

VOLUME 62 NUMBER 34

AUGUST 21, 2021

THE KWAJALEIN HOURGLASS



THIS WEEK

YOU'VE GOT MAIL

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MOVING DAY

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A C-17 GLOBEMASTER AIRCREW ASSISTS A MEMBER OF THE KWAJALEIN AIRFIELD TEAM IN A CARGO LOADING OPERATION AUG. 14.



JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Airfield employees at Bucholz Army Airfield prepare to load cargo onto a C-17 during a routine operation on U.S. Army Garrison-Kwajalein Atoll Aug. 14.

CREWS OFFLOAD 18,000 POUNDS OF MAIL AT BUCHOLZ ARMY AIRFIELD

BY JESSICA DAMBRUCH

Working within strict health protocols utilized by U.S. Army Garrison-Kwajalein Atoll, the garrison continues to receive regular provisions while its airfield crews play an active role in preventing the spread of COVID-19.

Aug. 14 was another safe and busy day on Bucholz Army Airfield. During the afternoon cargo offload activity, forklifts bearing towering pallets of postal freight traveled between cargo loading areas and an awaiting Boeing C-17 Globemaster III.

Working wordlessly over the roar of the engines, U.S. Air Force cargo masters wearing masks and gloves assisted airfield forklift drivers in guiding their loads to the cargo bay ramp. Once each pallet was safely on board, each was secured for flight with heavy nylon straps.

While much of the island’s freight and sundries are transported via cargo container ships, USAG-KA continues to rely on inbound flights for its supply of fresh food items, specially requisitioned items and mail.

The C-17’s arrival on Kwajalein occurred 17 months after the Republic of the Marshall Islands government instituted COVID-19 travel restrictions. Despite activity limitations posed by the lockdown, regular cargo flights have



A C-17 crewmember assists in a cargo-loading operation Aug. 14 at Bucholz Army Airfield. The garrison received 18,000 pounds of mail in the day’s shipment.

continued to safely make deliveries.

While the sun broiled the air on the flight line, logistics employees secured offloaded cargo pallets to flatbed trailers bound for the garrison post office, and ultimately, their recipients.

The crews offloaded 18,000 pounds, to be followed by an additional 6,000 pounds the following week. Those familiar with C-17 cargo capacity—a startling payload of up to 169,000 pounds—might say the shipment was of moderate

size. However, it would be difficult to calculate the true weight of the mail that had arrived in numbers alone.

As postal workers unpacked and sorted the new shipment, familiar brands and logos became visible in the piles of boxes.

The packages contained clothing, equipment, sporting gear, items for the school season, furniture, appliances and snacks: the stuff of Kwaj life.

It’s just a mail delivery—but for US-AG-KA, it means so much more.

AUGUST IS



NATIONAL IMMUNIZATION AWARENESS MONTH
Make sure you, your family members and pets have up-to-date immunization records.



ANTI-TERRORISM MONTH
If you see something, say something. Check out Army awareness materials in this Kwajalein Hourglass.



NATIONAL DOG MONTH
Kwaj loves dogs. If you are a dog owner, be sure your pet receives plenty of fresh water after going for a walk.



#PCSWEEK
Let’s face it: It’s always #PCSWEEK for the U.S. military. Check out great online resources from the Department of Defense to help you and your family with their next transition.

THE KWAJALEIN HOURGLASS

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

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



PHOTOS BY HILARY HOSIA

Logistics personnel move furniture donated in the spring from U.S. Army Garrison-Kwajalein Atoll into a vehicle for transport to Enniburr during a recent donation.

RMI LIAISON OFFICE, USAG-KA, DONATE FURNITURE TO ENNIBURR

BY JESSICA DAMBRUCH

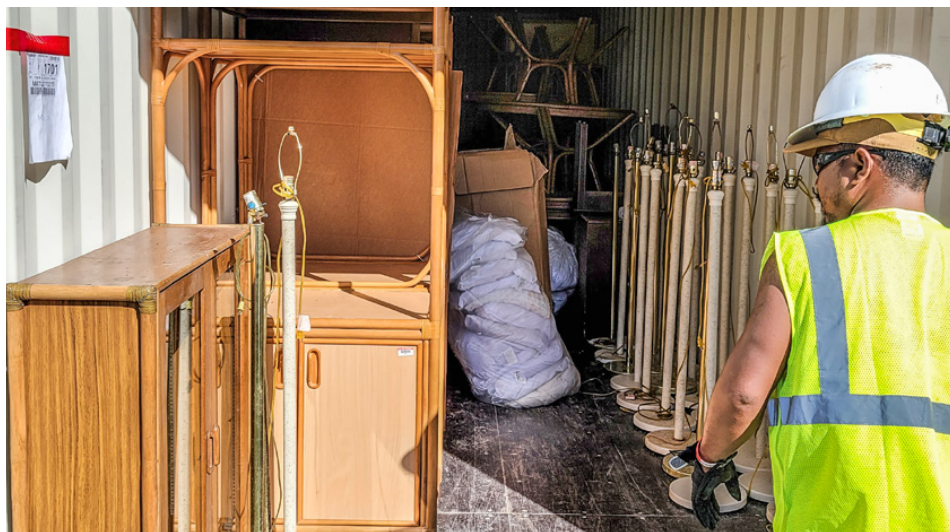
In the culmination of months of preparation, gently used furniture from Kwajalein's homes has been repurposed on Enniburr.

