

VOLUME 62 NUMBER 10

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THE KWAJALEIN HOURGLASS



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RHONDA JOHNSON, LEFT, AND FORMER KWAJALEIN POLICE CHIEF DENNIS JOHNSON SAY BAR LO EOK TO KWAJALEIN BEFORE THEIR FLIGHT TO THE UNITED STATES MARCH 5.

JO JESSICA DAMBRUCH



KWAJALEIN POLICE CHIEF RETIRES

BY JESSICA DAMBRUCH

This week, the Kwajalein community bids farewell to Police Chief Dennis Johnson and his wife of 34 years, Rhonda, as they retire from government service. A ceremony commemorating Johnson’s career and service was held at the Kwajalein High School Davye Davis Multi-Purpose Room Feb. 27.

Johnson served in the U.S. Army for 21 years and worked for more than 12 years as a government employee. His active duty military service culminated in 2004 after serving as the Force Protection Sergeant Major for 1st Special Forces Operational Detachment—Delta, also known as Delta Force, specializing in counterintelligence and operations.

During his military career, Johnson served at Fort Bragg, North Carolina; Fort Leonard Wood, Missouri; and Fort Irwin, California. He was deployed to countries as far away as Cuba, Panama and Afghanistan. On two consecutive tours on U.S. Army Garrison-Kwajalein Atoll, Johnson worked as the chief of police with Alutiiq, LLC, and the Kwajalein Police Department.

As a result, Feb. 27 marked the Johnsons’ second and third retirements, from law enforcement and security, respectively. But their contributions to the Kwajalein community did not end at the close of the workday.

In his remarks, USAG-KA Commander Col. Jeremy Bartel recalled the many ways in which the Johnsons contributed to community life on the island.

“All the kids knew where to go to get a popsicle on a hot day from Rhonda,” said Bartel. “And everyone else knew where

they could go to get sound advice and counsel on a variety of concerns, from Dennis. They didn’t seek Dennis out because he was the chief of police, but because he was a trusted individual and is known to make time for anyone while providing candid, sometimes hard-to-hear counsel and advice.”

Bartel and Command Sgt. Maj. Ismael Ortega awarded Johnson the Army’s Meritorious Civilian Service Medal and the flags of the United States and Republic of the Marshall Islands. Rhonda received the Public Service Commendation Medal.

Representatives from the RMI government and law enforcement thanked Johnson for his contributions and perseverance in maintaining security on the atoll and for sharing his expertise as a coach with the multiple basketball teams—including a Marshallese women’s team from Ebeye—that played this season.

Bartel also read a letter from the Johnsons’ son, Mitch, who attended the ceremony remotely. Now a Wisconsin high school football coach, Mitch described his father with respect, admiration and love.

“I’m beyond proud that you are the leader of our family, and you can never retire from that position. I’ve learned that it is a tough job, trying to be a leader of men, and trying to lead boys to becoming men. ... I really think once you reflect on what you’ve accomplished in your career, you’ll always have a smile on your face because you’ve always left places better than what they were before you got there. That’s the definition of hard work, commitment and a great leader.”



Marshallese law enforcement and security officials present Kwajalein Police Chief Dennis Johnson, center, and his wife Rhonda, center right, with tokens of appreciation at Johnson’s retirement ceremony Feb. 27 at the Kwajalein High School Davye Davis Multi-Purpose Room.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Early in his life, the boy who would become the chief learned the meaning of hard work.

Work was how the young Dennis helped feed his family, when, as a third grader who shoveled the winter snow in Madison, Wisconsin to earn money, he’d return home from school to the handwritten note directing him to go fishing to catch the family’s supper.

Work became the question, the answer and the force Dennis used to shape his life after an injury robbed him of a football scholarship. After enlisting in the U.S. Army, work propelled him to excel past the greatest expectations of his military mentors with SFOD-D, and to continue honing his coaching skills after leaving active duty service.

Work was the momentum and the impulse that Johnson followed from his elected position as the commissioner of Pine Bluff, North Carolina, to the communities where he shared his lifelong passion for athletics working as a coach. On Kwajalein, while serving as chief of police, Johnson coached teams in no less than six sports.

Work was simply the way. Looking back on his accomplishments, Johnson—coach, Soldier, Eagle Scout, author, husband and father—was ready to strive for the next goal. This time, his mission was focused on his family.

After this week, the Johnsons plan to return home to Wisconsin where Dennis will coach football with their son.

“Before you, you see a version of me, after decades of being tattered by the elements and tormented by mankind—yet, I’ve never given up,” said Johnson in his closing remarks. “I lay my shield down for another to pick up as it is time for me to solely care for my family.”

Bartel thanked the Johnsons for their many contributions on Kwajalein.

“Dennis, the number of kids and residents you’ve had a positive impact on through your years here is absolutely amazing,” Bartel said. “I have no doubt that is exactly the same where you lived in the past, and it will be as you continue your journey.”

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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NOW SERVING WI-FI AT THE ZAMPERINI CAFETERIA

BY JESSICA DAMBRUCH

The latest in a series of improvements at the Zamperini Cafeteria seems too good to be true, but it's not just your imagination—your cellphone really is picking up a free, wireless internet signal, courtesy of U.S. Army Garrison-Kwajalein Atoll.

Kwajalein Dining Services quietly rolled out the new service this past weekend after two months of planning. The Wi-Fi initiative is led by Command Sgt. Maj. Ismael Ortega with support and expertise from Network Command. Similar connectivity improvements later this month are planned for Café Roi, the Surfway facilities and the Corlett Recreation Center, Kwajalein's community center and gym complex.

Diners at the Zamperini can now log-in during all regular mealtimes to check social media, the latest news from family members and even to post updates to their profiles on V-Safe and the Army maintenance website ArMA, which requires an online profile to operate.

