

VOLUME 62 NUMBER 38

SEPTEMBER 18, 2021

# THE KWAJALEIN HOURGLASS



## THIS WEEK

### TELL THEIR STORIES

9/11 REMEMBERED ON USAG-KA 2

### AT THE PUMP

FUEL STATION SAFETY TESTING 3

### BLESS THE BIKES

AT ISLAND CHAPEL EVENT 4

FUEL STATION ATTENDANT BIEM MENKE HANDS ASSISTANT FIRE CHIEF RONALD BOTTS THE PUMP AT THE ISLAND'S REFURBISHED FUEL STATION SEPT. 3.



JESSICA DAMBRUCH



# KWAJALEIN REMEMBERS 9/11

BY JESSICA DAMBRUCH

**Active duty** military personnel and members of the Kwajalein Fire Department and island community gathered at the Island Memorial Chapel for a remembrance ceremony to honor the lives lost on 9/11 in terror attacks on New York, Pennsylvania and Washington D.C. The event also commemorated the ongoing efforts of first responders and military service members to maintain peace, safety and security around the world.

Capt. Hardy Temony II presided over the commemoration.

“We will never forget the sacrifices made by so many for the freedoms that we cherish,” said Temoney in his opening remarks. “The men and women of our armed services will never back down or stop fighting for this country we dearly love. Let us remain ever grateful for the sacrifices made by so many on that fateful day.”

Attendees stood for the playing of the U.S. and RMI national anthems by the Kwajalein High School Band with vocals provided by Jacqueline Phelon, Kobe Jacob, Aunako Jajo and Denice Batlok.

Ch. Brian Conner delivered an invocation. Acting Kwajalein Police Chief Charles Goodson, Kwajalein Fire Chief Michael Cain and USAG-KA Commander Col. Thomas Pugsley called for all to remember and honor the victims and their families while holding fast to what Americans value most: freedom.

“To those who served, to the families who shoulder the burden, we owe them a debt of gratitude we can never repay,” Pugsley said. “We must also remember how we came together as a nation—bloody, scared and unsure, we dusted ourselves off, and we stood united, with purpose and determination. ... Remember those lost that day, and since that day—the families and the survivors, first responders and service members who have protected and defended our nation

since that terrible day. There will always be those who seek to destroy our way of life. The concept of freedom is dangerous to many. To ensure our enduring freedom, we must never lose sight of what makes us free. We must remember. We must be ever vigilant. We must always be prepared.”

The events of 9/11 are a powerful reminder of great hope and terrible loss which multiple generations share as a defining moment.

“For several years afterwards, I seem to have been locked in time, focused on that event,” said Cain.

He described a discussion about the attacks with his father, a WWII Navy veteran of the Pacific, who said the attacks reminded him of Pearl Harbor.

Cain urged for acts of remembrance to include sharing stories of unnoticed individual acts.

“Like any great battle or catastrophic event—many such stories are under-reported or never reported,” he said. “Some are taken to the grave by those that participated in and witnessed these heroic acts.”

Two stories of exceptional heroism

and determination stand out for Cain. He recalled the brave mariners who executed the Manhattan Boat Lift. To help them escape danger, brave mariners ferried half a million individuals to New Jersey, Ellis Island and Staten Island on 9/11.

Miles away, the Woodsboro Volunteer Fire Company of Frederick, Maryland manned every available vehicle to respond to the Pentagon attack—even “the little truck that could,” a small 1955 Mack ladder truck.

The attacks have an active legacy, said Cain. Even today, first responders and New Yorkers alike suffer a multitude of health maladies resultant from the “unseen environmental dangers” and debris of 9/11. Yet, there is still hope.

“Over the past 20 years, I have listened to hours of radio traffic recorded at the time of the incidents, read dozens of books, hundreds of articles online and in various news publications and spoken with firefighters that did go to Ground Zero,” said Cain. “Looking back 20 years, I found two ideas that were true then and remain true today. When the need is greatest, Americans rarely pass up an opportunity to help those in need. Heroes are created every single day in America when people overcome their fears and act decisively to help others in the face of significant danger.”



From left: Ebeye students Kobe Jacob, Denice Batlok and Aunako Jajo sing the national anthem of the Republic of the Marshall Islands during a U.S. Army Garrison-Kwajalein Atoll ceremony to honor the victims and family members affected by the terror attacks of Sept. 11, 2001 in New York, Pennsylvania and Washington, D.C.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

## SEPTEMBER IS

**NATIONAL PREPAREDNESS MONTH**

**2021**

Disasters Don't Wait.  
**MAKE YOUR PLAN TODAY.**

**ESPERANZA**

*A Celebration of Hispanic Heritage and Hope*



**SUICIDE PREVENTION LIFELINE**

**1-800-273-TALK (8255)**

**PATRIOT DAY**  
This month we review emergency procedures and how-to to prepare for unexpected disasters and related challenges. Do you have a go-bag and an emergency egress plan for your family membrs?

**HISPANIC HERITAGE MONTH**  
We are proud of the rich cultural heritage of our U.S. military service members. Now through Oct. 15, read more about National Hispanic Heritage Month in The Kwajalein Hourglass.

**THE SCIENCE OF FALL**  
Whether or not it still feels like summer on island, the fall season begins Sept. 22, on the autumnal equinox of the northern hemisphere. On that date, the sun crosses the celestial equator in a southerly direction.

**DODEA SUICIDE PREVENTION AWARENESS**  
The Department of Defense has declared September as the month to raise awareness about a year-long issue important to us all: suicide prevention. Read more in this week's Health Connection.

## THE KWAJALEIN HOURGLASS

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

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

Garrison Commander.....Col. Thomas Pugsley  
Garrison CSM.....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

*USAG-KA Fuels Attendant Bien Menke records fuel amounts and purchase codes during a test at the Kwajalein Fuel Station.*

## SAFETY TESTING AT GARRISON FUEL STATION

BY JESSICA DAMBRUCH

**Commissioning and** safety testing on the garrison's new fuel station concluded this week with a refueling demonstration during a site visit by U.S. Army Garrison-Kwajalein Atoll Director of Logistics Lt. Col. Benjamin Jackson. The completed fuel station will increase refueling efficiencies for vehicle operators.

Over the years, teams comprised of Department of Public Works personnel and Department of the Army civilian engineers have contributed to the station's gradual replacement. Since the station's 2013 decommissioning per an environmental assessment, island vehicles have refueled using tanker trucks.

The project successfully moved forward this week with the new tanks being filled to capacity.

Jackson tried out the station's new pump system on a Kwajalein fire truck with assistance from longtime Fuels Station Attendant Bien Menke and Assistant Fire Chief Ronald Botts. Next, visitors checked out the double-walled, ballistic and fire-rated concrete tanks reserved for gasoline and diesel fuel.

Though the garrison's fire trucks won't typically visit a station for refueling, Botts recognizes the qualitative impact the station will have for other large

vehicle operators.

"For the rest of the island, it will save time," Botts said.

Environmental Engineer Eric Miller described some of the new features of the station's modernized computer tracking and containment systems. Sensors in waterproof sumps will send alerts to attendants and mitigate potential safety risks for everything from ruptures to overfills.

"Leaks in this system will be immediately reported via the new touchscreen system," said Miller. "It tracks tank inventory, fuel levels and what's in our tanks."

The redundancies of the electronic tracking and containment systems will help attendants like Menke continue their work safely, said Miller.

A valued team member, Menke has refueled vehicles from tanker trucks for the past eight years and conducts the garrison's fuel tank inspections.

"He takes pride in it," said Miller. "He's really good at it."

As he toured the facility, Jackson commended the many individuals who have worked on the station for their efforts.

"Our vehicles will have a place to go to receive fuel" said Jackson. "This station frees up other assets to do the jobs they need to do."

## COMING SOON: SURFWAY IMPROVEMENTS

**Beginning in October**, improvements will be made to the Kwajalein Surfway. Your patience is appreciated as work gets underway. We apologize for any inconvenience this may cause. Store associates will be available to help customers who need assistance during construction.

Kwajalein residents are requested to stay clear of construction areas and perimeter roadblocks as construction teams and other personnel carry out work in and around thoroughfares and routes of travel.

## AAFES FOODCOURT CLOSED FOR MAINTENANCE

The AAFES Food Court is closed until the afternoon of Sept. 20. The facility is performing deep cleaning and maintenance.

The Exchange apologizes for any inconvenience. Please Contact Philip Camacho, AAFES Food Court manager at 5-3402 with questions.

## SAFETY REMINDERS

Only authorized personnel wearing appropriate personal protective equipment may enter worksites.

Please take your personal safety seriously, both on and off the job. Before visiting a construction area, please consult with the appropriate authority on the scene.

