

THE KWAJALEIN HOURGLASS

436-A



THIS WEEK

AFH HOUSING

REVITALIZING KWAJ QUARTERS 2

WINTER CONCERT

HOLIDAY FAVORITES 4

TURKEY TROT

THE ULTIMATE DINNER RUN 5

MAJ. JAY PARSONS ACCEPTS THE KEY TO THE NEWLY REFURBISHED QUARTERS 436 DUPLEX NOV. 19 FROM CLINT EASTON, LOGCAP DIRECTOR OF OPERATIONS AND MAINTENANCE.

‘O’ JESSICA DAMBRUCH



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Personnel from the USAG-KA Command team, Department of the Army civilian employees and LOGCAP contract representatives stand for a photo outside the newly renovated Quarters 436 this week for a ribbon-cutting ceremony. Back row, from left: USAG-KA Chief Engineer Jacqueline Phelon, USAG-KA Director of Housing Scott Hill, LOGCAP Director of Public Works Carl Morris, LOGCAP Project Manager Robert Lehman; USAG-KA Commander Col. Thomas Pugsley and Maj. Scott Beck. Front row, from left: USAG-KA Director of Public Works Derek Miller, Maj. Jay Parsons, LOGCAP Director of Operations and Maintenance Clint Easton, USAG-KA Command Sgt. Maj. Ismael Ortega and Chief Warrant Officer 3 Michael Schafer.

ARMY FAMILY HOUSING REVITALIZATION CONTINUES ON USAG-KA

BY JESSICA DAMBRUCH

An ongoing revitalization of quarters on U.S. Army Garrison-Kwajalein Atoll funded by Army Family Housing will equip future residents with modern conveniences and extend the use of garrison housing for years to come.

This past week, personnel from USAG-KA Command, the USAG-KA Directorate of Public Works and LOGCAP met for a ribbon-cutting ceremony and tour of the refurbished Quarters 436—the first of 31 housing units approved by Installation Management Command for revitalization.

Part of the island’s historic U.S. Navy construction, each unit in the two-story duplex now features a full-sized bathtub; split system air conditioner; modern kitchen appliances; luminous light fixtures; new cabinetry and contemporary windows; additional storage areas; and a garbage disposal and dishwasher.

Work on the island’s housing began after Installation Management Command granted project approval in July, and continues this week, as logistics crews perform upkeep on utilities lines. As the refurbishment cycle progresses through the coming months, additional units will be available for occupancy.

“Work is underway on an additional two dwell-

ing units, with construction scheduled to start on four more units in January 2022,” said USAG-KA Chief Engineer Jacqueline Phelon, of the project. “LOGCAP is making steady progress thus far.”

Among Phelon’s contributions to the revitalization project are requirements and estimation development; advocacy to the AFH Branch Division at U.S. Installation Management Command; the address of compliance issues related to AFH regulations; and the administration of myriad tasks related to the LOGCAP contract.

The refurbishment project “corrects many of the issues frequently encountered with 1950s-era construction,” Phelon said, as original construction materials “do not consistently comply with modern environmental and safety requirements.”

Improved construction aside, future island residents can also look forward to the fresh new look of the revitalized units—stylish, modernized homes away from home. Currently, many quarters feature an array of old fixtures and systems, each presenting unique challenges to occupants and maintenance teams.

Shawn Galica, LOGCAP Department of Public Works carpentry supervisor, expressed enthusiasm for Qtrs. 436 and how its new features have transformed the home.

“One hundred percent of the fixtures in the household are new,” said Galica, of Qtrs. 436. “Not one piece of lumber, electrical line, trim, light or appliance is old. They are all brand new.”

This timely retrofit for USAG-KA is sure to improve the overall quality of life for fu-

ture occupants. Galica takes pride in the first reactions shared during the tour.

“The greatest thing on the walk-through was how much the USAG-KA team loved the bathrooms,” Galica said. “[These houses will] all have full tubs. They were really astonished.”



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Quarters 436 is a two-story duplex located in Kwajalein’s Old Navy Housing area. The 1950s-era homes are being revitalized with funding from Army Family Housing.

THE KWAJALEIN HOURGLASS

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

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Garrison Commander.....Col. Thomas Pugsley
Garrison CSM.....Command Sgt. Maj. Ismael Ortega
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Join USAG-KA Command team on this pictorial tour of Quarters 436-A. 1) Maj. Jay Parsons opens the front door to enter the living room. 2) These large, contemporary windows will allow future occupants to enjoy Kwajalein's abundant natural light throughout the living room and adjoining dining area. 3) Maj. Scott Beck can enjoy a view of the neighborhood's well-established trees from this stylish Army Family Housing couch. 4) USAG-KA Commander Col. Thomas Pugsley checks out new

fixtures, appliances and kitchen cabinetry. This kitchen comes equipped with a standard refrigerator-freezer and an upright deep freezer. 5) Pugsley climbs the stairs to tour the second floor. 6) Quarters 436-A has two bedrooms. The master bedroom includes large, street-facing windows. 7) One important, new feature in the AFH revitalization: a full bathtub. 8) Pugsley, left, and Clint Easton, LOGCAP director of Current Operations, check out the large, backyard patio slab.





“IT’S BEGINNING TO SOUND A LOT LIKE CHRISTMAS”: KWAJALEIN HIGH SCHOOL WINTER BAND CONCERT

BY JESSICA DAMBRUCH

For many, it is music that ushers in the changes in the seasons. On island, the Kwajalein School System plays a special role in marking the move from fall to winter with its winter concert series.

Playing to a packed Davye Davis Multi-Purpose Room Nov. 19, the KSS Stage Band, junior high school band and Concert Band played seasonal favorites and modern arrangements of classic carols, like “Coventry Carol,” a tune dating back to 16th century Europe.

Each band featured solos by accomplished student musicians, including Morgan Dethlefsen, on baritone saxophone and Michael Africano, on piano.

Whether the tunes played were new or familiar to this year’s audience, no winter band concert is complete without hearing the brass and percussion sections lean into Leroy Anderson’s “Sleigh Ride” in all their virtuosity. The Concert Band did not disappoint.

A concert closing piece for the third year running, Director of Bands Kyle Miller admits “Sleigh Ride” has become something of a winter tradition on Kwajalein.

The song features the signature “snap” of a slapstick, played by percussionists Dominic Sampayan and Annie Acosta; and a trumpet smear recreating the whinny of the sleigh horse which has reached its destination, played by Sean Hepler.

Miller also specially thanked audience members sitting in the front two rows, a section reserved for those who donated supplies, snacks and other everyday items for use in the Ri-Katak student program.

