

# THE KWAJALEIN HOURGLASS



## THIS WEEK


**MEMORIAL DAY**  
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**CHARLIE**  
DOD HPCON LEVEL 12

USAG-KA COMMANDER COL. JEREMY BARTEL, LEFT, LEADS LT.J.G. MATTHEW CRIDER OF NAVAL MOBILE CONSTRUCTION BATTALION 5, DETAIL MARSHALL ISLANDS, IN THE OATH OF OFFICE IN HIS MAY 24 PROMOTION CEREMONY AT EMON BEACH.

 JESSICA DAMBRUCH



# USAG-KA HONORS FALLEN ON MEMORIAL DAY

BY JESSICA DAMBRUCH

**Members** of the Kwajalein community and U.S. Armed Forces personnel commemorated the ultimate sacrifice of countless servicemembers in a May 21 Memorial Day observance at the Island Memorial Chapel.

Guest speakers from the community read official letters from the U.S. government encouraging Americans to remember the terrible cost of freedom won through selfless service.

USAG-KA Host Nation Director Maj. Daniel Young read a reminder from Gen. Mark A. Milley, Chairman of the Joint Chiefs of Staff.

“Those individuals chose to do something bigger than themselves,” said Young, of the fallen. “They chose to accept hardship.”

In his reading of the Presidential Proclamation on Prayer for Peace, U.S. Navy retired Capt. Michael Melody reminded the gathering to remember Soldiers’ past sacrifice as we rededicate ourselves to the values the fallen fought to protect. “As Americans, we will always defend

our freedom and our liberty,” said Melody. “We will never take for granted the blood shed by these gallant men and women, as we are forever indebted to them and their families.”

In tribute to that memory, members of the Boy Scouts of America presented memorial wreaths to USAG-KA Commander Col. Jeremy Bartel, Staff Sgt. Yadira Vazquezrodriguez, Dan Farnham of the Kwajalein MIA Project and Gold Star family member Michael Sam to lay in remembrance at the U.S. and RMI flags.

Following an honor guard gun salute by members of Naval Mobile Construction Battalion 5, Detail Marshall Islands, Sean Hepler of the Kwajalein High School band, played “Taps.”

“Although we think of them daily, this federal holiday is specifically focused to remember their and our Gold Star families’ sacrifice,” said Bartel. “Please reflect now, as well as throughout the weekend during the events that you will attend. Reflect on those who have sacrificed their lives to give us the ability to sit here today and enjoy our freedom. Let us not forget.”



**USAG-KA Commander Col. Jeremy Bartel and Dan Farnham place a memorial wreath during the USAG-KA Memorial Day ceremony.**

### Memorial Day History Notes

While Memorial Day is now recognized as a federal holiday, it was not founded in joy. It was established as a way for the country to set aside time to honor the troops who had given their lives in service to America. The national day of remembrance was first called Decoration Day

in the years following the American Civil War, because family members of fallen Soldiers decorated their graves with flowers. U.S. President Ulysses S. Grant presided over the first official observance May 30, 1868 at Arlington National Cemetery. On May 11, 1950, Decoration Day was renamed Memorial Day. Congress passed

the Uniform Monday Holiday Act in 1968, which established Memorial Day as the last Monday in May to create a three-day weekend for federal employees. The change officially went into effect in 1971. The same law also declared Memorial Day a federal holiday. The official flower of Memorial Day is the red poppy.



## U.S. NAVY SEABEE PROMOTED ON USAG-KA

BY JESSICA DAMBRUCH

**Memorial Day** weekend on a WWII battlefield is an auspicious occasion for a U.S. servicemember to receive a new rank.

This week the U.S. Army Garrison-Kwajalein Atoll community congratulates U.S. Navy Lt.j.g. Mathew Crider, Officer in Charge, U.S. Naval Mobile Construction Battalion 5, Detail Marshall Islands, on his promotion to lieutenant junior grade.

The ceremony was conducted at Emon Beach by USAG-KA Commander Col. Jeremy Bartel. In attendance were personnel from USAG-KA Command and NMCB 5, as well as friends and family members.

Bartel thanked the gathering for their support. He said that it was not so strange for him, an Army officer, to bestow rank on a member of the Navy, as his own family has a history of service in the Navy.

The commander led Crider in the Oath of Office, and NMCB 5 Chief Petty Officer Rouel Agustin affixed Crider’s new rank

**USAG-KA Commander Col. Jeremy Bartel, left conducts the promotion ceremony for Lt.j.g. Mathew Crider, center, Officer in Charge, U.S. Naval Mobile Construction Battalion 5, Detail Marshall Islands, during a Memorial Day weekend ceremony.**

patch to his uniform. Following the ceremony, the gathering enjoyed a Memorial Day barbecue on the beach.

NMCB 5, Detail Marshall Islands, is deployed across the Indo-Pacific region conducting high-quality construction to support U.S. and partner nations to strengthen partnerships, deter aggression and enable expeditionary logistics and naval power projection. The battalion supports humanitarian aid, disaster relief and major combat operations throughout the region.

## 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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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





# MEMORIAL DAY IN THE PACIFIC

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## HOURLASS REPORT

**Communities** and military installations around the world observed Memorial Day at historic sites and battlefields and honored fallen members of the U.S. Armed Forces last week. Here are a few scenes from ceremonies in the Pacific region.

### 1) U.S. Embassy Kolonia

U.S. Ambassador to the Federated States of Micronesia Carmen G. Cantor and Secretary of the FSM Department of Foreign Affairs Kandhi Elieisar laid wreaths to honor all who have served in the line of duty with visiting delegations and personnel May 25. The wreaths were made in the FSM with fresh flowers and tied with pandanus fibers. The United States and Federated States of Micronesia have a long-standing relationship that allows FSM citizens to serve in the U.S. military.

### 2-3) Palau

Military Veterans and representatives from U.S. Embassy Koror attended a ceremony held by Civic Action Team members on Palau to pay homage to servicemembers. Special observances included

two flag-raising ceremonies at Orange Beach and Bloody Nose Ridge on Peleliu.

### 4) Yap, Federated States of Micronesia

Seabees from the Naval Mobile Construction Battalion 5 held a ceremony for community members and veterans at the Yap Waterfront Park to honor fallen U.S. servicemembers. The Seabees have also built hand-washing stations throughout the island as part of COVID-19 preparations.

### 5) U.S. Army Garrison-Kwajalein Atoll

Members of NMCB 5, Detail Marshall Islands, served as an honor guard during the USAG-KA Memorial Day Ceremony May 21 at the Island Memorial Chapel. Dedicated in February 1944, the chapel continues to serve as a site for island residents and visitors to worship.

### 6) U.S. Embassy in Fiji, Kiribati, Nauru, Tonga and Tuvalu

U.S. Embassy Suva observed Memorial Day with a ceremony attended by senior officers of the Republic of Fiji Military Forces, members of the diplomatic corps and military representatives of Australia, Indonesia, Japan and New Zealand.

U.S. EMBASSY KOLONIA



CIVIC ACTION TEAM PALAU

2



CIVIC ACTION TEAM PALAU

3



PHOTO BY JOYCE MCCLURE

4



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

5



U.S. EMBASSY SUVA

6



# MAKIN RAIDERS IDENTIFIED BY CILHI

## HOURLASS REPORT

By Pete Rejcek, Associate Editor  
From *The Kwajalein Hourglass* Vol. 48, No. 98  
Published Friday, December 8, 2000

At the end of the day, members of the U.S. Armed Forces want to know that they will be able to go home.