If you have questions regarding island construction or work zones, please contact USAG-KA Safety Officer Deirdre Wyatt-Pope at [deirdre.l.wyatt-pope.civ@mail.mil](mailto:deirdre.l.wyatt-pope.civ@mail.mil).

## DINING CHANGES

**Dining privileges at the Zamperini Cafeteria and Cafe Roi** changed at the beginning of this month. Read on for a list of new rules and reminders.

- Diners are reminded that backpacks are not be allowed inside the facilities. Diners are welcome to leave their backpacks on storage racks provided around the facilities in a non-secure storage area.
- Remember that valuables, personal belongings and items like CAC cards, government property or documentation containing personal identifiable information should never be left unattended in non-secure areas.
- The use of personal containers, like cups, thermal beverage containers and plastic baggies are not permitted on the premises of the dining facility. All to-go meals must be carried out utilizing to-go containers provided.

**Did you know that by posting any personal information online, you are creating an electronic footprint that may be accessed for years to come?**

@USArmvOPSEC

#OPSECmindset





U.S. ARMY PHOTO BY JESSICA DAMBRUCH

From left: Volunteers Bruce Wynne, Gabe Makovec, Hernan Melo and Michael Makovec work on a bicycle at the Island Memorial Chapel Bike Blessings potluck and repair event.

# BIKE BLESSINGS IS GOOD NEWS FOR KWAJ

BY JESSICA DAMBRUCH

**Community members** enjoyed an afternoon potluck and free bike maintenance at the Island Memorial Chapel Bike Blessings event at Emon Beach Sept. 13. The event is an island-style opportunity for attendees to make new acquaintances and receive assistance for bike-related issues. While Ch. Brian Conner and chapel volunteers coordinated the afternoon meal in the big pavilion, another team of teens and adult volunteers set up a mini garage to check out bikes in various states of rust and repair. They examined tires, tightened kickstands, fixed handbrakes, and ensured chains were greased and running smoothly. Between trips to the maintenance station, Everyone hit the potluck buffet and chatted with newcomers and rep-

resentatives from island organizations. By the end of the day, more than 28 island residents were riding home more safely and wearing smiles. One might say the experience was uplifting. “My tires are full—hey, I’m taller!” said one island resident, with newly inflated tires, before heading home. Bike Blessings is one of several annual outreach and community service events the Island Memorial Chapel performs for the island community. Earlier this year, IMC hosted a potluck for employees of the island’s Man Camp and provided burgers and dogs free of charge for the chance to get to know their neighbors in the community. Interested in lending a hand at an IMC event? Contact the chapel office at 5-3505.

# PLANNED POWER OUTAGE FOR SEPT. 18

Beginning at 2 p.m. on Saturday, Sept. 18, the following facilities will experience a four-hour power outage:

- 980 Lens Well #1
- 1022 Warehouse
- 1050 Firing Range
- 1075 Document Control Building (USACE)
- 1125 Lens Well #7
- 1126 Lens Well #8
- 1129 Warehouse
- 1198 BSR Berthing Pad
- 1276 Temporary Air Traffic Control Cab
- 1500 DCCB

- 1516 Incinerator
- 1517 LN2 Building
- 1520 Recycling Center
- 1522 Storage Maintenance
- 1529 Incinerator Control Building
- 1542 Pest Control Building
- 1549 Solid Waste Building
- 1551 Sewage Lift Station
- 1658 DMS Storage Building
- 1659 Tacan Building
- XXXX LSA #1 – (Airfield Side of Lagoon Rd.)
- XXXX LSA #2 – (Airfield Side of Lagoon Rd.)
- XXXX Nan Construction
- XXXX San Juan Batch Plant
- XXXX Parsons Batch Plant
- XXXX THAAD Site

**Impacts:** Facilities listed above will be without power for the duration. TACAN and ATC have backup generation so there will be no impacts to services. Impacts to other facilities listed above have been coordinated with occupants

## Island Memorial Chapel Service and Worship Times

Join the congregations of the Island Memorial Chapel for weekly services and praise and worship opportunities. Everyone is welcome.

**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.

**Kwajalein Youth Fellowship**  
Join us in the REB this fall at 6 p.m. on the following dates: Sept. 20, Oct. 4 and 18; Nov. 1 and 15; and Dec. 6. For more information, contact the Island Memorial Chapel at 5-3505.

**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.

**Additional Services Provided**

**Prayer requests**  
Send prayer requests electronically to: [m.me/IMCKwajalein](mailto:m.me/IMCKwajalein)

**Counseling sessions**  
Counseling sessions are available by appointment. Please call 5-3505 for more information.



## RMI Department of Motor Vehicles Weekend Services

Need renew or obtain a RMI driver’s license? RMI DMV officials will be available for services this weekend.

Visit the Office of the RMI Liaison in downtown Kwajalein Monday, Sept. 20, from 9 a.m. to 5 p.m.

To renew or get a new RMI driver’s license, please bring a current picture identification card (e.g., state-side driver’s license, K- or C-badge, passport) and a processing fee of \$20.

Questions? Call the RMI Representative to USAG-KA’s office at 5-3620/3600 or the USAG-KA Host Nation Office at 5-2103/5325.





## DID YOU KNOW?

David G. Farragut is perhaps the best-known Hispanic Civil War hero. He served in the Union Navy and later became the first admiral in the U.S. Navy. Congress created the rank and awarded it to him after his Aug. 5, 1864, victory in the Battle of Mobile Bay.

—from [www.pewhispanic.org](http://www.pewhispanic.org)



Do you know where to go in case of an emergency on USAG-KA? Do you know who your shelter warden is? Where will you receive information about emergency warnings and safety information in the event of a crisis?

It's good to prepare in advance for natural disasters and other challenges. If you have not reviewed safety procedures for Kwajalein, September is an opportune time.

For more information about emergency evacuation plans, places of safety and other questions, contact USAG-KA Safety Officer Deirdre Wyatt-Pope at 5-1442.

**National Preparedness Month** is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is 'Prepare to Protect. Preparing for disasters is protecting everyone you love.'

### September 12-18: Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

### September 19-25: Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved."

—from [Ready.gov](http://Ready.gov), 2021



U.S. ARMY PHOTOS BY MIKE BRANTLEY

1) Lt. Col. Benjamin Jackson and active duty Army personnel pose for a photo following an island beach clean-up to commemorate his promotion. 2) Charlotte Jackson, center right, and her mother Lauren, return Jackson's cover after pinning on his new rank insignia, while her brother, Jameson, and sister Audrey place insignia on his epaulettes.

## CONGRATULATIONS TO LT. COL. BEN JACKSON

BY JESSICA DAMBRUCH

**Kwajalein congratulates** Lt. Col. Benjamin Jackson, who received his promotion in a Sept. 2 ceremony on oceanside Kwajalein attended by his family, active duty service members and Department of the Army civilians assigned to U.S. Army Garrison-Kwajalein Atoll.

In his service career to date, Jackson

has served at Fort Wainwright, Alaska; Fort Huachuca, Arizona; and Fort Drum, New York. He also completed active duty deployments to both Iraq and Afghanistan before arriving on Kwajalein.

Originally from "a small ranch in New Mexico," Jackson says his best decision was to begin dating his now-wife, Lauren. Together, they have three children: Audrey, Jameson, and Charlotte.



## SEABEES AT WORK



U.S. NAVY PHOTO BY EQUIPMENT OPERATOR 3RD CLASS BRANDON BLEVINS

**Builder 2nd Class David Diamond Jenne**, assigned to Naval Mobile Construction Battalion 5, Detail Marshall Islands, breaks old concrete before pouring the concrete for a sidewalk near the Island Memorial Chapel. The Seabees of NMCB 5 are deployed to the U.S. 7th Fleet area of operations, supporting a free and open Indo-Pacific, strengthening our network of allies and partners, and providing general engineering and civil support to joint operational forces.



# 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.

## OKTOBERFEST FUN, SEPT. 26 AT CAMP HAMILTON

BY JESSICA DAMBRUCH

**One thing** is for sure. Next weekend will be wunderbar.

Take this pro tip seriously: If you value your island bucket list, don't sleep in next weekend. Coming up Sept. 26 is the one and only occasion on Kwajalein when wearing lederhosen is permitted under Army regulation. It's true. We checked. \*

Oktoberfest, an event for residents aged 21 years and older, kicks off at 6 p.m. at Camp Hamilton with more firepower than we've seen since the Oompah Band days at the island's former Yokwe Yuk Club.

Attendees should anticipate a fun evening of programmed team games and opportunities to dance and socialize. This year, MWR's menu includes creations like Schnitzel tacos. Pair the fare with a stein filled with the cold, refreshing beverage of your choice, but don't forget cash for the bar.

