

THE KWAJALEIN HOURGLASS



THIS WEEK

SCHOOL SUPPLIES

DONATED TO RMI SCHOOLS 2

KWAJ SCHOOLS

OBSERVE MANIT DAY 3

STREET PAINTING

BY CLASS OF 2023 4

EMINA KEMEM, LEFT, AND MARIE JACOB STAND AMONGST A FEW BOXES OF THE MORE THAN \$15,000 IN SCHOOL SUPPLIES TO BE DONATED TO RMI SCHOOLS THROUGH AN INITIATIVE LED BY LOUIS BERGER SERVICES.

 JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Ebeye students and personnel from Ebeye schools, USAG-KA Command and LOGCAP V gathered at the Ebeye pier for the delivery of school supplies contributed by Kwajalein-connected donors as part of an ongoing education support effort led by Louis Berger Services.

ONGOING DONATION DRIVE RAISES MORE THAN \$15,000 FOR RMI SCHOOLS

BY JESSICA DAMBRUCH

Representatives from Kwajalein visited Ebeye on Oct. 8 to deliver the first loads of school supplies collected in a program to benefit Kwajalein Atoll schools.

“Organized by Louis Berger Services and supported by Vectrus, participants from each of the LOGCAP contracting companies and off-atoll donors, this community outreach effort raised more than \$15,000 toward the purchase of school supplies to support education in the Marshall Islands,” said LBS Project Manager Gregory Binford.

The Ebeye delivery included everything from notebooks to backpacks and sports equipment, writing utensils and teaching aids for each grade level. Special items included a set of small cots for student naptime and colorful posters to reinforce basic skills in reading, writing and arithmetic.

For Binford, the program is about making a positive impact for atoll families and students.

“The scope of the project includes supplies for each of the schools,” said Binford in a call for donors earlier this summer. “It will impact the several thousand children who are family members of the employees who serve in this great community.”

Donors can make additional program donations throughout the year using an online portal and maildrop solution to select and ship inventory items to the atoll.

To build the inventory, LBS



FROM LEFT: Louis Berger Services Human Resources Supervisor George Navarro, Project Manager Gregory Binford and Operations Specialists Marie Jacob and Emina Kemem sort classroom supplies donated to benefit Marshallese schools throughout Kwajalein Atoll.

operations specialists Monica Calep, Marie Jacob and Emina Kemem visited participating schools to interview teachers and administrators about their classroom supply needs.

“I wish we’d had a program like this when I was a student,” Kemem said, of the project.

Both a former educator and student of Ebeye schools, Kemem remembers classmates struggling to study and attend classes sometimes without pencils and writing materials. The students who receive the supplies won’t have to do that, she said.

“It is great to see that they are going to have the things they need in the classrooms. The parents will know the teachers already have some supplies for the students.”

It was a special moment on Ebeye, as school officials greeted personnel from U.S.

Army Garrison-Kwajalein Atoll and LOGCAP V at the Ebeye pier. As the Ebeye School band played to welcome and thank their visitors, the team unloaded their numerous packages and boxes from the ferry. The beginning of the atoll schoolyear was delayed until October due to COVID-19. The donations had arrived in just in time.

George Navarro, LBS human resources supervisor, said he was grateful to help in the effort and encourages donations to continue. The drive was first publicized through LOGCAP corporate offices, social media and conversation.

“We started in the spring with \$300, and tracked donations week by week,” said Navarro.

As donations accumulated, Calep, Kemem and Jacob sorted and allocated their contents according to

school. By early October, boxes consumed much of the free floorspace in the team’s large conference area.

“Then, it really took off. Things began pouring in.”

Following the Ebeye visit, supplies will be hand-delivered to Carlos and Enniburr schools in the coming weeks. Supplies sourced in the drive will also benefit an outreach program for students and families on Namu Atoll.

“We are so grateful and want to thank everyone who has contributed,” Navarro said.

Binford agreed. Of the initial excursion and delivery on Ebeye, he said: “The reception we had is more than we could have hoped for. This is our way to say thank you, and to show our appreciation and respect for the Marshallese, and hope for a brighter educational future. We hope to continue this project far into the future.”

THE KWAJALEIN HOURGLASS

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

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



1) George Seitz Elementary School students attend a Marshallese cultural "manit" presentation Sept. 30 in the GSES Gym. 2) The event included song and dance performances, and also a reading from Marshallese folklore, performed by a student reader.