For years, the story of the Makin Raiders kept Kwajalein residents and the international community enthralled—and searching—for nine missing Marines who were reportedly executed on Kwajalein during WWII by Japanese combatants. At last, in 2000, *The Kwajalein Hourglass* reported that the U.S. Army Central Identification Laboratory in Hawaii had successfully verified the identities of 19 bodies recovered on Butaritari Island in Makin Atoll.

The search for servicemembers missing in action is far from over, as associations all over the world work tirelessly to help them go home.

We hope you enjoy this historic story from *The Kwajalein Hourglass Archives*.

Francis Hepburn believes the mystery surrounding the identities of nine Marine Raiders reportedly executed on Kwajalein during WWII is a little less cloudy, thanks to the recent identification of 19 bodies found on Butaritari Island in Makin Atoll, Kirabati, last year.

"It's a tremendous relief," said Hepburn, a member of the Marine Raider 4th Battalion who has been actively trying to establish a memorial for the Marines beheaded here in October 1942.

Last week, the U.S. Army Central Identification Laboratory in Hawaii released the names of 19 Marine Raiders, 2nd Battalion, killed in action in August 1942 on Makin Atoll, located southeast of Kwajalein Atoll in neighboring Kirabati.

The Marines, members of Carlson's Raiders, were killed during an amphibious assault against the Japanese stronghold at Makin. At least 18 Americans died in action. Another 12 were missing in action, including five strafed by Japanese seaplanes while floating in a rubber raft. Some of the Makin MIAs are believed to have been the Marines executed by the Japanese two months later on Kwajalein, though neither the bodies nor a gravesite have been found.

Hepburn said the Marine Raider Association archives hold the names of all 30 Marine Raiders who were killed or missing in action from the Makin Atoll attack.

With the identification of 19 of those men, one more than originally confirmed dead in 1942, Hepburn said the identity of the beheaded Marines is within reach.

"The mystery has been agonizing," he said. "It's aggravating and galling to have somebody missing in action like that"

Assuming nine of the 11 unaccounted for Marine Raiders were indeed

be-headed on Kwajalein, the fate of at least two of the soldiers remains unknown. Without those names, the exact identity of the executed Marines remains in doubt.

But Ben Carson feels a sense of closure now that the 19 Marines from Makin have been recovered and identified.

"It's a great satisfaction to me to see this resolved," said Carson, who participated in that first famous foray into Japanese-held territory by submarine. "I'd gone out on liberty with some of those guys."

The story is far from over. Officials with CILHI visited Kwajalein in September on a fact-finding trip. At that time, they said a team of specialists could be sent to Kwaj next year in an attempt to locate the bodies.

"We're still in the mode of doing background research," said John Byrd, CILHI senior anthropologist, earlier this week.

Byrd said the CILHI team faces many obstacles in the Kwaj case. Besides a dearth of records regarding the incident and any hint of where the bodies might be located, the many topographical changes that have occurred on Kwaj over the last six decades make for a very difficult excavation.

"It will be hard," Byrd said. "I hope we're able to reach further success on Kwajalein."

Carson is also doubtful the bodies of the beheaded Marines can be found. "I don't hold much hope in finding those remains on Kwajalein."

"It's true that CILHI investigators had more to work with during their search on Makin Atoll. With the assistance of island inhabitants, including a man who helped with the burial of the Marines in 1942, the recovery team uncovered a mass grave. Working with "outstanding preservation conditions," investigators used an exhaustive forensic identification process, including the use of mitochondrial DNA, to confirm the identities of the Marines.

Marine Corps officials, using historical military records and more modern search techniques, located the next of kin of each of the Marines. Arrangements for the transportation and burial of the Marines are underway, in consultation with the families, according to a Department of Defense press release. Among the remains recovered are those of Sgt. Clyde Thomason, the first enlisted Marine awarded the Medal of Honor during World War II.

The feelings of one relative on an Internet message board at Dan Marsh's Marine Raider webpage seemed to sum up the feelings of most who lost family or comrades.

"He wasn't my comrade, but he was my big brother. ... [It feels] unbelievable, happy, sad, proud; I am not sure how we all feel. He was P.F.C. Ashley W. Hicks. We will be glad to have him home, after all these years," wrote Joyce Passalacqua.



## REPATRIATED MARINE RAIDERS

- Capt. Gerald P. Holtom  
Palo Alto, California
- Sgt. Clyde Thomason  
Atlanta, Georgia
- FM1C. Vernon L. Castle  
Stillwater, Oklahoma
- Cpl. I.B. Earles  
Tulare, California
- Cpl. Daniel A. Gaston  
Galveston, Texas
- Cpl. Harris J. Johnson  
Little Rock, Iowa
- Cpl. Kenneth K. Kunkle, Mountain  
Home, Arkansas
- Cpl. Edward Maciejewski  
Chicago, Illinois
- Cpl. Robert B. Pearson  
Lafayette, California
- Cpl. Mason O. Yarbrough  
Sikeston, Missouri.
- Pfc. William A. Gallagher  
Wyandotte, Michigan
- Pfc. Ashley W. Hicks  
Waterford, California
- Pfc. Kenneth M. Montgomery  
Eden, Wisconsin
- Pfc. Norman W. Mortensen  
Camp Douglas, Wisconsin
- Pfc. John E. Vandenberg  
Kenosha, Wisconsin
- Pvt. Carlyle O. Larson  
Glenwood, Minnesota
- Pvt. Robert B. Maulding  
Vista, California
- Pvt. Franklin M. Nodland  
Marshalltown, Iowa
- Pvt. Charles A. Selby  
Ontonagon, Michigan



CLICK THE 7TH INFANTRY DIVISION LOGO TO CHECK OUT PHOTOS FROM THE KWAJALEIN HOURLASS ONLINE.



# NAVY EOD, DIVE COMMUNITY EXPANDS TACTICAL HUMAN PERFORMANCE PROGRAM

## EXTERNAL REPORT

By Naval Education and Training Command Public Affairs

**PANAMA CITY, Florida**—Taking ideas and programs from top-tier professional sports teams, the Naval Diving and Salvage Training Center is implementing several changes this year to increase functional performance, resiliency and cognitive capability while decreasing injury and accelerating the physical recovery of explosive ordnance disposal technicians and Navy divers.

