





USAG-KA Active duty military personnel assemble for a group shot following the Assumption of Responsibility Ceremony for Command Sgt. Maj. Ismael Ortega at the Island Memorial Chapel Dec. 12.



HOURGLASS REPORT

Dec. 12 marked a special occasion for the Kwajalein community, as active duty military personnel, Department of Defense civilian employees, and officials from the government of the Republic of the Marshall Islands and community members gathered at the Island Memorial Chapel to witness the Assumption of Responsibility Ceremony for the garrison's recently arrived command sergeant major.

Originally hailing from Nampa, Idaho, Command Sgt. Maj. Ismael Ortega recently completed duty at Joint Base Lewis-McChord, Washington, with the 308th Brigade Support Battalion, 17th Field Artillery. After enlisting in the Army in 1999, Ortega served at postings as far away as Kuwait and Germany. He has served at Fort Huachuca, Arizona; Fort Sill, Oklahoma and numerous oth-

er postings before coming to Kwajalein.

Among the many distinctions earned in the course of his military service, Ortega is the recipient of the Bronze Star, Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Good Conduct Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal Campaign Star, Global War On Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, and NATO Medal.

USAG-KA Commander Col. Jeremy Bartel recognized Tamika Gaskins, wife of former USAG-KA Command Sgt. Maj. Kenyatta Gaskins, who departed Kwajalein to continue service at the Pentagon in November, and welcomed Ortega and his wife, Elizabeth, to the garrison. A reception followed in the Religious Education Building.



1) USAG-KA Active duty military personnel assemble for a group shot following the ceremony. 2) Chaplain Jim Ludwikoski gives an invocation. 3) USAG-KA Commander Col. Jeremy Bartel addresses the gathering. "I have no doubt that CSM Ortega will take all the things that have been improved upon by his predecessors and will continue to make them better," said Bartel in his remarks. "He will add his touch by finding numerous other ways to improve our ability to operate and our quality of life."

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.

Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1.

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

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









1) Members of the Kwajalein High School Band play during the US-AG-KA Assumption of Responsibility Ceremony for Command Sgt. Maj. Ismael Ortega. 2) Special guests from the Republic of the Marshall Islands Liaison Office and the Kwajalein Atoll local government await the beginning of the ceremony. From Left: Lanny Kabua, Anthony Maika and Hilary Hosia. 3) Ortega, center, slices a celebratory cake with his wife, Elizabeth. 4) USAG-KA StaffSgt. Yadira Vazquez presents Elizabeth Ortega a wuut—a Marshallese crown of flowers—as a welcoming gift. 5) Elizabeth, left, and Command Sgt. Maj. Ismael Ortega take the first photo of their tour together at the Island Memorial Chapel.





In preparation for the interceptor and system tests planned for the Spartan and Sprint missiles at the Kwajalein Test Site, on Dec. 5, 1966, representatives from the Nike X Project Office were in Washington, D.C.

The purpose of their visit was to present new briefings to higher authorities on the need for 200 additional family housing units at KTS.

As Kwajalein history would subsequently record, "family quarters again became scarce during the NIKE-X/SENTI-NEL build up, but in 1968, two large seagoing barges, carrying the answer to Kwajalein's latest housing problem, appeared off Echo Pier. They brought several dozen 55-foot house trailers: the first of 191 trailers that arrived on Kwajalein by the end of the year. The trailers were positioned on the "contingency" fill at the north end of the island. This new trailer camp, with row upon row of mobile homes of gleaming aluminum promptly became known as Silver City, '

Since 1959, the Kwajalein Missile Range was seen as the ultimate missile test range. Situated as it is in the Pacific Ocean, the range can support testing for both national and theater missile defense mis-

sions.

At the same time the range's radars and telemetry provide a wealth of data to the Air Force for their Glory Trip program which evaluates the Minuteman missiles. Less well known is the relationship between Kwajalein Test Site—also called the Kwajalein Missile Range, U.S. Army Kwajalein Atoll, Reagan Test Site—and the National Aeronautics and Space Administration.

Beginning with the Apollo program in the 1960s, Kwajalein radars have tracked NASA spaceships, satellites, and observatories. Since then, Kwajalein radars have participated in the Space Object Measurement Program, while the range has provided an equatorial launch site for variety of NASA research programs.

On Dec. 15, 1965, the Ni-ke-Zeus Discrimination Radar and the Target Track Radar, on Kwajalein and at White Sands Missile Range provided support to the Gemini 6A manned space mission. During this 26-hour mission, astronauts Walter Schirra and Thomas Stafford were tasked "to demonstrate on-time launch procedures, closed-loop rendezvous capabilities, and station keeping

techniques with Gemini 7." They were also "to evaluate the spacecraft reentry guidance capabilities, and conduct spacecraft systems tests and four experiments."

As part of the NIKE-ZEUS system—the Discrimination and Target Track Radars were two of the four radars needed to operate the system. When a battery was assigned a cloud of threatening objects, the Discrimination Radar would assess all components differentiating between the lethal and non-lethal

elements. Once it designated the target, the data was transferred to the Target Track Radar which would provide continued data on the small highspeed targets throughout the terminal phase of flight and intercept.

In a written statement on Dec. 17, 2002 President George W. Bush announced a plan to deploy, within two years, the first phase of a limited system designed to protect the United States against a ballistic missile attack.

"Throughout my administration, I have made clear the United States will take every measure necessary to protect our citizens against what is perhaps greatest danger of all—the catastrophic harm that may result from hostile states or terrorist groups armed with weapons of mass destruction and the means to deliver them."

This initial system, which consisted of interceptor missiles based at Fort Greely, Alaska, was "a starting point for improved and expanded capabilities later as further progress is made in researching and developing missile defense technologies and in light of changes in the threat."



Dec. 17, 2002, President George W. Bush announced a plan to deploy the first phase of a limited system designed to protect the United States against a ballistic missile attack within two years. The initial system consisted of interceptor missiles at Fort Greely, Alaska, like the one pictured here in this undated USASMDC photo.



CONFIDENTIAL COUNSELING WITH THE EMPLOYEE ASSISTANCE PROGRAM

PUBLIC SAFETY ANNOUNCEMENT

When the going gets tough, Kwajalein's Employee Assistance Program Counselor Mary Beth Dawicki is available to offer support, resources and an open, non-judgmental listening ear.

EAP counseling service is a free and confidential consultation available to employees and family members on Roi-Namur and Kwajalein to bolster and assist anyone working to be their best selves.

Dawicki has a few tips to share about how to best use the service and how to get through the stress of the island.

What is the goal of the Employee Assistance Program?

Our goal is to work with every aspect of your health. We have a variety of therapeutic techniques and resources we can utilize in order to support your wellbeing.

How many appointments can an employee make with the EAP program?

The concept of EAP as a service is designed to be a short-term therapeutic approach. We do operate under the premise that we want to work quickly to get you back to the place where you are functioning as your best self, but treatment will never be concluded without patient input and agreement.

How would you advise someone who doesn't think they can benefit from the encouragement of the EAP?

I like that word—encouragement. To me, a lot of times we have our internal dialogue that has come to be what we're comfortable with. It's hard to listen and talk at the same time. Time spent in EAP is an opportunity to hear what you are telling yourself: a chance to challenge the direction you're going in. That can help with a lot of the mental baggage we carry with us. Yes. Concerns don't stay behind. They come back with us.

How would you advise newcomers to prepare their family for being on island?

It is sometimes hard to accept that you're in a new place surrounded by new people. Anywhere you go, you're go-

ing to be challenged by different people with various perceptions. Make sure you honor your own values and beliefs and ensure the continuation of your support network. Don't let the time difference be a deterrent from communicating with the family and friends.

What are some healthy ways that families can help each other through changes?

Sometimes parents assume their kids are going to be okay instead of opening a dialogue and having conversations about what's going to happen. For me, that dialogue is the most important step.

Ask kids what they're excited about and what they think the biggest change will be. Give them positive ownership of change with tools like a scrapbook of memories, calendar countdown, and a bucket list of fun activities they can try.

Also, encourage young people to create opportunities to continue relationships they have established using social media like Facebook, Facetime or Skype or letters to friends.

Validate their feelings. It's okay to be nervous and scared: That's part of change—but so is the knowledge of what to do with that. There are also books and resources online.

For the folks who are here: Can you recommend a few strategies for adults dealing with stress?

Practice staying present and intentional with daily healthy strategies. Remember that what goes in is what comes out. Eating healthy foods, drinking water, limiting alcohol and caffeine, eliminating tobacco, getting seven to eight hours of sleep and 30 minutes of exercise five days a week are necessary cornerstones for a healthy foundation.

These basic components allow us to challenge and manage stressors as they come. Talk to friends or family, engage in your spiritual practice. Learn how to decipher the elements we can and cannot control, learning to separate from all those external forces weighing us down that we are unable to change.

