

THE KWAJALEIN HOURGLASS



THIS WEEK

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 JESSICA DAMBRUCH

PLAY BALL: USAG-KA CYS RECEIVES SPORTS GRANT

BY JESSICA DAMBRUCH

Jaxon Norton was next up to bat, and his pitcher was a robot.

He stared down the sleek metal pitching machine, coiled himself like a spring and sent the ball sailing into the outfield. Parents and friends stood in the stands of Brandon Field and cheered. Norton's peers scrambled to locate the ball.

School-aged youths like Norton who show strong athletic aptitude benefit from chances to practice sport-specific skills and teamwork. This is a challenge on Kwajalein, where the total number of youths is insufficient to sustain a softball league.

Thanks to a recent solution from US-AG-KA Child and Youth Services, the garrison community is about to get fired up about softball.

USAG-KA CYS was recently awarded a \$5,000 Major League Baseball grant through the Boys and Girls Club of America following a 2020 application placed by CYS Sports Lead Sam Partain. The grant disbursement was delayed due to the pandemic, but the funds will now be used to purchase equipment and gear.

According to CYS, this is just the beginning. Keep an eye out for more events like the July 8 CYS Homerun Derby—the free, all-ages community event focused on fostering batting skills where Norton faced the robot and younger kids batted with a human pitcher.

"They do need a chance to practice these skills," said Partain, of the island's young people. He is pleased the equipment will help bolster CYS program offerings and looks forward to helping CYS kids further develop their love of sports.

"The derby is the culminating event to several batting clinics," said CYS Coordinator Dr. Stephanie McCutcheon. "The money will be used to buy a softball batting cage and pitching machine that will allow CYS students to participate in skills clinics in the future."



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Jaxon Norton is up at bat during the USAG-KA Child and Youth Services Homerun Derby July 8 at Brandon Field. 2) Sam Partain, center, is on the microphone to announce the next participant during the derby.

If the excitement at Brandon Field was any indication, the island's youth athletes will enjoy the chance to focus on softball skills. Awaiting their turn in the derby, they talked about becoming familiar with the pitching machine to up their skill levels and discussed the merits of the available hats and bats.

"It's pretty different," said Ethan Acosta, who achieved the highest overall score at the derby, of practicing with a batting machine. "If you know how

to set it up, it's accurate—every single time."

"It's really fast," said Anela Corder, a young elementary school-aged student.

Her younger brother, Urijah, grinned in triumph.

"I got five hits," he said.

For more information about USAG-KA Child and Youth Services programs, please contact Central Registration at 5-2158.



GOING SOMEWHERE?

They say you've arrived at your destination after you have officially unpacked the last box from your move. Whether you are stressing an upcoming transition or researching future destinations, there are helpful resources out there to make a PCS less work and more of an adventure.

Check out some of the PCS tips online at <https://move.mil/moving-guide/tips> for staying organized and preparing for the arrival of your household goods.

#PCSWEEK

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army's 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944. The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or US-AG-KA. It is published Saturdays in accordance with Army Regulation 360-1.
Phone: Defense Switching Network 254-5169
Local phone: 5-5169

Garrison Commander.....Col. Thomas Pugsley
Garrison CSM.....Sgt. Maj. Ismael Ortega
Public Affairs Officer.....Mike Brantley
Communications Manager.....Randall Hisle
Editor.....Jessica "JD" Dambruch

ROI SPARTAN BUILDING RECEIVES FIXTURES, FURNITURE

BY JESSICA DAMBRUCH

Things are looking a little different on Roi-Namur these days. Thanks to hard work by Logcap employees, the Spartan Transient Lodging Facility is receiving ongoing structural repairs, updated furnishings and new appliances. When the building reopens in the future, it will be more comfortable for employees and visitors on Roi.

Work on updating the facility has been ongoing throughout the spring, as employees loaded shipping containers with gently used hardwood furnishings like beds, lamps dressers and dining room sets and added the furnishings to rooms in Spartan. Future guests will also have new television sets and items like couches, loveseats and other furniture to accommodate a Roi weekend getaway, according to Transient Billeting Supervisor Rob Kent.

“One great thing about this is that it will give families more options for places to stay when they come visit Roi,” said Kent, eyeing a bunkbed in a container. “It won’t just be single beds. This new arrangement will make everything more comfortable for guests on Roi.”

After Spartan repairs and refurbishing are complete, there are future plans in development to outfit additional select areas of the Roi transient housing, said Kent.

The project is a culmination of a lot



Logcap employees move furniture into the Spartan Transient Lodging Facility on Roi-Namur in April. The furniture move is part of an extended project to update the facility's furnishings and appliances for facility guests.

of teamwork, but the reward is in doing more with inventory on hand, said US-AG-KA Housing Director Scott Hill.

“It is great that we can be good stewards of our government assets by repurposing these furniture pieces,” he said.

As part of a special, developing project by the USAG-KA Host Nation Office, it is also hoped members of the Marshallese workforce who live on Enniburr will be able to gain access to items not

utilized in the refurbishing process. In the meantime, rumor has it that a possible soft-grand reopening of the Spartan building will occur at a future date. Following that event, reservations for Roi are sure to fill.

For more information about the refurbishing process on Roi, contact Scott Hill, US-AG-KA housing director, at 5-0133.



1) It's the little things: Guests on Roi-Namur will have access to temporary lodgings with new appliances and gently-used furnishings from Kwajalein Army Family Housing. 2) Team members move a two-drawer nightstand from a furniture storage area. 3) All together now: A Logcap team moves a heavy dresser from a storage container. 4) The boxes for more than \$3,000 worth of flatscreen television sets line the halls of the Spartan Transient Lodging Facility.

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

CORAL OPEN BEGINS

Members of the Kwajalein Golf Association hit the green July 11 for the first day of the annual Coral Open tournament. Check back next week for more event coverage. 1) Matt Griffin, a golfer for more than 30 years, demonstrates a precision strike for the camera. 2) Clearly, this is the blue team: from left, Ed Benkert, Shelley Benkert, Suzanne Bussey and Brian Bussey pose for a photo during the tournament. 3) Golf is serious business: Will Hahn gets up close and personal with the ground to size up his next shot.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

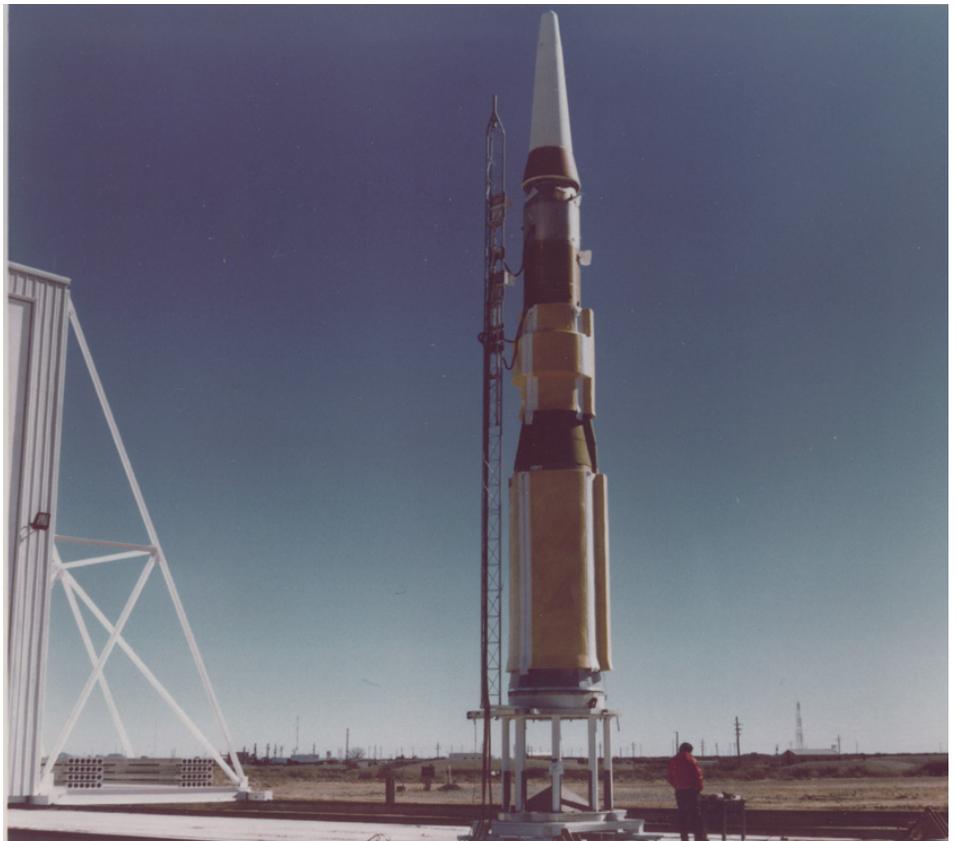
On July 15, 1996, the Hera target completed its fifth consecutive successful mission at White Sands Missile Range, New Mexico.

