

THE KWAJALEIN HOURGLASS



THIS WEEK

ISLAND TEACHER

DESCRIBES JOURNEY 4

TOAST FOR PEACE

AT PRAYER BREAKFAST 5

RUSTY FAMILY

XTREME FAMILY FITNESS 6

CHARLIE

DOD HPCON LEVEL 14

DELINA CARDILLO, CENTER, WATCHES AS HER BROTHER BERKELEY RECEIVES A TEAM NUMBER FROM JANE PREMO FOR THE RUSTY FAMILY MINI-TRIATHLON MAY 11.

 JESSICA DAMBRUCH



RMI GRADUATION CELEBRATIONS CANCELLED FOR COVID-19 SAFETY

BY JESSICA DAMBRUCH

It's graduation season in the Republic of the Marshall Islands, but the academic school year will end this week without the usual pomp and circumstance for Marshallese public and private public schools.

A decision to cancel traditional graduations, honor assemblies and large events was handed down in a May 7 memorandum issued by the RMI Ministry of Education, Sports and Training. The decision does not affect graduation events on U.S. Army Garrison-Kwajalein Atoll.

In the directive, Minister Kitlang Kabua expressed appreciation to RMI citizens who contacted the ministry to express their questions. The memorandum details the difficult decision to cancel large gatherings and ceremonies.

"The decision, of course, was not an easy one to make, but it is imperative that during this period of uncertainty, especially in relation to COVID-19 and the current state of health emergency we are in, that we all work together, be vigilant and proactive to safeguard our communities and most especially, our students," says Kabua in the directive.

Kabua also notes alternatives to typical graduation ceremonies are currently being explored.

The ministry's decision to move for-

ward with cancellations echoes action taken by schools around the world. It also addresses community health-related issues unique to RMI students and families.

To date, there are no known active cases of COVID-19 in the country; however, graduation is often a busy time for travel, as families travel to neighboring atolls to celebrate academic milestones for students graduating from boarding schools.

Among her concerns, Kabua described the need for atoll families to continue preparations for COVID-19 and for student residents of Kwajalein Atoll to travel safely home. Should COVID-19 strike, return travel could strand many families away from home.

Read below for excerpts from the memorandum.

1. COVID-19 as we know it, is a new virus and we are continuously learning new things about it as it continues to spread around the world;
2. It is important that we practice physical distancing, prevent mass gathering and ensure public safety;
3. We must be consistent with our messaging; hence, applying the decision across the board to be fair. It is not fair for some students to graduate while others don't get that opportunity;
4. We must consider students who are

in boarding schools such as Jaluit High School, Northern Islands High School, Rongrong Christian High School and other outer islands students who reside on Majuro and Kwajalein Atoll and attend Marshall Islands High School, Laura High School, Kwajalein Atoll High School and Life Skills Academy, by allowing time for them to return to their home islands if COVID-19 was to enter the RMI;

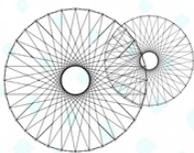
5. It is important to ensure that families are prepared monetarily to respond to COVID-19 prior to as well, if and when it enters the RMI;

6. If COVID-19 enters the RMI, it will be very difficult to mobilize vessels to return those from the outer islands who attend graduations and honor assemblies;

7. The public advisories issued by local governments such as Kwajalein Atoll and Majuro Atoll Local Governments; and

8. Exploring alternative options for recognizing our graduates through others means such as social media.

For more information about the RMI school year, contact Sandy Dismas or email at skonelios@pss.edu.mh. To read the full text of the memorandum online, click the logo for the RMI Public School System.



NATIONAL BIKE MONTH
Check tire pressure before every ride, especially you have tubeless bike tires.



MENTAL HEALTH AWARENESS
Don't forget to laugh. Laughter helps reduce anxiety, stress and is a lot of fun.



MILITARY APPRECIATION
Tour Kwajalein's historical military battlefield sites and learn about WWII history.



THIS MONTH, TRY THESE MAY AWARENESS TIPS



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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Phone: Defense Switching Network 254-3539
Local phone: 5-5169

Garrison Commander.....Col. Jeremy Bartel
Garrison CSM.....Command Sgt. Maj. Kenyatta Gaskins
Public Affairs Officer.....Mike Brantley
Communications Manager.....Jordan Vinson
Communications Specialist.....Jessica "JD" Dambruch

U.S. VENTILATORS ARRIVE IN FSM

EXTERNAL REPORT

The United States continues its efforts to support nations in the Indo-Pacific region in their efforts to prepare and respond to the COVID-19 pandemic.

Last week, U.S. Ambassador to the Federated States of Micronesia Ambassador Carmen G. Cantor handed over 30 ventilators donated by the U.S. government to the people of the FSM.

Pohnpei State Governor Reed B. Oliver accepted the shipment on behalf of the FSM National and Pohnpei State governments. The ventilators will be distributed to the respective FSM states in the future.

1) Pictured from left: Pohnpei State Governor Reed B. Oliver; U.S. Ambassador to the FSM Carmen G. Cantor; and Secretary Livingston Taulung, FSM Department of Health & Social Affairs. 2) Ambassador Cantor elbow bumps Secretary Taulung prior to the handover of the ventilators.



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2
COURTESY OF U.S. EMBASSY KOLONIA

RMI LEADERS VISIT USAG-KA

HOURLASS REPORT

A delegation from the Republic of the Marshall Islands government visited U.S. Army Garrison-Kwajalein Atoll this week to attend a meeting of the governing board for the Kwajalein Atoll Development Authority on Ebeye.

