

THE KWAJALEIN HOURGLASS



THIS WEEK

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LODGE FOLLOWING THE RELEASE OF MAR-
SHALLESE CITIZENS FROM QUARANTINE.



JESSICA DAMBRUCH

REPATRIATION REUNITES FRIENDS ON USAG-KA

BY JESSICA DAMBRUCH

The pace is different, but due to quarantine, life on Kwajalein Atoll has acquired a new normal.

More than 55 Marshall Islands residents were repatriated this week on U.S. Army Garrison-Kwajalein Atoll after completing a seven-day quarantine in Honolulu and a 14-day quarantine on U.S. Army Garrison-Kwajalein Atoll.

USAG-KA Director of Host Nation Activities Maj. Jay Parsons and Command Sgt. Maj. Ismael Ortega met the group at the Kwaj Lodge Sept. 22 to welcome them home and back outdoors. The tranche stood for a group photo with members of the Ebeye Hospital team facilitating medical services for quarantine.

More than 15 members of the tranche bound for Majuro boarded an Air Marshall Islands flight later that morning. Island logistics personnel transported other tranche members to Echo Pier before traveling to Ebeye.

Outside the Kwaj Lodge, returning RMI residents talked with friends and enjoyed some fresh air with Ebeye Hospital medical personnel.

“Every few weeks, we go back inside,” said Taina Kubulala, the head RMI nurse in the quarantine and repatriation initiative. “It feels good, out here.”

Quarantine has also made it possible for longtime friends to briefly reconnect before returning to distant parts of the atoll.

One tranche member, who identified himself as Sam Leon, took a long look down Ocean Road and inquired about how the island had changed over the years.

“I was here before, back when the Navy



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

You never know who you might meet on repatriation day. Sam Leon, right, introduced his grandson, Conner, to Kwajalein employee Boston Lang after quarantine. Leon was a longtime employee who began work on Kwajalein in the 1960s.

was here,” said Leon, checking out the surroundings.

Leon had retired from work on Kwajalein in the late 1990s and has resided on Majuro ever since.

“I worked at General Supplies Warehouse, the hospital and at Finance.”

Leon’s conversation caught the attention of Boston Lang, an island employee awaiting family members who arrived with the tranche. He stopped his bike and shook hands with Leon.

“I knew him for a long time, when I was younger, and we were both living on Ebeye,” Lang said.

Repatriation quarantine for the RMI began on Kwajalein Atoll in late 2020. Joint efforts between the RMI and US-AG-KA have facilitated the return of more than 500 Marshallese residents stranded abroad by RMI travel restrictions. To date, there are no active cases of COVID-19 in the RMI.

SURFWAY IMPROVEMENTS ARE COMING SOON

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.

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 in “Eat on Kwaj,” page 13.

PLANNED POWER OUTAGE FOR BUILDING 806

A planned power outage is scheduled for Friday, Oct. 1 at 1 p.m. It is possible there may be a brief interruption in island-wide residential internet services during the test. Following the test, it may be necessary to reset your modems to restore internet connections.

SEPTEMBER IS



MANIT MONTH

In the fall, the Republic of the Marshall Islands celebrates Marshallese culture, or “manit.” School and community celebrations throughout the month help us all appreciate the rich cultural heritage of the RMI.



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.



GOLD STAR FAMILIES

The last Sunday in September is Gold Star Mother’s and Families Day. On Sept. 26, we honor the survivors of active duty service members who lost their lives in combat.

USAG-KA Mani Day is Sept. 27. Join the community at the Marshallese Cultural Center. See page 11 for more details.

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

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U.S. ARMY PHOTO BY JESSICA DAMBRUCH

SACC Capt. of Guards Charles Cooley, left, Officer Adam Gomez, center, and Chief Chris Ramsey conducted Gomez’s promotion ceremony at SACC headquarters on Kwajalein.

CHENEGA OFFICER PROMOTED TO CAPTAIN

BY JESSICA DAMBRUCH

Officer Adam Gomez of Chenega Global Protection was promoted to captain in a recent ceremony at Kwajalein’s security headquarters building. The occasion marks the third such promotion since the company arrived on Kwajalein, as Chenega assumes contract security duties on the garrison. Gomez, a longtime Chenega employ-

ee, was previously stationed in Japan and brings a wealth of knowledge and experience to his position. He thanked Capt. of Guards Charles Cooley and Chief Chris Ramsey for the opportunity to contribute more to the team effort on Kwajalein. “This opportunity means so much,” said Gomez, accepting his certificate of promotion. “Thank you all for giving me the chance to shine.”



U.S. ARMY PHOTO BY MIKE SAKAIO

From left to right: Acting Kwajalein Police Chief Charles Goodson, Maj. Scott Beck, Ebeye caseworker Handy Niro, Lt. Shawn Delaney; Majuro prevention workers Danya Note, Tomiko Madison and Cindy Wase; and Ben Clancy, USAG-KA legal counsel visit the Provost Marshal’s Office on U.S. Army Garrison-Kwajalein Atoll.

WUTMI VISITS USAG-KA

HOURLASS REPORT

Women United Together Marshall Islands, or WUTMI, is a chartered non-government, not-for-profit organization working to improve the lives of Marshallese women and their families. Among other functions, they provide services to abused women and teens to include sexual assault. On Sept. 17, WUTMI caseworkers and prevention specialists from Ebeye and Majuro visited U.S. Army Garrison - Kwajalein Atoll to discuss their pro-

gram initiatives and goals with island personnel. They visited with members of the USAG-KA Host Nation Office, Provost Marshal’s Office and the Kwajalein Hospital, and spoke with attendees at the garrison’s quarterly Sexual Harassment/Assault Response and Prevention training. During the visit, WUTMI and the garrison team considered recommendations for future events programming on Kwajalein, including training with first responders and hospital staff, and abuse awareness training for the community. They also discussed posting WUTMI contact data and program information around the garrison.



