

THE KWAJALEIN HOURGLASS



THIS WEEK

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AIR CARGO HANDLER LENSON SAMSON OFFLOADS CARGO AT BUCHOLZ ARMY AIRFIELD.

◉ JESSICA DAMBRUCH

MAIL CALL



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Delivering the thousands of pounds of mail that arrive on U.S. Kwajalein Atoll each month is a team effort. Pictured here, logistics personnel assist in cargo offload operations at Bucholz Army Airfield.

BY JESSICA DAMBRUCH

Hours after the telltale roar of a cargo flight fades from Bucholz Army Airfield, garrison residents line up at the respective post office to claim their mail.

Receiving and processing massive quantities of bulk mail requires the coordinated efforts of multiple teams and is never an easy task. On the hot tarmac, time evaporates like sweat as crews move to efficiently deliver their freight to its respective warehouses and receiving areas.

After leaving the airfield, drivers and heavy equipment operators manning forklifts offload cargo at warehouse sites where it will be processed and delivered to recipients.

Within 20 minutes of receiving their first load, the Kwajalein post office crew, led by Postal Operations Manager James Smith, can separate boxed and bagged mail and begin scanning in the contents of an entire pallet. Next, the small but dedicated team works to unload and sort each piece of mail before delivery.

Over the holidays, each delivery is bigger than the last. Mail pallets delivered via a C-17 are sometimes loaded with freight bailed to a height of more than six feet. In fiscal year 2020, the post office processed and delivered more than 494,617 pounds of incoming mail and 73,762 pounds of outgoing mail. Overall, that is over 284 tons of mail exchanged.

It's tough work, but the post office team cares about the community. The crew logged hours on Thanksgiving Day and Christmas Day to ensure community members received packages and mail in time.

The garrison community appreciates all of the team's hard work to get the mail to Kwajalein.



Thousands of pounds of mail. Bailed pallets of recently arrived mail stretch into the distance. For these logistics personnel, the work has just begun. Next, they will deliver the mail to various island teams that will process and deliver the freight to its destination. In 2020, airfield support crews also began wearing personal protective equipment while handling freight to prevent potential spread of COVID-19.

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 CSM.....Sgt. Maj. Ismael Ortega
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1) A familiar scene: A line of more than 25 people stretches from the Kwajalein post office into the downtown area. 2) Boxes, packages and mail await scanning and processing. 3) Kwajalein post office employee Isaac Larios is knee-deep in packages as he scans and sorts mail. 4) A team member straps cargo to a flatbed transport vehicle at Bucholz

Army Airfield. 5) She's got mail: Kwajalein resident Jane Christy receives packages at the Kwajalein post office. During the winter holidays, the ever-busy postal team received and processed thousands of pounds of inbound mail and even worked holidays to ensure the community received its packages and letters. The Kwaj community appreciates the team.

ONE ARMY FAMILY ONLINE, OFFLINE

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.



U.S. ARMY PHOTO BY AMBER BATES

Recreation Services Specialist Hagar Kabua enters several donated books into the Grace Sherwood Library’s newest electronic card catalog system.

NEW STORIES AHEAD FOR GRACE SHERWOOD

BY JESSICA DAMBRUCH

In the past three months, the Grace Sherwood Library has received a lot of love. The facility sports a new air conditioning system, three new air purifiers, a dehumidifier and a carpet cleaning.

A dedicated, fulltime custodian cleans bookshelves twice per week. Booklovers will also be most pleased about the newest addition.

After more than two years as a lending library, GSL has a new, electronic card catalog system.

The catalog system will optimize inventory and help inform decisions for future book and material resources, according to Amber Bates, MWR equipment rentals, library lead and administrative assistant.

“The previous library information system subscription expired, and a decision was made not to renew it in favor of implementing the Alexandria Library Management system used by the Kwajalein School System,” wrote Bates in an email to the Kwajalein Hourglass.

The lack of a catalog system hasn’t slowed down foot traffic at the Library. Each week, the facility hosts young readers for story time. There are quiet spaces for computer use, reading and studying, and games and learning toys available for young visitors to try.

Staff are reviewing library texts on hand and checking out available avenues to build the collection. Many of the volumes on the GSL shelves are legacy texts and donations by island residents. GSL does not receive funding from the Army, so donations of new and gently used books for adults and children are encouraged.

Bates, an avid reader of nonfiction, reported the first big donation of library books has arrived through an anonymous donor.

Patrons should plan to return their books and register in the system, said Bates. All Kwajalein residents will need their K-badge and to have their contact information and email addresses recorded in the catalog system by a staff member during a library visit.

“The catalog system will also help ensure that materials borrowed from the library are returned by patrons in a timely manner so that more island residents can enjoy them,” said Bates.


News of the catalog has several community members asking about future opportunities to volunteer at the library.

“If the job of cataloging the entire li-

brary collection becomes too time-consuming for the current library staff, then yes, we would invite volunteers from the community to assist us,” added Bates. “We’ve had students from the high school volunteer here in the past to earn service hours and it’s been very helpful.”

Grace Sherwood Library Celebrates Black History Month



February is Black History Month. Check out the display of books chronicling the contributions and lives of Black Americans throughout history on your next visit to the library.



FINISHED READING THOSE LIBRARY BOOKS?

Please return books and DVDs to the Grace Sherwood Library so other patrons can enjoy them.

Visit the Grace Sherwood Library during business hours to learn more about upcoming library activities. For information, call 5-3331.



CULTURAL
AWARENESS

OBSERVANCE



BLACK HISTORY MONTH



men registered for the draft, and Black women volunteered in large numbers. While serving in the Army, Army Air Forces, Navy, Marine Corps, Coast Guard, and War Department they served with distinction, made valuable contributions to the war effort, and earned well-deserved praise and commendations for their struggles and sacrifices.

This month, the DoD pays tribute to the African American men and women who not only forever changed the course of history but also redefined the United States military.

“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.” – President Harry S. Truman

GREAT MOMENTS FOR CHANGE IN AMERICAN HISTORY

In 1948, President Harry Truman enacted Executive Order Number 9981, which directed equality of treatment and opportunity in all of the United States Armed Forces. This order, in time, led to the end of racial segregation in the military forces.

On March 6, 1960, President Kennedy issued Executive Order 10925, prohibiting discrimination in federal government hiring on the basis of race, religion, or national origin and establishing the President’s Committee on Equal Employment Opportunity, the EEOC. They were directed to scrutinize and study employment practices of the U.S. government and recommend additional

affirmative steps for executive departments and agencies.

On Aug. 28, 1963, more than 200,000 Americans gathered in Washington, D.C., for a political rally known as the March on Washington for Jobs and Freedom.

Organized by civil rights and religious groups, the event was designed to shed light on the political and social challenges African Americans faced across the United States.

The march became a key moment in the struggle for civil rights in the U.S., and it culminated in Martin Luther King, Jr.’s “I Have a Dream” speech.

The Civil Rights Act of 1964—which ended segregation in public places and banned employment discrimination on the basis of race, color, religion, sex, or national origin—is considered one of the greatest legislative achievements of the civil rights movement.

First proposed by Kennedy, it survived strong opposition from Southern members of Congress and was signed into law by Lyndon B. Johnson.

At the March on Washington, Kennedy expressed his thoughts: “We have witnessed today in Washington tens of thousands of Americans, both Negro and White, exercising their right to assemble peaceably and direct the widest possible attention to a great national issue. Efforts to secure equal treatment and equal opportunity for all without regard to race, color, creed, or nationality are neither novel nor difficult to understand. What is different today is the intensified and widespread public awareness of the need to move forward in achieving these objectives—objectives which are older than this nation.”

By the Department of Defense

The Department of Defense is commemorating the 75th Anniversary of World War II by recognizing the contributions and sacrifices made by Service members as well as those who served on the home front.

During the anniversary, we pay tribute to those Americans who undauntedly and courageously contributed to the defense of our nation.

