

THE KWAJALEIN HOURGLASS



THIS WEEK

SPARTANS I WIN

WATER POLO CHAMPIONSHIPS 2

SAFER TRAVELS

WITH KPD BIKE RODEO 3

MINUTEMAN III

TEST LAUNCH A SUCCESS 4

TURBO TURTLE TODD EMMONS MAKES A LAST STAND FOR THE GOAL AS SPARTANS I MATAI MCCOLLUM TAKES THE SHOT DURING THE WATER POLO CHAMPIONSHIPS FEB. 23.

📷 JESSICA DAMBRUCH



Tyler Coté of Spartans I, left, seizes the inner tube from Turbo Turtle Jane Premo, center, as teammate Myles Sylvester makes a grab for the ball during the Inner Tube Water Polo Championships Feb. 23 at the Millican Family Pool. For more photos from the 2021 Water Polo championship game, check the Kwajalein Hourglass Flickr page at <https://www.flickr.com/photos/kwajaleinhourglass/>

SPARTANS I BEATS TURBO TURTLES, 49 - 27

BY JESSICA DAMBRUCH

What a game.

Spartans I defeated the Turbo Turtles in the 2021 Kwajalein Inner Tube Water Polo Championships at the Millican Family Pool Feb. 23.

The win was mighty, but it wasn't an all-out smackdown. The Turbo Turtles put up a good fight. If you are a Turbo Turtle fan, hold to that. It's the lone salve to reduce the sting of watching the historic team swallow defeat in the deep end, 49 - 27.

This year's underdogs are tough. Of the six players who missed zero games during 13 weeks of water polo, several are long-term players, and all of them are Turbo Turtles. The team's tactics are bolstered by players like Todd Emmons, Brian Charlton and coach Bruce Premo, all of whom "unleash the kraken" to deliver bombastic outside water shots. Shana Darrah, Kristen Hosek and Jane Premo have the uncanny high-speed alacrity to chase down and launch the ball while being evading some of the island's fastest athletes. Goalkeeper Brent Coté took constant heat, blocking lightning strikes on his goal with no mercy.

In brief, the Turbo Turtles are worthy opponents. But pacing alongside the referees was Spartans I coach Stan Jazwinski: the man with a plan and enough waterpower to see it through.

Kwaj legend has it Jazwinski is the reason the Spartans have perfected their arsenal of goal shots. In addition to their coordinated offense, can those Spartans ever swim. Blink and you might have missed RustMan triathletes Maliana McCollum, Tessa Delisio and Alyssa England driving the ball toward the opposing goal. England can claim two goals—the



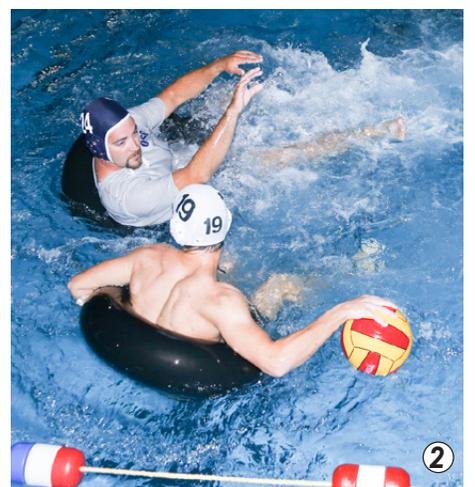
U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

most goals scored by any female player during the championship. Based on his effortless goalkeeping, it's clear when Myles Sylvester is in the goal, he's in his zone.

Every score clock must to run out sometime. Looking back over the past weeks, season manager Cliff Pryor discovered some sports history was made in 2021. Brian and Connor Charlton, a father and son playing on the opposing teams, scored nine goals apiece.

Two teams enter the pool, and one team leaves victorious. No matter who wins, Kwaj water polo never fails to deliver a good game.

It turns out Jazwinski can't anticipate all player maneuvers. The Spartans surprised their coach with a celebratory ice bath during their group photo and executed dramatic post-game victory dives.



1) Spartans I coach Stan Jazwinski gets an icy post-game surprise from his players. 2) Turbo Turtle Tim Walker, left, sprints for the ball.

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.

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1) Kwajalein Police Department Sgt. Shawn Delaney fields questions from kindergarteners during the Bike Rodeo. 2) Students are ready to roll. During the rodeo Feb. 23, students in grades K - 4 practiced road safety skills and learned about defensive bike-riding.

STUDENTS PRACTICE ROAD SKILLS AT BIKE RODEO

BY JESSICA DAMBRUCH

Surrounded by classmates at George Seitz Elementary School, a kindergartner raised his hand to ask Kwajalein Police Department Sgt. Shawn Delaney a serious question: When you're on your bike, how do you tell your right from your left?

Nearly everything on the road is bigger than some of U.S. Army Garrison-Kwajalein Atoll's youngest bikers. The students are still learning basic bicycling skills while sharing the road with adults, golf carts and heavy vehicles. They must understand how to keep up and avoid injury.

Together, the class made L-shapes with their left hands to affirm their sense of direction.

"You can put your arm out if you want to go left or right," said Delaney. "That's how you tell everybody on the road, 'I'm going this way.'"

On Feb. 24, KPD officers led Kwaj students in grades K - 4 in the Bike Rodeo, an annual road skills workshop designed to build confidence in using basic turning signals and identifying and avoiding road hazards in a path of travel.

Volunteers from island homeschool families, the Kwajalein School System, Island Memorial Chapel and the Kwajalein High School National Honor Society guided students through a neighborhood course of navigation obstacles. Next, students visited with Kwajalein Fire Department personnel and checked out a fire truck.

Successfully completing each checkpoint earned students one sticker for good work. Looking down the road, the skills they learned on the course will help prepare them for years of safer travel.

Like the kindergarteners, this year was Delaney's first Bike Rodeo.

"I was most excited about the kids getting to learn about hand and arm signals and traffic signs," he said. "Then, getting to go out on the course and put into practice what they learned."

Students tried out signaling right and left turns and staying in their proper lanes, marked by colorful traffic cones.

After completing the course, Mia Sanchez said she wants to feel more confident using hand signals.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Evelyn King, left, gives Ember Miller a checkpoint sticker for a job well done. 2) Nathan Melody, left, high-fives Mark Charles Battise a high for making a full and complete stop. at a Bike Rodeo checkpoint.

"I just don't feel like I can go one-handed on my bike because I can fall off," she said.

This year's bike is larger and has handbrakes. Sanchez said she would practice.

One checkpoint on the course required students to stop and watch for vehicles, as volunteers dressed as cars walked across an intersection.

"Don't forget to stop," said KSS teacher and red car, Jamie Norton.

Further up the road, students moved to avoid a collision with the open door of a squad car monitored by a mindful officer.

"My favorite checkpoint is that opening car door," said KSS teacher Dr. Lauren Wallach.