AFN 99.9 THE WAVE: LIVE LOCAL RADIO

Listen Up
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.

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.

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: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.



Shop & Ship Early for the Holidays

Even Santa and his elves use standard shipping every once in a while. This is a friendly reminder to shop and ship early for your holiday needs. September is not too early to place purchases online to make sure you are ready for the winter holidays.
—The Kwajalein Post Office

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: 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

Counseling sessions

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



COURTESY OF ISLAND MEMORIAL CHAPEL

Department of Public Works personnel masked the entire floor of the Island Memorial Chapel main sanctuary during a maintenance visit to repaint pews.

RENOVATIONS AT ISLAND MEMORIAL CHAPEL

BY JESSICA DAMBRUCH

Give thanks: The Island Memorial Chapel pews have been repainted.

More than 35 pews at the open-air Island Memorial Chapel received a fresh coat of paint during a maintenance visit by personnel from the Department of Public Works, according to IMC staff.

Technicians conducted an initial walk-through to assess repairs needed as part of ongoing chapel facilities maintenance and conducted the painting during off-service hours. Future repairs will include replacing decayed lumber throughout the chapel’s main sanctuary.

The work was completed just in time, as the winter holidays are fast-approaching U.S. Army Garrison-Kwajalein Atoll. During popular community events like the Christmas Eve Candlelight ceremony, the sanctuary is filled to capacity.

The original IMC was dedicated in the mid-1940s. Significant portions of the structure have been rebuilt and renovated, with additions made in later years.

Religious services, counseling opportunities, child and youth activities, small groups and fellowship events are free and open to the community. For more information, please contact the chapel office at 5-3505.



Ebeye students, construction experts and personnel from the Kwajalein Atoll Development Authority visited the Ebeye Public School campus for the grand opening of the last school buildings in a special ceremony last week. The multi-year project was made possible with funding from the Compact of Free Association. Kommol Tata to the many talented individuals who have helped to complete the project.

COURTESY OF KWAJALEIN ATOLL DEVELOPMENT AUTHORITY

FLIGHT INFORMATION

The travel ban for the Republic of the Marshall Islands is still in effect. All flights are subject to change.

UA WEEKLY SEPTEMBER - OCTOBER CHECK-IN TIMES

UA 155 - 3:30 - 4:45 p.m.
UA 154 - 10:45 - 11:15 a.m.

WEEKLY SEPTEMBER - OCTOBER FLIGHTS

Mondays- UA 155 - (HNL)
Tuesdays- UA 154 - (GUM)

NOVEMBER FLIGHTS SCHEDULE UA155 (HNL)

Mondays at 5:40 p.m.
Check-in 3:30 - 4:45 p.m.

UA154 (GUM)

Tuesdays at 12:15 p.m.
Check-in time: 10:45 - 11:20 a.m.

GUAM CUSTOMS & QUARANTINE E-FORMS

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.

Use the 3-day eligibility window prior to boarding for a completely touchless entry process with Guam Customs. EDF kiosks are accessible in Guam airport baggage claim area for convenience. Links are as follows:

- Mobile device link: <https://traveler.guamedf.landing.cards>
- Desktop computer: <https://guamedf.landing.cards>

FLIGHT REQUIREMENTS

No COVID-19 test is required if flying on the ATI, or for United Airlines if 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.

The testing fee is \$125. Call the hospital at 5-2223 with questions and to schedule your test. Passengers must present a copy of their UA flight itinerary at the time of appointment as proof of flight. They must also pick up results at 4 p.m. on testing day.

Contact Aliceia Haacke at 5-1015 or 5-4852 for UA departure policies and requirements.

ATI FLIGHTS

ATI flights 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.

- Guidelines for incoming passengers remain the same
- Outbound passengers will have more opportunities to depart
- Travel remains official for duty only

OUTBOUND ATI SCREENING PROCESS

The ATI medical screening process has changed. Visit the hospital to complete your medical clearance on the last business day before your flight. Monday and Tuesday departures are screened 8 a.m. - 1 p.m. Saturday.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Kwajalein's Transient Billeting Operations Manager Rob Kent is ready to help garrison residents travel safely and responsibly.

TRAVEL TIPS FROM TRANSIENT HOUSING

HOURLASS REPORT

Traveling to Roi-Namur or Kwajalein for work or relaxation is easy. It's figuring out how to secure transient lodging that can pose a challenge.

To familiarize yourself with the garrison's transient travel lingo, Kwajalein's Transient Billeting Operations Manager Rob Kent has a few tips. Read on for information on how to book rooms and be a better visitor on Kwaj and Roi.

How Do I Book Lodging?

All reservations are made with the Kwajalein Transient Billeting Office. The Kwajalein office is located in room one of the Coral BQ, Building 563, on the corner of 6th Street and Lagoon Road.

The Roi Transient Office is in Building 8016. It is the first room on the right if entering the building from Pandanus Road. After duty hours, contact numbers are posted at each Transient Billeting Office on Kwaj and Roi-Namur.

What Guest Rate Will I Receive?

Guest room rental rates are set by US-AG-KA and are subject to change. Depending on your status and residency, you will rent temporary lodging as one of the following:

- **Official TDY: \$109 per night.** This type of guest is defined as a guest from off island for stays 30 days or less. "Off island" is defined as anyone who isn't assigned permanent status on island. Example: Anyone coming into the Marshall Islands to work at Kwajalein Atoll Islands and who will not be assigned permanent status. Or, someone who is required to work or conduct training on one island and needs to stay in transient billeting on another due to mission requirements.
- **Recreational or Space Available:** \$15 for single occupancy, \$20 for double occupancy. This rate is available for residents and authorized guests of residents. Recreational rates are given only when a Kwaj Resident is renting a guest room on Roi-Namur or a Roi resident is renting a guest room on Kwajalein. Receiving a recreational rate also requires completing a Form 480.