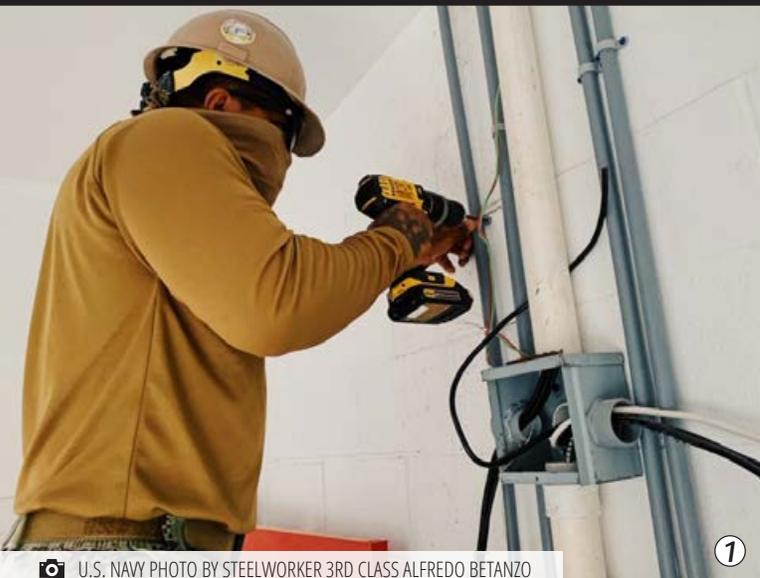
KADA is responsible for development projects in Kwajalein Atoll funded by money provided to Kwajalein Atoll from the Compact of Free Association. While on island, the delegation paid a courtesy visit to Col. Jeremy Bartel, USAG-KA commander.

Select the USAG-KA logo to read more about progress on upcoming construction and public works projects at the KADA Facebook page.



U.S. ARMY PHOTO BY MIKE BRANTLEY

From left: USAG-KA Command Sgt. Maj. Kenyatta Gaskins; RMI Assistant Secretary of Foreign Affairs and Trade Junior Aini; RMI Liaison Officer Lanny Kabua; RMI Minister of Foreign Affairs and Trade Casten Nemra; RMI Minister for Education, Sports and Training Kitlang Kabua; RMI Minister in Assistance Christopher Loek; USAG-KA Commander Col. Jeremy Bartel.



1
U.S. NAVY PHOTO BY STEELWORKER 3RD CLASS ALFREDO BETANZO



2
U.S. NAVY PHOTO BY CONSTRUCTION ELECTRICIAN 3RD CLASS CHRISTIAN CARNATE



U.S. Naval Mobile Construction Battalion 5, detail Marshall Islands is hard at work on Ennibur but not too busy to get to know the citizens of the RMI. For more information about NMCB 5, select the Seabee logo. 1) Construction Electrician 3rd Class Christian Carnate, screws in rigid polyvinyl chloride conduit straps in an Ennibur medical building. 2) Steelworker 3rd Class Alfredo Betanzo visits with young residents of Ennibur.

Bwebwenato

LIFELONG TEACHER

BY JESSICA DAMBRUCH

If you grew up on Kwajalein and attended any programs for preschool children, you were lucky to have learned from one of Kwajalein's most beloved teachers.

Carmen Jeadrik began her Kwajalein teaching career after raising her own children and teaching preschoolers at a Protestant school on Ebeye. She remembers applying for her first Kwajalein teaching job in 1996 at KAPS, today's U.S. Army Garrison-Kwajalein Atoll Child and Youth Services.

"When my children were old enough, I decided 'Maybe I can make a difference,'" said Carmen Jeadrik, now a CYS lead teacher. "I saw an ad in the Kwajalein Hourglass and thought, 'Maybe I can apply for that. I got accepted, and since then, I've been working. I enjoy it. Teaching has been my whole life career.'"

Despite time and its inevitable changes, Jeadrik's joy for teaching remains strong. July 2020 will mark Jeadrik's 24th year working with island youngsters. Her children now reside on Ebeye and the big island of Hawaii. A Mormon church stands in place of the school where she taught her first students.

"I really love kids," said Jeadrik. "They keep me going. I love listening to stories and playing with them. Little kids are excited about new things. That's why I like it here. I talk to them and I learn a lot from them, too."

Teaching runs in Jeadrik's family. In addition to CYS, she has worked as a teacher's assistant and teacher at Ebeye schools. Jeadrik currently lives on Eb-



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

USAG-KA CYS Lead Teacher Carmen Jeadrik has taught children in Kwajalein's Pre-K program for more than 20 years.

eye, where her mother was raised, but she grew up on Lae Atoll, in the outer islands. Years ago, her mother's father, a Protestant missionary, moved his family of 18 children there to continue his ministry. Jeadrik returned to Ebeye to attend Ebeye Christian Elementary School. Later, she would earn distinction as one of only three RMI students chosen to complete their high school senior year abroad at a special exchange program in Andover, Massachusetts.

"It was really funny," said Jeadrik, of traveling to the United States. "[We didn't] speak much English. Sometimes I tell my kids how funny it was when I

got on the airplane."

While in the states, Jeadrik recalls performing in a talent show with the other exchange students.

"We did a song and dance performance in front of a big crowd. I sang and played guitar. She still plays. My mom taught me. She's a good singer."

As a new teacher, the tough part wasn't working with children all day—it was the morning commute. "I'm used to it now," said Jeadrik. "It was hard waking up to catch the boat to come here. Every year, something changes. I think I love it. Now that I'm getting older, it keeps me going."

"Bwebwenato" is Marshallese for "conversation, dialogue or story," and is a new initiative by The Kwajalein Hourglass to share stories of life and work on Kwajalein Atoll. Participation is open to anyone who works or lives in Kwajalein Atoll. Want to be a storyteller or know someone who would like to share? Contact The Kwajalein Hourglass at 5-5169 or at kwajaleinhourglass@dyn-intl.com.