Tables, dressers, shelving and other items were transported to the island from Roi-Namur earlier this month in a delivery joint-coordinated by the offices of the USAG-KA Host Nation Activities and RMI Liaison office.

Purchased over the years with contract funding, the sturdy hardwood pieces have been utilized in both Army Family Housing and garrison bachelor quarters facilities. The shipment also includes furniture for children, adults, bedrooms and living rooms.

The donation is the second phase in an upcycling of Kwajalein furniture following the arrival of additional furniture inventory on the garrison. Items from an earlier shipment were utilized in renovated spaces at the Roi Spartan Transient Housing Facility this spring. Suitable items from this initial, large shipment were earmarked for donation to Enniburr's population.

The donated furniture will provide new possibilities for storage, comfort and convenience in its new homes. Its arrival last week fulfills a desire expressed by former USAG-KA Commander Col. Jeremy Bartel during a June RMI workforce town hall: to ensure the garrison's secondhand assets were made available to members of the Marshallese workforce.



Above: Thanks to coordination between the RMI Liaison Office and USAG-KA Office of Host Nation Activities, used furniture went to new homes on Enniburr this week.



20TH ANNIVERSARY

9/11 REMEMBRANCE CEREMONY

SATURDAY, SEPT. 11 AT 11:30 A.M.

THE ISLAND MEMORIAL CHAPEL

GRAY

NE M. CALLE

KARL W. TEEPE

SHELLEY A. MARS

ERT J. HYME

KRISTIA E. MICKLEY

JOHN HEN

CHARLES E.

CHAP

ANDRA

CHRISTOPH



“YOU ARE MY SOLDIERS”: COMMANDER HOSTS BQ TOWN HALL

USAG-KA Commander Col. Thomas Pugsley held the first town hall of his tour Aug. 12 at the Island Memorial Chapel for residents of the island’s unaccompanied personnel housing, or bachelor quarters.

BY JESSICA DAMBRUCH

After six-weeks of leading U.S. Army Garrison-Kwajalein Atoll, Col. Thomas Pugsley, USAG-KA commander, chose a surprising audience to engage in his first quarterly town hall meeting: the bachelor quarters workforce.

“The fact is that we haven’t been really addressing specific concerns for a sizeable portion of our community,” said Pugsley. “I thought it was appropriate to bring people together to discuss specific concerns, issues and events with the residents of the BQs.”

Nearly one third of Kwajalein’s workforce is comprised of unaccompanied personnel who live in studio apartment-style barracks called bachelor quarters. A diverse population including young professionals, veterans, experienced master tradesmen and technical specialists, BQ residents have supported every sector of mission and base operations support on the garrison since the early 1960s.

Pugsley noted that the BQ workforce has unerringly continued mission support despite the challenges of 2020. Among them are members of the Kwajalein Fire Department and Kwajalein Hospital, who work back-to-back shifts with few full days off to ensure there are zero gaps in island safety services.

During the town hall, Pugsley outlined his vision for increased BQ resident engagement on the island, provided quarantine updates, took questions and posed a few of his own. Following the meeting, garrison personnel will generate an after-action report to be publicized in upcoming weeks.

“My goal is to provide that valued feedback to you to make sure you get the information you need,” said Pugsley.

Quarantine and Travel

Over the past 17 months, the RMI government and USAG-KA have helped prevent the spread of COVID-19 by implementing strict quarantine measures. Their success is evident both in zero transmission and gradual reductions in quarantine days for repatriated Marshallese citizens, returning garrison residents and new island hires.

The most recent change occurred in July: Honolulu quarantine for vaccinated arrivals was reduced from 14 days to seven. Information regarding a possible Department of Defense compulsory vaccination mandate will be made available when further directives are received.

As future quarantine plans are explored, Pugsley is a realist. The recent spike in stateside COVID-19 variants would be met with caution, he said. In all likelihood, COVID will impair free travel for an indeterminate time.

“Everyone’s masked up—even those fully vaccinated,” said Pugsley, of stateside challenges. “Remember how good we have it here. I guess there are some drawbacks—but having lived 18 months in the states under COVID, it is no place I want to return to.”

Infrastructure Updates

BQ residents can expect forthcoming updates to the island housing policy to ensure regulations, Pugsley said, “more accurately match the current environment in which we’re operating.”

The garrison DAC team has recently completed a facility structure development plan outlining future goals. Over the next five to six years, maintenance on BQ facilities and common areas is expected to begin. Pugsley would like to do more.

“We tried hard last year to get some

projects on the books for BQ renovations,” Pugsley said, adding that investments totaling more than \$2 million are needed to support overall upkeep plans. “They are now back on the list. We’re trying hard to keep them prioritized.”

Typical maintenance issues at BQs include concrete spalling and corrosion damage to fixtures like exterior window frames, safety railings and exterior fire suppression doors.

“We are not underwhelming the importance of facilities that support unaccompanied individuals,” Pugsley said. “They are just as important to me. You’re my workforce. You’re my Soldiers. Your buildings are just as important as Soldier barracks back in the states. That’s the perspective me and my team take. We fight our hardest to look at those type of investments to expand opportunities—not just for families, but unaccompanied personnel as well.”

Initiatives and Improvements

Pugsley plans to seek a community-wide consensus before programming new MWR events into the island activities and events calendar. Many of the new activities will be designed with BQ residents in mind.

“I’ve asked the team to expand social activities and events for the singles, unaccompanied and bachelor-type community on the island,” Pugsley said.