Designed to support live intercept testing for the Theater High Altitude Area Defense and the Patriot Advance Capability-3, the Hera was composed of the second and third segments of the Minuteman II and a modified guidance system from the Pershing II.

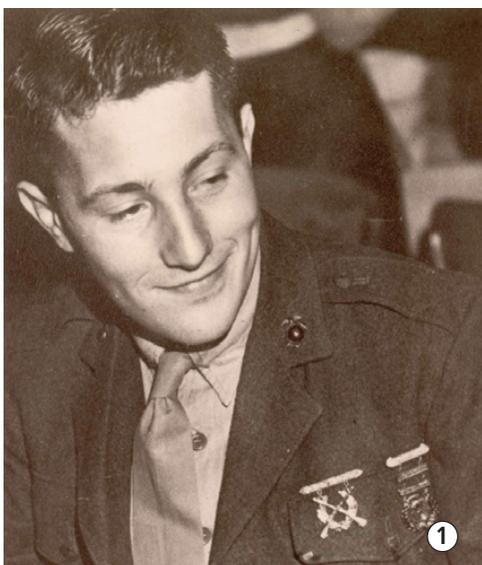
In this particular test THAAD FT 6, Hera flew a modified pattern meant to represent the signature of a medium range threat.

Unfortunately, due to a focal plane array overload the THAAD missile failed to identify the target. The THAAD Demonstration/Validation radar, however, achieved a metric accuracy 6.1 times greater than required.

Right: The Hera target stands tall on the launch pad at White Sands Missile Range, New Mexico, in July 1996 in this U.S. Space and Missile Defense Command archive photo.



NEVER FORGET.
<https://kwajaleinmiaproject.us/>



From left: 1) Pfc. Richard Anderson, 2) Lt. Col. Aquilla Dyess, 3) Pvt. Richard Sorenson and 4) Lt. John Power are Medal of Honor recipients who fought on the atoll during WWII. 5) The Navy medal of honor. Each branch of service bears a distinct design.

ABOVE AND BEYOND THE CALL OF DUTY: KWAJALEIN'S MEDAL OF HONOR RECIPIENTS

HOURLASS REPORT

Compiled from the Congressional Medal of Honor Society

Kwajalein has no less than four Medal of Honor recipients. As you tour the island, see if you can identify the facilities and vessels named after these brave service members.

PFC. RICHARD BEATTY ANDERSON

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving with the 4th Marine Division during action against enemy Japanese forces on Roi, Feb. 1, 1944.

Entering a shell crater occupied by three other marines, Pfc. Anderson was preparing to throw a grenade at an enemy position when it slipped from his hands and rolled toward the men at the bottom of the hole.

With insufficient time to retrieve the armed weapon and throw it, Pfc. Anderson fearlessly chose to sacrifice himself and save his companions by hurling his body upon the grenade and taking the full impact of the explosion.

His personal valor and exceptional spirit of loyalty in the face of almost certain death were in keeping with the highest traditions of the U.S. Naval Service. He gallantly gave his life for his country.

LT. COL. AQUILLA JAMES "BIG RED" DYESS

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as commanding officer of the 1st Battalion, 24th Marines (Rein), 4th Marine Division, in action against enemy Japanese forces during the assault on Namur, Feb. 1 and 2, 1944.

Undaunted by severe fire from automatic Japanese weapons, Lt. Col. Dyess launched a powerful final attack on the second day of the assault, unhesitatingly posting himself between the opposing lines to point out objectives and avenues of approach and personally leading the

advancing troops.

Alert and determined to quicken the pace of the offensive against increased enemy fire, he was constantly at the head of advance units, inspiring his men to push forward until the Japanese had been driven back to a small center of resistance and victory assured.

While standing on the parapet of the antitank trench directing a group of infantry in a flanking attack against the last enemy position, Lt. Col. Dyess was killed by a burst of enemy machine-gun fire. His daring and forceful leadership and his valiant fighting spirit in the face of terrific opposition were in keeping with the highest traditions of the U.S. Naval Service. He gallantly gave his life for his country.

LT. JOHN VINCENT POWER

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as platoon leader, attached to the 4th Marine Division, during the landing and battle of Namur, Feb. 1, 1944.

Severely wounded in the stomach while setting a demolition charge on a Japanese pillbox, 1st Lt. Power was steadfast in his determination to remain in action. Protecting his wound with his left hand and firing with his right, he courageously advanced as another hostile position was taken under attack, fiercely charging the opening made by the explosion and emptying his carbine into the pillbox.

While attempting to reload and continue the attack, Power was shot again in the stomach and head and collapsed in the doorway. His exceptional valor, fortitude and indomitable fighting spirit in the face of withering enemy fire were in keeping with the highest traditions of the U.S. Naval Service. He gallantly gave his life for his country.

PVT. RICHARD SORENSON

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving



with an assault battalion attached to the 4th Marine Division during the battle of Namur, Feb. 1 and 2, 1944.

Putting up a brave defense against a particularly violent counterattack by the enemy during invasion operations, Pvt. Sorenson and five other marines occupying a shell hole were endangered by a Japanese grenade thrown into their midst. Unhesitatingly, and with complete disregard for his own safety, Pvt. Sorenson hurled himself upon the deadly weapon, heroically taking the full impact of the explosion.

As a result of his gallant action, he was severely wounded, but the lives of his comrades were saved. His great personal valor and exceptional spirit of self-sacrifice in the face of almost certain death were in keeping with the highest traditions of the U.S. Naval Service.

For more information, visit the Congressional Medal of Honor Society online at <https://www.cmohs.org/>.

THE MANY PERKS OF ISLAND LIFE ON USAG-KA

EDITORIAL / MIKE BRANTLEY, USAG-KA PUBLIC AFFAIRS OFFICER

It's easy to take the place where you live for granted. When that happens, it's helpful to have a reminder of how beautiful and unique home really is.

What is the reason you chose to live and work on Kwajalein in the Republic of the Marshall Islands? Was it the draw of the mission? Was it the allure of the ocean? Was it the small-town vibe?

Whatever the reason that brought you to our part of paradise, rest assured that you are part of the overall mission here in the atoll – one team working together.

The Kwajalein community consists of a small contingent of military and government civilian personnel and their families, and a large population of contractor personnel and their families. The current contractor provides logistics and range support to include medical and dental care, religious services, schools, grocery store, housing, recreational activities, dining services, newspaper, radio and TV, firefighting, supply services, power plant and other facilities, as well as air, sea and land transportation.

Both contractors and Department of the Army civilians and military enjoy living here at no cost to you in either a bachelor's quarters or home. The only cost for the house is internet, if you choose, with no utility bills nor maintenance fees to fix your residence.

Most contractors eat free at the Zamperini Dining Facility as part of their package, depending on the contract.

