

RONALD REAGAN BALLISTIC UNCEME

A RANGE OPERATION IS SCHED-ULED FOR 11-12 AUGUST 2021. CAUTION TIMES ARE 11-AUG-21 at 7:50 P.M. THROUGH 2:29 A.M. ON 12-AUG. THE BACKUP DAY OF 12-13 AUG HAS THE CAUTION TIMES OF 7:18PM THROUGH 1:57 A.M. DURING THIS TIME, A CAUTION AREA WILL EXTEND INTO THE OPEN OCEAN EAST OF THE MID-ATOLL CORRIDOR.

MID-ATOLL **CORRIDOR** THE WILL BE CLOSED FROM 1601 2021 HOURS, 07 **AUGUST** THROUGH MISSION COMPLE-TION. THE CAUTION AREA EX-TENDS FROM THE SURFACE TO UNLIMITED ALTITUDE.

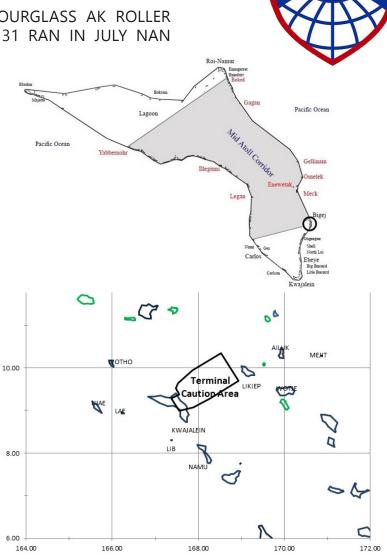
SEE THE MAPS BELOW FOR THE CLOSED AREAS. QUESTIONS SHOULD BE DIRECTED TO REA-GAN TEST SITE (RTS) MISSION SAFETY OFFICE AT (805) 355-4841.

JUON IEN KOKEMELMEL ENAJ KOMAN ILO RAN IN WEDNES-DAY, 11 RAN LOK NAN 12 RAN IN AUGUST 2021. AWA KO REKAUWOTOTA EJ JEN 7:50PM AWA LOK NAN 2:29 A.M. IN JI-MAROK. RAN IN BACKUP EJ 12 LOK NAN 13 RAN IN AUGUST 2021, IM AWA KO REKAUWO-TATA EJ JEN 7:18PM JOTA NAN 1:57 A.M. IN JIMAROK.

MALO IM ENE KO ILO IOLAP IN AELON IN (MID-ATOLL CORRI-DOR) RENAJ KILOK JEN 4:01PM AWA ELKIN RAELEP ILO JILJI-LIMJUON (07) RAN IN AUGUST 2021 NAN NE EDEDELOK KOKE-MELMEL KEIN.

LALE HOURGLASS AK ROLLER EO AN 31 RAN IN JULY NAN

AM LALE IA KO REJ KILOK. NE EWOR AM KAJITOK JOUJ IM CALL E LOK KWAJALEIN RANGE SAFETY OPIJA RO ILO (805) 355-



THE MID-ATOLL CORRIDOR WILL BE CLOSED FROM 4:01 P.M. AUG. 1 THROUGH MISSION COMPLETION.

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 "ID" Dambruch



U.S. Army Garrison-Kwajalein Atoll Host Nation Director Lt. Col. Daniel Young, left, and USAG-KA Commander Col. Thomas Pugsley, view a seawall on western Enniburr built with funding from the Compact of Free Association during Pugsley's first visit to the island July 24. The seawall was built to lessen flooding during typhoons and high tides.

USAG-KA COMMANDER VISITS ENNIBURR

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

U.S. Army Garrison-Kwajalein Atoll Commander Col. Thomas Pugsley made his first visit to the island of Enniburr July 24 as part of his tour of Kwajalein Atoll.

He conducted a walking tour of the Evacuation Center, the high school and elementary schools, the seawall project, community green house, and the island incineration site. The tour provided an insight into the living environment of the approximately 1,000 residents, 100 of whom work on Roi-Namur in support of the USAG-KA/RTS mission.

"It's smaller than I realized," said Pugsley. "I can see that it's different from Ebeye and Majuro. There's definitely a lot of opportunities there." Pugsley added that he would love to get power out there and enjoyed seeing the Seabees projects.

"I'm looking for opportunities to get the Seabees back out there. There is a need for improvements at the elementary school and it's been many years since any significant investment went into that," he added.

Pugsley took command of USAG-KA on June 30.

1) From left: USAG-KA Command Sgt. Maj. Ismael Ortega, USAG-KA Host Nation Director Lt. Col. Daniel Young, RMI Relations Specialist Mike Sakaio, USAG-KA Commander Col. Thomas Pugsley, and RMI Liaison Specialist Hilary Hosia stand at the Enniburr Evacuation Center during the July 24 visit to the island.
2) Pugsley, left, and Young, head to the Enniburr Dock Security Checkpoint on Enniburr before heading back to Roi-Namur.









From left: Gaku Hashimoto, Marshallese delegation member; Colleen Furgeson, athlete; Johnathan Jordan, swim coach; Phillip Kinono, athlete; and Amy LaCost, chef de mission, visit an Olympic rings installation inside the Olympic Village near Tokyo's Rainbow Bridge. Furgeson and Kinono represent the Republic of the Marshall Islands in this year's Summer Games.

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

A wave of Marshallese spirit made a splash this week in Tokyo for the 2020 Summer Olympic Games as Kwajalein High School graduate Colleen Furgeson swam in the 100 meter freestyle while Class of 2014 Seventh Day Adventist High School graduate from Ebeye, Phillip Kinono, swam in the 50 meter freestyle.

As the two representatives for the Republic of the Marshall Islands fourth time attending as a country, Furgeson and Kinono join a small group of RMI Olympians since 2008 to compete.

Serving as the Chef de Mission for the Tokyo Olympics, longtime Kwaj resident Amy LaCost serves as the person in charge of the national team during this international sporting event.

LaCost, who has lived and worked in the Marshall Islands for more than 25 years, grew up swimming competitively.

"As my children grew up, I knew that I would be teaching them how to swim," she said. "There was an established swim team on Kwajalein, so I volunteered to coach swimming throughout the years."

In 2010, the Marshall Islands National Olympic Committee approached her with the opportunity to be part of the organization.

"I work through the Marshall Islands Swimming Federation as a swimming coach and am the Vice President of Women's Development in Swimming."

Tokyo is not her first Olympics, however. In 2012, she attended the Olympic Games in London as a swimming coach where her daughter, Annie Hepler, competed in swimming for the Marshall Islands

"Because I have Olympic experience for the RMI, and due to the travel ban and since I was already stateside, I was asked and am honored to go as the Chef de Mission this year," said LaCost. She added that due to the pandemic, she has worked closely with MINOC since 2019 to ensure the RMI athletes are prepared to compete.

Those athletes are college students and currently reside in the U.S., although their families are residents in the Marshall Islands. Both grew up on Kwajalein or Ebeye and were members of the Kwajalein Swim Team as children. This is Furgeson's second Olympics, having represented the RMI at the 2016 Summer Games in Rio de Janeiro.

One of the many people in Furgeson's Kwajalein cheering section is former swimming coach Sarah Stepchew.

Stepchew, like LaCost, is a long-time Kwaj resident and former swimming coach at the 2016 Rio Summer Games, and is extremely proud of her former student.

"Colleen started swimming in elementary school and continued to swim competitively all throughout college, and now having graduated, is still swimming," said Stepchew. "I can't say enough about her determination and perseverance through all distractions college life brings the training disruptions due to the COVID virus, and the resulting postponements of competitions. She excelled in both swimming and academics during her four years in college.

Stepchew works as a maintainer on site at the Ground Based Radar at the southwest tip of the island.

"I'm a "Kwaj Kid" having spent several of my childhood years out here and then returning with my husband and kids in late 1995 and have been here ever since."

Stepchew reflected on her countless hours spent with Furgeson at the pool over the years.