As part of this initiative, Pugsley has a few ideas to help get BQ residents involved, outdoors and engaged. Check out a few of his ideas.

- A team-oriented Battle of the BQs challenge
- Adults-only community games like scavenger hunts and fantasy football leagues
- Updated gaming opportunities at



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1



2

1) USAG-KA Commander Col. Thomas Pugsley addresses attendees at the BQ town hall. 2) USAG-KA Director of Housing Scott Hill addresses town hall attendees.

the Ocean View Club, including horseshoes, pool, ping-pong and foosball

- Double-header movie nights provided by MWR

At the end of the day, those who might prefer to quietly relax are included in Pugsley's plan, too.

"We're also looking at investments in the BQ common areas," Pugsley said. "We are trying to improve those and to make all BQ facilities more consistent to give people areas in which they can relax."

It's a Partnership

Now six weeks into his tour, Pugsley wants to use his time wisely for the whole community. Included in his duties is the formal redress of poor conduct. Pugsley asks BQ residents to cooperate in fostering a neighborly, peaceable attitude and to self-police any disruptive or poor behavior.

In addition, a forthcoming revision to the garrison's disciplinary action plan of "strikes" for infractions will explore penalties for failure to adhere to Army regulations.

"It's all about teamwork," Pugsley said. "We are all, each one of us, a critical member of this community. And I need everyone working and rowing in the same direction."

"I want to work on making better MWR activities," Pugsley said. "I want to work on better infrastructure investments. I want to work on quarantine. I want to open travel. I want to do a bunch of stuff to the betterment of the community. What I don't want to do is get inundated in policing-level actions. I don't want to be Draconian. I don't want to come down from on high and tell you what you can and cannot do. I ask the community to please avoid that. I have no choice if something comes to my attention that is in violation of U.S. Army guidance and policy."

Here is something to take to heart: For Pugsley, a community self-policing is a far more desirable outcome than garrison involvement.

"I guarantee your solution will be much more acceptable than my solution. I'll come up with a much easier, 100-percent guaranteed solution."

The Q+A Session

BQ Pet Conduct

As USAG-KA Command Sgt. Maj. Ismael Ortega reminded pet owners at the May pet town hall, BQ pets are not authorized to roam freely in or outside the building.

Open Flames in BQs

For fire safety, open flames like candles are not allowed in BQ rooms.

No Smoking in BQs

Smoking inside both BQs and Army Family Housing is not permitted. USAG-KA Command Sgt. Maj. Ismael Ortega directed those who encounter issues after duty hours to contact the DES office (5-4445). During hours of operation, folks should contact Facilities Manager Omie Weaver (5-2465). Callers are encouraged to try to report the BQ and room number in their call. The community will be able to find points of contact and phone numbers soon on the AFN roller channel.

Housing Questions

Though Pugsley announced developing revisions to the island housing policy, nonemergency issues related to individual BQ quarters—a funny taste in the tap water, for example—can still be reported for maintenance via ArMA, the Army's online maintenance portal for nonemergency issues.

Issues affecting common areas, such as faulty washers and dryers, should be reported to the Housing desk (5-3550).

For more information on ArMA or clarification on filing maintenance reports, BQ residents are encouraged to contact USAG-KA Housing Director Scott Hill (5-0133). He said the garrison has explored upgrades to BQ laundry machines. Instead of residential-style machines, BQs could receive high-volume industrial washers and dryers.

As a side note, BQ laundry facilities are only to be made available to authorized personnel. Those with questions regarding laundry policies should consult Omie Weaver (5-2465).

Being Good Neighbors

BQ residents are reminded to follow posted guidelines related to quiet hours and proper use of trash receptacles in and around common areas and shared facilities. Maintenance should also extend to maintaining order in bike parking areas.

Residents are encouraged to identify trashed items and abandoned bike frames for disposal. Metal detritus can pose a safety hazard for work crews from the Buildings and Grounds Department.

BQ Furniture



COL. PUGSLEY'S COMMUNITY TO-DO LIST

KEEP IT CLEAN

During the BQ town hall, Pugsley recounted the story of an afternoon walk that turned into a one-man beach clean-up. He asked the community to avoid littering and to help keep the island clean.

"That will drastically help the overall appearance of the community," he said.

BE A RESPONSIBLE SMOKER

Smokers are encouraged to smoke in designated areas, which are always located 50 feet away from any building. Smoking points should not be moved closer to buildings.

DON'T STEAL

"It doesn't bode well when the commander's wife gets her bike stolen from the Ocean View Club and it is found 100 yards away in front of a BQ," said Pugsley. "Everyone can help police that up. That's just people not being good neighbors. If you see it, call it out. Don't feel like you can't. If they don't listen, come see me, and I'll take care of it."

QUIET, PLEASE

Always maintain posted quiet hours and mind noise levels in and around BQ buildings. During the work week, Tuesdays through Saturdays, quiet hours are from 10 p.m. to 6 a.m. On weekends, Sundays and Mondays, quiet hours are from midnight until 6 a.m.

BE GOOD NEIGHBORS

Be kind and courteous to our team members and look out for the best interests of the overall community.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1



2

Most BQs on island are one-room studio living spaces, and furnishings can go a long way to creating a sense of home. However, due to funding constraints, BQ residents are not eligible to access new padded and hardwood furniture options purchased with Army Family Housing funds.