COURTESY OF USAG-KA CYS



Life is good at USAG-KA Child and Youth Services. 1) CYS staff members Rhonda Johnson, left, and Ashley Howe visit together at Central Registration. 2) The scene at the Millican Family Pool was fierce during CYS Inner Tube Water Polo. Pictured here, parents, volunteers and CYS kids duke it out in the deep end for the big win.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) National Day of Prayer guest speaker U.S. Army Maj. Joshua Noble, left, and members of the Kwaj community pause for a moment of silence during the May 7 ceremony. 2) Ben Clancy delivers a prayer for the military. 3) Members of the Island Memorial Chapel volunteer team visit together before the ceremony. From left: Julie Makovec, Leticia Sanchez, Kristen Smith and Blanche Adcock. 4) A red, white and blue buffet was prepared by event volunteers.

USAG-KA OBSERVES NATIONAL DAY OF PRAYER

BY JESSICA DAMBRUCH

Sometimes, all a Soldier needs to face the day's challenges is a little faith and a hot meal.

Island personnel and community leaders gathered at the Kwajalein Jr.-Sr. High School Davye Davis Multi-Purpose Room May 7 for meaningful reflection and breakfast in observance of the National Day of Prayer.

Island Memorial Chapel Father Jim Ludwikoski welcomed attendants and connected the Kwajalein gathering to other installations and nations around the world: "As the waters cover the sea, we join the president and Congress as well as national and state leaders across our country to pray for our nation's needs and that of our people."

Together everyone observed a moment of silence for all in harm's way. Next followed a set program and a sweet and savory breakfast buffet prepared by volunteers and staff from the Island Memorial Chapel.

A series of prayer readings for leaders, communities, the U.S. Army and the nation culminated in the morning's spe-

cial guest speaker, Maj. Joshua Noble, who shared thoughts on how faith has sustained his own calling to be a Soldier in the U.S. Army.

In his remarks, Noble explored the relevance of the Old Testament Book of Habakkuk and its message of the necessity for unyielding faith when facing a calamity. The book describes the plight of Habakkuk, the eponymous 7th century prophet recognized by Islam, Judaism and Christianity.

Habakkuk struggles to find the patience to use faith as his anchor while living under constant threat of an Assyrian siege.

Though the text was recorded thousands of years ago, the intense burden described by the author as he waits for solace in a crisis describes the human condi-

tion that, in 2020, we all share under the oppression of COVID-19.

"Habakkuk waited for a vision from the Lord," said Noble of the text. "He needed his encouragement and patience. It's interesting that this book is as relevant in 6 or 5 B.C.E. as it is today."

For Noble, the matter of faith comes down to unyielding, centered trust.

"The Lord's answers may not absolutely satisfy your sense of fairness and goodness," he said. "But since God's ways transcend ours, we must listen to him—because God is God."



The National Day of Prayer was created in 1952 by Harry S. Truman. In 1988, the law was unanimously amended by both the House and the Senate and signed into law by President Ronald Reagan on May 5, designating the first Thursday of May as a day of national prayer. Every president since 1952 has signed a National Day of Prayer proclamation.

KWAJALEIN HIGH SCHOOL CLASS OF 2020 BACCALAUREATE CEREMONY

Sunday, May 31 at 6:30 p.m. in the Island Memorial Chapel.

Seating is reserved for ticket holders by invite only. Dinner/desserts will follow in the REB.

Social distancing will be observed during the ceremony.

For more info, please contact Julie Makovec at the Chapel office, 5-3505

RUSTY FAMILY MINI-TRIATHLON



1



2



3



4



5

BY JESSICA DAMBRUCH

On May 11, families set out for Emon Beach to run, bike and swim their way through the annual Rusty Family Mini-Triathlon, a condensed, fun fitness event by the Kwajalein Running Club.

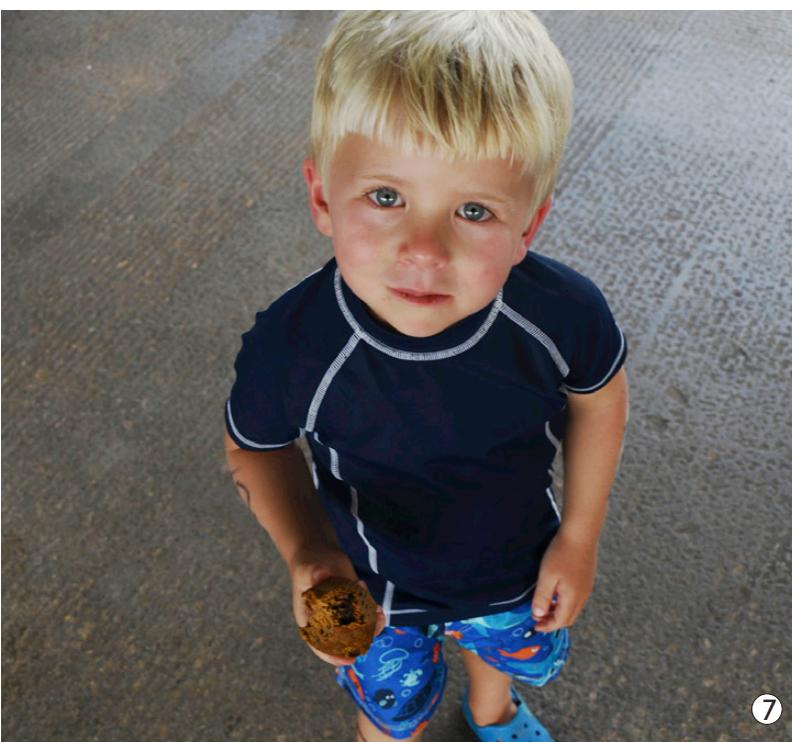
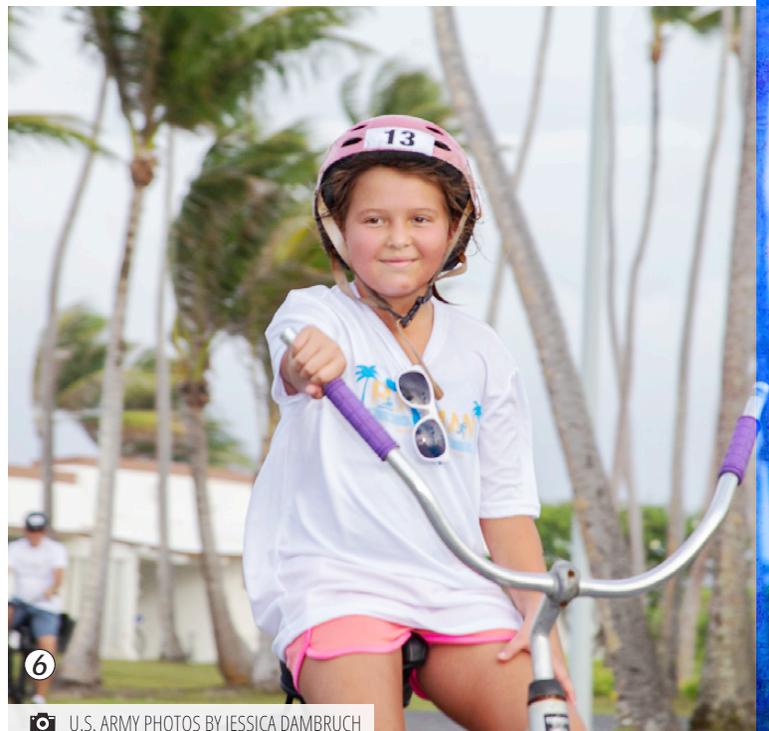
More than 40 participants completed the 2020 event. This year's competitors included Kwaj kids as young as seven years old. Several ambitious returning competitors broke previous record times and personal best times. Check back on these young island residents in a few years. They may be among the next generation of island RustMan Triathlon competitors. View photos and the event scores on the following pages.



