

VOLUME 62 NUMBER 35

AUGUST 28, 2021

THE KWAJALEIN HOURGLASS



THIS WEEK

MIT LL INTERNS

READY FOR FUTURE 3

SECURITY PROMO

WITH CHENEGA 4

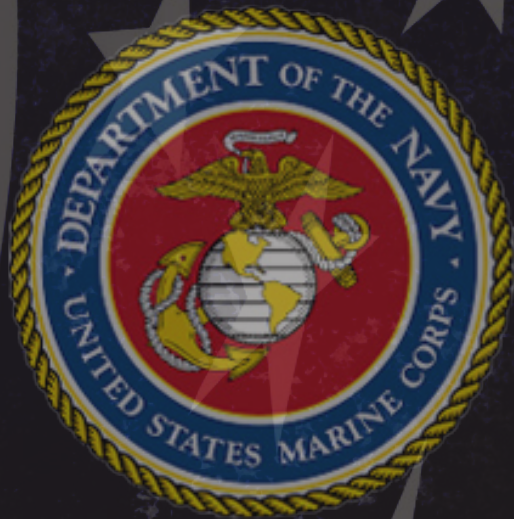
POPCORN COLONEL

AT THE WEEKEND MOVIES 5

MIT LL SITE MANAGER DR. JUSTIN STAMBAUGH, LEFT, AWARDS RMI SUMMER INTERN ALESSKA JACKLICK A CERTIFICATE AFTER COMPLETING THE 10-WEEK INTENSIVE INFORMATION TECHNOLOGY TRAINING PROGRAM.



JESSICA DAMBRUCH



Aug. 26, 2021, 13 U.S. service members deployed to Afghanistan and numerous civilians died in terror attacks at the Kabul airport.

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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Phone: Defense Switching Network 254-5169
Local phone: 5-5169

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



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Ronald Reagan Ballistic Missile Defense Test Site headquarters hosted two RMI MIT LL intern presentations Aug. 21. Back row: US-AG-KA Commander Col. Thomas Pugsley. From left: Dr. Tommy Sebastian, technical program advisor; Alesska Jacklick, program intern; Ranny Ranis, intern program instructor; Hideo Michael, program intern; Dr. Justin Stambaugh, MIT LL site manager; Hilary Hosia, RMI liaison staff officer; Lt. Col. David Taylor, RTS range director.

MIT LL RMI INTERNS PREPARE FOR INFORMATION TECHNOLOGY CAREERS

BY JESSICA DAMBRUCH

The Massachusetts Institute of Technology Lincoln Laboratory recognized graduates of the 2021 RMI Information Technology Internship program in a culminating event Aug. 21 at the Ronald Reagan Ballistic Missile Test Site headquarters on U.S. Army Garrison-Kwajalein Atoll.

The internship program is a competitive opportunity to gain vocational training in computer science and information technology. The program includes observations and field trips to departments around the garrison. Interns

receive a weekly stipend, in addition to an educational scholarship award.

Upon program completion, the interns pursue higher education, volunteer their skills and prepare for career opportunities in the IT field. Candidates must be proficient in English and reside in the Marshall Islands.

Ebeye residents Alesska Jacklick and Hideo Michael gave presentations and an overview of the intensive, 10-week program to garrison leaders and technical experts in attendance, including: Dr. Justin Stambaugh, MIT LL site manager; Rachel Hickman, RTS Range deputy director; Lt. Col. David Taylor,

RTS range director; Col. Thomas Pugsley, USAG-KA commander; John O'Rourke, systems administrator; Dr. Tommy Sebastian, technical program advisor; Chamee Cross, MIT LL site security and business operations manager, as well as MIT LL staff and personnel from the RMI government.

The program's training objectives included exercises in troubleshooting, as well as studying and building computers and networks that run on different operating systems. The interns also furthered program functionality goals with work on a backup server for Ebeye's Le-roij Kitlang Memorial Health Center.

USAG-KA SHARP CONDUCTS TRAINING

BY JESSICA DAMBRUCH

U.S. Army Garrison-Kwajalein Atoll Sexual Harassment, Assault and Prevention Program Advocates Chief Warrant Officer 3 Michael Schafer and Staff Sgt. Effie Banks delivered a refresher course on SHARP principles Aug. 21 at the Island Memorial Chapel.

The refresher training, an annual requirement for both government and contract employees, was also attended voluntarily by members of the community who desired to hone their SHARP skills. The annual training helps attendees recognize, identify and learn response and deterrence techniques for discouraging harassment and assault in communities and work environments.

In the past, SHARP Victim Advocates have conducted outreach workshops for Kwajalein students on cyberbullying and recognizing harassment. Currently, SHARP offers support to Weto in Mour, a chapter of local RMI nonprofit outreach group Women United Together Marshall Islands established an office on Ebeye.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

U.S. Army Garrison-Kwajalein Atoll Sexual Harassment, Assault And Prevention Program Advocates Chief Warrant Officer 3 Michael Schafer, left, and Staff Sgt. Effie Banks, right, present program highlights to garrison personnel Aug. 21.

For more information about the USAG-KA Sharp program and future training opportunities, please contact the program advocates.

Chief Warrant Officer 3 Michael Schafer
USAG-KA Victim Advocate
Michael.d.schafer4.mil@mail.mil
Work: 805-355-3421
Pager: 805-355-3141 #0100

Staff Sgt. Effie Banks
USAG-KA Program Advocate
Effie.m.banks.mil@mail.mil
Work: 805-355-0660/1419



SECURITY OFFICER RECEIVES PROMOTION

Chenega Global Services, LLC personnel gathered for the promotion of Sgt. James Woody last week at the Kwajalein Security and Access Control headquarters building. In his new role, Woody will work as a kennelmaster in the island's K-9 program.