KWAJALEIN SCHOOL SYSTEM CELEBRATES MANIT DAY

BY JESSICA DAMBRUCH

Each year, Marshallese-connected communities look forward to fall cultural celebrations of Mani Day, with large gatherings of families and friends as a chance to share and enjoy traditional customs.

Though in an abundance of caution for COVID-19 communities reserved or reduced gatherings in size, the Kwajalein School System was determined to share Mani Day and the Marshall Islands' rich cultural heritage with its students in two schools-only events.

The special presentations convened at elementary school and high school assemblies on Sept. 30 and Oct. 1, respectively.

Scaling down the Mani Day showcase, teachers, some wearing traditional Marshallese dress and jewelry, introduced student speakers who led students through a prayer and the singing of the Marshallese national anthem. After each activity, they explained its importance in Marshallese custom.

Per custom, the event opened with a prayer. Attendees respectfully bowed their heads to listen to the benediction delivered in Marshallese.

A high school student reader read a story from Marshallese folklore, "De-bolar's Brother Lokan, The First Coconut In The Marshall Islands." Students in the gym fell quiet as the reader shared the tale of family turmoil and rivalries beginning in faraway Ailinglaplap.

To close out the event, the high school students performed a choreographed dance routine.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Students place their hands over their hearts for the singing of the Marshallese national anthem. 2) KSS teacher Christi Cardillo addresses elementary school students during the Mani Day performance.



SENIOR CLASS MAKES THEIR MARK IN ANNUAL STREET PAINTING

FRONT CENTER: Matai McCollum and his siblings, Maliana, left, and Makoa, center, work on their original street art in the annual senior street painting day at Kwajalein High School Oct. 3.

BY JESSICA DAMBRUCH

Lagoon Road got a bit more colorful this week, as the Kwajalein High School Class of 2023 gathered Oct. 3 to tag the street with an original artwork.

The tradition of painting stylized symbols on the street dates back several decades, when the tags resembled artful signatures and graffiti.

Now with concurrence from the Kwajalein School System, seniors paint for a full day with help from friends and family, often employing paint brushes and acrylic paints as much as spray paint.

A portion of Lagoon Road is closed to deter vehicles from the area until the paint has cured.

This year’s designs range in symbology to sports, religious faith, Marshallese culture, popular media and some artful designs, but that’s not all.

Check out the photos on the opposite page on your next ride down Lagoon Road.

1) From left: Andrew Strong, Mary Naut and Joseph Naut help Ayana Kaneko with her street tag. 2) A school spirit tag announces the senior class of 2023 on Lagoon Road.



Next page: Original artwork by the Class of 2023 was created by the following students: 1) Ethan Acosta; 2) Cherish Corder; 3) Erenty Jacob; 4) Lana Kabua; 5) Ayana Kaneko; 6) Maliana McCollum; 7) Makoa McCollum; 8) Matai McCollum; 9) Mary Naut; 10) Max Nienow; 11) Yael Nolan; 12) Jeanette Reimers; 13) Andrew Strong; 14) Myles Sylvester; 15) Kone Tagoilelagi; 16) Kendal Warren; 17) Mia Wase



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



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U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



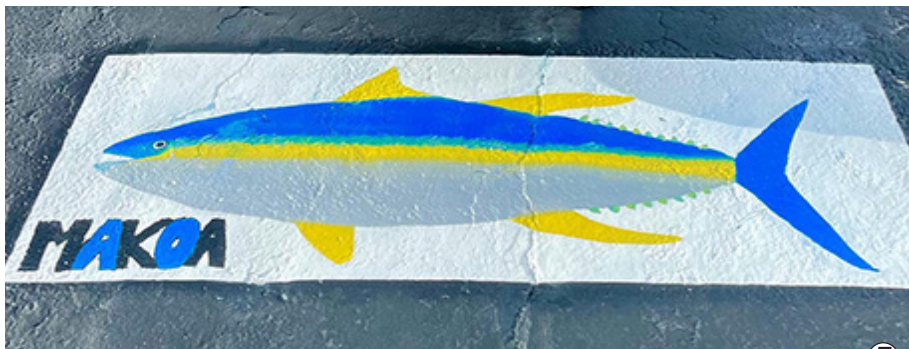
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COURTESY OF THE MCCOLLUM FAMILY