All contractors are tax exempt up to \$108K while paying a Marshallese tax.

Department of the Army civilians and military personnel can fly Air Transport International on a space-available basis at a much-reduced cost over flying commercial.

Space-A travel is a privilege of living on Kwajalein. Currently, RMI travel restrictions limit the utilization of ATI flights to personnel traveling on official government orders only.

All residents of Kwajalein have health and dental care offered to them at a cost and there is a K-12 school system on the island for residents' children.

Since there are no privately owned vehicles allowed on the island, residents either bike or walk to work, and there are golf carts available for rent on an hourly basis.

For fun, the warm, blue waters of the ocean and lagoon offer up once-in-a-lifetime opportunities such as scuba diving, snorkeling, reefing, surfing, deep-sea fishing and windsurfing.

Where else can you get your captains' license to pilot a boat around the lagoon, or go fishing in the ocean? Learn how to captain a powerboat, a sailboat, or enjoy kayaking in the lagoon.

Other sporting activities include ten-



nis courts, racquetball courts, a basketball court, 24-hour fitness center access, a 9-hole golf course, a bowling center and two pools – one for families and one for adults.

A hobby shop is available six days a week for all your woodworking and ceramics needs. Enjoy free movies week-ends at the outdoor theater.

The nightlife on Kwajalein is just as exciting as the day. You can catch the free shuttle to the Country Club, enjoy a bonfire at Coral Sands beach, and kick back and relax with your friends, or make new ones, at the Ocean View Club.

All residents have access to the AAFES PXtra and PXpress while most have access to the one grocery store on the island, Surfway.

An Exchange Food Court provides fast food options such as Burger King, Subway, Anthony's Pizza and the Sunrise Bakery, as well as an American Eatery at the Dock Security Checkpoint. A beauty/barber shop and post office are also available.

Families will tell you that Kwajalein is a great place for a child to grow up and feel safe. Island curfew for children during the week is 10 p.m. to 5 a.m. with midnight to 5 a.m. being the limit on the weekends. The school system has many band concerts and shows throughout the school year, with graduation, baccalaureate services and the

Emon Beach Graduation Party as some of the biggest events on the island.

There is a School Age Center program for grades K - 6 with activities and camps during non-school times, and before and after school care.

A youth center for grades 7 - 12 offers kids a safe place for hanging out, and organized activities every week like movies, dart gun battles, and snorkeling trips.

Kids also have the opportunity to work directly with MIT scientists through the Beaver Works program, and gain hands-on medical experience through hospital internships.

Kwaj is also a place where kids ride their bicycles, go swimming at the beach with a lifeguard, sail, paddleboard, fish, and develop a level of independence that is hard to come by in the states.

Another benefit is the small class size and individual attention that children get in school – with an average class size somewhere around 15 – every child gets the help they need, and children make close friendships.

Kwajalein residents are fortunate to be able to work alongside and form lasting friendships with the Marshallese citizens of USAG-KA's host nation. Events such as the Marshallese Trade Fair, Christmas on Ebeye, Manit Day, Kwajalein Day and the annual Kwajalein Day Fishing Tournament are just some of the many opportunities to interact and learn more about Marshallese culture.

Whatever your reason for choosing Kwajalein as your home, enjoy the benefits of living in one of the most beautiful parts of the world. Get out there, be safe and have fun.

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BASIC INFORMATION ABOUT THE KWAJALEIN HOSPITAL AND ROI DISPENSARY

How do I get medical help after hours?

Medical and Dental services on Kwajalein are available Tuesday through Saturday 7:30 a.m. – 4:30 p.m. For routine services please call 5-2223 during working hours to schedule an appointment.

Can I get help even when the hospital is closed?

Yes. The hospital is closed nights, weekends and holidays, but our team is on call 24/7 for emergencies. If you have a medical or dental emergency, call 911 from your location. Help will arrive and bring you to the hospital.

How much does an ambulance cost?

Ambulance services provided on US-AG-KA are free of charge.

What are the hours of operation for the Roi Dispensary?

The hours of operation for the Roi Dispensary are 7 a.m. – 4 p.m. on Wednesday and 7 - 11 a.m. Tuesday through Saturday. The phone number for appointments at the Roi Dispensary is 5-6223.

—Steven Kass, senior administrator, Kwajalein Hospital

JOIN THE CONVERSATION

Have a question?

The Health Connection supports the Commander's Ready and Resilient Council, an Army-wide initiative focused on the health and resiliency of Soldiers, family members and civilians. CR2C implements initiatives to address behavioral, physical, spiritual and environmental issues identified in the community.

Join the Conversation

The USAG-KA CR2C team encourages community members to ask questions about general health, wellness and well-being.

Please send your question to kwa-jaleinadministration@international-sosgs.us. Responses will be published in the Kwajalein Hourglass Health Connection after being reviewed by International SOS staff members. Names of respondents will not be published.

Examples of topics CR2C can address are as follows:

- What sea creatures should I avoid?
- Where can I learn First-Aid on Kwajalein?
- How do I get my spiritual needs met on Kwajalein?
- How does a Kwajalein medevac work?
- What will I be billed for at the Kwajalein Hospital?

For More Information

For questions about CR2C, call the Kwajalein Hospital at 5-2223.

* On USAG-KA, the CR2C program is administered by the USAG-KA Health Systems Specialist and implemented by LOGCAP IV contract and subcontract personnel. The U.S. Army does not endorse information included in the column or informational materials provided by International SOS or Amentum-DI.

POLICYMAKERS
BUSINESSES & EMPLOYERS
COMMUNITY, NON-PROFIT, & FAITH-BASED ORGANIZATIONS

EVERYONE CAN PLAY A ROLE TO REDUCE SKIN CANCER

INDIVIDUALS & FAMILIES
HEALTHCARE SYSTEMS, INSURERS, & CLINICIANS
EARLY LEARNING CENTERS, SCHOOLS, COLLEGES, & UNIVERSITIES

7/14

DO YOU HAVE QUESTIONS ABOUT HOW TO GET YOUR VACCINE ON KWAJALEIN?

CONTACT THE KWAJALEIN HOSPITAL AT 5-2223 TO SPEAK WITH A STAFF MEMBER. FOR MORE INFORMATION, CALL USAG-KA HEALTH SYSTEMS SPECIALIST SUZANNE MOSIER AT 805-355-2354.



ONE BAD NIGHT IN 1973

THE BURNING OF THE NATIONAL PERSONNEL RECORDS CENTER



An official military personnel record scorched by a 1973 fire at the National Personnel Records Center in St. Louis. Millions more documents were lost in the fire. Ongoing recovery efforts to piece records together make use of numerous data collections around the U.S.

 NATIONAL ARCHIVES

BY JESSICA DAMBRUCH

In 2019, I spoke with a U.S. Navy Seabee about to ship out for home. She was overjoyed at having had the chance to visit Kwajalein for reasons having nothing to do with sunsets, snorkeling or swimming with sharks.

“My grandfather was a Seabee out here after WWII,” she said. “It means a lot to be able to go see the beaches and places he saw.”

Many visitors and employees on Kwajalein have family connections to the U.S. armed forces. They come to the atoll hoping to strengthen connections to family history by retracing the footsteps of a loved one. The search can lead from family stories to the pursuit of the facts—service records, points of

departure and timeline data. If all goes well, the amateur researcher can travel to the same coordinates and be separated by only a few decades in time.

In tracing service member history, it's easier to begin with detailed records and vital data. Not all families have access to that data. The trouble is, sometimes neither does the first place one might call to obtain it: the National Personnel Records Center.

I'm one of those lucky folks whose search has hit a wall. I have family members who enlisted in the Army and Navy during WWII, and I can't find a single record or photograph.

I've dug in the attic boxes that might contain clues. I've made the calls, retraced my steps, “Googled” everything and finally, recently, gone back to the

family lore. Intermixed with the memories and anecdotes is a story I had forgotten about a terrible fire.