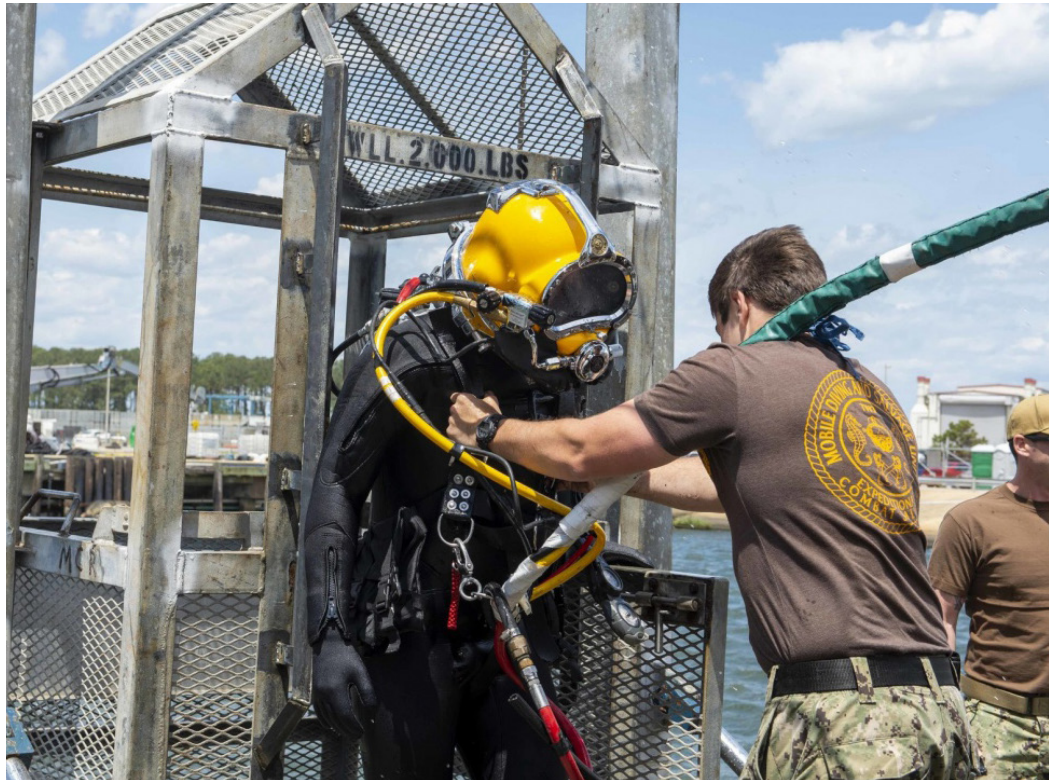
Navy EOD technicians and divers may be known for their ability to stay calm in pressurized situations and possess high levels of fitness that allow them to eliminate explosives or underwater hazards for the most elite special operations forces, but that amount of tactical human performance does not come without the proper instruction and development.

Cmdr. Sam Brasfield, NDSTC commanding officer, said that the legacy human performance programs during an EOD technician's or Navy diver's initial training typically relied on the limited knowledge base of EOD and dive instructors, who did not possess formal education on exercise physiology and muscle recovery.

"The insufficient scope of the knowledge in exercise physiology and muscle recovery at these schoolhouses resulted in recurring injuries throughout their time in school and on into their career," said Brasfield. "The sequence of physical conditioning did not consistently build strength, endurance and recovery across all phases of initial training or result in professional expertise based on proven methods to optimize human performance across a Sailor's expeditionary career."

In order to correct this issue, NDSTC initiated a review of its physical therapy program, while calling upon graduate-level research from the Naval Postgraduate School and inputs from professional human sports performance clinicians, to build a framework for tactical combat use. Using this data, NDSTC created the Tactical Human Performance Program in 2016 to provide baseline instruction, development and evaluation in all aspects of human performance to dive training students. Today's program specifically focuses on four key pillars—mindset, nutrition, movement, and recovery—that optimize human performance and injury prevention.

"In the EOD and dive communities, our people are our weapon systems and we have to do everything we can to make them stronger, decrease injuries, increase cognitive capacity, and accelerate their physical/mental recovery," said Brasfield. "What we are trying to do with our THPP is get 'left of boom' with our folks by giving them the skills and foundation early on that will set them



U.S. NAVY PHOTO BY CHIEF MASS COMMUNICATION SPECIALIST JEFF ATHERTON

**A Navy diver assigned to Mobile Diving and Salvage Unit 2 is guided off of a stage after conducting dives from Military Sealift Command's fleet ocean tug USNS Apache while the ship is moored pierside at Joint Expeditionary Base Little Creek-Fort Story.**

up for success with all these things. As my grandmother used to say, 'an ounce of prevention is worth a pound of cure.'"

NDSTC has been temporarily assigned an active-duty Air Force physical therapist and has one contracted athletic trainer who is responsible for coordinating efforts for three training/learning sites. However, with an annual throughput of 1,300 EOD technicians and divers, the Center for Explosive Ordnance Disposal and Diving has plans to hire a data analyst, three human performance program advisors and kinesiotherapists, three strength and conditioning specialists, two performance dietitians and two cognitive specialists who specialize in sports psychology. The Air Force has funded a new tactical performance facility and the associated exercise equipment for the THPP, and the other Services have come together to support this program.

In addition to the new hires, the EOD and diving community is also looking towards employing a complete athlete-data-management-platform, Smartabase, in order to track performance and provide better feedback to Sailors. Putting real-time data at the center of the THPP will digitally transform how the EOD and dive communities can monitor the health and performance of their Sailors over the course of their careers and make it easier to adjust the program's parameters as necessary.

"Early career training for EOD technicians and divers sets the stage for those Sailors as they develop in their career field. Giving them the best training possible allows them to adapt to the chal-

lenges that we face as a Navy in an era of great power competition," said Rear Adm. Brian Brakke, commander, Navy Expeditionary Combat Command. "The Tactical Human Performance Program provides world-class training for our Navy EOD and dive Sailors so that they recover after times of stress and grow throughout their Navy careers."

As THPP expands, the performance data that is aggregated will serve as the foundation for the EOD Force Resiliency Program, which protects individuals and teams in the EOD community from debilitating stress through adaptability and recovery and growth across the personal, social, cognitive and physical well domains. Both EOD Groups One in San Diego and Two in Little Creek, Virginia, are currently expanding their staff and facilities to address the current and future needs of their warfighters that will result in a more combat effective force.

Under Navy EOD's Strategic Vision 2030, THPP and FRP are identified as key lines of efforts that will develop the force to win against near-peer competitors in the future.

NDSTC is the largest diving facility in the world and trains military divers from all services to face any challenge anytime, anywhere by providing them with the skills and the confidence to successfully complete our nation's missions.

U.S. Navy EOD is the world's premier combat force for eliminating explosive threats so the Fleet and nation can fight and win wherever, whenever and however it chooses.

CLICK A SHIP TO READ MORE ABOUT NAVY EOD



# THE BROKEN ROAD TO INNER PEACE

COMMUNITY CONNECTION / KWAJALEIN HOSPITAL

**Health** is not just about what we eat. It is also about what we think, say and do. Mental health forms a significant part of our overall wellbeing and requires daily maintenance. With practice and patience, you can forge your own path to a healthier mind.

Basic psychological principals have identified the human pattern of how thoughts generated from beliefs will trigger emotions—sometimes healthy and sometimes not—and launch reactions or behaviors.

These patterns have typically been established early in our lives based on experiences and influence of family, community and religion. Add in genetic factors and neurochemical variations, and traumatic events play a tremendous role in triggering alternative patterns to help us avoid or compensate for negative events.

For example, take something simple like a rainy day. Those who associate rain with positive memories of staying indoors for family game nights, watching movies and reading may have a joyful or uplifting response to their next rainstorm. Now, imagine someone whose family or livelihood was affected by heavy rains or flooding. The same rainstorm may create negative feelings of

dread or isolation and trigger disruptive, self-sabotaging behavior that can damage relationships.

Positive mental health lets us explore our inner potential and effectively cope with stress and adversity. It enhances work productivity and self-motivation. It also creates meaningful interpersonal connections. Life is about growth and fulfillment. Only when we are in a positive and healthy mental state are we able to develop to our fullest potential.