As a motorcyclist, Wallach is aware of the danger of injury posed by careless drivers exiting their vehicles.

Other challenges for bikers include people who simply run stop signs, cautioned homeschool student volunteer Nathan Melody, as he placed stickers on check-sheets at a stop sign.

USAG-KA traffic is tricky for young bikers to navigate.

"I think one of the biggest road hazards on the island are the big trucks that offload cargo from the pier," said volunteer Evelyn King. "When we first

arrived on the island, my younger brother would just dart out in traffic, right in front of the cars."

Learning how to avoid hazards comes with time and experience. Wearing bike helmets is highly recommended, but not required, said Delaney. Yet, defensive driving is key.

"You want to make sure to signal to everybody where you want to go, to make your signals, keep your eyes open and have your helmet on," said Delaney.

Community teamwork is vital. Last weekend work crews filled in potholes in the island's residential areas.

"They deserve huge kudos," said US-AG-KA Sgt. 1st Class Jonathan DeBates, whose child attends GSES.

Delaney challenged students to join the community.

"I hope the takeaway for all of them is they remember that safety is a shared responsibility for everybody using the road," he said.

USAG-KA residents are reminded that young bikers out there are counting on them. Please use observe the rules of the road and be a responsible commuter. For more information on Army transportation regulations, contact the KPD at 5-4445.



UNARMED MINUTEMAN III TEST LAUNCHED FROM VANDENBERG AFB

EXTERNAL REPORT

An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operation test at 11:49 p.m. PT Feb. 23, 2021, at Vandenberg Air Force Base, California.

The purpose of the ICBM test launch program is to validate and verify the safety, security, effectiveness and readiness of the weapon system, according to Air Force Global Strike Command.

Col. Joseph Tringe, 30th Space Wing individual mobilization augmentee to the commander, was the launch decision authority.

“This first launch of the year demonstrates our ability to provide safe, secure range operations to our launch partners while maintaining a continuous state of readiness,” said Tringe. “The outstanding teamwork of the Airmen and Guardians here at Vandenberg is a true testament to the future of space operations on the Western Range and our ability to defend the United States and our allies.”

1-3) An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operation test Feb. 23, 2021, from Vandenberg Air Force Base, California. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms.



LOW VISIBILITY AT NORTH POINT HAD KWAJ RESIDENTS ASKING: DID YOU SEE THE MISSION?

We all have a story about “the one that got away.”

The irony of atoll weather knows no bounds. It’s 86-degrees, warm and perfect weather until you want to view the telltale glow of an ICBM test from the comfort of your lawn chair.

On U.S. Army Garrison – Kwajalein Atoll, heavy nighttime cloud cover obscured the skies on mission night. Hopeful island residents traveled to North Point hoping to catch a glimpse of the test. A few reported a brief, glowing flash behind the clouds, but did not see the classic display they’d hoped to see.

To check out footage from the launch, visit Vandenberg Air Force Base online at <https://fb.watch/3SunuLxgl6/>.



REMINDER FOR RADIO FREQUENCY SAFETY

PUBLIC SAFETY ANNOUNCEMENT

All use of radio frequencies or related equipment must be verified by the NETCOM Spectrum Management Office prior to purchase or activation.

The NETCOM SMO will verify adherence to Army, U.S. and international

regulations and standards and ensure that proper approvals are in place to use specified frequencies.

Failure to gain approval prior to purchase may result in equipment shut down and wasted funds. This extends to all users within a 200-mile radius of Kwajalein and includes TDY visitors.

Lead times for approval may be from 120-days for simple frequency use to up to two years for equipment approval.

Approved U.S. electronics for home use are exempt from this process.

Any instance of interference should be reported immediately; the SMO will assist in resolving interference issues. Please contact the SMO at 5-2498 with any questions.

HISTORY WITH U.S. SPACE AND MISSILE DEFENSE COMMAND

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

In his February 1971 Foreign Policy Report to Congress, President Richard Nixon announced that: "I will continue a SAFE-GUARD program designed to provide maximum flexibility in the conduct of the Strategic Arms Limitation Talks. We are doing nothing which precludes any possible agreement at SALT."

Full negotiations began in 1968, and the first SALT or Anti-Ballistic Missile Treaty was signed in 1972.

Bordered by bales of straw, concrete at Montana's Malmstrom Site Radar sets up in subzero temperatures, pictured here in March 1971.



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.



ST. PATRICK'S DAY CELEBRATION AT CAMP HAMILTON

SUNDAY, MARCH 14 FROM 7 - 11 P.M.



Enjoy games, door prizes, dancing and a live DJ. Catch a ride to the party using the shuttle bus. Transports leave leave the Ocean View Club every 30 minutes from 6:45 -10:45 p.m.

This event is open to adults 21 and older.

KWAJALEIN ART GUILD'S SECOND ANNUAL

CRAFT CRAWL

Monday, March 22 from 10 - 1 p.m.

Walk, run, bike or rent a cart with friends. Start by picking up a map from the Art Annex behind the Kwajalein Hobby Shop for artist's locations. For more information, contact the Kwajalein Art Guild on Facebook.



CYS FEBRUARY SPOTLIGHT

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

1

CDC Baru classroom

Saturdays – Water Play Day. Please send your child with water clothes, a towel and dry clothes.

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

Important Dates

March 5 - STEAM Yoga

Pre-K Spring Break - March 13 - 20

CDC Start Smart Sports

Tumbling - Season runs through March 23.

SAC Regular programming

Tuesdays - Art

Wednesdays - Functional Fitness
2:15 - 3:15 p.m., paid program.

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

SAC 4 - H

March Theme - Money Matters

Wednesdays and Fridays,
4:30 - 5:30 p.m.

SAC Sports

Field Hockey - Registration is open
March 16 - 27. Season runs April 6 -
May 1.



2

1) CYS kids and staff celebrate Mardi Gras. 2) This week, CYS bids a fond farewell to teammate Rhonda Johnson, center. Rhonda will soon PCS with her husband Dennis. We appreciate all of her hardwork and love for the island's children!

Important Dates

Spring Camp - March 13 through
March 20

Namo Weto Youth Center

Tuesdays

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

- Keystone - 11:40 a.m.

Wednesdays - Trivia, 4:30 p.m.

Thursdays - Ted Talks, 4 p.m.

Fridays - Frappuccinos, 4 p.m.

Saturdays - Smoothies, 3:15 p.m.

Saturdays - Money Matters, 4 p.m.

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

Sundays - Board Games, 4 p.m.

Special Events

March 21 - End of Spring Break BBQ
from 5 - 7 p.m.

Parent Information

March 6 Parent Advisory Board Open
House. Please come to Central Reg-
istration, register your child for pro-
gramming and receive information on
upcoming activities and events.