BY JESSICA DAMBRUCH

Security and Access Control Officer James Woody was promoted to sergeant in a ceremony last week attended by team members of incoming Security and Access Control Contract company **Chenega Global Services, LLC**.
Project Manager and Chief of Security **Christopher Ramsey** and **Chenega Capt. Of Guards Charles Cooley** congratulated Woody on his work ethic and dedication which sets a strong example for his fellow employees.
“That’s the kind of stuff we need from everybody,” said Cooley. “That’s the only way we progress: if we all put our best in. We all appreciate you, Woody. All I can say is, you’re the right person, at the right time, doing the right thing: the epitome of what we’re looking for.”
As part of his new role, Woody will work as a kennelmaster in the island’s K-9 security program.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Chenega Global Services Sgt. James Woody, center, accepts his certificate from Cpt. of Guards Charles Cooley, left, and Project Manager and Chief of Security Christopher Ramsey, right, during a promotion at the Kwajalein Security Office last week. Be on the lookout for coverage of new changes at SAC. For more information, contact SAC at 5-4445.

ROBERT R. PLOGER III
SR. NORMA CRUZ KHA
GRAY
W. M. CALLEY
PENTAGON
PATRICIA E. MICKLEY
KARL W. TEEPE
SHELLEY A. MANN
ERT J. HYME
RONALD JOHN HEN
CHARLES E.
CHAP
ANDRA
CHRISTOPH

20TH ANNIVERSARY 9/11 REMEMBRANCE CEREMONY

SATURDAY, SEPT. 11 AT 11:30 A.M.
THE ISLAND MEMORIAL CHAPEL



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Moviegoers joined USAG-KA Commander Col. Thomas Pugsley for a special Dad's Movie Night event at the Yuk Theater Aug. 21. Before the evening's featured film, Pugsley served up bags of fresh MWR popcorn. Keep watch for future opportunities to join the island's "Popcorn Colonel" at the movies.

MWR WEEKEND MOVIES WITH THE 'POPCORN COLONEL'

BY JESSICA DAMBRUCH

Col. Thomas Pugsley, commander, U.S. Army Garrison-Kwajalein Atoll, has led the island for less than 10 weeks and is already participating in a long-lived Kwaj tradition: outdoor movies.

Pugsley joined community members at the island's Yuk Theater Aug. 21 for a special MWR "Dad's Movie Night" and greeted them with bags of fresh, hot popcorn—one of his favorite snacks.

In many ways, the significance of movies on Kwajalein cannot be understated. Generations of island residents share the common experience of watching films outdoors. More than 60 years after

opening, the theater and its projectionists cue up three films per weekend.

The Kwajalein Yuk and the Roi Tradewinds Theater are the last of the once-numerous outdoor movie theaters on the atoll. In years past, even Meck had a theater to provide entertainment for groups of the garrison workforce. The Yuk structure has changed over the years but still bears its distinctive arched roof.

USAG-KA MWR and logistics teams have worked hard in recent months to assure the facility stays in good working order.

The facility and its restroom areas have received fresh coats of paint and

other repairs. Island teams have worked to improve sound and projection capability in recent months as part of the facility's facelift.

Some things are too "Kwaj" to change. Though projection technology has far surpassed celluloid and traditional film canisters, due to Army regulations, videos are still sent to Kwajalein on VHS cassette tapes months after they are released elsewhere.

Be sure to join the Commander and community for the next 'Popcorn Colonel' event at the Yuk Theater. For more information, check the AFN roller channel or call USAG-KA Public Affairs at 5-4848.



1



2



3

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Now, this is our kind of special delivery: MWR employees Bed Shamory, left, and Jesse Lucas, right, transport the MWR popcorn machine to the Yuk Theater. 2) USAG-KA Commander Col. Thomas Pugsley, left, provides popcorn to moviegoers in the front row. 3) MWR projectionist Diane Swanby has got the scoop on movie popcorn. Check in with Diane before the next film to learn more about the theater's history.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

In a 1971 joint resolution, the United States Congress designated Aug. 26 as Women's Equality Day to honor women's continuing efforts toward equality. That date was selected to commemorate the 19th Amendment to the Constitution which was certified on Aug. 26, 1920. The 19th Amendment granted women the right to vote.

In 1971, U.S. Space and Missile Defense Command was known as the SAFEGUARD System Command or SAFSCOM. Headquartered in Huntsville, Alabama, the command was focused upon research and development efforts for the SAFEGUARD missile defense system and its follow-on technology Site Defense as well as efforts related to the construction and deployment of the system in North Dakota, Montana and elsewhere.

In FY72 (the fiscal year began on July 1), there were 2,200 military and civilian employees. Although there are currently no statistics for numbers of women among the military workforce, there were 320 women among the civilian sector as of June 30, 1972.

Five U.S. SAFSCOM employees receive an award from Maj. Gen. R.C. Marshall, center left, in an undated photo circa 1971. In the past 50 years, the number of women supporting present-day U.S. Space and Missile Defense Command has increased.

Of the positions graded GS-12 and above, only 24—or 3.2 percent—were women. The gains were short lived as the reduction in force in FY73, which resulted from the realignment of the SAFEGUARD program, saw the number of women in leadership positions drop to 18.

In comparison, as of Sept. 30, 2020,

the percentage of women in the current SMDC workforce has grown to 25.14 percent, or 215 women, in a civilian workforce of 855. Twenty-nine of these ladies hold supervisory positions. Among the professions, women fall into the following categories: 95 officials and managers, 83 professionals, 18 technicians and 19 administrative support specialists.



