

# THE KWAJALEIN HOURGLASS



## THIS WEEK

RMI CELEBRATES  
CONSTITUTION DAY 3

CARES ACT FUNDS  
FOR RMI AND FSM 4

GIRL SCOUTS  
PREPARE FOR COVID-19 6

CHARLIE  
DOD HPCON LEVEL 14

KWAJALEIN GIRL SCOUTS HANNAH FINLEY, LEFT, AND BROOKLYN HILL, RIGHT, DISPLAY BOTTLES OF HOMEMADE HAND SANITIZER AT A RECENT ALL-AGES GIRL SCOUT COVID-19 WORKSHOP.

 JESSICA DAMBRUCH





# CHECK OUT MAY AWARENESS THEMES IN THIS WEEK'S KWAJALEIN HOURGLASS



**HONORING THE PAST,  
SECURING THE FUTURE.**

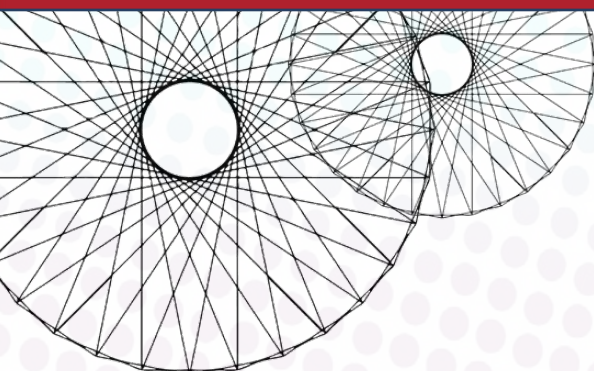
## ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

Celebrated in May, each year, Asian American Pacific Islander Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders, Native Hawaiians and their vital contributions to the American story.

Asian American Pacific Islander Heritage Month was introduced in the House of Representatives in June 1978. This joint resolution was passed by the House and Senate and was later signed by the President on October 5, 1978.

Each May, communities around the world celebrate the people of these unique cultures with gatherings, cultural events and learning opportunities to keep cultural heritage and folkways alive.

While 2020 and social distancing present challenges to hosting group functions, we encourage to you continue learning about the rich heritage and distinct traditions that are a part of Asian American Pacific Islander Heritage Month.



### NATIONAL BIKE MONTH

Show your Kwaj bike some love. Be sure to keep chains and fittings properly oiled.



### MENTAL HEALTH AWARENESS

Check out more on page 12 for tips on keeping your cool during the pandemic.



### MILITARY APPRECIATION

Thank active duty and retired members of the U.S. Armed Forces in your community.

## THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

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📷 COURTESY OF THE OFFICE OF THE RMI PRESIDENT

1) Delegations and visitors at the Republic of the Marshall Islands 41st Constitution Day gather at the Majuro International Conference Center. 2) A choir from the Full Gospel Church sings "Forever Marshall Islands," the RMI national anthem. 3) RMI President David Kabua delivers remarks during the ceremony. 4) Kabua (top right) visits with RMI traditional leaders after the ceremony.

# COMMUNITIES CELEBRATE 41ST RMI CONSTITUTION DAY

## HOURLASS REPORT

Marshallese communities celebrated the 41st RMI Constitution Day May 2 with virtual celebrations and small gatherings. Ceremonies on Majuro took place at the International Conference Center with guest seating arranged to allow guests to observe the recommended social distance.

The presentation began with the singing of the RMI national anthem by a choir from Full Gospel Church, and an invocation by Nitijela Chaplain Rev. Palukne Johnny. Remarks followed, made by Council of Irooj Chairman Kotak Loeak and RMI President David Kabua. Lerooj Margaret Aleo also addressed the gathering on behalf of Lerooj Esther Zedkaia.

The RMI gained full sovereignty with the adoption of its constitution in 1979. Since then, the country has continued to play a prominent role in discussions of climate change, diaspora and women's rights. In 1991, the RMI was accepted as a member of the United Nations.

## Preamble to the Republic of the Marshall Islands Constitution

WE, THE PEOPLE OF THE REPUBLIC OF THE MARSHALL ISLANDS, trusting in God, the Giver of our life, liberty, identity and our inherent rights, do hereby exercise these rights and establish for ourselves and generations to come this Constitution, setting forth the legitimate legal framework for the governance of the Republic.

We have reason to be proud of our forefathers who boldly ventured across the unknown waters of the vast Pacific Ocean many centuries ago, ably responding to the constant challenges of maintaining a bare existence on these tiny islands, in their noble quest to build their own distinctive society.

This society has survived, and has withstood the test of time, the impact of other cultures, the devastation of war, and the high price paid for the

purposes of international peace and security. All we have and are today as a people, we have received as a sacred heritage which we pledge ourselves to safeguard and maintain, valuing nothing more dearly than our rightful home on the islands within the traditional boundaries of this archipelago.

With this Constitution, we affirm our desire and right to live in peace and harmony, subscribing to the principles of democracy, sharing the aspirations of all other peoples for a free and peaceful world, and striving to do all we can to assist in achieving this goal.

We extend to other peoples what we profoundly seek from them: peace, friendship, mutual understanding, and respect for our individual idealism and our common humanity.



Click the seal of the Republic of the Marshall Islands to view footage from the 41st RMI Constitution Day ceremony.





U.S. EMBASSY MAJURO

COURTESY OF THE OFFICE OF THE RMI PRESIDENT

U.S. EMBASSY MAJURO HANDOVER CEREMONY OF U.S. AID TO THE RMI IN RESPONSE TO COVID-19

Members of the Republic of the Marshall Islands governmental cabinet and National Disaster Committee stand together with U.S. Ambassador to the Republic of the Marshall Islands Roxanne Cabral, center, and RMI President David Kabua, right, at the handover ceremony of U.S. Aid to the RMI.

EXTERNAL REPORT

**Republic of the Marshall Islands** President David Kabua attended the handover ceremony of U.S. Aid to the RMI government last week at the RMI cabinet conference room.

The handover ceremony was witnessed by members of the RMI cabinet, officials from the Ministry of Foreign Affairs and Trade, Office of the President and Cabinet and U.S. Embassy.

In his ceremony remarks, RMI Minister of Foreign Affairs and Trade Casten N. Nemra conveyed gratitude to the U.S. government through Ambassador Roxanne Cabral on behalf of the president, government and the people of the RMI. The U.S. has granted \$5.9 million in funding and support to the RMI government to help prepare, prevent and respond to the COVID-19 pandemic.

Nemra listed the funding and assistance the RMI has received:

- \$3,894,720 made available under the CARES Act through Office of In-

- sular and International Affairs, U.S. Department of the Interior
- \$1,103,263.40 from the Centers for Disease Control, U.S. Department of Health and Human Services
- \$926,857 made available under the CARES Act through the Health Resources and Services Administration, U.S. Department of Health and Human Services to support the Ebeye Hospital as a health center grantee
- \$26,168 made available through the Office of the Assistant Secretary of Preparedness and Response, U.S. Department of Health and Human Services
- Inclusion of the RMI in the Relief Workers Affected by COVID-19 under the CARES Act to receive unemployment benefits as a result of the COVID-10 pandemic
- Four Abbott ID Now Machines and 1,008 test kits for COVID-19 (600 for Majuro and 408 for Ebeye), 600 GeneXpert test kits (400 for Majuro

and 200 for Ebeye) and 402 nasal cannula

The machines were purchased through a grant from DOI provided to the Pacific Island Health Officers' Association to equip the U.S. territories and Freely Associated States with COVID-19 testing kits and machines.

Other assistance provided includes two shipments of personal protective equipment from the U.S. National Strategic Stockpile, U.S. Department of Health and Human Services.

Following the ceremony, U.S. Ambassador Cabral received a letter from President Kabua addressed to U.S. President Donald Trump. In his letter, President Kabua expressed his sincere appreciation to President Trump for the funding and support the U.S. government has provided under the Coronavirus Aid Relief and Economic Security Act. He conveyed the assistance is a testament of the special relationship between the two nations during the pandemic.

FSM ACCEPTS U.S. CARES ACT FUNDS

EXTERNAL REPORT

**The United States** government has provided emergency relief funding through the Coronavirus Aid, Relief, and Economic Security Act to the people of the Federated States of Micronesia.

Ambassador Carmen G. Cantor visited President David W. Panuelo and Vice President Yosiwo P. George to present a check for \$7.7 million dollars to assist with preparation, prevention and response to COVID-19 in the FSM.

During the meeting President Panuelo expressed his appreciation to the U.S. government.

"Thank you for the demonstration of the enduring partnership between our nations," Panuelo said. "True colors really do come out during a crisis and we greatly appreciate the support."