Can I Cancel My Room?

Guests are asked to call in advance or to visit in person before canceling a reservation. There is no fee to cancel, but plans are in development to institute a no-show fee.

Check-in Procedures/Policy

Check-in times for both Kwajalein and Roi are 3 p.m., and no early check-ins are authorized for either island without prior approval from the island's Billeting Supervisor. Check-in is still at 3 p.m. on the date of the reservation.

Guests can visit the Kwaj Transient Billeting Office on check-in day to pay and receive a guest room key.

Guest traveling from Kwajalein to Roi on the first flight at 6:15 a.m. will be verified with Fly Roi. These guests may sign for and pick-up their room keys one day before at 5 p.m. Office personnel will accept payment at time of key pick-up.

Check-out Procedures/Policy

Guests on Kwaj and Roi must check-out by noon. No late check-outs are authorized without approval from the Kwaj Billeting supervisor.

All trash, food and beverages must either be taken with or placed in a trash bin. All transient billeting towels, wash cloths, hand towels, furniture and appliances must be left in the guest rooms.

What If I Lose My Key?

The individual who signed for the key is responsible. Lost keys must be reported as missing. If the key was lost on Kwaj, reports must be filed at the PMO/Security desk. On Roi, missing key reports can be filed at the Kwaj Transient Office.

A \$50 cylinder rekey fee applies for all lost keys, as well as a \$2 charge for each of four new keys to be cut as replacements for the new lock.

Damages to Guest Room

Please be a respectful visitor. Guests are responsible for any lost keys or damages to guest rooms and their appliances, furnishings, linens, towels and wash cloths, and will be charged a replacement cost.

The Housing office is currently working with USAG-KA FMWR to establish an appropriate fee for damages.

I Have More Questions. Who Do I Call?

For questions about housing on Kwajalein, please contact Rob Kent at 5-2900. For visiting Roi, contact Sharon Dearmon at 5-6004.

Guests are encouraged to fill out comment sheets at either transient billeting office for quality assurance. Office personnel welcome constructive feedback.



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

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.



COURTESY OF RITA PYNE

Kwajalein Community Bank Center Manager Rita Pyne works on repairs to the Roi-Namur ATM machine on July 1.

BACK IN BUSINESS: ROI ATM MACHINE REPAIRED

BY JESSICA DAMBRUCH

The Community Bank ATM machine on Roi-Namur is fully operational this month, thanks to some ingenuity and dedication from Banking Center Manager Rita Pyne.

Out of service for more than two months, the inoperable machine had made cash withdrawals on Roi impossible. The issue impacted Kwajalein visitors and Roi residents and employees alike, forcing some to seek space available travel to Kwajalein to use the island's ATM machine.

After CB employees received an automated maintenance alert from the machine, personnel from the bank, Logcap and the USAG-KA command team worked to resolve the issue. However, COVID shipping challenges impacted the repair, said Pyne, adding that the garrison's cash machines are due for replacement.

"New ATMs are ready to be shipped to Kwajalein Atoll; however, COVID-19 travel restrictions prevent this from happening," Pyne said. "As soon as there are reduced quarantine requirements, an ATM technician is able to come to the Atoll, and we will be getting new ATMs."

Pyne began to place orders for new parts and made multiple trips to Roi to repair the machine. Following instruc-

tions sent from CB technical support, Pyne and a team of volunteers replaced components and uploaded new software. The last step, software configuration, occurred Sept. 9. This week, the machine works and has a new hard drive, operating system and keypad.

Pyne shared the good news with Command Sgt. Maj. Ismael Ortega.

"It was clearly the dedication of Mrs. Rita Pyne working with Community Bank to get this resolved for the Roi community," Ortega said, following the repair. "The garrison is honored to have members like Mrs. Pyne on the garrison team."

The rules for using the ATM remain the same, said Pyne. The CB withdrawal limit is \$500 per day. Individuals are able to withdraw based on their bank card limits.

"The Community Bank is very happy to have been able to repair the Roi ATM," said Pyne. "We want to thank Tom Sandifer, Jack Pyne, Patrick Weber, C.Y. Lee and the Global ATM team for all their help and support in making this a success."

Pyne said she and the CB team are prepared to continue maintenance on the machine for the foreseeable future.

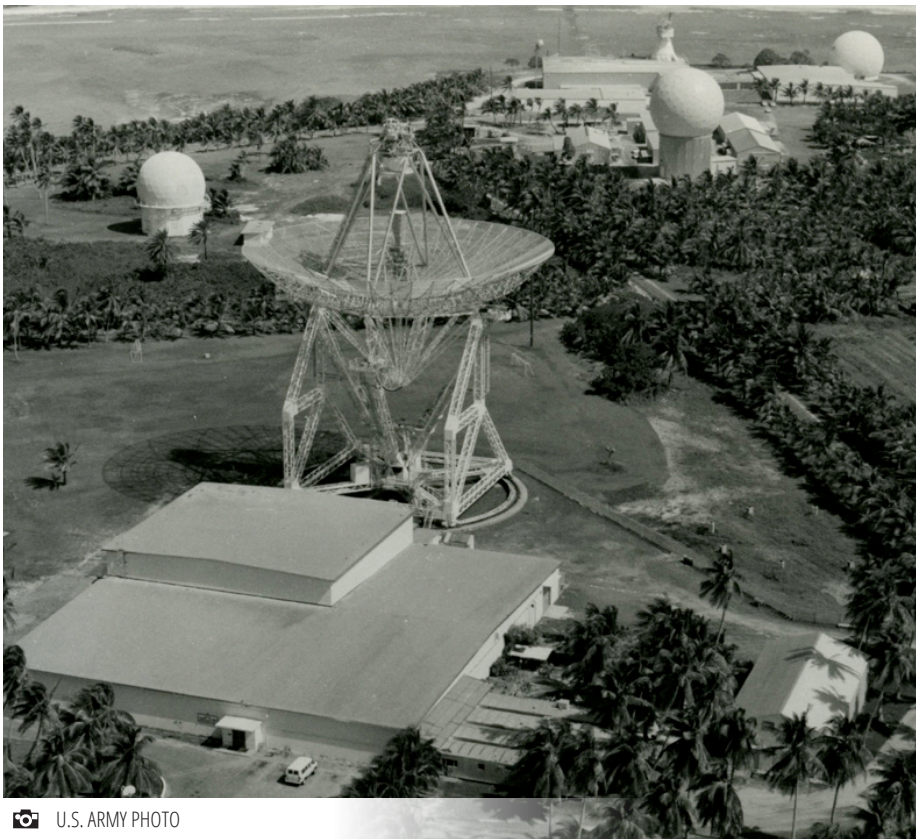
"We will do whatever is necessary to repair the machine," said Pyne. "We put our customers first!"