It’s not too late to donate and get a good seat at the next show to hear more live holiday music. Check “The Liberty Pass” for information on the 5th and 6th grade Band Concerts, and the upcoming George Seitz Elementary School Winter Music Concert.

1) The Kwajalein High School Concert Band performs songs for the winter holidays at the Kwajalein High School Davye Davis Multi-Purpose Room Nov. 19. 2) Members of the Stage Band brass section get into the the holidays with some jazz. 3) Morgan Dethlefsen solos on baritone saxophone. 4) KSS Band Director Kyle Miller takes the mic to address concert attendees. 5) Michael Africano gets ready to provide accompaniment on the grand piano.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1



2



3

1) These Kwaj kids are in the lead at the start of the annual Kwajalein Running Club Turkey Trot Fun Run, Nov. 22. 2) Jameson Jackson, left, and race coordinator Bob Sholar, await the next competitor at the Turkey Trot finish line. 3) See if you can spot an historic moment: Pictured in this photo are multiple generations of Kwaj kids running together. Families represented in this photo include the Melody family, the Sholar family, the Potts family and the Hill Family.

TURKEY TROT IS ANNUAL ISLAND FAMILY FUN—WITH A RUN

BY JESSICA DAMBRUCH

For more than 30 years, Turkey Trot winners have claimed bragging rights and superlative food prizes in what has become a favorite family Thanksgiving tradition among island families: the Kwajalein Running Club Turkey Trot fun run.

Island families, friends and athletes gathered at the Emon Beach main pavilion Nov. 22 for the annual fun fitness event to match their best time estimate by walking or running their way to victory.

This year's run featured members of multigenerational island families, including the Sholar, Brady, Potts, Hill, Melody, Cardillo and Masciarelli families; active-duty Army personnel Ismael Ortega and Jennifer Nicholas; parents pushing strollers to victory; and teams of walkers who saw an opportunity to take the scenic route together. In fact, one of those walkers took home a top prize.

Want to see who took home the Spam award this year? Check out the event data below for the details.

Mitchell Krueger—Hot Dog Award
Fastest overall participant

Keith Brady—First Place Turkey

Blanche Adcock and Eric Miller—Third Place Turkey
This duo tied for the coveted Third Place Turkey Award, for completing the event eight seconds slower than they had anticipated.

Charlotte Jackson—Second Place Turkey

The Melody Family—Spam Award
Awarded to a participating family with the greatest number of members

Josephine DiBiase—Chicken Award
Awarded for the fastest time and prediction closest to the top three turkey prize-winners

Jennifer Nicholas Cranberry Sauce Award
Awarded for the slowest finish time closest to an original prediction following the top three participants

Tim Lorig Stuffing Award
Awarded for completing the event with the most modest time estimate

Kevin Melody Bologna Award
Awarded to the participant who completed the event with the most excessive time estimate

JP Melody Cornish Hen Award
Awarded to the youngest participant to travel on their own power



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



MAKING SPIRITS BRIGHT: CHENEGA THANKS EMPLOYEES

BY JESSICA DAMBRUCH

Island personnel from Chenega Global Protection, Security Access and Control contractor, made a special effort to recognize outstanding employees and the family members of their Marshallese workforce with a pre-Thanksgiving potluck Nov. 21 at the Corlett Recreation Center.

The event included games, a gift raffle, an opportunity to snap commemorative family photos and employee appreciation awards.

Among their many duties on island, Chenega employees staff Kwajalein's Entry and Exit Office, perform patrols and maintaining operations at the garrison's dock security checkpoints. Locally, the company employees many longtime Marshallese staff members. Showing appreciation for how they contribute to the team was important,

said Chief Chris Ramsay. "We are grateful to have such a good team," said Ramsay. "These are the people who help us get the job done, every day. We really wanted to do something special for them to show them how much they mean to us." Together, attendees and personnel recognized Business Manager Aerial Seagard and Gloria Airam, for their excellence on the job.

Constant improvement, teamwork and drive to succeed were only a few of the qualities recognized in Airam, who earned Employee of the Quarter.

"She was quiet, at first," said Capt. of Guards, of Airam. "Gradually, she stepped up and had suggestions for how to improve operations, and to do better. She is always trying to improve. We really value that. That is the example we all strive for."

1) Personnel from Chenega Global Protection, Security and Access Control contractor, recognize outstanding employees during a Thanksgiving potluck for staff and family members Nov. 21, at the Corlett Recreation Center. The event included games, a buffet of main courses and desserts, games and opportunities for family photos and the chance to win prizes in a gift raffle. 2) Nakita Capelle, right, helps two teammates transport a large flatscreen television won in the gift raffle. 3) Chenega Capt. of Guards Adam Gomez awards Gloria Airam an employee recognition certificate. 4) One can never have too many balloons: Pictured here, young potluck attendees enjoy the decorations. 5) Gloria Airam, far left, and family members pose for a family photo.





U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



1) Members of the LOGCAP Finance team stand for a Thanksgiving holiday photo at building 702 last week. They have a friendly reminder for you: Don't forget to pay your internet bill. 2) Yokwe Yuk Welcome Club President Debbie Proudfoot, left, and Vice President Amber Bates, right, stand for a photo with Dr. Sarah Willis, Massachusetts Institute of Technology, Lincoln Laboratory scientific advisor and volunteer guest speaker for a "Talks on the Rock" lecture on the nighttime skies above Kwa-

jalein on Nov. 19. More than 60 island residents attended the outdoor lecture at the Emon Beach main pavilion to learn a little more about Kwaj astronomy. 3) Teamwork at the post office: USAG-KA Chief Warrant Officer 3 Yesenia Johnson, left, and Capt. Hardy Temoney II, assist Chief Warrant Officer 3 Michael Schafer with his packages. 4) More than 50 guests enjoyed dinner together during the Nov. 21 Island Memorial Chapel Thanksgiving Potluck. (Photo courtesy of Maui Wyatt)

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

SMDC HISTORY

On Nov. 24, 2001, the director of predecessor to the Missile Defense Agency—U.S. Air Force Lt. General Ronald T. Kadish—stood down the National Missile Defense Joint Program Office and replaced it with the Ground-based Midcourse Defense JPO. Created in 1997, the NMD JPO was tasked to demonstrate by 1999 an ability to protect the nation from intercontinental ballistic missile attacks and to be prepared to deploy such a system by 2003.

The GMD was part of an overarching reorganization which reflected Kadish's efforts to establish new missile defense program management and acquisition strategies.

The transition would take effect as the leadership position transitioned from Maj. Gen. Willie Nance to Maj. Gen. John Holly.