U.S. EMBASSY KOLONIA

COURTESY OF U.S. EMBASSY KOLONIA

From left, U.S. Ambassador to the Federated States of Micronesia Ambassador Carmen G. Cantor; Secretary Livingston Taulung, FSM Department of Health and Social Affairs; FSM Vice President Yosiwo P. George and FSM President David W. Panuelo display the symbolic check from the U.S. to the FSM for CARES Act funds in a meeting last week.





## RMI CONSULATE-ARKANSAS DELIVERS FOOD TO STATESIDE MARSHALLESE COMMUNITIES

### EXTERNAL REPORT

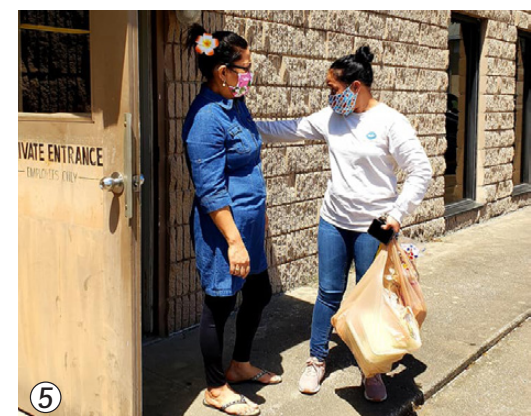
The Arkansas Marshallese COVID-19 Response Task force team gathered this week at the RMI Consulate to assist Marshallese Educational Initiative staff members in delivering hundreds of pounds of groceries to vulnerable Marshallese families and individuals during the COVID-19 pandemic.

Over the past weeks, M.E.I has coordinated multiple food distributions with the consulate officer. Together with its COVID-19 Response Task Force, the consulate has delivered food boxes to the doorsteps of families who can use the supplies.

For this week's deliveries, M.E.I was able to lend a hand to Marshallese communities as far as Pine Bluff, Arkansas.



4 COURTESY OF RMI CONSULATE-ARKANSAS



1) Bags of donated food items are ready for delivery to Marshallese families in Arkansas. 2) Pictured here, more than 30 boxes of assorted fruits and vegetables will be distributed by volunteers to Marshallese households. 3) Yoma Laraya, left, and Richard Laraya prepare donation bags. 4) Volunteers load trucks with food donations. 5) Anita Alik, left, and Carlis Jerry, community outreach coordinators for the RMI Consulate and Marshallese Educational Initiative, visit together while loading donated supplies.



This week, we feature a few signs of the times in the Surfway dairy section. 1) Got milk? 2) Social distancing is easy today in this aisle bordered by dairy coolers and freezers. 3-4) Eggs are a big deal this month. Signs posted in the dairy section direct shoppers to limit the number of items as directed by the Surfway manager to ensure sufficient stock remains on hand for the community. At the time of this photograph, cartons of eggs were limited to two per customer.





## GIRL SCOUTS HOST COVID-19 WORKSHOP

BY JESSICA DAMBRUCH

Senior Girl Scout ambassadors of Kwajalein Girl Scout Troop 801 met at the A-Frame Pavilion last week with troop leaders—and one virtual Girl Scout who joined via a video feed—to host an all-ages workshop for the island’s younger Girl Scouts on preparing for COVID-19.

The workshop counts as a “Take Action” activity project challenge for the senior scouts and is the last in a badge series needed to earn the Senior Outdoor Journey badge. The challenge was to pick an activity requiring the scouts to partner with others in the community to solve a problem and create lasting change. Earlier badges completed include the senior-level First Aid, Camping and Adventurer badges. For their last activity, the senior scouts decided helping others understand COVID-19 was an ideal and logical goal.

“Since we earned the First Aid Badge, we decided to educate the other girl scouts about COVID-19 and how to stay healthy,” said leader Carla Warren, of the project series.

Together, the ambassador scouts, senior scouts in 11th and 12th grade, led scouts through a series of learning stations to practice social distancing, proper handwashing and other public hygiene techniques to make sure that when the time comes, they will be ready. As they traveled, they brought along a laptop displaying “virtual scout” Maddy Nienow—currently stuck off-island—so she could take part in the day’s events.

“You need to be six feet apart,” said Maliana McCollum, as the scouts verified their six-foot separation with a tape measure. “That’s about two stingrays apart.”

At a handwashing station, scouts

timed themselves at the sink and sang “Happy Birthday” to ensure they washed for at least 20 seconds. Younger scouts joined in, sharing tips they’ve practicing at home.

“I know another song,” said Ember Miller. She sang the new tune for the scouts twice, as she scrubbed her hands again.

At a station dedicated to hand sanitizer knowledge, Kendall Warren equipped the scouts with their own readymade bottles and explained the proper way to use and apply it. Nearby, Kimberly O’Rourke sprayed short bursts of green dye on a sheet of poster paper to demonstrate why the distancing matters: It is difficult to contain a sneeze.

O’Rourke even went the extra mile, and “sneezed” the dye into her elbow, leaving a green smear. It got the point across in a colorful way.

Everyone participating in the workshop earned a COVID-19 Awareness fun patch, but for the Kwajalein scouts, community health is more than earning another badge. The Kwaj meeting occurred during a time when scouts all over the world are unable to meet in person. The project allowed senior scouts to pass along safety knowledge to help the next generation of scouts focus on health.

“Most girl scouts worldwide are meeting virtually due to the pandemic—and, yes, many have earned a similar badge related to COVID-19 Awareness,” said leader Carrie Aljure. “The Kwajalein troop is quite unique in that we are still allowed in-person meetings because school is still in session and we do not have any confirmed cases in the RMI. However, we are aware of what the rest of the world is going through and want to be prepared. The girl scout motto is “Be prepared.”



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Maliana McCollum directs scouts in a social distancing exercise. 2) A Girl Scout practices handwashing techniques. 3) Ember Miller sings a sink song for her fellow scouts. 4) From left, Girl Scout leader Carrie West, scouts Eden Pope, Maliana McCollum, Kendall Warren, Katie O’Rourke and leader Carla Warren visit with scout Maddy Nienow after the workshop. Nienow, pictured on the laptop computer screen, attended the event via a live video connection. 5) Kimberly O’Rourke demonstrates the power of a sneeze. 6) Kendall Warren explains hand sanitizer know-how to younger scouts.



Click the COVID-19 Awareness badge to learn more about how the Girl Scouts of America are responding to COVID-19.





📷 U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Morgan Dethlefsen performs a saxophone solo at the Ballroom Dinner dance. 2) This drummer is ready to rock: Connor Charleton mans the drum kit during the performance. 3) The trumpet section takes a minute to wave hello. Pictured here, from left: DJ deBrum, Julia Sholar, Rodriquez Hazzard and Aaron Seelye. 4) Pianist Alyssa England performs during the night's third set. 5) Kevin Quigley, left, and Kristen Hosek can't stop dancing. 6) This saxophone section is so well-practiced, that director Kyle Miller, right, can take a moment to step back and enjoy the show.

# ALL THAT JAZZ AND MORE AT BALLROOM DINNER DANCE

BY JESSICA DAMBRUCH

**With a little** social distancing, you can still safely enjoy music from the "Central Pacific's Most Dangerous Band." The Kwajalein High School Stage Band presented the 32nd Annual Ballroom Dinner Dance May 3 at the Kwajalein Jr.-Sr. High School Davye Davis Multi-Purpose Room. The big band and jazz music performance and dinner is a fundraiser for the Kwajalein Schools music programs.

The ambitious, three-set performance featured 26 popular songs by composers like Duke Ellington, Steve Perry, Ray Charles, Hammerstein, Joe Zawinul, Stevie Wonder, Van Morrison and Rick Stitzel, among others. Guests dined on a catered Italian dinner and dessert and danced between courses provided by DynCorp Catering. To help coax shy dancers out onto the dance floor, Miller included hints in the night's program for what steps would

work best. Any dancer proficient in executing the triple step, salsa, or swing dance was right at home. However, "high school sway," was noted as the best slow dance option for George Michael's "Careless Whisper." The evening included vocal soloists Kai Lorok and Minnie Snoddy, as well as a special surprise birthday wish made from the stage by saxophonist Morgan Dethlefsen to his father, David.





# MOTHER'S DAY IS THIS WEEKEND

BY JESSICA DAMBRUCH

**Mother's Day** is May 10. This year, thanks to social distancing, running out for a last-minute gift or flowers may not be possible. Chances are, wherever you are in the world, you or someone you know will celebrate Mother's Day impacted by quarantine restrictions.

Don't let the quarantine challenge get you down. Now is the time to exercise your creativity as you plan acts of kindness to show moms, stepmoms and female caregivers in your life you value their roles in your family and community. Read on for a few ideas to try this weekend and to keep in mind for when COVID-19 has come to an end.