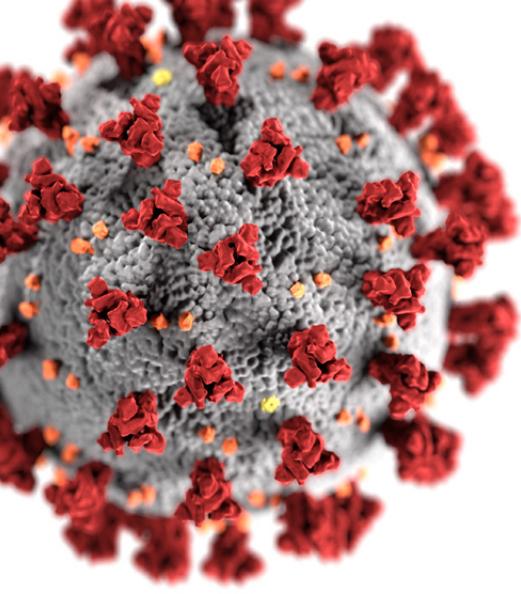
For CDC activities at the Millican Family
Pool, parents are reminded to send chil-
dren with water clothes, a towel, dry
clothes and swim diaper if needed.



IT'S FOR YOU: FILL OUT A SURFWAY SURVEY

New comment cards are now posted near the Surfway entrance and will be reviewed on a weekly basis. Your suggestions and ideas are welcome.

The Surfway manager and USAG-KA Food Services reps are always available to speak with you and answer questions.



COVID-19 VACCINATIONS ARE NOW IN PROGRESS.

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.

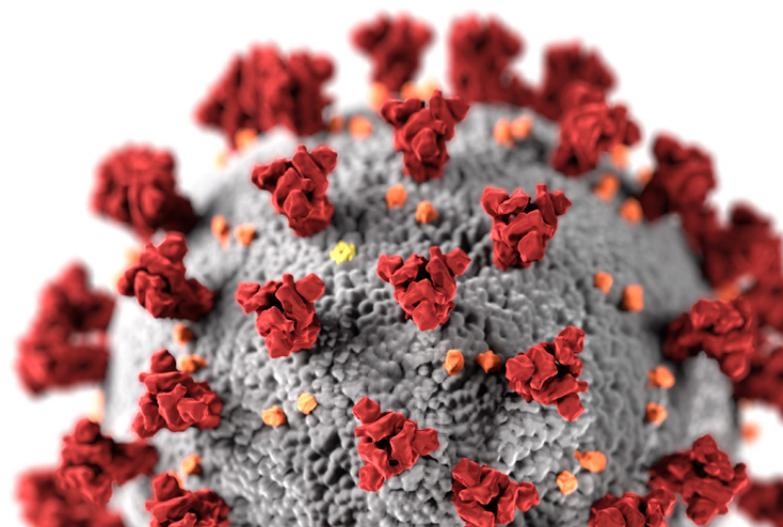
Customers who have previously tested positive must present written or electronic documentation, dated within the last 90 days, of recovery from COVID-19 after previous infection.

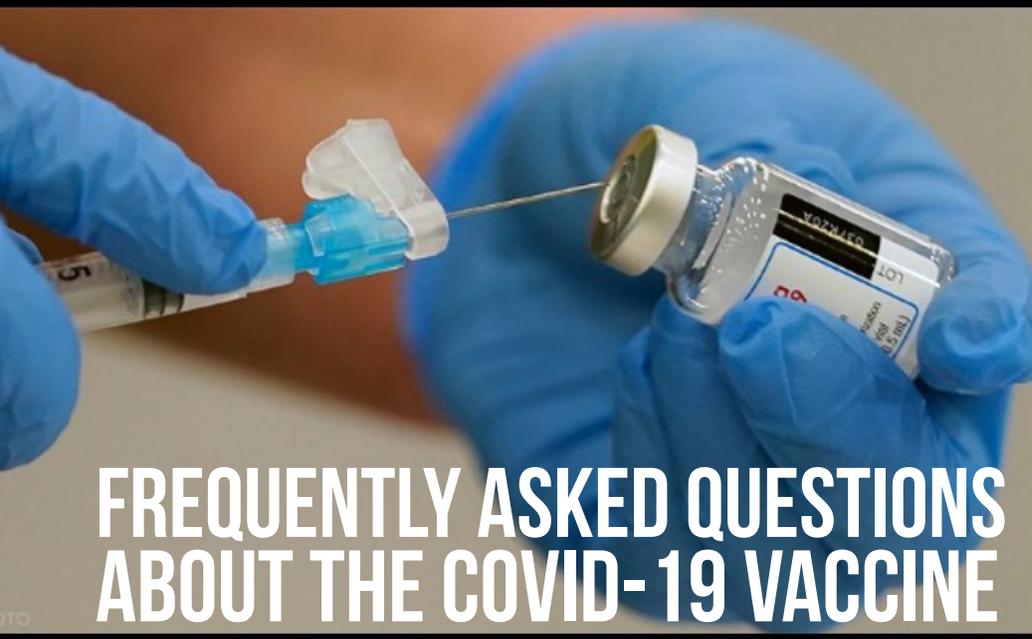
This should be in the form of a positive viral test result and a letter on official letterhead that contains the name, address and phone number of a licensed healthcare provider or public health official stating that the passenger has been cleared for travel.

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

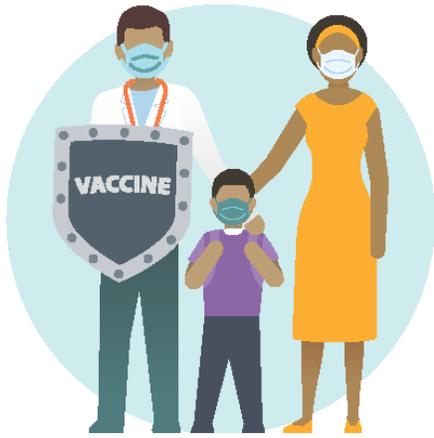
The following medical conditions identify individuals at increased risk of severe disease from the COVID-19 disease (not from the immunization):

- 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.