DJ Neil Dye and Cynthia McKenzie will provide music throughout the evening. The night's program includes everything from cornhole to Jenga, as well as noteworthy additions. This is the first year The Kwajalein Hourglass has ever printed the words "coconut shot put" and "yodeling contest" in the same sentence. If you're as intrigued as we are, then join in the fun at 6:30 p.m.

Attendees can hop on a shuttle leaving from the Ocean View Club at 5:30 p.m. Check out the menu in The Liberty Pass. Bis später! We'll see you at Oktoberfest.

**\*Note:** Just kidding. We're fairly certain the U.S. Army regulations does not take an official stance on lederhosen.



**Oktoberfest**

**Sunday, Sept. 26**  
**6 - 11 p.m. at Camp Hamilton**

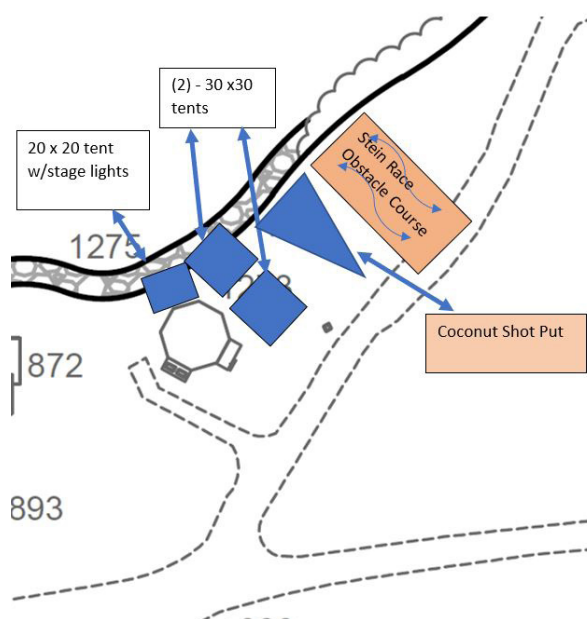
Get ready for Oktoberfest! Adults aged 21 years and over are invited to celebrate at Camp Hamilton. Enjoy a special event menu from 7 - 10 p.m. and cash beverage service from 6 - 10:45 p.m.

Check out the lawn games and rock out to traditional oompah tunes and classic radio hits from the 80's, 90's and today. Live music will be provided by DJ Neil Dye and Cynthia McKenzie.

Enjoy the party and stay to sing. Karaoke open mic begins at 8 p.m. For event information, contact MWR at 5-3331.

**Oktoberfest Menu**  
Available from 7 - 10 p.m.

<b>\$5</b> <b>Chicken Schnitzel Taco</b> Pan-seared chicken with white wine sauce topped with Rotkohl, German slaw, cheese, tomatoes, Russian dressing and bacon.	<b>\$3.50</b> <b>Bratwurst Dog</b>
<b>\$6</b> <b>Pannfisch und Gericht</b> Pan-seared tilapia in beer and white wine sauce with pan-fried herbed potatoes and vegetables.	<b>\$3</b> <b>Pommes frites</b> Also known as french fries
	<b>\$1.50</b> <b>Brezel</b> This popular item is sure to sell out. Get one while supplies last!



Check out the above event map and the Oktoberfest menu on page 9 of The Liberty Pass.

## MOVIES

### Yuk Theater Kwajalein

**Saturday, Sept. 18**  
**"Tom & Jerry"**  
(PG) 102 min.

**Sunday, Sept. 19**  
**"Holmes & Watson"**  
(PG-13) 91 min.

**Monday, Sept. 20**  
**"Girls Trip"**  
(R) 123 min.

**Saturday, Sept. 25**  
**"Abominable"**  
(PG) 98 min.

**Sunday, Sept. 26**  
**"Men in Black: International"**  
(PG-13) 114 min.

**Monday, Sept. 27**  
**"A Star Is Born"**  
(R) 113 min.

### C-Building Roi-Namur

**Saturday, Sept. 18**  
**"Shazam!"**  
(PG-13) 132 min.

**Sunday, Sept. 19**  
**"Equalizer 2"**  
(R) 121 min.

**Saturday, Sept. 25**  
**"Holmes & Watson"**  
(PG-13) 91 min.

**Sunday, Sept. 26**  
**"Girl's Trip"**  
(R) 123 min.

Unless otherwise indicated, all movies begin at 7:30 p.m. Contact MWR at 5-3331 for more information. Show-times may vary for special "Movies Under the Stars" events.

Kwajalein



MIA Project

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





U.S. ARMY PHOTO BY JESSICA DAMBRUCH

## SWAP TILL YOU DROP AT MWR SALE

You never know what you might find at a Swap and Shop event. USAG-KA MWR hosted the swap meet Sept. 11 on the Building 602 lawn. Together under the tents, island residents purchased and bartered for gently used dive gear, clothing and home decor items from their neighbors.

Pictured here: Sandee Colby, center, is ready for bargain hunters at the MWR Swap and Shop event.

Have questions about MWR events? Call a team member at 5-3331.

## UP NEXT

### Kwajalein Boating Orientation Class

Sept. 22 and 23; and Oct. 19 and 20 6:30 – 8:30 p.m.

Room 6, Corlett Recreation Center

Class registration fee is \$40. Please register in person at the Kwajalein Small Boat Marina Friday through Monday from 8 a.m. – 6 p.m. Contact Clinton Smith with any questions at 5-3643.

### Kwajalein Yacht Club

Saturday, Sept. 25, Social hour: 5:30 p.m.

Meeting: 6:30 p.m.

Join the KYC for its monthly meeting and social, followed by a potluck dinner. Please bring a dish to share.

### Salsa Night

Saturday, Sept. 25, 9 p.m. - midnight  
Ocean View Club,

In honor of National Hispanic Heritage Month, you are invited to Salsa Night at the Ocean View Club. Dress to impress and prepare to dance! **Age 21+**

### MWR Oktoberfest

Sunday, Sept. 26, 2021, 6 - 10:30 p.m.

Camp Hamilton

Wunderbar! Grab a friend and make your way to Camp Hamilton for fun, games, music, beverages and artisanal Oktoberfest-fare. **Age 21+**

### Manit Day

Sept. 27, 2021, 11 a.m. - 2 p.m.

Marshallse Cultural Center

This annual celebration of *manit*—Marshallse culture—is a garrison favorite. Join communities from Ebeye, Enniburr and Kwajalein for an afternoon of traditional foods, crafts and history.

### Yokwe Yuk Welcome Club Annual Meet and Greet

Monday, Sept. 27, 4 – 6 p.m.

Hosted by Shawna Hughes at the Pugsley residence, Quarters 241

Join the YYWC for door prizes, food and fun. All island residents interested in giving back to the Republic of the Marshall Islands are welcome to visit and learn more about the YYWC. Membership fees are only \$10. Please RSVP and send questions to Julie Makovec on Facebook or email [juliemak247@gmail.com](mailto:juliemak247@gmail.com).

### The Holiday Art & Craft Fair, by the Kwajalein Art Guild

Monday, Oct. 18, 9 a.m. – 1 p.m.

Registered vendors are invited to sign up for tables. Request applications and information at [kwajartguild121@gmail.com](mailto:kwajartguild121@gmail.com).



### Free MWR fitness classes through Oct. 5

ALL MWR fitness classes are free for one month only. Class slots are available on a first-come, first-served basis with no preregistration required. Class times are subject to change. Call MWR at 5-3331 with questions.

#### 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.



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 Childs at 5-9205 or 5-3331.



# THE ANNUAL KWAJALEIN HOURGLASS HALLOWEEN WRITING PROJECT

## Attention students: It's time to write.

Welcome to the fourth year of the Annual Kwajalein Hourglass Halloween Writing Project. Each year, The Kwajalein Hourglass invites the island's student writers to compose works of original short fiction to share with the community in preparation for Halloween. A selection of stories is printed in the Halloween edition of KHG.

## Guidelines

This call for submissions is open to all of Kwajalein's public and homeschool student writers enrolled in grades 5-12. Individual writers or writing teams create a piece of original, creative fiction suitable for the Halloween season. Stories should be set in or around Kwajalein Atoll and are limited to 1,000 words. Please do not include profanity in your story. Of course, it is always fine to include ghosts and zombies.

## Submitting Stories

Please email stories to kwajaleinhourglass@amentum.com by Oct. 23 in a .doc or .rtf file format (no. pdfs, please). Please include the title of the work and the author's name and grade level. For more information or questions about content, please write to kwajaleinhourglass@amentum.com.

## This Year's Theme

The unknown is magnificent and makes for endless possibilities for writing stories. This year's writing theme, "Unexplained Phenomenon," takes its cues from detective stories, ghost legends and science and speculative fiction.