Stresses are a part of life. If we don't learn how to deal with stress, we are doing ourselves a disservice. When stress happens, you have three choices. You can either let it define you, destroy you, or you can let it strengthen you.



Kwajalein EAP Counselor Mary Beth Dawicki is ready to listen. Contact the EAP Program Office at 5-5362.

What else would you like the community to know about what this office provides?

The EAP offers an opportunity to take all the chaos and confusion going on in our mind, lay it out in front of us and see the best strategies to organize and prioritize our focus.

Make sure you have someone who can help you see where you're stuck to provide an alternative and suggest new possibilities. Maybe you're feeling torn between a decision, stressed out, stuck in a negative situation, experiencing grief, issues in your relationships, difficulty managing your alcohol consumption, unmotivated or isolating.

A lot of people turn inward and think they should be able to withstand or endure negative emotions. You limit your resources when you only depend on yourself.

The Employee Assistance Program Counselor Mary Beth Dawicki is ready to listen. Contact Dawicki at 5-5235 or email at marybeth.dawicki@internationalsosgs.us to make an appointment.

Information shared during appointments is confidential. As an alternative to in-person meetings, phone consultation or virtual meetings are available utilizing a HIPAA compliant platform. Call 5-5362 for more information.

CHAT WITH A CHAPLAIN

PUBLIC NOTICE

Going through a tough time? The religious services staff at the Island Memorial Chapel are ready to listen. Kwajalein's chaplains are veterans of the U.S. military with combined skills and training in counseling, marriage

and family counseling. The chaplains are available for appointments on both Roi-Namur and Kwajalein. Contact the Chapel office at 5-3505 to schedule a meeting. Discussions in pastoral counseling are kept private, and confidentiality belongs with the client.

To make an appointment, contact the Island Memorial Chapel Office at 5-3505.



HOLIDAY SAFETY REMINDER: THINK BEFORE YOU DRINK



Arrival on U.S. Army Garrison-Kwajalein Atoll is filled with various emotions: excitement, apprehension and anticipation. Newcomers who connect with the community prior to arrival talk with residents to learn about island life and what to bring to the atoll.

The Kwajalein community is small, but a multitude of activities and possible friendships are available on this beautiful island. If consuming alcohol at gatherings becomes the easiest way to bridge your social alliances, it may be time to reassess your island lifestyle.

It is easy to use drinking as a coping skill to de-stress or manage other mental health-related concerns. If you are a social drinker, be especially warned: Binge drinking is the most common, costly and deadly pattern of excessive alcohol use in the United States. The Centers for Disease Control warn against episodes of binge drinking to prevent both short and long-term health consequences.

For women, binge drinking is considered the consumption of more than four drinks within two hours. Despite myths of greater alcohol tolerance, for men, the total drinks is five.

Don't let alcohol become your habit. It has the power to lower your inhibitions and leave you vulnerable to personal shame and regret. Drinking can irreparably damage health, friendships and complicate future relationships.

If drinking is a personal health concern, before the next social gathering develop a plan to limit your intake. If necessary, connect with a friend to help you maintain accountability so you can both enjoy the next party safely.

Remember—Kwajalein is a beautiful place, and many activities are best enjoyed mindfully. You can intentionally schedule activities for the day following a party to motivate you to limit your alcohol consumption. It's difficult to get full enjoyment out of a new day while managing a hangover and missing out on a dive.

Enjoy the holidays safely and responsibly. Seek honest, real friendships centered around activities that provide you with positive mental and physical health benefits. It can take time, but it's worth it.

For help and more information, contact Employee Assistance Program Counselor Mary Beth Dawicki at 5-5362.

EOD OPERATIONS WEDNESDAY, DEC. 23

EOD WILL BE CONDUCTING OPERATIONS AT UXO DISPOSAL SITE ROI-NAMUR FROM APPROXIMATELY 12:30 P.M. — 2 P.M. THE AREA INDICATED IN THE MAP WILL BE OFF-LIMITS UNTIL OPERATION IS COMPLETE.



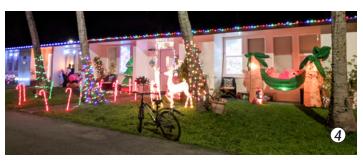
Disconnect from work when the day is over













KWAJ LIGHTS UP THE NIGHT

The island community brightened spirits this year during MWR's Light Up the Night holiday quarters decoration event. Great job to all of the 2020 participants. Visit the Grace Sherwood Library to receive your coconut trophies.

1) First place in the event goes to the Yurovchak family in qtrs. 135-A, for a display and living nativity scene. 2) Second place honors are due to Regan and Jeremy Bartel at qtrs. 241. Three homes tied for third-place honors. In

third place: (3) the Premo family at qtrs. 128; (4) the Makovec family at qtrs. 488-B; and (5) the Read family dome 173. 6) Amy LaCost, left, AJ and the Grinch join a Light Up the Night shuttle to enjoy the view together.







O PALLET TREE, O PALLET TREE

Special thanks to all of the island artisans and crafters who created and displayed their holiday pallet trees for a fun, community art project sponsored by USAG-KA MWR.

Congratulations to this year's pallet tree decorating contest winners. Check out these photos by Amber Bates, and on your next bike ride, check out the trees.

1) First place goes to Mindi and Emeri Gerber for their four-tree forest at qtrs. 479-A. 2) Second place is a Christmas tree you can really rock around. This Christmas tree guitar belongs to Jason Grubb at qtrs. 209-A. 3) In third place, a beautiful mosaic wave tree created by Randy and Anne-Francois Hisle. Go check it out at qtrs. 415-B.











1) Kwajalein residents and Ebeye guests gather for the annual USAG-KA Child and Youth Services Home Helpers party at the Bartel residence. 2) Kyle Miller, director of bands for Kwajalein High School, and the Kwajalein High School senior band perform a holiday concert last week at the Davye Davis Multi-Purpose Room. 3) Miller addresses the audience between songs. 4) Connor Charlton pops up to play the slapstick during Leroy Anderson's "Sleigh Ride." 5) Kwajalein's lone cello player, Katie O'Rourke, bows with fervor during the band's performance of Trans-Siberian Orchestra's "Christmas Eve / Sarajevo 12/24."







USAG-KA NEWS

1) U.S. Army Garrison-Kwajalein Atoll active duty military personnel, Department of Defense civilian employees and family members participate in a Hail and Farewell event at the Emon Beach main pavilion Dec. 12. 2) With his daughter Ruby, Maj. William Strouse, left, and Maj. Jason Grubb, center, welcome Sgt. 1st Class Jon Debates, Kate Debates,

far right, and their son, Connell. Not pictured: Shayla, Lily and Lucy Debates. 3) USAG-KA personnel celebrated the birthday of longtime Kwajalein custodian Total Morelik earlier this month in the USAG-KA Command conference room. 4) Morelik prepares to blow out the candles on a home-made birthday cake baked by Deirdre-Wyatt-Pope.



U.S. ARMY PHOTOS BY USAG-KA HOST NATION OFFICE

KWAJ BUCKET LIST

AMAZE MY FRIENDS. SWIM WITH SHARKS. \checkmark EAT A ROI MISSILE BURGER BECOME KWAJ-FAMOUS. PUT ANNOUNCEMENT ON ROLLER.

HAVE A MESSAGE FOR THE COMMUNITY? GET THE WORD OUT ON THE AFN ROLLER CHANNEL SEND YOUR MESSAGE OR SLIDE TO KWAJAFNROLLER@DYN-INTL.COM.

#ROLLWITHIT

#HOWIROLL #KWAJROLLERFAN

Child Development Center

Baru

Saturdays - Water Play Day

Bako

Tuesdays - Pre-K Music Class

Tuesdays - STEAM Swim Day. Send your child with

water clothes, a towel and dry clothes

Wednesdays - STEAM Functional Fitness

Thursdays - Pre-K Music Class Thursdays - STEAM Library Saturdays - Pre-K Music Class

Saturdays - STEAM Reading Buddies

Important Dates

Dec. 19 - Christmas PJ Day

Dec. 19 - Jan. 5 - Pre-K Vacation.

Care will be available.

Dec. 31- CDC New Year's Party

Start Smart Sports

Parent and Child Yoga - Registration is Dec. 22 - Jan. 5. Season runs Jan. 14 - Feb. 4

School-Age Care

Tuesdays - Art

Wednesdays - Functional Fitness - 2:15 - 3:15 p.m.

Thursdays - STEM Fridays - Recreation

Saturdays - Character Counts

SAC Sports

Ninja Warrior Challenge.

Registration is Dec. 22 - Jan.5. Season runs Jan. 12 - Feb. 9

Important Dates

Now through - Jan. 5 - Winter Camp

Namo Weto Youth Center

Tuesdays - Recreation, 3:15 - 4:15 p.m. **Keystone Meetings -** 11:40 a.m. **Wednesdays -** Tremendous Trivia and Game Night, 4:30 p.m.