Often overlooked are the valiant efforts of African Americans. African Americans played an immeasurable role in the United States’ Armed Forces during World War II, serving bravely and with distinction from the initial attack on Pearl Harbor to the last days of the Pacific campaign. Although the United States Armed Forces weren’t officially segregated until 1948, WWII laid the foundation for post-war integration of the military.

Over 2.5 million African-American



Learn more about the contributions of Black Americans in the U.S. military at <https://www.army.mil/africanamericans/>

KWAJ OPEN TOURNEY TESTS METTLE OF ISLAND'S GOLFERS

HOURLASS REPORT

DOZENS OF KWAJ GOLFERS hit Holmberg Fairways the week of Jan. 24-31 to compete in the 51st Kwaj Open golf tournament. Each golfer played 36 holes split between two days and enjoyed several mini games planned throughout last week.

The overall champs of the main tournament were Tracy Hampson, in A flight, Billy Beal, in B flight, and Pam Hess, in C flight—with all scores adjusted per each player's handicap. Meanwhile, Mike Grabowski and Rihna Hampson put up the least strokes of all players, earning themselves first place in the low gross bracket for men and women, respectively.

Hats off to golf newbie Katey Beavers for placing her ball closest to the pin in a mini game chipping contest, and props go to Jeremy DeWitt and Derek Finch for winning putting contests. For the full stats, read on.

TOP PLACERS IN TOURNAMENT

A-flight

1st: Tracy Hampson
2nd: John Finley
3rd: Matt Griffin

B-flight

1st: Billy Beall
2nd: Russell Beniamina
3rd: Geary Shotts

C-flight

1st: Pam Hess
2nd: Jeff Robinson
3rd: Shelly Benkert

Low Gross

Men: Mike Grabowski
Ladies: Rihna Hampson

Low Net

Billy Beall

No handicap

1st: Scott Saracco
2nd: Mike McKinnon
3rd: Chi-Chi Kemem

MINI GAMES

Closest to the hole on #4, Jan. 24:
John Finley

Closest to the hole on #4, Jan. 31:
Chad McGlinn.

Longest drive on #17, Jan. 24,
Men: Matt Griffin
Ladies: Rihna Hampson

Straightest Drive on #10, Jan. 31:
Men: Mark Bradshaw (on the line)
Ladies: Pam Hess

Wednesday, Jan. 27 Long Drive:
Men: Mike Grabowski (380 yards)
Ladies: Shelly Benkert (208 yards)

Wednesday, Jan. 27 closest to the hole:
Men: Tyler Bodnar (3'5")
Ladies: Katey Beavers (10')

Wednesday, Jan. 27 Putt-Putt
Jeremy DeWitt (14 strokes)

Thursday, Jan. 28 Horse Race
Win: Chris Heins & John Finley
Place: Vernon Adcock & Jeremy DeWitt
Show: Mike Grabowski & Regan Bartel

Saturday, Jan. 30 Putting Championship of the World: Derek Finch

Jim Oakley Contest:
1st place: John Finley & Billy Beall
2nd place: Tracy Hampson & Billy Beall
3rd place: John Finley & Mike Grabowski



COURTESY OF JARETT NICHOLS AND TIM ROBERGE

1) Vern Adcock channels his focus at hole five to sink a putt. 2) Players high five. 3) Jeff Robinson revs up to crush the ball. 4) Kwajalein Golf Association and all-around "okay" golfer Chris Heins takes a break next to his errantly hit ball, adorned with mustard by event volunteer Tim Roberge.



1-4) The Yokwe Yuk Welcome Club hosted a Soup Supper Fundraiser Jan. 22 to raise money for education in the Republic of the Marshall Islands. Island residents had their choice of carry-out or dine-in soup, bread and dessert from a self-serve buffet. (Photos courtesy of Joanna Battise).



1) U.S. Ambassador to the Republic of the Marshall Islands Roxanne Cabral receives her COVID-19 vaccination during a clinic on Majuro. 2) USAG-KA welcomes the newest member of the U.S. Embassy Majuro team, Deputy Chief of Mission Jeremiah Knight (left). Pictured here, Knight takes a selfie with RMI President David Kabua. (Photos courtesy of U.S. Embassy Majuro)



U.S. EMBASSY MAJURO



#YOUAREHERE

WELCOME TO 2021. JOIN THE KWAJALEIN HOURGLASS IN A YEAR-LONG PHOTO PROJECT TO CAPTURE ISLAND LIFE WITH A CAMERA. PHOTOGRAPHERS OF ALL AGES ARE INVITED TO SUBMIT PHOTOS FOR PUBLICATION. FOR MORE INFORMATION, WRITE TO KWAJALEINHOURLASS@DYN-INTL.COM.



In this USASMDC photo, Army Chief of Staff Gen. Gordon Sullivan, visits the command's Advanced Research Center in February 1983.

HISTORY WITH U.S. SPACE AND MISSILE DEFENSE COMMAND

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

Feb. 4, 1944 during Operation Flintlock, the Stars and Stripes were raised over Kwajalein.

In February 1993, during a speech commemorating the 35th anniversary of the Explorer I launch, at the American Defense Preparedness Association dinner in Huntsville, Alabama, Gen. Gordon R. Sullivan, Chief of Staff of the Army, observed, "Today the Army's role in space is an essential part of our new power projection Army. Products from space support the Soldier—from the Commander-in-Chief down to the Infantry Squad Leader." General Sullivan's comments are significant as they come just two years after Operation Desert Storm, often referred to as the first space war.



RIGHT: The Stars and Stripes are raised over Kwajalein during Operation Flintlock.

WHY ARMA IS IMPORTANT FOR YOU

**Compiled by Mike Brantley,
USAG-KA Public Affairs**

The Army's top priority is people, and one key area of leadership emphasis is providing quality and safe housing to Soldiers, Families and other tenants on our installations.

Army leaders recognize our residents deserve open and transparent communication and responsiveness, especially in their ability to communicate directly with the service provider about a problem in their home.

To enable better customer service, the U.S. Army has created an innovative mobile web application called ArMA (armymaintenance.com). ArMA allows residents living in bachelor quarters and non-privatized Army housing to file and track maintenance work orders from the convenience of their computers and smartphones using one uniform system.

ArMA is a simple interface for use in all Army barracks around the world and for Army Family Housing where residents submit work requests and provide a description of their case. Residents can include photos of the maintenance problem using the and also access a maintenance catalog and list of services.

Users can access ArMA by typing ar-

mymaintenance.com into their browser or by linking to it from Digital Garrison, the Army's enterprise mobile app for installation services. ArMA puts real-time information into residents' hands.

The first time a user accesses ArMA, they will be asked to register and have their sponsor verify their account, a one-time process. Once registered, users go directly to their own account.

Users will be able to create a "household" in the "account management" section of the website so all members of a residence can see open maintenance requests.

User accounts remain constant when a Soldier, family member or civilian changes station.

Residents can access ArMA at <https://www.armymaintenance.com> or the Digital Garrison application.

For ArMA registration or ticket questions, please contact Scott Hill at 5-0133 or michael.s.hill86.civ@mail.mil.

After Feb. 20 the Service Desk will no longer be accepting routine service order requests by telephone.

Download Digital Garrison for free from the Google Play and Apple App stores now and link to ArMA. Users can also access ArMA at <https://www.armymaintenance.com>.

E-WARENESS Recycling Toner Cartridges

HP and Xerox toner cartridges can often be recycled by sending it back to the company. Next time you change the toner check the inside of the new package for return instructions. Let's reduce our waste.

If you have any questions, please call DI Environmental at 5-1134.

Cartridge ak ink ko an HP im Xerox remaron recycle ilo am bar karool e non company eo ekar komane. Tok elik ne konaj jenij I toner eo, check e iloon package eo non ia eo komaron bar karool e catridge eo non e. Jen kejbarok/kadrilok kobij.

Elane elon am kajjitok, jouj im kurluk DI Environmental ilo 5-1134. Komol!



IS SOMETHING BROKEN?

Do you need DPW/maintenance help in your barracks?