6

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Mike Howe, left, and Lucas Howe cross the finish line. 2) Michael Melody, left, and Mandy Melody are victorious at the end of the running segment. 3) Teagan Read, left, races her dad, Carl, through the bike segment. 4) RustMan 41 triathlete Chad McGlinn visited Kwaj to announce the opening of the Rusty Family Mini-Triathlon. 6) The Fluhrer family visits together before the event. From left, Paula, Freddy and Jeffrey. 7) Bob Sholar, left, and Jane Premo get ready to mark times as the Rusty Family begins.



1) That is the smile of victory. Pictured here, Delina Cardillo runs across the finish line. 3) Team Montoya Montage charges through the running segment. From left: Jana, Matias and Juan Montoya. 3) Ellie Miller cruises around a corner during the bike segment. Miller earned personal best scores during the 2020 Rusty Family. 4) Mike Makovec, left, and Gabe Makovec knock out the running segment. 5) Joanna Battise supports the Rusty Family Mini-Triathlon. 6) It's all downhill from here: Ember Miller takes a breather during the bike segment. 7) Calvin Gibbon fuels up before the triathlon.



RUSTY FAMILY SCORES

INDIVIDUAL SCORES

NAME	SWIM	BIKE	RUN	TOTAL
Mario Montoya	0:11:21	0:41:14	0:16:56	1:09:31
Nathan Melody	0:11:27	0:44:10	0:21:02	1:16:39
Tessa Delisio	0:09:03	0:42:42	0:28:25	1:20:10
Ellie Miller **	0:14:08	0:53:01	0:19:45	1:26:54
Josephine DiBiase	0:11:11	0:55:30	0:20:32	1:27:13
Lucas Howe	0:16:08	0:55:40	0:29:29	1:41:17
Mike Howe	0:16:08	0:55:38	0:29:31	1:41:17
Noah DiBiase	0:13:18	1:03:19	0:25:20	1:41:57
Brooklyn Hill**	0:18:13	1:01:22	0:29:20	1:48:55
Ember Miller	0:15:58	1:03:38	0:29:20	1:48:56
Teagan Read**	0:16:20	1:03:25	0:35:34	1:55:19
Carl Read	0:22:17	0:57:24	0:36:03	1:55:44
Ezekiel Cardillo**	0:17:08	1:10:24	0:31:38	1:59:10
Christi Cardillo	0:17:08	1:10:27	0:32:11	1:59:46
Juliet Delisio	0:16:30	1:11:29	0:36:46	2:04:45
Anaya Read	0:19:08	1:12:11	0:33:26	2:04:45
Karen Read	0:19:45	1:11:42	0:33:37	2:05:04
Avanel Gibbon	0:25:58	1:08:47	0:43:07	2:17:52