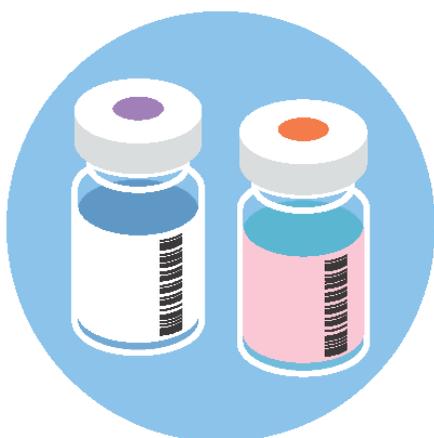
It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time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

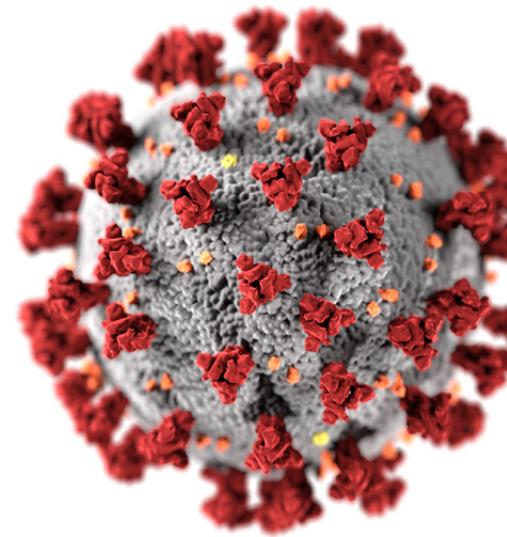
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html> Last Updated Jan. 25, 2021
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

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

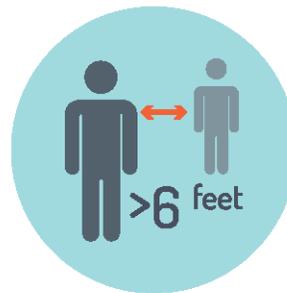
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html> Last Updated Jan. 7, 2021

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.

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.



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.

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.

Enjoy working with school-aged children? Kwajalein School System seeks caring, student-centered adults available from 8 a.m. – 3:30 p.m. to serve as substitute teachers or substitute teacher aids. Desired qualifications include: holds a teaching license, four-year bachelor's degree or two-year associate degree; previous experience working with school-aged children; enjoys working with children; and a favorable background check. Contact Paul Uhren for more information at uhrenp@kwajalein-school.com or 5-3601.

U.S. Embassy Majuro seeks a Political/Economic Assistant. Job Announcement No. Majuro-2012-002; Series/Grade LE1605/9. For more information, email MajuroHR@state.gov and contact Human Resources Office: Ma. Victoria dela Cruz; P.O. Box 1379, Majuro, MH 96960 and visit <https://careers.state.gov/downloads/files/eight-qualities-of-overseas-employees>.

U.S. Embassy Majuro seeks an Administrative Clerk. Job Announcement No. Majuro-2021-003 (series/grade LE 105/6) FS is 08. Actual FS salary determined by Washington D.C. For more information, visit <https://careers.state.gov/downloads/files/eight-qualities-of-overseas-employees>.

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.

Community Bank seeks to hire a Banking Center Operations Supervisor. This is a part-time, on-island hire position for 35 hours per week. Interested candidates should submit applications and resumes www.dodcommunitybank.com. For more information, contact Rita Pyne at 5-2152 with questions about this opportunity.

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 their 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.**



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.

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 Roi-Namur and Kwajalein. Contact the Chapel office at 5-3505 to schedule a meeting. Discussions in pastoral counseling are kept private. 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.

Tablecloth Inventory. MWR will be completing a tablecloth inventory March 9 - 13. No reservations for tablecloths will be accepted during this time. Thank you for your understanding.

Kwajalein Drug Take Back Program. Safely discard expired materials at one of two island collection receptacles—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. Eligible collection items include 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.

Survey Cards. 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.



STUDENT ART SHOW

**Tuesday, March 9
4:30 - 6:30 p.m.**

GSES Art Studio, GSES room 14 across from the Millican Family Pool

This year's art theme is Disney and features work by artists in grades K - 6.

Disney-inspired costumes are welcome. We hope to see you there.

Virtual Eyecare. 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.

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.

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.

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.

Bargain Bazaar Donation Pick-Up Day is Monday, March 8. Donations benefit the YYWC Education Assistance Fund. For a donation pickup, please PM Kelly Redmond on Facebook or email kellyredmond.lmt@gmail.com

Small Boat Marina Summer 2021 Hours of Operation March 1 through Oct. 31 from 8 a.m. - 6:30 p.m. Questions? Call the Small Boat Marina at 5-3643



DART BATTLE

BATTLE YOUR FRIENDS AT THE DAVYE DAVIS MULTI-PURPOSE ROOM FEB. 28 AND MARCH 1

**\$10 FOR UNLIMITED PLAY
FOOD AND BEVERAGES AVAILABLE FOR PURCHASE
ALL PROCEEDS GO TO LUMINAID FUNDRAISER**

JOIN US FOR SOME FUN. All participants must wear closed-toe shoes and will need a parent to sign a liability waiver. Heavy-duty guns will be provided for ages 13 - 18. Some Nerf-style guns will be provided for younger ages, but if you have a nerf gun, please bring it. Eye protection will be provided for all.

**Ages 5 - 8
2 - 3 p.m.**
Survive the dino-maze with your whole team, and shoot some target practice.

**Ages 9 - 12
3 - 4:30 p.m.**
Join us for team-based games such as "Among Us" and fight for your team's victory

**Ages 13 - 18
4:30 - 6 p.m.**
Bigger guns, bigger stakes. Fight for your survival and join a team in an "Among Us" styled game.

FOR MORE INFORMATION, CONTACT SAM.PARTAIN@DYN-INTL.COM



UNITED STATES ARMY
CHILD & YOUTH SERVICES

RMI TRAVEL BAN EXTENDED TO MARCH 4

**RMI NOVEL COVID-19
UPDATED INTERIM HEALTH
TRAVEL ADVISORY &
RESTRICTIONS
ISSUANCE 22:
AS OF MARCH 4, 2021**

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until **March 4, 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.

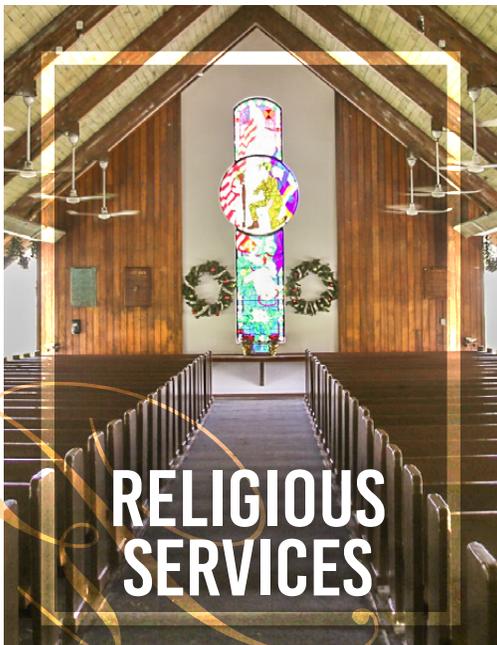
**ISLAND HOPPER
FLIGHT SCHEDULE**

United Airlines has confirmed reinstatement 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.

MARCH CHECK-IN TIMES
UA 155 - 3:30 - 4:50 p.m.
UA 154 - 10:45 - 11:15 a.m.