FINISHED READING THOSE LIBRARY BOOKS?

Visit the Grace Sherwood Library during business hours to learn more about upcoming library activities. For information, call 5-3331.

Please return books and DVDs to the Grace Sherwood Library so other patrons can enjoy them.

U.S. ARMY MWR
SUPPORT CENTER



U.S. ARMY PHOTO

The ARPA Long-Range Tracking and Instrumentation Radar, center, proved instrumental in tracking the Mars Observer in late September 1992.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDG HISTORIAN

The **Kiernan** Reentry Measurements System has made great contributions to a variety of NASA programs.

One particularly important episode occurred on Sept. 25, 1992. For the first time in 17 years, the United States prepared to launch equipment to explore the planet Mars. The MARS Observer, also known as the Mars Geoscience/Climatology Orbiter, was a robotic probe launched from Cape Canaveral aboard a commercial spacecraft.

Equipped with a variety of instruments, its mission was to observe all the seasons and to study the geology, geophysics and climate of Mars throughout a full Martian year.

During the boost from near-earth or-

bit to a Mars flight path, however, the Observer's onboard telemetry transmitter failed. The ARPA Long-Range Tracking and Instrumentation Radar was the only sensor that could observe and track the craft.

Throughout this 20-minute phase, ALTAIR tracked the Mars Observer and relayed positional data to both U.S. Space Command and NASA. Once the Observer reached the next phase, its post-boost telemetry transmitter deployed, and NASA was able to resume control of the craft. Unfortunately, as the Observer approached Mars in August 1993, nearing the end of its journey, NASA again lost all communications with the spacecraft. It is believed that the fuel system ruptured causing the craft to spin and lose contact.

AAFES SHOPPING ONLINE

- 1) Find an item on <http://www.shop-myexchange.com> to request.
- 2) Visit the Kwajalein AAFES 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 mo-alesic@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.

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



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.

- 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.

Kwajalein



MIA Project

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

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.



ISLAND-STYLE THEATER: WATCHING "MOANA" ON EMON BEACH

Now, that's a movie theater! More than 75 Kwajalein residents gathered at Emon Beach for a special outdoor movie night screening of Disney's feature-length animated film "Moana" Sept. 18. Moviegoers purchased treats, snacks and wuts from island vendors before hitting the beach for the movie. Have questions about MWR events? Call a team member at 5-3331.

KYC SWASHBUCKLER'S BALL IS ON ITS WAY

BY JESSICA DAMBRUCH

Attention all Deadheads and pirates: The Kwajalein Yacht Club has released its advertisement for the 2021 Swashbuckler's Ball, and if the dancing bears are any indication, we're in for one strange trip.

If you're a newcomer, now is a good time to purchase your pirate costume pieces for the year's ultimate social gathering. The Swashbuckler's Ball is a longtime island favorite—a Halloween cocktail party and probably the only chance you'll have to wear a tricorne hat around the island unless your name is Alex Fleming.

Shortly after reemerging from his quarantine cocoon, Fleming was spotted wearing a snazzy pirate hat while walking a dog this spring.

A well-meaning family member had socked the hat away in a care package, Fleming said. And he needed a hat that



day. He's prepared: ARRR you?

Spend a few minutes online to order your buccaneer's coats, plastic swords, tattered blouses and hooked appendages. Better yet, visit the Bargain Bazaar to hunt for gently-used treasures. In honor of this year's theme, maybe add a little tie-dye in honor of the late Jerry Garcia.

Have questions about the Swashbuckler's Ball? Contact the Kwajalein Yacht Club on Facebook or reach out to Commodore Ron Sylvester at 5-2182.

MOVIES

Yuk Theater Kwajalein

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.

Saturday, Oct. 2
"The Kid Who Would Be King" (PG)
120 min.

Sunday, Oct. 3
"Yesterday" (PG-13)
116 min.

Monday, Oct. 4
"Father Figures" (R)
112 min.

C-Building Roi-Namur

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

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

Saturday, Oct. 2
"Men in Black: International" (PG-13) 114 min.

Sunday, Oct. 3
"A Star Is Born" (R)
113 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 AT THE MOVIES



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

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



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

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

TWO-MAN TOURNAMENT PRIZES AT OUTRIGGER

BY JESSICA DAMBRUCH

What's Roi got that we haven't got? Games.

Kwaj, Rick Jameson and the Roi crew are calling you out.

The Outrigger Bar & Grill welcomes one and all to join in two-person tournaments for the month of October. Beginning Oct. 9, games will be held every Saturday night.

Participating teams from Kwaj and Roi can enter for the chance to win the "OBC Rat Masters" award. Prizes for first place are awarded for the highest accumulated

tournament score.