To this day, investigators are unsure of what caused that fire. It was just after midnight, it was muggy, hot and everything you'd expect of summertime in St. Louis when the local fire department got the call.

Down the street, the National Personnel Records Center—the repository for millions of official military personnel records—was an inferno.

Firefighters responded in less than five minutes, but as fires go, this one would not be easy. Local residents withdrew into their homes to wait until the acrid smoke cleared.



1) After the fire: a side view of the National Personnel Records Center in St. Louis on July 12, 1973, following the fire that destroyed approximately 16–18 million official military personnel files. 2) Restoration work is ongoing. Preservation staff must restore and preserve documents nearly destroyed. 3) Recovery efforts at the NPRC are stored in countless boxes. Many were delivered to centers around the U.S. for drying and restoration work before being archived in post-fire registries. (National Archives photos)

 NATIONAL ARCHIVES

The worst of the blaze burned for more than 20 hours. In the process of fighting the flames, one engine's pumps broke down. The site wasn't declared safe until four days later. On July 23, it became evident that damage to the files inside was extensive, and the U.S. government issued a Federal Property Management Regulations Bulletin to prevent federal agencies from throwing away any records they possessed containing documentation of military service.

The FPMRB motion remains an unparalleled speck of brilliance in the aftermath of the disaster. It would ultimately help form stronger search bonds between government agencies which possess vital records and service data. It made reconstruction of some records possible.

The fire was over, but the worst was yet to come. Later that same day, a contract salvage operation began, and NPRC employees who'd been sent on leave returned to volunteer. What came next was an archivist's nightmare. To beat the heat, firefighters had thoroughly soaked the building and its interior with thousands of gallons of water. Utility lines within the building cracked and gushed more water into the structure. Millions of files, including those of the Sailor and Soldier I still hope to find, were lost. In the summer heat, the more than 6 million damaged and recovered records were vulnerable to a problem most Kwaj residents can understand: mold.

The recovery effort was now a race against time. Multiple partners stepped up to assist in the colossal endeavor. NPRC histories describe a massive task force shipping records to various loca-

tions for immediate drying. Ohio's National Aeronautics and Space Administration facility pitched in, and so did the St. Louis McDonnell Douglas Aircraft Corporation, where vacuum-drying facilities used to prepare for the Gemini and Mercury space missions now helped preserve service records. MDA extracted tons of water from the files.

The effort was somewhat successful, but never again would the United States ever have as complete a record of service history data. Medical care to military veterans would be hindered by the loss of documentation. Earned benefits would be delayed.

Of the data remaining, the mire of damaged documents was reorganized into registries "R" for reconstructed and "B" burned files, with a secondary "B" file initiated to track files held in temperature-controlled areas. Since April 1974, NPRC employees have filed all reconstructed data as "R" documents.

During the blaze, a few employees managed to snatch some vital records out of the building which would prove invaluable. Among them were more than 100,000 reels of Army and Air Force morning reports from 1912 - 1959 and 1947 - 1959, respectively; operating records; and a computer index itemizing NPRC holdings. These items helped verify most of the records lost as Air Force and Army personnel files. The work now is about restoration and filling in the gaps.

The NPRC has expanded to develop a branch arm to handle requests for records when physical files no longer exist. If you contact the NPRC to begin an "R" search now, researchers utilize service data pulled from alternate

documents and resources networked for greater searchability. A few of those documents include Veterans Administration claims files, individual state records, multiple name-pay vouchers from the Adjutant General's Office, Selective Service System registration records and pay records from the Government Accounting Office. Other sources feeding the network include military, hospital and organizational records, x-rays and entrance and separation papers.

Family histories are daunting to reconstruct, but not impossible. Even after the fire, a search can yield rich results, which is what I tell myself while I keep looking. I would be happy with even a few photographs.

If you've also hit a wall, keep looking and rethink how and where you can verify your data. Talk to others who are searching. Check civic organizational records, church rosters and census reports. Go back to those family stories.

When it seems like the odds are stacked against you, remember that the Army keeps rolling along. We should, too.

This article was compiled with data made available by the U.S. National Archives and the National Personnel Records Center. Learn more about how the NPRC's Preservation Laboratory works to treat and make these recovered and damaged files accessible online at <https://www.archives.gov/>.

THINGS ARE LOOKING UP

It was hot this past Tuesday, but several teams were hard at work on improvements to quarters in the island's Army Family Housing areas.

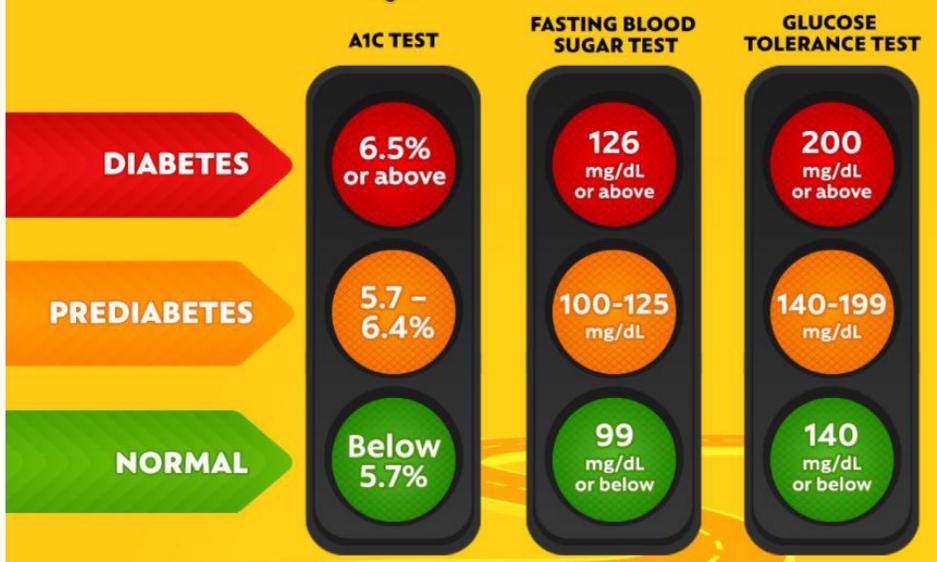
Pictured here in Old Navy Housing, an employee from the Department of Public Works throws a shaka in the air as he patches the masonry to prevent spalling.

Kommol tata to the crews who work outside in the heat to help keep up our facilities. We don't often see you, but we appreciate how much you improve the places where we live. —JD

U.S. ARMY PHOTO BY JESSICA DAMBRUCH



THE ROAD TO TYPE 2 DIABETES



DIABETES: HOW IT WORKS

BY KWAJALEIN HOSPITAL

Report compiled by the Kwajalein Hospital

Our bodies are fueled by carbohydrates, a complex molecule that is ultimately broken down to simple sugar and converted into fuel that the body can use. Insulin, a hormone released by the pancreas, facilitates entry of circulating blood sugar into our cells, where the fuel is metabolized. When we eat more sugar or carbohydrates than we burn off, the excess is stored as fat.

Most of us have heard of diabetes and know it is a disease characterized by abnormal blood sugar control. In the United States, this disease affects approximately 10 percent of the population or about 34 million people. Diabetes is broken down into two distinct types: type 1 and type 2.

Type 1 diabetes typically presents in childhood and results from little or no insulin production. As such, type 1 diabetes

requires insulin injections to control blood sugar levels.

Type 2 diabetes frequently manifests in adults, is the most common type, and the abnormal blood sugar levels result from insufficient insulin production and “insulin resistance,” where the insulin that is made is less effective.

Type 2 diabetes is a progressive disease where blood sugar levels may be initially controlled through diet, but over time requires oral medication and ultimately insulin injections.

Due to the slow progression of type 2 diabetes, the disease frequently goes undiagnosed for years prior to diagnosis and treatment, a delay that can result in organ damage or require aggressive treatment once diagnosed.