For Rick Krewson, USAG-KA protocol

and food safety officer, the benefits of transitioning from "No-Fi" to Wi-Fi were a no-brainer and a great way to improve community morale during meals.

"The Zamperini Cafeteria and Café Roi are places where the community spends a lot of time," Krewson said.

Having Wi-Fi available during meals is not expected to lead to overcrowding or reduced seating during mealtimes. Diners are reminded to be courteous to others and to place devices on silent or vibrate while enjoying the internet and a few new and upcoming extras at the dining facilities. In a few weeks, diners will be able to enjoy movies and sports on a new flatscreen television to be installed on the far side of the Zamperini following a wall repair, Krewson said.

Wi-Fi is able to happen because food service operations are going well, said Krewson. In the past weeks, new supervisory staff released from quarantine have brought their expertise to work. On Roi, new manager Tori Gatlin has received rave reviews. In the past year, DFAC Manager Ronald Jenkins and Operations Manager Kevin Guidry have



added new food stations like the weekend Smoothie Bar, crepes made-to-order and rotating sandwich specialties like meatball subs and gourmet beef, veggie and turkey burgers.

"Our DFAC managers and new staff are a large part of why it's possible to have some of these improvements," said Krewson.

The supervisory care has helped the staff come together as a team and earned the dining facilities good remarks on customer comment cards. Krewson thanks all of the dining services employees for a job well done.

Now, all of that good news is something to write home about. And now you can, thanks to the Zamperini Wi-Fi.



BY JESSICA DAMBRUCH

As he seeks to augment Kwajalein School System staff with substitute teachers, Kwajalein School System Head of School Paul Uhren faces a unique challenge: locating candidates who are not already employed.

"We are really lacking people to substitute teach in our classrooms," wrote Uhren to the Kwajalein Hourglass. "Part of the issue is most everyone on this island has a job. There are very few people who come to just enjoy the island as a semi- or fully retired spouse."

Why does KSS need to identify substitute teachers in the community? Classrooms cannot be left unattended, and substitute teachers deliver lessons for their colleagues when they PCS, take care of sick family members, fulfill appointments or convalesce from their own illnesses and injuries, said Uhren.

Without a steady supply of substitutes to cover full and partial school days, the alternative is tricky: Teachers must supervise classes during planning periods used for preparing their own lesson plans. Even so, that stopgap solution is only temporary: KSS cannot cover a full day of school without additional help.

The COVID-19 staffing challenge has also increased the difficulty of hiring new teachers from off island, Uhren

said, on locating teachers. Substitute teachers can make a big difference.

"The travel restrictions have made it extremely difficult to hire someone mid-year," he said. "We attempted to fill a position in December, but because of the quarantine process and the time for paperwork to get processed, it was impossible for the candidate to accept the position."

Hopefully, this is where you come in. Interested? KSS needs substitute teachers who hold a teaching license, four-year bachelor's degree or two-year associate degree; previous experience working with school-aged children; and a favorable background check.

Applicants who may meet some or all of these qualifications are encouraged to apply, said Uhren. His team will conduct a short interview before the hiring process begins.

New subs can also breathe easy knowing the KSS staff members are there to help.

"Everyone is so grateful that the person came to sub and work with the students," said Uhren. "The students will usually help out the sub to make sure their day goes well."

Those willing to lend a hand at KSS throughout the school year are encouraged to contact Paul Uhren at 5-3601 or uhrenp@kwajalein-school.com with questions.



KWAJALEIN TOWN HALL
March 25, 5:30 p.m.
at the Island Memorial Chapel

ROI-NAMUR TOWN HALL
March 26, 1 p.m.
at the Tradewinds Theater

Please bring your questions concerns and compliments to USAG-KA leadership at this community event.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Kwajalein residents attend a lecture on marine hazards, injuries and safety led by Dr. Nicholas Bird, chief medical officer at the Kwajalein Hospital. The lecture is an initiative of the Yokwe Yuk Welcome Club's "Talks on the Rock" series. 2) Bird answers questions on safety and science following the lecture.

BIRD'S-EYE VIEW OF MARINE HAZARDS AT ISLAND LECTURE

BY JESSICA DAMBRUCH

For wounds acquired while enjoying the water, no amount of hygiene is too much: You can never over-wash. Soap and water are go-to's for preventing infection. However, when addressing pain immediately after an injury, don't reach for those old standbys right away.

The ocean is home to animals who can make beach life hazardous for Kwajalein residents. The animal class cnidarian includes species such as man o' war jellyfish, a bulbous creature often confused with its cousin, the Portuguese Man o' War. Based on its slightly angular pneumatophore, or bladder, Bird describes this jellyfish as the "empanada of death."

If you meet a cnidarian, grab a bottle of white vinegar. The natural acidity can reduce the burning sensation that barbed nematocyst cells wreak on human flesh until a physician can remove them. Repeat: flush the site with white vinegar and not urine.

"Do not rinse with urine," Bird emphasized. "Chances are the natural acidity of the urine would not be strong enough."

Antihistamines and medication can help reduce inflammation and pain from a brush with fire coral or the barb of a sea urchin. For many injuries involving puncture wounds, it is wise to seek out a physician for assistance in removing any foreign bodies from the wound.

In the case of injuries involving toxins, medical attention should be sought as soon as possible.

Never underestimate the cone snails, Bird said. They may be small predators, but many pack a surprising attack, with enough poison to kill a fish.

While you might not soon encounter a cone snail, chances are good that snorkeling on Kwajalein you'll meet a lionfish. Its venom can send a human into anaphylactic shock.

Unfortunately, lionfish also know few natural predators. In order to protect humans and marine species alike, Bird said there is an international effort to help lionfish appear on restaurant menus.

Another way the ocean bests its hu-

man visitors is through dinner, said Bird. He encouraged travelers not to consume local fish unless they were thoroughly knowledgeable about "its chain of command" and from whence the fish had come.