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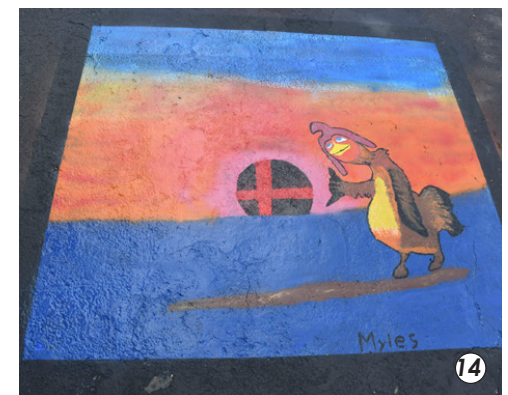
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OCCU-MED COMPLETES MASS MEDICAL SCREENING FOR VECTRUS PERSONNEL

BY JESSICA DAMBRUCH

Personnel from Occu-Med recently completed fit-for-duty health screenings for all Vectrus employees and subcontractors. More than 1,000 Marshallese and American employees from every sector of the base operations services contract were tested and screened for physical, dental and optical health.

The Vectrus Human Resources department assisted the team in securing a facility to perform screenings—the Island Memorial Chapel—and in distributing health documentation packets, and transporting goods and materials to their worksite.

Following the end of operations this week, Vectrus thanked the tea and wished them a safe trip home.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Personnel from Vectrus Human Resources and Occu-Med stand for a photo Oct. 5.

GET SPOOKED: FRIENDLY NEIGHBORHOOD MONSTER WELCOMES TREATS

BY JESSICA DAMBRUCH

If you hear your doorbell ring on a dark night before curfew, don't worry: You might just be spooked. On Kwajalein, this is nothing short of a small honor.

This annual Halloween tradition is a favorite amongst younger Kwaj kids. They make up small treat bags with a few candies or small toys and choose an unsuspecting household. Next comes the fun part: dropping the bag, smashing the doorbell and running off into the night to let the occupants enjoy their surprise. Households that get spooked can return the favor to friends or other unsuspecting quarters.

If you'd like to increase the chances that you will get spooked, Jennifer Easton recommends that you install a porch monster.

Together with friends, Easton's children made a "friendly door monster" to decorate the family's porch. You can check out the monster on your next neighborhood walk. Apparently, it was a bit of a draw for spookers.

"My kids, JC and Julian, and a friend, Wansiri Popovich, made this monster door," Easton said. "They call it our 'friendly monster door.' It got spooked every night."



COURTESY OF JENNIFER EASTON

From left: Wansiri Popovich, JC Easton and Julian Easton present their friendly door monster. The porch creation has made the Easton household a target for "spookers," island kids ringing doorbells and leaving treats, for much of last week.



U.S. ARMY PHOTO BY MIKE BRANTLEY



Command Sgt. Maj. Ismael Ortega, right, congratulates Pearce Warwick and his spouse, Kristi (not pictured) for winning the latest edition of the USAG-KA Yard of the Month Contest. Winners are eligible for an array of prizes and display the official award sign in their yard for the month.



MISSION SUPPORT

Everyone's doing their part to support the mission on Kwajalein—especially those who work behind the scenes. The Kwajalein Hourglass recently caught up with two longtime employees you may meet on your next trip to the downtown area. Custodians Mira Anjuron, left, and Ronald Takilang each help maintain numerous island facilities, ensuring areas are clean and in top form every day.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Cleaning up after hundreds of diners at the garrison's dining facilities is a huge daily task. All of those dishes have to go somewhere. Pictured here behind the Zamperini Cafeteria tray return, Food Services employee Zion Zacherias rinses piles of plates and flatware at a wash station before loading them in the dish-washer.

 U.S. ARMY PHOTO BY JESSICA DAMBRUCH



MISSION SUPPORT



Food Service employee Merien Harris arranges vanilla and apple in a Zamperini Cafeteria dessert cooler during a lunchtime rush. Each day, hundreds of servings of dessert and other treats are prepared, sliced, specially wrapped and displayed in the coolers for convenient grab-and-go meals.

 U.S. ARMY PHOTO BY JESSICA DAMBRUCH



WHITE HOUSE COURTESY PHOTO

At the margins of the 77th UNGA, President David Kabua and First Lady Ginger Shoniber Kabua attended a reception on Sept. 21, 2022, hosted by US President Joseph R. Biden Jr. and First Lady Dr. Jill Biden.