Scan the code below with your smartphone camera to open the Army Maintenance Application (ArMA) and submit a case.



ARMYMAINTENANCE.COM

To create an ArMA account

1. Go to www.armymaintenance.com
2. Select "Sign Up Now"
3. Enter your personal email address.
4. Most users can self-certify (Military, GOV and Contractor) with their work email addresses (.ctr/.mil/.civ@mail.mil; @dyn-intl.com; aafes.com; etc.). Otherwise, have a CAC holder with a .mil account within your organization sponsor you.
5. Enter your full name and telephone number.
6. For Garrison, enter "Kwaj" and select "USAG Kwajalein Atoll."
7. For Site, select Kwajalein Island or Roi Namur Island.
8. For Building, select your facility number. NOTE: This does not include your barracks room number or quarters number (A,B,C,D); you must enter this when you submit a maintenance request.
9. For Unit, select your Military or Government affiliation; for Contractor, select "Contractor in Army Housing."
10. Finally, create a password.



CYS FEBRUARY SPOTLIGHT

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

CDC Baru classroom

Saturdays – Water Play Day.

CDC Bako Classroom

Tuesdays - STEAM Swim Day. Please 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

CDC Start Smart Sports

Tumbling - Registration open through Feb. 13. Season runs Feb. 25 - March 18

SAC Regular programming

Tuesdays - Art

Wednesdays - Functional Fitness

2:15 - 3:15 p.m., Paid program - Register in Central Registration

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

SAC 4 - H

Every Wednesday and Friday, 4:30 - 5:30 p.m.

Feb. Theme - Culture

Register in Central Registration

SAC Sports

Field Hockey - Register through Feb. 13. Season runs Feb. 23 to March 20.

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.

*Register in Central Registration. Space is limited.

SAC Important Dates

Feb. 13, Valentine's Day Open Recreation, 3:30 - 5:30 p.m. Parents welcome.

Feb. 20, Mardi Gras Open Recreation, 3:30 - 5:30 p.m. *Register in Central Registration.

Namo Weto Youth Center

Tuesdays

- Recreation - 3:15 - 4:15 p.m.

- Keystone - 11:40 a.m.

Wednesdays - Tremendous Trivia, 4:30 p.m.

Thursdays - Ted Talks, 4 p.m.

Fridays - Frappuccinos, 3:30 p.m.

Saturdays - Smoothies, 3:30 p.m.

Saturdays - Money Matters, 4 p.m.

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

Sundays - Board Games, 4 p.m.

Special Events

Feb. 14, Cookie Decorating - TBD

Parent Information

Parent Advisory Board Open House: Please come and get information on upcoming events and to register for activities on Saturday, Feb. 6, all day in Central Registration.

***All CYS Facilities will be closed Feb. 16 for Presidents Day**

RMI TRAVEL BAN EXTENDED TO FEB. 7

**RMI NOVEL COVID-19
UPDATED INTERIM HEALTH
TRAVEL ADVISORY &
RESTRICTIONS
ISSUANCE 21:
AS OF JAN. 5, 2021**

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until **Feb. 7, 2021.**

For more information about the Republic of the Marshall Islands Issuance 21, please contact the Commander's Hotline at 5-1098 or the USAG-KA Host Nation Office at 5-5235.

ISLAND HOPPER FLIGHT SCHEDULE

United Airlines has confirmed re-institution 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.

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

FEBRUARY CHECK-IN TIMES

UA 155 - 3:30 - 4:50 p.m.

UA 154 - 10:45 - 11:15 a.m.

FEBRUARY FLIGHTS

UA 155 - Feb. 12 (HNL)

UA 154 - Feb. 13 (GUM)

USE ARMA, HELP USAG-KA REPORT MAINTENANCE ISSUES



Beginning Feb. 20, all routine service order requests for bachelor quarters and Army Family Housing are to be reported through ArMA. Reporting jobs using ArMA provides residents with the ability to send pictures and have permanent records of their issues

To register for an account and submit tickets, go to:
<https://www.armymaintenance.com>

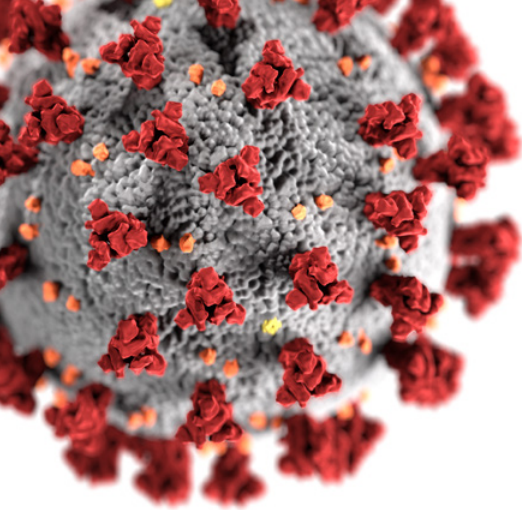
IMPORTANT

To Report Emergency SORs, call call 5-3550.

Examples:

1. major water leaks
2. loss of all AC
3. no operational toilets
4. Inoperable appliances, plumbing, smoke detectors or door locks.

For ArMA questions, please contact Scott Hill at 5-0133 or michael.s.hill86.civ@mail.mil



COVID-19 VACCINATIONS TO BEGIN ON USAG-KA

Contact your tenant organization and Human Resources department for an information packet on the vaccine, and forms you need to have pre-filled before your date and time slot. Your organization will notify you of your time slot.

OUTBOUND COVID TEST POLICY CHANGE

The Centers for Disease Control and Prevention released new travel guidance. The information that follows is current as of Jan. 30.

- A COVID-19 test is not required for any outbound travelers on the ATI.
- A COVID-19 test is not required if you are flying on United Airlines on official government orders.
- All other United Airlines passengers must have a negative COVID-19 test 1-3 days before travel.

If You Need A Test

You must contact the hospital at 5-2223 to schedule a time for your test. The Kwajalein Hospital is closed Sunday and Monday.

The cost of the COVID-19 test is \$125, due at the time of visit for everyone except for active duty service members and their family members. Cash, credit card and check are accepted forms of payment.

If you have previously tested positive for COVID-19 you must schedule an appointment with a provider 10 days prior to departure.

Passengers must bring a copy of their United flight itineraries at the time of their appointment for proof of flight.

For Outbound United Airlines Passengers Flying Without Government Orders

- Passengers will visit the hospital the day before their flight departs.
- Testing hours: 9 - 11 a.m.
- Results pick-up time is flexible on the day of departure.

These CDC requirements do not change or impact the state of Hawaii's testing requirement or quarantine procedure.

UNITED AIRLINES POLICIES FOR DEPARTURE

Customers at Kwajalein's airport boarding United Airlines flights need to present the items described below:

Customers with a negative test result need to present written or electronic documentation which clearly indicates:

- **Customer name.** (The customer name and any other personal identifiers must match the customer ID).
- **Date the test was taken.** Test must be taken within three calendar days of flight.
- **Type of test.** The CDC rule requires a viral test, which means a molecular COVID-19 test (such as PCR or LAMP) or antigen test.
- **Results must state "negative,"** "SARS-CoV-2 RNA not detected" or "SARS-CoV-2 antigen not detected." A test marked "invalid" is not acceptable

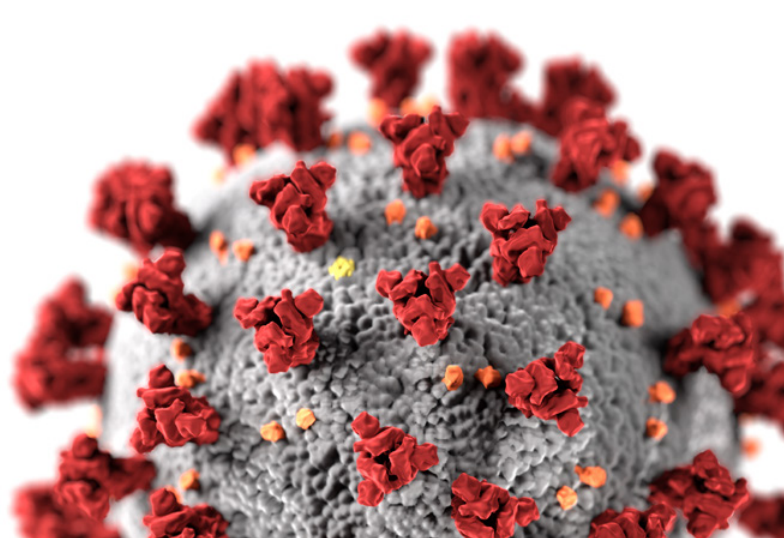
Customers who have previously tested positive must present written or electronic documentation, dated within the last 90 days, of recovery from COVID-19 after previous infection.