"We know the AFH furniture isn't for us," said BQ resident Angela Prater, adding that her attempts to purchase furniture through the AAFES special order catalog have been unsuccessful. "It's hard to get furniture out here."

Garrison acquisition of AFH furniture items does not represent a zero-sum game for BQ residents. An ongoing search for available funding continues, and Hill acknowledges the situation.

"We have had a couple of discussions with Amentum-DI," he said. "We are tracking mattresses and furniture for BQs. It's another one of those rack-and-stack priorities for base support for lifecycle replace. I know it's all beyond lifecycle."

Pugsley announced that the garrison has just launched its full annual work plan, detailing critical tasks for every major department, and that BQ-related issues will have a high place in the prioritization of tasks.

"It will probably be piecemeal over a year or two. Based on what you're telling me right now, it will be a vast improvement," Pugsley said.

Discipline Issues

"All I'd ask you to do as a team and community is to try to encourage people to follow the rules and be good neighbors," said Pugsley.

While the community should self-police, he emphasized that even though change takes time, no one should ever put themselves at risk in a potentially volatile situation.

"If they don't listen, report them," he said. "We need a cultural change in some of the elements within the common areas of the BQs. It will take a lot of pressure. I can't just tell them once, and the problem is solved. It's got to be consistent pressure over time to make it very difficult for people who do not conform to expectations."

Acting Kwajalein Police Department Chief Charles Goodson encouraged those experiencing difficulties to call the police station (5-4445) to report concerns.



3

1) Hernan Melo addresses USAG-KA Commander Col. Thomas Pugsley during the Aug. 12 town hall. 2) Rob Kent, Transient Billeting supervisor, discusses points of contact for housing issues. 3) BQ resident Donna Pickard poses a question.

Law enforcement officials will respond to the call after it is received. Goodson also said that BQ residents can expect to see an increased community patrol presence.

A follow-up question addressed excess alcohol consumption and regulations on public intoxication anywhere outdoors—including your patio.

Pugsley acknowledged that while the sale of alcohol is ongoing, there is a current examination of price points as a potential deterrent for overconsumption at MWR points of sale.

"Believe it or not, the best way to change the culture is people," he said. "People are the way to change. My team

will do its best. You can do your best to support. Be responsible examples."

In closing, Pugsley thanked those in attendance. He encouraged BQ residents to voice their questions on the Commander's Hotline (5-1098) and to make use of the open-door policy for meeting with either he or Ortega.

"The fact that you're here tells me that you care enough about the community," Pugsley said. "Hopefully you'll take back what you hear to the rest of your peers and work with us and the garrison team to develop an overall better community for everyone. One thing I promise is I will try to provide good, consistent feedback to you all."

Have a Question?

- Omie Weaver, Facilities Manager: 5-2465, omie.weaver@amentum.com
- USAG-KA Director of Housing Scott Hill: michael.s.hill86.civ@mail.mil
- 24-Hour Security Desk: 5-4445.
- Kwajalein Police Department Main Office 5-3739
- Anonymous police reports and tips can be filed online at <https://www.facebook.com/kwajaleinpolice/>



NEW NAVY NEIGHBORS CLEAN UP EMON BEACH



HOURLASS REPORT

There's none of the traditional Army – Navy rivalry in this eco-friendly success story, but it is important to note the community's newest members—who demonstrated a high caliber of environmental stewardship over the weekend—are all members of the U.S. Navy.

Members of Naval Mobile Construction Battalion 5, Detail Marshall Islands, scoured the communal areas of Emon Beach and its neighboring playground spaces during a recent beach clean-up. No doubt ready to rejoin the great outdoors after vacating quarantine, the Seabees made the outdoors greater with their volunteerism.

U.S. Army Garrison-Kwajalein Atoll thanks the Seabees for raising the bar on what it means to be good neighbors. For the next several months, they will be hard at work on the atoll's many ongoing construction projects under leadership of Ensign Trygve McCrea.

When you see the Seabees, be sure to thank them for a job well done.



U.S. NAVY PHOTOS BY CHIEF PETTY OFFICER WESLEY HARRIS

A MESSAGE FROM THE ARMY CHIEF OF STAFF

Soldiers, Civilians, Family members and Soldiers for Life:

Over the past two decades, you have answered the call to serve our great Nation when needed. The sacrifices you've made, have and will be a lasting legacy of honor and commitment for all to remember.

As we all reflect on the events of this past week in Afghanistan, I want you to know how much I appreciate your service and your sacrifice and I could not be more proud of what you have accomplished. We have Soldiers presently supporting combatant commanders around the world and I know that you will continue to serve with honor and valor when called upon.

The attacks on 9/11 reminded us of the true strength of our Nation and our military. You are a reflection of what makes us the best Army in the world and I ask that you remain committed as we work to get through this tough time.

In the next few days and weeks, I'd ask that you check in on your teammates as well as our Soldiers for Life, who may be struggling with the unfolding events. We will continue to move forward and serve our Nation with honor and dignity.

James C. McConville
General, United States Army



U.S. ARMY PHOTO BY WILLIAM PRATT

U.S. Army Gen. James C. McConville 40th Chief of Staff of the Army, poses for his official portrait in the Army portrait studio at the Pentagon in Arlington, Va, July 26, 2019.



U.S. Marine Corps Gen. Frank McKenzie, center, the commander of U.S. Central Command, meets with U.S. Navy Rear Adm. Peter Vasely, right, commander of U.S. Forces Afghanistan-Forward, at Hamid Karzai International Airport, Afghanistan Aug. 17.