The cautionary tale here is about scombroid, a particular food poisoning caused by a buildup of histamine in dark-meat fish resulting from inappropriate handling. The resultant condition is a build-up of histamines resulting from fish histidine, and food allergies.

Myth: Soaking in hydrogen peroxide is great for treating scrapes.

Fact: Hydrogen peroxide is toxic.

"Flush a wound and you may kill bacteria, but you will also make your flesh a moonscape," said Bird. The substance is best used sparingly.



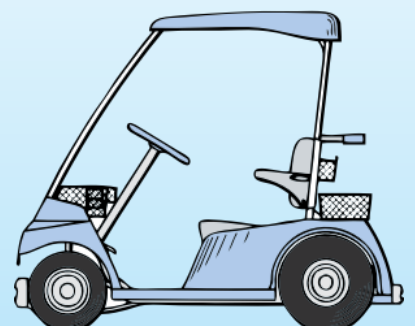
The Yokwe Yuk Welcome Club helps support education in the Republic of the Marshall Islands through community fundraising, outreach activities and events. Check out the YYWC Facebook page for more information on upcoming club events or to learn more about joining or volunteering with the YYWC.

COUNTRY CLUB SHUTTLE SERVICE

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SATURDAYS-ONLY SHUTTLE PICK-UP AT OCEAN VIEW CLUB FROM 5 - 8 P.M. EVERY 30 MINUTES

FOR MORE INFORMATION, CONTACT NIKKI LAGRONE AT 5-9205 OR 5-3331





1

IN THEIR COURT

THE 2021 BASKETBALL CHAMPIONSHIPS

BY JESSICA DAMBRUCH

Gravity is overrated.

Players practically took flight to sink baskets to victory during the Basketball Championships Feb. 27 at the Corlett Recreation Center. The big game night of fast-action plays comes at the end of a week's intense playoffs to determine who would make it to the last game of the season.

Of the three teams coached by Kwajalein Police Chief Dennis Johnson—Spartans I, the Ebeye Ball-Hers and Spartans Blue—two made it to the championships and claimed bragging rights until next year.

After a season of strong teamwork, excellent plays, trial, error and practice, ultimately the last game comes down to milliseconds and numbers. Kwaj Condition defeated Spartans I, 39 to 36; Promat defeated Spartans Blue, 64 to 35; and the Aquanauts defeated Kwajalein, 49 to 33.

Congratulations to this year's players for a gripping season. Interested in playing basketball in 2022? Contact MWR at 5-3331 for more information on the upcoming season and check out these shots from the big game.

1) All eyes on him as he takes the ball downcourt, Aquanauts' Matt Gerber, center, evades players from Kwajalein. 2) Spartans Blue shoots hoops before taking on Kwajalein during the Basketball Championships. 3) Ever get the feeling you're being watched? Crimson Stambaugh, far left, looks for a Spartans Blue teammate.



2



3

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

VICTORY

Congratulations to the 2021 Basketball Championship Winners

Kwaj Condition d. Spartans I, 39 - 36
Promat d. Spartans Blue, 64 - 35
Aquanauts d. Kwajalein, 49 - 33.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



1) Members of Spartans Blue battle it out against Promat. 2) None shall pass: Spartans I Ayele Corder, center, blocks Kwaj Condition's Chelsea Reed, left, and Deirdre Wyatt-Pope as Reed makes a lunge for the ball. 3) The only way out is up: Surrounded by Promat players, Aquanauts' Erik Hanson, center, makes a leap for the basket. 4) Defying gravity is what we do: Aquanauts' Brian Dishman clears sick air during game warm-ups before the championship game. 5) Kwaj Condition's Liz Urfer, left, covers Spartans Blue's Jeanette Reimers.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Kwajalein High School Director of Bands Kyle Miller gives the downbeat to a song during the Kwaj Pops! concert at the Kwajalein High School Multi-Purpose Room Feb. 25. 2) Junior high school band French horn player Teagan Read provides the low tones for cinematic classics and radio songs. 3) High school percussionist Don-Boy Jacob lays down the heartbeat as the band performs the theme to "The Mandalorian." 4) Closer to the center of sound, a backstage view of the concert is the best seat in the house.

BY JESSICA DAMBRUCH

When in doubt, put it to a vote. At the Feb. 25 Kwaj Pops! concert, the Kwajalein junior and senior High School bands performed musical works, including some crowd-funded by their audience.

Pieces ranged from the radio tunes of rapper Lil' Nas X and Ludwig Göransson's overture to "The Mandalorian" to the overtures of cinematic composer Hans Zimmer and themes from "Shrek" and James Gunn's 2014 "Guardians of the Galaxy."

Band members voted each piece into the evening's program and contributed their own special flair to each performance. The night included vocal performances by Minnie Snoddy, outstanding solos by brasswinds and woodwinds players and even new instruments purchased for the band. Flutist Hannah Finley performed the first strains of Göransson's ethereal composition on a large bass recorder.

Director of Bands Kyle Miller thanked members of the communities whose contributions and support made the evening possible. The community is invited back to the Davye Davis Multi-Purpose Room in the fall for the next semester's musical performances.



March is Music in the Schools Month. Each year, The National Association for Music Education invites music teachers, organizations and ensembles across America to celebrate the power and study of music through performance, music education events and exhibitions. NAFME also

sponsors several all-national live musical performances. Click the logo to watch this year's concerts virtually. If you are a music student, check out other resources on the NAFME website for high school and collegiate music honor societies, scholarships and more ways to celebrate music.

REAGAN TEST SITE SUPPORTS MISSILE TEST

EXTERNAL REPORT

By Jason Cutshaw, U.S. Space and Missile Defense Command Public Affairs

REDSTONE ARSENAL, Alabama—A U.S. Army Space and Missile Defense Command team played an important behind-the-scenes role in supporting the Air Force's Glory Trip-237, Feb. 24.