**Now's your chance.** Know how you're always saying you should call your mom? This year, make the call.

**Send an e-gift card** that your mom can redeem or use to purchase something online. This idea may work if you are out of town and not able to visit in person.

**Record a video,** song or message. If you have children or family members, get them in on the action. Your mom will love seeing the grandkid's big solo. Is your mom deployed? Get the neighbors in on the action and send your mom a giant virtual care package of good messages.

**Learn** a new skill or craft. Who says Mother's Day is the only day you can show mom you care? Pick a new skill or crafts project that you can both work on together.

**Prepare breakfast** in bed for your mom. Wake up early and prepare breakfast that your mom can enjoy.

**Set up a Mom Café.** If your mom is a late riser, consider setting up a family brunch. Pick your mom's favorite foods and hot drinks, and don't forget to do the dishes.

**Have a picnic** at the beach, or in your own backyard.

**Go virtual.** Take a virtual tour of a museum or zoo together. If your mom is a runner, try a virtual jogging event together.

**When all else fails,** do like your momma taught you. One of the best ways to honor your mom is to action your kindness. Find a mom to honor in your community. Offer to assist with errands or simple chores, as social distancing will allow. Giving that mom an extra hour to relax or run errands can mean all the difference on a busy day.

Social distancing does not signal the end of kindness and good works. Check online for women's shelters where you can donate time as a volunteer or send supplies and resources. You may never meet the moms at these centers, but your thoughtfulness will be appreciated.

# CYS MAY SPOTLIGHT



## U.S. ARMY GARRISON-KWAJALEIN ATOLL CHILD AND YOUTH SERVICES

### Child Development Center

**STEAM Afternoons**  
Join the CDC as we explore science, technology, engineering, art and mathematics.  
Tuesdays - Swimming at Millican Family Pool, 1 p.m.  
Wednesdays - Functional Fitness at 1 p.m.  
Saturdays - Reading Buddies with Ms. Crump's third grade class at 2:10 p.m.

### Upcoming CDC Events

May 9 - CDC Mother's Day

**Baru Classroom Special Reminders**  
Saturdays are Water Play Days. Please send your child with swim clothes, a swim diaper (if needed), a towel, and dry clothes.

### School-Age Care

**Mentor Program**  
Meets daily 7 - 8:30 a.m.  
Teamwork is the highlight of this fun, new program, as School-Age Care kids mentor the CDC "littles" in fun projects and activities.

**Culture with 4-H Program**  
Join us as we get cultural. Please register at Central Registration.

**Open Rec**  
Join this free program for grades K-6 from 3:30 - 5:30 p.m. Register in Central Registration.

May 9 - Celebrating Mother's Day-Picnic and Playground: Moms and families are welcome to attend

May 16 - Celebrating Military Appreciation Day Cookies and Lemonade Stand

Functional Fitness meets Wednesdays from 2:30 - 3 p.m. Register in Central Registration

**Daily Focus**  
Let SAC help you foster your child's growing talents and interests with our special one-day activity programming: Art Tuesdays; Culture Wednesdays; STEM Thursdays; Recreation Fridays; Character & Leadership Development Saturdays

### Namo Weto Youth Center

Sundays - Sewing at 4 p.m. on May 10 and 17.  
Tuesdays - Keystone Club at 11:30 a.m.  
Tuesday Recreation Activities. 3:15 - 4:15 p.m. with Coach Sam  
Wednesdays - Smart Girls at 4 p.m.  
Thursdays - Trivia Night at 7 p.m.

May 14 - U.S. Army Trivia  
Fridays - Zumba at 7 p.m.  
Saturdays - Keystone, Torch Club  
Officers meetings at 4 p.m.

**Special Events**  
May 9 - DIY Soap Making 7 p.m.  
May 10 - Teen-Mother Sewing at 4:30 p.m.  
May 24 - Memorial Day Activities

**Movies at 7:30 p.m.**  
May 10 - Hidden Figures  
May 17 - The Pursuit of Happiness  
May 24 - Game Plan

### Parents' Corner

**Special Note**  
Many CYS programs require pre-registration. If you have questions or would like to learn more about registering your child or volunteer opportunities with CYS, contact Central Registration at 5-2158.

Please note that SAC programs in May will take place from 3:30 - 5:30 p.m.

**Namo Weto Youth Center**  
**Hours of Operation**  
Closed Monday  
Tuesday - Open for Outdoor Rec 3:15 - 4:15 p.m. only  
Wednesday 2 - 9 p.m.  
Thursday 3 - 9 p.m.  
Friday 3 - 9 p.m.  
Saturday 3 - 9:30 p.m.  
Sunday 1 - 9:30 p.m.

### Teachers' Note

Unless otherwise indicated, all programs for the Namu Weto Youth Center start or meet at the Center. Dates and times for events are subject to change. Please check in at your CYS location for the latest information.



*CYS Needs You!*

**Want to volunteer with CYS?**  
**Contact Central Registration**  
at 5-2158 for how to become a registered volunteer.





Peter George of the USA, left, Fyodor Bogdanovsky of the USSR, center, and Ermano Pignatti of Italy compare hardware at the conclusion of the middle-weight class weightlifting at the November 1956 Olympic Games in Melbourne, Australia. Bogdanovsky totaled 420 kg, (a world record) for the gold, George totaled 412 kg for the silver and Pignatti totaled 382.5 kg for the bronze.

# KWAJ HAD OLYMPIAN AS ORTHODONTIST

BY JESSICA DAMBRUCH

Peter George made regular visits to Kwajalein every six weeks for years until the early 1990s to perform orthodontal exams. Prior to his career in dentistry, George was a world-class weightlifter and Olympic athlete.

George competed internationally while attending Kent State University and also won three world championships. While competing as an Olympic athlete, George earned four medals between the years 1948 and 1956.

George later graduated from Ohio Dental School and entered the U.S. Army. He also served on the faculty of the University of Hawaii.

George would ultimately set up his private dental practice in Honolulu and make visits to Kwajalein. His last dental call to the island was in 1992, over the Barcelona Olympic Games.

Should those visits happen to coincide with the Olympics or its qualifying competitions, George was sure to be found in his off time following sports and weightlifting coverage.

# E-WARENESS

**HOUSEHOLD WASTE DISPOSAL:**  
**ANY HOUSEHOLD WASTE THAT CANNOT BE INCINERATED MUST BE DISPOSED OF SEPARATELY**

Everyone has to throw away unneeded items. However, it is important to conduct waste management safely around your island home.

The following items may be discarded in any regular household trash bin:

- Alkaline batteries, all plastic, paper, cardboard, kitchen waste, non-recyclable glass, incandescent light bulbs, jars and bottle lids.

Please separate the following items from regular household trash:

**Recycling.** Aluminum drink cans are acceptable. Please do not recycle aluminum foil or food trays.

**Glass containers.** Please do not discard windows, mirrors and lightbulbs. Individually packaged items. Aerosol cans, food cans, scrap metal and e-waste.

**Hazardous Waste.** Deliver to Self Help or call 5-8858 for pickup of fluorescent bulbs, LED lights, waste paint, pesticides, etc.

**Non-Alkaline Batteries.** Self-Help or AAFES Collection Points.

Jabdrewot kobij ko ilo imoko im rejjab maron in itibdrikdrik ak bwil rej aikuj in jenolok nan julok.

Waste ekoba battery ko, plastic ko kajojo, paper, box pepa ko, kobij in mona ko, glass ko kajojo, Teŋki im light bulb ko, im Bato ko ewor mejier (jar).

Kejenolok aluminum can ko, glass bottle ko, aerosol can ko, food can ko, metal ko, E-waste ko lok wot iaar.

Self Help ej ijo Hazardous Waste ej etal nan e ak call 5-8858 nan iwoj im buki fluorescent bulb ko, LED light ko, uno ak paint ko, pesticide ko, im ko aerlok-wot.

Non-Alkaline Battery ko remaron in etal nan Self-Help ak AAFES Collection Point ko.



Call 5-3867 with questions.

## KWAJALEIN SPORTS ASSOCIATION

### Home Run Derby

Sunday, May 10  
Brandon Field at 6:30 p.m.