Youth Action Council Meeting - 4 p.m.

Thursdays - Ted Talks - 4 p.m. **Fridays -** Frappucinos - 4 p.m.

Saturdays - Smoothies - 4 p.m.

Sundays - Keystone Officers Meeting, 4:15 p.m.

Sundays - Dungeon Masters - 4 p.m.

Sundays - Yoga - 6 p.m.

Special Events

Dec. 19 - Caregiver Course Day 1 from noon - 3 p.m. Dec. 22 - Caregiver Course Day 2 from noon - 3 p.m. Dec. 23 - Caregiver Course Day 3 from noon - 3 p.m.

Dec. 23 - Holiday Party from 6 - 9 p.m.

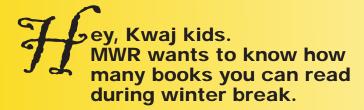
Parent Information

The Namo Weto Youth Center will be closed Dec. 24 - 26 for Christmas. *All CYS Facilities will be closed Dec. 25 for Christmas Day and Jan. 1 for New Year's Day.

For CDC activities at the Millican Family Pool, parents are reminded to send children with water clothes, a towel, dry clothes and swim diaper if needed.



Kids enrolled in USAG-KC CYS programs can enjoy the water and learn safe swim skills through weekly programming. Call 5-2158 to learn more.



The Grace Sherwood Library invites young Kwaj residents enrolled in grades K - 6 to join a fun reading challenge over the winter holiday.

Prizes will be awarded for the most books and pages completed in each of four age groups: K – 1st grade; 2nd – 3rd grade; 4th – 5th grade and 6th grade.

The reading challenge runs through Jan. 5 at 5 p.m. To register, visit the MWR Desk in the Grace Sherwood Library. For more information, call 5-3331.



Working Adults: Care for yourself one small way each day



Find new ways to safely connect with family and friends, get support, and share feelings



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies



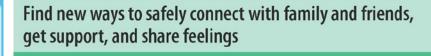
Treat yourself to healthy foods and get enough sleep



Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Care for yourself one small way each day

Take breaks to relax and unwind through yoga, music, gardening, or new hobbies







NOTICE OF AVAILABILITY

Flight Test-3 (FT-3) Draft Environmental Assessment/ Overseas Environmental Assessment

The United States Army Rapid Capabilities and Critical Technologies Office and the U.S. Army Space and Missile Defense Command, as Participating Agencies, have prepared a Draft Environmental Assessment / Overseas Environmental Assessment (EA/ OEA) in accordance with the National Environmental Policy Act (42 United States Code 4321, as amended), the Council on Environmental Quality Regulations for Implementing the Procedural Provisions of NEPA (Title 40 Code of Federal Regulations [CFR] Parts 1500-1508, July 1, 1986), the Department of the Army Procedures for Implementing NEPA (32 CFR Part 651), and Executive Order 12114, Environmental Effects Abroad of Major Federal Actions.

The Draft EA/OEA analyzes the impacts of the continuing collection of data to demonstrate a reduction of risk for a longer-range payload system. Specifically, the FT-3 would continue to develop, integrate, and flight test a payload system to demonstrate the maturity of key technologies. The U.S. Army RCCTO determined that a launch from the Pacific Spaceport Complex-Alaska to Kwajalein Atoll, Republic of the Marshall Islands (RMI) was preferred. They also considered the No Action Alternative, as required by the CEQ regulations.

All missile demonstration programs proposed to occur at U.S. Army Garrison-Kwajalein Atoll (USAG-KA) and within the RMI territorial waters must comply with the U.S. Army Kwajalein Atoll Environmental Standards (UES). A modified Document of Environmental Protection (DEP) is under development to outline the activities proposed to occur at USAG-KA and within the RMI. The proposed activity is located on Illeginni Islet and in the broad ocean area of the Pacific Ocean. As fully analyzed in the Draft EA/OEA, the U.S. Army RCCTO proposes one experimental flight test.

The Draft EA/OEA and Draft Finding of No Significant Impact/Finding of No Significant Harm (FONSI/FONSH) are available at www. ft3eaoea.govsupport.us and in the following locations:
1) Office lobby of the Republic of the Marshall Islands Environmental Protection Authority, Majuro, Marshall Islands

- 2) Office lobby of the Republic of the Marshall Islands Environmental Protection Authority, Ebeye, Marshall Islands
- 3) Grace Sherwood Library Kwajalein, Marshall Islands 4) Roi-Namur Library Kwajalein, Marshall Islands Roi-Namur Marshall Islands 5) Kodiak Public Library, Kodiak, Alaska 6) Z. J. Loussac Public Library, Anchorage, Alaska

Public comments on the Draft EA/OEA, Draft FONSI/FONSH, and Draft DEP will be accepted from December 18, 2020 to January 20, 2021 and can be provided in either of the following ways:

(1) E-mail comments by January 20, 2021 to ft-3-eaoeacomments@govsupport.us
(2) Mail comments, postmarked no later than January 20, 2021, to: USASMDC ATTN: SMDC-EN (D. Fuller) P.O. Box 1500 Huntsville, AL 35807

KŌJJELĀ KE EWŌR

Ketellok Kein Kajilu Teej-3 (FT-3) Ek katak kin Pelaak Eo/Ek katak kin Pelaak Ko Itulik

United States (U.S.) Army Rapid Capabilities im kab Critical Technologies Office (RCCTO) ko kobalok ippen U.S. Army Space im Missile Defense Command eo (US-ASMDC), enwöt Ra ko rej Bok Kuṇaer, emōj aer kebooje juōn ek katak kin Pelaak ko ṇaetan Draft Environmental

Assessment / Overseas Environmental Assessment (EA/ OEA) ekkar ñan kakien eo naetan National Environmental Policy Act (NEPA) iumin (42 United States Code 4321. enwōt an oktak), ekoba jen karōk ko an kumi eo naetan Council on Environmental Quality (CEQ) im rej kakiene Jekjek ko loori iumin kakien eo an NEPA (Title 40 Code iumin kakien ko an Federal Regulations [CFR] Mottan ko 1500-1508, July 1, 1986), koba Repeltan ko an Department eo an Army ikijeen loori kakien ko iumin NEPA (32 CFR Part 651), im kab Karōk eo Ien Ilōñ Tata naetan Executive Order 12114, im ek katak eo kin añijwiwi ko rejelet likin ien Makitkit ko rellan an Kien eo an Federal raar kõmmane ek katak in.

Ek katak in naetan Draft EA/OEA ear etale ta añiiwiwi ko remaroñ walok ilo aer naaj wonmanlok wõt im aini melele ko ñan kwalok ke enaaj driklok joñan menin uwata ko nae juon kein ketellok eo aetok ialen an kelok. Ñan tibdriki, FT-3 enaaj wonmanlok wōt im ejaake, kakobaiki im kokemmalmele juōn kein ketellok eo ñan an maroñ kwalok kin an emman lok kein jerbal im joñan kapeelier ko im rej kejerbali ilo kein ketellok eo. U.S. Army RCCTO ear karōke ke juōn ien naaj ketellok jen jikin eo rej naetan Pacific Spaceport Complex-Alaska lok ñan Kwajalein Atoll, ilo Republic eo an Marshall Islands (RMI) ej jikin eo raar kõnan in ñan ketellok ñane. Raar bareinwot lemnak kin karōk eo tok juōn kin Ejjelok Makitkit En Kōmman ak No Action Alternative, enwot an kemlet jumin karōk ko an CEQ eo.

Aolep burokraam ko an kein ketellok ko rej kōtmene bwe renaaj bok jikier ilo U.S. Garrison-Kwajalein Army Atoll (USAG-KA) im iloan meto ko an RMI im rej aikuij in loori wõt kakien ko an U.S. Army Kwajalein Atoll Environmental Standards ak (UES). Juōn pepa eo emōj ukot lok kobban naetan Document of Environmental Protection (DEP) rej kebooje wōt ñan kelaajrake ta makitkit ko rej kōtmen in naaj kōmmani ilo USAG-KA im iloan RMI in. Makitkit eo kõtmene enaaj

bok jikin ilo ene in Illeginni bareinwōt ilo jikin eo rej naetan broad ocean area eo ilo malo in Pacific Ocean. Enwōt an lukkuun in wōr etale kake ilo ek katak eo naetan Draft EA/OEA, innem U.S. Army RCCTO ej kōmman an elmakwōt im kōtmene ko ñan kōmman juōn ien ketellok im kōmmalmele kein ketellok eo.