How will you respond to your next rainy day? Take some time to explore and challenge the beliefs that may be holding you back. Once detached from those unhelpful beliefs, you can establish healthy and positive alternatives. As you work to make these changes in your life, try different strategies and activities to find what works best for you:

- Be intentional with mental health.
- Implement a daily journal practice to “check in” with yourself
- Find a meditation practice on YouTube or through an App that speaks to you
- Practice yoga
- Surround yourself with a positive and uplifting community
- Find a mentor (whether in person, an author or a speaker) you admire and follow their social media, subscribe to their website or make

regular contact via phone, email or in-person

- Read or listen to audiobooks that support your goals
- Create habits for the life you want and replace the unhealthy ones that are holding you back
- Get enough sleep (speak to medical professional if necessary)
- Eat the healthy foods

*In this photo by Haragayato, a broken bowl is mended and made whole with visible streaks of gold lacquer in the Japanese wabi-sabi tradition. Wabi-sabi is a perspective focused on accepting and transcending imperfection. The bowl, created in this style, may cause the viewer to recall that beauty can be recovered—even in broken remnants of once-beautiful things.*



*What you don't know about post-traumatic stress disorder may surprise you. Now is the time to get informed. June is PTSD Awareness Month. Check out the article below to learn more about PTSD. To learn more or seek help, contact the Employee Assistance Program at 5-5362.*

## GET HELP: JUST THE FACTS ABOUT PTSD

COMMUNITY CONNECTION / KWAJALEIN HOSPITAL

*This report is compiled from information provided by the U.S. Department of Veterans Affairs. For more information, visit the Department online at <https://www.ptsd.va.gov/index.asp>. See the end of the article for resources if you or someone you know is suffering through post-traumatic stress disorder.*

**Post-traumatic stress disorder** is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident or sexual assault.

It's normal to have upsetting memories, feel on edge or have trouble sleeping after a traumatic event. At first, it may be hard to do normal daily activities, like go to work, go to school or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months, and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later, or they may come and go over time.

### Who Develops PTSD?

Anyone can develop PTSD at any age. Several factors can increase the chance that someone will have PTSD, many of

which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD.

PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors, like previous traumatic exposure, age, and gender can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

### How Common is PTSD in Adults?

PTSD can occur after you have been through a trauma. A trauma is a shocking and dangerous event that you see or that happens to you. During this type of event, you think that your life or others' lives are in danger.

Going through trauma is not rare. About 60 percent of men and 50 percent of women experience at least one trauma in their lives. Women are more likely to experience sexual assault and child sexual abuse. Men are more likely to experience accidents, physical assault, combat, disaster or to witness death or injury.

PTSD can happen to anyone. It is not a sign of weakness. A number of factors can increase the chance that someone

will develop PTSD, many of which are not under that person's control. For example, if you were directly exposed to the trauma or injured, you are more likely to develop PTSD.

Health problems related to PTSD may include anger, depression, traumatic brain injury, chronic pain, sleep problems, substance misuse, suicide and grief.

### Statistics About PTSD

The following statistics are based on the U.S. population:

- About seven to eight percent of the population will have PTSD at some point in their lives.
- About 8 million adults have PTSD during a given year. This is only a small portion of those who have gone through a trauma.
- About 10 percent of women develop PTSD sometime in their lives compared with about four percent of men.

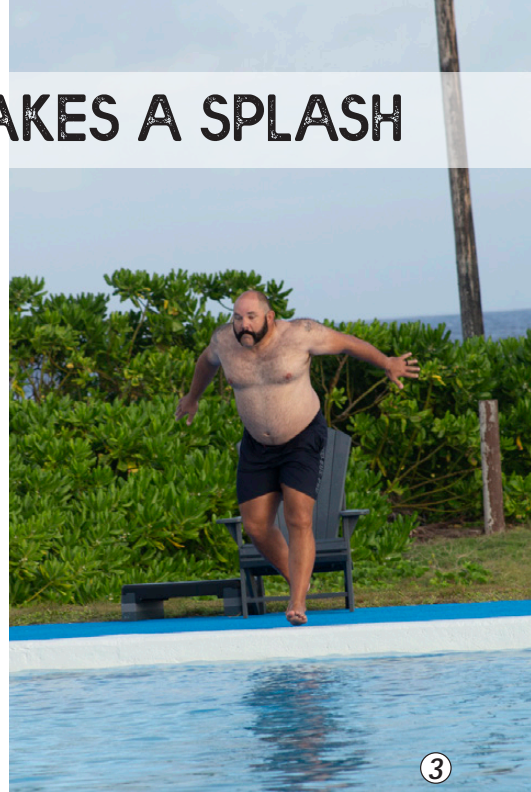
### Get Help

Anyone who feels they, a family member or a friend is suffering from PTSD can get help through free national and local resources.

- Contact the Kwajalein Employee Assistance Program at 5-5362 to seek help.
- Call 911
- Go to the nearest Emergency Room
- Contact the National Suicide Prevention Lifeline: 1-800-273-8255



# MEMORIAL DAY WEEKEND MAKES A SPLASH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



What a Memorial Day weekend it was. Kwajalein residents celebrated the long holiday weekend with a day of community field games, sports and outdoor activities organized by USAG-KA MWR. 1) The cannonball tournament at the Adult Pool was an enjoyable activity. Brian Dishman leapt over a chair to execute this dive during tournament round two.

2) Not to be outdone, Erik Hanson executes a "flying lotus" dive. 3) Brad Reed prepares to take first place. 4) Volunteer judge Jeffrey Suis gives Reed's cannonball a winning score. 5) The contest participants line up for a group photo. 6) Jane Erikson, left, and Jeff Jones enjoy the afternoon at Brandon Field. 7) Mary Beth Dawicki, left, and Jill Grabowski represent the Kwajalein School System Parent Teacher Organization. 8) Sunrise

Bakery employees Jesse Lucas, left, and Rileta Luis spent the day selling burgers and treats at Brandon Field. 9) Spectators watch the MWR Kickball Tournament. 10) It isn't all fun and games. Pictured here, Mark Nickless and members of the Buildings and Grounds crew get ready to trim and hedge an island neighborhood to keep it safe for work and play.



# CONGRATULATIONS TO THE GRADUATING CLASS OF 2020



**1) Haedon Ameigh**  
*Hometown:* Johnsonville, North Carolina  
My favorite Kwaj memory is seeing the fireworks during the New Year's celebration.

**2) Emmily Andress**  
*Hometown:* New Brockton, Alabama  
My favorite Kwaj memory is stargazing on the beach with my friends.

**3) Mellaine T. Boutu**  
*Hometown:* Ebeye and Tennessee  
My favorite Kwaj memory is eating parfait at the colonel's house for senior breakfast.

**4) Reynold "DJ" deBrum**  
*Hometown:* Kwajalein  
My favorite Kwaj memory is playing basketball at the beach then going night swimming to cool down.

**5) Mackenzie Gowans**  
*Hometown:* Kwajalein  
My favorite Kwaj memories are the endless movie nights, game nights and beach days with my friends.

**6) Kayla Hepler**  
*Hometown:* Kwajalein  
My favorite Kwaj memory is going to the beach with my friends and playing spike ball in the hot sun.

**7) David Ainri Kabua**  
*Hometown:* Monnin Weto, Jaluit Atoll and Kabinmeto  
My favorite Kwaj memories are the Memorial Day celebrations.