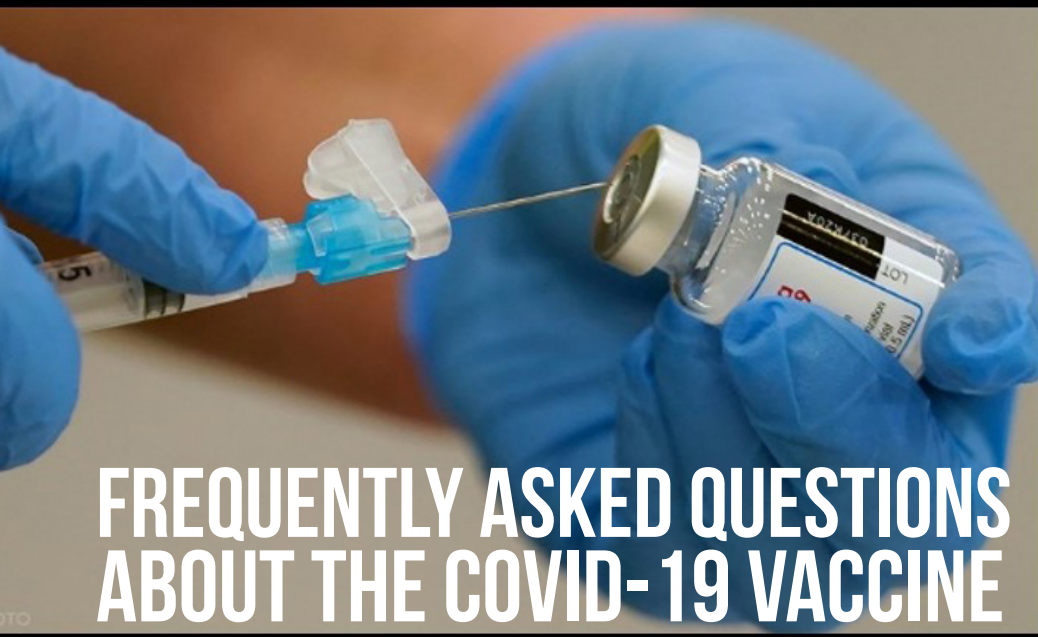
This should be in the form of a positive viral test result and a letter on official letterhead that contains the name, address and phone number of a licensed healthcare provider or public health official stating that the passenger has been cleared for travel.

NOTE: These documentation requirements do not apply to customers flying from U.S. territories such as Guam to the mainland.

All United customers must also comply with the following requirements:

- **Presentation of a disclosure and attestation form.** The form can be found on the CDC website <https://www.cdc.gov/quarantine/pdf/attachment-a-global-passenger-disclosure-and-attestation-2021-01-12-p.pdf> and will also be available at the departure airport. Customers are encouraged to print and complete the form prior to arriving at the airport.
- **Check-In.** All international originating customers will be required to check-in with a Customer Service representative to verify digital or paper documentation. This mirrors the process we've set up within the U.S. for many international destinations.
- **Failure to Comply Will Result In Boarding Denied.** Customers who do not show proof of a test or refuse to test prior to travel will be denied boarding. Denied boarding compensation will not be paid. Customers in this situation shall be offered a refund or rebooked for a later date at no additional charge.





FREQUENTLY ASKED QUESTIONS ABOUT THE COVID-19 VACCINE

Report compiled by Kwajalein Hospital staff

In the pages that follow, Kwajalein Hospital provides answers to frequently asked questions regarding COVID-19 immunization as well as an overview of how vaccines work.

All content was referenced and provided by the Centers for Disease Control and Pre-

vention and the Federal Drug Administration. References for research are provided throughout the FAQ.

A copy of this information will be distributed to all employees by their tenant organizations.

For more questions regarding COVID-19 vaccinations on USAG-KA, please contact the Kwajalein Hospital at 5-2224.

COVID-19 FREQUENTLY ASKED QUESTIONS

1) Question: Can a COVID-19 vaccine make me sick with COVID-19?

Answer: No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19.

2) Question: How long does it take before I develop immunity to COVID-19 after immunization?

Answer: It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination.

That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

3) Question: After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

Answer: No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

4) Question: Will the Vaccine result in positive antibody tests?

Answer: If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests.

Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

5) Question: Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Answer: Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die.

There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work.

6) Question: Will a COVID-19 vaccine alter my DNA?

Answer: No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response.

The mRNA from a COVID-19 vaccine

Populations at Most Risk from the COVID-19 disease (not from the Immunization)

The following medical conditions identify individuals with the highest risk of complications or death from the COVID-19 disease (not from the immunization).

- Cancer (active cancer undergoing chemotherapy, radiation therapy)
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m² or higher)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

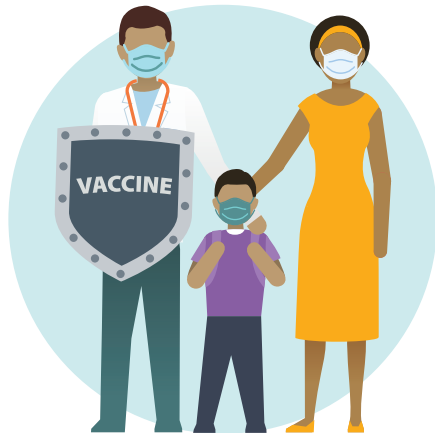
The following medical conditions identify individuals at increased risk of severe disease from the COVID-19 disease (not from the immunization):

- Individuals with the following conditions are at increased risk of severe disease from COVID-19 (the disease, NOT the immunization).
- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Overweight (BMI > 25 kg/m², but < 30 kg/m²)
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease.

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Reference for questions and answers 1 - 6: Last Updated Jan. 4, 2021. Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html#:~:text=None%20of%20the%20authorized%20and,type%20of%20vaccines%20in%20development>.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

www.cdc.gov/coronavirus/vaccines

7) Question: Is the vaccine safe for those with seafood, egg or latex allergies?

Answer: Yes, it is safe. This vaccine does not contain seafood, egg or latex.

What are the ingredients in the Pfizer BioNTech COVID-19 vaccine?

The Pfizer-BioNTech COVID-19 Vaccine includes the following ingredients: mRNA, lipids ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose.

<https://www.fda.gov/media/144414/download>

8) Question: Are there any health issues that prevent the safe administration of this vaccine?

Answer: The COVID vaccine is safe to administer with the exception of the following:

Who should not get the Pfizer-BioNTech COVID-19 vaccine?

You should not get the Pfizer-BioNTech COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine.

<https://www.fda.gov/media/144414/download>

Based on CDC recommendations, populations where informed decision making may be provided include: HIV (no data to support, but a potential concern), weakened/compromised immune system (based on current diagnosis or certain medications), autoimmune disorders (no data to support, but potential concern), personal history of Guil-

lain-Barre syndrome (no cases of GBS associated with this vaccine).

The independent Advisory Committee on Immunization Practices (ACIP) best practice guidelines for immunization do not include a history of GBS as a precaution to vaccination with other vaccines.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html>

11) Question: Who should get the Pfizer-BioNTech COVID-19 Vaccine?

Answer: FDA has authorized the emergency use of the Pfizer-BioNTech COVID-19 Vaccine in individuals 16-years of age and older.