Registration for the Outrigger tournaments is free. Check out the events schedule below and contact Rick to announce your and get your game plan together.

Want to go?

Two-Person Team 8-Ball Pool Tournament
Saturday, Oct. 9 at 8 p.m.

Two-Person Team Dominos Tournament
Saturday, Oct. 16 at 8 p.m.

Two-Person Spades Tournament
Saturday, Oct. 23 at 8 p.m.

Questions? For more information, contact Rick Jameson at the Roi MWR office at 5-6580 or the Outrigger.



UP NEXT

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.

Marshall Cultural Center

This annual celebration of manit—Marshall 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.

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.

Kwajalein Boating Orientation Class

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.



MWR FITNESS CLASSES

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.



BARS AND CLUBS

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

OUTRIGGER CLUB

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

COUNTRY CLUB

Birthday Bash

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

Saturday

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

OCEAN VIEW CLUB

Wednesdays

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

Saturdays

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

Mondays

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

Shuttle Service

MWR offers shuttle service to and from the Country Club every 30 minutes from 5 - 8 p.m. Saturdays. For more information, contact Nikeya 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. “Unexplained Phenomenon” is this year’s writing theme, and 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 of “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

Two-Minute Literature Fix

Nothing Gold Can Stay
by Robert Frost

Nature’s first green is gold,
Her hardest hue to hold.
Her early leaf’s a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.



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.

Chicken Schnitzel Taco - \$5
Pan-seared chicken with white wine sauce topped with Rotkohl, German slaw, cheese, tomatoes, Russian dressing and bacon.

Pannfisch und Gericht - \$6
Pan-seared tilapia in beer and white wine sauce with pan-fried herbed potatoes and vegetables.

Bratwurst - \$3.50

Pommes frites - \$3
Also known as french fries

Pretzel - \$1.50
This popular item is sure to sell 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 Mani 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
 Jinetiptip 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.

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



SAFETY REMINDERS

Never leave vehicles while the engine is running. Before exiting any vehicle, always make sure the parking brake is engaged, the engine is powered down and the keys are in your hand. Unnecessary injuries can result from careless vehicle operation.

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.

E-WARENESS Stormwater Sampling and Analysis

Stormwater samples are collected every year on Kwajalein to monitor the quality of water going into the ocean and lagoon.

ISCO samplers are staged at selected storm drain locations. Please do not disturb them. Call Environmental at 5-0722 with questions.

Aolep yio rej ebok sample in Stormwater/Dren in Wot ion Kwajalein non etale jonan dren eo ej driwojlak ilo lik im iaar.

Ewor jet ISCO sampler ak kein jerbak ko rej jutak itorerain drain-out ko. Joi im jab jibwi ak komakiti. Ne ewor am kajitok kaki, call e lok Environmental ilo 5-0722.

SMALL ARMS RANGE SAFETY NOTICE

Security and Access Control will conduct a small arms live-fire range on Sept. 29 and Oct. 5 from 9 - 11 a.m. Please observe the red flag hazard area. If you have any questions, contact Chief Chris Ramsey at 5-4445.

POTABLE WATER SYSTEM FLUSHING

The Kwajalein Water Plant will flush the potable water system main pipes from Sept. 28 - Oct. 30.

No interruption of service is expected. Due to sediment in the pipes, you may notice some discoloration of your water.

If you experience brown or rusty water, do not use your washing machine for one day. Only resume use after you flush the sink and shower for several minutes until the water runs clear.

If the issue persists, call Liquid Systems at 5-1847 or 5-9081.

Island residents are likewise reminded to please never flush paper towels, as these do not disintegrate in the island's plumbing systems and can severely damage machinery at the Wastewater Treatment Plant.

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 & Saturdays - 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 - STEAM Creative Movement

Thursdays - STEAM Library

Fridays - STEAM Functional Fitness

Saturdays - STEAM Reading Buddies

Sports

Start Smart Sports - Ages 3 - 5:

Soccer - Registration open - Oct. 1 - 15 - Season runs Oct. 20 - Nov. 10

SCHOOL-AGE CARE

Tuesdays - Art

Wednesdays - Culture and Functional Fitness

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

4-H - Photography - Oct. 5 from 9 - 4:30 - 5:30 p.m.

Sports

Soccer - Registration opens - Oct. 1 - 15. Season runs Oct. 19 - Nov. 16

NAMO WETO YOUTH CENTER

Effective Oct. 1, the Namoweto Youth Center will follow new hours of operation.

Sundays: 3 - 9:30 p.m.

Mondays and Tuesdays: closed

Wednesdays: 3 - 6 p.m.

Thursdays: 2 - 6 p.m.

Fridays: 3 - 6 p.m.

Saturdays: 3 - 9:30 p.m.

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. and Money Matters - 4 p.m.

Sundays - Art Activity

Youth Center Special Events

Oct. 2 - Get Your Glow On

(7th - 12th graders) - 8:30 - 9:30 p.m.

Oct. 2 - Island Music Hour

(9th - 12th graders) - 8:30 - 9:30 p.m.

Oct. 3 - Worldwide Day of Play - 4 - 6 p.m.

Oct. 10 - Pumpkin Painting - 4 p.m.

Oct. 17 - Pumpkin Carving - 4 p.m.

Oct. 23 - Pumpkin Spice Latte - 3 p.m.

Oct. 24 - Face-painting - 4 p.m.

Oct. 31 - Halloween Haunted House - 2 - 4 p.m.

Parent Information

Parent Advisory Board Open House - Please come and get information on upcoming events and register for activities on Saturday, Oct. 2, all day in Central Registration.

CYS will be closed Oct. 12 for Columbus Day.



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!