\$10 Entry Fee per person collected at event start  
\$8 for KSA members\*

\*Membership paperwork available at event.\*  
\*\*Event has been reviewed and approved with COVID-19 precautions\*\*

Group 1: 7th-8th Grade Boys  
Group 2: 7th-12th Grade Girls  
Group 3: 9th-12th Grade Boys  
Group 4: Adult Women  
Group 5: Adult Men

Snacks will be available for sale.  
HR Derby Questions?  
Email [masciarellim@kwajalein-school.com](mailto:masciarellim@kwajalein-school.com)



# MINUTEMAN III TEST LAUNCH ON SCHEDULE, MISSION READY AMID PANDEMIC

An unarmed Minuteman III intercontinental ballistic missile launches during a developmental test at 12:33 a.m. Pacific Time Feb. 5 at Vandenberg Air Force Base, California. U.S. AIR FORCE PHOTO BY SENIOR AIRMAN CLAYTON WEAR

## EXTERNAL REPORT

By 1st Lt. Ieva Bytautaite  
20th Air Force Public Affairs

**F. E. Warren Air Force Base, Wyoming**—There is no question about it. The intercontinental ballistic missile mission is a unique portion of the Air Force Global Strike Command nuclear enterprise.

Even as the nation is battling the COVID-19 pandemic, the nuclear mission requires a 24/7/365 work force that is always ready and reliable.

Operational tests of unarmed Minuteman III ICBMs, which are conducted by the 576th Flight Test Squadron at Vandenberg Air Force Base, California, are no exception and are currently still on schedule. Test launches are a vital part of ensuring reliability and capability of the weapon system and provide valuable data to ensure a continued lethal, safe and sure nuclear capability. The tests also serve as a visible sign of mission capability of the ICBM force to our allies and partners.

The process of selecting sorties for testing is random, ensuring an accurate representation of the force.

resentation of the force.

“This way we have confidence that the operational force is lethal, accurate and ready,” said Maj. Gen. Fred Stoss, 20th Air Force commander.

The next test launch is currently scheduled for August, and the test sortie is already in-route to Vandenberg AFB.

“We have always been ready before COVID-19, we are going to be ready during COVID-19, I assure you that,” said Stoss. “And we will be ready as we recover, after COVID-19, with no change in margin and no change in readiness.”



Effective now, United Airlines requires all passengers to wear face covers or masks as they board the aircraft. United encourages customers to bring their own face coverings; however, anyone without one will be provided a mask prior to boarding by United.

## RHAPSODY BLUES

I teared up just little bit this week after listening to American composer George Gershwin's "Rhapsody in Blue."

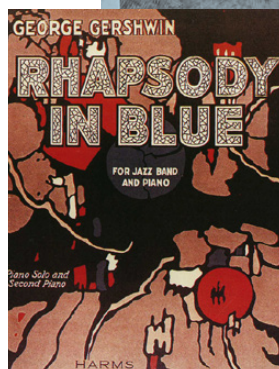
The 1924 composition for solo piano and jazz band features the gusto of a brass stage band and a challenging piano melody. It received scoring for theater and symphony orchestra in 1924, 1926 and 1942, respectively, and has been a popular favorite ever since. It made a reappearance in pop culture as a theme from Disney's "Fantasia 2000."

"Rhapsody in Blue" is one of my favorite songs but not only because it is an iconic tune of the 1920s with a legendary clarinet solo. It's become my travel song: It's the theme for United Airlines. UA licensed "Rhapsody" in 1987.

Breathless, passport in hand, finally aboard a United flight to Honolulu, "Rhapsody" gets passengers through the inflight safety video and up into the air with a catchy tune. By the time you hear it, you know you're on the way to an adventure. It's amazing what a song can do.

Air travel as we knew it is changing, but music can put you back on the road to adventure, if only in your mind. If you miss "Rhapsody" too, click on the photo of Gershwin, and listen along with me.

—Jessica Dambruch



1) Pictured here in this signed photograph is George Gershwin, composer of the popular 1924 song "Rhapsody in Blue." 2) The cover to the original sheet music for Gershwin's iconic music composition.



## EFFECTIVE APRIL 30

The Republic of the Marshall Islands has instituted Issuance 12 extending the travel ban through June 5.

No one can arrive in the RMI, to include Kwajalein, until June 6 at the earliest.

The only United Airlines flights in the month of May will be:

May 20 (eastbound to Honolulu)

May 21 (westbound to Guam)

Contact United reservations at 1-800-864-8331 to reschedule your May 6 tickets.





U.S. ARMY PHOTO BY WINIFRED BROWN

*Jess Kotleski, center, takes a cellphone photo of her family's watches to show how they did during the Camp Zama 5K Virtual Challenge at the Yano Fitness Center, Camp Zama, Japan, April 30. With her are Jasmine, 10, Jackson, 8, and John Kotleski.*

## CAMP ZAMA FMWR HOLDS RUN ONLINE WITH VIRTUAL 5K CHALLENGE

### EXTERNAL REPORT

By Winifred Brown

**CAMP ZAMA, Japan**—When the Camp Zama Virtual 5K Challenge kicked off at the Yano Fitness Center here at midnight April 27, the scene was extraordinary: No one was there.

Instead, runners appeared at various times over the course of the next five days, taking selfies at the starting and finishing lines and posting them on the Camp Zama Family and Morale, Welfare and Recreation Facebook page with their completion times. They had five days to complete the challenge and organizers relied on the honor system for posting times.

Greg Zaboski, a sports specialist for Camp Zama's FMWR, said organizers designed the race to comply with social distancing rules amidst the COVID-19 pandemic.

With Camp Zama's stay-at-home measures, it is important for people to get out and exercise, Zaboski said.

"It's very stressful, so [you must] maintain your physical activity, social distancing lines and your peace of mind," Zaboski said. "Especially as a military community, we all need to work together to help keep people resilient and fit for the fight."

Jess Kotleski, who has participated in several community races at Camp Zama, ran the race April 30 with her husband John and their children Jasmine, 10, and Jackson, 8.

Before the race, Jackson asked if there would be balloons and people cheering, Kotleski said.

"No, not this time," Kotleski told him. "'There's no one at the end, no one cheering, but that's where the drive comes

from within to have that motivation.'"

The Camp Zama Virtual 5K Challenge was her first race that did not include crowds of people at the beginning, Kotleski said, but she enjoyed it.

"It's definitely different, but I like both," Kotleski said.

Dustin Perry, also a veteran of several Camp Zama community races, said that ironically, COVID-19 restrictions on Camp Zama ended up improving his performance during his run April 30.

Before the Yano Fitness Center closed, Perry worked out there every day at lunchtime, and he wanted to find an alternative.

"I've always been a semi-avid runner, so I decided to start running a route that started and finished at the building where I work," Perry said.

Eventually, Perry said he built up his endurance, so he was completing a 5K every weekday.

"I even began running on the weekend, doing a 10K each this previous Saturday and Sunday," Perry said. "So, when it came time to do the Virtual Run, I feel like I was pretty well acclimated and ready to run a steady pace."

Like Kotleski, Perry said he likes races with or without crowds of people.

"There is definitely something enjoyable about group runs, when you can push yourself competitively and see crowds of people who are cheering for you," Perry said. "But when I was running alone today, I have to admit it was very peaceful and there was no pressure to push myself too hard or try to catch up to anyone who was outrunning me!"

Perry said he could envision a future, even without COVID-19 restrictions, where virtual races became a popular way to keep people motivated and active.

Perry encourages runners who might

be hesitant to participate in races to take advantage of opportunities such as the Virtual Run.

"If you've ever been hesitant about competing in a running event, whether you don't think you're fast enough or if you think you'd come in last place, events like the Virtual Run are perfect," Perry said. "You're on your own, you can go your own pace, and you can't come in last because it's just you who is running."

Just don't expect the fanfare of a regular race.

When the Camp Zama Virtual 5K Challenge ended May 1, it ended the same way it began: With no runners present.

And instead of an award ceremony immediately after the race, participants gathered online May 5 to watch organizers spin a virtual wheel on the Camp Zama MWR Facebook page so they could draw eight prize winners from the 41 participants. The prizes included three FMWR gift bags; an American Red Cross emergency preparedness kit; an ARC oversized umbrella; an ARC plus kit; and two official Super Bowl footballs.

"Woohoo, congratulations!" commented Marali Rodriguez, a race participant, to the winners.

In terms of times, Mike Rothenberger finished first with a time of 20 minutes, 36 seconds, and John Kotleski finished second with a time of 22:17. For the women, Cassandra Snell came in first with a time of 27:39, and Veronica Johnson came in second with a time of 27:48.

Jon Lee, Camp Zama's FMWR marketing coordinator, thanked everyone for participating.

"What an amazing turnout, and we look forward to providing you some more great events," Lee said, encouraging people to message Camp Zama's FMWR page with ideas.