DOD OFFICIALS SAY US COULD EVACUATE UP TO 9,000 PER DAY FROM AFGHANISTAN

EXTERNAL REPORT

By Jim Garamone, DOD News

Air operations at Hamid Karzai International Airport in Kabul, Afghanistan, continued through the night, getting between 700 and 800 people out of the country, said Army Maj. Gen. William D. “Hank” Taylor, the Joint Staff’s deputy director for regional operations.

Taylor spoke alongside Department of Defense Press Secretary John F. Kirby at the Pentagon. The men said the airport is under U.S. control, and there are about 4,000 U.S. troops on the ground in Kabul.

The evacuation operation is ramping up, and Kirby and Taylor said the U.S. effort could be airlifting between 5,000 and 9,000 people a day. Taylor said he anticipates one aircraft in and out of the

airport each hour.

Throughout the night, nine C-17s arrived at the airport delivering equipment and about 1,000 U.S. troops. Seven C-17s departed with between 700 and 800 passengers including 165 Americans.

The airport is open to military aircraft and limited commercial flights, Taylor said.

American troops have worked with Turkish forces to secure the airport. They are aided by some Afghan security forces. Outside the airport is the Taliban.

“We’ve had no hostile interactions, no attack and no threat by the Taliban,” Taylor said. “We remain vigilant. I want to reinforce that we are focused on the present mission to facilitate the safe evacuation of U.S. citizens, [special immigrant visa personnel] and Afghans at risk—to get these personnel out of Afghanistan as quickly and as safely as

possible.”

U.S. commanders in Kabul are in contact with Taliban commanders outside the airport, Kirby said.

“There is communication between them and us,” said Kirby. “And I would just let the results speak for themselves: ... There’s been no hostile interactions from the Taliban to our operations at the airport.”

This is a dynamic situation, and many things could change—security, availability of aircraft, even just the weather, Taylor said.

Army Maj. Gen. Christopher Donohue, the commander of the 82nd Airborne Division, is going to Kabul to take command of the airport.

The overall mission remains under Navy Rear Adm. Peter Vasely, the commander of U.S. Forces Afghanistan-Forward.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

The past few years have seen a boom in small satellites. On Aug. 19, 2020, the Federal Communications Commission’s new “streamlined licensing procedures for small satellites” became effective. Here are some details from the FCC’s 2020 outlook: “The new process will subsequently reduce costs of this new technology. To qualify, the smallsat system should have no more than 10 satellites with masses not to exceed 180 kilograms each and should be at least 10 centimeters at its smallest dimension. Under the new processing rules, these smallsats should also be limited to altitudes of 600 kilometers or less, unless they are equipped with onboard propulsion. In addition, the operating life for the satellite should not exceed six years, to include the time needed to deorbit. To aid in tracking, each satellite should also incorporate a unique telemetry maker.”



COURTESY OF U.S. SPACE AND MISSILE DEFENSE COMMAND

Workers place a Gunsmoke J aboard launch vehicle for launch from Mohave Desert June 30, 2021.

WEATHER WATCH

RTS WEATHER STATION STAFF

A Tropical Upper Tropospheric Trough passing to the north-west of the region will continue its long march west away from the Kwajalein Atoll. This TUTT is being mirrored by another system in the southern hemisphere which has resulted in increased subsidence aloft as upper-level ventilation from these two systems converge over the Marshall Islands. This subsidence will hamper Intertropical Convergence Zone activity below that of climatology for the Kwajalein Atoll. Over time, as these systems propagate westward, subsidence will decrease allowing for the ITCZ activity to slowly take charge and produce shower activity more characteristic of the wet- season by the start of the workweek. Before that can happen, the ITCZ is being shunted south by ridging east of the Marshall Islands. This ridge will keep shower activity south of the Kwajalein Atoll while increasing easterly trade wind flow for the majority of the weekend. As the workweek begins, the ridge will exit the region allowing for the ITCZ to propagate further north towards the atoll, increasing cloud and shower coverage as it does.

SATURDAY: Mostly sunny with stray showers. ENE - ESE at 9 -14 knots.

SUNDAY: Mostly to partly sunny with isolated showers early, increasing to widely scattered showers late. ENE-E winds at 10 - 15 knots with higher gusts near showers.

MONDAY: Partly sunny with isolated showers with widely scattered showers and moderate cloud cover developing late. ENE - E winds at 10-15 knots with higher gusts near showers.