MARCH FLIGHTS
UA 155 - March 15 (HNL)
UA 154 - March 16 (GUM)



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.

Youth Fellowship meets March 8 and 29, April 5 and 19 and May 3 at at 6 p.m. in the REB.



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, pancakes 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

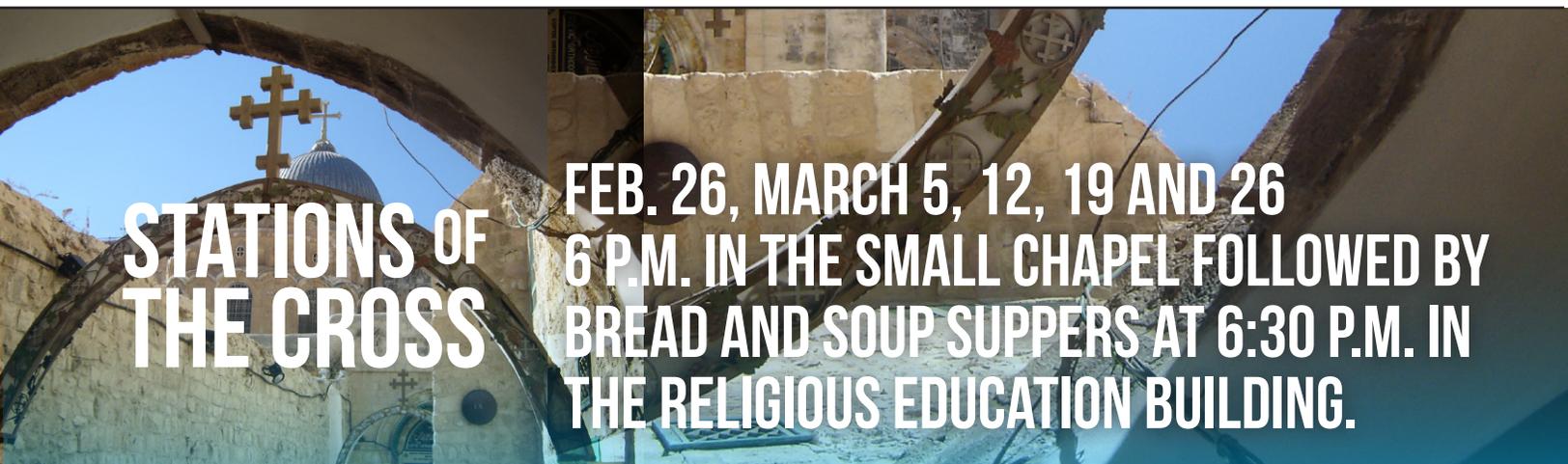


Yokwe Yuk Welcome Club Plant Sale

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.



STATIONS OF THE CROSS

FEB. 26, MARCH 5, 12, 19 AND 26
6 P.M. IN THE SMALL CHAPEL FOLLOWED BY
BREAD AND SOUP SUPPERS AT 6:30 P.M. IN
THE RELIGIOUS EDUCATION BUILDING.



E-WARENESS Trimming and Removal of Vegetation

A **vegetation** trimming and removal permit is required for the following actions:

Complete removal of any established vegetation.

Major trimming of vegetation, defined as greater than 20 percent of each plant or tree volume.

Vegetation permits are obtained through the Environmental Department by calling 5-1134.

Removal of root balls below six inches requires an approved Dig Permit from the Service Desk (5-3550).

Contact Environmental at 5-1134 for more information.

Melim in “vegetation trimming & removal” Ej aikuj wor/lon:

Komakut jabdewot wut (i.e. wojke, ak mar).

Mwijmwij jen wut, kallikar an laplok jen 20% in wut kein kenono kaki ilon.

Komakut wut jen okar in 6-inch mwilal lok ej aikuj wor an “Dig Permit”. Kur lok Service Dest ilo (5-3550) non bok Dig Permit.

Kur lok Environmental ilo (5-1134) non melele ko relaplok.

Kir lok Environmental eo ilo 5-1134 kin melele ko rellab lok.



EOD OPERATIONS MARCH 12

Kwajalein Explosive Ordnance Disposal will be conducting operations at UXO Disposal Site Kwajalein 9:30 a.m. – 10:30 a.m. Friday, March 12.

The area indicated in the map will be off-limits until operation is complete.

ONE ARMY FAMILY ONLINE AND 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 regulation, 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.

COMMUNITY REMINDERS

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

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.

Disconnect from work when the day is over



KWAJALEIN AT THE MOVIES

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

KWAJ - YUK THEATER

Saturday, Feb. 27

"A Wrinkle in Time" (PG) 109 min.

Stormy Reid, Oprah Winfrey

Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who and Mrs. Which the children brave a dangerous journey to a planet that possesses all of the evil in the universe.

Sunday, Feb. 28

"Creed II" (PG-13) 130 min.

Sylvester Stallone and Tessa Thompson

In 1985, Russian boxer Ivan Drago killed former U.S. champion Apollo Creed in a tragic match that stunned the world. Against the wishes of trainer Rocky Balboa, Apollo's son Adonis Johnson accepts a challenge from Drago's son—another dangerous fighter. Under guidance from Rocky, Adonis trains for the showdown of his life—a date with destiny that soon becomes his obsession. Now, Johnson and Balboa must confront their shared legacy as the past comes back to haunt each man.

Monday, March 1

"The Empty Man" (R) 137 min.

James Badge Dale, Marin Ireland

On the trail of a missing girl, an ex-cop comes across a secretive group attempting to summon a terrifying supernatural entity.

Saturday, March 6

"All My Life"

(PG-13) 91 min.

Harry Shum Jr., Jessica Rothe

Jennifer Carter and Solomon Chau are a sweet, fun-loving, newly engaged couple who are ready to start their lives together. But when Solomon is diagnosed with terminal liver cancer, their hopes for a summer wedding become impossible. With time running out, their friends and families soon devise an inspirational plan to help Jennifer and Solomon realize their dream wedding.

Sunday, March 7

"The Lion King"

(PG) 119 min.

Jeremy Irons, Matthew Broderick

A new take on a timeless theme of love, hate, power and potential by Disney with music by award-winning composers Hans Zimmer and Elton John. Can Simba rise to the occasion to defeat his evil Uncle Scar and take back the throne to save his clan?

Monday, March 8

"Nobody's Fool"

(R) 110 min.

Tiffany Haddish, Tika Sumpter

After serving five years in prison, wild child Tanya looks to her buttoned-up, by-the-book sister Danica to help her get back on her feet. The feisty ex-con becomes suspicious and concerned when Danica tells her that she's in a long-distance, on-line relationship with a mysterious man she's never seen. As the polar opposites start to collide, Tanya soon discovers that her sibling's picture-perfect life may not be what it seems.

ROI- NAMUR - C-BUILDING

Saturday, Feb. 27

"Black Panther" (PG-13) 144 min.