"Many times before sunrise and after sunset in order to get enough practices in around her busy high school schedule, I would hold additional practices on the weekends if we had fallen behind during the week," she said. "Invariably, after I explained the workout in detail to her, she would offer up her own idea for a workout—always a shorter and easier version of what I had planned for her. Very rarely did she ever get her way."

Colleen did get her way Wednesday night in Tokyo as she swam a Personal Best at the Olympics in the Women's 100-meter freestyle with a time of 58.71, setting a new national record for the Marshall Islands and placing in third place for Oceania in third place while placing 44th overall for that event.

For LaCost, Furgeson and Kinono, this Olympics is definitely unique.

Every person associated with the Olympics, from the athletes, support staff, workers in the village and drivers and venue workers must have a COVID test every single day, in addition to being close contact tracked, said LaCost. She says that everyone wears a mask at all times and everyone has to have an approved activity plan in order to leave the Olympic Village.

"The activity plans had to be submitted and approved two weeks before we came to Tokyo," she said, and added, "we are not allowed to visit any other sports



venues except what we are here to do."

LaCost says that she is proud to work with MINOC and to help represent the RMI at the Olympics.

"I have lived and worked half my life in the RMI," she said. "My children were all born and raised in the RMI. and our two adult children have returned to work in the RMI and continue to teach and promote the sport of swimming. Our entire family is heavily involved in teaching and promoting swimming, not only from the safety perspective that every human should know how to swim, but also from the competitive and health benefit perspective that swimming is just good for you. It challenges you physically and mentally and helps you in every aspect of your life, regardless of if you just want to go to practice or you want to strive to go to the Olympics.'

Since 2008, the RMI has had six Olympic swimmers, and LaCost has coached five of them, including her own daughter, who represented the RMI in swimming in 2012.

Born in Kankakee, Illinois, LaCost has lived around the U.S. and attended Texas A&M University at Galveston, graduating with a degree in Marine Biology with a U.S. Coast Guard License to work on ships through the Texas Maritime Academy. She obtained an unlimited master's license to work as a captain on vessels in 1998.

On Kwajalein, LaCost began work in the Marine Department as a ship captain and marine manager in 1995. She has worked part time as a lifeguard, swim instructor, lifeguard instructor and swim coach for more than 20 years. Recently, she has worked as a substitute teacher for the school district and U.S. Army Garrison-Kwajalein Atoll Child and Youth Services.

LaCost says that the experience at the Olympics is exciting, a bit scary and truly amazing.

She says she is pleased with the host country of Japan.

"Our hosts are extremely kind, generous, friendly and patient. Although I have seen very little of Tokyo, I am impressed with the cleanliness of the Olympic Village and the city (as seen from the bus going to and from the swimming pool). Many citizens ride bikes around, so I am used to seeing that.

'I can see the Japan Giant Sky Wheel from my bedroom window, and Tokyo Bay surrounds the Olympic Village so we can see many tugs, barges and boats moving by all day," she said. "There is a lot of pride being displayed by all the athletes in the village by their colorful uniforms, and banners hanging from their buildings. The Marshall Islands is part of Oceania - an IOC recognized "country". There are 15 countries represented from Oceania. These are our Pacific island brothers and sisters. Although we are all our own separate countries, we live together in the village and root strongly for each other to achieve a per-

sonal best and win."

LaCost added, "There are about 10,000 athletes competing in the Games from more than 200 countries. About 9,700 athletes will go home with no medal, just the experience of having represented their country in their sport, hoping to attain a personal best, make new friends, being "ambassadors" of their countries, teaching others, and learning from other competitors.

"It is an opportunity to meet people from around the world in a safe and inviting environment. It is an important event for the world to have. The IOC and the Japanese have worked very





1) From left: LaCost, Kinono, Furgeson and Jordan are masked up inside the Olympic swim stadium. 2) Representing the Republic of the Marshall Islands at the 2020 Tokyo Olympic Games are Kinono, left, and Furgeson, right, pictured here at the entrance to the Olympic Village this month in traditional attire. 3) Amy LaCost holds up the RMI flag following the opening procession for the Summer Games.

hard for the last 15 months to ensure it the safety of the Games. Even though the stands are empty, the athletes still want to compete, to strive for excellence. I admire them and applaud their hard work and dedication to sport, even as their competitions leading up to the games were often

cancelled, making it difficult to continue training.

"The athletes come in all shapes and sizes. It is amazing to watch and helps teach great life lessons about being the best you can be with what you are given. Usain Bolt may be the fastest man on earth for 50 meters, but he would

probably not do as well in a marathon race. The size and shapes of Olympic gymnasts might not do well in swimming or basketball events. Each athlete learns valuable lessons about perseverance, pushing themselves to their limits, and then just a little more each time, acceptance of themselves and others, competing fairly and encouraging their teammates."

About The Athletes

Phillip Kinono

"It feels great to represent the Marshall Islands in swimming. Only a few people have ever gotten to represent the RMI and I am honored to be able to swim."

Kinono has trained in the U.S. for about 1 and 1/2 years and says it would be a miracle to bring home a medal to the RMI. "It will be fantastic to be able to swim and bring home a personal best," said the 22-year-old who will be attending Lincoln College in Lincoln, Illinois in the fall.

He credits his proud parents, Mack and Rakai Kinono, with encouraging him to keep swimming and fulfilling his dreams.

Colleen Furgeson

"To be given the opportunity to represent the Marshall Islands in the 2021 Tokyo Olympics is truly an honor." She says that this has been an amazing experience.

"All of the love and support from everyone back home makes representing even more fun and exciting. I am also so happy and honored to have proudly waved my beautiful flag at the opening ceremonies.

"I have been training for Tokyo for a while now, but I was given the FINA scholarship to train in Florida with Azura Florida Aquatics back in February- ever since then, all I did was train for Tokyo," she said.

"My entire family and all of my friends are beyond proud of Phillip and me. They never fail to mention how proud they are of us. Without a doubt, we could not have done any of this without their love and support. I want to say thank you to everybody who has followed us, cheered us on, and supported us as we represent the Marshall Islands. Most importantly, a huge thank you to the coaches who have helped me get to where I am now."

The 22-year-old will be working on her master's degree at Western Illinois University in Sport Management.

1) Victory is sweet: Furgeson smiles for the camera with her swim record—a powerful 58.71 for her 100-meter freestyle earning her third place for Oceania and 44th place overall. 2) In this courtesy photo from The Marshall Islands Journal, Kinono swims in a competition predating the Summer Olympics. Kinono scored a 27.86 with his 50-meter freestyle and placed 70th overall. 3) Representing the RMI, Kinono, left, and Furgeson are a powerful team.







PCSING TO KWAJALEIN WITH THE ARMY? READ THIS FIRST

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

When a Soldier or a Department of the Army civilian receives Permanent Change of Station orders for their next assignment, the upcoming move and all that is involved can be a stressful time. Even so for a move to Kwajalein in the beautiful Marshall Islands, located halfway between Hawaii and Australia.

Before COVID-19, a PCS to Kwajalein was a lot different than it is now.

Due to the strict Republic of the Marshall Islands travel issuances, there have been zero COVID cases in the RMI. All Kwajalein residents and new hires receive an exception from the U.S. Army Garrison-Kwajalein Atoll commander to travel under strict quarantine procedures that begin in Hawaii.

All military, Department of the Army civilians and their families, as well as contractors and their families, must quarantine in Hawaii for two weeks prior to flying to Kwajalein where they will quarantine for another two weeks on island before release. Yes, four weeks of quarantine. Before January, it was five total weeks of quarantine with three of those being on Kwajalein.

Their sponsors provide all incoming personnel with instructions and information on their upcoming travel and transition to Kwajalein. "Items such as passports for all travelers, traveler health screening, proof of immunization, COVID-19 test results, COVID-19 Pet Isolation Waiver ETP if applicable and a request/authorization for travel of government personnel form are just some of the items required," said Capt. Hardy Temoney, USAG-KA installation transportation officer.

When it comes time for household goods delivery, there is no better team than the logistics contractors and Marshallese packing and shipping workers to get the job done, said Temoney.

Household goods are transported from the aircraft or vessel to get processed with the packing and shipping team, the delivery date is coordinated with the receiver, and then all items are delivered to the customers home, Temoney added. Serviceable boxes for the outbound PCS personnel are recycled for future pack outs.