An unarmed Minuteman III intercontinental ballistic missile launched from Vandenberg Air Force Base, California, during Air Force Global Strike Command's operational test and impacted in a pre-established target zone roughly 4,200 miles away near USASMDC's Ronald Reagan Ballistic Missile Defense Test Site on Kwajalein Atoll in the Republic of the Marshall Islands. RTS is a range and test facility located 2,300 miles southwest of Hawaii.

The purpose of the ICBM test launch program was to validate and verify the effectiveness, readiness and accuracy of the weapon system and to ensure the United States' nuclear deterrent is safe, secure, reliable and effective to deter 21st century threats and reassure America's allies.

"I am extremely excited about the opportunity for the Reagan Test Site along with our talented personnel to play a part in the Air Force Global Strike Command's Glory Trip missions," said Col. Eugene M. Poindexter, RTS director. "The RTS team is made up of the highest engineering professionals in the Department of Defense who possess uniquely knowledgeable skills unlike any organization in the world. The RTS team's involvement lends to the technical expertise and knowledge our personnel provide to this very important mission and I'm proud to be a part of such a great team of professionals.

"I'm extremely excited about the RTS team's involvement with this mission which contributes heavily to the implementation of the national defense strategy of our nation," Poindexter added. "The RTS team continues to stand ready to support our nation's warfighters to provide state-of-art technology and expertise daily."

Supporting the launch from Huntsville were members of USASMDC assigned to the RTS Operations Center-Huntsville, which controls sensors at the RTS. ROC-H is the command and control facility for missile defense testing and for space operations at RTS despite being more than 6,500 miles from Kwajalein.

RTS sensors, including high-fidelity metric and signature radars, as well as optical sensors and telemetry, play a role in the research, development, test and evaluation in support of America's defense and space programs. RTS provides range instrumentation, ground range safety, meteorological support and data analysis and uses a full spectrum of support, including multiple radar frequencies, telemetry, and multiple high-speed optical and camera systems to capture every measurable data opportunity and provide data and information critical to system performance



U.S. SPACE FORCE PHOTO BY BRITTANY E.N. MURPHY

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

evaluations.

RTS is one of the major range and test facility bases supporting Glory Trip missions. They collect radar, optical and telemetry data in the terminal phase of flight on behalf of the Air Force customer and track vehicles down range using radars, telemetry and optics instrumentation. For GT-237, RTS will provide scoring data from when the vehicle impacts into the Kwajalein Missile Impact Scoring System.

The test results verify the accuracy and reliability of the ICBM weapon system and provide valuable data. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of national security and the security of U.S. allies and partners.

Bryan Wheelock, RTS Mission Operations range control officer, said the most important task they do for the Air Force is collect data in the terminal phase of flight to help evaluate the performance of their system.

"RTS has a robust instrumentation suite of radar, optical, and telemetry sensors," Wheelock said. "RTS's skilled, professional teams of government civilian, military and contractor personnel have been supporting this mission successfully for more than 50 years.

"Scheduling for the Glory Trip missions starts as early as three years out with planning for the missions beginning about a year out," Wheelock added. We are routinely planning for multiple missions simultaneously. Mission night is the most exciting part of the Glory Trip missions. Working the control room watching everything come together after all the

long preparation. Being part of the team executing the mission, while having a front row seat to all the action – there is no place I'd rather be."

A few weeks out and up to mission day, everyone supporting the Glory Trip mission participates in numerous practice fly-downs, where not only nominal fly-downs occur but surprise off-nominals occur. This helps ensure operators, and the entire mission execution team, plan for success and are prepared for any potential anomalies on mission day.

Donna Annette Simpson, mission planner and assistant range control officer at ROC-H for the mission, said they begin planning and working with the program a year out with funding estimates to support the GT missions for the upcoming year.

"The real work begins at six months out from mission date, which is when we have the first technical interchange meeting where detailed information is presented by the program on the specifics of the mission," Simpson said. "At about 90 days out from the mission, RTS supports a flight test planning meeting where each of the mission participants present their specific mission support plan to the program. The mission is supported and data deliverables can be delivered up to 45 days after the mission.

"I would say the most exciting part is watching the vehicle reenter the atmosphere near Kwaj and see the (reentry vehicle) glow seamlessly through the sky and disappear into its impact location," Simpson added. "I was able to see three (reentry vehicles) come in to the impact area while I worked on Kwaj. That was an amazing sight, and I am thankful I got to experience it."



U.S. Army Garrison-Kwajalein Atoll is pictured in this mid-1980s courtesy photo from U.S. Space and Missile Defense Command.

HISTORY WITH U.S. SPACE AND MISSILE DEFENSE COMMAND

BY SHARON WATKINS-LANG, USASMD C HISTORIAN

For many years, operations on Kwajalein have been the subject of study. Does the range meet testing community requirements? Are base operations sufficient to meet the needs of the community? Are personnel property distributed to create a successful organization?

In the mid-1980s, as the Department of Defense began review assets and options with regard to the evolving Strategic Defense Initiative, the reviewers once again returned to Kwajalein. Beginning in the summer of 1984, a joint Army-Air Force Study initiated a Kwajalein Advanced Range Study. The focus of this effort was to determine if “reconfiguration and contract efficiencies might produce cost savings sufficient to support future requirements such as SDI.” Specifically, they had two objectives. The first was to review the existing instrumentation. Reviews were to validate user requirements, analyze Operations and Management and “logistics drain.” Based on this data, they would recommend the instrumentation

be identified as surplus, relocation or modification; replacement; or retain. On the second level they were to analyze the Kwajalein Missile Range organization, existing contracts and logistic burdens and provide recommended efficiencies. According to the guidance, there were no “sacred cows.”