Chadwick Boseman, Danai Gurira

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king—and as Black Panther—gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.

Sunday, Feb. 28

"Freaky" (R) 102 min.

Kathryn Newton, Vince Vaughn

Seventeen-year-old Millie Kessler spends her days trying to survive high school and the cruel actions of the popular crowd. But when she becomes the latest target of the Butcher, the town's infamous serial killer, her senior year becomes the least of her worries. When the Butcher's mystical dagger causes him and Millie to magically switch bodies, the frightened teen learns she has just 24 hours to get her identity back before she looks like a middle-aged maniac forever.

Saturday, March 6

"Creed II" (PG-13) 130 min.

Sylvester Stallone and Tessa Thompson

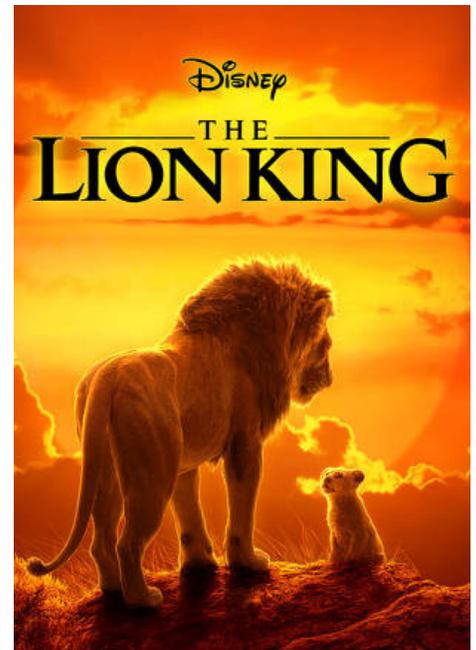
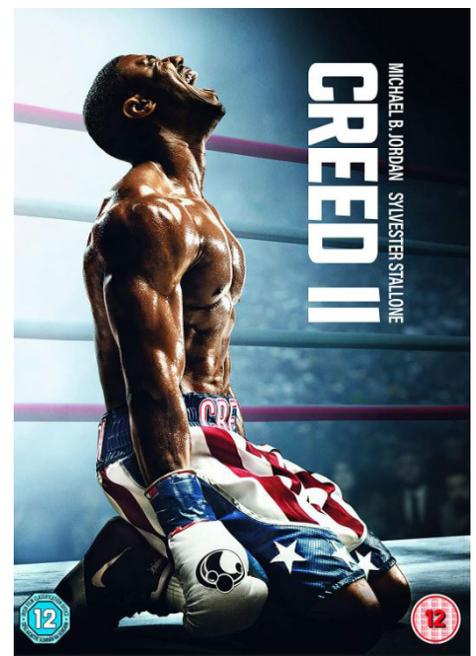
In 1985, Russian boxer Ivan Drago killed former U.S. champion Apollo Creed in a tragic match that stunned the world. Against the wishes of trainer Rocky Balboa, Apollo's son Adonis Johnson accepts a challenge from Drago's son—another dangerous fighter. Under guidance from Rocky, Adonis trains for the showdown of his life—a date with destiny that soon becomes his obsession. Now, Johnson and Balboa must confront their shared legacy as the past comes back to haunt each man.

Sunday, March 7

"The Empty Man" (R) 137 min.

James Badge Dale, Marin Ireland

On the trail of a missing girl, an ex-cop comes across a secretive group attempting to summon a terrifying supernatural entity.



On "Creed II": Even if you have not seen the previous Creed, you could still jump right into this film and enjoy it just the same. —Mihir Fadnavis, *Firstpost*

On "The Empty Man":

A truly surreal and strange piece of work, anchored by some top-notch craft elements, but weakened a bit by a bloated running time and a conclusion that likely left the few people who saw it in theaters more annoyed than thrilled. —Brian Tallerico, *roberbert.com*

On "Black Panther": One of the most entertaining and relevant films in the Marvel Comics Universe, "Black Panther" offers such a welcome cinematic approach to traditional themes of national identity and power that viewers might forget they're watching an action movie. Hats off to Stan Lee for this gem—now, hit the theaters and check it out. —Jessica Dambruch, *The Kwajalein Hourglass*

On "Freaky": Sure, it may look cute at first glance. But take a peek under the surface, and you find something dark and ugly. —Paul Asay, *Plugged In*

On "Nobody's Fool": This movie's just terrible. Terrible aesthetically, terrible ethically, terrible in every which way a movie can be. —Plugged-In Staff

NOTICE OF AVAILABILITY Ground Based Strategic Deterrent (GBSD) Test Program Draft Environmental Assessment/Overseas Environmental Assessment (EA/OEA)

The United States (U.S.) Air Force (USAF) has prepared a Draft Environmental Assessment/Overseas Environmental Assessment (EA/OEA) in accordance with the Council on Environmental Quality (CEQ) and USAF regulations for implementing the National Environmental Policy Act (NEPA) (40 CFR Section 1502.14 and 32 CFR Section 989.8, respectively).

The Draft EA/OEA analyzes the implementation of the Ground Based Strategic Deterrent (GBSD) Test Program. GBSD represents the modernization of the U.S. land-based nuclear arsenal, eventually replacing the aging Minuteman III intercontinental ballistic missile system. Before USAF can make future decisions to transition the Minuteman III weapon system from active status to the GBSD weapon system, developmental and operational program testing of the new system must occur. Test program-related actions would occur primarily at Hill Air Force Base (HAFB) in Utah and at Vandenberg Air Force Base (VAFB) in California. Such tests would include conducting missile launches from VAFB with flights over the Pacific Ocean in the Western Test Range. Additional test support activities would occur at U.S. Army Dugway Proving Ground (DPG) in Utah.

Because the proposed GBSD Test Program would overlap several years of Minuteman III flight testing, the Proposed Action analyzed in the EA/OEA takes into consideration actions and resulting impacts that would occur from conducting both GBSD and Minuteman III test programs in parallel. It includes analysis of associated facility construction and modifications, and test operations, which would occur at HAFB, VAFB, and DPG. The EA/OEA also includes analysis of the proposed GBSD Formal Training Unit/Schoolhouse, including its anticipated parallel operations with the existing Minuteman III Schoolhouse at VAFB. All GBSD Test Program and Minuteman III demonstrations proposed to occur at U.S. Army Garrison-Kwajalein Atoll (USAG-KA) and within the Republic of the Marshall Islands territorial waters must comply with the U.S. Army Kwajalein Atoll Environmental Standards (UES). A Document of Environmental Protection (DEP) is under development to outline the activities proposed to occur at USAG-KA and within the RMI.