**THE SOLEMN PRIDE THAT MUST BE YOURS  
TO HAVE LAID SO COSTLY A SACRIFICE UPON  
THE ALTAR OF FREEDOM.**



**THE COMMUNITY IS INVITED TO ATTEND THE  
U.S. ARMY GARRISON-KWAJALEIN ATOLL  
MEMORIAL DAY CEREMONY  
MAY 21 AT 4 P.M.  
THE ISLAND MEMORIAL CHAPEL**





**RMI MINISTRY OF HEALTH AND HUMAN SERVICES**  
**UPDATED INTERIM HEALTH TRAVEL ADVISORY & RESTRICTIONS**  
**ISSUANCE 12: AS OF 30 APRIL 2020**



**REPUBLIC OF THE MARSHALL ISLANDS**  
**OFFICE OF THE SECRETARY**  
**MINISTRY OF HEALTH AND HUMAN SERVICES**  
**P.O. Box 16 ~ Majuro ~ Marshall Islands ~ 96960**  
**Tel. No. (692) 625-5327 Email: sechhs.rmi@gmail.com**

**REPUBLIC OF MARSHALL ISLANDS 2019 NOVEL CORONAVIRUS**  
**(COVID-19) UPDATED INTERIM HEALTH TRAVEL**  
**ADVISORY & RESTRICTIONS ISSUANCE 12: AS OF 30 APRIL 2020**

*(Subject to regular review, as required)*

On 30 January 2020, World Health Organization declared the current novel coronavirus (COVID-19) outbreak a Public Health Emergency of International Concern (PHEIC). The virus was first detected in Wuhan city, Hubei Province, PRC, and subsequently cases of COVID-19 have been detected in **210 countries and territories**.

The new virus is a coronavirus, which is a family of viruses that include the common cold, and viruses that cause severe respiratory infections. The virus can be transmitted from person to person, similar to other influenza viruses. In response to the declaration of PHEIC, the Republic of Marshall Islands' (RMI) former COVID-19 travel advisories and restrictions (**Issuance 1: 24 January 2020, Issuance 2: 31 January 2020 and Proclamation declaring State of Emergency dated 7 February 2020, Issuance 3: 13 February 2020, Issuance 4: 26 February 2020, Issuance 5: 25 February 2020, Issuance 6: 3 March 2020, Issuance 7: 5 March 2020, Issuance 8: 7 March 2020, Issuance 9: 8 March 2020, Issuance 10: 17 March 2020, Issuance 11: 2 April 2020** ) have been reviewed and updated as of **30 April 2020 (Issuance 12)** with the following interim inbound and outbound travel restrictions for all visitors to RMI. **Because COVID-19 is a national threat these requirements will come into effect immediately.**

An extension of the **total suspension of international travelers** coming into the RMI via air travel **until 5 June 2020**. All aircraft that need to land in the RMI for refueling purposes must adhere to the National Disaster Committee approved Amata Kabua International Airport Standard Operating Procedures (SOP). Periodic spot checks will be conducted on airport ground crew handling aircraft in the RMI. Ground crew not adhering to the strict no human-to-human contact protocols will be subject to immediate minimum 14-day quarantine.

- Suspension of all domestic passenger air travel between Kwajalein and Majuro on international airlines. Air travel between Kwajalein and Majuro on Air Marshalls is still permitted.
- **All cruise ships including liveaboard vessels, and yachts** at this time are suspended from visiting the RMI until further notice.
- **All fishing vessels and carriers** are required to spend fourteen (14) days at sea prior to port entry clearance by MoHHS, Ports Authority, MIMRA and Immigration Division, which shall be by electronic means. Transshipment is limited to twenty (20) purse seiners and ten (10) carriers at any one time, and any of these vessels within the transshipment area are subject to Ports Authority coordination of entry and exit, including access to the wharf for provisioning purposes. Fishing Companies are required to produce company policy and/or SOPs in compliance with NDC TA and the Maritime SOP requirements, such as no human to human contact, etc. Said SOPs shall be amended as per updated TA and shall remain in effect unless otherwise revised by Ports Authority, MoHHS, MIMRA and Immigration Division.

MIMRA shall provide a list of fishing vessels and carriers for entry purposes. Vessels not on the list, may be subject to appeal to NDC through the Maritime Working Group prior to departure from originating port.

- To make sure that we can continue to allow food and supplies to enter the country, all **container vessels and fuel tankers** are exempt but are strictly required to spend **14 days** outside of the RMI after departure and prior to arrival at the RMI Pilot Station. All container vessels and fuel tankers must adhere to the National Disaster Committee approved Standard Operating Procedures-Maritime (SOP). Human-to-human contact is strictly prohibited.
- Citizens and residents of the RMI with plans to travel abroad are **strongly advised** to postpone their travel arrangements. If travel arrangements cannot be postponed, **individuals should be aware that they may be subject to restrictions on reentering the RMI. It is also strongly advised that at this time all citizens and residents currently residing on Majuro or Ebeye who are intending to travel to the outer islands to reside or work, do so as soon as possible.**
- **All GRMI officials, including elected officials, SOEs and auxiliary bodies**, are required to suspend all international trips paid for by the GRMI or sponsored by outside agencies or organizations with the exception of patients approved by the RMI Medical Referral Committee.
- RMI Residents and Citizens who are planning to attend **missions, conferences, trainings and group trips** held outside of the RMI are **strongly advised** to postpone their travel until further notice.
- The Chief Secretary, as the head of the National Disaster Committee, together with the Secretary of Health and Human Services, based on recommendations from the RMI Public Health division and the National Disaster Committee, reserve the right to make exceptions to any of the above restrictions to allow for essential services. All safety protocols developed by the Ministry of Health and Human Services in compliance with WHO and CDC guidelines will be followed in these instances.
- Any failure to comply with the terms set forth in this Travel Advisory #12 shall be subject to the Emergency Order on Fines and Penalties (schedules of fines attached).

These are interim travel restrictions, which have been introduced by the Government of the RMI as part of current health emergency preparedness measures for COVID-19. These restrictions will be reviewed and updated as needed and communicated to the public.

**Jack Niedenthal**  
**Republic of the Marshall Islands**  
**Secretary of Health & Human Services**

**April 30, 2020**





# UNDERSTANDING HEALTH PROTECTION CONDITION LEVELS

PUBLIC SAFETY ANNOUNCEMENT

By The Army Public Health Center

The Department of Defense Instruction 6200.03 “Public Health Emergency Management Within the DoD,” and supplements, provides military commanders with policy applicable to the COVID-19 outbreak. Commanders review and update the health protection condition based on the risk level in the local community and in cooperation with local, state, or host nation guidance.

Commanders and public health personnel use HPCON levels to guide specific actions you can take in response to a health threat.

While it’s always important to prevent the spread of germs, there are additional steps you can take if COVID-19 transmission becomes more widespread in your community.

This page lists potential actions that may be indicated as a result of COVID-19. Regardless of the current HPCON level, always follow the guidance from your installation and local public health agencies.

**O ROUTINE:**  
*No community transmission*

- Take everyday actions to stop the spread of germs:
- Avoid close contact with people who are sick.
  - Wash hands often and for at least 20 seconds with soap and water.
  - Cover your coughs.
  - Sneeze with a tissue and throw the tissue in the trash; cough/sneeze into your elbow if tissues are unavailable.
  - Avoid touching your eyes, nose and mouth.
  - Ensure all immunizations are up to date, including seasonal flu shots.
  - Stay home if you are sick.
  - Avoid close contact with family members and pets.

**ALPHA LIMITED:**  
*Community transmission beginning*

Continue all previous actions and: Routinely clean and disinfect frequently touched objects and surfaces.

If you are sick, call your medical provider for instructions on receiving care before going to the clinic

Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

**BRAVO MODERATE:**  
*Increased community transmission*

- Continue all previous actions and:
- Avoid unnecessary contact with others, such as shaking hands and hugging.
  - Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
  - Ensure supplies of food, medication, and other items needed for babies and pets are available to last at least 14 days.
  - Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
  - Observe local guidance on movement restrictions and access requirements for military installations.
  - Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
  - Comply with medical orders for self-isolation or quarantine.

**CHARLIE SUBSTANTIAL:**  
*Sustained community transmission*

- Continue taking all previous actions and the following:
- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
  - Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
  - Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
  - Implement remote work procedures as directed by your employer.
  - If outside the United States, authorized or ordered departure actions may be implemented.

**DELTA SEVERE:**  
*Widespread community transmission*

- Continue taking all previous actions and the following:
- Expect to remain at home for extended periods of time as movement in the community may be restricted.
  - Expect that home isolation or quarantine may be directed.
  - Follow all directives and guidance from local, state and Federal authorities. These actions are to protect the health and safety of you and your Family.



PLEASE REMEMBER  
TO PRACTICE SOCIAL  
DISTANCING AS DIRECTED  
AROUND THE ISLAND.

WE APPRECIATE YOUR  
HELP IN KEEPING THE  
ATOLL HEALTHY.



## CURRENT DOD HPCON LEVEL IS CHARLIE

PUBLIC SAFETY ANNOUNCEMENT

The Department of Defense has raised the HPCON level worldwide to level Charlie (Substantial).