THE LIBERTY PASS

Your Kwaj Weekend and Activity Guide



MWR PHOTOS



Congratulations to this year's USAG-KA Sports Volleyball champions. 1) A League Champions: 2) Island Fever; B League Champions: Quiet on Set; 3) High School Champions: McColum; 4) Junior High School Champions: Sharks.

2021 USAG-KA SPORTS VOLLEYBALL CHAMPIONS

Coming Up Next

Art Annex Holiday Sale Sunday, Nov. 28, 1 – 4 p.m. Kwajalein Art Annex

Look for a creative Christmas gift or last-minute art supplies to finish something you are working on? The Art Annex will be open for sales Sunday, Nov. 28, from 1 – 4 p.m. Located behind the Hobby Shop and across from the Café Zamperini. Pick up canvases of varieties of size, brushes, paint, tie-dye supplies and craft kits that make wonderful holiday gifts for children.

This month features arts and crafts supplies by a KAG artist. Be sure to stop by and see what you can purchase to send home or wrap up to put under a Kwaj tree. Kwajalein Art Guild Membership forms will be available for interested visitors to register.

Ocean View Biergarten and Horseshoes Tournament Sunday, Nov. 28 Ocean View Club

Wilkommen! Enjoy German beer while you watch the irons fly. Das Ocean View Biergarten opens at 6 p.m., and the horseshoes tournament begins at 6:30 p.m. Register your two-person horseshoes team with MWR before Nov. 20.

Hanging of the Greens Service and Spaghetti Dinner Sunday, Nov. 28 at 6 p.m. Island Memorial Chapel

The island community is invited to this special service. Learn about religious

symbolism of the Christmas holidays. Stay for the service and enjoy a spaghetti dinner provided by the Catholic congregation.

Kwajalein High School National Honor Society Holidays on Carlos Book Drive & School Supply Drop

Donations of children's books in English, school supplies, writing utensils, folders, construction paper, glue scissors and other classroom supplies may be dropped off through Nov. 29 at the George Seitz Elementary School Office, USAG-KA Child and Youth Services Office and Kwajalein High School Office.

For more information, contact Mindi Gerber at gerbermin@kwajalein-school.com or 5-2011.

Kwajalein Holiday Market Monday, Nov. 29, from 9 a.m. - 1 p.m. Religious Education Building behind Island Memorial Chapel

If you missed the Kwajalein Art Guild Art and Craft Fair, you won't want to miss this unique island shopping opportunity. Complete your holiday shopping, support local vendors, and come get a photo with Santa.

Kwajalein Home Helpers Annual Holiday Party Thursday, Dec. 2, 11 a.m. – 1 p.m. Qtrs. 241, the Pugsley residence

Click the Register online at <https://www.signupgenious.com/go/60/bod4fadad2ea6fe1-home1>



AT THE MOVIES

Yuk Theater Kwajalein

Saturday, Nov. 27
"Fantastic Four; Rise of The Silver Surfer" (PG)
1 h 32 min.

Sunday, Nov. 28
"Snake Eyes"
(PG-13) 2 hr.

Monday, Nov. 29
"The Suicide Squad"
(R) 2 hr. 12 min.

Saturday, Dec. 4
"Coco" (PG)
1 hr. 45 min.

Sunday, Dec. 5
"The DaVinci Code"
(PG-13) 2 hr. 29 min.

Monday, Dec. 6.
"300" (R)
1 hr. 57 min.

C-Building Roi-Namur

Saturday, Nov. 27
"Going in Style"
(PG-13) 97 min.

Sunday, Nov. 28
"Nobody"
(R) 92 min.

Saturday, Dec. 4
"Ad Astra" (PG-13)
1 hr. 24 min.

Sunday, Dec. 5
"The Snowman" (R)
1 hr. 20 min.

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



**5th and 6th Grade Band Concerts
Friday, Dec. 3, 5:15 - 6:15 p.m.
Davye Davis Multi-Purpose Room
Kwajalein High School**

*The front two rows of seats are reserved for attendees who donate. KSS is collecting breakfast bars, granola bars and snacks for our Ri-Katak students. Contact Paul Uhren at 5-3484.

**Christmas Tree Lighting Ceremony
Sponsorship Program**

The last day to submit forms is Nov. 30. Email forms to usarmy.bucholz.311-sig-cmd.mbx.usag-pmo@army.mil to register; include your phone number and email. There is a limit of five guests per sponsor. Exception requests can be made in your email.

A total of 150 guests will be approved on a first-come, first-served basis

Permission slips are required for anyone aged 21 years and under.

Sponsors will be notified by Dec. 2 on approval status for their sponsorship request forms.

**Arrival of Santa Claus
Saturday, Dec. 4 at 5 p.m.
DeMeo Field, Kwajalein High School**

See Santa land at DeMeo Field Dec. 4 at 5 p.m. and join the holiday parade to the downtown area to watch the Tree Lighting Ceremony at 6 p.m.

**The Annual Tree Lighting Ceremony
Saturday, Dec. 4 at 6 p.m.
Kwajalein Downtown Area**

Enjoy bands, singers and dancers followed by the light of the Kwaj holiday trees. After the ceremony, check out shopping opportunities, crafts, food, fundraisers and stay to watch a special outdoor holiday movie.

Help Make Kwaj Merry and Bright.

Would your group like to march in the holiday parade, perform during the Tree Lighting Ceremony provide vendor services? Please contact MWR to register your participation by Dec. 4. Vendor tables are \$5. Contact MWR by at 5-3331 to register. All fundraisers must be approved by the FMWR office.

Want to add your community event to the calendar? Email kwajaleinhourglass@amen-tum.com.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Mateo Caro, center, and members of the Caro and Nickell families ride in the Reagan Test Site truck during the 2020 Holiday Parade. 2) Ri-Katak students perform during the 2020 Tree Lighting Ceremony. 3) Karen Brady's Tiny Dancers are poised to begin their big dance number during the 2020 performances.

**George Seitz Elementary School
PreK-4 Winter Concert
Friday, Dec. 10, from 5:15 p.m. - 6:15 p.m., at Kwajalein High School
Davye Davis Multi-Purpose Room**

Donations of packaged snacks, school supplies, and hygiene products appreciated for our Ri-Katak program.

**Light up the Night
Dec. 12 at the Kwajalein High School
Davye Davis Multi-Purpose Room
Doors open at 6:30 p.m.
Rides begin at 7:30 p.m.**

Decorate your quarters or BQ window and register with MWR by Dec. 4. Winners will be chosen by the community during LUTN and announced Dec. 18.

Pictures with Santa during Light Up the Night. Saturday, Dec. 12 at the Kwajalein High School Davye Davis Multi-Purpose Room. Parents—bring your cameras to capture that special holiday photo.