12) Question: What are known potential side effects from immunizations?

Answer: Injection site pain, tiredness, headache, muscle pain, chills, joint pain, fever, injection site swelling, injection site redness, nausea, feeling unwell, swollen lymph nodes (lymphadenopathy).

13) Question: What is the procedure for COVID-19 immunizations at Kwajalein Hospital?

Answer: Individuals will be organized/scheduled into groups of up to 12/half-hour, to prevent wasting vials of vaccine, (each vial contains 6 vaccine doses). After receiving the vaccine, people will be observed in our waiting area for at least 15-minutes following vaccine administration to watch for signs of severe allergic reaction. During that time individuals can schedule themselves for their 2nd immunization in 3-weeks.

14) Question: Is Kwajalein hospital capable of managing severe allergic reactions?

Answer: Yes. All individuals receiving the COVID vaccine will be observed for

at least 15 minutes (the timeline where severe allergic reactions are most likely to occur). If an individual exhibits signs/symptoms of tongue/throat swelling and difficulty breathing, Kwajalein Hospital is equipped to provide emergency airway support and administer allergy medications.

15) Question: If I've already had COVID-19 (confirmed by prior positive PCR or antibody test), is it recommended that I still get the vaccine?

Answer: Yes. Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, you should be vaccinated regardless of whether you already had COVID-19 infection. If you were treated for COVID-19 symptoms with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts do not yet know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called "natural immunity," varies from person to person. It is rare for someone who has had COVID-19 to get infected again.

It also is uncommon for people who do get COVID-19 again to get it within 90 days of when they recovered from their first infection. We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are working to learn more about, and CDC will keep the public informed as new evidence becomes available. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

16) Question: Can you safely deliver COVID-19 and Influenza vaccines simultaneously?

Answer: There is no evidence of harm if another immunization is administered simultaneously, but our goal is to ensure optimal safety and immune system response. As such, Kwajalein Hospital will not be co-administering other vaccines to people receiving the COVID vaccine.

The CDC recommends waiting at least 14 days before getting any other vaccine, including a flu or shingles vaccine, if you get your COVID-19 vaccine first. And if you get another vaccine first, wait at least 14 days before getting your COVID-19 vaccine.

If a COVID-19 vaccine is inadvertently given within 14 days of another vaccine, you do not need to restart the COVID-19 vaccine series; you should still complete the series on schedule. When more data are available on the safety and effectiveness of COVID-19 vaccines administered simultaneously with other vaccines, CDC may update this recommendation.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

17) Question: Is it safe to receive the COVID-19 vaccine when pregnant?

Answer: There is limited data about the safety of COVID-19 vaccines for people who are pregnant.

Until findings are available from clinical trials and additional studies, only limited data is available on the safety of COVID-19 vaccines, including mRNA vaccines, administered during pregnancy:

- Limited data is currently available from animal developmental and reproductive toxicity studies. No safety concerns were demonstrated in rats that received Moderna COVID-19 vaccine before or during pregnancy; studies of the Pfizer-BioNTech vaccine are ongoing.
- Studies in people who are pregnant are planned.
- Both vaccine manufacturers are monitoring people in the clinical trials who became pregnant.
- CDC and the Food and Drug Administration have safety monitoring systems in place to capture information about vaccination during pregnancy and will closely monitor reports.

mRNA vaccines do not contain the live virus that causes COVID-19 and, therefore, cannot give someone COVID-19. Additionally, mRNA vaccines do not interact with a person's DNA because the mRNA does not enter the nucleus of the cell. Cells break down the mRNA quickly.

Based on how mRNA vaccines work, experts believe they are unlikely to pose a specific risk for people who are pregnant. However, the actual risks of mRNA vaccines to the pregnant person and her fetus are unknown because these vaccines have not been studied in pregnant women.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>. Last Updated Jan. 7, 2021.

18) Question: What is known about the safety of the COVID-19 vaccination in relation to breastfeeding?

Answer: There are no data on the safety of COVID-19 vaccines in lactating women or on the effects of mRNA vaccines on the breastfed infant or on milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant. People who are breastfeeding and are part of a group recommended to receive a COVID-19 vaccine, such as healthcare personnel, may choose to be vaccinated.

19) Question: What dosing interval will Kwajalein Hospital employ for the COVID-19 vaccine?

Answer: Consistent with CDC guidelines and to enable an organized administration of vaccines, Kwajalein Hospital plans to institute a minimum of three weeks between the two doses.

Populations at Most Risk from the Disease but not the Immunization

Reference for Questions 18 and 19 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

HOW VACCINES WORK
The Immune System:
The Body's Defense Against Infection

To understand how COVID-19 vaccines work, it helps to first look at how our bodies fight illness. When germs, such as the virus that causes COVID-19, invade our bodies, they attack and multiply. This invasion, called an infection, is what causes illness.

Our immune system uses several tools to fight infection. Blood contains red cells, which carry oxygen to tissues and organs, and white or immune cells, which fight infection. Different types of white blood cells fight infection in different ways:

- **Macrophages** are white blood cells that swallow up and digest germs

and dead or dying cells. The macrophages leave behind parts of the invading germs called antigens. The body identifies antigens as dangerous and stimulates antibodies to attack them.

- **B-lymphocytes** are defensive white blood cells. They produce antibodies that attack the pieces of the virus left behind by the macrophages.
- **T-lymphocytes** are another type of defensive white blood cell. They attack cells in the body that have already been infected.

The first time a person is infected with the virus that causes COVID-19, it can take several days or weeks for their body to make and use all the germ-fighting tools needed to get over the infection. After the infection, the person's immune system remembers what it learned about how to protect the body against that disease.

The body keeps a few T-lymphocytes, called memory cells, that go into action quickly if the body encounters the same virus again. When the familiar antigens are detected, B-lymphocytes produce antibodies to attack them. Experts are still learning how long these memory cells protect a person against the virus that causes COVID-19.

How COVID-19 Vaccines Work

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of "memory" T- lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future.

It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

TYPES OF VACCINES

Currently, there are three main types of COVID-19 vaccines that are or soon will be undergoing large-scale (Phase 3) clinical trials in the United States. Below is a description of how each type of vaccine prompts our bodies to recognize and protect us from the virus that causes COVID-19. None of these vaccines can give you COVID-19.

mRNA vaccines contain material from the virus that causes COVID-19 that gives our cells instructions for how to make a harmless protein that is unique to the virus. After our cells make copies of the protein, they destroy the genetic material from the vaccine. Our bodies recognize that the protein should not be there and build T-lymphocytes and B-lymphocytes that will remember how



Different types of COVID-19 vaccines will be available.

Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.

www.cdc.gov/coronavirus/vaccines

to fight the virus that causes COVID-19 if we are infected in the future.

Protein subunit vaccines include harmless pieces (proteins) of the virus that cause COVID-19 instead of the entire germ. Once vaccinated, our immune system recognizes that the proteins don't belong in the body and begins making T-lymphocytes and antibodies. If we are ever infected in the future, memory cells will recognize and fight the virus.

Vector vaccines contain a weakened version of a live virus—a different virus than the one that causes COVID-19—that has genetic material from the virus that causes COVID-19 inserted in it (this is called a viral vector). Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to the virus that causes COVID-19.

Using these instructions, our cells make copies of the protein. This prompts our bodies to build T- lymphocytes and B-lymphocytes that will remember how to fight that virus if we are infected in the future.

Most COVID-19 Vaccines Require More Than One Shot

All but one of the COVID-19 vaccines that are currently in Phase 3 clinical trials in the United States use two shots. The first shot starts building protection. A second shot a few weeks later is needed to get the most protection the vaccine has to offer. One vaccine in Phase 3 clinical trials only needs one shot.