With that said, there are still no suspected or confirmed COVID-19 cases in the Republic of the Marshall Islands. Continue all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.



**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Ri-nañimej ro im ebed ibbeir nañinmej in COVID-19 elap lok aer bōk nañimej ikkijelok.**

**Symptoms\* can include  
Symptom\* ko emaroñ bed e**

**FEVER  
BIBA**



**COUGH  
BOK BOK**



**\*Symptoms may appear 2-14 days after exposure. \* Symptom ko emaroñ walok el-kin 2-14 raan elikin aer po.**

**Remember to cough into your elbow.  
Pinej Lonium ilo am pokpok ak maje.**

**SHORTNESS  
OF BREATH**

**IKKIJE LOK**



**Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**

**Lolak takt ò ro ñe kwoj eñjake symptom kein, im ñe kwojela ke kwār kebaak ro im eloñ nañimej in COVID-19 ibbeir ak ijo kwoj jokwe ie im emo an ajeded COVID-19 eo ebelakin.**



For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)



# MAY IS MENTAL HEALTH AWARENESS MONTH

**May is Mental Health Awareness Month.** While we are familiar with viruses like the common cold and the flu, COVID-19 is new and presents a situation few of us could have imagined. The fact of the virus being extremely contagious has resulted in business closures, social distancing and quarantine measures which have disrupted our daily lives. It is more important now than

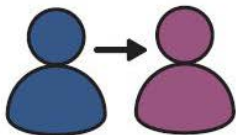
ever to pay attention to mental health. While we can't always help being concerned about major life changes, we can find more productive ways to deal with whatever is stressing us out. Here are a few tips from the Kwajalein Hospital about how to think through the worry of COVID-19.

## YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress



Not being able connect with friends and family the way you're used to



Shortages of certain common supplies

## REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY		<ul style="list-style-type: none"><li>• Keep a healthy diet</li><li>• Exercise at home</li><li>• Get enough sleep</li><li>• Do not smoke or drink alcohol excessively</li><li>• Take care of your mental health</li><li>• Maintain self-care and personal hygiene</li></ul>
YOUR IMMEDIATE ENVIRONMENT		<ul style="list-style-type: none"><li>• Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized</li><li>• Make responsible choices about when to leave the house and only go out if necessary</li><li>• Limit the number of people you come into contact with</li><li>• Work from home if you are able to</li></ul>
WHAT YOU CONSUME		<ul style="list-style-type: none"><li>• Don't overdo your news and information intake</li><li>• Get your information from reliable sources like the CDC or WHO</li><li>• Watch TV, movies, and videos that make you feel good</li></ul>
HOW YOU PROTECT YOURSELF		<ul style="list-style-type: none"><li>• Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol</li><li>• Avoid touching your eyes, nose and mouth</li><li>• Avoid greeting people by shaking hands, kissing or hugging</li><li>• Keep 6 feet of distance between you and anyone who is coughing or sneezing</li></ul>
HOW YOU PROTECT OTHERS		<ul style="list-style-type: none"><li>• Stay home if you are sick aside from getting medical care</li><li>• Cover your coughs and sneezes</li><li>• Clean and disinfect frequently touched surfaces</li></ul>

FOR MORE INFORMATION, CONTACT THE KWAJALEIN HOSPITAL AT 5-2223.



# UNDERSTANDING THE DIFFERENCE



**SURGICAL MASK**



**N95 RESPIRATOR**

**TESTING AND APPROVAL**

Cleared by the U.S. Food and Drug Administration (FDA)

Evaluated, tested and approved by NIOSH as per the requirements in 42 CFR Part 84

**INTENDED USE AND PURPOSE**

Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer’s respiratory emissions.

Reduces wearer’s exposure to particles including small particle aerosols and large droplets (only non-oil aerosols).

**FACE SEAL FIT**

Loose-fitting

Tight-fitting

**FIT TESTING REQUIREMENT**

No

Yes

**USER SEAL CHECK REQUIREMENT**

No

Yes. Required each time the respirator is donned (put on).

**FILTRATION**

Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection

Filters out at least 95% of airborne particles including large and small particles

**LEAKAGE**

Leakage occurs around the edge of the mask when user inhales

When properly fitted and donned, minimal leakage occurs around edges of the respirator when user inhales

**USE LIMITATIONS**

Disposable. Discard after each patient encounter.

Ideally should be discarded after each patient encounter and after aerosol-generating procedures. It should also be discarded when it becomes damaged or deformed; no longer forms an effective seal to the face; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.



**Centers for Disease Control and Prevention**  
National Institute for Occupational Safety and Health





U.S. ARMY GARRISON-KWAJALEIN ATOLL

## FMWR RECREATION AND FITNESS CLASSES

**Kick your spring fitness plan into high gear with this handy class calendar from USAG-KA FMWR Recreation.**

### Pick Your Class and Buy a Pass

It only takes a few minutes to register for the FMWR wellness pass. Once you have this special voucher, you can use it to participate in FMWR recreation and fitness offerings. Wellness Passes can be purchased from the MWR desk at the Grace Sherwood Library in Building 805.

### Class Locations

Unless otherwise noted, all FMWR fitness classes meet in CRC Room 7. Other class locations include the Adult Pool and the Ivey Gym. Double check your class location in the course schedule.

### Learn More

For more information, please call 5-3331. Check out the U.S. Army Garrison-Kwajalein Atoll Family and Morale, Welfare and Recreation newsletter, The FMWR Reef, for hours of operation and private organization event information.

#### MONDAY

5:30 p.m. Yoga (one hour)

1:30 p.m. Strength & Cardio  
(one hour)

#### TUESDAY

9:15 a.m. Water Aerobics  
(one hour, Adult Pool)

5:30 p.m. Yoga  
(one hour)

1:30 p.m. Strength & Cardio  
(one hour)

**FRIDAY**  
9:15 a.m. Core Cardio  
(one hour)

5:30 p.m. Yoga  
(one hour)

5:30 p.m. Yoga (one hour)

#### WEDNESDAY

5:30 p.m. Spin  
(45 min.)

**SATURDAY**  
5:30 a.m. Spin  
(45 min.)

9:15 a.m. Core Cardio  
(one hour)

6 a.m. Power Walk EX  
(one hour, Ivey Gym)

5:30 p.m. Circuit  
(one hour)

9:15 a.m. Circuit  
(one hour)

5:30 p.m. Circuit  
(one hour)

#### THURSDAY

6 a.m. Power Walk EX  
(one hour, Ivey Gym)

6 p.m. Spin  
(45 min.)

9:15 a.m. Water Aerobics (one  
hour, Adult Pool)



## MWR MOVIES

All movies begin at 7:30 p.m.

### KWAJ YUK THEATER

**SATURDAY, MAY 9**

"Sonic the Hedgehog"  
(PG) 102 min.

**SUNDAY, MAY 10**

"The Curse of La Llorona"  
(PG-13) 94 min.

**MONDAY, MAY 11**

"Maze Runner: The Death  
Cure" (PG-13) 144 min.

**SATURDAY, MAY 16**

"Coco" (PG) 105 min.

**SUNDAY, MAY 17**

"Only the Brave"  
(PG-13) 94 min.

**MONDAY, MAY 18**

"A Beautiful Day in the  
Neighborhood"  
(PG) 110 min.

### ROI TRADEWINDS THEATER

**SATURDAY, MAY 9**

"Skyscraper"  
(PG-13) 109 min.

**SUNDAY, MAY 10**

"Bohemian Rhapsody"  
(PG-13) 133 min.

**SATURDAY, MAY 16**

"The Curse of La Llorona"  
(PG-13) 94 min.

**SUNDAY, MAY 17**

"Maze Runner:  
The Death Cure"  
(PG-13) 144 min.

**THIS WEEKEND GET READY TO RUST**

# RUSTY FAMILY MINI-TRIATHLON

Volunteers are solicited for the Rusty Family Mini-Triathlon. The event is May 11. The race start is at 4:30 p.m. Entry forms for racers are available on the Mini-Mall Bulletin board or at Qtrs. 473-A. For more information, event updates and to volunteer at the event, please contact Bob and Jane Sholar at 5-1815.





For more information, click below to visit the Hawaii Partnership to Prevent Underage Drinking.



## UNDERAGE DRINKING AND WHAT IT MEANS

### PUBLIC SAFETY ANNOUNCEMENT

**Kwajalein** has numerous opportunities for island residents to enjoy healthy, recreational activities and for adults to enjoy responsible alcohol consumption.

Then there are those odd occasions when the boundary between acceptable and unsafe behavior becomes blurred.

When that happens, knowing what to do is important to your personal safety. In order to stay safe this summer, it is important for both teens and parents to understand the consequences of relaxing attitudes about alcohol consumption.