If you have a craft or concession you would like to sell at Light Up the Night, please contact MWR at 5-3331 to register for a table. Registration closes Dec. 4. Tables are available for a \$5 registration fee. All fundraisers must be approved by the FMWR office.

**The YYWC presents "Let it Snow"
Monday, Dec. 13 from 1 - 3 p.m.
The Pugsley Residence, Qtrs. 241**

Enjoy this special holiday potluck at the home of Thomas and Shawna Pugsley with tasty dishes, desserts, friends and special guests. Please bring a dish to share. For more information, contact YYWC President Debbie Proudfoot.

**2021 Parade of Lights
Sunday, Dec. 19 at dusk**

Don't own a boat, but want to participate? Contact the Small Boat Marina to reserve a B-boat to decorate for the parade. Ready to register or have questions? Call Clinton Smith at 5-3643 or Rick Jameson at 5-6580.

**MWR New Year's Eve Party
70's, 80's and 90's Decade Party
Dec. 31, 7 p.m. at the Emon Beach
main pavilion**

Choose your favorite decade and buy your costume now. Celebrate the end of 2021 with music, food, games, a costume contest and fireworks display.

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

PARENT REMINDERS

Water Play Day Reminder

The pool is more fun when we are prepared for a great swim. Please send your child with water clothes, dry clothes, a towel and a swim diaper (if needed).

Parents, Did You Know?

- USAG-KA CYS childcare programs have no wait list.
- There are at least six spaces available in newborn to Pre-K, and 10 spaces available in the Pre-K Program
- A physical exam and other paperwork is required for enrollment. Most children can start classes within two weeks.
- CYS also provides limited services for hourly and drop-in childcare.

Want to learn more?

Call CYS registration at 5-2158.

CHILD DEVELOPMENT CENTER

Baru Classroom

Fridays - Infants and young toddlers
Water Play Day

Saturdays - Toddler Water Play Day

Bako Classroom

Tuesdays - STEAM Swim Day.

Wednesdays - Creative Movement

Thursdays - Library

Fridays - Functional Fitness

Thursdays & Saturdays - Pre-K music

Saturday - Pre-K music class

STEAM

Tuesdays - Swim Day.

Wednesdays - Creative Movement

Thursdays - STEAM Library

Fridays - STEAM Functional Fitness

Saturdays - STEAM Reading Buddies

NAMO WETO YOUTH CENTER

Tuesdays - Closed

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

Thursdays - Documentary - 3 p.m.

Fridays - Frappaccinos - 3 p.m.

Fridays - Fitness Challenge - 4 p.m.

Saturdays - Smoothies - 3 p.m.

Sundays - Art Activity

Special Events

Nov. 28 - Henna - 4 p.m.

SCHOOL-AGE CARE

Tuesdays - Art

Wednesdays - Culture, Functional Fitness

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts



Child and Youth Services students enjoy a demonstration by the Kwajalein Fire Department during a fall field trip.

NATIONAL HONOR SOCIETY

HOLIDAYS ON CARLOS

Book Drive & School Supply Drop

Donate now! The NHS will deliver donations to Carlos on Nov. 29.

BOOK DRIVE

NEW OR USED CHILDREN'S BOOKS IN ENGLISH

Book Drive & School Supply Drop

Notebooks
Pencils
Pens
Colored Pencils
Markers
Folders
Glue
Construction Paper
Scissors

DROP BOX LOCATIONS

Elementary School Main Office
CYS Office
High School Office

It's not too late to donate materials and supplies to support the National Honor Society visits Carlos Nov. 29. For more information, contact Mindi Gerber at 5-2011 and gerbermin@kwajalein-school.com.

HEALTH CONNECTION

BY KWAJALEIN HOSPITAL

Hypertension, or elevated blood pressure, is a very common condition that, when left untreated, increases the risk of heart attacks, stroke, and kidney disease. Most people with hypertension have no symptoms and can thus remain undiagnosed and untreated.

The first step to determining if you have high blood pressure is to see your primary care physician. Hypertension is the pressure against which your heart must push to get blood to your organs and limbs. Over time this increased work can enlarge your heart and make it more prone to arrhythmias (irregular rhythms) and failure. Hypertension also damages our kidneys, and increases the risk of kidney failure and strokes.

What steps can you take?

- Find out if you have hypertension and if treatment is warranted.
- Increase your activity level. Regular exercise—30 minutes a day, five

days per week—or walking is a constructive way to lose weight, reduce stress, and lower blood pressure.

- Stop smoking
- Lose weight. This one step can have dramatic effects on blood pressure and overall health.
- Change the way you eat. Choose foods lower in salt and fat and increase the ratio of vegetables and fruits in your diet. As a place to begin, cut out processed snack foods.
- Monitor your blood pressure. If over 140/90 or you have known risk factors to include: diabetes, smoking, obesity, sedentary lifestyle, family history of heart attacks or stroke in close relatives younger than 50 years old, or high cholesterol, come see your doctor.

Taking small steps to improve your diet, body weight, and lifestyle, along with regular check-ups (and possibly medication), can significantly reduce your risk of heart attacks, strokes or kidney disease and extend your lifespan.

DON'T FORGET TO THINK WHEN YOU DECIDE TO DRINK

BY KWAJALEIN HOSPITAL

By MaryBeth Dawicki

As the holidays approach, we tend to become more social. We attend company parties and connect with friends. Often, these events mean we also consume more alcohol.

The Centers for Disease Control and Prevention define a “drink” as one 12-ounce beer; six ounces of wine; or one ounce of spirits. It is recommended men consume no more than one to two drinks per evening, and that women consume no more than one. *

A few drinks may not seem harmful for those whose brain functioning is not predisposed to addiction. However, when we drink beyond our limits, we invite negative consequences.

Read on for a few strategies to help you be more intentional about your alcohol consumption over the holidays.

- If you know one or two drinks isn’t a realistic personal limit, stick to one drink an hour—the time it takes for the human body to metabolize each serving of alcohol.
- Have a nonalcoholic “mocktail” or soda on hand in between drinks.
- Don’t count on coffee to help you become sober—the passing of time and consuming water to hydrate are

far more helpful. Coffee counters and offsets the effects of alcohol consumption, but it does not speed up sobriety. You will still have the same blood-alcohol content after drinking coffee, but you may not experience the drowsiness that accompanies drunkenness.

- Sip your drink casually. Chugging a drink or doing shots does not give your mind space to stay in control. Enjoy your drink slowly, and you give your brain the chance to register and manage the effects of intoxication.
- Remember, alcohol is a depressant. Human emotions become exaggerated and intensified both while under the influence and even during recovery. Be mindful and protect your health. Devise plans to stay grounded and connected to all that is good in your life.
- Eat a good meal before drinking. This helps the body manage the absorption of alcohol and can reduce the effects of intoxication.