The Bottom Line

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19. Protection from COVID-19 is critically important because for some people, it can cause severe ill-

ness or death. Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

References
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> Last Updated Dec. 29, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

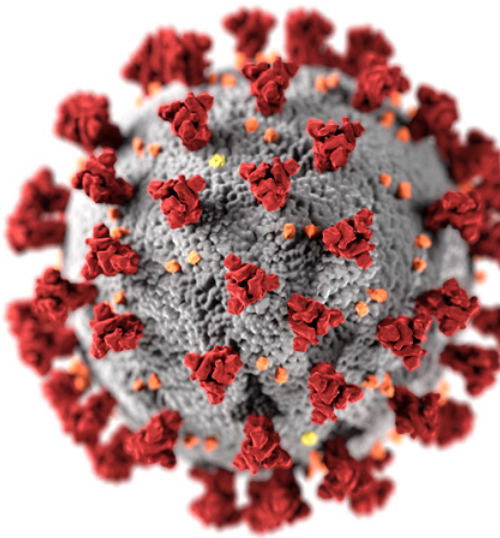
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html> Last Updated Dec. 29, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html> Last Updated Jan. 25, 2021
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fvaccine-benefits%2Ffacts.html Last Updated Jan. 28, 2021
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
<https://www.fda.gov/media/144414/>

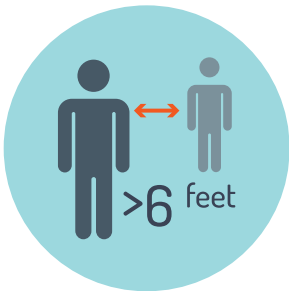
download Manufactured by Pfizer Inc., New York, NY 10017 Revised: January 2021
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html> Last Updated Jan. 7, 2021

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html Last Updated Dec. 18, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



Facts about COVID-19 vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



What is v-safe?

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through **v-safe**, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you. And **v-safe** will remind you to get your second COVID-19 vaccine dose if you need one.

Your participation in CDC's **v-safe** makes a difference—it helps keep COVID-19 vaccines safe.

How can I participate?

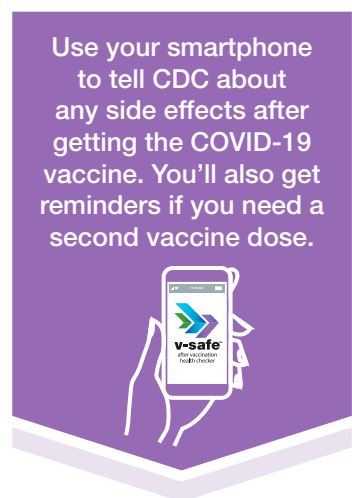
Once you get a COVID-19 vaccine, you can enroll in **v-safe** using your smartphone. Participation is voluntary and you can opt out at any time. You will receive text messages from **v-safe** around 2 p.m. local time. To opt out, simply text "STOP" when **v-safe** sends you a text message. You can also start **v-safe** again by texting "START."

How long do v-safe check-ins last?

During the first week after you get your vaccine, **v-safe** will send you a text message each day to ask how you are doing. Then you will get check-in messages once a week for up to 5 weeks. The questions **v-safe** asks should take less than 5 minutes to answer. If you need a second dose of vaccine, **v-safe** will provide a new 6-week check-in process so you can share your second-dose vaccine experience as well. You'll also receive check-ins 3, 6, and 12 months after your final dose of vaccine.

Is my health information safe?

Yes. Your personal information in **v-safe** is protected so that it stays confidential and private.*



Sign up with your smartphone's browser at vsafe.cdc.gov

OR

Aim your smartphone's camera at this code



TALKS ON THE ROCK

HAZARDOUS MARINE LIFE INJURIES

BIOLOGY, ASSOCIATED INJURIES, AND INITIAL MEDICAL MANAGEMENT

WITH DR. NICHOLAS BIRD
KWAJALEIN HOSPITAL CHIEF MEDICAL OFFICER

MONDAY, FEB. 22

7 P.M. AT EMON BEACH

PRESENTED BY THE

YOKWE YUK WELCOME CLUB AND USAG-KA MWR

VENDORS WELCOME. CONTACT MWR AT 5-3331 FOR INFORMATION.



What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.



**Ask your healthcare provider
about getting started with v-safe**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about **v-safe**.
www.cdc.gov/vsafe

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is _____°F or _____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about:

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.

SUPERBOWL

TAILGATE EVENT AND WATCH PARTY

MONDAY, FEB. 8

**BOUNCE HOUSE
DOOR PRICES**

**10 A.M. —
4 P.M.**

TAILGATE

PARTY

**GAMES
FOOD**

EMON BEACH

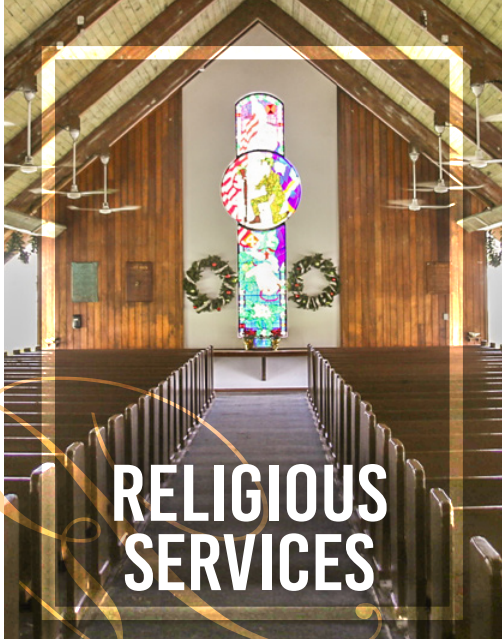
GAME PLAYING ON TWO BIG SCREENS

JOIN YOUR FRIENDS AND CHEER FOR YOUR FAVORITE TEAM!

NFL

**U.S. ARMY
MWR**

**FLORIDA
FIRE
SUPPORT
TEAM**



RELIGIOUS SERVICES

For more information regarding religious services on USAG-KA contact the Island Memorial Chapel office at 5-3505.

The Church of Jesus Christ of Latter Day Saints

Sundays at 10 a.m. in CRC Room 1. Please contact Conrad Acosta at 5-2965 for more information.

Protestant Services

Sundays at 8:15 a.m. in the small sanctuary and 11 a.m. in the main sanctuary. Kingdom Kids children's program meets during Protestant services at 8:15 a.m. and 11 a.m.

Catholic Services

Sundays at 9:15 a.m. in the IMC main sanctuary.
Weekdays at 5:15 p.m. in the IMC chapel offices
Saturdays at 5:30 p.m. in the IMC small sanctuary.
Children's program meets Sundays during the Catholic 9:15 a.m. Sunday Mass.

Religious Activities

Men's Bible Study meets Thursdays at 5:45 p.m. in the chapel conference room. Ladies' Bible Study meets 9:15 a.m. Thursdays at Qtrs. 405-B Taro. Contact Sally Bulla at 5-9804 for more information.

Christian Women's Fellowship meets Sunday, Feb. 7 in the Religious Education Building from 12:30 - 2:30 p.m. Join CWF for appetizers and desserts as we continue our study. Remember: "Friendship takes forgiveness."



BARS AND CLUBS

Contact MWR at 5-3331 for updates, activities and events about the garrison's bars and clubs.

Kwajalein Country Club

Enjoy Country Club Brunch every first Sunday of the month. from 10:30 a.m. - 12:30 p.m. The February charge for meals is \$25 for adults and \$12 for children. Cash Only. Enjoy a variety of brunch foods including fried chicken tenders, cheese quiche, collard greens, BBQ ribs, yams, macaroni and cheese, creamed grits, biscuits and gravy, steamed crab legs, bacon, sausage, fresh fruit, assorted pastries, pancake and grilled teriyaki tuna.

Menu selections are subject to change. No reservation required. Seating is limited. Shuttle service will be available every 30 minutes. Customer pick-up is in front of the Food Court starting at 10 a.m. There is a 45-minute time limit per table. For more information, call MWR at 5-3331.

Friday Night Trivia. Prizes and Fun.