U.S. STEPS UP CLIMATE INVESTMENTS IN PACIFIC ISLANDS

EXTERNAL REPORT

By Dave Reynolds, ShareAmerica.gov

President Biden announced \$810 million in funding for Pacific island nations, part of an increasing U.S. commitment to long-standing partners. “Security in the Pacific and for the Pacific Islanders remains as critical as ever to us,” Biden said September 29 at the first U.S.–Pacific Island Country Summit in Washington, which drew 15 countries. Over the last decade, the United States has directly provided more than \$1.5 billion to the Pacific islands, the White House said in a fact sheet. The \$810 million includes \$130 million to address the consequences of climate change, which the president called an “existential threat” to the Pa-

cific islands. The climate funding will help Pacific island nations prepare for climate impacts on public health and food security and bolster early warning systems for extreme weather events. It will leverage an additional \$400 million in private financing. Biden said the September 28–29 summit was “about deepening our enduring commitment to each other around our shared future; our commitment to tackling the climate crisis, which threatens all of us.” The president unveiled the first Pacific Partnership Strategy for prioritizing U.S. engagement with Pacific island nations and boosting prosperity in the region. The strategy builds on the United States’ Indo-Pacific strategy issued in February affirming America’s commitment to its Indo-Pacific partners and

outlining steps for greater cooperation. The recently announced assistance also includes the Biden administration’s support for \$600 million in economic assistance over 10 years associated with the South Pacific Tuna Treaty. This assistance, if approved by Congress, will support fisheries-related economic development, climate resilience and maritime security. The Biden administration will work with Congress to deliver these funding commitments. On the summit’s opening day, Secretary of State Antony Blinken said, “This summit is the latest effort on the part of this administration to hear directly from you about your priorities, your ideas, your hopes for the future of the region and the world, and especially how we can work together to try to achieve them.”

CONTACT INFORMATION

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(805) 355-9859

inscom.army.mil/isalute/

TARP

TECHNOLOGY PROTECTION

Threat Awareness & Reporting Program





INSPIRATIONAL HAUNTS



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



In case you're wondering whether it's time to sit back and relax, guess again. October is one of Kwajalein's busiest months, as the community gets into the spirit with fun activities leading up to trick-or-treat night.

If you're working on your home and costumes, check out these scenes for inspiration from last year's Halloween night. The 2021 community set a high bar for fun and frightful ambiance. Let's show 2022 what we've got!

Think your quarters decorations are top notch? Contact the Kwajalein Hourglass for

a Halloween photoshoot by emailing kwajaleinhourglass@vectrus.com.

1) Quarters 241 is a spooky place on Halloween night. 2) Pumpkin spirits peered from the windows of the Brantley residence on Lagoon Road for the month of October. 3) Can't stand spiders? Let us introduce a place you probably avoided Oct. 31. 4) A scary walk-through patio haunted house on Speedball Lane. featured strips of frightening plastic sheeting and a complimentary serial killer portrayed by former Kwaj resident Justin Collup. 5) Ingenuity at its best:

Tenille DeMillo and Lori Range lounge in a trick-or-treating tent DeMillo set up for BQ residents to have a location from which to dispense treats. 6) Tropical foliage frames a jack-o'-lantern inflatable. 7) We heard the theme to "Ghostbusters," and this happened, at the Corder residence. 8) Forget the porch: A giant bowl of candy is all you need! Leti Sanchez hands out treats from a lawn chair on Lagoon Road. 9) The best idea we have ever seen: Rhina Hampson doles out drinks of cold water for thirsty trick-or-treaters. 10) The obligatory black cat—because it's Halloween.



Having Cream Social

October 22 at Emon Beach

****Change of location!** Battle at the Beach!**
Join in the fun at this annual fall tradition on Kwajalein at Emon Beach. Each participant will receive one free can of shaving cream. Reinforcements are welcome! No menthol, gel or mint shaving creams are allowed.

- 4:30 – 4:40 p.m. – Preschool
(must be accompanied by adult in the pit)
- 4:40 – 5 p.m. – K – 2nd grade
- 5:10 – 5:30 p.m. – 3rd – 6th grade
- 5:40 – 6 p.m. – junior and senior high school students

Participants are encouraged to wear goggles. For more information, visit the Kwajalein Community Events Facebook Page or contact the MWR Desk at the Grace Sherwood Library at 5-3331.