NEXT WEEK: With the ITCZ propagating further north, widely scattered showers will increase to scattered showers at times for the first half of the work week. Cloud cover will remain elevated for much of the week as areas of deep convection periodically flare up in and around the atoll. Thunderstorm risk will increase as areas of deep convection trigger the occasional lightning strike. Winds will remain moderate from the east-northeast for most of the workweek before decreasing as a doldrum like pattern sets up before next weekend.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:41 a.m. 7:03 p.m.	7:00 p.m. 6:08 a.m.	4:08 a.m. 4.6' 4:34 p.m. 3.7'	10:33 a.m. -0.6' 10:26 p.m. -0.5'
MONDAY	6:41 a.m. 7:02 p.m.	7:47 p.m. 7:04 a.m.	4:43 a.m. 4.7' 5:05 p.m. 3.9'	11:04 a.m. -0.7' 11:00 p.m. -0.6'
TUESDAY	6:41 a.m. 7:02 p.m.	8:29 p.m. 7:55 a.m.	5:15 a.m. 4.7' 5:35 p.m. 3.9'	11:33 a.m. -0.7' 11:33 p.m. -0.5'
WEDNESDAY	6:41 a.m. 7:01 p.m.	9:10 p.m. 8:43 a.m.	5:45 a.m. 4.5' 6:04 p.m. 3.9'	12:00 p.m. -0.5' -----
THURSDAY	6:41 a.m. 7:01 p.m.	9:49 p.m. 9:30 a.m.	6:13 a.m. 4.2' 6:32 p.m. 3.8'	12:04 a.m. -0.4' 12:25 p.m. -0.3'
FRIDAY	6:41 a.m. 7:00 p.m.	10:27 p.m. 10:16 a.m.	6:40 a.m. 3.8' 6:59 p.m. 3.6'	12:34 a.m. -0.1' 12:50 p.m. -0.1'
AUGUST 28	6:41 a.m. 7:00 p.m.	11:07 p.m. 11:01 a.m.	7:06 a.m. 3.4' 7:28 p.m. 3.4'	1:05 a.m. 0.2' 1:13 p.m. 0.2'



Click the logo to visit RTS Weather online.

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

Like and share @USArmyOPSEC

The LIBERTY PASS

It's time for the weekend. Be sure to check out "The Liberty Pass" for information on upcoming activities and weekend events.

KWAJALEIN AT THE MOVIES

Yuk Theater, Kwajalein

Saturday, Aug. 21
"Wonder Park"
(PG) 85 min.

Sunday, Aug. 22
"Book Club"
(PG-13) 104 min.

Monday, Aug. 23
"The Grudge"
(R) 94 min.

Saturday, Aug. 28
"Goosebumps 2"
(PG) 89 min.

Sunday, Aug. 29
"Gemini Man"
(PG-13) 117 min.

Monday, Aug. 30
"Tag"
(R) 100 min.

C-Building, Roi-Namur

Saturday Aug. 21
"Photograph"
(PG-13) 107 min.

Sunday, Aug. 22
"Doctor Sleep"
(R) 153 min.

Saturday, Aug. 28
"Book Club"
(PG-13) 104 min.

Sunday, Aug. 29
"The Grudge"
(R) 94 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.



Dad's Movie Night
(Mom's are welcome, too!)

Yuk Theater
Saturday, August 21
"Wonder Park"
(PG) 85 min

7:30 p.m.

USAG-KA Commander Col. Thomas Pugsley
will be serving popcorn!



Kwajalein Art Guild Open House
Membership Sign Up

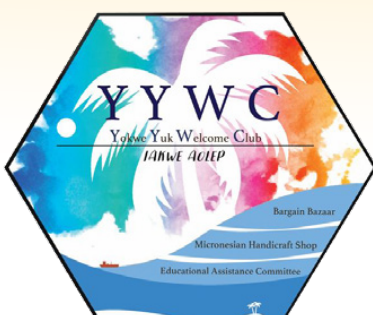
Aug. 22
1 - 3 p.m.

Interested in being part of our Art Community, special prices on classes, teaching a class, or saving on art/craft supplies?

Art Annex by the Hobby Shop
Membership Price: \$10 individual/\$15 family

Art supplies will be available for purchase. All paid memberships will be placed in our Door Prize drawing at 3 p.m. Bring a friend!

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



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

For more information, email yywcinfo@gmail.com or visit the Bargain Bazaar Facebook page @KwajBargainBazaarYYWC. Proceeds benefit the YYWC Education Assistance Fund and support education grants.

Donations to the Bargain Bazaar are welcome during hours of operation only.

- **Every Saturday** from 3 - 5 p.m.
- **Every Wednesday** from 4:30 - 6:30 p.m.
- **First and third Mondays** of the month from 1 - 3 p.m.

COMMUNITY 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 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 assistants. 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 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.

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.

Truestone is hiring for a fiber/cable technician and a communications clerk/specialist. For more information, contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Applicants must meet job requirements.

KaiHonua is hiring for intermediate and senior network technicians. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit <https://honuservices.jobs.net/page/kai-honua>. Applicants must meet job requirements.

Delta Structural Technology, LLC, is seeking RMI applicants to work from August through late November in support of the water tank repair for competitive pay who possess the following skills: concrete finisher, carpenter, rod buster, waterproofing, drywall taping and



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



CW3 Michael Schafer
SHARP Victim Advocate
Work: 805 355 3421

USAG-KA SHARP Pager:
805 355 3241 #0100

DOD SAFE Helpline:
877 995 5247



Weto in Mour

FREE AND CONFIDENTIAL SUPPORT SERVICES FOR
WOMEN AND GIRLS AGAINST GENDER-BASED VIOLENCE

MAIN EBEYE OFFICE: 625-4296
455-1724, 456-1724 AND 456-6409 TO GET HELP.

bedding; two-party epoxy application. In-person interviews will be held at the Kwajalein Dock Security Checkpoint on Saturday, Aug. 21 at 9 a.m. For questions, contact Jesus Murillo at Jesus@fiberwrap.com.

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.

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.

Chapel Movie Night. Join the Island Memorial Chapel at 7 p.m. Aug. 30 to watch episodes three and four of "The Chosen." You are invited to bring snacks. Fresh popcorn will be provided.

Night of Prayer and Praise. Join the Island Memorial Chapel for a night of worship. Event meets monthly at 7 p.m. on first Sundays in the IMC main sanctuary.