If you are struggling with an unhealthy relationship with alcohol and need extra support during the holidays, please reach out. I am here and ready to help. Contact me at marybeth.dawicki@international-sosgs.us, or call 5-5362.

Remember: It is a privilege to live and work on Kwajalein. Do not let alcohol blur your good judgment. Take care of each other and enjoy the holidays safely.

***According to the Centers for Disease Control and Prevention: “Excessive drinking, both in the form of heavy drinking or binge drinking, is associated with numerous health problems, including chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis, (inflammation of the pancreas); various cancers, including liver, mouth, throat, larynx (the voice box), and esophagus; high blood pressure; and psychological disorders. For more, visit <https://www.cdc.gov/alcohol/faqs.htm>.**

TRAVEL AND FLIGHT INFORMATION

U.S. ENTRY REQUIREMENT FOR UNVACCINATED TRAVELERS

Attention unvaccinated residents and TDY personnel departing Kwajalein via United Airlines. The Centers for Disease Control and Prevention now require unvaccinated passengers to have a negative Covid-19 test one day prior to departure.

If you are traveling to the U.S., you must visit the Kwajalein Hospital during regular business hours the week before your departure to pay for your Covid-19 test and to schedule your weekend swab. The hospital is open 8 a.m. – 4:30 p.m.

For more information, contact USAG-KA Health Systems Specialist Suzanne Mosier at 5-2354 or call the Kwajalein Hospital at 5-2224.

UNITED AIRLINES FLIGHTS

United Airlines has confirmed reinstatement of the full Island Hopper flight schedule. Please note that the travel ban for the Republic of the Marshall Islands is still in effect and all flights are subject to change.

DECEMBER FLIGHTS

Monday
UA155 (HNL)
Flight: 6:20 p.m.
Check-in time: 3:30 – 4:50 p.m.

Tuesday
UA154 (GUM)
Flight: 12:50 p.m.
Check-in time: 10:45 – 11:20 a.m.

E-FORMS FOR GUAM

The Guam Customs and Quarantine Agency form has transitioned to an Electronic Declaration Form. All passengers and crew arriving and processing into the Guam International Airport Main Terminal will fill out the EDF on their mobile devices or desktop computers, 72 hours prior to their arrival into Guam.

United encourages everyone to take advantage of the 3-day eligibility window prior to boarding for a completely touchless entry process with Guam Customs accessible online at <https://traveller.guamedf.landing.cards> (mobile) and <https://guamedf.landing.cards> (PC).

The EDF kiosks are accessible in Guam airport baggage claim area for convenience.

Flight Requirements

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

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

ATI FLIGHTS

ATI flights now occur on a twice weekly basis. Additional flights are for cargo movement. Check with your ATI flight representative to confirm check-in and flight departure times.

- Guidelines for incoming passengers remain the same
- Outbound passengers 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

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

COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajaleinhourglass@amentum.com Wednesdays 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@amentum.com to remove your listing.

Community Bank is currently hiring for a Banking Center Service Specialist (AKA Teller). This is a part-time, 20-hour per week position for an on-island hire. If interested submit your application and resume to www.dodcommunitybank.com. Please call Rita Pyne at 5-2152 if you have questions or would like more details about this opportunity.

KAIHONUA is hiring for multiple positions. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit <https://honuserVICES.jobs.net/page/kaihonua>. Applicants must meet job requirements.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Applicants must meet job requirements.

NAN, INC. is seeking a quality control manager and site safety and health officer. To apply, visit www.nanha-waii.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-1260 or 5-2998.

TRIBALCO is hiring for multiple positions. Apply via <http://www.tribalco.com/jobs.html>. Contact Tribalco Human Resources at 5-4344. For more information, visit www.tribalco.com/careers.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 has openings for new employees and coaches. Required experience levels vary. All children of head coaches play for free. Visit Central Registration or call 5-2158 in Building 356.

REFEREES WANTED for paid and volunteer positions all sports. Schedules are flexible and training is provided. Contact Dolly Bakhsh at 5-3872 or dolly.bakhsh@amentum.com for more information.

TRAINING

BLDG. MGR. COORDINATOR TRAINING is ongoing and required for all managers by AR 420-1. Kwajalein training occurs on the first and third Wednesdays of each month beginning at 10 a.m. in the Religious Education Building. Roi-Namur training occurs on the second Wednesday each month at

9:30 a.m. at the C-building. Call 5-3364 to register.

ENVIRONMENTAL NOTICES

SEPARATE aluminum cans from household trash to prevent damage to the island incinerator. Doing your part keeps our island clean. For more information, contact Environmental at 5-1134.

UKULELE CLUB. The Kwajalein Ukulele Club is a free club 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 p.m. Sign up for the mailing list to receive updates and sheet music by writing to kwajukeclub@gmail.com.

NOTICES

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>.

KWAJALEIN GIRL SCOUTS. 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. The Self Help Center is located in Bldg. 1791. Hours of operation are Monday, Wednesday and Friday - 9:30 a.m. - 6 p.m. Visit Self Help for tools and materials to complete household upkeep projects.

FURNITURE WAREHOUSE. To schedule deliveries and pick-ups of furniture, please call the Army Housing Office at 5-3450.

BARGAIN BAZAAR VOLUNTEERS, DONATIONS WANTED. Hours are subject to change. Contact a BB volunteer to verify operating hours. Email yywcinfo@gmail.com or visit the Bargain Bazaar Facebook page @KwajBargainBazaarYYWC. Proceeds benefit the YYWC Education Assistance Fund and support education grants.

ALCOHOLICS ANONYMOUS. Open meetings are Tuesdays at 6:30 p.m. in the REB, Room 213.

SMOKING CESSATION. Ongoing smoking and tobacco cessation counseling is available. 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@internationalsosgs.us.

CYS PARENT ADVISORY BOARD MEETING. The board 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.



SHARP

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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



CW3 Michael Schafer
SHARP Victim Advocate
Work: 805 355 3421

USAG-KA SHARP Pager:
805 355 3241 #0100

DOD SAFE Helpline:
877 995 5247



Weto in Mour

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

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

2022 EKATAK YEARBOOKS NOW ON SALE

\$65 Order Online by Balfour.com

School Name: Kwajalein School

For questions or to pay with cash for high school orders, contact Don or Cindy Engen at 5-2011. For elementary school orders, contact Jennifer Hill at 5-3601.

CYS CAREGIVER CLASS. Learn how to be an expert caregiver. This class is free. Register at the Namu 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.

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.