Staff Sgt. Effie Banks, USAG-KA's Custodian of Postal Effects, who arrived here with her family from Fort Hood, Texas April 6 and went into two weeks of quarantine, said, "I would advise everyone to keep in constant contact with their sponsor. I lost contact with my sponsor for two weeks while on leave. Don't do that. Keep in contact throughout the process especially the last 60 days until check-in here at Kwajalein."

She advises potential Kwajalein residents to buy your bike before you get here, as well as rain gear and only bring summer clothes, along with the least amount of home items you possibly can.

Col. Thomas Pugsley, USAG-KA commander, arrived with his family from Shaw Air Force Base, South Carolina in April and shared his thoughts on PCSing to Kwajalein.

"I know there is a lot of emphasis from



Staff Sgt. Effie Banks, top left, disembarks from an ATI flight at Bucholz Army Airfield on U.S. Army Garrison-Kwajalein Atoll in April 2021.

the leadership right now across the DoD about really focusing on the impact that this PCS season is going to have on families, because you have a lot of people who didn't move last year who have to move this year," said Pugsley.

Pugsley shared that his household goods were shipped in March with no issues getting them, his long-term storage and unaccompanied baggage all scheduled for pick-up. And, they were all waiting for the family when they got out of quarantine.

He praised the crew here for being awesome and said he liked how they didn't bring the whole truck at one time, rather, bringing smaller trucks so it took three trips to get it all loaded into the house. "It was great we had an hour in between between trucks to separate and move stuff around to make more room. They worked hard. I was pretty happy with the crew."

Pugsley says that "If you know you are coming to Kwajalein, ask yourself – 'Would you rather have all your stuff where you are now until you leave, or, would you rather have it right when you get there so you can get set up?" He said he leaned forward and chose to move into a hotel for about five weeks before departing the U.S. after having his household goods picked up.

"But guess what?" he said. "Our stuff was waiting for us when we got here – ready to move in."

Another addition to the USAG-KA family is Chief Warrant Officer 3 Yessenia Johnson, USAG-KA's Food Services Officer, who arrived recently with her family from Fort Stewart, Georgia.

Johnson said that while her family dog

was a breed that is not acceptable for any airlines, she praised the USAG-KA leadership and her sponsor, Chief Warrant Officer 3 Michael Schafer, USAG-KA's marine engineering officer, for their constant communication throughout the process. Johnson also provided a list of lessons learned for moving to Kwajalein during COVID-19.

CW3 Yessenia Johnson's Travel Lessons Learned

- If you have kids, register them for school K 12 online as soon as possible for the school year required at Non-DoD Schools Program Student Online Education. Click here to get started: www.registration.dodea.edu You will need your child's immunization record, last report card, copy of passport or birth certificate in pdf format to upload.
- Reserve your hotel at the Hale Koa. Call 800-367-6027 for reservations. Ask for the ocean view! The Hale Koa address is: 2055 Kalia Rd; Honolulu, HI 96815
- Submit request for postal APO AP address with your sponsor before departing your state as well as on-island K-badge request.
- Pack your router, COVID vaccination and proof of negative test with you on the flight.
- Before flying to Hawaii, create an account on the State of Hawaii Safe

Travels site. Click here to get started: https://travel.hawaii.gov/#/dailycheckin, then scan code at the end of the survey. That will be required at the Hawaii airport before you can get your checked baggage.

- Once through the screening area, get your luggage and walk to the taxi area and save all your receipts. Call Charley's Taxi at 808-233-3333. They are the only cab service on Oahu that can get onto military installations. Recommend you stop at the Don Quixote grocery store before you head to the hotel, buy a case or two of water. The room at the Hale Koa has a small fridge to store perishable items. Some things that helped us was cereal, milk, tuna, can opener, grapes, oranges and apples, yogurt, deli meats, bread and noodle cup soups.
- Day 2 in the Hale Koa: Submit your daily check-in status. Reply GO to this message or visit https://travel. hawaii.gov/#/dailycheckin
- The medical staff you see daily during quarantine for temperature scans and COVID tests can help with special requests. For any medical issues you'll need to contact your region health net for a referral request while in Hawaii or go to the

- ER, with the head medical person in charge.
- Call the Hickam AFB transportation office for the ATI flight details, time, etc., for follow-on flight to Kwajalein at 808-448-0747.
- Hale Koa room service has two restaurants for you to choose: Koko's and Bibas. Use the scan code for the menus (one serves breakfast and one serves lunch/dinner).
- You can also order from the AAFES Shoppette in the Hale Koa. The welcome packet has their email to make orders. You will provide your phone number when you order and they will call you for payment.
- Alternatively, you can download Door Dash, Instacart or Uber Eats apps to order groceries or food delivery. Once delivered to the front desk, a Hale Koa staff member will bring your items to your room.
- Laundry drop-off outside your room occurs on Monday, Tuesday and Friday at 7:15 a.m. It is returned to you by noon.
- No tobacco use on the balcony or inside the room. You neighbors will report you and security will give you

- a warning. Bring smoking cessation products of your liking.
- Medical staff provides day-of-flight instructions for POC, date and time for the check-out day.
- Your flight to Kwajalein is about approximately five hours, and you'll receive a meal and snack.
- Upon arrival to Kwajalein airport, you are met by USAG-KA leadership, receive temperature checks, asked about any dietary restrictions, and you and your bags are transported to your lodging for the next two weeks of quarantine. If you have a pet, your sponsor will receive the pet upon arrival.
- Email or call Robyn Riddle for household good status at robyn.h.riddle. ctr@mail.mil or 5-1136.
- Your sponsor can pre pay for your internet modem at your house before arrival.
- Make a list of items you would like to have bought by the sponsor to fill your fridge/freezer and pantry. Monday's and Thursdays are delivery days. Hot meals are provided by the Zamperini Dining Facility three times a day if you choose.

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 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.

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, QUARAN-TINE 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 Ter-

minal 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://gua-medf.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 opportu-

nities 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.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

RMI TRAVEL BAN APPLIES THROUGH JULY 31, 2021

RMI COVID-19 TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 27: APPLIES THROUGH TODAY

USAG-KA is currently awaiting the anticipated update to the RMI travel issuance.

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



RV JESSICA DAMBRIJCH

What started as fast-paced game of slow-pitch softball July 24 quickly evolved into an action-packed battle for the win.

The Spartans clobbered the heretofore undefeated softball champions Ek In Ae during the MWR Summer Softball Championships Brandon Field, 16 – 15.

The short season and microgame was filled with last-minute saves and demonstrations of athletic prowess for both teams. One of them is pictured above:

Check out the look on Spartan Dominic Aragon's face as he narrowly evaded bottleneck between second and third base. Ek In Ae was less than pleased: Aragon's victory was a decisive moment in the game's last half and sealed the Spartan's win.

"The boys were really happy," said Spartan Coach Mark McCollum, of the season. The team, which initially began with 20 players, had only one player to sub in by the championship week. To make up for the deficit in players, the entire McCollum family pitched in. With few breaks and a fierce opponent, the Spartans knew they'd have to work hard. Their dedication paid off.

"We had no more than 11 people playing for a while," McCollum said. "The best part about the game for me was playing with my kids."



Back row, from left: Darren Wheeldon, Matai McCollum, Ethan Acosta, Myles Sylvester, Adam Vail, Mark McCollum. Front row, from left: Justin Pace, Makoa McCollum, Dominic Aragon, Masina McCollum. Not Pictured: Steve Robinson, Stan Jazwinski & Maliana McCollum.

