100 YEARS

1922–2022



KWAJALEIN FIRE DEPARTMENT OPEN HOUSE

FIRE PREVENTION WEEK - OCT. 14, 6 – 8 P.M.

Come and join us as we celebrate Fire Prevention Week's 100th year anniversary

Bring the entire family out to the Kwajalein Fire Department at Building 904. There will be refreshments, a tour of the station and fire trucks on display! Meet Soparky the Fire Dog and learn about fire safety.



BBQ MEET & GREET

HOSTED BY THE YOKWE YUK WELCOME CLUB

COME LEARN ABOUT WAYS YOU
CAN GET INVOLVED WITH
YYWC'S MISSION TO FURTHER
EDUCATION IN THE R.M .I.

ALL ISLAND
RESIDENTS
ARE WELCOME!

SATURDAY, OCT. 8, 2022
FROM 6:30 – 8:30 P.M.
EMON BEACH MAIN PAVILION

DON'T MISS THE GIFT
DRAWING!
(MUST BE 13 YEARS-OLD
TO ENTER)



Bargain Bazaar Boo-tEeek and Bake Sale

Saturday, October 8 from 3 – 6 p.m.
Corner of 6th & Heliotrope Street

Do you have unwanted Swashbucklers/Pirate, Halloween costumes or decor to donate?
Please drop them off at the Bargain Bazaar on Wednesday 4:30 - 6:30 P.M. or on Saturday 3 - 5 P.M.

Bakers needed! Please message, email, or call Nellie Walter for details!
NellieW25@hotmail.com/ 5-0894

ALL proceeds go to the YYWC Education Fund

Roi Adult Pool & Softball Field October 10

Kickball Tournament-1 p.m.

Cannonball Contest-3 p.m.

Pool Bar & Music

Prizes will be awarded to the winning
team and the best cannonball.



All routine service order requests for bachelor quarters and Army Family Housing are to 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>

IMPORTANT: 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.

OPSEC

OPSEC on the brain?
It should be.



Know what you have to protect.
Know how to protect it.
Remember OPSEC at all times.

RUN / WALK

Oct. 11 at 6 a.m., 6.5 or 13 miles

Meet at the Namo Weto Youth Center by 5:45 a.m. on Oct. 11 to register. Contact Bob and Jane Sholar at 5-1815 with any questions.

Enjoy a Kwajalein sunrise and get some exercise!



**Oct. 16, 5 - 10 p.m.
Camp Hamilton Beach
Welcome, everyone!
We have games, music, food
and drinks!**

Learn more online at the Kwajalein Community Events Facebook Page. You can also visit the MWR Desk in the Grace Sherwood Library, Bldg. 805, or call MWR at 5-3331.

OKTOBERFEST MENU

CHICKEN SCHNITZEL FLAMMKUCHEN—\$8
Chopped, pan seared chicken in white wine sauce topped with rotkohl (sweet & sour red cabbage), bacon, tomatoes, and German dressing

PANNFISCH BRATKARTOFFELN—\$8
Pan seared tilapia in beer and white wine sauce with pan fried herbed potatoes and sauteed greens

BRATWURST DOG—\$3.50
Topped with rotkohl and German dressing

**PRETZELS w/
Spicy Mustard Cheese Sauce—\$2**

**PIZZA BY THE SLICE—\$3
HOTDOGS—\$2
FRIED CORN DOGS—\$1
FRENCH FRIES—\$3**



**KWAJALEIN ART GUILD
PRESENTS**

THE FALL ARTS & CRAFTS FAIR

**OCT. 17
9 A.M. – 5 P.M.
CORLETT RECREATION CENTER GYM**

**REGISTERED VENDORS SHOULD SUBMIT FAIR
APPLICATIONS BY OCT. 12.**

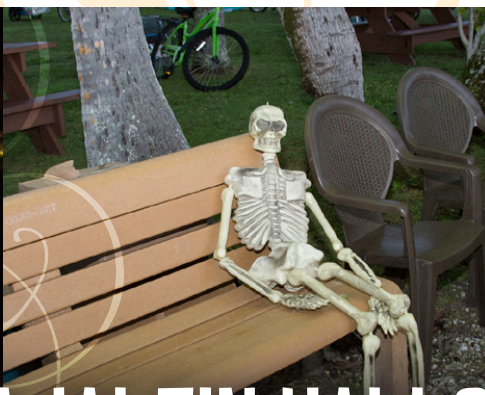
**I MAY BE SMALL,
BUT I LIVE HERE,
TOO.**



OUR COMMUNITY IS COUNTING ON YOU.