**Indicates personal best for repeat contestant



TEAM SCORES

	SWIM	BIKE	RUN	TOTAL
GOD'S PLAN----- Sean Hepler; Makoa McCollum; Matai McCollum	0:08:52	0:40:18	0:18:30	1:07:40
MICROSOFT WORD----- Myles Sylvester; Sean Hess; Andrew Strong	0:09:30	0:39:40	0:19:04	1:08:14
MAMA DAM----- Mario Montoya; Mario Montoya; Dominic Pace	0:11:21	0:41:11	0:19:15	1:11:47
GILA MONSTERS----- Theo Partain, Ezra Partain; Sam Partain	0:10:27	0:47:19	0:19:27	1:17:13
TEAM MAKOVEC----- Gabe, Dani Abri, Julie and Mike	0:16:25	0:46:32	0:23:02	1:25:59
THE BUNNY HOPPERS----- Elsie, Rebecca and Dan DiBiase	0:19:09	0:49:36	0:18:52	1:27:37
FIVE PART MELODY----- MELODY: J.P., Rachel, Michael, Mandy & Kevin	0:13:16	0:54:46	0:24:27	1:32:29
FIREBIRDS----- FORMANN: Tonya, Eliana, Ori, Adi & Jesse	0:15:06	0:56:49	0:22:03	1:33:58
GROUND HOGS----- FLUHRER: Freddy, Paula & Jeffrey	0:15:14	0:46:32	0:33:20	1:35:06
ACOSTA FAMILY----- ACOSTA: Eva, Avery, Ethan, Annie, Karen, Conrad	0:15:50	0:54:45	0:26:01	1:36:36
MONTOYA MONTAGE----- MONTOYA: Matias, Jana & Juan	0:14:58	0:45:58	0:36:14	1:37:10
KING FAMILY----- KING: Eve, Elias, Jeremy, Susan & Dave	0:12:42	1:02:09	0:32:59	1:47:50
THE SILLY KWAJ MILLERS----- MILLER: Orion, Nova, Ember, Kristin & Derek	0:15:58	0:57:29	0:36:48	1:50:15
SWIM FASTER, DAD!----- CARDILLO: Delina, Alonzo, Berkeley & TC	0:13:58	1:13:40	0:32:08	1:59:46
NICKELL----- NICKELL: Gabe, Cora & Millie	0:19:55	1:18:33	0:38:09	2:16:37
CALVINATOR----- GIBBON: Calvin, Jackie & Chad	0:22:56	1:11:49	0:43:25	2:18:10

Teams are listed in order of swimmer, biker and runner.

ARTIST MEETS NEW NORMAL WITH HOMEMADE MASKS

BY JESSICA DAMBRUCH

Since March, individuals and groups around the world have been creating their own face masks and personal protective equipment using online open source patterns, and Kwajalein is no exception. Debbie Carr is one of many Kwaj creatives working solo to create artful yet functional face coverings.

Carr, an employee of Kwajalein Flight Ops, estimates that she has produced more than 50 masks since the end of March, when the standard operating procedure at the Kwajalein Airport was adjusted to require face and hand coverings for all personnel.

“We had disposable masks, and we went through our supplies quickly,” said Carr.

“I went online and found a doctor that made her own masks and the pattern she used. I drew my own pattern, learned how, through trial and error.”

Eventually, Carr got used to the odd feeling of wearing a mask each day. She made masks for each of her coworkers. Now, since United Airlines has directed all passengers to wear facemasks, she sews for friends and island residents who are PCSing out.

Carr’s masks are, in a word, “kwajical.” She relies on donations, her own materials and those she recycles from purchases made at the Kwajalein Bargain Bazaar to keep going. To stitch, she uses the Kwajalein Art Guild’s sewing machine, located in the Art Annex. Carr says so long as there is a demand and materials available, she is happy to continue making masks.

In an age of mass production, practical textile arts and related skills have fallen out of use in many global communities; however, out of sheer necessity to cover one’s face, COVID-19 has reinvigorated interest in sewing, hand-stitching and similar textile arts. Like quilting,



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

A handful of homemade personal protective equipment made from colorful recycled fabrics is among island artist Debbie Carr’s latest creations to protect

mask-making requires material preparation, design planning and methodical execution—over and over again. Of course, when you’ve got to cover your face, sewing is but one option.

Search the internet, and you will find ingenious ways to butcher and lace T-shirts into face covers. Today’s artisans and craftsmen also use 3D printers, metal-stamping and other methods to create materials used in a variety of face shields.

So, why sew when a folded mask might do? Maybe it’s the simplest solution. But then there is the comfort of returning to the familiar territory of a meditative, creative activity during uncertain times.

“I’m not really a seamstress,” said Carr. “My mother sewed, and she taught me things. So, I was able to use those skills and come up with my own masks.”

Carr’s pattern consists of four pieces.

She rounds the fabric to accommodate the bridge of the nose and space for an optional filter. For ear ties, she uses large hair elastics. Her choice of fabrics tends to reflect the island and the wearer. Two fishermen chose ocean blue masks with a weave print. Employees of the Ronald Reagan Ballistic Missile Defense Test Site connected with masks made with a starry sky print. Carr located a red aloha shirt and made a cover for a friend who likes to color coordinate, just in time for his departure. She thinks it might be fun to decorate masks with fabric markers.

For now, Carr will sew to meet demand in the “new normal,” and represent the Redskins.

“I wear that Redskins mask every time I go out to the plane,” she said. “It doesn’t feel foreign to me anymore. I accept it and go with the flow.”



1

Want to try out making your own mask? Click the CDC logo to learn more about how to make your own face mask.



2

COURTESY OF DEBBIE CARR

1) A close-up view of some of Carr’s mask fabric patterns. 2) Carr, left, represents the Redskins with Kwaj buddy Normen Sablas wearing a red aloha mask.

ARMY INFECTIOUS DISEASE DOCTOR AIDED GUAM'S COVID-19 RESPONSE

EXTERNAL REPORT

By Lori Newman
Brooke Army Medical Center

An infectious diseases physician from Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, Texas, recently deployed to Guam in support of the aircraft carrier USS Theodore Roosevelt's response to COVID-19.

Army Maj. (Dr.) Gadiel Alvarado served as the infectious disease expert for the COVID-19 Public Health Task Force from April 12-22. The team, consisting of five Army officers, was there to perform a comprehensive and multidisciplinary review of processes, assess the situation and help with mitigation plans surrounding the COVID-19 outbreak aboard the ship.

The ship arrived in Guam on March 27 for a scheduled port visit. Prior to its arrival, three sailors tested positive for COVID-19. The Navy has since undertaken an aggressive mitigation plan of isolating, quarantining, and treating affected Sailors to keep the ship prepared to execute its mission.

"This population of personnel in close quarter and close proximity living on the USS Theodore Roosevelt represented an increased risk population with high likelihood for COVID-19 infection transmission," Alvarado explained.