Over the years, writers in these genres—including Isaac Asimov ("I, Robot,"), Ursula K. LeGuin ("Earthsea"), Nnedi" Okorafor ("Who Fears Death") and Ray Bradbury ("The Martian Chronicles")—have written stories to share their ideas about unexplained phenomena. Today, their imaginative work is considered some of the strongest examples of fiction.

In the past, writers have submitted works based as "haunted news" articles, short stories, urban legends, Marshallese folklore, community rumors and stories inspired by pictures and public service announcements. Some writers opt to write traditional "campfire" ghost stories.

Others write stories that combine comedy with science fiction, mystery, realism or folklore. Use observation as a writing tool and there is no limit to what you can create.

Contact The Kwajalein Hourglass at kwajaleinhourglass@amentum.com for more

## Authors from the Marshall Islands

Kwajalein Atoll has been home to many writers over the years. Check a few of the names below and see if you recognize any of these published authors.

### Giff Johnson, "Don't Ever Whisper"

The managing editor for The Marshall Islands Journal, Giff Johnson's text chronicles the life of his wife and nuclear activist Darlene Keju.

### Gene Sims, "Kwajalein Remembered"

What do you get when you give a U.S. military veteran a pen? Good stories. Veteran and former contractor Gene Sims chronicles Kwaj myths, legends and stories in this collection from 1993.

### Kathy Jetnil-Kijiner, "Iep Jaltok: Poems from a Marshallese Daughter"

Climate activist and performance artist Kathy Jetnil-Kitijer uses the Marshall Islands as her canvas in this collection of original poetry.

### Bill Remick, "Another Day in Paradise"

This legendary collection of island history chronicles the garrison's evolution from a Navy base into an Army test range.



# KWAJALEIN AT THE MOVIES



**MOANA**  
(PG) 103 min.  
Sept. 18, 7: 15 p.m.  
Emon Beach



**SNAKE EYES**  
(PG-13) 121 min.  
Sept. 19, 7:15 p.m.  
Ocean View Club



**THE CROODS: A NEW AGE**  
(PG) 95 min.  
Oct. 9, 7:30 p.m.  
Yuk Theater



**HOCUS POCUS**  
(PG) 96 min.  
Oct. 30, 7:15 p.m.  
CRC Room 6

Check out vendor sales during this animated feature film.

Grab a beverage and enjoy this action-packed story from the Marvel universe.

It's Dad's Movie Night! Kids and families are invited to enjoy popcorn at this special event.

Join MWR for a spooky family movie night. Popcorn, pizza and drinks will be available for purchase.





**Sunday, Sept. 26**  
**6 - 11 p.m. at Camp Hamilton**

*Get ready for Oktoberfest! Adults aged 21 years and over are invited to celebrate at Camp Hamilton. Enjoy a special event menu from 7 - 10 p.m. and cash beverage service from 6 - 10:45 p.m.*

*Check out the lawn games and rock out to traditional oompah tunes and classic radio hits from the 80's, 90's and today. Live music will be provided by DJ Neil Dye and Cynthia McKenzie.*

*Enjoy the party and stay to sing. Karaoke open mic begins at 8 p.m. For event information, contact MWR at 5-3331.*

## **Oktoberfest Menu**

*Available from 7 - 10 p.m.*

**\$5**

### **Chicken Schnitzel Taco**

Pan-seared chicken with white wine sauce topped with Rotkohl, German slaw, cheese, tomatoes, Russian dressing and bacon.

**\$6**

### **Pannfisch und Gericht**

Pan-seared tilapia in beer and white wine sauce with pan-fried herbed potatoes and vegetables.

**\$3.50**

### **Bratwurst**

**\$3**

### **Pommes frites**

Also known as french fries

**\$1.50**

### **Brezel**

This popular item is sure to sell out fast.  
 Get one while supplies last!



# MANIT DAY

**SEPT. 27, 2021  
11 A.M. - 2 P.M.  
MARSHALLESE CULTURAL CENTER  
U.S. ARMY GARRISON - KWAJALEIN ATOLL**



## IAKWE AOLEP

Join the atoll community for a celebration and showcase of “manit,” or Marshallese culture, Sept. 27 at the Marshallese Cultural Center, 11 a.m. - 2 p.m. Sample traditional dishes and check out crafts and exhibitions from Ebeye and Enniburr. Visit the MCC to learn more about Marshallese history.

Manit Day is a free event open to the entire community. Guests are advised to hydrate, wear a hat and to bring cash for vendor sales of Marshallese jewelry and traditional baskets and decorative items.

The U.S. Army Garrison-Kwajalein Atoll Directorate of Host Nation Activities thanks the many volunteers and assistants whose hard work and dedication make Manit Day a special celebration for Kwajalein.

Special recognition and sincere thanks also go to the following individuals and organizations for their continued patronage and event support:

Traditional leaders of the Marshall Islands  
USAG-KA RMI Liaison Office  
The Marshall Islands government  
Kwajalein Atoll Local Government  
U.S. Embassy Majuro  
Jinetiption Women’s Club  
Ri-Katak students  
USAG-KA Morale, Welfare and Recreation  
USAG-KA Directorate of Host Nation Activities  
Yokwe Yuk Welcome Club  
Kwajalein School System  
Marshallese Cultural Society

For more information about Kwajalein’s annual heritage celebration, please contact the USAG-KA Host Nation office at 5-5033.





**Sunday, October 3 | 4P.M. - 6P.M.**

**At the DeMeo Field and Youth Center Field**

**Bring your own water bottles!**



- **Sign in at the small tent for a bracelet.**
- **Wear it and go to each game!**
- **After each game, get a sticker!**
- **# of stickers equals # of balls you throw at the dunk tank!**

**bouncy house,  
obstacle course, &  
games!**



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



### CHILD DEVELOPMENT CENTER

#### Baru Classroom

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

#### Bako Classroom

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

**Wednesdays** - STEAM Functional Fitness

**Thursdays** - 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 through Sept. 22

### SCHOOL-AGE CARE

**Tuesdays** - Art

**Wednesdays** - Culture and

Functional Fitness

**Thursdays** - STEM

**Fridays** - Recreation

**Saturdays** - Character Counts

#### Sports

**Basketball** - Season runs through

Sept. 30.

Register in Central Registration.

### NAMO WETO YOUTH CENTER

**Tuesdays** - Closed

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

**Thursdays** - Movies/documentary with Popcorn - 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

**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.

## 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](mailto: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.**

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



# AFN 99.9 THE WAVE: LIVE LOCAL RADIO

## 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](mailto: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

### What is an Oil and Water Separator?

**Oil and water separators** are devices used to separate oils and greases from a variety of industrial wastewater discharges. The effluent from OWS is typically discharged to the wastewater treatment plant. It is important to properly utilize and maintain OWSs to prevent sources of environmental pollution and upsets at the WWTP. Question? Call Environmental at 1134.

### Ta in Oil/Water Separator?

**Oil/water separators** rej kein jerbal ko im rej ka-jenolok oil im grease jen dren ko retoon. Etoon kein jen OWS rej driwojlak ak etal non waste water treatment plant eo. Elap an aurok bwe en jerbal OWS non bobrae an etoon im jorren ijoko ibelakid im ilo waste water treatment plant (WWTP) eo. Kajitok? Kiir Environmental ilo 5-1134.

## ISLAND WATER QUALITY REPORTS

[Click here to read the 2020 USAG-KA Water Quality Report in English and Marshallese](#)

The **2020 Water Quality Report** is available to all USAG-KA residents with important information about the garrison's drinking water. 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 USAKA 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

## U.S. Army Garrison-Kwajalein Atoll Biggest Loser Challenge Sept. 21 - Dec. 14, 2021

Join the challenge with a \$20 entrance fee for the chance to split the mystery pot prize between this annual fun fitness contest's male and female winners.

**Roi and Kwaj residents:** Are you ready to make a lifestyle change, lose a few pounds, and begin a happier and healthier tomorrow? Need motivation, accountability and support? Then this 12-week program is for you.

### Roi Residents

Email: [kwajaleinpublichealth@internationalsosgs.us](mailto:kwajaleinpublichealth@internationalsosgs.us), call 5-8836, or stop by the Roi Dispensary Sept. 22 from 7 – 10 a.m. with your \$20 entrance fee to participate in the first weigh-in.

### Kwaj Residents

Email [kwajaleinpublichealth@internationalsosgs.us](mailto:kwajaleinpublichealth@internationalsosgs.us), call 5-8836 or visit the Kwajalein Hospital front desk.

You can also visit Building 566 (across from the AAFES food court) on Sept. 21 from 6 – 7 a.m. or 11 a.m. to noon with your \$20 entrance fee to participate in your first weigh-in.





# TRAVEL AND FLIGHT INFORMATION

**United Airlines Flights**  
United Airlines has confirmed reinsti-  
tution 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)

## NOVEMBER FLIGHTS SCHEDULE

UA155 (HNL)  
Mon/Fri  
Check-in 3:30 - 4:50 p.m.