Ek katak in natean Draft EA/OEA im kab Draft Finding of No Significant Impact/Finding of No Significant Harm (FONSI/FONSH) aolepaer komaroñ loi ilo jikin in www.ft3eaoea.govsupport.us ekoba ilo jikin kein jet:

- 1) Office lobby eo an Republic eo an Marshall Islands Environmental Protection Authority, Majuro, Marshall Islands 2) Office lobby eo an Republic eo an Marshall Islands Environmental Protection Authority, Ebeye, Marshall Islands 3) Grace Sherwood Library
- Kwajalein, Marshall Islands 4) Roi-Namur Library Kwajalein, Marshall Islands Roi-Namur, Marshall Islands
- 5) Kodiak Public Library, Kodiak, AK
- 6) Z. J. Loussac Public Library, Anchorage, AK

Aolep melele ko jen armej otemjej kin Draft EA/OEA, Draft FONSI/FONSH, im kab Draft DEP renaaj maroñ boki jino jen December 18, 2020 mae January 20, 2021 im remaroñ jilkinitok ilo wewein kein:

(1) Ilo E-mail melele ko ren tōbrak tok rumwij tata ilo January 20, 2021 ñan ft-3-eaoeacomments@govsupport.us
(2) Ilo jilkintok ilo Mail, ren kōkalle enjab rumwij lok jen

January 20, 2021, ñan: US-ASMDC ATTN: SMDC-EN (D. Fuller)

P.O. Box 1500 Huntsville, AL

35807

There's a lot going on. Tuberculosis screenings. School immunizations. Occupational health. Wellness exams. Blood draws. Nutrition and personal health. Physical exams. General health. Annual check-ups. Eye Exams. Early onset arthritis. Geriatric care. Family member health benefits. Sports injuries. COVID-19. Cold Season. Flu season. Accidents around the house. Child nutrition. UV Protection. Health and fitness classes. Changes in diet. Proper hydration. Get the science first.



Have questions about the science behind masks, general health and personal well-being? Planning to start a healthy lifestyle change? Just want to ask questions? Contact Kwajalein Hospital at 5-2224.

KWAJALEIN AT THE MOVIES

JOIN KWAJALEIN AT THE MOVIES. UNLESS OTHERWISE INDICATED, ALL MOVIES BEGIN AT 7:30 P.M. CONTACT MWR AT 5-3331 FOR MORE INFORMATION. SHOW-TIMES MAY VARY FOR SPECIAL "MOVIES UNDER THE STARS" EVENTS.

YUK THEATER **KWAJALEIN**

SATURDAY, DEC. 19 'THE GRINCH" (PG) 85 MIN. Benedict Cumberbatch and Cameron Seely

The Grinch and his loyal dog, Max, live a solitary existence inside a cave on Mount Crumpet. His main source of aggravation comes during Christmastime when his neighbors in Whoville celebrate the holidays with a bang. When the Whos decide to make Christmas bigger and brighter, the disgruntled Grinch realizes there is one way to gain peace and quiet. With help from Max, the green grump hatches a scheme to pose as Santa Claus, steal Christmas and silence the Whos' holiday cheer once and for all.

SUNDAY, 20 DEC: "THE NEW MUTANTS" (PG-13) 94 MIN. Anya Taylor-Joy and Maisie Williams

Five teenage mutants-Mirage, Wolfsbane, Cannonball, Sunspot and Magikundergo treatments at a secret institution that will cure them of their dangerous powers. Invited by Dr. Cecilia Reyes to share their stories, their memories soon turn into terrifying realities as they start to question why they're being held and who's trying to destroy them.

MONDAY, DEC. 21 "LAST CHRISTMAS" (PG-13) 102 MIN. Emilia Clarke and Henry Golding

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom-a handsome charmer who seems too good to be true. As the city transforms into the most wonderful time of the year, Tom and Kate's growing attraction turns into the best gift of all— a Yuletide romance.

SATURDAY, DEC. 26 "THE STAR" (PG) 86 MIN.

Mariah Carey and Zachary Levi

A small but brave donkey named Bo yearns for a life beyond his daily grind at the village mill. One day, he finds the courage to break free, embarking on the adventure of his dreams. On his journey, he teams up with Ruth, a lovable sheep who has lost her flock, and Dave, a dove who has lofty aspirations. Along with three camels and some eccentric stable animals, Bo and his new friends follow the Star and become accidental heroes in the greatest story ever told-the first

SUNDAY, DEC. 27 "TENET" (PG-13) 150 MIN. Elizabeth Debicki and

Robert Pattinson

In "Tenet," director Chris Nolan's latest science-fiction thriller, a secret agent embarks on a dangerous, time-bending mission to prevent the start of World War III.

MONDAY, DEC. 28 "ONCE UPON A DEADPOOL" (PG-13) 117 MIN.

Fred Savage and Ryan Reynolds

Wisecracking mercenary Deadpool meets Russell, an angry teenage mutant who lives at an orphanage. When Russell becomes the target of Cable -- a genetically enhanced soldier from the future -- Deadpool realizes that he'll need some help saving the boy from such a superior enemy. He soon joins forces with Bedlam, Shatterstar, Domino and other powerful mutants to protect young Russell from Cable and his advanced weaponry.

TRADEWINDS THEATER

SATURDAY, DEC. 19 "THE SNOWMAN" (R) 119 MIN.

Rebecca Ferguson and Val Kilmer For Detective Harry Hole, the death of a young woman during the first snowfall of winter feels like anything but a routine homicide. His investigation leads him to "The Snowman Killer," an elusive sociopath who continuously taunts Hole with cat-and-mouse games. As the vicious murders continue, Harry teams up with a brilliant recruit to try and lure the madman out of the shadows before he can strike again.

SUNDAY, 20 DEC: "BLINDED BY THE LIGHT" (PG-13) 117 MIN.

Viveik Kalra and Nell Williams

Javed is a Pakistani teenager who experiences racial and economic turmoil while living in Luton, England, in 1987. He writes poetry as a way to escape the intolerance of his hometown and the stubborn views of his traditional father. When a classmate introduces him to the music of Bruce Springsteeen, Javed sees parallels between the singer's powerful lyrics and his own working-class environment. Springsteen's melodies soon inspire Javed to find his own voice and follow his dreams.

SATURDAY, DEC. 26 "THE NEW MUTANTS" (PG-13) 94 MIN. Anya Taylor-Joy and Maisie Williams

Five teenage mutants-Mirage, Wolfsbane, Cannonball, Sunspot and Magikundergo treatments at a secret institution that will cure them of their dangerous powers. Invited by Dr. Cecilia Reyes to share their stories, their memories soon turn into terrifying realities as they start to question why they're being held and who's trying to destroy them.

SUNDAY, DEC. 27 "LAST CHRISTMAS" (PG-13) 102 MIN. Emilia Clarke and Henry Golding

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom—a handsome SATURDAY, DECEMBER 19, 2020 / VOLUME 61 NUMBER 51



charmer who seems too good to be true. As the city transforms into the most wonderful time of the year, Tom and Kate's growing attraction turns into the best gift of all— a Yuletide romance.

WHAT THE CRITICS ARE SAYING

On "Tenet": A big, brashly beautiful, grandiosely enjoyable one that will provide succor to audiences long-starved for escapist spectacle on this beefy, made-for-Imax scale.

-Guy Lodge, Variety

On "Blinded by the Light": Blinded by the Light is steeped in meaning, and its social turbulence feels undeniably relevant.

-Siddhant Adlakha, Firstpost

On "The New Mutants": Despite a game cast, The New Mutants' horror elements aren't very scary and as a superhero movie it fails to truly excite. A disappointing finale to Fox's X-Men fran-

-Amon Warmann, Empire

On "Last Christmas": A recognizable cast—including "Game of Thrones" star Emilia Clarke and "Crazy Rich Asians" actor Henry Golding—can't save "Last Christmas," a holiday rom-com that is neither romantic nor funny.

-Johnny Oleksinski, New York Post

On "The Snowman": A case of a missed opportunity. It references all the right films, but The Snowman comes off as a pale imitation.

-Jonathan Pile, Empire

On "The Star": The movie is sincerely Christian in its outlook, while also a slapstick animal 'toon. It's a mix that works only intermittently. But when it doesn't pop, it thuds.

-Jane Horwitz, Washington Post

On "Once Upon a Deadpool": Cynics might call it a blatant cash-grab, but this retooled, less graphic take on Deadpool 2 is a more accessible, still entertaining version of the sequel.

-Sandie Angulo Chen, Common Sense Media

HYDRATION TIP

According to the Centers for Disease Control, Water is an essential nutrient for life. Institute of Medicine recommendations from 2004 set adequate levels for total water intake from all foods and liquids at 3.7 liters or 125 ounces for men and 2.7 liters or 91 ounces for women.

REMOVAL OF WATER FOUNTAIN FILTERS

Based on a sanitary survey conducted by the U.S. Army Public Health Center and an Environmental Performance Assessment and Assistance System audit by the U.S. Army Environmental Command, the Garrison Command made a decision to remove filters from all water fountains at USAG-KA, with the exception of water fountains at the schools.

The filters have the potential to grow bacteria if the fountains are not used regularly or are not maintained properly. The drinking water systems—potable water—on Kwajalein, Roi-Namur, and Meck meet the regulatory safe drinking water standards and, therefore, do not require additional filtration.