1) The continuation of the action on page 10: Ek In Ae players Will Hahn, left, Tylar Bodnar, center and OJ deBrum, right, assess the play. 2) Target acquired: Darren Wheeldon is up at bat during the championship. 3) Justin Pace dodges the first baseman. 4) Adam Vail lunges for the ball. 5) Masina McCollum delivers another expert pitch. 6) Dominic Aragon takes a crack at the score. 7) Mid-fall, Tyler Bodnar sends the ball back to the infield. 8) OJ deBrum has got a lock on a Spartan as he prepares for a throw. 9) Good game: Aragon, left, leaves the ground as he charges to his next base.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH











COURTESY OF THE ISLAND MEMORIAL CHAPEL

PEOPLE FIRST

On U.S. Army Garrison-Kwajalein Atoll, it's about "people first": 1) Ebeye Mayor Hirata Kabua, left, family members and U.S. Army Garrison-Kwajalein Atoll Commander Col. Thomas Pugsley stand together at the garrison flagpole instal-lation following the repatriation of 30 Marshallese citizens following the successful completion of their 14-day Kwajalein quarantine. 2) Members of RMI repatriation group eight and USAG-KA personnel commemorate repatriation with a group photo July 20. 3) Congregants from the Island Memorial Chapel, USAG-KA personnel and island residents brought the party to the island's LSA Man Camp July 26. Together, they grilled, enjoyed fellowship and got to know each other. 4) Gayle Hill, left, and USAG-KA Command Sgt. Maj. Ismael Ortega, right, are on grill detail. 5) Ortega, center right, conducts a fire safety grill drill during the cooking effort during the Island Memorial Chapel Annual Man Camp Barbecue.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

In 2004, the Arrow-2 interceptor system was tested for the first time in the United States





Sign up for your ARMA Account. 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.



FAST TRACK TO VICTORY: COLLEEN FURGESON IN 2016

KWAJALEIN HOURGLASS ARCHIVE

By Jessica Dambruch The Kwajalein Hourglass, Sept. 3, 2016

It feels like only yesterday that Kwaj resisdent Colleen Furgeson returned home victorious. She'd spent more than two months abroad training and had earned first place in her 50-meter freestyle swimming heat in Rio de Janeiro in the 2016 Summer Olympics. Her next goal: To compete in Tokyo.

This week, as the atoll community celebrates Furgeson, her teammate, Phillip Kinono and the Oceania athletes at the Tokyo Olympics, check out Furgeson's 2016 thoughts on competion and training.

What was it like to win first place in your heat in the 2016 Summer Games?

You can't hear anything in the water. Not even when you touch the wall. As soon as I touched the wall, I saw my face on the screen, and I knew I'd got first, which was the number one thing my coach and I wanted:

"You gotta win first. Second and third, sure; but first is my primary thing."

I was just so happy. I looked at my time and realized, "Wow, I just got a PB [personal best]."

It took me a while to get out of the water, because I was just still in shock I'd won first.

It was a win for my country, for me and my coach and all the hard work and dedication she's given me. She was more nervous than I was before my race. Then I got out of the pool.

I looked at my mom, my coach and the rest of my team and in my head said: "You won first in your heat. You're on the screen. The whole world saw."

How does it feel to return home as an Olympian?

In Rio, I didn't feel really special, because Olympians are everywhere. But being here, I love it. I love people walking up and saying good job. I'm glad that everybody knows that I've represented their country, and I really hope they think I did well. I don't want people to treat me differently. I'm still a student who does everything on this island. I'm still a Kwaj kid.

What did you look forward to coming back to do?

Sports! I love playing sports here. It's amazing. It's so much fun. It brings everything out in me: anger, happiness, joy. It's awesome. But also just working with all of the community as well: lifeguarding, KSA [Kwajalein Sports Association]. I work for the Kwajalein Swim Team. I coach the middle group, and when I have the time I do my own swim lessons.

At the Games, did you think of yourself as a role model for future athletes?

I did—especially for the girls here. They swim, but there's only a certain amount of people who can [represent the RMI], because you have to be Marshallese. It's super hard to be a female athlete from here because [the average Marshallese athlete] doesn't have a pool; they don't have a track. That really hurts them. Me being on Kwajalein helps me a lot.

What is the most valuable lesson you learned from the swimmers in the Oceania Family?

Always being there for each other. I knew that, but being at the Olympics is just huge, and none of us got distracted by it. We were focused on ourselves and

each other. It was not an all-about-metype of competing. It was all about us being united together. We did so many things together other than the sport we were there for. We played sports; we did beach volleyball and rugby.

Tell us about training with your coach Sarah Stepchew.

Everyone needs to understand all her dedication she's given me. She did it on her own time. She wasn't getting paid at all. The fact [is] that she was doing it because she believed in me. Working with Sarah is difficult. She's a really tough coach, which is something I really need. She will not let me skip a practice, and I really like that she will let me play other sports.

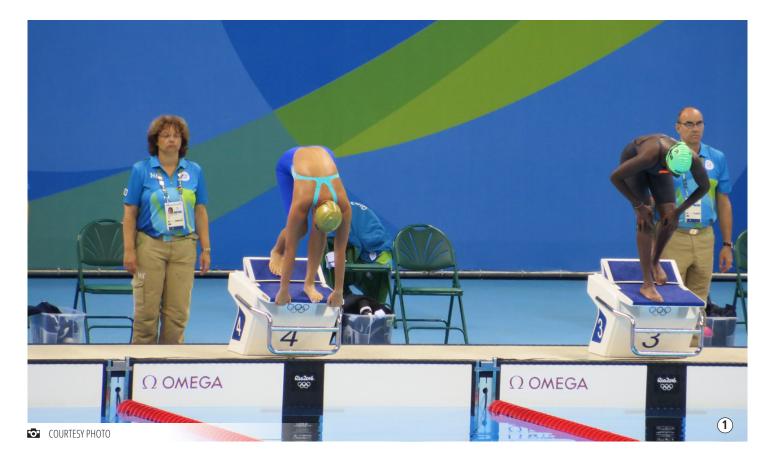
She understands the opportunities that I have here. Before the Olympics I was training at Bolles Swim Camp, but Sarah was training me for Fiji and, of course, the Olympics. But Fiji was kind of the Olympic trial for me.

The three years Sarah was training me were always for the Olympics. We both have the same goals for me, which helped a lot.

So you excel when you work under pressure?

Oh yes. I can't just sit there and do nothing. I'm not that type of person. And if I'm not doing something then I freak out, because I'm so used to doing something. If I'm not playing sports, then I'm doing something for the community. I don't really have downtime.

... I think last year and the year before that I got maybe three to four hours of sleep per night. I do a lot. I am working, constantly volunteering for everything, working even more; I work with kids, I have school.



Were there any swimmers you hoped to meet at the Olympics, or that inspired you while you trained?

Missy Franklin. She's a backstroker, and I'm a backstroker, and she's amazing. As I got older I realized there are other teams than Team USA. The one swimmer I did want to meet was Katinka Hosszu. She's from Hungary. I got a picture with her. I spoke to her. She's an amazing swimmer. She's Iron Lady!

Any advice for young swimmers who want to try for the Olympics?

If you have a goal, you keep reaching. You keep trying to achieve that goal. My goal was to go to the Olympics. I did not give up once. It helps to always have somebody who is there to support you no percent. If you don't have anybody on your side, then this is your chance to show everybody that this is what you do and are able to do. Swimming is a beautiful sport.

Just continue to do it. It takes you to a lot of places. I started in 2013 in Barcelona, and all I've been doing is going. And in 2020, anything can happen. You have to be motivated; you have to be disciplined. I did it. And stay in school!

So now it's back to school. Which class are you most excited about?

Work study with Derek Finch at Sports Management! I'm super excited because this is something I want to do for my career, for my life, and so I think being here is a perfect place to try it out. There are so many sports I can try it out with.

Describe training for the competition.

Training for each meet is different. So, prior for the Olympics, I was at Bolles, and they had everything down. We would start out with breakfast, swim for two hours, have core for an hour, have a rest, and then we had class, and then we had dryland. Swim for two more hours.

I didn't start tapering off until two to three weeks before the actual swim day. It's also everything you do outside of the water. Eating healthy is not something I'm good at.



1) Furgeson prepares to launch off the block during her heat swim in the 2016 Olympic Games. 2) Furgeson rests in the water during training for her 50-meter freestyle Olympic competition in Rio de Janeiro.

I missed Dr. Pepper. That was the number one thing I complained about 24 - 7: "Where's my Dr. Pepper?"