UNO Saturday. Come play UNO every Saturday at 6 p.m. Shuttle Service available every Saturday at 5 p.m., 6 p.m., 7 p.m. and 8 p.m. from the Ocean View Bar.

Ocean View Club

Men's Night Mondays. 6 - 8 p.m. Enjoy drink Specials and one large cheese pizza from the Sunrise Cafe for \$12.

Happy Hour Wednesdays. 5 - 7 p.m.

Saturdays. Enjoy activities like game nights, karaoke. Themes and live music.

Ladies Night Jazz Sundays with Mimosas. 5-9 p.m.

Roi-Namur Outrigger Club Dinner Specials

- Tangy garlic ginger glazed salmon filet with rice and choice of side dish - \$10
 - 8-ounce seasoned and grilled milkfish filet with rice and a choice side dish - \$10
 - Mashed cauliflower - \$2
 - Cauliflower tater tots - \$2
 - Randy's Beer Batter Chicken Strips and choice of side - \$8
 - Chicken sandwich and choice of side - \$8
 - Fish and Chips - \$8
 - Fish Sandwich and choice of side - \$8
 - Bacon, cheddar ranch
 - Steak fries - \$6
 - Cauliflower Fried Rice - \$4
- Add bacon and mushrooms or chicken for \$6



Yokwe Yuk Welcome Club Plant Sale

Monday, March 1
10 a.m. - noon

Corner of Lagoon Road and 4th St. across from Surfway

Interested in donating potted plants and herbs for sale? Please contact Debbie Proudfoot at YY-WCinfo@gmail.com or Julie Makovec on Facebook.



Christian Women's Fellowship Valentine-grams

Roses are red; Violets are blue
Here is a sweet treat to say; I appreciate you!
Send a treat bag to someone this Valentine's Day.

Sign ups for deliveries:
Following church services Feb. 6 and 7 and by the post office on Feb. 9 from 4 - 6 p.m.

Deliveries will be on Sunday Feb. 14 from 1 - 3 p.m.
Donations Welcome

KWAJALEIN AT THE MOVIES

Join Kwajalein at the movies in February as we celebrate Black History Month with two special films—"Harriet" and "Green Book."

Unless otherwise indicated, all movies begin at 7:30 p.m. Contact MWR at 5-3331 for more information. Showtimes may vary for special "Movies Under the Stars" events.

KWAJALEIN - Yuk Theater

Saturday, Feb. 6
"The Kid Who Would Be King" (PG) 120 min.
Louis George Serkis, Patrick Stewart
Old-school magic meets the modern world when young Alex stumbles upon the mythical sword Excalibur. He soon unites his friends and enemies, and they become knights who join forces with the legendary wizard Merlin. Together, they must save mankind from the wicked enchantress Morgana and her army of supernatural warriors.

Sunday, Feb. 7
"Green Book" (PG-13) 130 min.
Mahershala Ali, Viggo Mortenson
Dr Don Shirley is a world-class Black pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

Monday, Feb. 8
"American Made" (R) 116 min.
Tom Cruise, Sarah Wright
Barry Seal, a TWA pilot, is recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America and soon finds himself in charge of one of the biggest covert CIA operations in the history of the United States. The operation spawns the birth of the Medellín cartel and almost brings down the Reagan White House.

Saturday, Feb. 13
"Harriet" (PG-13) 125 min.
Cynthia Erivo, Janelle Joe Alwyn
From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

Sunday, Feb. 14
"How to Train Your Dragon: The Hidden World" (PG) 104 min.
Jay Baruchel, America Ferrera
All seems well on the island of Berk as Vikings and dragons live together in peace and harmony. Now a Viking leader, Hiccup finds himself increasingly attracted to Astrid, while his beloved dragon Toothless meets an enchanting creature who captures his eye. When the evil Grimmel launches a devious plan to wipe out

all the dragons, Hiccup must unite both clans to find Caldera, a hidden land that holds the key to saving Toothless and his flying friends.

Monday, Feb. 15
"The Predator" (R) 107 min.
Olivia Munn, Boyd Holbrook
From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and an evolutionary biologist can prevent the end of the human race.

ROI- NAMUR - C-Building

Saturday, Feb. 6
"A Quiet Place" (PG-13) 90 min.
John Krasinski, Emily Blunt
If they hear you, they hunt you. A family must live in silence to avoid mysterious creatures that hunt by sound. Knowing that even the slightest whisper or footstep can bring death, Evelyn and Lee are determined to find a way to protect their children while desperately searching for a way to fight back.

Sunday, Feb. 7
"Father Figures" (R) 113 min.
Ed Helms, Owen Wilson
Brothers Kyle and Peter Reynolds were raised to believe that their dad died when they were young. They're shocked to discover that their mother lied about his death because she never knew who the biological father was. Setting out on an epic quest to find him, the two siblings soon learn more about their mom's past than they ever wanted to know.

Saturday, Feb. 13
"American Made" (R) 116 min.
Tom Cruise, Sarah Wright
Barry Seal, a TWA pilot, is recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America and soon finds himself in charge of one of the biggest covert CIA operations in the history of the United States. The operation spawns the birth of the Medellín cartel and almost brings down the Reagan White House.

Sunday, Feb. 14
"Green Book" (PG-13) 130 min.
Mahershala Ali, Viggo Mortenson
Dr Don Shirley is a world-class Black pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.



What The Critics Are Saying

On "The Kid Who Would Be King": Director Joe Cornish gives Arthurian legend a modern, crowd-pleasing twist in this version by choosing a kind, courageous "every boy" to be the once and future king. **-Bilge Ebiri, The NYTimes**

On "Green Book": A real-life story starring Mahershala Ali and Viggo Mortensen becomes a feel-good fable buoyed by its lead performances. **-A.O. Scott, The NYTimes**

On "American Made": Thankfully a comedy rather than a documentary, this is a gonzo, ironic barrel roll through the war on drugs and U. S. covert ops in Central America in the '80s. **-Michael Orton, Common Sense Media**

On "Harriet": Harriet Tubman, as this film portrays so beautifully, was a force to be reckoned with. **-Plugged In Staff**

On "How to Train Your Dragon: The Hidden World": DeBlois traces the growing maturity of Hiccup and Toothless in two different worlds, the emotional bond between human and dragon leading to an ending as heartbreaking as it is hilarious. **-Peter Travers, Rolling Stone**

On "The Predator": Would we recommend watching The Predator? Yes — if the alternative was to be hunted down by an alien predator. It would still, however, be a close call. **-Rohini Nair, Firstpost**

On "A Quiet Place": The movie suffers from having no obvious endgame, and it's not as fun as the recent, less tony shut-the-hell-up horror movie Don't Breathe. But it's aggressively scary. **-David Edelstein**

On "Father Figures": This film about two brothers searching for their real father can't decide whether it's a gross-out comedy or an uplifting tale of brotherly love. **-Ben Kenigsberg, The NYTimes**

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.

Community Bank seeks a part-time Banking Center Service Specialist, or teller. Submit applications and resumes to www.dodcommunitybank.com. Contact Rita Pyne at 5-2152 for more information.

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>.

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.

Tobacco Use on USAG-KA. Smoking permitted only in designated smoking areas. All smoking and cigarette butt receptacles must be at least 50 feet from entrance of facilities. USAG-KA Policy Memorandum 600-8 sets forth specific policies designed for the protection from the negative impact of tobacco use. Smoking cessation programs are available. Please contact Mary Beth Dawicki at 5-5362 or Marybeth.Dawicki@international-sosgs.us.

Island Memorial Chapel Counseling Services. The IMC 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.

The Employee Assistance Program Counselor Mary Beth Dawicki is ready to listen. Contact Dawicki at 5-5235 or email at marybeth.dawicki@international-sosgs.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.

Kwajalein Drug Take Back Program. Cleaning out your medicine cabinet? Don't flush old medicines in the Kwaj water system. 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.

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.

Yearbook Sales. Purchase your 2020-2021 yearbook online at Kwajaleinschools.org by Feb. 1.

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 now through April 30. Email dancekwaj@gmail.com for the details.