U.S. Army Garrison-Kwajalein Atoll falls under Hawaii state law regarding minors and alcohol consumption. If you think alcohol consumption is no big deal, now is a good time to review the regulations and consequences. The legal age for purchasing or publicly consuming alcohol in the United States is 21 based on the 1984 National Minimum Drinking Age Act.

**Social Host Law:** The social host liability law states that consciously permitting a minor to drink under your supervision or on your property is a misdemeanor. The penalty for failing your responsibility as social host could entail financial charges up to \$2,000 and one year of jail time.

**Use and Lose Law:** Drinkers under the legal age limit face strict consequences for alcohol use. If someone underage is caught with alcohol in their possession or in their system, they will lose their driver's license for 180 days. The person is also required to serve 75 hours of community service and eight to 12 hours of alcohol education, and counseling.

**Zero Tolerance Law:** Remember, if someone offers you alcohol and you are under age 21, you can and should say no. Anyone under the age of 21 is prohibited from operating a vehicle with any percentage of alcohol in their system. The consequences include losing their driver's license or privilege to drive for 180 days, eight to 12 hours of alcohol education and counseling and a \$150-1,000 fine.

### A Reminder for Adults

Depending on the situation, it is a misdemeanor or a felony for supplying alcohol to minors. Most often, supplying alcohol to a minor is considered a

misdemeanor offense.

In some jurisdictions, it may be considered a felony. Felonies for supplying minors with alcohol are often charged when there is some type of accident or injury involved with the use of alcohol or the person supplying the alcohol has been convicted of repeated offenses. Typical penalties are outlined below.

Jail sentences for misdemeanors can range from a few days to one year. Felony convictions that result in prison sentences will include sentences of at least a year, though they can be significantly longer.

Fines for misdemeanors are most often between \$500 and \$1,000. Depending on the circumstances, fines may be up to \$5,000. Fines associated with felony offenses are typically higher than those associated with misdemeanors; they can be significant and run into the tens of thousands of dollars or even more. Individuals in court will have to pay court costs that can range from hundreds to thousands of dollars, depending on the circumstances. Of course, attorney fees can also become quite expensive.

Individuals who are convicted of supplying alcohol to minors will most likely be put on probation and may have to perform community service or other services.

### Underage Drinking Facts

Remember, if you are under the legal alcohol drinking age, you can refuse to accept a drink. You might be surprised to learn that you are not alone. Current research shows that most Hawaii teens are not drinking alcohol. Here are some facts that might surprise you:

- Almost half of all Hawaii youth have never had a drink.
- Three out of every four teenagers claim their parents are a leading influencer on their opinion of drinking.
- Teen alcohol use kills about 4,700 people each year — that's more than all other illegal drugs combined.
- Hawaii teens think that 85 percent of people their age drink at least one drink a day, when almost 75 percent do not drink.
- Of Hawaii teens who drink, 85 percent report getting alcohol from home without their parents' or guardians' knowledge.
- Of Hawaii teens who drink, 78 percent report getting alcohol from older family members who are not their parents/guardians.

This article is compiled from the Hawaii Partnership to Prevent Underage Drinking.

## KOMMOL TATA

U.S. Army Garrison-Kwajalein Atoll Family and Morale, Welfare and Recreation expresses its sincere appreciation for the community's private organizations.

Each week, the island's private orgs go above and beyond to ensure that any event meetings or group gatherings adhere to the COVID-19 protocols as directed by the garrison.

It's a tough job and a tough time, but the private orgs are doing a great job keeping membership at the recommended social distance at all times. Thank you, orgs. Your efforts are appreciated.

## MEMORIAL DAY WEEKEND EVENTS

### Kwajalein Memorial Day Party May 25 from 4-8 p.m.

Join the community at Brandon Field to watch the Memorial Day Kickball Tournament. Food and beverages will be available for sale during the event. Corn hole, bocce ball and other lawn games will be available.

### Cannonball Competition May 25 from 6-7 p.m.

Think You've Got the Best Splash? Come to the Cannonball Competition at the Adult Pool and show off your skills.

### Kickball Tournament May 25 from 4-8 p.m.

Register at the Grace Sherwood Library by May 16. Team members must be Kwajalein island residents. Those interested are encouraged to register soon as space for this event is limited.

**Social distancing measures are in effect during these events. Please enjoy the day responsibly. For more information, call MWR at 5-3331.**



# COMMUNITY NOTES

## HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit [usajobs.gov](http://usajobs.gov).

RGNext, LLC seeks qualified candidates to fill several open positions on Kwaj and Roi in engineering, technical and other areas. For more information and to apply, go to [www.rgnext.com](http://www.rgnext.com).

DynCorp International is looking for qualified candidates for various positions. Current DI open positions on USAG-KA include administrative services, data analysts, education services, aviation and airfield operations, marine operations and public works among others. To apply, go to [www.dilogcap.com](http://www.dilogcap.com) or contact your local HR representative.

Kwajalein School System seeks substitute teachers. If you enjoy having a flexible schedule and working with children, we have a perfect opportunity for you. Contact Susan Davis at 5-3601.

## ISLAND MEMORIAL CHAPEL ANNOUNCEMENTS

**Alcoholics Anonymous** and the Island Memorial Chapel Prayer Group have been suspended until further notice. For more information, please contact the Island Memorial Chapel at 5-3505.

**Youth Fellowship** meets May 11 and 25, 7-9 p.m. in the REB.

**Yoga Faith.** Join us for yoga Mondays at 9 a.m. in the REB.

**Men's Bible Study Group** meets Thursdays 5:30 p.m. in the Island Memorial Chapel conference room. Call 5-3505 for more information.

**Religious Services** for Roi-Namur will take place May 22.

Kommol Tata to the many volunteers and participants who helped make this year's National Day of Prayer Breakfast a success. We appreciate you.

## NOTICES

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

**USAG-KA 2020 Home Business License.** Vendors who want to sell goods or offer services need to obtain a license. Stop by the FMWR Office on the first floor of Building 805 for an application. For more information contact Jeffrey Suis at [jeffrey.w.suis.civ@mail.mil](mailto:jeffrey.w.suis.civ@mail.mil) or Teresa Mitchell at 5-3400 or [teresa.j.mitchell4.naf@mail.mil](mailto:teresa.j.mitchell4.naf@mail.mil). Please include the following with your application: Applicable licenses and certifications; pictures and examples of goods offered; proof of insurance; and other relevant business information.

**Internet customers** can access their account and pay online. Simply visit [KwajNetBilling.dyn-intl.com](http://KwajNetBilling.dyn-intl.com) to log in and pay via our secure, online payment gateway using the payment method of your choice. You may also pay online for future months in advance. For support, contact us at 5-0843 or email [KwajNet.Billing@dyn-intl.com](mailto:KwajNet.Billing@dyn-intl.com).

**To residential internet customers impacted by COVID-19 travel restrictions:** We understand that some residents have been affected by current travel restrictions and are unable to utilize their internet service. Please reach out to KwajNet. [Billing@dyn-intl.com](mailto:Billing@dyn-intl.com) if you have questions or concerns regarding your internet billing and/or service and we will be glad to assist.

**Metro Flights.** Eating and drinking on Metro and helicopter flights is strictly prohibited. For your own safety and the sanitation of flights, we ask that you refrain from consuming food and beverages during flights. All drinks and snacks should be enjoyed in the air terminals or upon arriving at your destination. We appreciate your cooperation. Contact Lee Holt at 5-2102 and Fly Roi at 5-6359.

**Renew Golf Memberships.** It is time to renew Holmberg Fairways memberships. Please visit the MWR desk at the Grace Sherwood Library in Building 805 to renew your membership or locker rental. Six month and annual plans are available now. Contact 5-3331 with questions.



**Golf Course Closure May 11.** The Holmberg Fairways will be closed May 11 from 4:30 p.m. until sunset for the Rusty Family Mini-Triathlon.

**Child Development Center.** Volunteer coaches needed for CDC activities. Call CYS Central Registration at 5-2158 to volunteer.

**Vet Services.** The Kwajalein feral cat population must be controlled to prevent federally-protected endangered species from being hunted. For more information about the Trap-Neuter-Adopt/Release Program, please call 5-2017. To report a feral cat sighting, call Veterinary Services at 5-2017 or Pest Control at 5-4738.

The **Surfside Salon** now accepts walk-in customers for haircuts only Thursdays from 2-6 p.m.