COMMUTERS ARE REMINDED TO BE SAFE AND RESPONSIBLE VEHICLE OPERATORS. PLEASE ADHERE TO ALL SPEED AND ROAD SAFETY SIGNS. PLEASE SHARE THE ROAD WITH ALL MEMBERS OF OUR ISLAND HOME.

**LOOK BOTH WAYS.
SHARE THE ROAD.
GIVE THE LITTLE GUYS A CHANCE.**



YOUR KWAJALEIN HALLOWEEN GUIDE



Fall is a special time of year on the atoll. Island residents decorate their quarters in honor of the stateside fall season and the Kwajalein community on USAG-KA gets to share trick-or-treating with guests from Ebeye. Check out the Kwajalein Hourglass Halloween guide for information on upcoming special events to share with friends and family. Have an event to share? Send your announcement to kwajaleinhourglass@vectrus.com. For questions about Halloween activities on island, contact the Commander's Hotline at 5-1098.



TRICK-OR-TREATING ON HALLOWEEN NIGHT

If this is your first Halloween on U.S. Army Garrison-Kwajalein Atoll, you are in for a great time.

On Kwajalein, children and young adults can trick-or-treat with no age limit. Siblings and friends from kindergarten through 12th grade put on their costumes, grab flashlights and candy bags and visit neighborhood houses along with guest trick-or-treaters from our host nation.

Kwaj Halloween Checklist

- Trick-or-treat bag
- Flashlight or glowstick for visibility
- Bottled water
- Wear comfortable shoes
- If you are a parent, bring a stroller and toys for your youngest ghouls.
- Those distributing candy must adhere to Halloween start and end times for USAG-KA trick-or-treating.

Guest Sponsor Program

Residents wishing to sponsor guests on Halloween from Ebeye must submit their community exchange sponsor forms to the Provost Marshal's Office by Oct. 17 at 3 p.m. Up to 5 guests are permitted per sponsor. Speak with a human resources representative to obtain a copy of the community exchange form. Send completed forms to usarmy.bucholz.311-sig-cmd.mbx.usag-pmo@army.mil.

Ground Rules for Halloween

- Island scooter rentals end at 4 p.m. on Oct. 31
- Roads in all housing areas are closed to traffic at 6 p.m.

- Trick-or-treating begins at 6:30 p.m. and ends promptly at 8:30 p.m.
- Trick-or-treaters can travel in and around the old Navy housing and North Point housing
- Only houses with lights on are participating
- For safety, during trick-or-treating hours, only emergency vehicles are allowed in island housing areas
- An extra ferry is available to return guest trick-or-treaters to Ebeye at 9 p.m. Guests should return to the DSC prior to 9 p.m. to return home safely. A final ferry will leave Kwajalein at 9:30 p.m.



TREATS ON DEMAND

Spooky-good Sweets

Don't forget to visit the Sunrise Bakery throughout October for tasty treats.



CHILD DEVELOPMENT CENTER TRICK-OR-TREATING

Coming soon!

Times to be announced.

Parents, keep an eye out for an announcement for all Child Development Center-enrolled children. Daytime trick-or-treating will include stops like USAG-KA Command and the Kwajalein Hospital.

The daytime trick-or-treating is a great way to help your child learn about gratitude. Help them practice saying "thank you" before visiting offices with the CYS team.



OUTRIGGER BAR & GRILL HALLOWEEN PARTY

OCTOBER 30
FROM 9 P.M. - 1:30 A.M.
MUSIC, GAMES & PRIZES
FOR BEST COSTUME

ZOMBIE RUN


October 23
Emon Beach Main
Pavilion 6 p.m.
Run at your own risk




For More information visit us on the Kwajalein Community Events Facebook page, or contact Grace Sherwood Library at 5-3331



IT'S THAT TIME OF THE YEAR! THE KWA JALEIN YACHT CLUB PRESENTS



THE SWASHBUCKLERS BALL

PIRATE PARTY FOR THE BRAVE

OCT. 30, FROM 6 P.M. UNTIL WALK-THE-PLANK-O'CLOCK

OCT 29
8 p.m.

