 9:19 p.m. 0.0'	3 a.m. 3.7' 3:19 p.m. 3.2'
Wednesday	6:30 a.m. 7:08 p.m.	6:10 p.m. 5:16 a.m.	10:07 a.m. 0.2' 10:02 p.m. 0.3'	3:43 a.m. 4.2' 4:05 p.m. 3.5'
Thursday	6:30 a.m. 7:08 p.m.	7:10 p.m. 6:13 a.m.	10:50 a.m. 0.5' 10:44 p.m. 0.5'	4:25 a.m. 4.6' 4:49 p.m., 3.7'
Friday	6:30 a.m. 7:08 p.m.	8:10 p.m. 7:14 a.m.	11:32 a.m. 0.8' 11:26 p.m. 0.6'	5:06 a.m. 4.9' 5:31 p.m. 3.8'
June 14	6:31 a.m. 7:08 p.m.	9:09 p.m. 8:16 a.m.	----- 12:14 p.m. 0.9'	5:47 a.m. 5.0' 6:14 p.m. 3.9'