COURTESY OF U.S. SPACE AND MISSILE DEFENSE COMMAND

After months of preparation, the George Seitz Elementary School playground fully opened this month. Kommol tata to the Heavy Construction team and the many logistics employees and school officials who helped bring the playground to Kwajalein. The community can take a helpful cue from the many school-aged students who visit this playground each day: Don't forget to go play outside.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

AUGUST IS



NATIONAL IMMUNIZATION AWARENESS MONTH

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



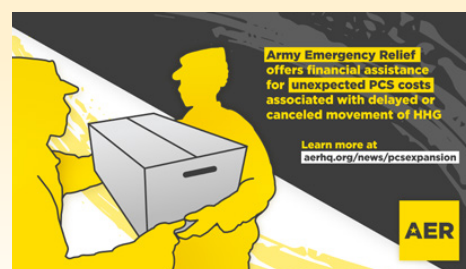
ANTI-TERRORISM MONTH

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



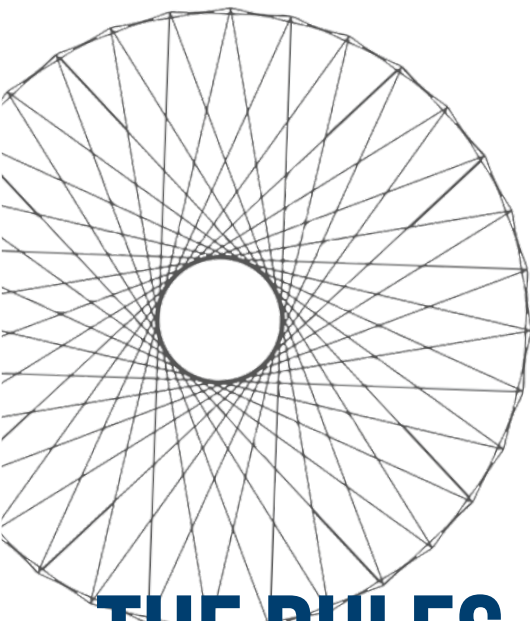
NATIONAL DOG MONTH

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 RULES OF THE ROAD

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

While no one has a privately-owned vehicle on the island, there are many other vehicles here. Check out these tips to keep you safe and out of trouble.

VEHICLES

Operators of vehicles must obey all traffic signs, rules of USAG-KA Regulation 190-5 (June 8, 2019), and operate vehicles in a safe manner on USAG-KA.

DISPATCH

Vehicles are dispatched in accordance with the appropriate automotive regulations by the activity operating the vehicles. The control document used to dispatch the vehicle will be properly completed and maintained in the vehicle at all times.

OPERATOR'S PERMIT

Each operator of a government or contractor vehicle shall have a valid USAG-KA driver's license in his/her possession.

Operators are allowed to use their valid state driver's license for the first 30 days on Kwajalein. After that, the operator must obtain a USAG-KA driver's license. The USAG-KA driver's license must be valid for the type of equipment operated by the driver.

GROUND GUIDE AND SEAT BELTS

Post ground guides when the driver of a vehicle operates the vehicle in reverse. Operators and passengers shall wear seat belts when the vehicle is so equipped.

PERSONAL USE

Only use FMWR rental vehicles on Kwajalein. Use of work vehicles to travel between the individual's home and place of employment, to run personal errands, to travel to retail establishments, dining facilities, the gym, the bank, or the food court is prohibited.

Do not transport alcohol in a work vehicle. Period. Personnel who misuse work vehicles may be subject to adverse personnel action by their

employer or adverse administrative action by the command. The authorized use of work vehicles is listed below when approved by the commander, USAG-KA or his designated representative:

Official functions: Authorized when in support of organized activities by the commander or his representative for USAG-KA or contractor activities.

Hauling requirements: Authorized movement of personal belongings from one residence to another if the government or housing office directed the move. Relocations made for the personal convenience of the occupant will be at the occupant's cost.

Shuttle Service: Shuttle service is available to personnel and their family members departing the island for reasons such as emergency leave, vacations, or PCS. Use of government vehicles other than the shuttle to take individuals to and from the airport for personal travel is not authorized.

Any exceptions to the restrictions concerning personal use need an exception to policy letter from the commander.

RENTAL CARTS

Carts are available for use through the MWR rental program. Ensure you have your USAG-KA driver's license.

- Operators are subject to, and must follow, all traffic and vehicle safety rules while driving carts
- Operators must use due regard and caution with speed and follow all posted speed limits to their best estimation due to the absence of an equipped speedometer.
- Operator and passenger safety is paramount while the cart is in motion. All infants should be safely secured on a passenger's lap and remain seated at all times. At no time should the driver have an infant on their lap while the driver is operating the vehicle.
- Use proper signaling while performing turns, through hand signals or equipped blinkers.
- Headlights will be used during periods of darkness.
- Operators must ensure that the number of passengers do not exceed the rated limit for that vehicle.

ACCIDENT REPORTING

If you are in an accident, immediately report the accident to the provost marshal office and the logistics support contractor automotive department.

CELL PHONES

Do not use your cell phone while operating a motor vehicle.

VEHICLE PASSENGERS

All passengers must use seat belts while the vehicle is in motion with the tailgate closed and secured. If riding in the back of a truck or trail-



NEED TO RENT A CART?

MWR Cart Rentals
Bldg. 805
5-3439

Hours of Operation:
Every day from 8 a.m. to 8 p.m.

Cart Speeds

-Rabbit: Up to 16 miles per hour

-Turtle: Up to 12 miles per hour

If you are driving your cart in residential areas, ensure you are in turtle mode.

DRIVING SAFETY REMINDER

Thank you, USAG-KA community, for driving safely.

With school back in session and construction on the garrison project's underway, everyone appreciates you stopping to look out for bikers, drivers and pedestrians in the community.

Remember to please always avoid the caution areas surrounding the ends of the runways on both Kwajalein and Roi-Namur when aircraft are approaching or taking off. Pedestrians, cyclists and drivers must always make a full stop at the stop signs posted near the ends of the runways.

er, covered or uncovered, sit directly on the floor unless the truck is equipped with seats. No standing while the vehicle is in motion. Passengers will not ride on a flatbed truck without seats or rails.

RATED CAPACITY

Do not carry more than the vehicle's authorized/rated capacity of passengers or cargo.

PASSING

Use caution when passing vehicles, bicycles or pedestrians. Pass in a safe manner and at a reasonable speed.