Why do blood sugar levels matter, and why is diabetes so prevalent?

While diabetes is manifested and managed through control of blood sugar levels, it is principally a disease of the micro-vessels—or capillaries—that deliver nutrients and remove waste from

our tissues. Too much sugar in the blood causes physical changes to red blood cells that then cause damage to capillaries with resulting reduction in blood supply to effected tissues. Over time this capillary destruction results in organ damage, causing pain or lost sensation, foot ulcers, kidney disease, eye disease, gastrointestinal problems, heart disease and cognitive decline.

Over the last several decades there has been a global rise in obesity and sedentary lifestyles—the primary risk factors associated with type 2 diabetes. Larger meal portions, processed foods, and the excessive use of sugar and high fructose corn syrup in processed foods have all contributed to this global epidemic.

What can you do to minimize your risk?

1. Weight Loss. Obesity contributes to both disease manifestation as well as insulin resistance, which makes management more difficult. A 10–15-pound weight loss can make a significant difference, but additional weight loss is essential to slow or even reverse disease progression.

2. Cut out sugar. Eliminate empty carbohydrates like soda drinks, chips, and desserts.

3. Exercise. Moving your body burns calories. Consider a short walk every evening, take the stairs instead of the elevator, or ride your bike in a higher gear for more resistance. Even a small amount of increased activity can make a difference.

4. Get a check-up. If you haven't seen a doctor in a while, please schedule an appointment. We can check your blood sugars and help develop a plan to either reduce your risk of developing diabetes or improve your management.

This article was compiled with data referenced from the Centers for Disease Control and Prevention online. View the full page by visiting <https://www.cdc.gov/diabetes/data/statistics-report/index.html>.

CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajaleinhourglass@dyn-intl.com Wednesday by close of business. Ads received after deadline will be published in the next issue of the Kwajalein Hourglass.

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.

Truestone, an AKIMA company, seeks a telephone operator. For more information about this position and to apply, please click the URL below to visit https://akima.taleo.net/careersection/akimallc_cs/jobdetail.ftl?job=TRU01055&tz=G-MT-05%3A00&tzname=.

Substitute teachers wanted. Kwajalein School System seeks student-centered adults available from 8 a.m. – 3:30 p.m. to serve as substitute teachers or teacher aids. Contact Paul Uhrenp for more information at uhrenp@kwajalein-school.com or 5-3601.

USAG-KA Child and Youth Services seeks a Lead Preschool Teacher. Send your resume to CYS Coordinator Dr. Stephanie McCutcheon at stephanie.mccutcheon@dyn-intl.com.

USAG-KA CYS seeks a Sports and Fitness teacher. This position is unaccompanied. Requirements: Earned undergraduate degree in physical education, recreation or related field with six months' experience in a sports program or two years in a similar program with individual and team sports. Send resumes to stephanie.mccutcheon@dyn-intl.com and apply online at WRSSrecruiting.com, requisition ID: 2101305.

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

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

Tribalco seeks experienced and highly motivated senior, mid- and junior network technicians to join 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.

Amentum seeks qualified candidates for various positions. Current 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, 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.

ACTIVITIES AND EVENTS

Kwajalein Ukulele Club. The Kwajalein Ukulele Club is open to ukulele enthusiasts of all ages and skill levels. Bring your uke and join us for a strum-along each Friday in CRC room 6 from 6 – 7:30 pm. This club is free for everyone. Join the mailing list to receive updates and sheet music: kwajukeclub@gmail.com.

The Kwajalein Girl Scouts are open to all school-aged K-12 girls on Kwajalein (USAGSO.org). Membership fees are \$45. Also seeking adult volunteers. For registration questions or more information contact Carrie Aljure at whatacod@aol.com.

Summer Softball Tournament. Come on out to support summer softball now through Aug. 4. Teams require a minimum of eight players. Only 16 teams will be eligible to play. Cost of registration is \$50. Register and pay participation fees in the Grace Sherwood Library, Bldg. 805. Questions, call 5-3331.

HOURS OF OPERATION

The George Seitz Elementary School Office will be open Tuesday through Saturday from 8 a.m. to 4 p.m. and closed during lunch until August. **The Kwajalein High School office** will be closed until Aug. 6. Call 5-3601 or email uhrenp@kwajaleinschool.com with school questions.

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 household maintenance and upkeep projects.

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

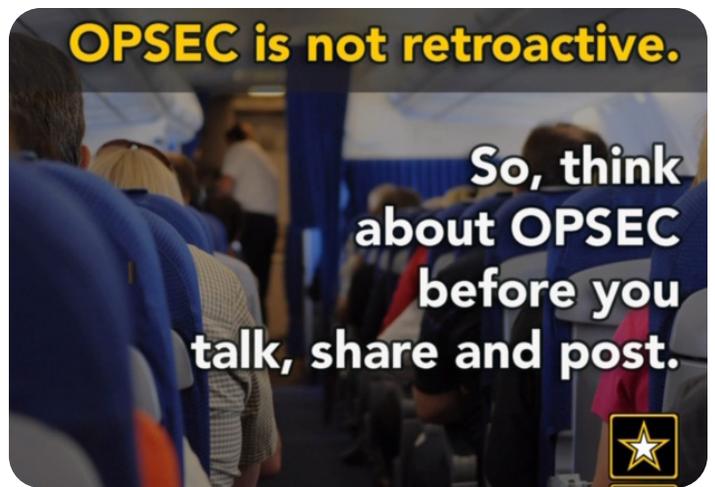
Small Boat Marina Summer 2021 Hours of Operation are now through Oct. 31 from 8 a.m. – 6:30 p.m. Questions? Call the Small Boat Marina at 5-3643.

NOTICES

Alcoholics Anonymous open meetings are Tuesdays at 6:30 p.m. in the REB, Room 213.

Ongoing Smoking and Tobacco Cessation. Please call the EAP at 5-5362 or make an appointment with a physician.

Tobacco Use on USAG-KA. Smoking is permitted in designated smoking areas. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities. USAG-KA Policy Memorandum 600-8 is protects others from the negative impact of tobacco use. Smoking cessation programs are available. Contact Mary Beth Dawicki at 5-5362 or Marybeth.Dawicki@internationalsosgs.us.



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 are kept private. Confidentiality belongs with the client.

Counseling Available. Schedule an appointment with the Employee Assistance Program by calling Mary Beth Dawicki at 5-5362 or emailing marybeth.dawicki@internationalsosgs.us. Information shared in appointments is confidential. As an alternative to in-person meetings, phone consultation or virtual meetings are available utilizing a HIPAA compliant platform.

The Corlett Recreation Center gym will be closed July 22 through 28 for the repainting of the court lines. Your patience is appreciated while these improvements are made to USAG-KA facilities.

Register with the Grace Sherwood Library. The new card catalog system is ready and Grace Sherwood Library staff need your help. Please visit the library to sign up for an account to begin checking out books. Information needed includes the following: ID badge, quarters number, mailbox number and email address. Individual and family accounts are available. Contact the Grace Sherwood Library with questions at 5-3331.

PCS'ing with a Pet. Depending on your final destination please notify vet services to discuss travel planning for your pet(s) during the recommended timeframes below: CONUS, 45+ days prior to PCS; Honolulu and Guam, three to six months prior to PCS; and other countries, six months or more prior to PCS. If you plan to PCS in the next six months, contact Kwajalein

Veterinary Services at 5-2017 to ensure your pet is up to date on annual diagnostics and vaccinations. For more, email the Kwajalein vet tech at kwajaleinveterinaryclinic@internationalsosgs.us.

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

TRAINING

Building Manager Evacuation Coordinator Training (Required for all managers by AR 420-1). Kwajalein training occurs on the first and third Wednesdays of each month beginning at 10 a.m. in the Religious Education Building. Roi-Namur training occurs on the second Wednesday each month at 9:30 a.m. at the C-building. Call 5-3364 to register.