What is it about Kwajalein that you love the most?

I love my community. They help so much, my family and friends. I have about five families that have adopted me. I am welcome into their houses all the time. They feed me when I'm hungry, they tell me everything. I love having so many people here who love me. Because I love them. It's definitely the community that makes this home.

How do you mentally prepare for racing and getting eady for competition?

I don't. I can't think, "Oh, my breakout has to be awesome." If I do, I'm not going to do it.

Is there anything you want to tell the community now that you're home?

Thank you so much for all the support. I really appreciate it. All those Facebook messages, sharing the videos, taking pictures of my race ... and even before my race they were rooting for me.

If they hadn't been doing that, I don't think I would have been able to do it. They gave me like a 10 points higher, going, "Colleen, you've really got to do this!"

Thank you so, so much. It's definitely written on my heart. Thank you. Of course, thank you to Sarah for coaching me. She needs to get credit. I am crazy, all crazy. I definitely give props to her for being my coach.

ANTI-TERRORISM Q&A

Compiled by Mike Brantley, USAG-KA Public Affairs Officer

O: What is "Antiterrorism?"

A: Antiterrorism is the defensive element of Combating Terrorism. Antiterrorism integrates risk management, planning, training, education, awareness, exercises, resource generation, comprehensive program review and random antiterrorism measures into a holistic security program to protect against acts of terrorism

Q: How does Antiterrorism differ from Combating Terrorism?

A: Antiterrorism is one of four elements of Combating Terrorism -- the defensive element. The other elements include Counterterrorism (offensive measures), Intelligence Support, and Consequence Management.

Q: Why is Antiterrorism important to the defense of the United States?

A: The threat of terrorist attack against our homeland and our Army is real. The Army represents the strength of our nation. An attack on our Army, whether successful or not, would demonstrate the terrorists' ability to strike at the heart of American strength. Our Antiterrorism measures represent defense against terrorists. The strength of our security is the backbone of our prevention and protection and reflects the strength of our nation as a whole.

Q: Are Army installations, organizations, and activities periodically evaluated on antiterrorism readiness?

A: Yes, through annual antiterrorism exercises, annual self-assessments and with triennial higher headquarters assessments.

Q: Can you provide some examples of Antiterrorism actions?

A: An installation access control point with security guards represents physical security that is a key aspect of our antiterrorism plans and programs.

A: A family member who reports unauthorized photography of military facilities represents awareness and reporting of suspicious activities.

A: A Soldier who protects controlled Un-Classified Information represents operational security.

A: A Commander who leads the development of antiterrorism plans and directs Random Antiterrorism Measures represents Army leadership, vigilance and a strong defensive posture.

Q: Who is the lead staff agency for antiterrorism at the Department of the Army?

A: The Deputy Chief of Staff, G₃/₅/₇, is responsible for the security of the Army and provides overall policy guidance, coordination and staff supervision for the Army Antiterrorism program. His lead agent for Antiterrorism program oversight is the Director, Operations, Readiness and Mobilization Directorate (G₃₃). The Provost Marshal General leads the daily management and functional execution of the program and has a full-time staff dedicated to planning

and executing the Army overall antiterrorism program.

Q: How does the Provost Marshal General and the G3/5/7 provide guidance to the Army for execution of antiterrorism programs?

A: Army Regulation 525-13 (03 DEC 19) provides the policy for execution of the Army Antiterrorism program. The HQDA Antiterrorism Strategic Plan (1 AUG 09) establishes the strategic goals and objectives of the program and includes resourcing requirements. In addition, the PMG and the G3/5/7 provide departmental oversight for the Antiterrorism training and doctrine developed by the Military Police School.

Q: What training does the Army offer for individual antiterrorism awareness?

A: All Soldiers and civilians entering the Service (IET, Officer/Civilian accessions) receive antiterrorism Level I (individual) training by a certified antiterrorism officer. The training includes individual protective measures for Soldiers, other personnel, family members, units and equipment from terrorist attacks. In addition, all Army personnel must receive annual refresher training usually offered through online portal https://atleveli.dtic.mil/at/. Family members (over age of 14 years) accompanying the military member (such as on PCS orders) outside the United States must also receive training.

Q: What other Antiterrorism training does the Army have?

A: Officers selected for command (at the Battalion and Brigade level) receive AT Level III (Pre-Command) Antiterrorism Training to provide them the knowledge, skills and abilities necessary to direct and supervise antiterrorism plans and programs.

A: AT Level IV Antiterrorism Executive Training, hosted by DoD J-34 and includes an Army module presented by the HQDA Antiterrorism Branch, is available for O-6 through O-8 officers and civilian equivalents/senior executive service members who have primary responsibility and oversight of Antiterrorism plans and programs at the operational and strategic level.

Q: What Training and Doctrine Command School is responsible for antiterrorism training and doctrine?

A: The US Army Military Police School is the proponent for Antiterrorism training and doctrine. The MP School, as the TRADOC lead, develops, implements, and continuously updates training and doctrine based on lessons learned from recent threat incidents and the Army's operational experience.

Q: Is the Army employing antiterrorism measures to protect Army installations?

A: Absolutely. Protection of our garrison installations represents our most visible Antiterrorism measures. Examples include access and entry control points, 100% identification checks and active law enforcement patrolling.



Always Ready. Always Alert Because someone is depending on you

Q: Is the Army employing antiterrorism measures to protect facilities off our main post – such as standalone facilities?

A: Yes. Army recruiting stations, Corps of Engineers facilities and Army National Guard facilities are three examples of "off-post" or standalone facilities that benefit directly from the prevention and protection efforts of our Antiterrorism Program.

Q: How does a Commander assess terrorist threat levels to their installation, facility or unit?

A: Through a collaborative effort and continuous dialog with military and civilian intelligence, law enforcement and security agencies, the process for accessing threat levels is in Army doctrine within the Intelligence process.

Q: Do Army Commands, Army Service Component Commands and Direct Reporting Units have antiterrorism officers?

A: Yes. The Commander must appoint an Antiterrorism Officer (minimum rank of MAJOR or GS equivalent) within the Operations staff. Their role is to plan and managed the command's antiterrorism program under the leadership of a designed general officer or senior executive service member. In fact, these commands must have their own Antiterrorism Strategic Plan for their command that support the HQDA ATSP.

Q: Do Army Garrisons have antiterrorism officers?

A: Yes. The Garrison Commander must appoint an Antiterrorism Officer in writing within the Operations staff. US Army Corps of Engineers Commanders and Directors must also appoint an ATO.

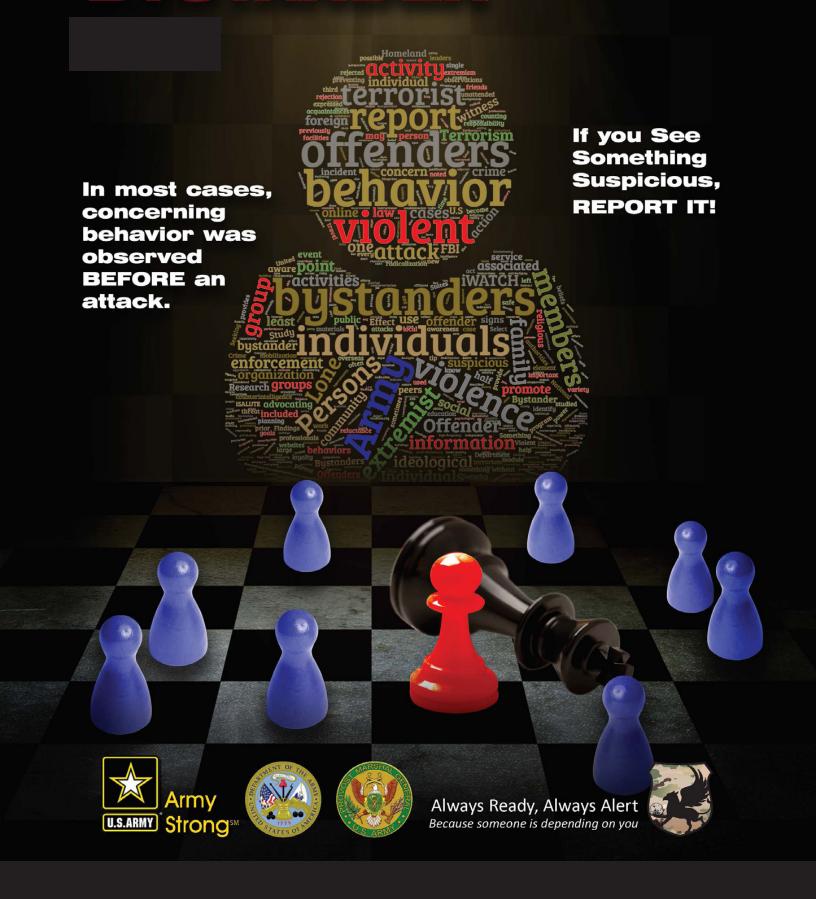
Q: Do Army operational forces have antiterrorism officers?