QUARANTINE DELIVERY LOCATION CHANGE. The dropoff location for quarantine package deliveries has changed. Effective now, Monday and Thursday package deliveries for personnel in quarantine will take place at Macy's. Package delivery time remains the same. The change of location supports ongoing construction at Surfway. Please contact Patrick Dobson at 5-0506 or Mike Snyder at 5-3929 for more information.

FLUSH WITH CAUTION. Island residents are 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.

NOTICE TO ALL GOLFERS. Did you leave a bag of golf clubs in the corner of the golf course locker room? Please be sure to store your golf equipment in your locker. Any unclaimed bags or clubs not stored in lockers after Dec. 31 will be removed. Please note: Push and pull carts will not be removed, but please ensure that they are la-

belled with the owner's name and contact information. Call MWR at 5-3331 with questions.

USAG-KA Departure Readiness Effective Dec. 1, all permanent residents PCS'ing must complete and turn-in USAG-KA Form 137-2a (USAG-KA Installation Clearance Record). Instructions are on the form; receive the form from your Human Resources representative. Attention human resources departments: Contact scott.m.beck7.mil@army.mil if you have not received the form.

ISLAND ORIENTATION/NEW-COMER'S BRIEFING. Thursday Dec. 2 at 1 p.m. in the Religious Education Building. Email Asia.Williams@amentum.com or call @ 5-3511 to register.

WALK-IN APPOINTMENTS AT DENTAL CLINIC. Temporary Walk-in hours available at the Kwajalein Dental Clinic for limited and emergent treatment. Wednesday and Friday from 7:45 a.m. – 11 a.m.; 12:45 – 4 p.m. in Bldg. 357. Services are on a first come first serve basis. Please bring your insurance card with you.

BARGAIN BAZAAR DONATION PICK-UP. Monday, Nov. 29. For a donation pickup, email Nellie Walter at nelliew25@hotmail.com or call 5-0894. Donations benefit the Yokwe Yuk Welcome Club Education Assistance Fund.



USE CAUTION AT ROAD BLOCK

Now through Dec. 20 from 8 a.m. - 8 p.m., please exercise caution at the designated areas on Lagoon Road. For more information, contact USAG-KA Safety Officer Deirdre Wyatt-Pope at 5-1442.



Island Memorial Chapel Services & Worship

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

Protestant Services

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

Mid-morning Services
Sunday, 11 a.m.
Contemporary Service
Main Sanctuary

Catholic Services

Sunday, 9:15 a.m.
Main Sanctuary

Daily Mass
Tuesday through Friday
5:15 p.m.
Island Memorial Chapel office

Saturday Evening Mass
5:30 p.m.
Small chapel

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. 18; Nov. 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.

Prayer requests
Send prayer requests electronically to: m.me/IMCKwajalein

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

CORAL SANDS BONFIRE PIT REGULATIONS

- * Coral Sands bonfire pit must be reserved in advance with MWR in Bldg 805
- * All nails or fasteners must be removed from wood/materials before it is added to fire
- * All fires must be completely extinguished by patrons before leaving the site
- * Any wood/materials remaining after bonfire must be removed from Coral Sands by patrons after event

Have questions or want to make a reservation? Please contact MWR at 5-3331/5-3332

LIVE LOCAL RADIO.

KWAJALEIN

Enjoy original local programming with AFN Kwajalein. Listen to live local radio on 'The Wave' Tuesdays through Saturdays from 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. and also on the AFN roller channel, 19-1.

KWAJ CURRENT

CHECK IT OUT.

Watch the latest episodes of the Kwaj Current online on the official U.S. Army Garrison-Kwajalein Atoll YouTube Channel.

Click the icon below to watch the KC and check out announcements on the AFN roller channel live stream at <https://www.youtube.com/c/USArmyGarrisonKwajaleinAtoll/videos>.

MAILING RESTRICTIONS ON E-CIGARETTES, SIMILAR DEVICES

The United States Postal Service has posted its final ruling on part 47 of Publication 52, Hazardous, Restricted and Perishable Mail. The rule implements new restrictions on mailing Electronic Nicotine Delivery Systems, or ENDS, including their liquids, parts, components and accessories.

ENDS devices include any device that delivers a substance—not just nicotine—via an aerosolized solution to users inhaling from the device. These include electronic cigarettes, e-hookahs or vape pens.

All such items are prohibited in inbound and outbound international mail effective immediately. This includes mail to and from overseas military and diplomatic addresses. For more information, visit the USPS Postal Pro online at <https://postalpro.usps.com/node/10267>

-Kwajalein Post Office



52ND ANNUAL KWAJ OPEN - DEC. 5 AND 12

TEE OFF SOCIAL - FRIDAY, DEC. 3, FROM 4:30 - 6:30 P.M.

THE KWAJALEIN COUNTRY CLUB ENTRY FEE - \$80 MEMBERS, \$100 NON-MEMBERS

INCLUDES SHIRT, PRIZES AND A GREAT TIME. THE BANQUET WILL BE AT THE KYC ON THE EVENING OF DEC. 12 FOR YOU AND A GUEST - RSVP REQUIRED.



ROUND #1 - SUNDAY, DEC, 5
CHIP, PUTT, DRIVE - WEDNESDAY, DEC, 8
HORSE RACES - THURSDAY, DEC, 9
PUTTING COMPETITION - SATURDAY, DEC, 11
FINAL ROUND - SUNDAY, DEC, 12
BANQUET - FOLLOWS LAST ROUND AT KYC

FOR QUESTIONS OR TO PRE-REGISTER FOR YOUR TEAM'S TEE TIME, CONTACT SHELLY BENKERT, SUZANNE BUSSEY, MIKE WINKS, DEREK FINCH OR JEFF JONES.

CO-SPONSORED WITH USAG KWAJALEIN ATOLL - FAMILY & MWR

2021 Parade of Lights

Sunday, Dec 19 at dusk

Don't own a boat but want to participate?

Contact the Small Boat Marina to reserve a B-boat to decorate

Ready to register or have questions?
Call Clinton Smith at 5-3643
or Rick Jameson at 5-6580



E-WARENESS

ASBESTOS-CONTAINING MATERIAL

Asbestos-Containing material is material containing more than 1 percent asbestos. Common materials that may contain asbestos include, but are not limited to the following: flooring material; concrete and transit materials; roofing material; caulks, plaster and glazing materials; acoustical tiles gasket and insulation materials; sprayed-on or troweled-on surfacing and fireproofing materials. ACM is prohibited from disposal in landfills on USAG-KA. Do not disturb ACM without proper training and equipment.