EAT ON KWAJ

BY JESSICA DAMBRUCH

When hunger strikes, it's good to know where to get chow. U.S. Army Garrison-Kwajalein Atoll sports multiple dining locations where you can gather with family and friends to enjoy dinner or grab food before heading to Brandon Field to watch a game. Some special rules apply, so please check out the rates and regulations before visiting a facility.

Beginning this week, The Kwajalein Hourglass will feature menu information for the Zamperini Cafeteria and Café Roi. If you're a vegetarian, you're in luck: items with a star denote dishes prepared especially for you by the dining services team. Please note that menu items are subject to change without prior notice.

Enjoy your next meal—no matter where you are.

Need to eat and run? Scan the QR Code on this page to acquire a quick copy of "Eat on Kwaj" to share with a friend.



The namesake for Kwajalein's dining facility is Capt. Louis S. Zamperini, a decorated WWII veteran and Olympic athlete.

DINING FACILITY MEAL RATES

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

*Customers without meal cards must pay with cash or credit card.

REMINDERS & 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.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Dinner doesn't happen by itself. Pictured here are members of the dining services team at the Zamperini Cafeteria. Every day, this hardworking team prepares hundreds of meals for diners and those residing in quarantine.

Captain Louis S. Zamperini Cafeteria

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 2
Herbed Chicken	Roast Beef	Taco Bar	Roast Beef	Swedish Meatballs	BBQ Pork Chops	BBQ Spare Ribs
Corned Beef	Pollock Florentine	Honey Cornish Hens	Five-Spice Chicken	Baked Pit-Style Ham	Country Fried Steak	Fried Chicken W/Waffles
Sicilian Brown Rice	Mexican Chicken	Pepper Steak	Filipino Rice	Steamed Rice	Roasted Red Potatoes	Fried Catfish
Oven Browned Potatoes	Spring Garden Rice	Steamed Rice	Mashed Potatoes	Mashed Sweet Potatoes	Red Beans & Rice	Simmered Oxtails
Steamed Carrots	Scalloped Potatoes	Roasted Red Potatoes	Herbed Green Beans	Fried Cabbage	Steamed Carrots	Macaroni & Cheese
Fried Cabbage	Seasoned Peas	Corn Fritters	Glazed Carrots	Monaco Blend Vegetables	Veggie Stir-fry	Steamed Rice
Veggie Pot Pie*	Squash Medley	Grilled Brussels Sprouts	Vegetarian Pizza*	Vegetarian Wraps*	Stuffed Green Peppers*	Seasoned Blackeyed Peas
Cream of Chicken Soup	Rice Frittata*	Black Bean Burgers*	Garden Vegetable Soup	Zesty Bean Soup	Vegetarian Lentil Chili	Collard Greens
	Minestrone Soup	Tomato-Pepper Soup				Potato Frittata*
						Chicken & Wild Rice Soup

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 2
Pizza Night	Breaded Pork Chops	Sweet & Sour Pork Chops	Roast Pork Loin	Herbed Chicken Breast	Roast Turkey	Grilled Porterhouse Steak
Spaghetti	Yankee Pot Roast	Teriyaki Steaks	Baked & Fried Trout	Beef Stew	Chili Macaroni	French Fried Shrimp
Knockwurst	Fried Rice	Rice Pilaf	Garlic Parmesan Pasta	Spring Garden Rice	Mashed Potatoes	Chicken Alfredo
Lasagna	Baked Chicken	Garlic Mashed Potatoes	Roasted Potatoes	Oven Browned Potatoes	Steamed Rice	Baked Potatoes
Steamed Rice	Grilled Salmon	French Fried Cauliflower	Sautéed Bok Choy	Seasoned Green Beans	Butternut Squash	Rice Pilaf
Spaghetti Noodles	Steamed Rice	Tangy Spinach	Seasoned Mixed Veggies	Seasoned Succotash	California Vegetables	Steamed Fettucine
Orange Baked Squash	Hacienda Potatoes	Eggplant Parmesan*	Vegetarian Linguine*	Broccoli, Cheese & Rice	Pasta Primavera*	Roasted Corn on the Cob
Steamed Broccoli	Spaghetti Squash	Beef Noodle Soup	Creole Soup w/Brown Rice	Casserole*	White Bean Chicken	Grilled Asparagus
Pesto Penne*	California Veggies			Chicken Tortilla Soup	Chili	Three-cheese Tortellini w/ Marinara Sauce*
Potato Soup	Pasta w/Marinara*					Beef Veggie Noodle Soup
	Egg Drop Soup					

Menu current as of Sept. 25. All selections subject to change. *Denotes Vegetarian option



In this CDC photo, two lice viewed under an electron microscope. Note the claws used to grasp onto individual hairs.

HEALTH CONNECTION

BY THE CR2C TEAM

Who needs Halloween when back-to-school season brings the threat of head lice? Read on to learn what the Centers for Disease Control and Prevention recommend for dealing with this common issue.

Q) What can you do at home to reduce the risk and spread of lice?

What are head lice?

The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

Who is at risk for getting head lice?

Head lice are found worldwide. In the United States, infestation with head lice is most common among pre-school children attending childcare, elementary schoolchildren, and the household members of infested children.

Although reliable data on how many people in the United States get head lice each year are not available, an estimated 6 to 12 million infestations occur each year in the United States among children 3 to 11 years of age.

Head lice move by crawling; they cannot hop or fly. Head lice are spread by direct contact with the hair of an infested person. Anyone who comes in head-to-head contact with someone who already has head lice is at greatest risk. Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels) used by an infested person is uncommon. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

Is there a treatment recommendation for certain age groups?

Before treating young children, please consult the child’s doctor, or the health department for the recommended treatment based on the child’s age and weight.

Are there any side effects from using these chemical treatments for head lice?

Treatments for head lice are generally safe and effective when used correctly. Some treatments may cause an itching or a mild burning sensation caused by inflammation of the skin on the scalp.