Contact DI Environmental with questions at 5-1134.



RECYCLE WITH CARE

Separate Your Solids.

U.S. Army Garrison-Kwajalein Atoll asks that island residents separate household trash and hazardous items from recyclable items.

Please ensure that all aluminum cans are separated from household trash to prevent damage to the island incinerator. Doing your part keeps our island clean. For more information on where you can discard batteries and other specialized items, please contact DI Environmental at 5-1134.

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

PUBLIC SAFETY ANNOUNCEMENT

The U.S. Army Garrison -Kwajalein Atoll drinking water system is monitored annually by the Army Public Health Center at 20 locations as required by the USAG-KA Environmental Standards. The most recent report was received on Nov. 20 from the APHC and was for samples collected in Sept. 2020.

The report revealed that three separate locations had exceeded the action level of 15 parts per billions, 15 micrograms of lead per liter of water or the equivalent of a one-pound lead fishing weight for every 7.35 million gallons of water.

This uncommon situation requires USAG-KA to do the following: 1) immediately notify the occupants and residents of the affected locations; and 2) notify and inform the entire USAG-KA community served by the affected water system within 30 days of receipt of the report to the public. Please read this notice closely to see what you can do to reduce lead in your drinking water.

What Does This Mean?

This is not an emergency. If it had been, you would have been notified within 24 hours. Typically, lead enters water supplies by leaching from lead or brass pipes and plumbing components. New lead pipes and plumbing components containing lead are no longer allowed for this reason. However, many older buildings may contain lead pipes. Your water is more likely to contain high lead levels if water pipes in or leading to your home are made of lead or contain lead solder. The elevated levels of lead are likely due to the stagnation of water in building plumbing.

Health Information

(Source: USEPA) Lead can cause serious health problems if too much enters your body from drinking water or other sources, especially for pregnant women and children 6 years and under. It can cause damage to the brain and kidneys. It can also interfere with the production of red blood cells that carry oxygen to all parts of your body.

The greatest risk of lead exposure is to infants, young children and pregnant women. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and high blood pressure can

be affected by low levels of lead more than healthy adults. Lead is stored in the bones and it can be released later in life. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

What Should I Do?

Run water for 30 - 60 seconds to flush interior plumbing if it hasn't been used for several hours or until it becomes cold before using it for drinking or cooking. This flushes any standing lead from the pipes.

Use cold water for cooking and preparing baby formula. Do not cook with or drink water from the hot water tap; lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.

Do not boil water to remove lead. Boiling water will not reduce lead.

Look for alternative sources or treatment of water. You may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or www.nsf. org for information on performance standards for water filters.

Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.

Consider getting your child's blood tested. Contact your local health department or healthcare provider to find out how you can get your child tested for lead if you are concerned about exposure.

What is Being Done?

In response to the recent samples, we have increased our monitoring of lead from annually to every six months, and we are investigating the need for corrosion control treatment and performing additional source water and water quality parameter monitoring. Personnel have been contacted, and signs placed, at affected locations advising consumers to flush taps and water fountains prior to consumption.

Additionally, the U.S. Army is conducting an ongoing effort to protect Soldiers, civilians, and family members from exposure to lead by sampling Army Family Housing units and other locations for the presence of lead in drinking water.

This project is separate

from the routine water quality sampling and is being carried out by the Installation Management Command. The goal is to sample for lead from water outlets primarily used for food preparation and as a source of drinking water and to implement corrective actions when necessary.

For More Information

For more information on reducing lead exposure around your home and building and the health effects of lead, visit EPA's website at www.epa.gov/lead or contact your health care provider.

If you have any questions or concerns, or if you would like more information please contact DynCorp Environmental at 5-1134.

KARON NAN JUKJUK IN BED **MELELE KO REAOROK** KIJEEN LEAD EO ILO DREN IN IDRAAK EO NIMOM

Army Public Health Center ej lale system eo, ak jikin komman dren in idraak eo ilo Kwajalein Atoll, aolep iiõ ilo (20) jikin ko, ekar ñan kakien ko an USAG-KA Environmental Standards (UES).

Report eo eliktata ekar komman ilo 20 November 2020 jen APHC, im ej kwalok kin jet sample ko rekar buki ilo September 2020 eo. Report ej kwalok kin jilu (3) jikin (locations), ekar la iloñ in jonan 15 part in billion (15 micrograms in lead jen juon lita in dren) ak jonan wot juon pound in lead in eõñwõd ilo 7.35 million gallon in dren in idraak. Menin elap an komman bwe USAG-KA en 1) mokaj in kojela'k aolep ri-jerbal/ro rej joke ilo jikin kein kenono kaki im 2) kojela'k aolep armej ion Kwajalein (USAG-KA) in me rekin idrak jen jikin kein iumwin 30 raan mootlak jen ien eo report in ekar walok. Jouj im read i naan in keañ ilal ñan kamelele kom, kin ta ko kom maron kommane nan kadiklak lead jen dren in idraak eo.

Ta melele in men in?

Ejab emergency men in. Elañe en kar. ekwe enkar wor kojjela ñan yuk 24 hour jen tore eo menin ekar walok. Ekka wot an lead dreloñe dren in idraak ko jen pipe ko ak men ko jet mottan plumbing. Moko rekaal ejelok lead pipe ak men ko jet an plumbing ejelok lead ie. Botab, moko remor, ak eto aer bed emaron wor lead ilo pipe ko ilowaer. Dren in idraak eo emaron wor lead ie jen pipe ko remor ak kein kadrep pipe ko ie. Laplok in lead ilo pipe ko emaron ien an jab maroñ drain out dren ko jen i.

Melele ko jen jikin ejmour (Source: USEPA): Lead emaroñ komman naiñinmej nan enwbin eo elañe elap am idraak jen dren eo elap joñan lead ko ie, elaptata ñan kora ro reborauro im ajri ro 6 iiõ im driklak. Emaroñ komman jorren ñan kõmalij eo, kidney ko im bar einwot komman an nana red blood cell ko im rej elelak oxygen nan aolen part in enbwin. Jorren ko rellap naj jelet niñniñ ko im kora ro reborauro. Scientist ro emoj loe ke jorren ko jen lead emaron jelet kõmalij eo im komman an ajri ro jab eman aer katak ilo aer dritto lak. Ritto ro im elon jorren ilo kidney im high blood pressure naj laplok an jelet er, jen ritto ro ejjelok men kein ipper. Lead ej bed ilo di ko im emaron walok ilo tore ko elik. Ilo ien eo kora ej borauro, ajri eo emaron bok lead eo jen driin jinen, eo im enaj jelet an jerbal kõmalij eo, ak jelet an ajri eo naj katak ilo an dritto lak.

Ta Imaron Kommane?

Kattore dren eo uumin 30 60 second ko nan kadriwojlok lead eo jen iloan pipe in dren ko elane rejjanin kar toor uumin jet awa ko, ak non ne emolo mokta ien idaak and komat. Katoorlok jabdewot lead ko jen pipes ko.

Kojerbal dren eo e'molo nan komat im komman dren in bato ko an ninnin ko. Jab kojerbal dren menen eo ilo bojet eo nan idraak im komat mona. Ebidodolok an wor lead eo ilo an driwojtok menen eo ilo bojet ko. Jab keidraak ninnin eo jen bojet eo emenen.

Jab boil I dren eo jen bojet eo nan jolok lead eo, eban jako lead eo jen boil dren eo.

Bukot jokjok ko jet ilo wawein kejbarok dren eo. Komaron in wiaki dren ko ilo water bottle ko ak kojerbal filter in dren ko nan komman dren. Read I aolep melele ko ilo package ko filter ko rej itok iloaer elane emoj an melim kojerbale nan bobrae im jolok lead ak kirlok NSF International ar 800-NSF-8010 ak www.nsf.org nan melele ko nan kojerbal filter ilo jokjok ko emoj karoki im rekkar. Jab meloklok im kokaal filter eo ekkar nan jonan karok eo im ej itok ilo kamelele ko nan karreo dren im kejbarok dren eo erreo.

Jino am lomnak nan boklok ajiri eo nejim nan bok botoktok. Kir lok department eo an jikin ejmour ak healthcare provider eo nan eoron enaan ewi ewawein nan an aiiri eo neiim maron bok kakolkol in botoktok elane ewor am ine-

bata kin joreen in lead ilo an ielet ajiri eo.

Ta Eaar Komman?

Uaak eo, emoj am komman bwe etale ko am ikijeen Lead im Copper en emakijkij lok jen 1 yio nan aolep lokin 6 allon, im kemij bar etale etoon im elejo ko nan am maron in jerbali im komman bwe dren in idraak eo en erreo ilo am boktok kein jerbal in etale kein. Emoj lelok melele ko im komman kojjela ko ilo dribin ijoko im dren ej toor ie nan kottore dren ko ilo juon jonok mokta jen idraak ak kejerbale.