EMERGENCY VEHICLES

Police, ambulances and fire trucks are emergency vehicles and are the only vehicles authorized to use sirens or emergency lights. In responding to an emergency, operators will operate them with caution for their safety and for others. Emergency vehicles responding to a call may exceed the posted speed limit in a manner that is prudent and when safe to do so.

Emergency vehicles will use the flashing emergency lights and/or siren and operators will ensure that intersections are clear before proceeding.

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.

PLEASE DO NOT RECYCLE YOUR CARDBOARD

EDITORIAL / JESSICA DAMBRUCH

Kwaj, you're going to need a bigger boat—later this fall.

U.S. Army Garrison-Kwajalein Atoll will observe the Labor Day holiday Sept. 7. This year, the typical fanfare and beach celebrations conducted around Labor Day will be reserved for community celebrations later in the fall. Before you "take it to the streets" and call the Commander's Hotline, this just in: keep an eye on the calendar for that business with the cardboard boats.

What started as a quiet event on Roi-Namur has become one of the island's most-anticipated events: the cardboard boat regatta, when teams and individual boatswains attempt to pilot boats made of cardboard down to the Emon Beach black buoy and back for bragging rights and coconut trophies.

Of course, the fun for spectators isn't necessarily seeing anyone complete the course: The more dramatic the sinking, the better.

The competition is open to all ages. In previous years, the cardboard boats have varied in scale and construction—everything from paddleboards to flatbottom kayaks to Viking-like ships have shown up at the starting line. Last year, several teams of Boy Scouts—the team name "Cockroaches" comes to mind—and built various sorts of watercraft with varying levels of success.

The highlight of 2020 was the Caro family's entry: a cardboard RMS Ti-

tanic, which sank without the aid of an iceberg.

The regatta also makes for amazing photo opportunities and the chance to appreciate what can be done with tape and cardboard alone.

This year, let's hope to see boats that have not been executed on Kwajalein with cardboard before—replica warships, caravels or maybe a miniature USAV Great Bridge.

Maybe our newest construction experts, the Seabees from U.S. Naval Mobile Construction Battalion 5, Detail Marshall Islands, will join in and take top prize. Maybe the boat built by the San Juan team will sink again this year. The possibilities are limitless—the trouble is, our cardboard is not.

Kwaj, now is the time to stockpile. If you are a hoarder of cardboard, keep up the good work. If you are a responsible, model citizen who dutifully folds and carefully deposits your cardboard in the giant box outside the post office—the one painted the color of a rubber duck—then please, hold it right there. You've got to stop—at least until the contest is over.

The Kwajalein Hourglass invites you to take Labor Day weekend off. Spend time with family and friends, enjoy the weekend responsibly and be thinking about how to build your boat for the regatta later this fall.

If you're new to the island, and still awaiting your household goods, don't throw away your cardboard boxes once your pack out shows up. You're going to need them.

KWAJALEIN AT THE MOVIES

Yuk Theater, Kwajalein

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

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

Monday, 30 August: "Tag"
(R) 100 min.

Saturday, 4 September:
"A Wrinkle in Time"
(PG) 110 min.

Sunday, 5 September:
"Little"
(PG-13) 109 min.

Monday, 6 September:
"Rocketman"
(R) 161 min.

C-Building, Roi-Namur

Saturday, 28 August:
"Book Club"

(PG-13) 104 min.

Sunday, 29 August:
"The Grudge"
(R) 94 min.

Saturday, 4 September:
"Gemini Man"
(PG-13) 117 min.

Sunday, 5 September:
"Tag"
(R) 100 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.

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.



CYS PHOTOS

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:

Basketball - Season runs Sept. 1 - 22

SCHOOL-AGE CARE

Tuesdays - Art

Wednesdays - Functional Fitness/Culture

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

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

Sports

Basketball - Season runs Sept. 2 - 30.

Register in Central Registration.

NAMO WETO YOUTH CENTER

Tuesdays - Closed

Wednesdays - Tremendous Trivia - 4:30 p.m.

Thursdays - Movies with Popcorn/ or Documentary - 3 p.m.

Fridays - Frappaccinos - 3 p.m.

Fridays - Fitness Challenge - 4 p.m.

Saturdays - Smoothies - 3 p.m.

Sundays - Art Activity

Youth Center Special Events

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

Sept. 5 - Rock Garden Painting - 4 p.m.

Sept. 5 - Bob (Pandanus) - 5:30 p.m.

Sept. 11 - Patriot Day - 9/11 Moment of Silence

Sept. 12 - Lemon Volcanoes - 4 p.m.

Sept. 12 - Hip - Hop Class - 6 p.m.

Sept. 19 - Positive Message Painting - 4 p.m.

Sept. 25 - Get Your Glow on (grades 7 - 12) - 8:30 - 9:30 p.m.

Sept. 25 - Island Music Hour (grades 9 - 12) - 8:30 - 9:30 p.m.

Sept. 26 - Worldwide Day of Play - 4 - 6 p.m.

Parent Information

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



Congratulations to Our Teachers

By Dr. Stephanie McCutcheon,
USAG-KA CYS Coordinator

As we transition into a new school year, USAG-KA Child and Youth Services would like to share some of the fantastic summer achievements of our amazing staff.

Former teacher Chelsea Weber, Carmen Jeadrik and Angie Sanborn were awarded DI SPOT awards for their efforts in reaccrediting the Child Development Center with the National Association for the Education of Young Children. Our center's overall pass rate was above average at 95 percent thanks to their hard work during our reaccreditation year and their perpetual efforts to make our program excellent.

Linda Webb was recognized as the DI Employee of the Week for her effort reaccrediting the School-Aged Care program with the Council on Accreditation. The reviewer commented that she has never seen such a comprehensive portfolio compiled to address the 236 criteria.

Yolani Doddy received a DI SPOT award for maintaining a positive attitude while extending her workday and taking on additional responsibilities above her title to support the SAC program after the lead teacher unexpectedly resigned.

Yolani has faced challenges that were beyond her experience level and she carried extra duties outside of her comfort zone for an extended period of time to ensure the program ran without interruption in support of our commitment to families.