Most products used to treat head lice are pesticides that can be absorbed through the skin. Therefore, all medicines used for the treatment of head lice should be used with care and only as directed.

Is it necessary to remove all head lice eggs?

No. The two treatments nine days apart are designed to eliminate all live lice, and any lice that may hatch from eggs that were laid after the first treatment.

Many eggs are more than ¼ inch from the scalp. Such nits are usually not viable and very unlikely to hatch to become crawling lice, or may in fact be empty shells, also known as casings. Nits are cemented to hair shafts and are very unlikely to be transferred successfully to other people.

However, parents may choose to remove all nits found on hair for aesthetic reasons or to reduce the chance of unnecessary retreatment.

Why do some experts recommend bagging items for two weeks?

Head lice survive less than one or two days if they fall off the scalp and cannot feed. Head lice eggs—nits—cannot hatch and usually die within a week if they do not remain under ideal conditions of heat and humidity similar to those found close to the human scalp. Because an egg must incubate under conditions equivalent to those found near the human scalp, it is very unlikely to hatch away from the head. If the egg were to hatch, the newly emerged nymph would die within several hours if it did not feed on human blood.

However, although rarely necessary, some experts recommend that items that may be contaminated by an infested person and that cannot be laundered or dry-cleaned should be sealed in a plastic bag and stored for two weeks to kill any lice that are present or that might hatch from any eggs that may be present on the items.

Should my pets be treated for head lice?

No. Head lice do not live on pets, and they do not play a role in spreading head lice.

Should household sprays be used to kill adult lice?

No. Using fumigant sprays or fogs is not recommended. Fumigant sprays and fogs can be toxic if inhaled or absorbed through the skin and they are not necessary to control head lice.

Should I have a pest control company spray my house?

No. Use of insecticide sprays or fogs is not recommended. Fumigant spray and fogs can be toxic if inhaled or absorbed through the skin and they are not necessary to control head lice.

Routine vacuuming of floors and furniture is sufficient to remove lice or nits that may have fallen off the head of an infested person.

Will laundering kill head lice?

Washing, soaking, or drying items at a temperature greater than 130°F can kill both head lice and nits. Dry cleaning also kills head lice and nits. Only items that have been in contact with the head of an infested person in the 48 hours before treatment should be considered for cleaning.

Although freezing temperatures can kill head lice and nits, several days may be necessary depending on temperature and humidity; freezing is rarely (if ever) needed as a means for treating head lice.

Which medicine is best?

If you aren’t sure which medicine to use or how to use a particular medicine, always ask your physician, pharmacist, or other health care provider. CDC does not make recommendations about specific products. When using a medicine, always carefully follow the instructions contained in the package or written on the label, unless the physician and pharmacist direct otherwise.

This article is excerpted from materials Developed by the Centers for Disease Control and Prevention. Reference to specific commercial products, companies or trademarks does not constitute its endorsement or recommendation by the U.S. Government, Department of Health and Human Services or CDC.

Read the original article online at: https://www.cdc.gov/parasites/lice/head/gen_info/index.html.

Mental Health Checklist

EVERY DAY I WILL:

☐ Move my body

☐ Take a screen-time break

☐ State 3 things I am grateful for (write down or say aloud)

☐ Eat fruits and vegetables

☐ Sleep for 7-9 hours a night

ONCE EACH WEEK I WILL:

☐ Connect virtually with a friend or family member

☐ Plan an outdoor activity, like a picnic, hike or bicycle ride

☐ Set a new goal, like finishing a work, school or home project

☐ Claim a win for the week; It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

ONCE THIS MONTH I WILL:

☐ Finish reading a book

☐ Take a 1-day break from all social media and news

☐ Try a creative activity

☐ Help someone or complete a community service project

Choose 2 more activities that are personal and meaningful to your mental health:

☐

☐

REFLECTIONS:

MENTAL HEALTH TIP: Check-in with how you are feeling often! "Labeling your emotions is key. If you can name it, you can tame it." — Marc Brackett, Ph.D., Yale Center for Emotional Intelligence

Make It OK

MakeItOK.org/IOWA

SATURDAY, SEPTEMBER 25, 2021 / VOLUME 62 NUMBER 39

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THE KWAJALEIN HOURGLASS

"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

1	A Soldier's schedule can get hectic. Leaders calling Soldiers just to check in shows you care and helps them feel connected.	2	Haven't seen your battle buddy in a while? Invite them over for movie night.	3	Tag a fellow Soldier on Instagram to share memories or stories.	4	Think someone you know may be having thoughts of suicide? Support is within reach, text 838255 to connect with caring responders.	5	Put a smile on a Soldier's face by sending a funny meme. Humor can make a person's day!	6	Schedule a video chat social hour to catch up with friends and Family.	7	Email an old friend just because. Reconnect to reminisce about the good old days.
8	Write a letter to a relative and let them know you are thinking about them.	9	Walk your dog with your neighbor. Daily chores are more fun when done with other people.	10	Do the dishes with your significant other. Couples who do chores together, stay together!	11	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.	12	Coming home from training or TDY? Plan a game day with friends and Family.	13	Spend time with your nieces or nephews. Kids and adults benefit from a connected and supportive extended Family.	14	Lost contact with a battle buddy after their ETS? Reach out and ask them how civilian life is going.
15	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.	16	Run errands with your pet. They make great companions and help break the ice when socializing with new people.	17	Go for a scenic run or bike ride with a battle buddy. Exercise releases endorphins which gives you a positive boost.	18	Make someone's day by "paying it forward." Buy a coffee for the person behind you in line.	19	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.	20	If you're in crisis, visit www.veteranscrisisline.net/get-help/chat to talk to caring professionals. Support is free, anonymous, and confidential.	21	Join a local sports league or play a pickup game with other Soldiers for some friendly competition & to build a sense of belonging.
22	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.	23	If your spouse is deployed, gather the Family for a group video chat to say "Hi!"	24	Go fishing with your battle buddies. Unwinding together helps you de-stress and decompress.	25	Thank someone in your support circle. Expressing your gratitude shows how much you appreciate and reaffirms your relationships.	26	Create a phone free zone and set aside time for a face-to-face conversation with a friend or Family member.	27	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.	28	Learn the risk factors and warning signs for suicide https://go.usa.gov/xFa65 .
29	Haven't spoken to a friend in a while? Give your time and attention. Listen to understand, not to respond.	30	Develop empathy and active listening skills. Schedule ACE-SI training through your local installation ASAP office or the Suicide Prevention Program Manager. https://go.usa.gov/xFv6n	 <h3>30-DAY CONNECT TO PROTECT CHALLENGE</h3>									