Einwot juon mottan iaan jerbal ko an U.S. Army nan kejbarok ritarinae ro an, armij ro, im family ko aer jen joreen in lead, Installation Manager Command (IMCOM) ej kommani etale ko ilo imoko imon Family ko an Army nan lale elane ewor lead ilo dren in idraak ko. Kottobar eo bwe dren eo im kojerbal nan idraak im komman mona ko en erreo im bwe en lon buñten ko rekkar nan jerbali elane ekkar.

Nan Melele ko Jet

Nan melele ko jet nan kadriklok joreen in lead ilo belaak ko am ilo jikin jokwe ko im imoko, jibadrok EPA's website ilo www.epa.gov/ lead ak kirlok jikin ejmour

Elane ewor am kajitok ko ak inebata ko, ak ne kwoj konan elonlok melele, joij kir lok DynCorp Environmental ilo 5-1134.

RMI TRAVEL BAN EXTENDED TO JAN. 5

RMI NOVEL COVID-19 UPDATED INTERIM HEALTH TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 20: AS OF DEC. 3, 2020

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until Jan. 5, 2021. For more information about the Republic of the Marshall Islands Issuance 20, please contact the Commander's Hotline at 5-1098 or the US-AG-KA Host Nation Office at 5-5235.

ISLAND HOPPER FLIGHT SCHEDULE

United Airlines has confirmed reinstitution of the full Island Hopper flight schedule. Please note that the travel ban for the Republic of the Marshall Islands is still in effect and all flights are subject to change.

These flights are for outbound travel only. No passengers are authorized to disembark. The current RMI travel restriction is applicable through Nov. 5.

For more information, please contact United Airlines reservations at 1-800-864-8331.

DECEMBER CHECK- IN TIMES

UA 155 — 3:30 - 4:50 p.m. UA 154 — 10:45 a.m. - 11:15 a.m.

DECEMBER FLIGHTS

UA 155 — Dec. 28 (HNL) UA 154 — Dec. 29 (GUM)

JANUARY CHECK-IN TIMES

UA 155 — 3:30 - 4:50 p.m. UA 154 — 10:45 a.m. - 11:15 a.m.

JANUARY FLIGHTS

UA 155 — Jan. 15 (HNL) UA 154 — Jan. 16 (GUM)



All are welcome. Cash sales only. For more information, please contact the USAG-KA Host Nation office at 5-2103.

CLASSIFIEDS

The community wants to hear from you. Send in your announcements and Classified Ads to The Kwajalein Hourglass. Submit ads and announcements Wednesdays to kwajaleinhourglass@dyn-intl.com.

HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov. Done hiring? Write to kwajalein. hourglass@dyn-intl.com to remove your help wanted listing.

Nan Inc. seeks a qualified quality control manager and site safety and health officer. To apply, visit www.nanhawaii.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-1260 or 5-2998.

Tribalco seeks experienced and highly motivated senior, mid- and junior network technicians to join our team. Apply via http://www.tribalco.com/jobs.html. Email sekinat. lawal@tribalco.com and shelly. benkert@tribalco.com for additional information

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

USAG-KA Child and Youth Services is hiring coaches. No experience necessary. All children of head coaches play for free. Visit Central Registration or call 5-2158 in Building 356.

NOTICES

Alcoholics Anonymous meets Tuesdays at 6:30 p.m. in the REB, room 213 for open meetings.

Ongoing Smoking and Tobacco Cessation. Please call EAP at 5-5362 or make an appointment with a physician. The chaplains at the Island Memorial Chapel are available for appointments on both Roi-Namur and Kwajalein. Contact the Chapel office at 5-3505 to schedule a meeting. Discussions in pastoral counseling are kept private, and confidentiality belongs with the client.

The Employee Assistance Program Counselor Mary Beth Dawicki is ready to listen. Contact Dawicki at 5-5235 or email at marybeth. dawicki@internationalsosgs.us to make an appointment. Information shared during appointments is confidential. As an alternative to in-person meetings, phone consultation or virtual meetings are available utilizing a HIPAA compliant platform. Call 5-5362 for more information.

Don't Rush to Flush: Kwajalein Drug Take Back Program. Cleaning out your medicine cabinet? Don't flush old medicines in the Kwaj water system. You can safely discard expired materials at one of two island collection receptacles. Discard drugs at the Kwajalein Hospital Pharmacy during business hours Tuesday through Saturday and at the 24-hour collection bin at the Kwajalein Police Department, Bldg. 803. Items eligible for collection include prescription and over-the-counter drugs; pills, tablets and capsules; ointments; creams; lotions: powders and no more than 4 oz. liquid medicines.

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.

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



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

gency by phone, call 5-4444. For more information, visit https://www.facebook.com/kwajaleinpolice/.

The Kwajalein Hospital now accepts the following five insurance providers: Geo Blue/BCBS, Tricare, United Healthcare, Aetna and Cigna. For those patients not covered under these providers, pay and claim is in effect.

ACTIVITIES AND EVENTS

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.

Spring Dance Collective with Courtney Strouse. Classes for all age groups in a variety of styles run Jan. 13 – April 30. Email dance-kwaj@gmail.com for the details.

FUNDRAISERS

The Yokwe Yuk Welcome Club will begin plant sales to raise funds for Education Assistance Committee in 2021. All varieties of potted plants are accepted at sale date. Contact Julie Makovec on Facebook and email Debbie Proudfoot at YYWCinfo@gmail.com.

HOURS AND OPENINGS

Transient lodging and housing offices are located in the Coral BQ Room 1. Reach Housing at 5-3450 and Transient Lodging at 5-3477. To contact housing staff by email, write to Kwaj.Housing@dyn-intl.com and Kwaj.Lodge@dyn-intl.com.

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.

Kwajalein Furniture Warehouse. To schedule deliveries and pickups of Family Housing or BQ furniture please call the Army Housing Office at 5-3450.

HUNGRY? GRAB DINNER AT AAFES

AMERICAN EATERY

Sunday – closed Monday – closed Tuesday – Saturday, 8 a.m. – 6 p.m.

SUBWAY

Sunday, 11 a.m. - 6 p.m. Monday, 11 a.m. - 7 p.m. Tuesday, 10 a.m. - 7 p.m. Wednesday, 8 a.m. - 7 p.m. Thursday, 10 a.m. - 7 p.m. Friday, 8 a.m. - 7 p.m. Saturday, 10 a.m. - 7 p.m.

BURGER KING

Sunday, 11 a.m. – 6 p.m. **Monday – Friday,** 11 a.m. – 7 p.m. **Saturday,** 11 a.m. – 8 p.m.

ANTHONY'S PIZZA Sunday, 11 a.m. – 6 p.m. Monday - Friday, 11 a.m. – 7 p.m.

Saturday, 11 a.m. – 8 p.m.



HOLIDAYS ON CARLOS



NHS will travel to Carlos Dec. 22 to donate supplies to form bonds with our Marshallese friends and to make their holidays a little sweeter.

In search of food items, personal hygiene items, children's clothing, toys and craft items. Donation boxes are available at George Seitz Elementary School, Kwajalein High School and USAG-KA Child and Youth Services. Contact Mindi Gerber with questions at 5-2011 and gerbermi@kwajalein-school.com

YOKWE YUK WELCOME CLUB HAWAIIAN QUILT AUCTION

It's the season of giving. Stop by the Micronesian Handicraft Shop now through Dec. 21 to place a bid on a beautiful, handmade Hawaiian quilt by Kwaj resident Lori Krueger. The auilt measures 80 by 106 inches.

Please contact YYWC President Debbie Proudfoot at 5-3565 or mproudfoot@hotmail.com with questions or to place a bid. Proceeds from the quilt auction benefit the YYWC Educational Assistance Committee

For more information see the Saturday Nov. 21 Kwajalein Hourglass and check out the YYWC Facebook Page.





Call Kwaj MWR at 5-3331 and Roi MWR at 5-6580 for updates.

COUNTRY CLUB

Enjoy Country Club Brunch every first Sunday of the month. from 10:30 a.m. - 12:30 p.m. Cost is \$20 for adults and \$12 for children. Enjoy a variety of brunch foods including fried chicken, bacon, eggs, quiche, sausage, hash browns, grits, pasta salad, pancakes, fruit and biscuits.

Menu selections are subject to change. No reservation required. Seating is limited. 45-minute time limit per table. For more information, call MWR at 5-3331.

Poetry Wednesdays. Poets wanted. Come experience the power of the spoken word on the last Wednesday of each month from 6 - 7:30 p.m.

Uno Saturdays. Come play Uno every Saturday at 6 p.m.

OCEAN VIEW CLUB

Ladies Night Sundays. 7 - 11 p.m. Enjoy wine flights and jazz.

Men's Night Mondays. 5 - 8 p.m. Enjoy drinks and pizza specials. Purchase two medium pepperoni or cheese pizzas from the Sunrise Cafe for \$21.