The Air Force delivered a report on March 1, 1985. In their assessment, they could justify the current Kwajalein Missile Range configuration through the year 2000 with their workload alone. The committee then revised its scope to address the range’s mission and SDI support concepts to include new radars and sensors and new kinetic energy interceptors like the Exoatmospheric Defense Interceptor Subsystem—ERIS, the precursor to the Ground-based Interceptor—and the High Endo-atmospheric Defense Interceptor.

The study concluded by preparing an SDI work package to support range development efforts. This became KEW-15 in the SDIO funding packages, which was approved by SDIO Leadership in March 1985. The KARS also confirmed that major facility replacement and repair was needed at KMR, e.g. the “Rusty Hull” factor. The AHR reports that “the assumption of the executive committee was that standard Army channels for funding would have to address these matters.”

E-WARENESS Coral on USAG-KA

Per USAG-KA Regulation 385-9, corals present within the Kwajalein Atoll are protected by U.S. and RMI laws.

Removing live coral from reef areas violates host nation laws and USAG-KA regulatory guidance. No corals or coral pieces are allowed to be taken from USAG-KA; some corals also contain toxins that can cause personal injury.

Reef walkers can help preserve the reef environment by not stepping onto live coral growth areas.

Underwater habitats: Dive sites and wrecks provide habitats on which marine life thrive. Treat all underwater habitats and coral reefs with care by not damaging or disturbing them.

Contact Environmental at 5-1134 for more information.

Wod ko ilo bedbed eo iloan Kwajalein Atoll rej bed umwin kojbarok ko an kien eo an U.S. kab RMI.

Komakut jabdewot wod jen beded eo ej rube kakien ko an host nation (RMI) im USAG-KA. Ejelok wod ak part in jabdewot wod ejjab melim nan komakut jen USAG-KA; jet wod ewor paijin ie im remaron komman jorren nan einbwin.

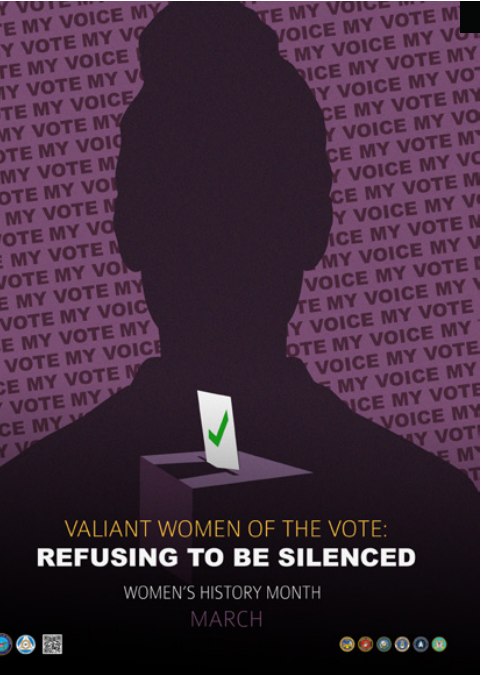
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Kir lok Environmental eo ilo 5-1134 kin melele ko relab lok.



MARCH IS WOMEN’S HISTORY MONTH



EXTERNAL REPORT

By the Defense Equal Opportunity Management Institute

Growing out of a California small-town school event in 1978, Women’s History Month honors and celebrates the struggles and achievements of women throughout American history.

In 1980, the president issued the first presidential proclamation declaring the week of March 8th as National Women’s History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration.

In 1987, at the request of the National Women’s History Project (now called the National Women’s History Alliance), Congress expanded the week to a month. Congress has issued a resolution every year since.

During Women’s History Month the Department of Defense joins the nation in celebrating the vital role of women—not only in American history— but in our future. The 2021 theme chosen by the National Women’s History Alliance is: Valiant Women of the Vote: Refusing to be Silenced.

The theme reminds us that participating in elections is one of the key freedoms of American life.

Many people in countries around the world do not have the same freedom, nor did many Americans in centuries past.

No matter what you believe or whom you support, it is important to exercise your rights.

“There never will be complete equality until women themselves help to make laws and elect lawmakers.”
—Susan B. Anthony



CYS MARCH SPOTLIGHT

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

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.



USAG-KA CYS Coordinator Dr. Stephanie McCutcheon, left, awards CYS Cook Linda Jamie, right, a DI Spot award upon earning her certified ServSafe Manager in December. "Linda takes feeding all ages at CYS very seriously, except on Saturdays when she sings and dances in the kitchen," says CYS. Congratulations to Linda!

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

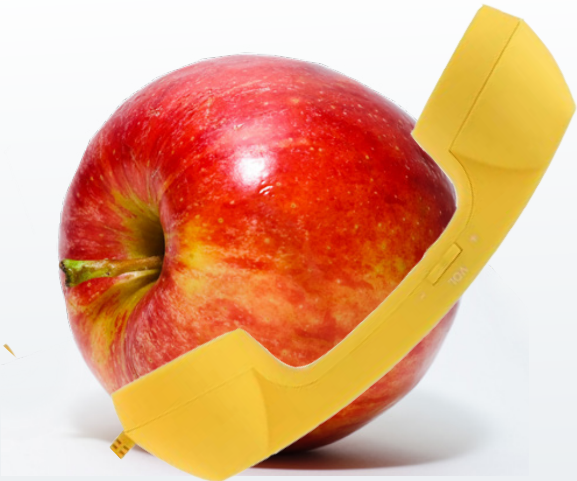
March 6 Parent Advisory Board Open House. Please come to Central Registration, register your child for programming and receive information on upcoming activities and events.