Nikki Cote received a DI SPOT for her role in developing the Ebeye Teacher Exchange Program over the last 18 months. The number of participants has doubled and partnerships now include all levels from preschool to high school in both the Ebeye public and private systems. The Spring cohort had 32 participants and celebrated 17 graduates. The success of the program is in large part due to Nikki's efforts making observations and professional development relevant and meaningful in everyday practice.

Please help us celebrate our successes after a long and busy summer by thanking CYS staff for their commitment and hard work.

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://honouservices.jobs.net/page/kai-honua>. Applicants must meet job requirements.

TRAINING

Island Orientation and Newcomer's Briefing for new hires is Sept. 1 at 1 p.m. in the REB. Register by emailing Asia.Williams@amentum.com or by calling 5-3511.

Building Manager Evacuation Co-



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.

ordinator 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

In observance of the Labor Day holiday, the Small Boat Marina will be closed Sept. 3. Normal hours will resume Sept. 7.

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.

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 furniture, please call the Army Housing Office at 5-3450.

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



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.

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@internationalssosgs.us.

Island Memorial Chapel needs vocal and instrumental talent for the 8:15 a.m. 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.com

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.

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.

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.

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:41 a.m. 6:59 p.m.	11:48 p.m. 11:48 a.m.	7:33 a.m. 2.9' 8:00 p.m. 3.1'	1:38 a.m. 0.6' 1:37 p.m. 0.5'
MONDAY	6:41 a.m. 6:59 p.m.	----- 12:36 p.m.	8:04 a.m. 2.4' 8:46 p.m. 2.7'	2:19 a.m. 0.9' 2:05 p.m. 0.9'
TUESDAY	6:41 a.m. 6:58 p.m.	12:32 a.m. 1:25 p.m.	8:58 a.m. 1.9' 10:26 p.m. 2.5'	3:29 a.m. 1.3' 2:50 p.m. 1.2'
WEDNESDAY	6:41 a.m. 6:58 p.m.	1:19 a.m. 2:16 p.m.	12:29 p.m. 1.7' -----	6:38 a.m. 1.3' 5:28 p.m. 1.4'
THURSDAY	6:40 a.m. 6:57 p.m.	2:08 a.m. 3:08 p.m.	12:58 a.m. 2.6' 2:09 p.m. 2.1'	8:09 a.m. 0.9' 7:34 p.m. 1.1'
FRIDAY	6:40 a.m. 6:56 p.m.	3:00 a.m. 4:00 p.m.	2:04 a.m. 3.1' 2:46 p.m. 2.5'	8:45 a.m. 0.4' 8:25 p.m. 0.7'
SEPTEMBER 4	6:40 a.m. 6:56 p.m.	3:54 a.m. 4:51 p.m.	2:45 a.m. 3.5' 3:15 p.m. 3.0'	9:15 a.m. 0.0' 9:01 p.m. 0.2'

PLANNED POWER OUTAGES

On Sunday, Aug. 29, the following facilities will experience a two-hour power outage starting at 8 a.m.

100
944
753
945
898
949
901
975
903
976
904
982
915
995
933
997
938
1149
1160
3999

AIRFIELD LIGHTING
POTABLE WATER PUMPHOUSE
DASR EQUIPMENT SHELTER
FRESH WATER PUMPHOUSE
AIRCRAFT MAINTENANCE HANGAR
AIR MARSHALL ISLANDS
MAIN TERMINAL
GENERAL PURPOSE WAREHOUSE
SEWAGE LIFT STATION
VETS HALL
FIRE STATION
SEWAGE LIFT STATION
FIRE PREVENTION WORKSHOP
WAREHOUSE
WATER TREATMENT PLANT (RO SYSTEM)
HELICOPTER HANGAR
FRESH WATER PUMPHOUSE
SEWAGE LIFT STATION
FIRE STATION ANNEX
STREET LIGHTING 1204-1 TO 1204-7

On Sunday, Aug. 29, the following facilities will experience a 30-minute power outage starting at 9:30 a.m.

687
902
900

AIRFIELD SECURITY CHECKPOINT
FLIGHT OPERATION FACILITY
AVIATION OPS AND MAINTENANCE TERMINAL



Click the logo to visit
RTS Weather online.

WEATHER WATCH

RTS WEATHER STATION STAFF

After some expected morning showers on Saturday, pleasant conditions are in store for a good portion of the week-end.
Weak ridging beginning late Saturday will keep weather quiet for the first half of the weekend.
Conditions will become a little more unsettled on Monday as the Intertropical Convergence Zone begins to redevelop. Current model forecasts are mixed on precipitation for Monday, so isolated to widely scattered showers are currently expected that day.
By Tuesday, a clearer picture comes into to play as the ITCZ starts to fully affect the atoll with scattered showers

to start the work week. Winds throughout this period will be light, single digits to low teens, and variable from the east.
SATURDAY: Mostly to partly sunny with scattered showers early, decreasing to stray showers by the late afternoon. NE-E at 4-9 knots with higher gusts near showers.
SUNDAY: Mostly sunny with stray showers. ENE-ESE at 9-14 knots with occasional higher gusts.
MONDAY: Partly sunny with isolated to widely scattered showers. ENE-ESE at 10-15 knots with higher gusts near showers.
NEXT WEEK: The ITCZ moves north and will bring showers throughout at least the first half of the week.

SATURDAY, AUGUST 28, 2021 / VOLUME 62 NUMBER 35

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THE KWAJALEIN HOURGLASS

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.

RMI TRAVEL ADVISORY

RMI COVID-19 TRAVEL ADVISORY & RESTRICTIONS
ISSUANCE 29:
APPLIES THROUGH
SEPT. 30, 2021

As of Aug. 27, 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 5-5325.

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

OUTBOUND ATI SCREENING PROCESS
The ATI medical screening process has changed.