Trivia Tuesdays. 5 - 6 p.m.

Happy Hour Wednesdays. 5 - 7 p.m.

Top 100 Thursdays. 7 - 11 p.m.

Reggae Fridays. 7 - 11 p.m. **Saturdays.** Enjoy activities like game nights, karaoke and live music.

ROI-NAMUR OUTRIGGER CLUB

Karaoke - Sunday nights at 8 p.m.

Blackened Mahi Sandwich - \$10 Six-ounce blackened mahi steak on a fresh baked bun with lettuce, onion and tomato, and a choice of side dish.

Grilled Milkfish Plate - \$10 Eight-ounce seasoned and grilled filet with rice and a choice of side dish.

Cauliflower Fried Rice - \$4 Add bacon with chicken or mushrooms for \$6. Mashed cauliflower - \$2 Cauliflower tater tots - \$2



2020 Boat Parade of Lights. Dec. 20 at dusk. Join the community at dusk to watch the festive Boat Parade of Lights and stay for the arrival of Scuba Santa with the Kwajalein Scuba Club.

If you wish to participate in the Parade of Lights but do not own a private boat, now is your chance. MWR will allow reservations for B-boat use for this special event to decorate boats and participate. Boat registrations are available at the Kwajalein Small Boat Marina.

For more information, contact Rick Jameson at 5-6580 or email at Richard. Jameson@dyn-intl.com.

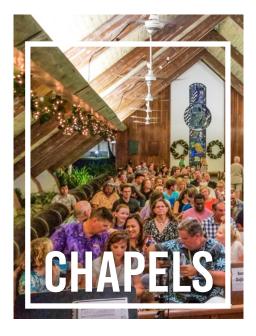
Christmas Evening Mass. Dec. 24 at 5 p.m. in the main sanctuary at the Island Memorial Chapel.

Dessert Fellowship. Dec. 24 at 6 p.m. in the Religious Education Building. You are encouraged

Candlelight Service. Dec. 24 at 7 p.m. in the main sanctuary at the Island Memorial Chapel.

Candlelight Service. Dec. 24 at the Island Memorial Chapel. Join the community for the annual Candlelight Service. It's the perfect beginning to Christmas evening. It is recommended that attendees arrive early: seats for this annual event fill quickly. More information for this event will be announced in the coming weeks. Check back for event times

Christmas Day Mass. Dec. 25 at 9 a.m. in the main sanctuary at the Island Memorial Chapel.



For more information call 5-3505

New Kids Kingdom is now offered during all Sunday worship services. New to island? Looking for a way to connect to the chapel community with your kids? The Island Memorial Chapel now offers Kids Kingdom, meetings during the Protestant services at 8:15 a.m. and 11 a.m., and also during Sunday Catholic mass at 9:15 a.m. Children are welcome to join this fun weekly activity.

Sundays, **8:15** *a.m*. Traditional Service in small sanctuary.

Sundays, 9:15 a.m. Catholic Service in main santuary.

Weekdays at 5:15 p.m. Weekday mass 5:15 p.m. in chapel offices

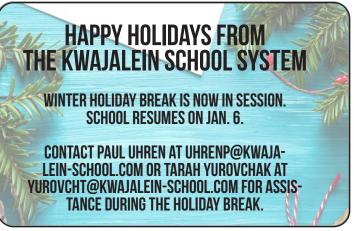
Saturday, **5:30** *p.m*. Saturday night mass in small sanctuary.

Sundays, **11** a.m. Interdenominational Service. Rock out to modern praise and worship songs.

Men's Bible Study Group meets Thursdays at 5:45 p.m. in the chapel conference room.











FLU SHOTS AVAILABLE AT KWAJ HOSPITAL

FREE FLU SHOTS ARE AVAILABLE EVERY DAY FROM 1-4 P.M. You can also visit during special EXTENDED HOURS FOR FLU VACCINATION CLINICS FROM 4:30 — 5:30 P.M. ON DEC. 23 AND 30 AND JAN. 6. 8. 13 AND 15.

TO SCHEDULE A REGULAR APPOINTMENT, CALL 5-2223 DURING NORMAL BUSINESS HOURS. SPECIAL THANKS TO USAG-KA AND THE DOD FOR PROVIDING THE FLU VACCINE THIS YEAR.

THIS WEEK IN KWAJ HISTORY

Stork News

Hannah Alexa Finley was born to John and Stephanie Finley, of Kwajalein, on Dec. 20, 2002. She weighed 7.37 pounds and was 21.5 inches long.





STRAY DAWG CHRISTMAS PARTY

DEC. 25 FROM 6 - 9 P.M. AT THE ADULT RECREATION CENTER

Kwaj without their and enjoy some Christ-Recreation Center. Come dressed in your Holiday attire. Bring

Calling all single adults your own beverage and and those who are on finger foods to share. Kwaj without their Paper plates and nap-spouse. Come on out kins will be provided. Paper plates and nap-For those that wish to mas cheer Dec. 25 from participate-we will be 6 - 9 p.m. at the Adult having a wrapped gift exchange. Please bring one gift in the amount of \$5.



Happy Birthday to Kwajalein resident Hannah Finley, pictured here in May.



UXO REMINDER

PUBLIC SAFFTY 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

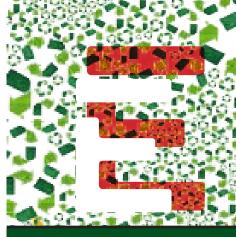
attend the Island Orientation Briefing on the fourth Wednesday of every month.

Kemejmej 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 nomba kein (5-1433) ak CPS (5-4445).

Ken melele kein: Ia eo (nomba 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 lojet ko rekauwotata. Kalimjek wot jab jibwe.

Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.



E-WARENESS MINIMIZE HOLIDAY WASTE

Waste generation increases during the holidays. Help minimize waste this holiday season. Remember, the beauty of a gift itself, not in excessive packaging.

For more information contact DI Environmental at 5-1134.

Tore eo elap an lap in lon kwobej ej ilo ein kein raurok ilo jemlok in juon yio. Jiban kadriklok an walok bwobej! Kememej, emon in juon menin lelok ejjab walok ilo box eo im jokjok in an wrap.

Nan melele ko relaplok, call e DI Environmental ilo 5-1134.

USAG-KA WEATHER WATCH

TS WEATHER STATION STAFF

WEATHER DISCUSSION:

Breezy trade winds and mostly dry conditions will continue into the middle of next week as the subtropical ridge remains dominant over the central RMI. Showers will be more prevalent over the southern RMI and some of this activity may extend north into Kwajalein on Monday. A weakening of the subtropical ridge could bring increased showers to Kwajalein by late Wednesday or Thursday.

SATURDAY: Mostly sunny with isolated showers. Winds NE-E at 16-21 knots with occasional higher gusts.

SUNDAY: Mostly sunny with isolated showers. Winds NE-E at 15-20 knots with occasional higher gusts.

MONDAY: Partly sunny with widely scattered showers, mainly southern atoll.

Winds NE-E at 15-20 knots with occasional higher gusts.

MID-WEEK: Increasing chances for showers late Wednesday or Thursday. Winds will be NE-E at 15-20 knots.



SUN - MOON - TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:58 a.m.	11:41 a.m.	7:52 a.m. 2.5'	1:52 a.m. 0.2'
	6:35 p.m.	11:46 p.m.	7:58 p.m. 3.3'	1:31 p.m. 0.7'
MONDAY	6:59 a.m. 6:36 p.m.	12:22 p.m.	8:50 a.m. 2.3' 8:50 p.m. 2.9'	2:40 a.m. 0.5' 2:25 p.m. 1.0'
TUESDAY	6:59 a.m.	1:01 p.m.	10:11 a.m. 2.3'	3:41 a.m. 0.8'
	6:36 p.m.	12:32 a.m.	10:02 p.m. 2.6'	3:45 p.m. 1.3'
WEDNESDAY	7:00 a.m.	1:38 p.m.	11:47 a.m. 2.4'	4:57 a.m. 0.9'
	6:37 p.m.	1:16 a.m.	11:35 p.m. 2.4'	5:39 p.m. 1.3'
THURSDAY	7:00 a.m. 6:37 p.m.	2:15 p.m. 2:00 a.m.	12:57 p.m. 2.7'	6:12 a.m. 0.8' 7:08 p.m. 1.1'
FRIDAY	7:01 a.m.	2:53 p.m.	12:54 a.m. 2.5'	7:08 a.m. 0.7'
	6:38 p.m.	2:44 a.m.	1:44 p.m. 3.1'	8:03 p.m. 0.8'
DECEMBER 26	7:01 a.m.	3:33 p.m.	1:50 a.m. 2.6'	7:51 a.m. 0.5'
	6:38 p.m.	3:29 a.m.	2:22 p.m. 3.4'	8:44 p.m. 0.4'



Click the logo to visit RTS Weather online.