CONTACT THE USAG-KA SEXUAL HARASSMENT/ ASSAULT RESPONSE AND PREVENTION VICTIM ADVOCATE

Staff Sgt. Yadira Vazquezrodriguez  
SHARP Victim Advocate  
Work: 805 355 0660 / 1419

USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100  
USAG-KA SHARP VA  
DOD SAFE Helpline: 877 995 5247

## MEMORIAL DAY

### OBSTACLE COURSE COLOR RUN

### MONDAY, MAY 25

### FREE AND OPEN TO ALL SCHOOL-AGE KIDS

4:30 p.m.- K – 2<sup>ND</sup> GRADE  
5:35 p.m.- - 3<sup>RD</sup> – 6<sup>TH</sup> GRADE  
6:40 p.m.- - 7<sup>TH</sup> – 12<sup>TH</sup> GRADE

REGISTER WITH MWR AT THE GRACE SHERWOOD LIBRARY BEFORE MAY 20

SOCIAL DISTANCING IS IN EFFECT; PLEASE ENJOY THIS EVENT RESPONSIBLY



**TV antennas** have been installed on Shell and Coral BQ's. Also A.R.C. and Country Club buildings. If you are experiencing TV or radio reception issues on Kwaj, call AFN at 5-3743 and we can help.

**Surfway Shopping Limits.** The Surfway manager has the authority to limit quantities of select items depending on current stock levels. Limits will be placed due to recent and possible future shortages of select products. Items subject to the purchase limit will be clearly labeled with signage on the shelves. Island residents are asked to be patient and considerate of their neighbors as they shop at Surfway. Continued patience and understanding are appreciated.

**Report non-emergencies.** Send in secure reports online at the USAG-KA Police Department Facebook page. To report a non-emergency by phone, call 5-4444. For more information, visit <https://www.facebook.com/kwajaleinpolice/>.

**Self Help** is located in Bldg. 1791. Hours of operation are Monday, Wednesday and Friday– 9:30 a.m.- 6 p.m. Visit Self Help to pick up tools to complete a number of household maintenance and upkeep projects, including the following:

- Appliance and household lightbulb replacements
- Pest control traps and sprays
- Lawn and garden tools

- Hand and power tools
- Painting supplies
- Plumbing supplies
- Appliance accessories

**Power Walk Ex Class.** Stand strong, move forward and get to stepping with Power Walk Ex Class. The class meets Thursday and Saturday from 6-7 a.m. Walk will begin and end at the Ivey Gym. All MWR fitness classes require a wellness class pass. For more information and to purchase your pass, visit the MWR desk at the Grace Sherwood Library or call 5-3331.

The **Vets Hall** is restricted to members only until further notice. Those coming to the Vets Hall must have a current American Legion membership card indicating they are a member of Post #44. Spouses/significant others/immediate family are welcome to come to the Hall with their member. Social distancing guidelines are to be observed at all times while at the Vets Hall. This is a temporary restriction only, in light of the COVID-19 pandemic concerns. Questions? Contact Dan Farnham at 5-5319.

**The community wants to hear from you. Send in your announcements and Classified Ads to The Kwajalein Hourglass. Submit ads and announcements Wednesdays by close of business to kwajalein.hourglass@dyn-intl.com.**



Department of Defense personnel are encouraged to visit the Centers for Disease Control online the most accurate and up-to-date information on the global status of COVID-19.



**WEATHER DISCUSSION:** The intertropical convergence zone is currently pushing north to be along 7N latitude during the weekend into next week. This leads to predominately widely scattered rain coverage (20 percent within the radar domain) for the period, with some periods of scatted coverage (30-40 percent).

Wind speeds will stay generally in the mid-teens. Expecting precipitation accumulations to be at or above average for next seven days.

**SATURDAY:** Partly clear to mostly cloudy with widely scattered showers (20 percent coverage). Winds ENE-E at 13-18 knots.

**SUNDAY:** Mostly cloudy with scattered showers (30 percent coverage). Winds ENE-E at 13-18 knots.

**MONDAY:** Partly sunny to mostly cloudy with isolated to widely scattered showers (10-20 percent coverage). Winds ENE-E at 13-18 knots.



TO ALL IN THE  
KWAJALEIN COMMUNITY:  
IT'S TIME TO STAY VIGILANT.

BE ALERT.

*Our adversaries are always trying to obtain information about our operations and capabilities. Refrain from discussing specific work details in public settings.*

BE CAREFUL.

*It is important to limit, conceal and protect certain information about operations across the atoll. Be mindful of what is shared on social media, and avoid sending work-related related emails to commercial addresses. (i.e. @yahoo.com, @gmail.com, etc.)*

PROTECT CRITICAL INFORMATION.

*This is information that deals with specific facts about military intentions, capabilities, operations or activities. If an adversary knew this detailed information, U.S. mission accomplishment and personnel safety could be jeopardized.*

PLEASE REMEMBER TO ALWAYS BE MINDFUL AND PRACTICE GOOD OPSEC.

QUESTIONS? CONTACT JASON RANDALL, USAG-KA GARRISON SECURITY MANAGER, AT 5-2110 OR JASON.M.RANDALL.CIV@MAIL.MIL.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:31 a.m. 7:00 p.m.	9:51 p.m. 8:49 a.m.	5:49 a.m. 4.9' 6:12 p.m. 3.6'	12:15 p.m. -0.3'
MONDAY	6:30 a.m. 7:00 p.m.	10:49 p.m. 9:47 a.m.	6:26 a.m. 4.5' 6:50 p.m. 3.1'	12:03 a.m. 0.0' 12:56 p.m. 0.1'
TUESDAY	6:30 a.m. 7:01 p.m.	11:44 p.m. 10:44 a.m.	7:05 a.m. 4.1' 7:34 p.m. 2.7'	12:37 a.m. 0.4' 1:41 p.m. 0.5'
WEDNESDAY	6:30 a.m. 7:01 p.m.	----- 11:39 a.m.	7:49 a.m. 3.6' 8:34 p.m. 2.3'	1:14 a.m. 0.9' 2:38 p.m. 0.9'
THURSDAY	6:30 a.m. 7:01 p.m.	12:34 a.m. 12:31 p.m.	8:50 a.m. 3.1' 10:32 p.m. 2.2'	2:03 a.m. 1.3' 4:08 p.m. 1.2'
FRIDAY	6:30 a.m. 7:01 p.m.	1:20 a.m. 1:20 p.m.	10:35 a.m. 2.8' -----	3:38 a.m. 1.6' 6:05 p.m. 1.2'
MAY 16	6:29 a.m. 7:01 p.m.	2:03 a.m. 2:07 p.m.	12:37 a.m. 2.4' 12:22 p.m. 2.9'	6:05 a.m. 1.6' 7:11 p.m. 1.0'



Click the logo to visit  
RTS Weather online.

Did You Know?

Coconut water can be a substitute for blood plasma. Its sugars and salts make it possible to add to the bloodstream, similar to how an IV solution works. Replacing plasma with coconut water was a field medicine practice for emergency transfusions in tropical regions during WWII.







## YOUR WEEK IN PICTURES

Check out Kwajalein Hourglass photos online at Flickr.

## NEED TO KNOW?

### KWAJ CURRENT

Catch the latest episode of Kwaj's local TV show on **AFN 29-1**.

### SATURDAY

Check out this original, Kwaj radio show on **AFN 99.9 The Wave** at 5 p.m. Saturdays and noon on Tuesdays the AFN roller channel.

## STICK WITH US. CLICK A LOGO TO CHECK OUT EVENTS AND STORY COVERAGE WITH AFN KWAJALEIN.



## UXO REMINDER

### PUBLIC SAFETY ANNOUNCEMENT

**Remember the three Rs of UXO:** **Recognize** an item as possible Unexploded Ordnance. **Retreat** from the area of the UXO. **Report** suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445).

Provide the following information: Location (building #, GPS, landmarks, etc); Size (compared to common items - football, scuba cylinder, etc). Treat UXO like you would treat dangerous sea creatures. Look but do not touch. For a detailed refresher, please attend the Island Orientation Briefing on the fourth Wednesday of every month.

Kemeymej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) bokitun ak kein kabokklok eo ien eo emokajtata non EOD ilo nombra kein (5-1433) ak CPS (5-4445).

Ken melele kein: Ia eo (nombra in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.). Tiljek kon UXO kein einwot am kojparok menin mour in lo-jet ko rekauwotata. Kalimjek wot jab jibwe. Non bar kakemeymej eok, eok-we jouj im koba lok ilo Island Orientation allon otemej.



f/2.8



f/4



f/5.6



f/8



f/11



f/16



f/22



CLASSIFIED/  
CRITICAL/SENSITIVE

## NOT SURE? DON'T SHOOT.

HOBBIES SHOULDN'T  
COMPROMISE OPSEC.

If you're not sure, don't shoot. Whether your photographs are for work or for recreation, visitors and residents on U.S. Army Garrison-Kwajalein Atoll must abide by applicable physical security regulations for island photography. Please contact an island security representative for more information about how you can do your part to take great pictures while supporting the mission of the U.S. Army.