COSTUME PARTY

Oceanview Bar



CO
CO
COS
COSTUME PARTY



For more information visit us on the Kwajalein Community Events Facebook page, or contact Grace Sherwood Library at 5-3331



PRESENTED BY KEYSTONE CLUB

HAUNTED HOUSE & CARNIVAL

LOCATION: NAMO WETO YOUTH CENTER
TIME/DATE: HALLOWEEN! OCTOBER 31ST 2-4 P.M.
WHO: ALL AGES/EVERYONE!

Enter if you dare!

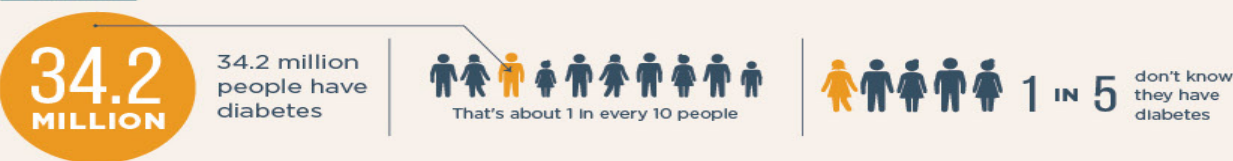




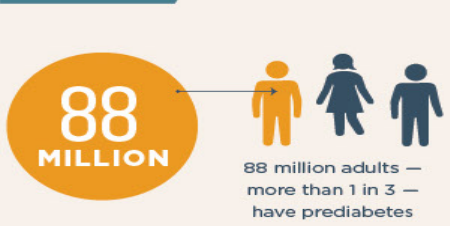

A SNAPSHOT

DIABETES
IN THE UNITED STATES

DIABETES



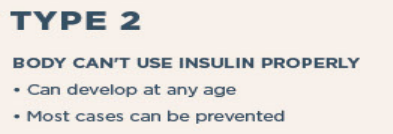
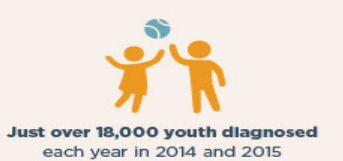
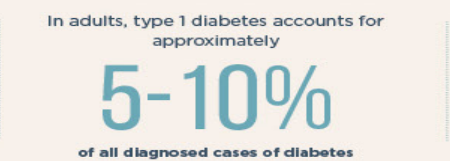
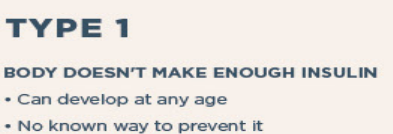
PREDIABETES



COST



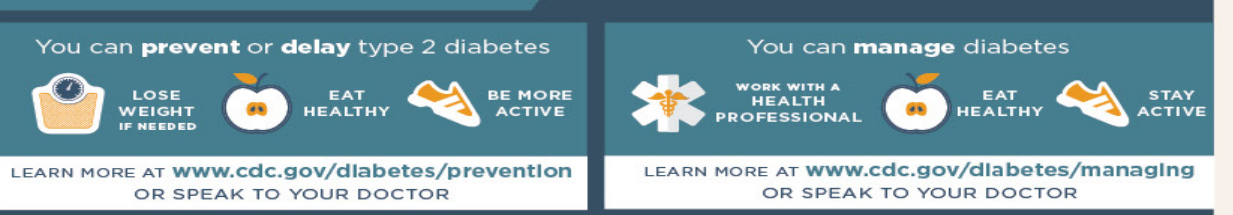
COMMON TYPES OF DIABETES



RISK FACTORS FOR TYPE 2 DIABETES:



WHAT CAN YOU DO?



REFERENCES
Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.
American Diabetes Association. Standards of Medical Care in Diabetes—2019. Diabetes Care. 2019 Jan 1; 42 (Supplement 1).
American Diabetes Association. Economic Costs of Diabetes in the U.S. In 2017. Diabetes Care. 2018; 41(5):917–928.



THE EVENT WE'VE
BEEN WAITING FOR.