Basketball Season. Come out and support your favorite teams. Seasons runs until Feb. 20. Contact MWR with questions at 5-3331.



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

Staff Sgt. Yadira Vazquezro-driguez
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

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.

70's Costume Party. Sunday, Feb. 14, 7 p.m. – midnight. Hit the Ocean View Club dance floor with MWR for this themed dance party. Enjoy the greatest hits of the 70's with DJ Devil Rey. Costumes are welcome but not required. For more information, contact MWR at 5-3331.

Ballroom Dance Classes. Wednesdays from 7 - 8 p.m. at the Vet's Hall deck. Tehse free classes starts with East Coast (triple step) Swing. Dance partner is not required. Email adrift@riseup.net with questions.

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@YYWCinfo@gmail.com.

HOURS AND OPENINGS

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 pick-ups of Family Housing or BQ furniture please call the Army Housing Office at 5-3450.

Did you know that the Zamperini Cafeteria and Café Roi have customer comment cards for you to comment on your dining experience? They are on the tables at the Zamperini, and at the cash register at Café Roi. Surfway comment forms are located on a podium inside as you enter the store. Fill them out and put them in the Customer Comment Box. Make your voice heard!

Kwajalein residents can receive eyecare services virtually by visiting EyeCareLive at EyeCareLive.com/2020. Services provided by EyeCareLive are not officially endorsed by USAG-KA. Contact EyeCareLive anytime at help@eyecarelive.com with questions about services provided.



An exhibition of sassy collage, painting, pottery and sculpture by Jane "Art Mama" Christy. 5-8 p.m. on Friday, Feb. 12 and Saturday, Feb. 13. at the Religious Education Building.



PLAY BALL

2021 SOFTBALL REGISTRATION

TEAM REGISTRATION OPEN THROUGH MARCH 13
SEASON DATES: MARCH 23 TO MAY 15
MINIMUM EIGHT PLAYERS PER TEAM
\$100 PER TEAM

WANT TO PLAY BALL?
SIGN UP AT THE
GRACE SHERWOOD LIBRARY MWR DESK. CALL
5-3331 WITH QUESTIONS.



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.

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) baktun ak kein kabokklok eo ien eo emokajjata non EOD ilo nomba kein (5-1433) ak CPS (5-4445).

Ken melele kein: la 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 rekawotata. Kalimjek wot jab jibwe.

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

USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: Breezy and mostly dry conditions will continue for the next several days as the subtropical ridge remains in control.

Winds are forecast to slacken a bit late next week and will be accompanied by a slightly better chance for showers. Seas and surf will be rough the next couple of days, decreasing a bit next week.

SATURDAY: Mostly sunny and windy with isolated showers. Winds NE-E at 17-23 knots with higher gusts.

SUNDAY: Mostly sunny and breezy with stray showers. Winds NE-E at 15-21 knots with higher gusts.

MONDAY: Partly to mostly sunny with isolated showers. Winds NE-E at 15-21 knots with higher gusts.

NEXT WEEK: Mostly dry and breezy. Winds slackening a bit late in the week along with slightly better chances for rain.

SUN - MOON - TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:09 a.m. 6:57 p.m.	2:40 a.m. 2:37 p.m.	12:21 a.m. 2.2' 1:15 p.m. 3.3'	6:13 a.m. 1.0' 8:15 p.m. 0.7'
MONDAY	7:09 a.m. 6:57 p.m.	3:40 a.m. 3:35 p.m.	2:09 a.m. 2.4' 2:24 p.m. 3.7'	7:47 a.m. 0.8' 9:10 p.m. 0.2'
TUESDAY	7:09 a.m. 6:58 p.m.	4:40 a.m. 4:34 p.m.	3:07 a.m. 2.8' 3:14 p.m. 4.1'	8:47 a.m. 0.4' 9:50 p.m. -0.2'
WEDNESDAY	7:09 a.m. 6:58 p.m.	5:38 a.m. 5:34 p.m.	3:48 a.m. 3.1' 3:54 p.m. 4.5'	9:32 a.m. 0.0' 10:24 p.m. -0.5'
THURSDAY	7:09 a.m. 6:58 p.m.	6:32 a.m. 6:30 p.m.	4:23 a.m. 3.5' 4:30 p.m. 4.7'	10:10 a.m. -0.3' 10:55 p.m. -0.6'
FRIDAY	7:09 a.m. 6:58 p.m.	7:22 a.m. 7:24 p.m.	4:54 a.m. 3.7' 5:02 p.m. 4.8'	10:44 a.m. -0.4' 11:24 p.m. -0.7'
FEBRUARY 13	7:08 a.m. 6:58 p.m.	8:08 a.m. 8:14 p.m.	5:24 a.m. 3.8' 5:31 p.m. 4.7'	11:16 a.m. -0.5' 11:51 p.m. -0.6'



Click the logo to visit
RTS Weather online.

HAIL AND FAREWELL TO THE POLICE CHIEF

Sunday, February 28 at 6:30 p.m.
Emon Beach main pavilion

After many years of service and volunteerism in our community, Kwajalein Police Chief Dennis Johnson and his wife Rhonda are ready to retire.

The island community is invited to bid a fond farewell to the Johnsons at an Emon Beach potluck Sunday, February 28 at 6:30 p.m. Meats, plates and cutlery will be provided. Please bring your own beverage and a dish to share. Questions, contact Rhonda at 5-2835.



2021 WATER POLO SEASON

VICTOR	DEFEATED	SCORE
JAN. 30		
SPARTANS I	SEALS	2 - 0
MAYDAY	SPARTANS II	36 - 27
CHARGOGGAGOGG	TURBO TURTLES	30 - 20
FEB. 2		
TURBO TURTLES	SEALS	52 - 18
SPARTANS I	SPARTANS II	50 - 42
CHARGOGGAGOGG	MAYDAY	47 - 23

2021 BASKETBALL SEASON

VICTOR	DEFEATED	SCORE
Jan. 29		
Kwajalein	South Siders	104 - 82
Aquanauts	Ebeje	75 - 51
Feb. 2		
Little Rascals	Spartans White	74 - 59
Spartans I	Ebeye Ball-Hers	31 - 26
Feb. 3		
Spartans I	South Siders	59 - 38
Kwajalein	Aquanauts	50 - 44
Feb. 4		
Kwaj Condition	Spartans II	43 - 20
Promat	Spartans Blue	54 - 47
Feb. 5		
Spartans I	Ebeje	61 - 41
Aquanauts	Southsiders	Forfeit

HYDRATION TIPS

There are many simple tricks to staying hydrated throughout the day. Here are a few of the lesser-known benefits of drinking water.

- Water helps the body reduce toxins
- Water can relieve nausea
- Water improves the body’s overall immunity
- Water helps dissolve minerals and nutrients in the body
- Water carries oxygen and nutrients to cells
- It might sound crazy, but water can assist the body in regulating its own temperature
- Hydration is just as important for pets as for humans. Bring water or ice for your dog to enjoy on their next walk.
- Water provides much-needed moisture to help maintain delicate tissues in the mouth, eyes and nose

HEALTH TIPS

What is heartworm disease?

Heartworm disease is a life-threatening parasitic infection that can be transmitted to all dogs and cats through mosquito bites.

Heartworm disease is 100% preventable. Heartworm disease is NOT seasonal, so be sure to keep your pet up-to-date on monthly heartworm prevention.

Contact veterinary services for more information:

Kwajalein Veterinary Services
Phone: 5-2017
Email:
kwajaleinveterinaryclinic
@internationalsosgs.us



Electric bikes are not allowed on the garrison per USAG-KA Regulation 56-4. If you disconnect the motor you you are authorized to use the bike on US-AG-KA. For more information, contact the PMO at 5-3530.



U.S. NAVY PHOTO BY LT. CMDR JOHN. D. SCHNEIDAU



WE'RE HERE BECAUSE THEY GOT HERE FIRST.

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 KWAJALEINHOURLASS@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 HOURLASS ONLINE.