The Draft GBSD Test Program EA/OEA and Draft Finding of No Significant Impact (FONSI) are available at <http://gbsdtesteaocia.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

Public comments on the Draft Test Program EA/OEA and Draft FONSI will be accepted from **February 19, 2021 to March 22, 2021** and can be provided in either of the following ways: (1) E mail comments by **March 22, 2021** to gbsdtesteaocia-comments@govsupport.us; (2) Mail comments, postmarked no later than **March 22, 2021**, to: USASMDC, ATTN: SMDC-EN (D. Hasley), P.O. Box 1500, Huntsville, AL 35807.

Kojjelā ke Ewōr Ekatok Edredrelok kin kōm̄melmele kein tarinae ko keteloki jen lal naetan Ground Based Strategic Deterrent (GBSD) Test Program im ekatok kein rej naetaer Draft Environmental Assessment/Overseas Environmental Assessment (EA/OEA)

United States (U.S.) Air Force (USAF) eo emoj an kebooje juōn ruboot eo naetan Draft Environmental Assessment/Overseas Environmental Assessment ak ekatok kin pelaak ko otemjej/ pelaak ko itulik (EA/OEA) ekkar n̄an kakien ko an Council ej bok eddo in joñan emman ko an pelaak ko otemjej ak Environmental Quality ak (CEQ eo) ekoba kakien ko an USAF eo make ikijeen aer loore wōt kakien eo elap an Amedka im ej kiene pelaak ko otemjej naetan National Environmental Policy Act ak (NEPA eo) ekkar n̄an eon nōmba kein iumin (40 CFR Eon nōmba 1502.14 im kab 32 CFR eon nōmba 989.8) rej kakien ko kemlet bwe en kōm̄man ekatok kein redredrelok.

Ekatok in naetan Draft EA/OEA ej etale an jino kōm̄man kōm̄melmele ko an juōn kein tarinae ekele eo rej keteloke jen ion bwirej rej naetan Ground Based Strategic Deterrent (GBSD) iumin brokraam in kōm̄melmele eo an make ak Test Program eo an. GBSD ej kalikare an kōm̄man jermal in kokmanmanlok ko an raan kein n̄an kein tarinae ko an Amedka im rej keteloki jen ion bwirej im rej kejerbal nuclear ko, im kein tarinae kein rekeel naetaer GBSD renaaj bok jikin kein ketelok ko kiō naetaer Minuteman III intercontinental ballistic missile im rej watoki ke remoor im maat aer raan. Moka jen an USAF eo maroñ in kōm̄man jabdrewōt karōk in bebe ko n̄an kōm̄man oktā im bojrak jen aer kejerbale kein tarinae kein remoor naetaer Minuteman III weapon system ko im jino kejerbale kein tarinae kein naetaer GBSD weapon system ko, innem ej aikuij in bok jikin im kōm̄man brokraam in ejaake im kōm̄melmele kein tarinae kein jimor. Makitkit ko ikijeen brokraam in kōm̄melmele kein renaaj lap wōt aer kōm̄man im bok jikir ilo jikin en naetan Hill Air Force Base (HAFB eo) im ej bed ilo bukwōn in Utah im ilo Vandenberg Air Force Base (VAFB eo) ilo California. Kōm̄melmele kein ekoba kōm̄mane ketelok ko renaaj kōm̄mani jen VAFB ilo an kein tarinae kein rej keteloki naaj ketok itulon in malo in Pacific Ocean in keteloki tok n̄an turilik in ijo rej ketelok n̄ane ak Western Test Range eo. Kōm̄melmele ko jet n̄an jiban lok makitkit ko jet renaaj bareinwōt kōm̄man im bok jikir ilo jikin in U.S. Army Dugway Proving Ground (DPG eo) ilo Utah.

Kinke kōm̄melmele in elmakwōte wōt ilo tōre in an GBSD Test Program eo ej iten koba lok im erom mottam eija melele im jelā ko raar kōm̄man iumin elon ilo ko ilo aer kar kōm̄melmele Minuteman III eo ilo aer kar kōm̄melmele maantak, innem makitkit in im ej bed wōt ilo elmakwōt im wōr ekatok kake ilo rupoot kein naetaer EA/OEA ko, innem ewōr kalmenlokijen ko raar kōm̄mani im loi kin joñan an kōm̄melmele kein maroñ jelet pelaak ko itok wōt jen aer naaj kōm̄mane kōm̄melmele ko jimor an kein tarinae kein ruo naetaer GBSD im kab Minuteman III iumin brokraam in kōm̄melmele ko aerro jimor im renaaj kōm̄man ippen dron ilo juōn wōt iien. Tobrak in melele ko loi ekoba aer kar etale aer maroñ kalek im ukot em ko ko renaaj kar aikuiji ilo makitkit in ekoba makitkit ko jet an kōm̄melmele kein, ko im renaaj maroñ kōm̄mani ilo jikin kein ba kaki ilo HAFB, VAFB, im kab DPG. Ruboot kein EA/OEA rej bareinwōt kar etale melele ko ikijeen kumi eo renaaj kar bok kamminene kin makitkit in kōm̄melmele kein ak GBSD Formal Training Unit/Schoolhouse, ekoba melele ko jet rej uwaan ikijeen eija kōm̄melmele kein im rej kōm̄mani ippen kumi ro jet im rej bok kunaer iumin makitkit in kōm̄melmele ko kiō rej kōm̄man ilo Minuteman III Schoolhouse eo ilo VAFB eo. Aolep brokraam in kōm̄melmele ko an GBSD Test Program eo im kab kōm̄melmele ko an Minuteman III eo rej lemnak in kōm̄mani ilo U.S. Army Garrison-Kwajalein Atoll (USAG-KA) im iloaan meto im malo ko an Republic o an Marshall Islands renaaj aikuij in loore wōt kakien ko rejelet pelaak ko an Kwajalein iumin kakien eo naetan U.S. Army Kwajalein Atoll Environmental Standard ko ak (UES eo). Juōn ruboot kin wewein kejebarok wōt pelaak ko otemjej naetan Document of Environmental Protection (DEP) rej kōm̄mane wōt ilo tōre in n̄an an maroñ in kelaajrake wewein im jekjek in an kōm̄melmele kein elmakwōti maroñ kōm̄man im bok jikir ilo USAG-KA im iloaan RMI in.

Ekatok eo kin pelaak ko otemjej/pelaak ko itulik naetan Draft GBSD Test Program EA/OEA im kab ekatok eo juōn kin Ejjelok jekjek ellap ko raar loi remaroñ jelet pelaak ko ak Draft Finding of No Significant Impact (FONSI) rej maroñ loi im lali kobbaer ilo jikin in <http://gbsdtesteaocia.govsupport.us> im 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

Aolep melele jen armej otemjej ikijeen ruboot kein Draft Test Program EA/OEA im Draft FONSI renaaj maroñ boki jino jen **February 19, 2021 n̄an March 22, 2021** im remaroñ in litok ilo wewein kein: (1) melele ko ilo E mail ren tobrak tok ilo **March 22, 2021** n̄an gbsdtesteaocia-comments@govsupport.us; (2) melele ko ilo Mail, ren kokalle enjab rumwij lok jen **March 22, 2021**, im jilkintok n̄an: USASMDC, ATTN: SMDC-EN (D. Hasley), P.O. Box 1500, Huntsville, AL 35807.