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

NEED TO SHOP AAFES ONLINE? HERE'S WHAT TO DO

- 1) Find an item on <http://www.shopmyexchange.com> to request.
- 2) Visit the Kwajalein AAFES store location during hours of operation and bring the item number, a description and/or page printout with the desired product information.
- 3) An AAFES supervisor or manager will verify the product data and take customer contact information.
- 4) AAFES submits a request for fulfillment and purchase support.
- 5) If the desired product is available and approved for shipment, it will be shipped by container to an AAFES facility in Hawaii or on the west coast before it arrives on USAG-KA.
- 6) Fulfillment times vary due to supply shortages and inventory constraints.

* Please know not all furniture and appliance items on the site are available for delivery to Kwajalein.

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



For more information, please visit AAFES and speak to a supervisor or manager.

Did You Know?

Kwajalein is home to AFN 99.9 The Wave—the only contract-run American Forces Network radio station in the world.

Join the Crew

Listen to the AFN 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.

This Just In: Listen to AFN 99.9 The Wave on Roi

AFN 99.9 The Wave is now available on Roi-Namur. Tune in to listen on the radio and also on the AFN roller channel, 19-1. For questions, comments and more information, contact AFN Communications Manager Randall Hisle at 5-2114 or at Randall.hisle@amentum.com.

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.



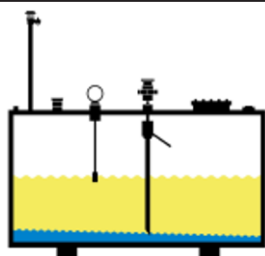
AFN INTERVIEWS



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 Bottom Water Inspection



Each department must inspect tanks annually for the presence of water using a gauge stick and water finding paste. Bottom water facts include:

- Bottom water degrades fuel, results in poor engine performance, fosters microbial growth, and accelerates corrosion.
- Removal of lead from gas and sulfur from diesel fuel has had the side effect of allowing microbial growth and corrosion to occur more rapidly.
- Accumulation of water is a common inspection “finding” at USAKA.

Department ko kajojo rej aikuj etale nien dren ko aolep yio im lale ewor ke gauge stick im watr finding paste ko. Enaan ko remmol ikijen tulal in nien dren ko:

- Dren eo itulal ej kakure fuel im injin ko, bareinwot karrek kij im komman elejo/corrosion.
- Am kojenolok lead ko jen kiaj (gas) ko im sulfer ko jen diesel ko ekomman menin an eddrek kin ko im laplok an komman elejo/corrosion.
- Juon wawein eo ekka an walok ion USKAKA ej jonan an walok dren ie.

WHERE CAN I FIND ISLAND WATER QUALITY REPORTS?

The 2020 Water Quality Report is available to all USAKA residents with important information about drinking water at USAG-KA. Contact Environmental at 5-1134 for information.

Available at Kwajalein and Roi-Namur:

- Post Offices
- Libraries
- Air Terminals
- Dock Security Check Points

2020 Water Quality Report ebojak non aolep armij ro ilo USA-KA lale ej kwalok kin melele ko raurok kin dren in idrak eo ion USAG-KA

Ebojak ilo Kwajalein im Roi-Namur:

- Post Offices
- Libraries
- Air Terminals
- Dock Security Check Points

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*	SUNDAYS AND HOLIDAYS*	MONDAYS*
5:30 - 8 a.m. 11 a.m. - 1 p.m. 4:30 - 7 p.m.	6:30 a.m. - 9:30 a.m. 11 a.m. - 1 p.m. 4:30 - 7 p.m.	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	SUNDAYS AND HOLIDAYS	MONDAYS
5:30 - 8 a.m. 10:45 a.m. - 12:30 p.m. 5 - 6:45 p.m.	7 - 9 a.m. 10:45 a.m. - 12:30 p.m. 5 - 6:45 p.m.	6 - 8:30 a.m. 10:45 a.m. - 12:30 p.m. 5 - 6:45 p.m.

DINING DOWNTOWN

SUNRISE BAKERY (5-3445)	SUNRISE BAKERY PIZZA KITCHEN (5-3445)
Tues - Thursday 6 a.m. - 2 p.m.	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)	ANTHONY'S PIZZA Located at the AAFES Food Court (5-2735)
Sunday – closed Monday – closed Tuesday – Saturday, 8 a.m. – 6 p.m.	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)	SUBWAY 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.	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, 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.

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.



NATIONAL GRIEF AWARENESS DAY IS AUG. 30

BY KWAJALEIN HOSPITAL

On Aug. 30, National Grief Awareness Day recognizes the time it takes to heal from loss. Grief doesn't have a prescribed course. When a loved one dies, the void they leave affects everyone differently.

Myths About Grief

Myth: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

Myth: It's important to "be strong" in the face of loss.

Fact: Feeling sad, frightened or lonely is a normal reaction to loss. Crying doesn't mean you are weak.

You don't need to "protect" your family or friends by putting on a brave front.

Showing your true feelings can help them and you.

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

Myth: Moving on with your life means forgetting about your loss.

Fact: Moving on means you've accepted your loss—but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

If you find you are suffering from grief, know that it's natural but understand that prolonged grief that goes untreated can cause depression or complex grief. Self-care is vital after and during a loss. Try the following strategies:

- Express your feelings in a tangible or creative way. Write about your loss in a journal.
- Try to maintain your hobbies and interests. There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others. Friends and family can help you come to terms with your loss and aid the grieving process.
- Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it."
- Plan ahead for grief "triggers." Anniversaries, holidays and milestones can reawaken memories and feelings. Be prepared for an emotional wallop and know that it's completely normal.
- Take care of your physical health.

Grief support and counseling is available on island. Contact the EAP counselor at 5-5362 or the Island Memorial Chaplain at 5-505.

HEALTH CONNECTION

BY KWAJALEIN HOSPITAL

Q. What is plantar fasciitis? How can I treat and/or prevent it?

Plantar fasciitis is a common cause of heel pain, resulting from inflammation of the plantar fascia—the thick connective tissue that runs across the bottom of your foot.