UA154 (GUM)  
Tues/Sat  
Check-in time: 10:45 - 11:20 a.m.

**Electronic Guam Customs,  
Quarantine Agency Form**  
The Guam Customs and Quarantine  
Agency form has transitioned to an Elec-  
tronic 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 win-  
dow prior to boarding for a completely  
touchless entry process with Guam Cus-

toms. 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 conve-  
nience.

## Flight Requirements

- No COVID-19 test is required if fly-  
ing on the ATI or United Airlines  
if you are flying on official govern-  
ment orders. All other UA passen-  
gers must have a negative COVID-19  
test one to three days before trav-  
eling. 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 re-  
quirements, contact the Kwajalein Hospital  
at 5-2223.

## ATI FLIGHTS

ATI flights now occur on a twice weekly  
basis. Additional flights are for cargo

# 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 internation-  
al travelers coming into the RMI via  
air travel will continue until other-  
wise announced.

For more information about the  
Republic of the Marshall Islands  
issuances, please contact the Com-  
mander's Hotline at 5-1098 or the  
USAG-KA Host Nation Office at  
5-5325.

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 com-  
plete 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?

- 1) Find an item on <http://www.shopmyexchange.com> to request.
- 2) Visit the Kwajalein AAFES store 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 sup-  
ply shortages and inventory con-  
straints.

\* Please know not all furniture and  
appliance items on the site are avail-  
able for delivery to Kwajalein.



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

## ShopMyExchange.com Access

### Who is eligible to shop at AAFES?

- U.S. Citizen Employees of firms un-  
der contract to the DoD when em-  
ployed outside the U.S.
- U.S. Civilian DoD employees when  
stationed outside of the U.S.
- Full list of eligibility available at  
[shopmyexchange.com](http://shopmyexchange.com)

For more information, request an ac-  
count form from Ian Morales at mo-  
ralesic@aafes.com. Hardcopies are also  
available at the store.

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





DINING FACILITY MEAL PRICES

Meal	Standard Rates*
Breakfast	\$3.65
Lunch	\$5.85
Dinner	\$5.10
Holiday	\$9.55

\*Customers without meal cards are welcome to pay with cash and credit card.

REMINDERS AND REGULATIONS

- Families are welcome to dine at the Zamperini Cafeteria on Tuesdays, Thursdays, Sundays and Mondays.
- Please enjoy the dining facility fruit carts by taking one piece of fruit. Diners are not permitted to take more than one serving of fruit from the cart.
- Backpacks are not allowed beyond the entrance of the Zamperini Cafeteria or Cafe Roi. For your convenience, a storage rack is provided near the entrance of both facilities.

ISLAND DINING FACILITIES

CAPT. LOUIS. S. ZAMPERINI CAFETERIA (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.

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.

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.

AMERICAN EATERY

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

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

BURGER KING

Located at the AAFES Food Court (5-3402)

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

ANTHONY'S PIZZA

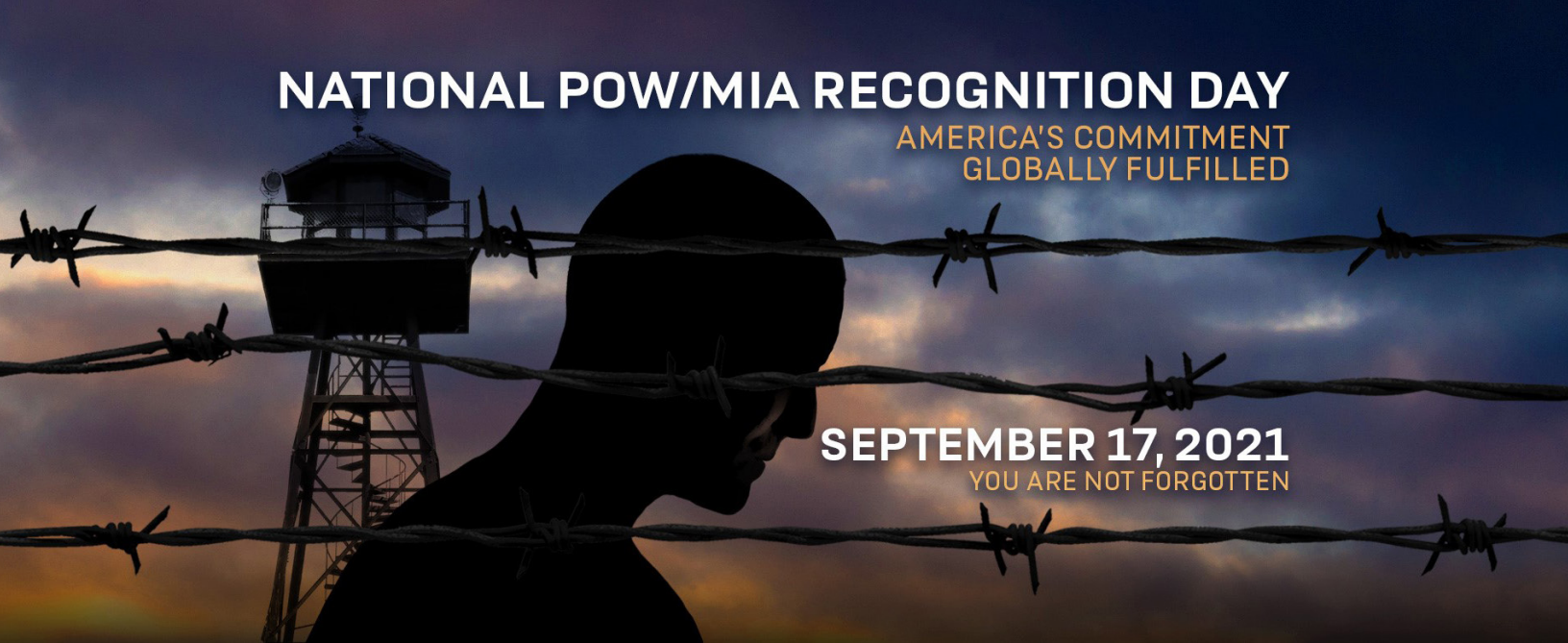
Located at the AAFES Food Court (5-2735)

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

SUBWAY

Located at the AAFES Food Court (5-3402)

Sunday, 11 a.m. - 6 p.m.  
Monday, 11 a.m. - 7 p.m.  
Tuesday, 10 a.m. - 7 p.m.  
Wednesday, 8 a.m. - 7 p.m.  
Thursday, 10 a.m. - 7 p.m.  
Friday, 8 a.m. - 7 p.m.  
Saturday, 10 a.m. - 7 p.m.





# CONNECT TO PROTECT

"MY SERGEANT MAJOR CHECKED IN WITH ME AND CHECKED ON ME CONSTANTLY. SHE SAID, 'YOU NEED TO BE HERE. I WANT YOU TO BE HERE. WE'RE GOING TO WORK THROUGH IT.'"

-1SG GRACIE WILLIAMS



ARMY RESILIENCE

## IDENTIFYING SADNESS AND DEPRESSION IN YOUR CHILD

BY KWAJALEIN HOSPITAL

### Q) How do I know if my child is experiencing sadness or depression?

**Sadness, a deep emotion,** is often misidentified as depression and is contingent on external factors. Loss of loved ones, pets, changes in social structure and difficulties in parent-child relationships are only a few of the many possible causes of sadness.

When a child experiences sadness, they will typically function well within at least one setting like school or social events. Within the safety of their family, they use their time at home to process and "let out" their feelings.

### Signs Your Child May Be Experiencing Depression

**Depression,** unlike sadness, is an extremely common mental illness able to impact many parts of life. It manifests itself in myriad ways. Children exhibiting the signs below who also have a family history of depression should be monitored and seen by a medical professional:

- Becoming socially withdrawn and self-isolating
- Unable or unwilling to participate in activities they previously enjoyed
- Expressing a sense of hopelessness or guilt
- Exhibiting an increased interest in death or making statements about not wanting to be alive

### You Can Help

Family members and friends of a depressed person can sometimes feel helpless to assist them. In efforts to help the depressed, people tend to focus on "curing" what makes them personally fear or react to the depression, like the depth of the disconnection it creates, its duration and the incapacity of the depressed person to "put it aside."

Depression is not going away. Children are being taught to look outward for validation and acceptance rather than building the internal resilience, confidence and self-esteem to overcome difficult situations through increased

connections and nonstop social interaction via media platforms like Facebook, Snapchat, Twitter and Instagram. It is growing harder for children to both separate from negative events and to have space to process and manage any negative internal dialogue. As a result, today's doctors and psychologists are witnessing an increase in depressive symptoms in younger children.