The 10-day mission consisted of face-to-face interviews, data gathering, on-site evaluations, discussions and recommendations to the Joint Regions Marinas leadership, working closely with Navy Rear Adm. John Menoni, the Joint Regions Marinas commander, and personnel from the Roosevelt, Navy Base Guam and U.S. Naval Hospital Guam to prevent further transmission of the virus.

"The proper public health decision making and management of personnel was critical to preventing death and disease burden from COVID-19 affecting the sailor population and Guam civilian population," Alvarado said.

Alvarado, a native of Puerto Rico, who completed his infectious diseases fellowship at the Brooke Army Medical Center, relied on his previous training and lessons learned during the medical center's initial preparation and response to COVID-19.

"I was heavily involved with the risk identification and testing procedure planning," he said. "One of my main roles was helping with the tent screening process, and I was also on the inpatient call team for COVID patients. I had already gone through the motions at BAMC."

Alvarado credits his training, Brooke Army Medical Center leaders and being part of the COVID-19 planning efforts early on for his success in this mission.

"It was a very efficient and elaborate operation," he said. "We were a very cohesive team. We all had our own specific skills, and we were able to get the job done. It was amazing."

Army Col. Samuel Jang, the Guam Pub-

lic Health team lead, praised Alvarado for his efforts.

"Major Alvarado shared many nuances and in-depth insights into COVID-19 disease epidemiology and disease transmission," Jang said. "His clinical insights were translated into strategic public health planning and operational decision making. He is a highly competent physician and leader."

Army Lt. Col. Ronal Cole, a public health nurse and task force member, agrees.

"His professionalism is to be emulated," he said. "His ability to function in a diverse team made our long days of interviews, data gathering, evaluations and discussions stress-free. He is to be commended for his contributions in saving the lives of approximately 160,000 civilians and 20,000 military personnel during this time of worldwide distress."

Although the praise of his fellow Public Health Task Force teammates means a great deal to Alvarado, the support from his wife, Maureen and 8-year-old son Aidan was invaluable.

"My wife was very supportive of this mission, but my son was very sad that I was going," Alvarado said. "But he looked at me and said, 'Faddy I'm very glad they picked you.' When I asked him why, he said 'because I know you can help them.'"



PHOTO COURTESY PHOTO

Army Maj. (Dr.) Gadiel Alvarado, infectious diseases physician, poses for a photo in Guam with the USS Theodore Roosevelt (CVN 71) in the background April 18, 2020. Alvarado served as the infectious disease expert for the COVID-19 Public Health Task Force from April 12-22. The team, consisting of five Army officers, was there to perform a comprehensive and multidisciplinary review of processes, assess the current situation and help with mitigation plans surrounding the vessel's COVID-19 outbreak.



PHOTO BY KAYLIANNA GENI

U.S. Navy Hospital Corpsman Hayden Runyon, assigned to 3rd Medical Battalion, 3rd Marine Logistics Group, takes a sample of a Sailor embarked aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) to be tested for COVID-19 April 20. Upon arriving in Guam March 27th, Theodore Roosevelt established an Emergency Command Center, initiated a roving and deep cleaning team, and continually educated the crew on social distancing and proper protective procedures and behaviors to assist the crew in mitigating and controlling the spread of COVID-19. The vessel is in Guam for a scheduled port visit for resupply and crew rest during their scheduled deployment to the Indo-Pacific.

**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**

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.

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 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. Join us for sewing again May 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.

Fridays - Zumba at 7 p.m.

Saturdays - Keystone, Torch Club Officers meetings at 4 p.m.

Special Events

May 24 - Memorial Day Activities

Movies at 7:30 p.m.

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 Summer Camp

Summer Camp is almost here. All campers must be fully registered with USAG-KA Child and Youth Services. To enroll your child, please come to Central Registration in Building 358. For any other questions, contact Central Registration at 5-2158.

June 9-13

Wed and Wild

Like to get messy? Join us for week one of summer camp. We will be playing water games all week at the pool and beach.

Art-O-Rama

June 16-20

We will be exploring art in all its various forms this week. Come discover your inner artist.

Mad Science

June 23-27

Join us for some hands-on learning about robotics, engineering, and weather.

Party in the USA

June 30-July 3

Get you red, white and blue on and get ready to party USA style.

Go Green

July 7-11

Come out for an exciting week of exploring. Campers will learn about gardening, environmental safety and survival.

Get Fit

July 14-18

This week will be full of gym games and outdoor activities. Campers will exercise while having fun.

Camp Spotlight

July 21-25

Love performing or learning new talents? Join us as we explore different types of performing such as acting, puppet theater, sketch comedy and more

Around the World

July 28-August 1

Campers will embark on a journey that includes the exploration of different cultures. Children will enjoy things such as dancing, food tasting and learning new languages

Color Wars

August 4-8

The best week of summer camp is here. Let's get messy and have fun competing against each other and some special guests.

Mini City

August 11-15

Campers will get a job, receive a paycheck and run their own city. In mini city, campers will also learn about various career fields in our community and even job shadow.

August 18-20

Island Fiesta

The summer is coming to an end, and it's time to say goodbye, but before we do, let's fiesta. This week campers will do all things that make our island fun. Let's enjoy the island life together and get ready for school.



CYS Needs You!

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

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.



USAG-KA is operating at HPCON Level CHARLIE.

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.

0 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.

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, like 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.

CHARLIE SUBSTANTIAL Sustained community transmission

Continue taking 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.

DELTA SEVERE Widespread community transmission

Continue taking all previous actions and:

- 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.

- 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

- 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.

DOD HPCON LEVEL IS CHARLIE SUBSTANTIAL

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.

DON'T FORGET

← Six feet →

Please continue practicing social distancing and maintain a distance of six feet when visiting points of sale around the island.