8



9



10



11



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14

## 8) Marina Mia Lojkar

*Hometown:* Ebeye, Marshall Islands

My favorite Kwaj memory is when my friends and I were slowly drifting away on a pedal boat. The pedals weren't working, and there was a storm coming. It's the day we thought we were going to die.

## 9) Makena Skye Moseley

*Hometown:* Kwajalein

My favorite Kwaj memory is going on b-boat rides and bouncing up and down with the waves.

## 10) Jacilynn Nam

*Hometown:* Ebeye

My favorite Kwaj memory is playing volleyball with my classmates.

## 11) Daniel Note Ranis

*Hometown:* Kwajalein

My favorite Kwaj memory is the tree lighting in December 2015. All

my relatives from the states came to Kwaj to visit my family. We had the best time of our lives.

## 12) Hayden Reed

*Hometown:* Kwajalein

My favorite Kwaj memory was watching the sunset with some of my closest friends. That is when I was most happy, and it is something I never want to forget.

## 13) Abigail Richey

*Hometown:* Pennsboro, West Virginia

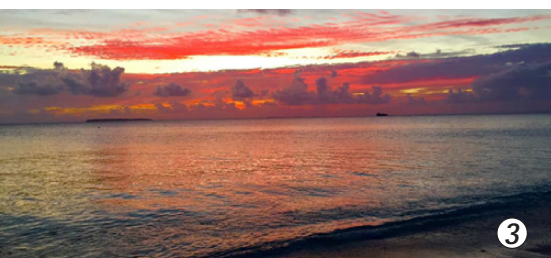
My favorite Kwaj memory is writing a satire essay in English class.

## 14) Aaron Seelye

*Hometown:* Kwajalein and Seattle

My favorite Kwaj memory is playing with friends in the flooded streets during heavy rains in the new housing area.





1) A young island resident runs through a spray of blue powder at the MWR Memorial Day Color Run. (Photo by Brian Bussey) 2) This photo, taken May 26 in Pensacola, Florida, depicts something you don't see very often: a Kwaj bike, with original parts, still rolling after nearly 10 years. The photo comes from Joe Gaines, Kwajalein's base commander from 2010 to 2012. It is Gaines' original Sun bike purchased on Kwaj in 2011, and with proper care, it's still going strong. "Original Sun Kwaj bike. No rust. Kept it in indoors. Still rolling," he wrote in a post to a Kwajalein-themed Facebook group. (Photo by Joe Gaines) 3) Yet another classic Marshall Islands sunset appears over the Marshall Islands May 27. (Photo by Mike Brantley) 4) Helbert Alfred and friends hoist up a mighty marlin caught by James Chong-Gum's and Yoshi Kemem's fishing crew last weekend. (Photo by Kim Parker) 5) Scott Hill chases down a kickball during the MWR tournament. (Photo by Brian Bussey) 6) This anemone, recently photographed off Carlson by Kwaj resident Jana Montoya, balls itself up, showing off its brilliant fuchsia bottom side. (Photo by Jana Montoya).

Got Pictures? We would like to feature your photography in the View from Kwaj. For photo size requirements and more information, contact [kwajalein.hourglass@dyn-intl.com](mailto:kwajalein.hourglass@dyn-intl.com).



**THE ARMY IS CONDUCTING A CHANGE OF MISSION TO FOCUS ON COMBATING THE COVID-19 PANDEMIC.** WITH THIS NEW MISSION, THE ARMY WILL PROTECT THE FORCE, POSTURE THE FORCE TO MAINTAIN GLOBAL OPERATIONAL READINESS, AND **SUPPORT THE NATIONAL EFFORT TO FIGHT AGAINST COVID-19.** THE ARMY CONTINUALLY ASSESSES HOW WE WILL BEST PROTECT SOLDIERS, CIVILIANS AND THEIR FAMILIES, MAINTAIN FORCE READINESS TO MEET GLOBAL CHALLENGES, AND PROVIDE SUPPORT TO THE FEMA-LED NATIONAL COVID-19 RESPONSE. **CLICK THE LOGO TO LEARN HOW U.S. ARMY SOLDIERS ARE FIGHTING COVID-19 TO PROTECT GLOBAL HEALTH.**





REPUBLIC OF THE MARSHALL ISLANDS OFFICE OF  
THE CHIEF SECRETARY 2019 NOVEL CORONAVIRUS  
(COVID-19) UPDATED INTERIM HEALTH TRAVEL  
ADVISORY & RESTRICTIONS  
**ISSUANCE 13: AS OF 7 MAY 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. The virus was first detected in Wuhan City, Hubei Province, PRC, and subsequently cases of COVID-19 have been detected in 212 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 the Marshall Islands' (RMI) former COVID-19 travel advisories and restrictions 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) have been reviewed and updated as of 7 May 2020 (Issuance 13) 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 an immediate minimum 14-day quarantine.

- Suspension of all domestic passenger travel between Kwajalein and Majuro and international airlines. Air travel between Kwajalein and Majuro on Air Marshalls is still permitted.
- All cruise ships including live aboard vessels and yachts at this time are suspended from visiting the RMI until further notice.
- All fishing vessels that have transited through or departed from COVID-19 infected countries are suspended from entering the RMI ports until further notice.
- To ensure continuity of transshipment services, a limited number of carrier vessels shall be exempt. However, these carrier vessels are strictly required to spend fourteen (14) days at sea prior to port entry and only after clearance by MoHHS, RMI Ports Authority, MIMRA and the RMI Immigration Division. Transshipment shall be limited to twenty (20) purse seiners and ten (10) carriers at any one time. Vessels within the transshipment area are subject to RMI Ports Authority's 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 the travel advisory and the Maritime SOP requirements, such as no human-to-human contact, etc. Said SOPs shall be amended as per this updated travel advisory and shall remain in effect unless otherwise revised by the Maritime Working Group (MoHHS, RMI Ports Authority, MIMRA and the RMI Immigration Division). MIMRA shall provide a list of eligible fishing vessels and carriers for entry purposes. Vessels not on the list may appeal to the NDC through the Maritime Working Group for entry prior to departure from their 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.
- 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 #13 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.

**Kino S. Kabua** 7 May 202  
**Chief Secretary,**  
**Chair of the National Disaster Committee**



## UNITED AIRLINES TRAVEL ADVISORY

**Effective May 4,** United Airlines will require all passengers to wear a face cover or mask 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.

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) and May 21 (westbound to Guam). Contact United reservations at 1-800-864-8331 to reschedule your May 6 tickets.

## HAWAII QUARANTINE RULES IN EFFECT FOR TRAVELERS

### *Public Advisory for RMI Citizen and Resident Travelers*

**Majuro**—The Republic of the Marshall Islands Ministry of Foreign Affairs and Trade wishes to advise all RMI Citizens and Residents traveling to Hawaii that on May 18, 2020, David Y. Ige, Governor of the State of Hawaii, signed the Eighth Supplementary Proclamation which shall remain in full force and effect through June 30, 2020, and authorize and invoke the following:

- "Pursuant to section 127A-13(a) (1), HRS, all persons entering the State of Hawaii shall be subject to mandatory self-quarantine, except those persons performing emergency response or critical infrastructure functions who have been exempted by the Director of Emergency Management. The period of self-quarantine shall begin from the time of entry into the State of Hawaii and shall last 14 days or the duration of the person's presence in the State of Hawaii, whichever is shorter. This self-quarantine mandate shall take effect on March 26, 2020, at

12:01 a.m."