This condition frequently presents as stabbing pain that occurs with the first steps in the morning. Pain often decreases with normal activity, but may return with prolonged standing, running, walking or when standing after prolonged sitting.

Most people recover over several months with conservative treatment, including rest, ice and stretching but the condition may recur.

Risk Factors

- Being a runner
- Being overweight
- Wearing shoes with inadequate arch support
- Wearing worn-out athletic shoes

Treating Plantar Fasciitis

- Anti-inflammatory medications like ibuprofen and naproxen may

ease or reduce pain and inflammation, and can reduce the risk of developing plantar fasciitis

- Stretching and strengthening exercises focused on arches, Achilles' tendon and calf muscles
- Arch support with orthotics or athletic shoes
- Change your activities. Instead of walking or jogging, try bicycling or swimming
- Apply ice. Hold a cloth-covered ice pack over the area of pain for 15 minutes three or four times a day. Icing can help reduce pain and inflammation

If pain persists or worsens despite taking corrective measures, seek medical attention.

2. What are shin splints and how can I prevent them?

Shin splints result when muscles of the lower leg pull and stress their connection to the underlying bone.

Characterized as an "overuse injury," these injuries result from repeated pulling and tugging of the muscles and connective tissues in the lower leg. Commonly experienced by those starting a new exercise routine or overly aggressive acceleration of running and jumping activities.

Preventive strategies

- Start slowly and gradually increase activity by 10 percent weekly increments
- Stretch before activity, wear supportive shoes, and replace them after more than 300 miles
- avoid hard surfaces (runners)
- use pain as your guide
- If you experience pain, reduce your activity level

Treatment consists of rest, reduction in activity level, ice and over-the-counter anti-inflammatory medications like ibuprofen or naproxen. Treatment may also sometimes require physical therapy.

Kwajalein



MIA Project

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



FACTSHEET

HELP FOR SOLDIERS (And Military Dependents 18+)

WHO CAN HELP?

SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

Soldier or Civilian who oversees sexual assault awareness, prevention, and response training; coordinates medical treatment, including emergency care, for victims of sexual assault; and tracks the services provided to a victim of sexual assault from the initial report through final disposition and resolution. Conversations with SARCs are confidential. SARCs can take Restricted and Unrestricted Reports of sexual assault.

VICTIM ADVOCATE (VA)

Soldier or Civilian who provides non-clinical crisis intervention, information on available options and resources, and ongoing non-clinical support to victims. Conversations with VAs are confidential. VAs can take Restricted and Unrestricted Reports of sexual assault.

SPECIAL VICTIMS' COUNSEL (SVC)

Military attorney who assists you in a confidential, attorney-client relationship, whether or not you choose to file a report. SVCs can't take a report of sexual assault.

HEALTH CARE PROVIDER

A privileged health care provider who has been designated for Clinical Services, to manage sexual assault patient's medical treatment related to the sexual assault incident from initial presentation to completion of all follow-up visits.

CHAPLAIN

Military officer who provides confidential, spiritual advice and the opportunity to privately discuss your concerns, even if you aren't religious. Conversations with a chaplain are confidential and protected by military law. Chaplains can't take a report of sexual assault.

VICTIM WITNESS LIAISON (VWL)

Specially trained legal worker who supports the military prosecutor throughout the courts-martial process. They can help you get to military proceedings, arrange for transportation, and apply for crime victim's compensation. Conversations with VWLs aren't confidential. VWLs can't take a report of sexual assault.

DoD SAFE HELPLINE APP



The Safe Helpline App is a free mobile resource created to meet the unique needs of members of the Department of Defense community affected by sexual assault. By downloading the App, you can access 24/7 support through the Safe Helpline phone and on-line website and helplines. You can also obtain information, resources, and practical exercises to help address the short- and long-term effects of sexual assault so you can manage your self-care.



WWW.ARMYPRESILIENCE.ARMY.MIL/SHARP
DOD SAFE HELPLINE: 1-877-995-5247
WWW.SAFEHELPLINE.ORG

THIS IS OUR ARMY.

@ArmyResilience
www.armyresilience.army.mil

CONSENT IS

ASKING.
LISTENING.
RESPECTING BOUNDARIES.



ARMY RESILIENCE



SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION

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.

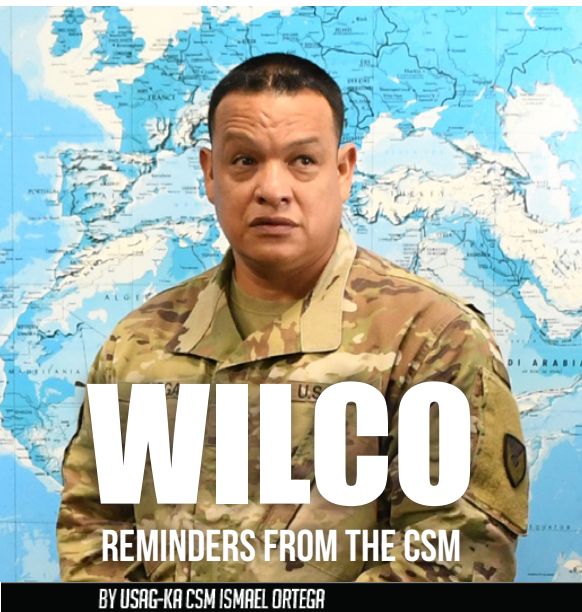
Kemeymej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) boktun ak kein

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



**Leaders Inspire
Culture Change.**

DEMONSTRATE HUMILITY.



Do your part as a Kwajalein resident.

- How can you improve you work space or facility where you work?
- Is the outside of your facility clear of rubbish, or do you need to get rid of unwanted trash?
- Stop parking in no parking areas, and park only in designated areas.
- Make proper use of the recycle bins located outside your facility. Please ensure you separate recyclable materials before you discard them.

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



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.