ENVIRONMENTAL NOTICES

Recycle Safely. 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, contact DI Environmental at 5-1134.

HAZARDOUS FOOD RECALL

Kwajalein's Surfway has confirmed the presence of recalled Tyson® Fully Cooked Oven Roasted Diced Chicken Breast – Boneless Skinless with Rib Meat, Seasoned. The product is being recalled because it has the potential to be contaminated with Listeria monocytogenes. Products will bear the product UPC code: 023700016270 and best by date: Mar 11, 2022.

If you have this item in your home, please return it to Surfway for a full refund.

ShopMyExchange.com Access

Who is eligible to shop at AAFES?

- U.S. Citizen Employees of firms under contract to the DoD when employed outside the U.S.
- U.S. Civilian DoD employees when stationed outside of the U.S.
- Full list of eligibility available at shopmyexchange.com

For more information, request an account form from Ian Morales at moralesic@aafes.com. Hardcopies are also available at the store.

Form verifies employment



Accounts are good for up to two years. These forms can be reactivated after employment verification

WILCO

REMINDER FROM THE CSM

BY USAG-KA CSM ISMAEL ORTEGA

Kwajalein Community members should show pride in their residences. Here are a few ways that you can help the garrison take care of its facilities.

- Ensure your housing unit is returned to good condition, less normal wear and tear, upon termination of occupancy.
- Performing routine housekeeping and self-help tasks to include minor maintenance and repair as needed. Register at www.armymaintenance.com to place service orders.
- Keeping common areas clean after use, including parking of bicycles, trailers, and other equipment kept outside around bachelor quarters.
- Conducting routine yard care and maintenance tasks around you living quarters or facility.

Every time you do your part, you make Kwajalein a more enjoyable and beautiful place for us all.



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

Register for your account and submit tickets at <https://www.armymaintenance.com>. To report emergency service order requests, call 5-3550.

Examples of emergency SORs include major water leaks, loss of all AC, no operational toilets, inoperable appliances, plumbing, smoke detectors or door locks. For ArMA questions, contact Scott Hill at 5-0133 or michael.s.hill86.civ@mail.mil.

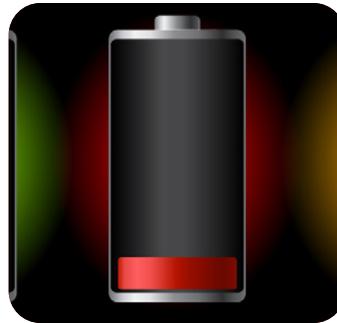


Read around the world. This fun activity runs through July 28 and is open to all Kwajalein children finishing grades K - 6. Enjoy travel-themed story time and crafts every Wednesday at 10:30 a.m. and 3:30 p.m., and a reading challenge and weekly scavenger hunt for readers in grades K - 6. Enter for the chance to earn prizes in each age group (grades K - 1, 2 - 3, 4 - 5, and 6) for the most books and/or pages read. To participate, pick up reading logs at the GSL, fill them out and return them to a library staff member.

July 21: Europe

July 28: Celebration

For more information, call the MWR desk at the Grace Sherwood Library at 5-3331 or 5-3332.



E-WARENESS

PROPER DISPOSAL OF BATTERIES

Tape over the battery terminals to cover the electrodes. Smaller batteries may be dropped off at the AAFES Shopette. For more information about how to properly dispose of batteries, call Environmental at 5-1134.

Tape ii ion terminals ko nan cover e electrodes ko. Battery ko redrik remaronnin bulk-lak nan AAFES Shopette. Nan battery ko rekillep, call e lak Environmental ilo 1134.

E-Wareness is a weekly product of Amentum Environmental. Contact the team at 5-1134. Elane lon am kajjitok, jout im kurlok DI Environmental ilo 5-1134.



CONSTRUCTION AT RICH THEATER

U.S. Naval Mobile Construction Battalion 4, Detail Marshall Islands will continue work at the theater foundation from 7:30 a.m. to 5 p.m. Tuesday through Saturday. Please adhere to the caution tape and safety barriers around the site and keep the area clear.

Special thanks to NMCB 4 for rebuilding a Kwajalein community landmark. Please contact Deirdre Wyatt-Pope at 5-1442 with any questions.

MAKE FRIENDS AND MAKE A DIFFERENCE: VOLUNTEER AT THE BARGAIN BAZAAR

The Yokwe Yuk Welcome Club invites you to volunteer. All experience levels are welcome. Leadership roles are available. Many hands make light work.

Contact Kelly Redmond on Facebook or email kellyredmond.lmt@gmail.com today.

Proceeds benefit the YYWC Education Assistance Fund and support education grants.



MAN CAMP Barbecue

**MONDAY JULY 26 11 A.M.
JOIN US AT CORAL SANDS
FOR LUNCH AND FELLOWSHIP**

**MAKE PLANS TO COME MEET NEW
FRIENDS, EAT, SOCIALIZE AND ENJOY
FELLOWSHIP WITH ONE ANOTHER.**

**THE ISLAND MEMORIAL CHAPEL &
CONGREGATION WILL PROVIDE THE
FOOD TO SHARE.**

**FOR MORE INFORMATION, CONTACT
THE CHAPEL OFFICE AT 5-3505.**

KWAJ FLIGHT INFORMATION

For UA departure policies and requirements, contact Aliceia Haacke at 805-355-1015 or 805-355-4852. For information on outbound covid test requirements, contact the Kwajalein Hospital at 5-2223.

UNITED AIRLINES FLIGHTS

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.

WEEKLY JULY-OCTOBER

Check-In Times

UA 155 - 3:30 - 4:45 p.m.

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

WEEKLY JULY-OCTOBER FLIGHTS

Mondays- UA 155 - (HNL)

Tuesdays- UA 154 - (GUM)

ELECTRONIC GUAM CUSTOMS, QUARANTINE AGENCY FORM

The Guam Customs and Quarantine Agency form has transitioned to an Electronic Declaration Form. All passengers and crew arriving and processing into the Guam International Airport Main Terminal will fill out the EDF on their mobile devices or desktop computers, 72 hours prior to their arrival into Guam.

United encourages everyone to take advantage of the 3-day eligibility window prior to boarding for a completely touchless entry process with Guam Customs. Links are as follows:

Mobile device link: <https://traveller.guamedf.landing.cards>

Desktop computer: <https://guamedf.landing.cards>

The EDF kiosks are accessible in Guam airport baggage claim area for convenience.

ATI FLIGHTS

ATI flights now occur on a twice weekly basis. Additional flights are for cargo movement. Check with your ATI flight representative to confirm check-in and flight departure times.

What does this mean for the community?

- Guidelines for incoming passengers remain the same
- Outbound passengers will have more opportunities to depart
- Travel remains official for duty only. Please note the RMI travel ban is still in effect

OUTBOUND ATI SCREENING PROCESS

The ATI medical screening process has changed.

- You must visit the hospital to complete your medical clearance on the last business day before your flight.
- Monday and Tuesday departures are screened 8 a.m. - 1 p.m. Saturday.

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, July 17
"The House with A Clock
in Its Walls"
(PG) 105 min.

Sunday, July 18
"The Hustle"
(PG-13) 92 min.

Monday, July 19
"Red Sparrow"
(R) 140 min.

Saturday, July 24
"Isn't it Romantic"
(PG-13) 89 min.

Sunday, July 25
"Ferdinand"
(PG) 109 min.

Monday, July 26
"The Shape of Water"
(R) 123 min.

ROI - C-BUILDING

Saturday, July 17
"A Quiet Place"
(PG-13) 90 min.

Sunday, July 18
"Black and Blue"
(R) 108 min.

Saturday, July 24
"The Hustle"
(PG-13) 92 min.

Sunday, July 25
"Red Sparrow"
(R) 140 min.