While emerging from depression is something only the individual can do, a multitude of combinations of medical guidance and positive, simple acts can offer someone much-needed help and support. If you suspect your child may be struggling with long-term sadness that feels vastly disproportionate to their stated causes, here are a few things you can do at home:

- **Get It Out.** Have your child start using a journal. The journal can be part writing, part sketchbook: a safe place to "dump" their emotions.
- **Unplug for a while.** Limit the use of electronics and divert your child to other constructive activities. It should be noted that electronic entertainment media like videogames does offer positive opportunities for constructive socialization. Children impacted by the pandemic have also expressed the importance of social media in maintaining connection with their peer groups.

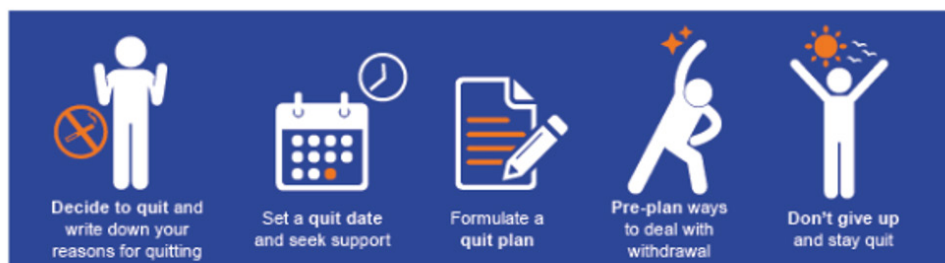
So, unplug—but don't throw out the computer.

- **Simplify.** Declining after-school activities or minimizing schoolwork to a more manageable load until they are better equipped to process their day.
- **Exercise.** Find some yoga or meditation videos on YouTube, or just calm, soothing music you can both enjoy together.
- **Energize.** Fortifying a young person with good foods can help them deal with the potentially crushing physiological toll of depression. Change up your child's dietary intake. Increase their fruits and vegetables and try limiting processed foods.
- **Ditch Sugar.** In moderation, sports and energy drinks, juice and soda can be fun, but ensure your child is getting the hydration they need.

Above all, helping your child see they are not alone in their experience is a valuable tool you can employ. This might mean a quiet walk, offering a nonjudgmental listening ear or diverting their attention in a positive direction. Helping your child to feel secure and safe as they overcome their challenges will provide them a strong, supportive and loving foundation to become their best self.

## QUIT SMOKING IMPROVE YOUR HEALTH

IT IS NEVER TOO LATE  
TO QUIT SMOKING



Call the national toll-free quitline  
or speak to your doctor today to quit smoking.



"NEVER GIVE IN, NEVER GIVE IN, NEVER, NEVER, NEVER, NEVER - IN NOTHING, GREAT OR SMALL, LARGE OR PETTY - NEVER GIVE IN EXCEPT TO CONVICTIONS OF HONOR AND GOOD SENSE." WINSTON CHURCHILL

- WINSTON CHURCHILL

# SUICIDE PREVENTION MONTH

## CONNECT TO PROTECT

### SUPPORT IS WITHIN REACH

<b>1</b>	A Soldier's schedule can get hectic. Leaders calling Soldiers just to check in shows you care and helps them feel connected.	<b>2</b>	Haven't seen your battle buddy in a while? Invite them over for movie night.	<b>3</b>	Tag a fellow Soldier on Instagram to share memories or stories.	<b>4</b>	Think someone you know may be having thoughts of suicide? Support is within reach, text 838255 to connect with caring responders.	<b>5</b>	Put a smile on a Soldier's face by sending a funny meme. Humor can make a person's day!	<b>6</b>	Schedule a video chat social hour to catch up with friends and Family.	<b>7</b>	Email an old friend just because. Reconnect to reminisce about the good old days.
<b>8</b>	Write a letter to a relative and let them know you are thinking about them.	<b>9</b>	Walk your dog with your neighbor. Daily chores are more fun when done with other people.	<b>10</b>	Do the dishes with your significant other. Couples who do chores together, stay together!	<b>11</b>	In need of spiritual guidance? Connect with your unit chaplain. They're there to listen to and guide you through any concerns or problems you may be experiencing.	<b>12</b>	Coming home from training or TDY? Plan a game day with friends and Family.	<b>13</b>	Spend time with your nieces or nephews. Kids and adults benefit from a connected and supportive extended Family.	<b>14</b>	Lost contact with a battle buddy after their ETS? Reach out and ask them how civilian life is going.
<b>15</b>	Normalize and discuss with your Soldiers safe firearm storage during weekend safety briefings. More than 65% of military suicide deaths involve the use of a firearm.	<b>16</b>	Run errands with your pet. They make great companions and help break the ice when socializing with new people.	<b>17</b>	Go for a scenic run or bike ride with a battle buddy. Exercise releases endorphins which gives you a positive boost.	<b>18</b>	Make someone's day by "paying it forward." Buy a coffee for the person behind you in line.	<b>19</b>	Meet new people in your community by taking a creative class or trying a new hobby. Combining your interests and building new skills redirects your focus on something positive.	<b>20</b>	If you're in crisis, visit <a href="http://www.veteranscrisisline.net/get-help/chat">www.veteranscrisisline.net/get-help/chat</a> to talk to caring professionals. Support is free, anonymous, and confidential.	<b>21</b>	Join a local sports league or play a pickup game with other Soldiers for some friendly competition & to build a sense of belonging.
<b>22</b>	Need to talk to someone right away? Professionals are waiting to listen. Call 1-800-273-TALK (8255) and press 1 for the Military Crisis Line.	<b>23</b>	If your spouse is deployed, gather the Family for a group video chat to say "Hi!"	<b>24</b>	Go fishing with your battle buddies. Unwinding together helps you destress and decompress.	<b>25</b>	Thank someone in your support circle. Expressing your gratitude shows how much you appreciate and reaffirms your relationships.	<b>26</b>	Create a phone free zone and set aside time for a face-to-face conversation with a friend or Family member.	<b>27</b>	Don't be afraid to talk to someone who is in crisis – you don't have to be a professional to listen and help them get the resources they need.	<b>28</b>	Learn the risk factors and warning signs for suicide <a href="https://go.usa.gov/xFa65">https://go.usa.gov/xFa65</a> .
<b>29</b>	Haven't spoken to a friend in a while? Give your time and attention. Listen to understand, not to respond.	<b>30</b>	Develop empathy and active listening skills. Schedule ACE-SI training through your local installation ASAP office or the Suicide Prevention Program Manager. <a href="https://go.usa.gov/xFv6n">https://go.usa.gov/xFv6n</a>	 <b>30-DAY CONNECT TO PROTECT CHALLENGE</b>									



ARMY RESILIENCE



SP2  
SUICIDE PREVENTION PROGRAM

Military Crisis Line

1-800-273-8255 PRESS 1

[www.ArmyResilience.Army.mil](http://www.ArmyResilience.Army.mil)

@ArmyResilience





# COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to [kwajaleinhourglass@dyn-intl.com](mailto: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](http://usajobs.gov). Done hiring? Write to [kwajalein.hourglass@dyn-intl.com](mailto: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=](https://akima.ta-leo.net/careersection/akimallc_cs/jobdetail.ftl?job=TRU01055&tz=G-MT-05%3A00&tzname=).

**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.

**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](mailto: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](mailto:stephanie.mccutcheon@dyn-intl.com).

**USAG-KA CYS** seeks a Sports and Fitness teacher. This position is unaccompanied. Requirements: Undergraduate degree in physical education, recreation or related field with six months' experience in a sports program/two years in a similar program with individual and team sports. Send resumes to Dr. Stephanie McCutcheon at [\[nie.mccutcheon@dyn-intl.com\]\(mailto:nie.mccutcheon@dyn-intl.com\) and apply online at \[WRSSrecruiting.com\]\(http://WRSSrecruiting.com\), requisition ID: 2101305.](mailto:stepha-</a></p></div><div data-bbox=)

**Nan, Inc.** seeks a qualified quality control manager and site safety and health officer. To apply, visit [www.nanhawaii.com](http://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](http://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](http://www.tribalco.com/careers.html).

**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.

**Kwajalein referees** wanted for paid and volunteer positions for soccer, volleyball, basketball and softball. Schedules are flexible and training is provided. Contact Dolly Bakhsh at 5-3872 or [dolly.bakhsh@amentum.com](mailto:dolly.bakhsh@amentum.com) for more information.

### 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.

ning 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

**Volleyball Registration.** Registration open through Oct. 1. Season runs Oct. 12 through Nov. 30. Registration costs \$100 per team. Register with MWR in the Grace Sherwood Library.

**Free MWR Fitness Classes** run through Oct. 3. All MWR fitness classes are free for one month only. No need to preregister. Classes are subject to space and availability. Contact MWR at 5-3331 for more information.