A: Yes. All units, battalion and above, are required to have an Antiterrorism Officer appointed in writing and AT Level II trained and certified.

Q: How can individual heightened awareness contribute to a safer security environment?

A: People (including Soldiers, GS employees, contractors, and all of their family members) who maintain situational awareness and report suspicious activities dissuade terrorist activity by extending the reach of our law enforcement and security forces. They provide extra eyes and ears for anything out of the ordinary. By doing this, our entire Army Community supports sustained vigilance against terrorist threats.

Don't Be a Passive BYSTANDER



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.ta-leo.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 Uhren 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 Dr. Stephanie McCutcheon at 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, and a Banking Center Operations Supervisor. 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 ju-

nior 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.

Tribalco seeks an Enterprise Services Customer Support Manager, Cyber Security Specialist, Operations Manager, Configuration Manager, Telecommunications Infrastructure SME/Planner and Systems administrator. Candidates must meet job requirements. Contact Tribalco Human Resources at 5-4344. For more information, visit www.tribalco.com/careers.html.

NOTICES

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@

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.

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.

Pfizer vaccines. Attention USAG-KA Residents. August 4 is the last chance to receive the first dose of the Pfizer vaccine until a new shipment arrives. There is no

estimated delivery date for a next shipment. Schedule a vaccination appointment via email by contacting Suzanne Mosier at suzanne.m. mosier.civ@mail.mil or by calling 5-2354 for opening dates and times.

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.

Volunteer Coaches Wanted. CYS Coaches are needed for soccer, Start Smart Yoga and Tumbling, inner tube water polo, outdoor hockey, T-ball and coach pitch. Kids for head coaches play for free. Contact 5-2158 for more information.

USAG-KA Bimonthly Best Yard Contest. USAG-KA is starting back up the Bimonthly Best Yard Contest program for all residents who live in houses on Kwajalein. The Housing Office will choose three houses for consideration with one winner announced every other month, beginning in August. Prizes could include a free MWR cart rental, pizza from the Sunrise Bakery or a game of bowling.

Kwajalein 4 - H. Meets Wednesdays and Fridays from 4:30-5:30 p.m. at the School-Age Care classroom. Enjoy monthly themes. 4-H students are more likely to give back to their communities, make healthier choices and to participate in STEM activities. Participants must be fully registered with Kwa-

POWER OUTAGES PLANNED, AUG. 2

PUBLIC NOTICE

On Monday, Aug. 2, the following facilities will experience a 10-hour power outage starting at 8 a.m.

980 Lens Well #1 1075 Document Control Building 1125 Lens Well #7 1126 Lens Well #8 1658 DMS Storage Building

On Monday, Aug. 2, the following facilities will experience two 15-minute power outages starting at 8 a.m. and 6 p.m.

Aircraft Maintenance Hangar

900	Aviation Maintenance
	Operations
902	Departure Terminal
	and Base Ops
933	Water Treatment Plant
	(RO System)
938	Fresh Water Pump House
944	Potable Water Pump House
945	Fresh Water Pump House
975	General Purpose Warehouse
976	Vets Hall
995	Warehouse
1129	Warehouse
1149	Sewage Lift Station
	near Utilities Office
1276	Temporary Air Traffic Control
1659	Tacan Building

jalein CYS. For more information, call 5-2158

CYS Parent Advisory Board Meeting. Meets first Saturday of the month at 11:30 a.m. in Central Registration, Bldg. 358. All parents are invited to attend. For more information, please call 5-2158.

CYS Caregiver Class. Learn how to be an expert caregiver. This class is free. Register at the Namo Weto Youth Center. Class runs for three days and three hours for a total of nine credit hours. Participants must attend all three sessions. Classes are offered over Thanksgiving and Spring Break. Call 5-2158 for more information.

Open Your Library Account Today. Visit the Grace Sherwood 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.

MWR Rentals. When requesting a tent, a two-week prior notice is required for dig permit approval. To request tables and linens, chairs, bounce houses, to MWR equipment or for more information, call 5-3331/3332 or visit the Grace Sherwood Library in Bldg. 805 Tuesday through Friday from 8 a.m. – 5 p.m.

MWR Facilities Reservations. Reservations are free for the Emon Beach big pavilion, Adult Recreation Center, Millican Family Pool, Kwajalein Country Club and Bowling Center. For more information, please visit the Grace Sherwood Library in Bldg. 805. or call 5-3331/3332.

Gym Reminder: Gym wipes are available at the Ivey Gym to clean equipment. Please remember to wipe down equipment after use.

PCS'ing with a Pet. Notify vet services to discuss travel planning for

USAG-KA Bimonthy Best Yard Contest

Grab your garden rakes and get ready to rock. U.S. Army Garrison-Kwajalein Atoll is bringing back the Bimonthly Best Yard Contest program for all residents who life in Army Family Housing on Kwajalein. Beginning

in August, the island Housing Office will choose three houses for consideration with one with one winner announced every other month.

Which house will have the best island-style yard, and what will the occupants win? Contest prizes could include a free MWR cart rental, pizza from the Sunrise Bakery Pizza Kitchen or a free game at the MWR Bowling Center. For more information, call USAG-KA Public Affairs at 5-4848.

AFN 99.9 THE WAVE: LIVE LOCAL RADIO

Kwajalein is home to AFN 99.9 The Wave—the only contract-run American Forces Network radio station in the world. Join the crew on the air Tuesday through Saturday from 7 – 9 a.m., 11 a.m. – 1 p.m. and 4 – 6 p.m. for the latest news and greatest hits of Kwaj life on U.S. Army Garrison-Kwajalein Atoll. Don't own a radio? Don't worry. You can tune in on the local AFN roller channel, 19-5. Want to learn more? Contact AFN Manager Randy Hisle at 5-2114.





E-WARENESS

Regulated Medical Waste

Regulated Medical Waste generated at the hospital, dispensaries, Dental Clinic, and Veterinary Services is collected by trained personnel and escorted to the incinerators for disposal.

Kwobej ko jen Hospital, jikin takto ko, jikin koman ni, im jikin takto menin mour rej boklak nan dump bwe ren bwil ilo jikin kattil en. Ewōr ro emōj train er ñōn lolorjaki kwobej kein.

Kir lok DI Environmental ilo 5-1134 kin kajitōk.

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

your pet 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. Contact Kwajalein Veterinary Services at 5-2017 for more information or email 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

Be Kind. Kwajalein sports officials and scorekeepers include many first-time officiators, including high school students, Marshallese citizens and Kwajalein contractors. Scorekeepers receive training prior

to each season. Spectators are reminded that takes time to build confidence in making calls, especially during fast-paced games.

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.

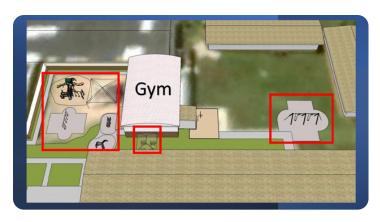
ENVIRONMENTAL NOTICES

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.

ArMA Account. 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.



CONSTRUCTION ANNOUNCEMENT

Construction on the George Seitz Elementary School playground has begun. Please avoid all construction areas highlighted in red until all structures are complete.

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.

For more information, request an account form from lan Morales at moralesic@aafes.com.