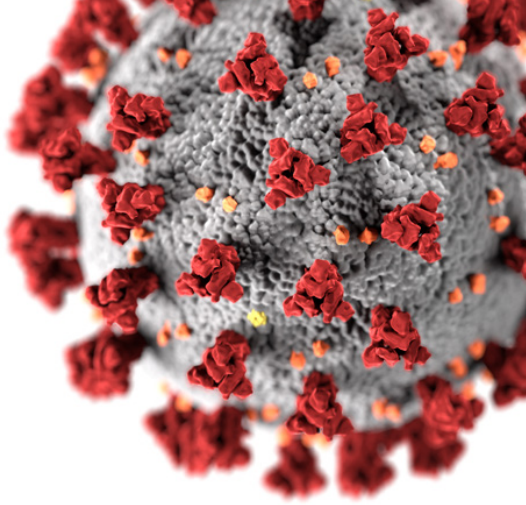
For CDC activities at the Millican Family Pool, parents are reminded to send children with water clothes, a towel, dry clothes and swim diaper if needed.

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. Contact Surfway Manager Phillip Kenley at 5-3617 and USAG-KA Food Safety Officer Rick Krewson at 5-5033.





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 ATL.
- 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

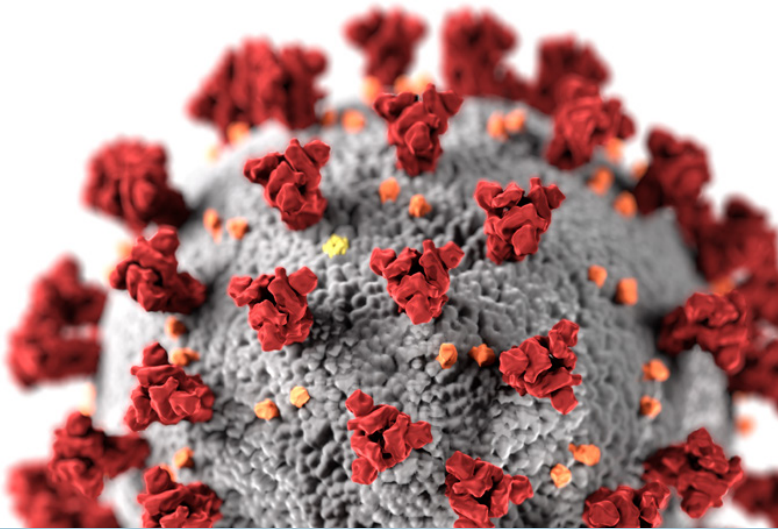
Customers who have previously tested positive must present written or electronic documentation, dated within the last 90 days, of recovery from COVID-19 after previous infection.

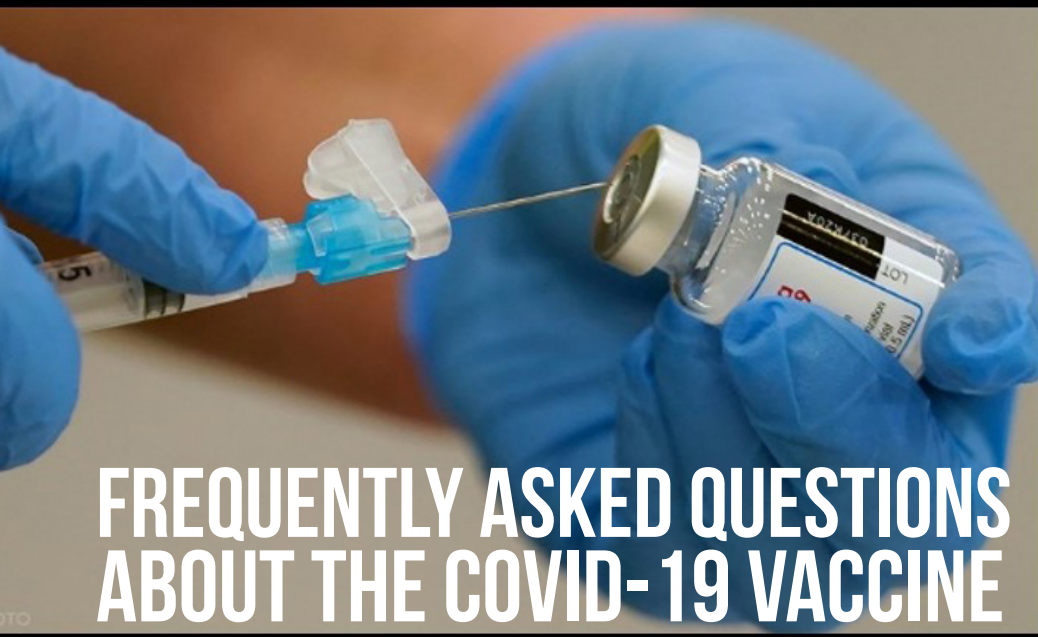
This should be in the form of a positive viral test result and a letter on official letterhead that contains the name, address and phone number of a licensed healthcare provider or public health official stating that the passenger has been cleared for travel.

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,types%20of%20vaccines%20in%20development>.

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 Guillain-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 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 illness 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

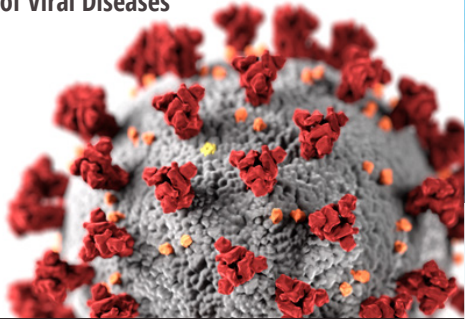
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html> Last Updated Dec. 29, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

<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%2F-how-they-work.html Last Updated Dec. 18, 2020
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



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: To reduce discomfort from fever:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.
- Drink plenty of fluids.
- Dress lightly.

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.



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

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.

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.



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 for immedi-

ate employment. 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.dilog-cap.com or contact your local HR representative.