**Oktoberfest.** Sept. 26, 2021 from 6 – 11 p.m. Free shuttle service between the Ocean View Club and Camp Hamilton Beach. First shuttle from the Ocean View Club leaves at 5:30 p.m. The last shuttle leaves at 11:15 p.m.

**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](mailto:kwajukeclub@gmail.com).

**Kwajalein Youth Fellowship.** Join us in the REB this fall at 6 p.m. on the following dates: Sept. 20, Oct. 4 and 18; Nov. 1 and 15; and Dec. 6. For more information, contact the Island Memorial Chapel at 5-3505.

**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 Common Access Card Office** is open Tuesday through Saturday from 8 a.m. to 4 p.m. Schedule appointments at <https://idco.dmdc.osd.mil/idco>.

**Security and Access Control** will be conduct a small arms live-fire range on Sept. 16, 2021 from 9 - 11 a.m. Please observe the red flag hazard area. If you have any questions, contact Chief Chris Ramsey at 5-4445.

**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](mailto: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.

**Small Boat Marina** Summer 2021 Hours of Operation are now through



## 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**



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

## 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](mailto:usarmy.bucholz.516-sig-bde.mbx.nec-testing-center@mail.mil)

NEC Testing Center  
FN1008-153  
#5-5332



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@internationalsofsgs.us.

**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.

## USAG-KA TOWN HALL MEETING UPDATES

### HOURLASS REPORT

Below are the follow-ups to the questions posed at the Roi and Kwaj Town Halls in late August.

#### Water issues in Bldg. 1010

The water is now safe to drink. USAG-KA routinely monitors for constituents in your drinking water.

Due to the exceedance of the Lead Action Level last year, the recommendation was to flush the tap for at least 30 seconds prior to consumption of the water.

#### Phones in the BQs

Every BQ on Kwaj now has one phone on the first floor for residents to use.

Emergency and non-emergency contact information is posted in all BQ's on Kwajalein and Roi.

#### Optometrist

An optometrist has been identified on Majuro who is willing to see residents from USAG-KA.

Call Dr. Evangelina Domingo, 693-456-1069, 10 a.m. – 6 p.m. to make an appointment.

The clinic is located at Delap opposite Nitijela beside AAA Wholesale Store. At this time there is no optometrist coming to Kwajalein for appointments.

Continue to use the eyecarelive.com/2020 option for exams. The Kwajalein Hospital is working on other virtual options.

#### Self Help

Currently, there is a review of items in Self Help to determine the following:

#### Do items match customer needs?

- Are there items stocked that are not necessary?
- Are we missing items that are necessary?
- Do the quantities meet the customer needs?
- Equipment available for use by residents
- Sufficient equipment?
- Correct equipment?
- Condition of equipment?

#### Roi Surfway

The Roi Surfway stocks a reasonable amount of BBQ meat items for the community with deliveries twice per month.

Although space is a limiting factor, the following items are currently available: Organic turkey, chicken, wings, filet mignon, ground bison, mild Italian sausages, chicken breasts, chicken legs, Jumbo raw shrimp, vegan burgers, bubba burgers, salmon, sliced Kraft American yellow cheese, and tofu.

The Roi Surfway manager should be the first stop for customers to request new items, the items will be stocked based on supply and demand, rotate monthly or as required.

Items not selling will be reviewed and removed in order to avoid waste. Please send your wish list of items to the current Manager, Shalva Forsmann at Shalva.Forsmann@amentum.com.

### Building Manager / Evacuation Coordinator Training

(Required for all managers by AR 420-1)

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

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

• **Please Call 5-3364 to register.**



SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:39 a.m. 6:47 p.m.	5:41 p.m. 4:55 a.m.	3:17 a.m. 4.1' 3:44 p.m. 3.6'	9:41 a.m. -0.5' 9:38 p.m. -0.4'
MONDAY	6:38 a.m. 6:46 p.m.	6:24 p.m. 5:47 a.m.	3:50 a.m. 4.4' 4:12 p.m. 3.9'	10:08 a.m. -0.7' 10:10 p.m. -0.6'
TUESDAY	6:38 a.m. 6:46 p.m.	7:05 p.m. 6:36 a.m.	4:20 a.m. 4.5' 4:39 p.m. 4.1'	10:34 a.m. -0.8' 10:40 p.m. -0.7'
WEDNESDAY	6:38 a.m. 6:45 p.m.	7:44 p.m. 7:23 a.m.	4:48 a.m. 4.4' 5:05 p.m. 4.2'	10:58 a.m. -0.8' 11:09 p.m. -0.7'
THURSDAY	6:38 a.m. 6:45 p.m.	8:23 p.m. 8:09 a.m.	5:14 a.m. 4.2' 5:29 p.m. 4.2'	11:21 a.m. -0.7' 11:37 p.m. -0.6'
FRIDAY	6:38 a.m. 6:44 p.m.	9:02 p.m. 8:55 a.m.	5:39 a.m. 4.0' 5:54 p.m. 4.1'	11:43 a.m. -0.5' -----
SEPTEMBER 25	6:38 a.m. 6:43 p.m.	9:43 p.m. 9:41 a.m.	6:03 a.m. 3.6' 6:18 p.m. 3.9'	12:05 a.m. -0.3' 12:05 p.m. -0.3'



Click the logo to visit  
RTS Weather online.

## WEATHER WATCH

### RTS WEATHER STATION STAFF

Chaotic wind flow in the western Pacific has created a subtle ridge within the Marshall Islands during the previous week. The chaotic flow is expected to back build into the development of a surface wave embedded within the Intertropical Convergence Zone to begin the weekend.

The ITCZ is expected to linger in the area during the weekend and create isolated to widely scattered showers during the morning hours.

Weakened winds will make it difficult for sustainable convection to create widespread precipitation over the weekend; however, next week, the ITCZ may bring about needed precipitation due to a lackluster rainy season.

Average precipitation is expected over the next 7 days with localized cells creating lightning potential.

**SATURDAY:** Mostly cloudy to partly sunny with widely scattered showers becoming stray showers. E-SSE at 4-9 knots with periods of light and variable winds & calm conditions possible.

**SUNDAY:** Mostly cloudy to partly sunny with slight chance of showers. E-SE at 4-9 knots becoming 6-11 knots.

**MONDAY:** Partly sunny with isolated to widely scattered showers. ESE-SSE at 6-11 knots with higher gusts near showers.

**NEXT WEEK:** Average precipitation with convection developing within the ITCZ to begin the week. Winds are expected to vary from the ENE-SSE in the low teens by the middle of the week. Increased cloud cover is likely throughout the week with periods of clearer skies after the collapse of showers.



# ARMY ANNOUNCES IMPLEMENTATION OF MANDATORY VACCINES FOR SOLDIERS

EXTERNAL REPORT

By U.S. Army Public Affairs

**WASHINGTON**—The Army outlined its plan today to fully comply with the Secretary of Defense's order requiring all Service members to be fully vaccinated against COVID-19.

The Army began implementing the Secretary of Defense's order on August 24, following DoD and White House guidance. Before then, vaccines had been optional.

"This is quite literally a matter of life and death for our Soldiers, their families and the communities in which we live," said Lt. Gen. R. Scott Dingle, the U.S. Army Surgeon General. "Case counts and deaths continue to be concerning as the Delta variant spreads, which makes protecting the force through mandatory vaccination a health and readiness priority for the total Army."

While Soldiers who refuse the vaccine will first be counseled by their chain of command and medical providers, continued failure to comply could result in administrative or non-judicial punishment – to include relief of duties or discharge. Soldiers have the ability to request an exemption from receiving the vaccine, if they have a legitimate medical, religious or administrative reason. Soldiers who are pending exemption requests will not be subject to adverse actions until the exemption is fully processed.

Commanders, command sergeants major, first sergeants and officers in Command Select List (CSL) positions who refuse to be vaccinated – and are not pending an exemption request – face suspension and relief if they refuse to comply. Prior to any adverse action, each would be notified of the suspension and potential relief from their duties. They would then be counseled and provided the opportunity to be vaccinated before they would become subject to removal from their positions by a general officer.

Officers and noncommissioned officers who have been selected and are waiting to assume CSL command, key billet or nominative sergeant major positions—some of the most coveted assignments in the Army—will likewise be subject to removal from the list for those assignments should they refuse to



U.S. ARMY PHOTO BY SGT. ANDREW GREENWOOD

*Spc. Tyler Boyer, a Hayden, Colorado native and medical specialist assigned to the 1st Stryker Brigade Combat Team, 4th Infantry Division, administers the COVID-19 vaccine at Fort Carson, Colorado Aug 3, 2021. The 4th Inf. Div. remains committed to keeping the Fort Carson community safe and healthy by offering mobile vaccinations centers.*

be vaccinated without a pending or approved exemption.