NOTICES
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.

Island Memorial Chapel Service Times

Everyone is welcome. Please come join us.

Protestant Services
Sunday, 8:15 a.m.
Traditional Worship
Small Chapel

Sunday, 11 a.m.
Contemporary Service
Main Sanctuary

Catholic Services
Sunday - 9:15 a.m.
Main Sanctuary

Roi Services
Protestant Services
1st & 3rd Fridays at 6:30 p.m.

Prayer Requests Link: m.me/IMCKwajalein
Counseling sessions available by appointment.




The NEC Testing Center Is Open to the Community

Giving you the head start you need to thrive!

Open Tuesday through Saturday by appointment

Authorized Pearson VUE Test Center. Schedule A Test Today!
usarmy.bucholz.516-sig-bde.mbx.nec-testing-center@mail.mil

NEC Testing Center
FN1008-153
#5-5332



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 pick-ups 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.

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.

Island Memorial Chapel needs vocal and instrumental talent for the 8:15 and 11 a.m. Protestant worship team services. For more information, contact the Island Memorial Chapel at 5-3505 and email Kwajchapel@gmail.com or angel.bolton@gmail.

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 protects others from the negative impact of tobacco use. Smoking cessation programs are available. Contact Mary Beth Dawicki at 5-5362 or Marybeth.Dawicki@internationalsofsgs.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.

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 Kwajalein 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, two weeks' 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.

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

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.

COMING UP NEXT



**Thursday, Aug. 26
at 11:40 a.m.**

BOYS & GIRLS CLUBS

COME SAIL AWAY WITH US.

KWAJALEIN YACHT CLUB MEETING

**SATURDAY, AUG. 28
5:30 P.M. SOCIAL HOUR
MEETING AT 6 P.M.,
FOLLOWED BY A POTLUCK.
PLEASE BRING A SIDE TO SHARE.**

POWER OUTAGE PLANNED FOR MONDAY, AUG. 23

On Aug. 23, the following facilities will experience a 30-minute power outage beginning at 8 a.m.

- 602** Shipping and Receiving, Supply, and Admin.
- 640** General Purpose Warehouse
- 718** General Purpose Warehouse

On Monday Aug. 23, the following facilities will receive a 90-minute power outage beginning at 8 a.m.

- 557** Amateur Radio Shack
- 607** Marine Department Office and Harbor Control
- 609** DSC Substation Building
- 623** Dock Security Checkpoint
- 624** Guard Shack
- 660** Brandon Softball Field
- 669** Lenswell 11 (Brandon Lenswell)
- 671** Religious Education Building
- 675** Marshallese Cultural Center
- 683** Island Memorial Chapel and Office
- 800** Adult Pool Pavilion
- 801** Adult Pool
- 820** Adult Pool Bath House
- 908** Kwajalein Lodge
- 1385** Echo Pier
- 3999** Streetlights 658-1 to 658-5
- 3999** Streetlights 908-1 to 908-4
- 3999** Streetlights 1200-1 to 1200-4



SUNRISE BAKERY

Manager's Special

Fried chicken and Fried Fish



**Saturday, August 21
Lunch: 11 a.m. - 1 p.m.
Dinner: 5 - 7 p.m.
For only \$6**

**Walk-in
only**

**Choice of
2 sides**

Building Manager / Evacuation Coordinator Training

(Required for all managers by AR 420-1)

• **Kwajalein-** 1st/3rd Wednesday of each month. 10 a.m. at Facility 671, Religious Education Building (REB).

• **Roi-Namur-** 2nd Wednesday of each month. 9:30 a.m. at Facility 8212, C Bldg.

• Please Call 5-3364 to register.



TRAVEL AND FLIGHT INFORMATION

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.

Flight Requirements

- No COVID-19 test is required if flying on the ATI or United Airlines if you are flying on official government orders. All other UA passengers must have a negative COVID-19 test one to three days before traveling. This is a requirement of the Centers for Disease Control to enter the United States.
- Call the Kwajalein Hospital to schedule your test at 5-2223. The cost for the test is \$125. Passengers must bring a copy of their UA flight itinerary at the time of appointment as proof of flight.
- All passengers tested are required to pick up results at 4 p.m. on the day of testing.

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

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 passen-

- gers 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.

RMI TRAVEL ADVISORY

RMI COVID-19 TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 28: APPLIES THROUGH Aug. 31, 2021

As of July 30, 2021, 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.

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 - Register through Aug. 22.
Season runs Sept. 1 - 22

SCHOOL-AGE CARE

Tuesdays - Art
Wednesdays - Functional Fitness/
Culture
Thursdays - STEM
Fridays - Recreation
Saturdays - Character Counts

4 - H

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

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

Sports

Soccer- Register through Aug. 22.
Season runs Sept. 2 - 30.
Register in Central Registration.

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. 22 - Kool-Aid Playdough - 5:15 p.m.
Aug. 29 - Slime Making - 5:15 p.m.

Parent Information

CYS will be closed Sept. 4 for a staff training day.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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 Randall Hisle at 5-2114.



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



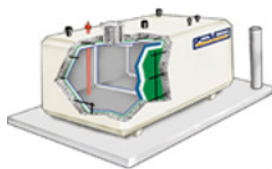
AFN INTERVIEWS



CATCH THE LATEST ON AFN 99.9 'THE WAVE' RADIO, AS DJ RANDALL HISLE INTERVIEWS MEMBERS OF THE KWAJ COMMUNITY. LISTEN TUESDAY THROUGH SATURDAY FROM 7 TO 9 A.M., 11 A.M. TO 1 P.M. AND 4 TO 6 P.M.