RMI TRAVEL BAN APPLIES THROUGH JULY 31, 2021

RMI COVID-19 TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 27: JULY 1, 2021

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until July 31, 2021. For more information about the Republic of the Marshall Islands Issuance 25, please contact the Commander's Hotline at 5-1098 or the USAG-KA Host Nation Office at 5-5235.

DON'T LEAVE HOME WITHOUT IT

Stand to, everyone. Command Sgt. Maj. Ismael Ortega is on the lookout for "uniformity." Active duty service members are expected to follow regulations for arrangement and presentation of uniform pieces and regalia at all times. Please be sure you are assembled and ready before all official Command photographs.



ISLAND DINING FACILITIES

CAPT. LOUIS. S. ZAMPERINI CAFETERIA - KWAJALEIN (5-3425)

TUESDAYS - SATURDAYS*
5:30 - 8 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

SUNDAYS AND HOLIDAYS*
6:30 a.m. - 9:30 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

MONDAYS*
6 - 9 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

*Families are welcome to dine at the Zamperini Cafeteria on Tuesdays, Thursdays, Sundays and Mondays.

Want to receive a daily copy of the menu? Contact Asia Williams at asia.williams@dyn-intl.com to be added to the weekly emailed menu.

CAFE ROI - ROI-NAMUR (5-6535)

TUESDAYS - SATURDAYS
5:30 - 8 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

SUNDAYS AND HOLIDAYS
7 - 9 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

MONDAYS
6 - 8:30 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

DINING DOWNTOWN

SUNRISE BAKERY (5-3445)

Tues - Thursday
6 a.m. - 2 p.m.

SUNRISE BAKERY PIZZA KITCHEN (5-3445)

Friday, Saturday and Sunday,
5 - 9 p.m.

Monday, 5 - 9 p.m.

Don't forget about the late-night menu of rotating specials at the Roi-Namur Outrigger Club and Ocean View Club. For more information, please see the "Bars and Clubs" page.

AAFES - KWAJALEIN DINING LOCATIONS

AMERICAN EATERY

Located at the Kwajalein Dock Security Checkpoint (5-1605)

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

BURGER KING

Located at the AAFES Food Court (5-3402)

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

Located at the AAFES Food Court (5-2735)

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

SUBWAY

Located at the AAFES Food Court (5-3402)

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.



MWR FITNESS CLASSES

Unless otherwise noted, all classes are held in CRC Room 7 and are subject to change without notice. All classes require an MWR fitness pass. Passes can be purchased at the MWR Desk in the Grace Sherwood Library. For more information, please call MWR at 5-3331.

Tuesday

Zumba Dance, 9:15 a.m.
Yoga, 5:30 p.m.
Spin, 6:40 p.m.

Wednesday

HIIT (High Intensity Interval Training), 5:30 a.m.
Zumba Toning, 9:15 a.m.
Zumba Dance, 6 p.m.

Thursday

Spin, 5:30 a.m.
Water Aerobics (Adult Pool), 9:15 a.m.
Yoga, 5:30 p.m.

Friday

HIIT (High Intensity Interval Training), 5:30 a.m.
Zumba Toning, 9:15 p.m.
Spin, 6:40 p.m.

Saturday

Spin, 5:30 a.m.
Water Aerobics (Adult Pool), 6 p.m.

Join MWR fitness.

Zumba Dance and Zumba Toning meet in CRC Room 1.

All other fitness classes will be held in CRC Room 7 unless otherwise noted. All MWR fitness classes require an MWR Fitness Pass. Purchase your pass from MWR in the Grace Sherwood Library, Bldg. 805.

All class dates and time are subject to change without notice. For more information, call MWR at 5-331.



BAR AND CLUBS

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

OUTRIGGER CLUB

Check with MWR for meal specials and activities at the Outrigger Club by calling 5-3331.

COUNTRY CLUB

Birthday Bash

Come celebrate island birthdays with MWR every third Sunday from 6 - 9 p.m. Enjoy complimentary shuttle service available from the Ocean View Club every 30 minutes from 5 - 9 p.m.

Saturday

Enjoy happy hour and play Uno every Saturday at 6 p.m.

OCEAN VIEW CLUB

Wednesdays

Raise your glass and toast Wednesday at happy hour from 5 - 7 p.m.

Saturdays

Enjoy fun activities like game nights, karaoke, theme nights and live music.

Mondays

Enjoy Monday meal deals on Men's Night from 5 - 7 p.m.

Shuttle Service

MWR offers shuttle service to and from the Country Club every 30 minutes from 5 - 8 p.m. Saturdays. For more information, contact Nikeya Lagrone at 5-9205 or 5-3331.



Enjoy free Wifi at the Zamperini Cafeteria and Cafe Roi.



Mason Finley is up to bat at the USAG-KA CYS Homerun Derby July 8. Check out Kwajalein CYS on Facebook for more event and program photos at <https://www.facebook.com/USAGKA-CYS/>.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

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

SCHOOL-AGE CARE

Summer Camp runs through Aug. 7, Tuesday through Saturday from 8:30 a.m. - 4:30 p.m. Register in Central Registration.



July 20 - July 24
Harry Potter



July 27 - July 31
Space and Beyond



Aug. 3 - Aug. 7
Mini City

CHILD DEVELOPMENT CENTER

Baru Classroom

Fridays are Water Play Days for infants and young toddlers. Saturdays are Water Play Days for toddlers. Please send your child with water clothes, dry clothes, a towel and swim diaper (if needed).

Bako Classroom

Tuesdays - STEAM Swim Day. Please send your child with water clothes, dry clothes, a towel and swim diaper (if needed).
Wednesdays - STEAM Functional Fitness
Thursdays - STEAM Library

NAMO WETO YOUTH CENTER

Tuesdays
Closed

Wednesdays
Water Wednesday - 12:30 p.m.
Tremendous Trivia - 4:30 p.m.

Thursdays
Movies with Popcorn - 4 p.m.

Fridays
Frappaccinos - 4 p.m.

Saturdays
Smoothies - 3:30 p.m.

Sundays
Surprise - 6 p.m.

YOUTH CENTER EVENTS

Now through July 28
Commander's Challenge

July 18 - Surprise Sunday -
Solar Oven S'mores - 4 p.m.

July 21 - Water Wednesday - North
Point Rapids - 12:30 p.m.

July 25 - Surprise Sunday - Kool-Aid
Playdough - 4:30 p.m.

July 28 - Water Wednesday - Japanese
Tide Pools - 12:30 p.m.



PHOTO COURTESY OF KWAJALEIN CYS

Kwajalein Child and Youth Services personnel said "bar lo eok" this past week to Child Development Center Director Chelsea Weber, center. Weber has worked with the island's young children for more than three years, helping foster a fun and safe learning environment for the island's youngest children. We wish her the best of luck in the next chapter of her adventure.

RECOGNIZING FR. KAPAUN ON THE ANNIVERSARY OF THE ESTABLISHMENT OF THE MEDAL OF HONOR

EXTERNAL REPORT

By Paul Stamps

The Medal of Honor is the highest medal for valor in combat that our nation awards to members of the armed forces. Soldiers who receive the Medal of Honor have demonstrated the highest measure of loyalty, duty, selfless service, and personal courage – key Army Values.

These Soldiers fought against seemingly overwhelming odds, at extreme risk to themselves, often while saving the lives of their comrades and inspiring others to behave in the same heroic way.

The Department of the Army's version of the medal was signed into law on July 12, 1862, to honor gallantry in action during the Civil War, but Congress made the Medal of Honor a permanent decoration in 1863.

Capt. Emil Kapaun, of Pilsen, Kansas, a U.S. Army chaplain, was posthumously awarded the Medal of Honor by President Barack Obama at a White House ceremony on April 11, 2013, for his heroism during the Korean War. At the time, Kapaun was listed as Missing in Action.