ARMY RESILIENCE



SP2
SUICIDE PREVENTION PROGRAM

Military Crisis Line

1-800-273-8255 PRESS 1

www.ArmyResilience.Army.mil

@ArmyResilience



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=.

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 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: 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-</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 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.

KaiHonua is hiring for junior 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 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.

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 conduct a small arms live-fire range on Sept. 29 and Oct. 5 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.

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

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@internationalsofusa.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.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:38 a.m. 6:43 p.m.	10:25 p.m. 10:28 a.m.	6:28 a.m. 3.2' 6:42 p.m. 3.6'	12:33 a.m. -0.1' 12:25 p.m. 0.0'
MONDAY	6:38 a.m. 6:42 p.m.	11:11 p.m. 11:17 a.m.	6:52 a.m. 2.8' 7:09 p.m. 3.2'	1:03 a.m. 0.3' 12:46 p.m. 0.4'
TUESDAY	6:38 a.m. 6:42 p.m.	11:59 p.m. 12:07 p.m.	7:19 a.m. 2.3' 7:43 p.m. 2.8'	1:38 a.m. 0.7' 1:07 p.m. 0.7'
WEDNESDAY	6:37 a.m. 6:41 p.m.	----- 12:59 p.m.	7:59 a.m. 1.8' 8:53 p.m. 2.4'	2:33 a.m. 1.1' 1:31 p.m. 1.1'
THURSDAY	6:37 a.m. 6:40 p.m.	12:50 a.m. 1:50 p.m.	12:49 p.m. 1.6' -----	5:44 a.m. 1.3' 4:02 p.m. 1.5'
FRIDAY	6:37 a.m. 6:40 p.m.	1:43 a.m. 2:41 p.m.	12:15 a.m. 2.4' 1:55 p.m. 2.1'	7:41 a.m. 0.8' 7:14 p.m. 1.2'
OCTOBER 2	6:37 a.m. 6:39 p.m.	2:36 a.m. 3:30 p.m.	1:34 a.m. 2.9' 2:21 p.m. 2.6'	8:14 a.m. 0.4' 8:02 p.m. 0.7'



Click the logo to visit RTS Weather online.

Kwajalein Scuba Club

Please join us for a special evening with underwater photographer, author, and former Kwajalein resident

Brandi Mueller

presenting

"The Airplane Graveyard"



October Member Meeting

Thursday October 7

CRC Room 1


6 p.m. drinks & Dive Locker

7 p.m. Business Meeting

Presentation to follow immediately

© Brandi Mueller

YOU CAN BE THE FACE OF CHANGE



Join us to Kick-off the 2021 CFC-O!

SEP 21, 2021 – JAN 15, 2022

Go to GIVECRF.org or contact Staff
Sgt. Effie Banks at 5-1419/0660 or
Laura Sampayan at 5-2767.

WEATHER WATCH

RTS WEATHER STATION STAFF

A strengthening ridge on the backend of a developing system to the northwest of the Marshall Islands will help keep shower activity to a minimum over the coming days.

As we head into the weekend, a more active area of the Intertropical Convergence Zone will approach the region. As it does, weather over the Kwajalein Atoll will gradually become more unsettled.

As the workweek approaches, upper-level features will continue to rev up convection along the ITCZ, increasing cloud and shower coverage as it does.

Pockets of deep convection may produce a stray thunderstorm or two over the Marshall Islands.

Winds are expected to remain slightly elevated, backing more northeasterly by the weekend before veering more southeasterly by the start of the workweek.

Our longer-term outlook is more uncertain than normal, due to developing tropical cyclones well west of the region.

Uncertainty is due to the overall strength and track of these systems as they move towards Japan. These systems may have secondary

influences for the upper-level dynamics over the RMI, which could shift or modify relevant features that will affect our weather here on Kwajalein.

SATURDAY: Mostly cloudy to partly sunny with isolated showers, becoming widely scattered at times. NE-E at 9-14 knots with higher gust in and around showers.

SUNDAY: Mostly cloudy with widely scattered showers becoming cloudy with scattered showers at times late. ENE winds at 8-13 knots will veer to the ESE, decreasing to 6-11 knots as they do.

MONDAY: Partly sunny with isolated becoming widely scattered showers at times after dark. E-SE at 8-13 knots with higher gusts near showers.

NEXT WEEK: Above average precipitation is expected as ITCZ activity moves over the Kwajalein Atoll.

Winds are expected to remain more southeasterly in the low teens for the first half of the workweek, slowly backing more northeasterly by the second half.

Moderate cloud cover will persist, but periods of overcast skies can be expected from time to time as shower and thunderstorm activity surges.

REMEMBER THE THREE RS OF UXO

PUBLIC SAFETY ANNOUNCEMENT

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

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

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

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

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



**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 if it were 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.



THE KWAJALEIN HOURGLASS



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.



Kwajalein Hourglass Archive photos



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