- Pursuant to section 127A-25, HRS, I hereby adopt the Rules Relating to COVID-19.
- Pursuant to section 127A-29, HRS, any person violating the rules relating to quarantine shall be guilty of a misdemeanor, and upon conviction, the person shall be fined not more than \$5,000, or imprisoned not more than one year, or both.

The Ministry further advises that all visitors and residents arriving through Hawaii's airports will be required to complete a Hawaii Department of Agriculture form that will be distributed on board their flight. This means they will need to have with them an address of where they will be staying while in Hawaii. Upon arrival, they will go through a checkpoint and present the completed form with valid identification. Checkpoint staff will validate the form and issue documentation that certifies the checkpoint. The form also includes information on the mandatory requirements for the 14-day quarantine along with penalties.

**If any questions, please contact the Ministry of Foreign Affairs and Trade at 625-3012/3181.**



# 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.

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.

- 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 clinic

- 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.







# CYS JUNE SPOTLIGHT

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

## Child Development Center

### Bako Classroom:

**Tuesdays** - Water Play Day. Please send your child with water clothes, a towel and dry clothes.

**Thursdays** - Functional Fitness

**Fridays** - Library

### Start Smart Sports - (ages 2-5):

- Carnival Games, June 4 -25.
- Tumbling, July 9 – 30. Registration Ends July 2.

### 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

### Summer Camp begins June 10.

Visit CYS Central Registration to receive a schedule of weekly activities and to enroll your child. Check out details about each summer camp theme week on the right.

**June 9 - 13** - Wet and Wild

**June 16 - 20** - Art-O-Rama

**June 23 - 27** - Mad Science

**June 30 - July 3** - Party in the USA

### Sports (Grades K-2 and 3-6):

- **Kickball and Wiffleball**, June 11-July 9
- **Scooter Hockey**, July 21 - August 15. Registration ends July 14.

## Namo Weto Youth Center

**Tuesdays starting June 16** - Flag Football - 3:15-4:15 p.m.

**Water Wednesdays** - 1 p.m.

**June 10** - Japanese Tide pools

**June 17** - Float with Floats

**June 24** - Shipwreck Snorkeling

**Wednesdays** - Smart Girls- 6 p.m.

**Thursdays** - Trivia - 7 p.m.

**Fridays** - Yoga - 7 p.m.

**Saturdays** - Bowling - 3 p.m. and Dungeons & Dragons - 7 p.m.

## SPORTS

**League Bowling** - Saturdays, 3-4 p.m. from June 13 - August 15. Registration Ends June 6.

**Extreme Dodgeball** - July 8 - Aug 14. Registration ends July 1.

**Snorkeling Adventure 1** - June 19 and 26 from 8 a.m. - noon. Registration ends June 12.

**Snorkeling Adventure 2** - Trips are July 17 and 24 from 8 a.m. - noon. Registration ends July 10.

## SPECIAL EVENTS

**June 3** - Resume Building- 2:30 p.m.

**June 5** - 6th Grade Orientation - 10:45 a.m.

**June 6** - Summer Smoothies- 3 p.m.

**June 9** - Pool party- 6:30 - 9p.m.

**June 10** - Adulting 101- 4 p.m.

**June 14** - U.S Army 245th Birthday

**June 18** - TED Talk Thursday - Everyday Leadership - 4 p.m.

**June 19** - Snorkeling Adventures - Prinz Eugen - 8 a.m.

**June 25** - TED Talk Thursday - Try Something New- 4 p.m.

**June 25** - Bob Ross Paint Night - 7 p.m.

**June 26** - Snorkeling Adventures- Bigej- 8 a.m.

## MOVIES AT 7 P.M.

**June 7** - Rookie of the Year

**June 14** - Lion King 1 ½

**June 21** - Honey I Shrunk the Kid

**June 28** - Percy Jackson

## Parents' Corner

**Parent Advisory Board Open House.** Visit Central Registration during regular business hours June 6 to receive information on upcoming events and to register your child for activities.

## 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 and sketch comedy.

### 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.



📷 COURTESY OF USAG-KA CYS



USAG-KA Command Sgt. Maj. Kenyatta Gaskins, left, and Col. Jeremy Bartel, right, enjoy a military appreciation lemonade stand last week with children enrolled in the Child and Youth Services School-Age Care program.





## MWR MOVIES

All movies begin at 7:30 p.m.

### KWAJ YUK THEATER

Saturday, May 30  
"Aladdin" (PG) 128 min.

Sunday, May 31  
"Crawl" (R) 87 min.

Monday, June 1  
"Unconditional" (PG) 98 min.

Saturday, June 6  
"Mary Poppins Returns" (PG)  
131 min.

Sunday, June  
"Terminator: Dark Fate" (R)  
128 min.

Monday, June 8  
"Pirates of the Caribbean:  
Dead Man Tell No Tales"  
(PG-13)

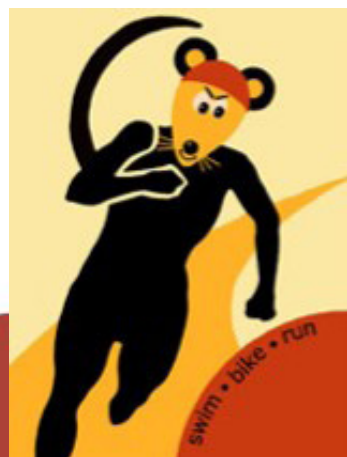
#### Roi Tradewinds Theater

Saturday, May 30  
"Don't Let Go" (R) 104 min.

Sunday, May 31  
"The Mule" (R) 117 min.

Saturday, June 6  
"Blockers" (R) 102 min.

Sunday, June 7  
"Crawl" (R) 87 min.



## Roi Rat Race

June 14  
8 a.m. at the  
Surf Shack

Put your suit on, hop on your bike, and lace up your shoes for this mini-triathlon event. Swim 0.6 miles, bike 5 miles and run 3.5 miles. Distances are approximate, and racers are responsible for timing themselves. Individual participants and teams welcome. Social distancing is in effect. Please enjoy this event responsibly.

Contact Tamara Hill with questions at 5-6580.

### Volleyball Tournament June 25-27

Registration is \$50. A minimum of five players per team is required. A limit of eight teams may register for this event. Registration closes June 16. Contact MWR at 5-3331 with questions.

### Double Elimination Softball Tournament

July 14-August 1  
Registration is \$50 per team. A limit of 16 teams may register for this event. Registration closes July 1. Sign up at the MWR Desk at the Grace Sherwood Library in Building 805. Call 5-3331 with questions.



📷 COURTESY OF USAG-KA MWR

Congratulations, bragging rights and a coconut trophy (pictured above) are in order for the winners of the 2020 MWR Memorial Day Kickball Tournament. The next time you need to consult a team of kickball experts, you know who to call.

## SAFE AND SECURE: U.S. ARMY TIPS FOR AVOIDING WORKPLACE HAZARDS

### PUBLIC SAFETY ANNOUNCEMENT

According to the Bureau of Labor Statistics, about 76,000 office workers in the United States suffer disabling injuries each year. These injuries include falls, electric shocks and musculoskeletal disorders. Our quarters and living spaces can become the site of these work-related accidents when complete work in home offices and study areas. No matter where you are working, preventing injuries and illnesses is possible.