Kapaun's Medal of Honor citation explains that he "distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty while serving with the 3d Battalion, 8th Cavalry Regiment, 1st Cavalry Division during combat operations against an armed enemy at Unsan, Korea, from November 1-2, 1950." But Father Kapaun's gallantry, intrepidity, and selfless service extended well beyond those two days.

Kapaun moved fearlessly from foxhole to foxhole on the Unsan battlefield, despite being under direct enemy fire. He did that to comfort and reassure the

outnumbered Soldiers in his care, and he continued his work of ministry to the Soldiers who became his fellow prisoners of war. Kapaun resisted his captors' efforts to curtail his ministry in many ways, including by openly conducting a

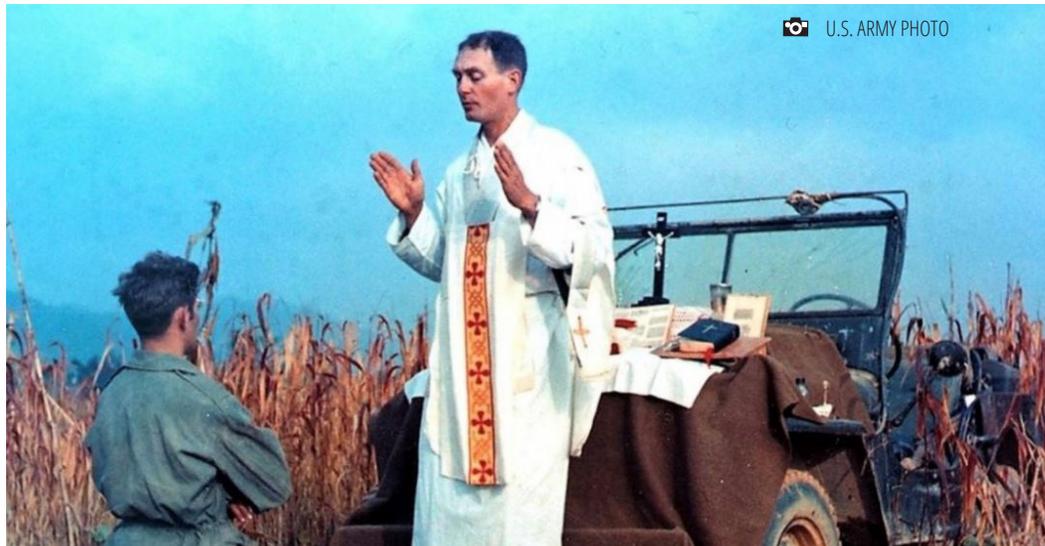
sunrise service on Easter morning, 1951. He died in captivity on May 23, 1951. Other POWs buried Kapaun in the prison camp's cemetery, but he was not identified among the remains returned by the Koreans to U.S. custody after the 1953 armistice. Kapaun remained unaccounted for until March 2, 2021, when his remains were identified among the 867 remains buried as "Unknowns" at the National Memorial Cemetery of the Pacific in Hawaii.

Kapaun remained unaccounted for until March 2, 2021, when his remains were identified among the 867 remains buried as "Unknowns" at the National Memorial Cemetery of the Pacific in Hawaii.

The Defense POW/MIA Accounting Agency plans to return Kapaun's remains to Wichita, Kansas, on Sept. 25. A vigil is scheduled for Sept. 28, and a funeral service is scheduled for Sept. 29, both of which are set to be held at Hartman Arena in Park City, Kansas.

Approximately 7,500 service members who served in the Korean War remain unaccounted for. Identifying Chaplain Kapaun's remains "reaffirms our commitment to never leaving a fallen comrade," said Chief of Staff of the Army Gen. James C. McConville.

In 1993, Pope John Paul II declared Chaplain Kapaun a Servant of God, the first stage on the path to canonization in the Catholic Church. As a member of the U.S. Army Chaplain Corps, Father Kapaun lived the call, "Caring for the Soul of the Army," with extraordinary faith, courage, and leadership.



Capt. Emil Kapaun, U.S. Army chaplain, conducts worship services for a service member in this undated Army archive photo.

NO MATTER WHAT FIELD
YOU ARE IN,
OPSEC APPLIES TO YOU.



Like and share @USArmyOPSEC

REMEMBER THE THREE RS OF UXO

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 emokajtata non EOD ilo nomba kein (5-1433) ak CPS (5-4445). Ken melele kein: la eo (nomba in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.). Tiljek kon UXO kein einwot am kojparok menin mour in lojet ko rekawotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.



USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

A continuation of the current weather is expected to finish out the work week ahead of a potentially wet weekend. Similar to last week, the Inter-tropical Convergence Zone will move north, affecting the atoll throughout the weekend beginning overnight Saturday. Model forecasts show a high consensus for precipitation during this period, but less confidence in the precise timing of enhanced showers. Anticipate widely scattered showers from late Saturday to Monday afternoon with occasional periods of heavier rainfall, most likely on Sunday. By Monday evening, dry air and light trade winds return, leading to dry weather to start the work week.

SATURDAY

Mostly sunny with stray showers, increasing to widely scattered showers during the overnight. ENE-E at 12-17 knots with occasional higher gusts.

SUNDAY AND MONDAY

Mostly cloudy to partly sunny with widely scattered showers, with periods of scattered showers. Decreasing to more isolated showers by Monday evening. ENE-ESE at 8-13 knots winds with higher gusts near showers.

NEXT WEEK

Mostly dry weather returns for a good portion of the week with light trade winds taking over after an unsettled weekend.



NO-SMOKING REMINDER

PUBLIC NOTICE

Kwajalein residents, smoking is 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 protection from the negative impact of tobacco use.

Smoking cessation programs are available. For more information, contact Mary Beth Dawicki at 5-5362 or by email at Marybeth.Dawicki@internationalsogs.us.

SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:38 a.m. 7:13 p.m.	1:23 p.m. 12:46 a.m.	10:04 a.m. 3.1' 11:11 p.m. 3.2'	3:56 a.m. 1.0' 4:32 p.m. 0.7'
MONDAY	6:38 a.m. 7:13 p.m.	2:18 p.m. 1:32 a.m.	11:35 a.m. 2.8' -----	5:35 a.m. 1.0' 5:50 p.m. 0.7'
TUESDAY	6:38 a.m. 7:12 p.m.	3:18 p.m. 2:22 a.m.	12:34 a.m. 3.5' 1:08 p.m. 2.8'	7:13 a.m. 0.8' 7:06 p.m. 0.6'
WEDNESDAY	6:39 a.m. 7:12 p.m.	4:20 p.m. 3:17 a.m.	1:44 a.m. 3.9' 2:21 p.m. 2.9'	8:25 a.m. 0.3' 8:10 p.m. 0.3'
THURSDAY	6:39 a.m. 7:12 p.m.	5:24 p.m. 4:16 a.m.	2:42 a.m. 4.2' 3:17 p.m. 3.1'	9:20 a.m. -0.1' 9:04 p.m. 0.1'
FRIDAY	6:39 a.m. 7:12 p.m.	6:27 p.m. 5:20 a.m.	3:31 a.m. 4.6' 4:04 p.m. 3.4'	10:06 a.m. -0.4' 9:51 p.m. -0.2'
JULY 24	6:39 a.m. 7:12 p.m.	7:27 p.m. 6:23 a.m.	4:16 a.m. 4.8' 4:46 p.m. 3.5'	10:48 a.m. -0.6' 10:34 p.m. -0.3'



Click the logo to visit RTS Weather online.



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.

Read The Kwajalein Hourglass each week on the official USAG-KA Facebook page and on the U.S. Space and Missile Command website.

Send announcements, community updates and event fliers to Kwajalein-hourglass@dyn-intl.com Wednesdays by 5 p.m.



Above, the before and aftermath of battle during WWII, as Marines work to liberate Roi-Namur from enemy combatants.



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