UNDERSTANDING THE DIFFERENCE



SURGICAL MASK

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

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.

Loose-fitting

No

No

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

Leakage occurs around the edge of the mask when user inhales

Disposable. Discard after each patient encounter.



N95 RESPIRATOR

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

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

Tight-fitting

Yes

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

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

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

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.

TESTING AND APPROVAL

INTENDED USE AND PURPOSE

FACE SEAL FIT

FIT TESTING REQUIREMENT

USER SEAL CHECK REQUIREMENT

FILTRATION

LEAKAGE

USE LIMITATIONS



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

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

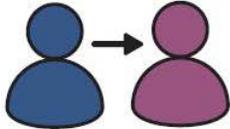
to pay attention to mental health. While we can't always help being concerned about major life changes, we can find more productive ways to deal with whatever is stressing us out. Here are a few tips from the Kwajalein Hospital about how to think through the worry of COVID-19.

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



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



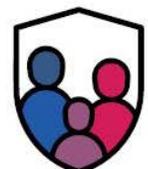
- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

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

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. 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.



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.

MONDAY

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

TUESDAY

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

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

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

WEDNESDAY

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

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

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

THURSDAY

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

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

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.

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

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

FRIDAY

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

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

SATURDAY

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

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

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

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

6 p.m. Spin (45 min.)

MEANWHILE, NO ONE ON THE ATOLL SUSPECTED THAT THE RESIDENTS OF ROI-NAMUR WERE HAVING A SUPER TIME WITH A LITTLE HELP FROM MWR—

SUPER HERO TRIVIA

EVERY SATURDAY AT 8 PM IN MAY

If you think you already know the difference between Captain America and Super American, then you might just reign supreme at Roi-Namur Outrigger superhero trivia. Come test your super-knowledge—every Saturday in May.

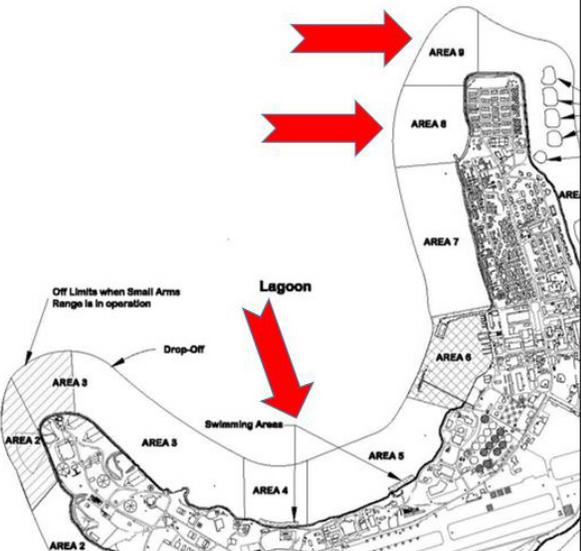


May 18
9 p.m. at the Outrigger Club

Dress as your favorite super hero or villain and hit the dancefloor. The party kicks off at 9 p.m. May 18.

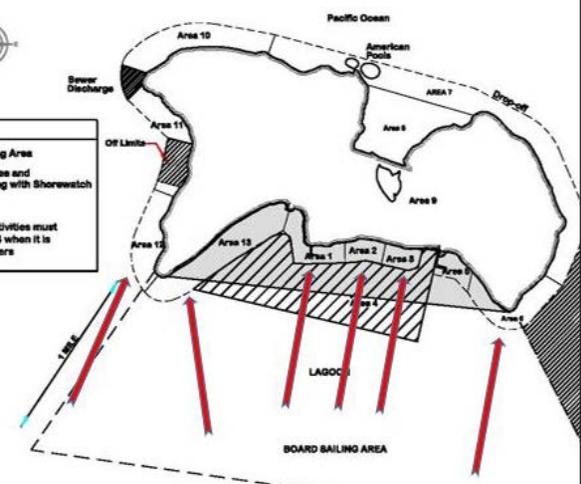
SWIM SAFETY

Check out the maps below to reacquaint yourself with where it is okay to swim around Kwajalein and Roi-Namur. Forward any questions to USAG-KA Safety at 5-1442 or FMWR at 5-3400.



KWAJALEIN

- The highlighted areas are the only unrestricted swimming areas at Kwajalein (Coral Sands, Camp Hamilton, Emon Beach and North Point).
- Flotation device recommended 100 feet from shore and required more than 300 feet from shore.
- Buddy system or shore watch is required.



ROI-NAMUR

- The highlighted areas are the only unrestricted swimming areas at Roi-Namur (Areas 1, 2, 3, 6, 12 and 13).
- Flotation device recommended 100 feet from shore and required more than 300 feet from shore.
- Buddy system or shore watch is required.



MWR MOVIES

All movies begin at 7:30 p.m.

KWAJ YUK THEATER

SATURDAY, MAY 16
"Sonic the Hedgehog"
(PG) 102 min.

SUNDAY, MAY 17
"Only the Brave"
(PG-13) 94 min.

MONDAY, MAY 18
"A Beautiful Day in the Neighborhood"
(PG) 110 min.

SATURDAY, MAY 23
"Coco" (PG) 105 min.

SUNDAY, MAY 24
7:30 p.m. at Emon Beach
"Midway" (PG-13) 138 min.

MONDAY, MAY 25
7:30 p.m. at
Ragan Softball Field
"Trolls: World Tour"
(PG) 94 min.

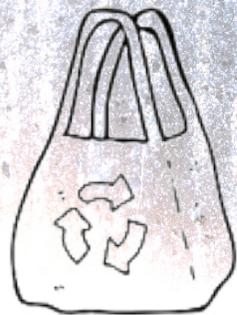
ROI TRADEWINDS THEATER

SATURDAY, MAY 16
"The Curse of La Llorona"
(PG-13) 94 min.