E-WARENESS

Petroleum Product Storage Tank Weekly Inspection



A trained custodian must conduct annual tank inspections and check for the following:

- Examine for and remove water
- Examine secondary containment areas to ensure they are impervious to water and draining properly
- Inspect for paint failure and corrosion
- Examine leak detection, gauges, vents, and valves

Aikuj wor juon eo jen kajojo department ej jeek e tank ko:

- Lale dren ko im jolok dren ko renana
- Etale nien dren ko jet me emaron wor ettal ie
- Etale uno ko im ijoko rej elejo
- Etale ijoko rettall, anol ko, vent ko, im valve ko

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

Attention Island Residents: AFN Prime Atlantic Live

Due to added live sports events on AFN Prime Atlantic, a new live channel has been added to the Kwajalein AFN television lineup, Channel 20-5.

If you cannot receive 20-5 on your television, please perform an auto-scan to receive this new channel. Channel 16-1 will revert to the delayed Prime Atlantic that most viewers may be familiar with.

Questions or comments? Email Randall.hisle@amentum.com or call 5-2114.

WHAT DID YOU HEAR? SIREN WARNING SYSTEM 101

Pending Disaster

Two short blasts repeated five times at 25-second intervals. Tune radio to 99.9 "The Wave" or the Roller Channel on 19-5.

Evacuate to Shelters

One 3-minute warble. Evacuate to shelters.

Fire Recall

One-minute steady blast.

KPD Recall

One 10-second blast, 10-second pause, 10-second blast, 10-second pause. Repeat entire sequence.

All Clear

One 20-second blast. (This blast also sounds on each workday at noon.)

Tune your TV to 19-5 (the Roller) or your radio to 99.9 "The Wave" for more information when you hear these warnings.



USAG-KA DINING GUIDE

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.

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.

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.

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, 5:30 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 5-3331.



BARS 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.

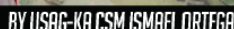


Enjoy free Wifi at the Zamperini Cafeteria and Cafe Roi.

PUBLIC SAFETY ANNOUNCEMENT

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.

Kemejmej R ko 3. Recognize (kile)
juon kwopej bajjok emaron Bokutan ak
kein kabokkolok (UXO). Retreat (Jen-
liklik) bed ettolok im jab kepaak UXO
eo. Report (Ripoot e) boktun ak kein



- **Observe quiet hours.** Between the hours of 10 p.m. and 6 a.m. on weekdays and midnight to 6 a.m. on Saturdays and Sundays, all island residents are expected to keep their noise levels at an optimal, reasonable level.
- **Drink responsibly.** When consuming alcohol, please be safe. Do your best to know your own limits and to maintain them. If you are struggling with alcohol, island resources and counseling are available to help you.



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.



THE KWAJALEIN HOURGLASS

HEALTH CONNECTION

BY KWAJALEIN HOSPITAL

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, Are the new play grounds ready to use?

The playground located at Brandon Field is open and ready for use. To ensure child safety, we ask parents to exercise caution and to closely monitor their children while sports events are occurring on the adjacent field.

Q, What is GERD and when should I consult a doctor?

Gastroesophageal reflux disease, or chronic acid reflux, called GERD, is a condition in which acid-containing contents in your stomach persistently leak back up or reflux into your esophagus.

Reflux occurs because the lower esophageal sphincter, or valve, doesn't close properly and allows stomach acid to backwash up the esophagus. Symptoms can include chest burning, sour taste or persistent cough.

More common after age 40, occasional symptoms are considered normal.

If you adjust your eating and sleeping habits and take medications when needed, most people can control symptoms.

Symptom Control and Prevention Measures

- Weight loss
- Stop smoking
- Eat small, frequent meals rather than huge amounts a few times a day
- Reduce fatty food intake, e.g., butter, oils, salad dressings, gravy, fatty meats and full-fat dairy products.
- Sit upright while eating and stay upright—sitting or standing—for 45 to 60 minutes afterward
- Avoid eating before bedtime. Wait at least three hours after eating to sleep
- Avoid tight-fitting clothes that squeeze your stomach
- Raise the head of the bed 6 to 8 inches, using wooden blocks or firm support
Extra pillows don't work
- Talk to your provider about acid-reducing medications
- Cut out possible trigger foods

When to seek medical advice

If you have acid reflux or heartburn symptoms more than twice a week over a period of several weeks and are having to constantly take medications to achieve symptom relief, you may have developed GERD. It is important to seek medical evaluation because GERD can increase the chances of developing esophageal cancer.

KWAJALEIN SCHOOL SYSTEM

• Who do I contact if my child is having problems understanding what is being taught in class?

- First contact: The student asks the teacher for assistance.
- Second contact: Parent schedules a time to speak with the teacher to find ways to assist their child at home.

GSES Office: 5-3601
Paul Uhren, Principal

KJSHS Office: 5-2011
Matt Gerber, Principal



Roi Town Hall
August 25
Noon – 1 p.m.
Tradewinds Theater

Kwajalein Town Hall
August 26
5 – 6 p.m.
Island Memorial Chapel

Connect with others.

**Joke.
Chat.
Laugh.
Share.**



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.