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

CW3 Michael Schafer
SHARP Victim Advocate
Work: 805 355 3421

3243/3242/3241/0100
USAG-KA SHARP VA

DOD SAFE Helpline:
877 995 5247

USAG-KA SHARP Pager:
805 355

HUNGRY? GRAB DINNER AT AAFES

AMERICAN EATERY

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

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.

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.

ARMY & AIR FORCE EXCHANGE SERVICE

USAG-KA Child and Youth Services has openings for Program Assistants for the following positions: Namo Weto Youth Center, grades 7 – 12; School Age Center, K – 6; and Child Development Center, up to 5 years-old. Please apply on wrssrecruiting.com and send your resume to stephanie.mccutcheon@dyn-intl.com.

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

Please enjoy free Wi-Fi at the Zamperini Cafeteria.

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.

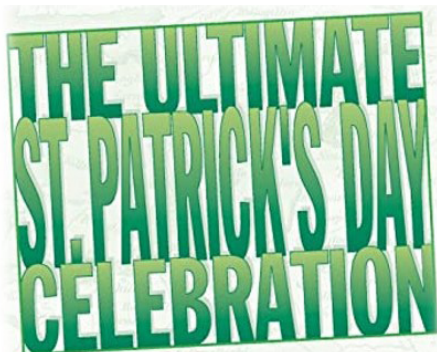
Tobacco Use on USAG-KA. Smoking permitted only in designated smoking areas. All smoking and cigarette butt recepta-

cles 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



ST. PATRICK'S DAY CELEBRATION AT CAMP HAMILTON

SUNDAY, MARCH 14
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 the Ocean View Club every 30 minutes from 6:45 - 10:45 p.m.

This event is open to adults 21 and older.



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.

Kwajalein School System
Spring Break. Students will be released at 11:30 a.m. March 12. School resumes Tuesday, March 23 at regular starting times. The George Seitz Elementary School Office will be open Tuesday through Saturday from March 16 – 20. Contact Tarah Yurovchak at yurovcht@kwajalein-school.com or Paul Uhren at uhrenp@kwajalein-school.com with questions.

Kwaj's Got Talent Showcase. April 10 at 7 p.m. Register at the MWR desk in the Grace Sherwood Library, Bldg. 805. Auditions are held March 16, 17 and 18 at Corlett Recreation Center Room 6 at 7 p.m. Call MWR at 5-3331 or 5-3332 for more information.

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

RMI TRAVEL BAN EXTENDED TO APRIL 5

**RMI NOVEL COVID-19
UPDATED INTERIM
HEALTH TRAVEL ADVI-
SORY &
RESTRICTIONS
ISSUANCE 23:
AS OF MARCH 5, 2021**

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until **April 5, 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 reinstitution of the full Island Hopper flight schedule. Please note that the travel ban for the Republic of the Marshall Islands is still in effect and all flights are subject to change.

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)

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, Tri-care, 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.

Virtual Eyecare. Kwajalein residents can receive virtual eyecare services by visiting EyeCareLive at [EyeCareLive.com/2020](https://www.eyecarelive.com/2020). Services provided 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.

Kwajalein Art Guild's Second annual Craft Crawl. Monday, March 22 from 10 a.m. - 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.

Spring Dance Collective with Courtney Strouse. Classes for all age groups in a variety of styles run now through April 30. Email dancekwai@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.

EASTER EGG HUNT

**Sunday, April 4
from 4:30 – 7 p.m.
DeMeo Field
Kwajalein High
School**

Bring own basket and get ready for golden tickets and surprises at this fun family event. A photo opportunity and bounce house will be available.



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.



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.

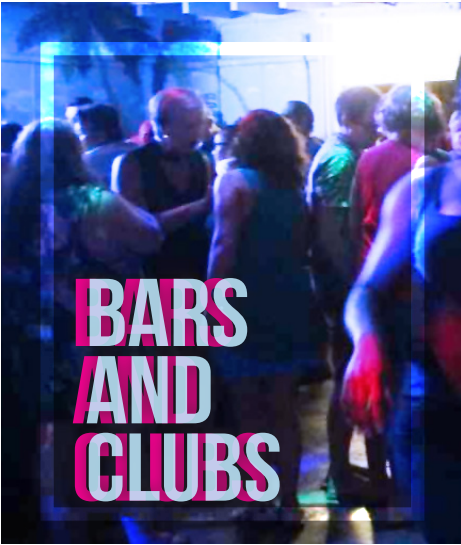
Religious Activities

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.

Stations of the Cross. March 12, 19 and 26 at 6 p.m. in the small chapel followed by bread and soup suppers at 6:30 p.m. in the REB.

Disconnect from work when the day is over



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. Meals are \$20. 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, choice of side dish - \$10
 - 8-ounce seasoned and grilled milkfish filet with rice, choice side dish - \$10
 - Mashed cauliflower - \$2
 - Cauliflower tater tots - \$2
 - Randy's Beer Batter Chicken Strips, choice of side - \$8
 - Chicken sandwich and choice of side - \$8
 - Fish and Chips - \$8
 - Fish Sandwich, choice of side - \$8
 - Bacon, cheddar ranch
 - Steak fries - \$6
 - Cauliflower Fried Rice - \$4
- Add bacon and mushrooms or chicken for \$6



BRUNCH AT THE COUNTRY CLUB MARCH 7

10:30 a.m. - 12:30 p.m.



*No Reservation Required *Menu subject to change *Limited seating

Cost: \$20 / Cash only / 45 minutes per table		
<i>Creamed Grits</i> <i>Banana pancakes</i> <i>Plain pancakes</i> <i>Biscuits and Sausage gravy</i> <i>Tuna Salad</i>	<i>Roasted Potatoes</i> <i>Cheese Quiche</i> <i>Fresh Fruit</i> <i>Assorted Pastries</i> <i>Deviled Eggs</i>	<i>Fried Chicken Wings</i> <i>Chicken Piccata w/Pasta</i> <i>Sausage</i> <i>Bacon</i>
		
Shuttle provided from Food Court every 30 minutes Starting at 10 a.m. Questions? Call the MWR desk at the Grace Sherwood Library at 5-3331 or 5-3332		

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

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.