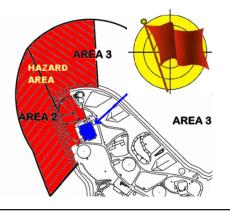
Hardcopies are also available at the store.

Form verifies employment

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

SMALL ARMS RANGE SAFETY NOTICE

Security and Access Control will be conducting a small arms range on Aug. 13 and 14 from 9 a.m. - noon. Please observe the RED FLAG hazard area. If you have any questions, contact Chief Don Muse at 5-9045 or 5-4445.



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.



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.

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

MONDAYS*

DINING DOWNTOWN

SUNRISE BAKERY (5-3445)

SUNRISE BAKERY PIZZA KITCHEN (5-3445)

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

Friday, Saturday and Sunday,

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.



Unless otherwise noted, 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.



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

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.

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

CYS SPOTLIGHT

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

Thursday - Pre-K music class Saturday - Pre-K music class

STEAM

Tuesdays - Swim Day. Please send your child with water clothes, a towel, and dry clothes.

Wednesdays - Functional Fitness Thursdays - Library

Sports

Start Smart Sports - Ages 3-5: Soccer- Registration begins Aug. 8 – 22. Season runs Sept. 1 - 22

Upcoming Dates To Remember

Aug. 6 - Pre-K Parent Orientation - 4:30 p.m. Aug. 10 - First Day of Pre-K

SCHOOL-AGE CARE

Summer Camp Aug. 3 - Aug. 7 Mini City

Regular programming: Begins Aug. 11 Tuesdays - Art Wednesdays - Functional Fitness/Culture Thursdays - STEM Fridays - Recreation Saturdays - Character Counts

4 - H

Week of Aug. 24 - 27-4:3 o- 5:30 p.m. Register in Central Registration

Open Rec- Aug. 28 - 4:30 - 5:30 p.m.

Sports

Soccer- Registration begins Aug. 8 – 22. Season runs Sept. 2 – 30.

Register in Central Registration. Space is limited.

NAMO WETO YOUTH CENTER

Tuesdays - Closed **Wednesdays -** Tremendous Trivia - 4:30 p.m.

Thursdays- Movies or documentary with popcorn - 3 p.m.

Fridays - Frappaccinos - 4 p.m.

Saturdays - Smoothies- 3:30 p.m.

Sundays - Art Activity

Youth Center Special Events

Aug. 4 - Water Wednesday Floats & Floats - 12:30 p.m.

Aug. 6 - Making Recycling Bins - 3 p.m.

Aug. 8 - Back to School Bash Pool Party - 5-7 p.m.

Aug. 15 - Crayon Melt Art - 4:30 p.m.

Aug. 22 - Koolaid Playdough - 5:15 p.m.

Aug. 29 - Slime Making - 5:15 p.m.

Parent Information

Parent Advisory Board Open House - Please come and get information on upcoming events and register for activities on Saturday, Aug. 10, all day in Central Registration. CYS will be closed Aug. 7 for a staff training day.

Hey, kwaj kids-ii's time to go Back To School

George Seitz Elementary School First Day of School

All students and their families are invited to join us at the flagpole for the raising of our U.S. flag on the first day of school. Please meet at 8:25 a.m. at the elementary school flagpole.

All students and their families are invited to join us at the Flagpole for the raising of our US Flag on the first day of school. Please meet at 8:25 at the elementary flagpole.



All George Seitz Elementary School Students! Drop off your school supplies at your class-

room before school starts.

3:30 – 4 p.m. Aug. 10



Kwajalein High School Back to School 7 – 12 Locker Set-Up 3:30 – 4:30 p.m. Aug. 10

All Kwajalein High School students are invited to get their lockers ready before school starts

The George Seitz Elementary School Office remains 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.

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



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@internationalsosgs.us.

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



USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

Recovering from a unique weather set up during the middle of the week, generally pleasant weather looks be incoming for the weekend at Kwajalein Atoll. The surface trough bringing strong southerly flow during the mid-week will have moved through the atoll by overnight Friday, making for more normal, light trade winds on Saturday and Sunday.

Some light to moderate showers may develop after midnight on Sunday morning, but only stray to isolated showers are expected for most of the first half of the weekend. For Monday, confidence is higher for light showers throughout the day as winds shift more easterly due to influence from a downstream disturbance near Pohnpei.

SATURDAY

Mostly sunny with stray showers. NE-E winds at 7-12 knots with occasional higher gusts.

YADMIZ

Mostly sunny with isolated showers. NE-E winds at 7-12 knots with occasional higher gusts.

MONDAY

Partly sunny with isolated to widely scattered showers. ENE-ESE winds at 7-12 knots with higher gusts near showers.

NEXT WEEK

More unsettled conditions come into play next week as the Intertropical Convergence Zone (ITCZ) moves north. This will lead to frequent periods of widely scattered to scattered showers throughout most of the work week.

Winds will stay light but variable from the ENE-ESE depending on the location of the waves within the ITCZ that move through.

N-MOON SUNRISE MOONRISE HIGH TIDE LOW TIDE SUNSET MOONSET 9:15 a.m. 2.6' SUNDAY 6:40 a.m. 12:31 a m 3:23 a.m. 1.2' 10:25 p.m. 2.7 3:32 p.m. 1.0' 7:11 p.m. 1:08 p.m. MONDAY 6:40 a.m. 10:36 a.m. 2.2' 4:57 a.m. 1.4' 1:12 a.m. 4:46 p.m. 1.2' 7:10 p.m. 1:55 p.m. TUESDAY 6:40 a.m. 12:03 a.m. 2.8' 7:02 a.m. 1.3' 1:54 a.m. 7:10 p.m. 2:43 p.m. 12:41 p.m. 2.1' 6:27 p.m. 1.2' WEDNESDAY 6:41 a.m. 2:38 a.m. 1:25 a.m. 3.0' 8:15 a.m. 0.9' 7:10 p.m. 3:34 p.m. 2:04 p.m. 2.3' 7:43 p.m. 1.0' THURSDAY 6:41 a.m. 3:27 a.m. 2:20 a.m. 3.3' 8:59 a.m. 0.5' 7:09 p.m. 4:25 p.m. 2:53 p.m. 2.6' 8:34 p.m. 0.6' FRIDAY 6:41 a.m. 4:17 a.m. 3:01 a.m. 3.7' 9:34 a.m. 0.1' 7:09 p.m. 5:18 p.m. 3:30 p.m. 2.9' 9:14 p.m. 0.3'



AUGUST 7

Click the logo to visit RTS Weather online.

3:37 a.m. 4.0'

4:03 p.m. 3.2'

6:41 a.m.

7:09 p.m.

5:11 a.m.

6:09 p.m.

10:06 a.m. -0.2'

9:50 p.m. 0.0'

Teachers' Back To School



AUGUST 7 OCEAN VIEW 8 P.M. - MIDNIGHT

*COMPETITION BEGINS AT 10 P.M.

*FOUR MINUTES PER ACT

*15 ENTRIES ONLY

*ENTER ONLY ONCE

*CHOOSE AN ACT/TEAM

*COSTUMES OPTIONAL

*PRIZES AWARDED FOR 1ST, 2ND AND

3RD PLACE WINNERS

REGISTER AT THE OCEAN VIEW CLUB.

SPECIAL EVENT MENU

CHICKEN AND WAFFLES - \$10, TO BE DELIVERED BY 8 P.M. TO THE OCEAN VIEW CLUB.

ADULT BEVERAGE SPECIALS AVAILABLE.
PLEASE PAY FOR MEALS IN ADVANCE AT THE GRACE
SHERWOOD LIBRARY BY JULY 31.





ARMY CHAPLAIN CORPS 235TH ANNIVERSARY

EXTERNAL REPORT

By the United States Army Officer Candidate Course

U.S. Army Chaplaincy, one of the oldest branches of the Army, is 235 years old.

On April 19, 1775, Chaplain William Emerson, stood with the militia at the Battles of Lexington and Concord, praying for and encouraging them in battle. Then on July 29, 1775, the Continental Congress authorized pay for one chaplain for each regiment of the Army. Since that time, approximately 25,000 Army chaplains have served as religious and spiritual leaders for 25 million Soldiers and their families.