DON'T BE THREATENED

Identifying Indicators of Potential Associated Insider Threat

- Advocating support for terrorist organizations or objectives.
- Expressing hatred of American society, culture or government, or principles of the U.S. Constitution.
- Advocating the use of violence to achieve political, religious, or ideological goals.
- Sending large amounts of money to persons or financial institutions in foreign countries.
- Expressing a duty to engage in violence against DoD or the United States.
- Purchasing bomb-making materials.
- Inquiry or obtaining information about the construction and use of explosive devices.
- Expressing support for persons or organizations that promote or threaten the unlawful use of violence.
- Advocating loyalty to a foreign interest over loyalty to the United States.
- Financial contribution to a foreign charity or cause linked to an international terrorist organization.
- Evidence of terrorist training or attendance at terrorist training facilities.
- Repeated viewing of Internet Web sites, without official sanction, that promote or support international terrorist themes.
- Posting comments or exchanging information, without official sanction, at Internet chat rooms, message boards, or blogs that promote the use of force directed against the United States.
- Joking or bragging about working for a foreign intelligence service or associating with international terrorist activities.

Report Suspicious Activity:

- Contact your local Counterintelligence (CI) office
- CONUS Hotline: 1 – 800 – CALL SPY (1-800-225-5779)
- iSALUTE – The CI reporting portal via AKO at:
<https://www.us.army.mil/suite/page/633775>



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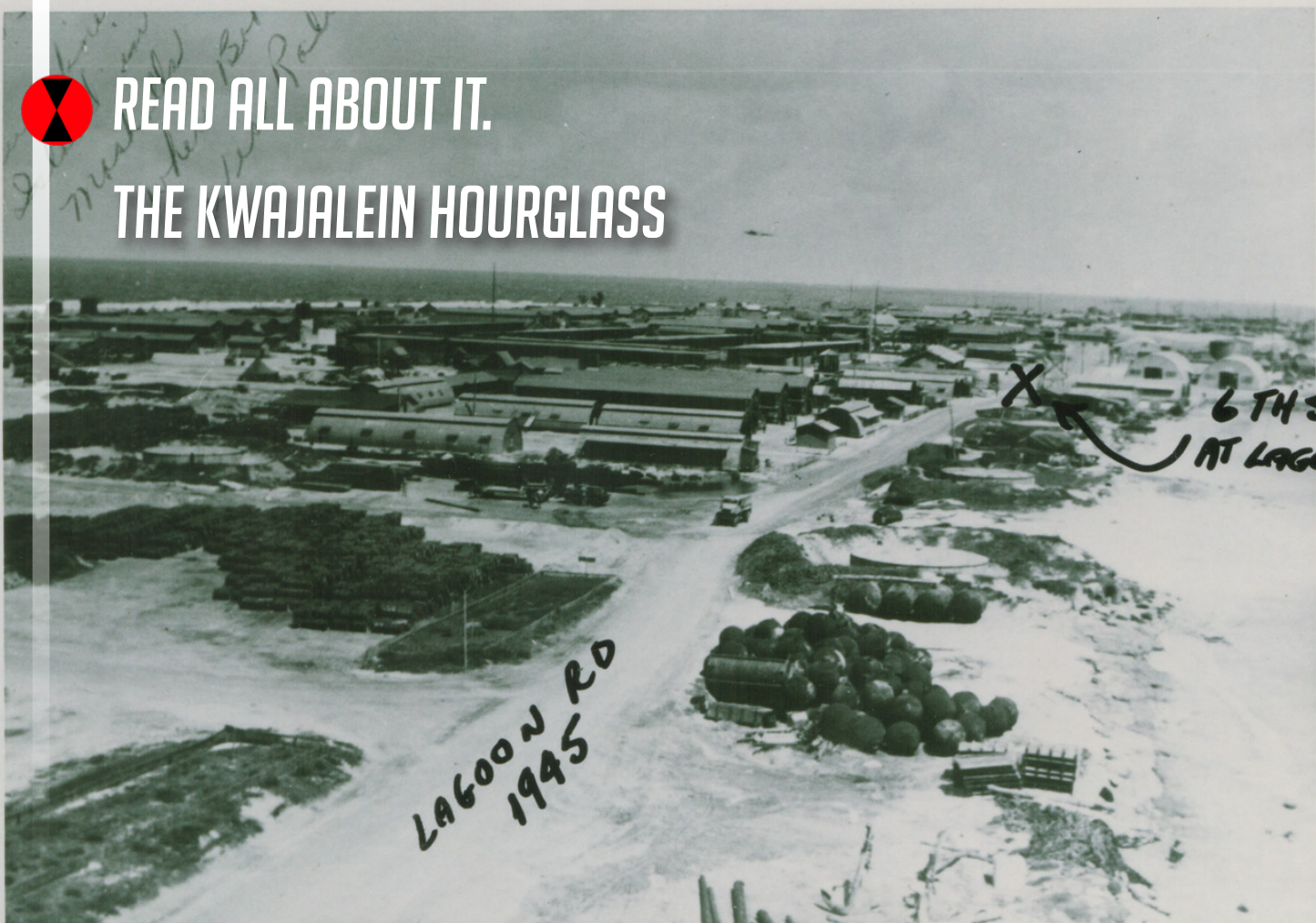
WELCOME TO KWAJ

Every week, Kwajalein Hourglass issue photos are uploaded to an online gallery for you to share with friends and family. Photos are free for download. Visit <https://www.flickr.com/photos/kwajaleinhourglass/albums>.



READ ALL ABOUT IT.

THE KWAJALEIN HOURGLASS



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.

Get The Official Word Each Week



USAG Kwajalein
<https://home.army.mil/kwajalein/index.php>



USAG-KA Garrison Facebook
<https://www.facebook.com/USArmyKwajaleinAtoll/>



U.S. Space and Missile Command
<https://www.smdc.army.mil/>

Be Part of The Hourglass Story

Send announcements, community updates and event fliers to Kwajaleinhourglass@amentum.com Wednesdays by 5 p.m.



The Kwajalein Hourglass Archive photos



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