SUNDAY, MAY 17
"Maze Runner: The Death Cure"
(PG-13) 144 min.

SATURDAY, MAY 23
"Star Wars: The Last Jedi"
(PG) 152 min.

SUNDAY, MAY 24
"Bohemian Rhapsody"
(PG-13) 135 min.



E-WARENESS

CLEANING REUSABLE SHOPPING BAGS

Island residents are encouraged to use reusable shopping bags at all points of sale on Kwajalein. Here are some tips for taking care of your bag after you get home from the store.

- Wash fabric bags after each use, following care instructions. See the fabric care label for more details.
- Wipe insulated bags with a disinfecting or sanitizing cloth, especially along the seams.
- Use separate bags for raw meats, poultry, seafood, and produce. Label bags to avoid confusion.
- After washing, make sure bags are dry before storing. Store bags in a cool, dry environment.

Kwal bag mottan ko elkin kojerbali, lori jokjok ko emoj karoki.

- Irri ak karreo'ik bag ko emoj aer jerbali kin juon mottan erre ak kein karreo, elaptata ilo iuumin ak ijoko ilal im torero'n.
- Kojenolok bag ko an kaniak ko re'ikood, bao ko kajojo, mona ko jet jen lojet, im ko jen mona ko jen jikin kaddrok ko. Kokkaliki bag ko nan melele kaki.
- Bag ko rej aikuj in mora mokta jen kakuni im elkin karreo. Bag ko rej aikuj in kwon im bed ijoko raemololo im rejjab bwil.

Call 5-3867 with questions.

Tie Dye T-Shirts!

Who?
Kwajalein Community

When?
Memorial Day (Monday, May 25th)
4:00-8:00 PM

Why?
To support the Class of 2022!

What?
Tie-dye T-shirts
\$8 Per Shirt

\$5 Bring Your Own!

Where?
Brandon Field

See You There!

COMMUNITY NOTES

HELP WANTED

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

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 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.

NOTICES

Substance Recovery Group. Please join this confidential, clinician-led group for support to maintain sobriety until AA resumes. Group meets upstairs in room 213 at the REB Tuesday nights at 6:30 p.m.

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 or Teresa Mitchell at 5-3400 or 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 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.

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 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.

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

Vet Services. The island Vet Tech will be leaving Kwajalein soon. Please call Veterinary Services at 5-2017 to schedule pet care appointments through May 19.

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

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.



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.

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 up-keep projects.



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 – 2ND GRADE
5:35 p.m.- - 3RD – 6TH GRADE
6:40 p.m.- - 7th – 12th GRADE**

**REGISTER WITH MWR AT THE
GRACE SHERWOOD LIBRARY
BEFORE MAY 20**

SOCIAL DISTANCING IS IN EFFECT; PLEASE ENJOY THIS EVENT RESPONSIBLY

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 **Vet's 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.

ISLAND MEMORIAL CHAPEL ANNOUNCEMENTS

Youth Fellowship Year End Party. May 24 at 6 p.m. at Emon Beach.

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 at 6:30 p.m. at the Roi Chapel.

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 along 7N latitude into the weekend will lead to accumulating precipitation likely Saturday, but not widespread rainouts. The ITCZ will dissipate during weekend and reorganizing further south. This is related to a new trade wind surge developing for mid next week which may have need for small craft advisories by Thursday.

SATURDAY: Mostly cloudy with widely scattered showers (20 percent coverage) dissipating towards evening. Winds ENE-ESE at 10-15 knots.

SUNDAY: Partly sunny with isolated showers (10-20 percent coverage). Winds ENE-ESE at 10-15 knots.

MONDAY: Partly sunny with isolated showers (10-20 percent coverage). Winds ENE-ESE at 12-17 knots.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:29 a.m. 7:02 p.m.	2:42 a.m. 2:52 p.m.	1:32 a.m. 2.8' 1:24 p.m. 3.1'	7:21 a.m. 1.3' 7:49 p.m. 0.7'
MONDAY	6:29 a.m. 7:02 p.m.	3:21 a.m. 3:36 p.m.	2:07 a.m. 3.2' 2:05 p.m. 3.3'	8:05 a.m. 0.9' 8:20 p.m. 0.5'
TUESDAY	6:29 a.m. 7:02 p.m.	3:58 a.m. 4:19 p.m.	2:36 a.m. 3.6' 2:39 p.m. 3.5'	8:41 a.m. 0.6' 8:47 p.m. 0.3'
WEDNESDAY	6:29 a.m. 7:02 p.m.	4:35 a.m. 5:03 p.m.	3:03 a.m. 4.0' 3:11 p.m. 3.7'	9:13 a.m. 0.2' 9:13 p.m. 0.1'
THURSDAY	6:29 a.m. 7:02 p.m.	5:14 a.m. 5:49 p.m.	3:30 a.m. 4.3' 3:41 p.m. 3.8'	9:44 a.m. -0.0' 9:40 p.m. -0.1'
FRIDAY	6:29 a.m. 7:03 p.m.	5:55 a.m. 6:37 p.m.	3:58 a.m. 4.5' 4:11 p.m. 3.8'	10:15 a.m. -0.2' 10:08 p.m. -0.2'
MAY 23	6:29 a.m. 7:03 p.m.	6:38 a.m. 7:27 p.m.	4:26 a.m. 4.6' 4:42 p.m. 3.7'	10:47 a.m. -0.3' 10:36 p.m. -0.2'



Click the logo to visit RTS Weather online.

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.



Did You Know?

Every part of a coconut—even the shell—can be used. Coconut shells and husks are used as an alternative fuel source, and coconut oil can serve as a diesel fuel substitute. Can you think of any other useful ways to harness the power of the coconut in the Marshall Islands?



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) boktun 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, eokwe 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.