From military installations to deployed combat units and from service schools to military hospitals, Army chaplains and chaplain assistants have performed their ministries in the most religiously diverse organization in the world.

Always present with their Soldiers in war and in peace, Army chaplains have served in more than 270 major wars and combat engagements. Some 400 Army chaplains have laid down their lives in battle. Six have been awarded the Medal of Honor. Their love of God, country

and the American Soldier has been a beacon of light and a message of hope for all those who have served our nation.

Currently, over 2,700 chaplains are serving the total Army representing over 130 different religious organizations. Over 900 chaplains and chaplain assistants are mobilized or deployed in support of contingency operations throughout the world.

What continued efforts does the Army have planned for the future?

Chaplains continue to be a safe, confidential source of help and counsel immediately available within a Soldier's

own unit. Chapel centers and programs produce spiritually vibrant communities able to withstand the rigors of a compressed deployment cycle.

The chaplain-led Strong Bonds program for commanders continues to train our Army families to remain resilient. A study by the National Institute of Mental Health is showing increased marriage satisfaction and a two thirds divorce reduction after attending just one event.

Finally, the Chaplain Corps is working with the Comprehensive Soldier Fitness program to increase the spiritual fitness of your Soldiers.

Why is this important to the Army?

Nearly nine years of combat have stressed our Soldiers and families. As Chaplain Carl Hudson accompanied the Soldiers of Task Force Smith in Korea 60 years ago, your chaplains will continue to accompany you every step of the way for religious support, counsel and spiritual programs.



'SOLDIERS OF GOD' — THE U.S. ARMY CHAPLAIN CORPS MARCH

YTERNAI REPORT

By Paul Stamps, in an article submitted by Col. Robert Nay, Army chaplain

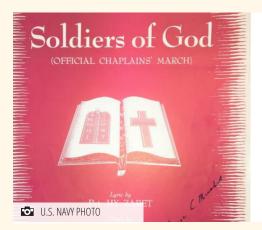
The Army Goes Rolling Along, also known as The Army Song, is the official song of the U.S. Army. Many other Army branches, corps, divisions, and regiments have their own individual official songs, as well. Music has helped to capture and sustain the legacy and essence of the Army.

During World War II, Army Chief of Chaplains (Maj. Gen.) William R. Arnold felt the Army Chaplaincy needed its own official song, and he chose Soldiers of God, which had been circulating in several unofficial versions.

In Circular Letter 281, dated Feb. 1, 1944, Chaplain Arnold wrote:

The Air Corps, Signal Corps, Artillery and Infantry all have had an official song representing the respective branch or service. Now the Chaplain Corps has an official song titled SOLDIERS OF GOD. The spirit-stirring music, composed by Ben Machan, is a catchy melody in thrilling march time. The lyrics, by Private Hy Zaret, are appropriate for a song that will be known everywhere as the Official Chaplains' March... A preliminary arrangement of the song is included in the January 1944 issue of HIT KIT. The final approved version is being published by Remick Music Corporation.

The first edition of Soldiers of God did not meet the intent of Chaplain Arnold. In a memorandum from the Office of the Chief of Chaplains, Chaplain Arnold provided additional guidance. First, in all future publications, the word "call" would be in quotes, to emphasize the sense of divine calling chaplains carry with them as they minister to, care for,





The official "Soldiers of God" sheet music was signed by Chaplain Arnold and given to Gen. George C. Marshall.

and counsel the soldiers, family members, and Department of the Army Civilians within their formations. Second, whereas Zaret's version started with, "We are there, with the fighters of the nation, Everywhere at a thousand battle stations," a new verse was added before Zaret's, starting with, "We are there, as the Chaplains of the nation, Everywhere with our fighting congregation."

Finally, an introductory chorus was added, emphasizing the Chaplain Corps' service "on the battlefield today." Despite the changes, Arnold stressed that members of the Chaplain Corps had the option to sing all of Soldiers of God, or just parts of it.

The HIT KIT produced by the War Department's Special Services Division was a printed collection of Top 40 and patriotic songs, and it helped to gain some notoriety for Soldiers of God. The Special Services Division also produced a band arrangement for the song and a recorded version. When the song attracted the attention of Bing Crosby, he chose to sing the introductory cho-

rus and Arnold's first verse, at the Kraft Music Hall Radio Program on Easter, April 9, 1944, in what was considered the song's first public performance.

From World War II until 2004, many Chaplain Corps functions around the world included the complete singing of Soldiers of God. Since 2004, the song has fallen out of use, but the members of today's Chaplain Corps are encouraged to consider reintroducing the song to their official programs.

Mr. Michael Świngler, a former Army chaplain assistant and retired sergeant major, now serves as the Department of the Army Civilian deputy to the command chaplain for U.S. Army Installation Management Command.

Swingler has created a database of information for Soldiers of God, which includes more of the history of the song, the sheet music, and several recordings, including the first official recording of the song, done in September 2018 by the U.S. Army Band and Men's Chorus, after a great deal of coordination by Swingler.

HEALTH CONNECTION

RY KWA IAI FIN HOSPITAI

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.

Q: Does the hospital offer routine female medical care such as pap smears and mammograms? If so, are there female practitioners available?

Kwajalein Hospital offers routine female medical care and pap smears. We do not have mammograms on Kwajalein or Roi. We have female providers available if preferred; however, all providers are qualified to perform the exam.

Q: Is there a scheduled day or set of days for back-to-school vaccinations, or do we just make appointments individually to get them?

Vaccines appointments are scheduled after 1 p.m., please call 5-2223 to schedule the appointment. If the patient requires a well-child visit, this visit requires more time with the provider and additional paperwork which must be completed by the parent/guardian prior to the visit.

Q: Ear pain and allergies. Why am I losing my hearing?

There are several causes of hearing loss, which can range from self-limiting conditions like head-colds, or from other causes to include wax buildup, noise exposure, age, and heredity.

Common causes of sinus, ear and nose congestion include acute illness (colds, flu, or bacterial infections), and allergies. The associated throat and middle ear congestion may result in muffled hearing, but symptoms are usually self-limiting (most resolve in 1-2 weeks) and not progressive.

The best approach is to undergo an initial evaluation at Kwajalein hospital to determine if the cause is straightforward or if it requires referral to an ear, nose and throat surgeon.



Flight Requirements

NO COVID-19 test is required if flying on the ATI or United Airlines IF you are flying on official Gov. orders. All other United passengers MUST have a negative COVID-19 test 1-3 days before you travel. This is a CDC requirement to enter the U.S.A.

- Schedule your test @ 5-2223. Cost is \$125.
- Passenger must bring a copy of their United flight itinerary at time of appointment for proof of flight.
- You are now required to pick up results at 4 p.m. the day you are tested.

GENERATOR TEST FOR AUG. 6

A generator is scheduled to get load-tested at 3 p.m. on Aug. 6. Please expect a brief residential internet outage that may last for up to one hour.

At that time, please power down your modem and restart.

KWAJALEIN AT THE MOVIES

Kwajalein, Yuk Theater Saturday, July 31 "Downton Abbey" (PG) 122 min.

Sunday, Aug. 1 "Aquaman" (PG-13) 143 min.

Monday, Aug. 2 "Stuber" (R) 93 min.

Saturday, Aug. 7 "Aladdin" (PG) 128 min.

Sunday, Aug. 8 "Avengers: Infinity War" (PG-13) 149 min.

Monday, Aug. 9
"Three Billboards Outside Ebbing"
(R) 115 min.

Roi-Namur, C-Building

Saturday, Aug. 7 "Aquaman" (PG-13) 143 min.

Sunday, Aug. 8 "Stuber" (R) 93 min.

Saturday, July 31 "Isn't It Romantic" (PG-13) 89 min.

Sunday, Aug. 1 "The Shape of Water" (R) 123 min.

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.



NEVER FORGET. https://kwajaleinmiaproject.us/



HOW OUR NEWSPAPER GOT ITS NAME

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

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

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 Kwajaleinhourglass@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