ACM ej jutak kin Asbestos Containing Material: material ko im ewor ilon in lok 1 percent in asbestos ie. Material ko emaron wor asbestos ie, botab rejab bed ilo men kein: flooring material; concrete and transit materials; roofing material; caulks, plaster and glazing materials; acoustical tiles gasket and insulation materials; sprayed-on or troweled-on surfacing and fireproofing materials. ACM emoj kamo aer jokobej ilo landfill eo ion USAG-KA. Jab madmod e ACM elane ejelok kaminene im kein madmod i.

ROI-NAMUR MOSQUITO FOGGING
Thursday, Dec. 2 - Friday, Dec. 3
from 6-8 p.m.**

EcoVia EC is a liquid botanical oil insecticide with Thyme and Rosemary oil as active ingredients. It is safe to use in and around homes and near water. EcoVia is also safe to use around children and pets.

Do your part to deter mosquitoes

- Check for standing water where mosquitoes breed
- Dump any accumulated water at least weekly
- Trim heavy vegetation and eliminate accumulated leaves

** Avoid fogged areas for 30 minutes. Spraying may be postponed due to inclement weather.

Compete in the New Year's Eve Cardboard Regatta Friday, Dec. 31

Emon Beach
5 - 6:30 p.m.
Register your cardboard boat by Dec. 28

Registration and rules are available at the Grace Sherwood Library. Call 5-3331 for more information.

HOLIDAY COVID-19 TESTING SCHEDULE

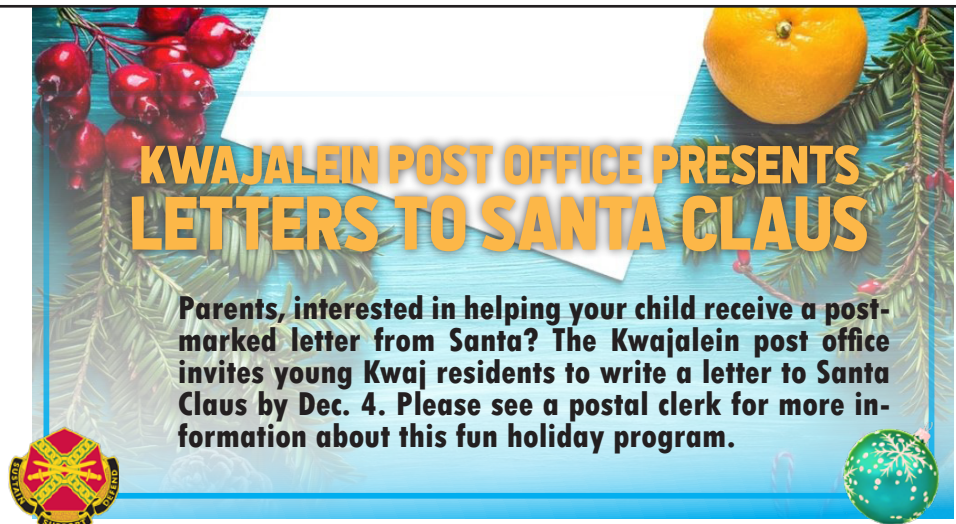
Attention to all passengers departing from Kwajalein on United Airlines on Dec. 27 through 28 and Jan. 3 and 4. Kwajalein Hospital will be closed for the Christmas and New Year's Day holidays. All Covid-19 testing arrangements must be made prior to those dates. Passengers must visit the hospital no later than the Friday prior to their respective flights to make payments and must visit the hospital lab to arrange testing times.

DONATE GIFTS TO EBEYE CHILDREN WITH KWAJ ANGEL TREE

You can make a difference in the life of a Marshallese child. Share the spirit of the season and give back to the Ebeye community with this special opportunity to give.


Beginning this week, the RMI Liaison Office in the Kwajalein downtown area will display a holiday angel tree. Each of the 53 angel cards corresponds to a deserving boy or girl, aged 1 – 16. Pick an angel card and buy an age-appropriate gift for the lucky boy or girl.

The RMI Liaison Office is open Tues.-Sat., 10 a.m. – 5:30 p.m. For program, questions, contact Kalani Riklon or Hilary Hosia at 5-3600.



KWAJALEIN POST OFFICE PRESENTS LETTERS TO SANTA CLAUS

Parents, interested in helping your child receive a post-marked letter from Santa? The Kwajalein post office invites young Kwaj residents to write a letter to Santa Claus by Dec. 4. Please see a postal clerk for more information about this fun holiday program.





SEASONS GREETINGS FROM YOUR MILITARY POST OFFICE WE REMIND YOU TO...

Mail Early!

RECOMMENDED 2021 MAIL BY DATES

DESTINATION	PRIORITY MAIL EXPRESS MILITARY SERVICE	FIRST-CLASS MAIL LETTERS & CARDS	PRIORITY MAIL	RETAIL GROUND (formerly SAM)
CONUS	16 DEC	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AP	N/A	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AE	N/A	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AA	N/A	9 DEC	9 DEC	6 NOV

MAILING RESTRICTIONS ON E-CIGARETTES, SIMILAR DEVICES

The United States Postal Service has posted its final ruling on part 47 of Publication 52, Hazardous, Restricted and Perishable Mail. The rule implements new restrictions on mailing Electronic Nicotine Delivery Systems, or ENDS, including their liquids, parts, components and accessories.

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-Kwajalein Post Office

IS IT YOUR APO BOX? THEN IT SHOULD BE YOUR MAIL, TOO.

Help U.S. Army Garrison-Kwajalein Atoll and garrison Postal Operations do their part to protect physical security on island. Island residents are not authorized to share use of their mailbox with unauthorized customers.

Only yourself or registered members of your immediate island household may check and withdraw mail from your mailbox. Please do not give out the combination to anyone not authorized to collect your mail.

Registered APO holders on Kwajalein may elect to have an individual collect packages and letter mail during the APO box holder's extended travel. If this convenience is desired, APO box holders should visit the post office to arrange for temporary authorization for mail pick-up.

Questions? Contact the Kwajalein Post Office at 5-3461.



Kwajalein MIA Project



NEVER FORGET.

<https://kwajaleinmiaproject.us/>

EOD OPERATION FRIDAY, DEC. 3



Kwajalein Explosive Ordnance Disposal will be conducting operations at UXO Disposal Site Kwajalein from 5930 a.m. - 10:30 a.m.

The area indicated on the map will be off-limits until the operation is complete.

KWAJALEIN EOD / 5-1433

THE THREE R'S OF UXO

PUBLIC SAFETY ANNOUNCEMENT

Unexploded ordnance should be treated like dangerous sea creatures: Look, but do not touch. You can play an important role in keeping Kwajalein safe by knowing what to do when you spot unexploded ordnance.