**Check for Potential Hazards.** When you think about workplace safety, you may not consider your everyday office and how they may affect your family members. Examine the layout, lighting, air quality, noise levels and storage in the workspace. In addition, inspect all electrical equipment and power strips and practice proper ergonomics. Eliminat-

ing hazards will contribute to a safe and healthful environment. When evaluating your office for potential hazards, pay attention to the following:

**Air Quality.** How is the air quality? Is there a smell of mold, mildew or any other unpleasant odor? Is there a high level of dust?

**Noise Levels.** Are noise levels triggering headaches? Are noisy office machines operating away from desks?

**Storage.** Are boxes of files, papers or other flammable materials stored near an ignition source? Are heavier boxes on the bottom and lighter ones on top? Are objects stored in walkways, aisles or in front of doorways and exits?

**Electrical Equipment.** Have you inspected all electrical equipment, such as monitors, fax machines and space heat-

ers, for damaged cords and plugs? Are you overloading electrical outlets with multiple power strips or plugging multiple extension cords into each other?

**Ergonomics.** How are you sitting? Is your back straight? Are your shoulders hunched over? Can your feet reach the floor? Is your computer monitor or mobile device screen too close or too far away to view with ease?

**Layout.** Are desks at least three feet apart? Is office equipment like computers and printers placed safely on a flat-top surface? Do employees sit beneath an uncovered vent that dumps hot or cold air on them? Are filing cabinet drawers closed when not in use? Are electrical cords neatly organized to prevent tripping?

**Lighting.** Does lighting cause glare on computer screens? Is the lighting too bright or too dim?



# AFN GOING OFF THE AIR FOR 24 HOURS JUNE 2 TO PERFORM UPGRADES

## PUBLIC NOTICE

A long-term project designed to upgrade the AFN network on Kwajalein and Roi-Namur is nearly complete, and will require channels to go off the air for up to 24 hours June 2. Beginning June 3 AFN Kwajalein will be better than ever.

Here are a few improvements AFN viewers on Kwaj will see starting June 3.

- 1) All major AFN channels will be available in HD and digital audio.
- 2) The TV channel lineup will conform to the AFN programming guide located at [www.myafn.net](http://www.myafn.net).
- 3) One channel will provide a live, continually updated version of the programming guide found at [www.myafn.net](http://www.myafn.net).
- 4) Closed captioning will be available on major AFN channels.
- 5) New non-AFN channels, such as Japan's NHK and MTV China, will be available.

Roi viewers will see the following improvements beginning June 3

- 1) All major AFN channels will be available in HD and digital audio.
- 2) AFN's Prime Atlantic channel will be added to the Roi-Namur lineup.
- 3) The TV channel lineup will conform to the AFN programming guide located at [www.myafn.net](http://www.myafn.net). The exception is that Prime Pacific is not available on Roi due to the presence of local programming channels on Roi.

## Kwajalein's New Lineup

HD Channel lineup section (For channels conforming to the MyAFN guide)

- 16-1 Prime Atlantic
- 16-2 News
- 17-1 Sports
- 17-2 Prime Pacific
- 18-1 Spectrum
- 18-2 Sports 2
- 19-1 Family
- 19-2 Movie

SD Channel lineup section (For local channels, the MyAFN guide, extra channels)

- 19-3 Alternative Movie
- 19-4 MyAFN Guide
- 19-5 Roller
- 20-1 Weather
- 20-2 KTV
- 20-3 MTV China
- 20-4 NHK Japan

Call AFN Kwajalein at 5-3470 with questions.

Here's what USAG-KA residents need to do in order to take advantage of the upgrades.

1) Be patient June 2 while AFN is off the air, and during subsequent days, while AFN staff work out any bugs that may occur after the conversion.

2) Rescan for new channels on June 3. All AFN Kwajalein viewers will need to perform a channel scan on each TV in order to take advantage of the new programming. While Kwaj residents need to ensure their channel source is set to "antenna," Roi viewers need to set their channel source to "cable."

**Channel Scan Tips:** Find and select the "Channel Scan" option in your TV's menu. This option is sometimes labeled "Rescan," "Tune," or "Auto-tune." If you can't find the "Channel Scan" option, dig through the TV's "Settings," "Tools," "Channels" or "Options" menu. On some TVs, you have to press the "Input" button and go to "Antenna." The scan will be performed and can take a few minutes, after which the TV will automatically display an entirely new lineup.

3) Understand that the new AFN Kwajalein lineup designation was a compromise between available upgrades and limited broadcast equipment availability. In order to make all major AFN channels available in HD, the station must eliminate most of the SD channels that had been duplicating content played on already existing channels. The net result is a more streamlined, user-friendly lineup that not only plays in HD, but also matches the AFN programming guide at [www.myafn.net](http://www.myafn.net).

4) \*Note: Viewers on Meck will not see any changes to their programming.

## Roi-Namur's New Lineup

SD Analog Channel lineup section

- 2 Prime Atlantic
- 5 News
- 8 Sports
- 11 Spectrum
- 13 Sports 2
- 15 Family
- 18 Movie
- 19 Roller
- 21 Weather
- 23 KTV

HD Channel lineup section

- 26 Prime Atlantic
- 27 News
- 29 Sports
- 31 Spectrum
- 32 Sports 2
- 36 Family
- 39 Movie
- 45 Roller
- 47 Weather
- 49 KTV
- 51 Locally designated Roi programming
- 52 Locally designated Roi programming

# E-WARENESS LEAD-ACID BATTERIES

Lead-acid batteries become spent when they are no longer usable. Spent lead-acid batteries should not accumulate for recycling longer than six months and will be collected from each generating source at a frequency to prevent a public safety or environmental hazard. For pickup of spent lead-acid batteries, call 5-8858.

- Individual spent lead-acid batteries, or a pallet, shipping crate or similar container of collected spent lead-acid batteries will be labeled by date (the earliest date when any battery became no longer usable).
- Boat lot owners with spent lead-acid batteries should take them to the Roundhouse Collection Area (FN 987) on Kwajalein.

For more information, contact DI Environmental at 5-1134.

Lead-acid battery ko rej etal im ejjelok tokjier elane emoj aer jerbal. Spent lead-acid battery ko rejjab aikuj in kakoni elkin jilijino allon im bar ko-jerbali, im renaj aikuj in aini jen kajojo ijoko rej kejerbali ilo jokjok ko rekkar nan bobrae joreen ko renaj walok nan kajojo armij im jikin ko. Nan buki men kein ak spent lead-acid battery ko, call e 5-8858.

- Lead-acid battery ko emoj aer jerbal, ak ko ilo juon pallet, ak jabdre-wot lead-acid batteries ko kokoni emoj aer jerbal ilo container ak ko ilo jikin ijilok ko ilo tima renaj aikuj in wor aer label kin raan, allon im yio (Likit ak kojerbal raan eo eliktata im eaar bojrak kejerbale).
- Boat lot owner Ro im ewor waier loan im ewor lead-acid battery ko emoj aer jerbal renaj aikuj buklok nan Roundhouse Collection Area (FN 987) ilo Kwajalein.

Nan melele ko jet, jouj im kir lok DI Environmental ilo 5-1134.