USE ARMA TO REPORT MAINTENANCE ISSUES



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>

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



FEMALE GROOMING STANDARDS

UP TO 2 BRAIDS, SINGLE PONYTAIL, BANGS CAN NOW TOUCH EYEBROWS



Upon publication of the new standards in Air Force Instruction 36-2903 Feb. 10, female Airmen are authorized to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes.

AIR FORCE TO ALLOW LONGER BRAIDS, PONYTAILS, BANGS FOR WOMEN

EXTERNAL REPORT

By Secretary of the Air Force Public Affairs

ARLINGTON, Va. (Air Force News Service)—As an outcome of the 101st Air Force uniform board, Air Force women will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes.

These new changes were effective upon publication of the new standards in Air Force Instruction 36-2903, February 10.

"As I outlined in Action Order A: Airmen, this decision is a commitment to supporting the Airmen We Need and sustaining the culture and environment of excellence that will continue to make the Air Force an attractive career choice for Airmen and families," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "I'm thankful for the feedback and research conducted from a number of women leaders, the Women's Initiative Team, the Air Force uniform board, and our joint teammates."

The Air Force uniform board convened virtually in November 2020 to discuss ideas sourced from Airmen across the Air Force who participated in a dress and appearance crowdsourcing campaign. Participants on the board included 19 diverse Airmen of various

ranks from across the major commands and headquarters directorates.

The board reviewed all ideas including a recommendation from the Air Force's Women's Initiative Team. Thousands of women across the Air Force provided feedback to the Women's Initiative Team, stating constraints to hair grooming standards resulted in damage to hair, migraines and in some cases, hair loss. The detailed work done by the Women's Initiative Team to research and support the recommendation was greatly appreciated by the uniform board.

"In addition to the health concerns we have for our Airmen, not all women have the same hair type, and our hair standards should reflect our diverse force," said Chief Master Sergeant of the Air Force JoAnne S. Bass. "I am pleased we could make this important change for our women service members."

In addition to addressing issues associated with personal health and hair loss, adjusting female hair standards supports ongoing efforts to address diversity and inclusion in the ranks. Earlier this year and in her role leading the Defense Department's Diversity Board, then-Secretary of the Air Force Barbara M. Barrett played a prominent role in supporting these types of adjustments to ensure a more inclusive culture in the services.

The Air Force chief of staff approved the policy after considering feedback from the force, the uniform board recommendation, and the professional image and standards of the Air Force and U.S. military.

"We remain committed to removing barriers to service," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "In an all-volunteer force, we want fully qualified volunteers who are representative of the nation to see us as a great opportunity to maximize their talent and serve."

Members must adhere to current occupational safety, fire and health guidance, and mishap prevention procedures emphasizing when and how to mitigate the potential for injury from hair of varying lengths around machinery, equipment, power transmission apparatus or moving parts. Airmen are encouraged to reach out to their safety office for assistance in analyzing any potential hazards, as applicable.

Another idea considered by the board related to beard wear for men. Unlike with women's hair standards, there are no known health or hair loss issues associated with current male grooming standard compliance. As such, the Air Force plans to continue under the current male grooming standards without adjustments. Beards are currently permitted in conjunction with medical exceptions such as shaving waivers or for approved religious accommodations.

At this time, Guardians will adhere to the female grooming standards of the Air Force. Eventually, the U.S. Space Force will develop its own policy.

Numerous other ideas from the board are still under consideration for implementation and will be released in the future. For more information, consult AFI 36-2903 Dress and Appearance.



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) boktun ak kein kabokklok eo ien eo emokajjata 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 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



SUN - MOON - TIDES

WEATHER DISCUSSION: Dry season weather continues through the weekend as a large mass of dry, stable air has settled over the region. Despite the influence of a couple of subtropical ridges in the mid-Pacific over the next week, smaller low-pressure systems to the north are limiting wind speeds to below Small Craft Advisory threshold. Minimal grounds for shower development will persist through the weekend, leaving pleasant conditions, as winds will see a slight decrease to the mid-teens as well. For the early portion of the work week, forecast models are indicating potentially widely scattered showers through an increase in low-level convergence and moisture in the atmosphere. During the back end of the work week, the re-emergence of an Intertropical Convergence Zone could possibly affect the atoll if it rises far enough north.

SATURDAY: Mostly sunny with minimal showers. Winds NE-E at 14-19 knots with frequent higher gusts.

SUNDAY: Mostly sunny with minimal showers. Winds NE-E at 13-18 knots with occasional higher gusts.

MONDAY: Mostly sunny with stray showers. Winds NE-E at 13-18 knots with occasional higher gusts.

NEXT WEEK: Isolated to widely scattered showers for Tuesday and Wednesday, mostly dry during the middle of the week, and widely scattered to scattered showers for the weekend.

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:03 a.m. 7:00 p.m.	7:54 p.m. 7:39 a.m.	5:04 a.m. 4.3' 5:16 p.m. 5.1'	11:01 a.m. -0.8' 11:34 p.m. -1.0'
MONDAY	7:03 a.m. 7:00 p.m.	8:49 p.m. 8:26 a.m.	5:36 a.m. 4.4' 5:49 p.m. 5.0'	11:36 a.m. -0.8' -----
TUESDAY	7:02 a.m. 7:00 p.m.	9:44 p.m. 9:12 a.m.	6:09 a.m. 4.5' 6:22 p.m. 4.7'	12:04 a.m. -0.9' 12:12 p.m. -0.6'
WEDNESDAY	7:02 a.m. 7:00 p.m.	10:39 p.m. 9:59 a.m.	6:44 a.m. 4.4' 6:57 p.m. 4.2'	12:36 a.m. -0.6' 12:50 p.m. -0.3'
THURSDAY	7:02 a.m. 7:00 p.m.	11:37 p.m. 10:48 a.m.	7:21 a.m. 4.1' 7:33 p.m. 3.6'	1:08 a.m. -0.3' 1:32 p.m. 0.1'
FRIDAY	7:01 a.m. 7:00 p.m.	----- 11:39 a.m.	8:03 a.m. 3.8' 8:14 p.m. 2.9'	1:41 a.m. 0.2' 2:22 p.m. 0.7'
MARCH 6	7:01 a.m. 7:00 p.m.	12:35 a.m. 12:33 p.m.	9:00 a.m. 3.3' 9:22 p.m. 2.2'	2:19 a.m. 0.7' 3:41 p.m. 1.2'



Click the logo to visit
RTS Weather online.



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 HOURGLASS ONLINE.