- Remember the three R's of UXO:
- **Recognize** an item as possible unexploded ordnance;
 - **Retreat** from the area of the UXO; and
 - **Report** suspected UXO immediately.

If you discover an object that could be UXO, notify Kwajalein Explosive Ordnance Disposal immediately by calling 5-1433. You can also call CPS at 5-4445. Provide the following information about what you found:

- **Location.** Note helpful details like the building number, GPS coordinates and any prominent landmarks
- **Size of the UXO** as compared to common items like a football or scuba air cylinder

For a detailed refresher on UXO safety, attend the new island orientation or call Kwajalein EOD at 5-1433.

- Kemeymej R ko 3.
- **Recognize (kile)** juon kwopej bajjok emaron Bokutan ak kein kabokkolo (UXO).
 - **Retreat (Jenliklik)** bed ettolo im jab kepaak UXO eo.
 - **Report (Ripoot e)** bokitun ak kein kabokkolo eo ien eo emokajata non EOD ilo nomba kein (5-1433) ak CPS (5-4445).
- Ken melele kein: Ia eo (nomba in ijo, GPS, kalle 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 kakemeymej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.

WEATHER

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

Unseasonably cold Siberian air will help drive a dynamic upper-level pattern over the Pacific Ocean in the coming week. Fortunately for the Kwajalein Atoll, current model guidance suggests that the Marshall Islands will be spared the bulk of unpleasant weather that would be triggered by this strong exceptionally Jetstream.

The surface trough that is currently driving our unsettled weather will drift further to the west as the Tropical Upper Tropospheric Trough weakens as we head into the second half of the weekend.

Replacing this TUTT will a split in the subtropical jet to the north that will help channel drier air over RMI. For the first half of the coming workweek, activity is expected to remain relatively modest.

Moderate to brisk east-northeasterly trade winds will continue to surge over the region before slackening slightly by the start of the workweek; occasional east-southeasterly shift can be expected from time to time.

SATURDAY AND SUNDAY

Mostly cloudy with isolated showers occasionally increasing to scattered showers and stray thunderstorms at times. Winds ENE-ESE at 15-20 knots with frequent higher gusts. Some showers and thunderstorms may contain strong gusts.

MONDAY

Partly sunny with isolated showers becoming mostly cloudy with widely scattered showers at times. Winds ENE-ESE at 12-17 knots with higher gusts near showers.

TUESDAY

Mostly to partly sunny with isolated showers and winds NE-E at 13-18 knots with higher gusts near showers.

NEXT WEEK

Dry sinking air aloft will help maintain moderate east-northeasterly trade wind flow over the northern half of RMI. Activity is expected to be light at first, but over time, upper-level dynamics will be more conducive to enhancing shower and cloud coverage across much of the region.

Expected extended period of moderate winds with light cloud and shower coverage to be interrupted by more and more frequent, but ever increasing, surges in activity as the week progresses.

SUN - MOON - TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:47 a.m. 6:27 p.m.	12:52 a.m. 1:31 p.m.	11:23 a.m. 2.2' 11:20 p.m. 2.8'	4:52 a.m. 0.7' 4:53 p.m. 1.2'
MONDAY	6:47 a.m. 6:27 p.m.	1:42 a.m. 2:13 p.m.	12:38 p.m. 2.7' -----	6:11 a.m. 0.5' 6:30 p.m. 0.9'
TUESDAY	6:48 a.m. 6:27 p.m.	2:32 a.m. 2:56 p.m.	12:37 a.m. 3.1' 1:28 p.m. 3.3'	7:05 a.m. 0.2' 7:33 p.m. 0.4'
WEDNESDAY	6:48 a.m. 6:27 p.m.	3:24 a.m. 3:41 p.m.	1:34 a.m. 3.3' 2:09 p.m. 3.8'	7:49 a.m. -0.2' 8:22 p.m. -0.1'
THURSDAY	6:49 a.m. 6:28 p.m.	4:18 a.m. 4:29 p.m.	2:22 a.m. 3.6' 2:49 p.m. 4.4'	8:29 a.m. -0.5' 9:08 p.m. -0.5'
FRIDAY	6:49 a.m. 6:28 p.m.	5:17 a.m. 5:22 p.m.	3:07 a.m. 3.7' 3:28 p.m. 4.7'	9:08 a.m. -0.7' 9:52 p.m. -0.9'
DECEMBER 4	6:50 a.m. 6:28 p.m.	6:19 a.m. 6:19 p.m.	3:50 a.m. 3.8' 4:08 p.m. 5.0'	9:46 a.m. -0.8' 10:35 p.m. -1.0'

LIGHT UP THE NIGHT

KWAJALEIN'S ANNUAL HOLIDAY LIGHTS TOUR

Get ready for Light Up The Night, Kwajalein's annual driving tour of neighborhood holiday lights and decorated quarters.

Join In The Fun

Join the community Dec. 12 at the Kwajalein High School Davye Davis Multi-Purpose Room for vendor sales, food, games and open-air shuttle rides through the island community to view holiday lights.

The doors open at 6:30 p.m. and open-air shuttle rides begin at 7:30 p.m. While you wait for your tour, check out a vendor fair and fundraiser sales.

Want to Participate?

Think you've got what it takes to make your quarters the most festive holiday home? Join the tour. Decorate your quarters or BQ window and register with MWR by Dec. 4. Winners will be chosen by the community during LUTN and announced Dec. 18. Contact MWR at 5-3331 to register.

Enjoy Pictures With Santa.

Parents, bring your cameras. Santa Claus will make a special guest appearance during Light Up The Night. Dress up in your holiday finest to snap a selfie with Saint Nick.

Are You a Vendor?

If you have a craft or concession you would like to sell at Light Up the Night, please contact MWR at 5-3331 to register for a table. Registration closes Dec. 4. Tables are available for a \$5 registration fee. All fundraisers must be approved by the FMWR office.

WANT TO GO?

Dec. 12

Kwajalein High School Multi-Purpose Room

Doors open at 6:30 p.m.

Tours begin at 7:30 p.m.

Contact MWR at 5-3331 for more information





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



READ ALL ABOUT IT. THE KWAJALEIN HOURGLASS

HOW OUR NEWSPAPER GOT ITS NAME

The shoulder sleeve insignia of the 7th Infantry Division consists of two black, equilateral triangles placed vertically on a red circular disc giving it an hourglass shape. The hourglass of the insignia was consequently used in the title of the island newspaper, The Kwajalein Hourglass.

Get The Official Word Each Week

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

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

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

Be Part of The Hourglass Story
 Send announcements, community updates and event fliers to Kwajaleinhourglass@amentum.com Wednesdays by 5 p.m.



Kwajalein Hourglass Archive photos



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