## SMOKE ALARMS PROVIDE A SOUND YOU CAN LIVE WITH

Test your household smoke alarms at least once per month. For your safety, never remove or disable smoke alarms. If an alarm "chirps," it is a warning that the battery is low and should be replaced immediately. Contact the Public Works Service Desk at 5-3550 if the smoke alarm is not functioning properly. Call the Kwajalein Fire Prevention Office at 5-2137 with questions about fire safety and smoke alarms on Kwajalein.



# 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.

## 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](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 sup-

port, 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.

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

**Report non-emergencies.** Send in secure reports online at the US-AG-KA Police Department Facebook page. To report a nonemergency 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.

**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



**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

observed at all times while at the Vets Hall. This is a temporary restriction in light of COVID-19 concerns. Questions? Contact Dan Farnham at 5-5319.

The **Yokwe Yuk Women's Club** will vote on new officers for the 2020-2021 executive board May 31 at 4 p.m. in the Emon Beach A-frame pavilion. All island ladies are invited to attend. The YYWC is a registered U.S. nonprofit organization that strives to promote good morale, stimulate a sense of cooperative community living and contribute to the education and general welfare of the Marshall Islands and Micronesia. YYWC runs the Mic Shop, the Bargain Bazaar and produces the Annual Basket Auction and Fundraiser event and other activities on Kwajalein Atoll.

**ISLAND MEMORIAL CHAPEL ANNOUNCEMENTS**

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

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

**Theology on Tap** meets June 15 at 6:30 p.m. in the Adult Recreation Center.

**Kommol Tata from The Kwajalein Hourglass.** Thank you to the participants in the 2020 USAG-KA Memorial Day Ceremony May 22. Special thanks to the members of Naval Mobile Construction Battalion 5, Detail Marshall Islands, who served in the ceremony. Thank you also to MWR for the fun Memorial Day holiday weekend.

**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](mailto:kwajalein.hourglass@dyn-intl.com).**

## TUNE IN TO AFN KWAJALEIN



### 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.

## 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**



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.



# USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF

**WEATHER DISCUSSION:** A weak disturbance is departing the area Saturday and will lead to a downtrend in shower coverage. The weekend is will be drier and sunny with only small, isolated showers in the area. The seven-day outlook is average to below-average precipitation.

**SATURDAY:** Partly sunny widely scattered decreasing to isolate showers (20 percent going to 10 percent coverage). Winds ENE-E at 13-17 knots.

**SUNDAY:** Partly to mostly sunny with isolated showers (10 percent coverage). Winds E-ENE at 13-17 knots.

**MONDAY:** Partly to mostly sunny with isolated showers (10 percent coverage). Winds E-ENE at 13-17 knots.



Click the logo to visit  
RTS Weather online.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:29 a.m. 7:05 p.m.	1:49 p.m. 1:34 a.m.	11:19 a.m. 3.4' -----	4:51 a.m. 1.3' 6:05 p.m. 0.6'
MONDAY	6:29 a.m. 7:05 p.m.	2:43 p.m. 2:21 a.m.	12:30 a.m. 3.1' 12:39 p.m. 3.5'	6:27 a.m. 1.0' 7:06 p.m. 0.4'
TUESDAY	6:29 a.m. 7:05 p.m.	3:38 p.m. 3:08 a.m.	1:29 a.m. 3.7' 1:41 p.m. 3.7'	7:37 a.m. 0.6' 7:56 p.m. 0.1'
WEDNESDAY	6:29 a.m. 7:06 p.m.	4:34 p.m. 3:55 a.m.	2:17 a.m. 4.2' 2:33 p.m. 3.9'	8:31 a.m. 0.2' 8:39 p.m. -0.1'
THURSDAY	6:29 a.m. 7:06 p.m.	5:32 p.m. 4:45 a.m.	2:59 a.m. 4.6' 3:19 p.m. 3.9'	9:19 a.m. -0.2' 9:19 p.m. -0.3'
FRIDAY	6:29 a.m. 7:06 p.m.	6:32 p.m. 5:37 a.m.	3:40 a.m. 4.9' 4:02 p.m. 3.9'	10:03 a.m. -0.4' 9:57 p.m. -0.3'
JUNE 6	6:29 a.m. 7:06 p.m.	7:33 p.m. 6:32 a.m.	4:19 a.m. 5.0' 4:43 p.m. 3.8'	10:45 a.m. -0.5' 10:35 p.m. -0.3'



1) A variation on a typical coconut caution sign from Honolulu is printed in both English and Japanese. 2) This little coconut may look innocent, but falling coconuts are the cause of injuries each year. Check out the three indentations that helped the coconut earn its common name.

## Did You Know?

Take a look at the three indentations in a coconut and you'll understand how it got its name from the Portuguese-Spanish word 'coco' for 'skull' or 'head.'



## 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

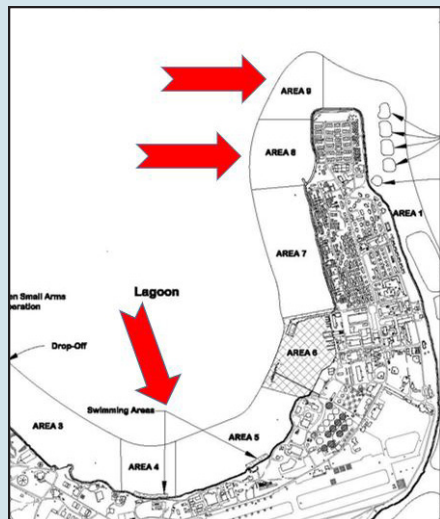
activities. If an adversary knew this detailed information, U.S. mission accomplishment and personnel safety could be jeopardized.

PLEASE REMEMBER TO ALWAYS BE MINDFUL AND PRACTICE GOOD OPSEC. CONTACT JASON RANDALL, USAG-KA GARRISON SECURITY MANAGER, AT 5-2110 OR JASON.M.RANDALL.CIV@MAIL.MIL WITH YOUR QUESTIONS.



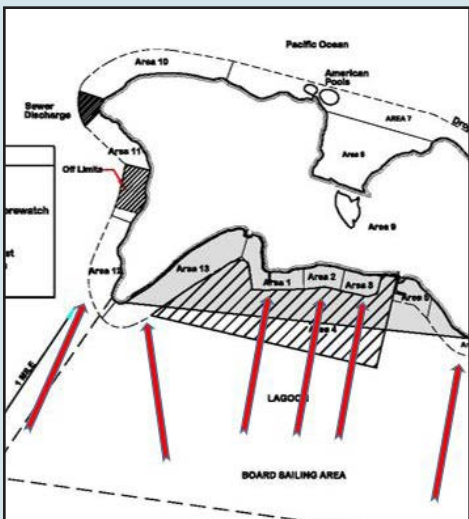
# SWIM SAFELY THIS SUMMER

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.



## 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, eok-we jouj im koba lok ilo Island Orientation allon otemnej.



CAN'T TOUCH THIS.

If you see one of these fierce looking Portuguese man o' war jellyfish, please do not touch. Their long, stinging tentacles can pack a strong, painful sting that is harmful to both fish and humans. Questions? Contact DI Environmental at 5-2311 to learn more about this beautiful but deadly species of jellyfish and our other marine neighbors in the waters of Kwajalein Atoll.

## NOT SURE? DON'T SHOOT.

HOBBIES SHOULDN'T COMPROMISE OPSEC.



CLASSIFIED/  
CRITICAL/SENSITIVE

All 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.