Commanders will request a General Officer Memorandum of Reprimand be initiated for any Soldier who refuses to be vaccinated and does not have a pending or approved exemption request. Such reprimands can be career ending.

Active duty units are expected to be fully vaccinated by Dec. 15, 2021 and Reserve and National Guard units are expected to be fully vaccinated by June 30, 2022.

Soldiers may request administrative or medical exemptions as outlined in Army Regulation 600-20 and AR 40-562, as well as the new Army Directive 2021-33 that provides supplementary guidance on exemption requests.

Soldiers with previous COVID-19 infections are not automatically exempt from full vaccination and should consult their primary care managers. Soldiers pending exemption requests must continue to comply with all other applicable force health protection measures applicable to unvaccinated people.

Soldiers who have completed an FDA Emergency Use Authorization or World Health Organization-authorized series of vaccinations are fully vaccinated. Soldiers are only considered fully vaccinated two weeks post completion of a two-dose series vaccine or two weeks post completion of a single dose vaccine.

In addition to the COVID-19 vaccine mandate and following CDC and DoD guidance, Army commanders will continue to update health protection protocols consistent with the local conditions of the communities in which they serve. The health protection of our force is a top priority, and we will continue to ensure that our personnel have the most up-to-date information on appropriate safety measures to prevent potential spread of the virus.

Soldiers with questions about the safety, effectiveness and possible side effects of the COVID-19 vaccine should discuss them with their health care provider.

For additional information, contact [usarmy.pentagon.hqda-ocpa.mbx.mrdpress-desk@mail.mil](mailto:usarmy.pentagon.hqda-ocpa.mbx.mrdpress-desk@mail.mil).

## OPSEC is not retroactive.

## So, think about OPSEC before you talk, share and post.



# WOTHO ATOLL DECLARED HOPE SPOT IN MARSHALL ISLANDS

EXTERNAL REPORT

Press release by Mission Blue

In the middle of the central Pacific Ocean lies the Wotho Atoll, a string of 13 islands in the Republic of the Marshall Islands. Beyond its idyllic coastal breeze, Wotho is known locally for its beautiful beaches, turtle nesting sites, extensive bird populations and colorful corals. The atoll is also very remote. As one of the least inhabited of the Marshall Islands, Wotho is home to just 90 Marshallese citizens.

Wotho Atoll has been declared a Hope Spot by international marine conservation nonprofit Mission Blue. Hope Spot Champions Kitlang Kabua, RMI Minister of Education, Sports and Training, and Matthew Gerber, Kwajalein High School principal and biology teacher, received approval from Iroijlaplap Sen. Michael Kabua to dedicate the entire atoll for protection and conservation.

"The Marshall Islands occupy a very special place in human history, but also in caring for the ocean," said Dr. Sylvia Earle, founder of Mission Blue. "Wotho Atoll is renowned for its beautiful reefs. The fact that you are willing to step up and protect this land and to designate the waters around Wotho as a safe place for the animals who live there is truly a symbol of hope and cause for celebration. I wholeheartedly endorse your efforts, and Mission Blue and I personally will do whatever we can to support you in this endeavor. This is a critical time in history. We are seeing decline all over the world of the natural systems. But with care, they can recover."

Gerber marveled at the unique beauty of the natural world and "its untouched ecosystems."

"It is a joy to bring attention to these amazing places and help maintain the marine world here. The Marshall Islands and Wotho Atoll is exactly the kind of place in the ocean that needs to be protected."

RMI President David Kabua said: "Wotho has one of the smallest populations in the Marshall Islands today. We are entrenched in culture and tradition which highlights the importance of sustainability and preservation. Protection of our wildlife and environment is paramount to the people of Wotho."

Wotho Atoll is found inside a huge shark sanctuary. It covers 768,547 square miles, nearly four times the landmass of the state of California. The sanctuary was created in 2011 to prevent all commercial fishing of sharks and is enforced with fines for violations and was one of the first of its kind and motivated many similar actions throughout the Pacific. The sanctuary is a symbol of pride for the country and area, and the only protected area its scale inside the RMI.

Kabua and Gerber seek to have the Hope Spot marked for national protection as the second marine protected area in the country.

Kabua hopes that further conservation efforts will strengthen the local ecotourism industry, creating jobs and a reinvigorated sense of duty to the envi-



PHOTO BY HEATHER MILLER

ronment for residents and tourists alike. Kitlang was elected to the Legislature for the Marshall Islands in 2019 and is the youngest person ever to be elected.

"This is a country that is feeling the effects of climate change in major ways," said Kitlang Kabua. "They see the impacts of pollution, and they know that dwindling fisheries will impact them directly."

She continued: "There are many challenges here. Yet, in the face of these challenges, there are also reasons to hope."

Gerber's students have been working for several years to increase awareness of environmental issues in the Republic of the Marshall Islands and believe that the Hope Spot designation can be an important step for the country. The students worked on several aspects of the Hope Spot nomination, including communication with local and national government officials and some of the research of the marine environment at Wotho Atoll.

For a recent class project, Gerber's students measured coral bleaching amounts. They found little, as most of the corals were already dead. Yet, growing amongst the algae-covered skeletons were uncountable numbers of tiny, baby corals.

"My students couldn't quit talking about the numbers of baby corals they saw growing. This was the hopefulness they wanted to grab a hold of," Gerber said.

"This Hope Spot will be like those baby corals. It can trigger a wave of conservation in this country. Young Marshallese are passionate about their blue backyards and this can build upon that momentum."

Of the project, Kwajalein High School senior Litokne Kabua said: "The Hope Spot will be a success for all of us. It gives us hope that the future of our ocean and way of life is in good hands."

Plans for protecting the Wotho Atoll include creating a turtle protection zone with the aim of outlawing all hunting of turtles and development around nesting sites.

Kabua describes the need to safeguard the local turtle populations.

"Turtles are infrequently harvested at

the command of the chiefs, but people are starting to understand the risk of over harvesting them. Turtles are closely linked to Marshallese culture. The locals used to harvest for anyone who would pay. Luckily, there are now regulations from the traditional side that ask them to stop."

Traditional guidelines have not been incorporated in the law, and Kabua and Gerber plan to change that. They also seek to convert a traditionally held bird sanctuary into a legally protected area. These sites exist in various locations throughout the Marshall Islands and are known as M6, or preservation sites, in Marshallese.

Iroijlaplap Sen. Mike Kabua is the landowner of Kwajalein Atoll. He is also a representative and the iroojlaplap for Wotho and supports the creation of the Hope Spot and the push towards greater conservation.

"This will continue the work of the Marshall Islands to preserve our ecosystems and inspire future generations of Marshallese," said Iroijlaplap Sen. Michael Kabua. "It will be very impactful to the coral reefs and all the amazing creatures that call Wotho Atoll home."

Kitlang Kabua and Gerber's other goals for the Hope Spot include creating and enforcing a no-take zone around the Wotho Atoll to shield the area from commercial fishing. They seek to support the government in their plans to ban plastic bags and other products to help mitigate the plastic pollution problem that has plagued countless coastal communities around the world.

In the Marshall Islands, some coral reefs are doing well, while others struggle.

"We want to create a location designated for coral protection and coral restoration projects, including a large coral nursery," Gerber said. "We want to work with the Marshall Islands government and the goals they have for sustainability. We are eager to partner and do what we can. Young people especially are the key to driving a healthy future for the atoll and all of the Marshall Islands. They have a deep love and sense of stewardship for the ocean. I believe that the young people here are the future."



# REMEMBER THE THREE RS OF UXO

## PUBLIC SAFETY ANNOUNCEMENT

**Remember the three Rs of UXO:** Recognize an item as possible Unexploded Ordnance. Retreat from the area of the UXO. Report suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445).

Provide the following information: Location (building #, GPS, landmarks, etc); Size (compared to common items - football, scuba cylinder, etc). Treat UXO like you would treat dangerous sea creatures.

Look but do not touch. For a detailed refresher, please attend the Island Orientation Briefing on the fourth Wednesday of every month.

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

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



**Leaders Inspire  
Culture Change.**

**DEMONSTRATE  
HUMILITY.**



Every individual on this island is an asset and key to contributing in some capacity to the mission. Are you doing your part as a Kwajalein resident?

- Are you a good steward of government funds?
- Are you maintaining your equipment as it was your own?
- Are you looking at means to increase efficiency within your sphere?

When you do your part, our communities are stronger, our departments are more efficient and our employees bond together. The USAG-KA command team appreciates everything you do for the community. Keep up the good work!



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](mailto:michael.s.hill86.civ@mail.mil).





# 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](mailto:Kwajaleinhourglass@amentum.com) Wednesdays by 5 p.m.



*Kwajalein Hourglass Archive photos*



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