OPSEC SAVES LIVES

TO LEARN MORE, ASK YOUR SECURITY OFFICER.
USAG-KA SECURITY MANAGER JASON RANDALL: 5- 2110
RTS SECURITY MANAGER BRAD REED: 5-2272



PUBLIC NOTICE

Army regulation 600-200 describes the harmful practice of bullying.

"Bullying is any conduct whereby a service member or members, regardless of service, rank or position, intends to exclude or reject another service member through cruel, abusive, humiliating, oppressive, demeaning, or harmful behavior, which results in diminishing the other service member's dignity, position or status. Absent outside intervention, bullying will typically continue without any identifiable end-point.

Bullying may include an abuse of authority. Bullying tactics include, but are not limited to, making threats, spreading rumors, social isolation, and attacking someone physically, verbally or through the use of electronic media."

According to the reg, every service member and civilian who lives and works on Kwajalein Atoll deserves the right to work and live in an environment free of hostility. Please, think twice before you post.



In this courtesy photo, Victor Lamison, 11, smiles for a photo with his Japanese Pokémon cards and a birthday letter in Japanese and English in Nampa, Idaho, Nov. 29.

JAPANESE GIFT FROM CAMP ZAMA BRIGHTENS IDAHO BOY'S BIRTHDAY

EXTERNAL REPORT

By Winifred Brown

CAMP ZAMA, Japan—Mildred Traver wasn't sure what to do when her son Victor Lamison told her all he wanted for his 11th birthday was something original from Japan.

"How am I supposed to pull this off?" Mildred asked some of her coworkers at the Warhawk Air Museum in Nampa, Idaho, where she works as the membership coordinator. Victor, who has cerebral palsy, was recovering from his most recent surgery, and she wanted to make his birthday extraordinary.

"Mildred, let me make a few phone calls," said her boss, retired Col. Pat Kilroy, the museum's executive director. "Let me see if I can make this happen for you."

Before she knew it, a package from Lucinda Ward, former school liaison officer for U.S. Army Garrison Japan, arrived on Mildred's doorstep. The package contained original Japanese Pokémon cards and a letter in Japanese and English to Victor.

"Pat, it came! I'm so excited!" Mildred told her boss. Still, she kept the package a secret until Victor's birthday Nov. 29. In a Zoom interview after he received the package, Victor, Mildred and her husband James Traver said they appreciated it a lot.

Victor, who is fascinated by Japan and hopes to visit, asked several questions about food, places to visit and school in Japan.

The Pokémon cards are "really cool," Victor said, and his favorite one is the Umbreon card because "electricity is its power."

Ward said she bought the cards, approximately 25 of them, from a Camp Zama community member, and Karen Matsumoto, an information and editorial specialist with the U.S. Army Garrison Japan Public Affairs Office, helped her translate the letter into Japanese.

Both letters are hand-written in ink to give them a personal touch, Ward said, and she framed them with Japanese paper as a backdrop. In addition, the cards arrived in a unique origami box made from Japanese printed paper.

Fulfilling the request was important to her because it was a small gesture that could make a child's day, Ward said.

"Children dream big," Ward said. "As a prior educator and a current professional, I understand the importance of cultivating and feeding a child's dream. His request was not farfetched, nor one that was too hard to fulfill. To me, one act of kindness can truly cause a ripple of amazing turn of events."

Ward was the garrison's school liaison officer when

she sent the package but has since become the garrison's Army Community Service relocation specialist and Army volunteer manager.

Victor's goal of visiting Japan has helped him make progress since his surgery, Mildred said.

"We started using [the trip to Japan] as a reinforcement in physical therapy," Mildred said. "I told him, 'It's probably going to be a lot of walking, so you've got to keep going with physical therapy. You've got to keep getting stronger. You can't give up. When your legs really start working again, and we get strong again, that's going to be a possibility for us.""

So far, Victor has progressed from a wheelchair to a walker to walking independently, Mildred said, and the trip has been a great motivation for him.

"We're trying to get him to walk for at least 30 minutes a day so he can get stronger," Mildred said. "I told him there's lots to see out there and I don't want him tired. If we're going to make this trip, I want him as healthy as possible, and for him to see everything that he wants to see."

In the meantime, Victor will enjoy the cards and continue learning about Japan.

"He never asked for anything else for his birthday, just this package," Mildred said.

JOIN U.S. ARMY GARRISON KWAJALEIN ATOLL FOR TWO SPECIAL MEALS DEC. 25 IN THE CELEBRATION OF



CHRISTMAS DAY-



DINING HALL HOURS OF OPERATION

BREAKFAST: 6 - 8 A.M.

LUNCH: 11 - 2 P.M.

DINNER: 4:30 - 6:30 P.M.

HOLIDAY LUNCH MEAL RATES
STANDARD MEAL RATE
STANDARD MEAL RATE
(SOLDIERS AND CIVILIANS) - \$24.95
CHILDREN AGED 6 TO 12 - \$11.95
CHILDREN AGED 5 AND UNDER EAT FOR FREE

CAFE ROI

SAVORY MENU

ROAST TURKEY WITH GIBLET GRAVY
STREAMED SHIP ROUND OF BEEF
WITH AU JUS
BAKED HAM WITH BROWN SUGAR GLAZE
CLASSIC CHRISTMAS STUFFING
MASHED POTATOES
SWEET POTATOES WITH
CINNAMON SUGAR
COLLARD GREENS
CORN ON THE COB
GREEN BEAN CASSEROLE

SALAD STATION

DEVILED EGGS
POTATO SALAD
CREAMY COLE SLAW
SHRIMP COCKTAIL
CRANBERRY SAUCE
ASSORTED SEASONAL FRESH FRUITS
AND NUTS
SALAD BAR WITH
ASSORTED SALAD DRESSINGS
ASSORTED FRESH FRUITS

DESSERTS

HOLIDAY FRUIT CAKE
GERMAN CHOCOLATE CAKE
DUTCH APPLE PIE
PUMPKIN PIE
PECAN PIE
STRAWBERRY CHEESECAKE
SWEET POTATO PIE
DINNER ROLLS WITH BUTTER PATS
ASSORTED WHOLE GRAIN BREADS

LOUIS. O. ZAMPERINI CAFETERIA

SAVORY MENU

ROAST TURKEY WITH GIBLET GRAVY STEAMED SHIP ROUND OF BEEF WITH AU JUS MAINE LOBSTER TAILS WITH DRAWN BUTTER BAKED HAM WITH BROWN SUGAR GLAZE SIMMERED OXTAILS CLASSIC CHRISTMAS STUFFING MASHED POTATOES FOUR CHEESE MACARONI AND CHEESE FRESH SWEET POTATOES **COLLARD GREENS** CORN ON THE COB **GREEN BEAN CASSEROLE** YELLOW SAUTEED SQUASH **GREEN BEAN CASSEROLE**

In this National Archives photo, Capt. Louis Zamperini, left, makes broadcast to the United States after spending 28 months in a Japanese Prison Camp. The Kwajalein dining facility was rededicated in January 2013.

SALAD STATION

DEVILED EGGS
POTATO SALAD
CREAMY COLE SLAW
TROPICAL FRUIT SALAD
SHRIMP COCKTAIL
CRANBERRY SAUCE
ASSORTED SEASONAL FRESH FRUITS
AND NUTS
SALAD BAR WITH
ASSORTED SALAD DRESSINGS
ASSORTED FRESH FRUITS

DESSERTS

HOLIDAY FRUIT CAKE
GERMAN CHOCOLATE CAKE
DUTCH APPLE PIE
PUMPKIN PIE
PECAN PIE
STRAWBERRY CHEESECAKE
SWEET POTATO PIE
DINNER ROLLS WITH BUTTER PATS
ASSORTED WHOLE GRAIN BREADS







EVERY WEEK, KWAJALEIN HOURGLASS ISSUE PHOTOS ARE UPLOADED TO AN ONLINE PHOTO-GALLERY FOR YOU TO SHARE WITH FRIENDS AND FAMILY. PHOTOS ARE FREE FOR DOWNLOAD. VISIT HTTPS://www.flickr.com/photos/kwajaleinhourglass/albums.



How our newspaper got its name

The shoulder sleeve insignia of the 7th Infantry Division consists of two black, equilateral triangles placed vertically on a red circular disc giving it an hourglass shape.

The hourglass of the insignia was consequently used in the title of the island newspaper, The Kwajalein Hourglass.

#SALUTETHE7TH

GET THE WORD OUT. SEND ANNOUNCEMENTS, COMMUNITY UPDATES AND EVENT FLIERS TO KWAJALEINHOURGLASS@DYN-INTL.COM WEDNESDAYS BY 5 P.M.

FOR MORE INFORMATION, CONTACT USAG-KA PUBLIC AFFAIRS OFFICER MIKE BRANTLEY AT 5-4848.



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