Saturday, March 13

“Angry Birds Movie 2”

(PG) 97 min.

Red, Chuck, Bomb and the rest of their feathered friends are surprised when a green pig suggests that they put aside their differences and unite to fight a common threat. Aggressive birds from an island covered in ice are planning to use an elaborate weapon to destroy the fowl and swine way of life. After picking their best and brightest, the birds and pigs come up with a scheme to infiltrate the island, deactivate the device and return to their respective paradises intact.

Sunday, March 14

“Half Brothers”

(PG-13) 96 min.

Connor Del Rio, Shira Scott Astrof

Renato, a successful Mexican aviation executive, is shocked to discover he has an American half-brother he never knew about—the free-spirited Asher. The two very different half-brothers are forced on a road trip together, masterminded by their ailing father, tracing the path he took as an immigrant from Mexico to America.

Monday, March 15

“All the Money in the World”

(R) 133 min.

Christopher Plummer, Mark Wahlberg

In 1973, kidnappers demand \$17 million from billionaire J. Paul Getty in exchange for his grandson’s release. Getty refuses to pay the perpetrators a single penny despite the desperate pleas from his former daughter-in-law Gail and adviser Fletcher Chase. With nowhere else to turn, Gail and Fletcher soon become unlikely allies in a race against time to save the teen’s life.

ROI- NAMUR – C-BUILDING

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.

Monday, 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.

Saturday, March 13

“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.

Monday, March 14

“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.

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, roberebert.com

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

On “Angry Birds Movie II”: Silly pranks, an ace voice cast, and a super-team mission storyline make this fast-paced sequel more fun than the original.

—Sandie Angulo Chen, Common Sense Media

On “All the Money in the World”: Ridley Scott’s uneven pacing and tonality might be a detrimental factor to those expecting a taut thriller but a great performance by Christopher Plummer makes it worthwhile.

—Neil Soans, Times of India

On “Half Brothers”: An uptight Mexican aviation executive and an American doofus learn they’re related in this mawkish comedy.

—Ben Kenigsberg, The NYTimes



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 Ordinance. 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) biktun 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 rekawutowata. Kalimjek wot jab jibwe.

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

USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF



SUN - MOON - TIDES

WEATHER DISCUSSION: Systems within the central Pacific have continued to limit any development of a subtropical ridge. This upcoming week is expected to be no different with the Intertropical Convergence Zone gaining footing in the southern RMI. Offshoots from the convection associated with the ITCZ will create showers within the Kwajalein Atoll area beginning late Saturday, potentially leading into Sunday. At least isolated showers are expected to remain through the weekend. The start of the week will see a directional convergence associated with a wave embedded in the ITCZ. For the rest of the week, periods of showers are expected within the area, and Kwajalein may see some much-needed rainfall.

SATURDAY: Partly sunny becoming mostly cloudy with isolated to widely scattered showers. Winds NE-ESE at 10-15 knots, late Saturday may see some periods of light and variable winds. Higher gusts likely ahead of showers.

SUNDAY: Partly sunny with isolated showers. Winds NE-E at 9-14 knots. Higher gusts likely ahead of showers.

MONDAY: Partly sunny with isolated morning showers widely scattered in the afternoon and evening. Winds NE-ESE at 9-14 knots with occasional higher gusts, especially near showers.

NEXT WEEK: Above average precipitation with waves of widely scattered showers. Winds expected to begin 10-15 knots, gradually becoming 15-20 knots by the end of the week.

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:00 a.m. 7:00 p.m.	1:35 a.m. 1:30 p.m.	10:49 a.m. 3.0' -----	3:19 a.m. 1.2' 6:53 p.m. 1.3'
MONDAY	7:00 a.m. 7:00 p.m.	2:34 a.m. 2:28 p.m.	12:57 a.m. 2.0' 1:16 p.m. 3.1'	6:05 a.m. 1.4' 8:28 p.m. 0.8'
TUESDAY	6:59 a.m. 7:00 p.m.	3:33 a.m. 3:27 p.m.	2:30 a.m. 2.4' 2:26 p.m. 3.6'	7:58 a.m. 1.1' 9:09 p.m. 0.3'
WEDNESDAY	6:59 a.m. 7:00 p.m.	4:26 a.m. 4:22 p.m.	3:11 a.m. 2.9' 3:10 p.m. 4.0'	8:51 a.m. 0.6' 9:40 p.m. -0.1'
THURSDAY	6:58 a.m. 7:00 p.m.	5:17 a.m. 5:16 p.m.	3:41 a.m. 3.4' 3:44 p.m. 4.3'	9:29 a.m. 0.1' 10:07 p.m. -0.3'
FRIDAY	6:58 a.m. 7:00 p.m.	6:03 a.m. 6:07 p.m.	4:09 a.m. 3.7' 4:14 p.m. 4.6'	10:01 a.m. -0.2' 10:32 p.m. -0.5'
MARCH 13	6:57 a.m. 7:00 p.m.	6:46 a.m. 6:55 p.m.	4:34 a.m. 4.0' 4:41 p.m. 4.7'	10:30 a.m. -0.4' 10:56 p.m. -0.6'



Click the logo to visit
RTS Weather online.



THE KWAJALEIN HOURGLASS



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 HOUR-GLASS SHAPE.

THE HOURGLASS OF THE INSIGNIA WAS CONSEQUENTLY USED IN THE TITLE OF THE ISLAND NEWSPAPER, THE KWAJALEIN HOURGLASS.

#SALUTETHE7TH

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

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



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