THE 18TH ANNUAL
**MARSHALLESE
TRADE FAIR**

CORLETT RECREATION CENTER . U.S. ARMY GARRISON - KWAJALEIN ATOLL
NOV. 6 - OPEN 3 - 7 P.M.
NOV. 7 - OPEN FROM 9 A.M. - 2 P.M.
ALL ARE WELCOME. CASH SALES ONLY.
CONTACT USAG-KA HOST NATIONS AT 5-2103 FOR DETAILS.

NINJA WARRIOR



Grades: Kindergarten – 6th Grade
 Dates: October 18 - November 12
 Days: Tuesday/Thursday/Saturday
 Time: 5:15 - 6 p.m.
 Location: Elementary School Gym



Sign up TODAY at Central Registration!
 For more information call 5-2158

MOVIES

Movies begin at 7:30 p.m.

YUK THEATER KWAJALEIN

Saturday, Oct. 8
 "Toy Story 2" (G) 92 min.

Sunday, Oct. 9
 "Mission Impossible"
 (PG-13) 110 min.

Monday, Oct. 10
 "Platoon" (R) 120 min.

Saturday, Oct. 15
 "Toy Story 3" (G) 103 min.

Sunday, Oct. 16
 "Mission Impossible 2"
 (PG-13) 102 min.

Monday, Oct. 17
 "Ambulance" (R) 136 min.

Saturday, Oct. 22
 "Fantastic Four – The Rise of the
 Silver Surfer" (PG) 92 min.

Sunday, Oct. 23
 "The DaVinci Code"
 (PG-13) 129 min.

Monday, Oct. 24
 "Don't Breathe 2" (R) 98 min.

Saturday, Oct. 29
 "The Addams Family 2"
 (PG) 93 min.

Sunday, Oct. 30
 "Angels and Demons"
 (PG-13) 135 min.

Monday, Oct. 31
 "Halloween Kills" (R) 105 min.

C-BUILDING ROI-NAMUR

Saturday, Oct. 8
 "Nobody's Fool"
 (R) 110 min.

Sunday, Oct. 9
 "The Star" (PG) 86 min.

Saturday, Oct. 15
 "Black and Blue" (R) 107 min.

Sunday, Oct. 16
 "Thank You For Your Service" (R)
 108 min.

Saturday, Oct. 22
 "Thor: The Dark World"
 (PG-13) 112 min.

Sunday, Oct. 23
 "On the Basis of Sex"
 (PG-13) 120 min.

Saturday, Oct. 29
 "Welcome to Marwen"
 (PG-13) 115 min.

Sunday, Oct. 30
 "Halloween 2018"
 (R) 109 min.



KWAJALEIN CYS START SMART SOCCER



Ages: 3-5 years old
 Dates: October 19 – November 9
 Times: Wednesdays from 5 - 5:30 p.m.
 Location: Elementary School Gym Field

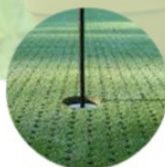


Sign up today at Central Registration!
 Call 5-2158 for more information

**PARDON OUR
AERATION! FEEL
FREE TO PLAY
THROUGH**



Contact US!
 (805)355-4198



**Welcome
to
Holmberg
Fairways**



**It only takes one to
start the wrong trend.**

**Please park your
bikes in appropriate
areas. Walkways are
not approved parking
areas.**



COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajalein-hourglass@vectrus.com Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

ARMY REGULATIONS

TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.

CANDLES and open flames are not permitted in BQ rooms. The Kwajalein Fire Department thanks you for keeping your neighbors safe.

METAL DETECTORS are not allowed on Kwajalein according to Army Regulation. Unexploded Ordnance exists and could be dangerous if disturbed.

Not allowed on USAG-KA: bow and arrow, air guns, paint ball and other projectile weapons.

VEGETATION. Per USAG-KA Regulation 420-1, vegetation (e.g. trees, bushes, plants) may not be planted in the ground without an approved permit. Residents may be asked to remove items if planted without approval. In addition, do not place sprouted coconuts in your yard. Please discard with your yard waste. Contact 5-3550 with questions.

HMWPP

HAZARDOUS MATERIALS, WASTE & PETROLEUM PRODUCT STORAGE AREA
JIKIN ILIK MEN KO REKAUWOTATA

NO SMOKING
JAB KABATAT

DANGER:
UNAUTHORIZED
PERSONNEL KEEP
OUT
KAUATATA:
JAB DRELŌÑ ÑE
EJELOK MELIM

E-WARENESS

WHAT IS HMWPP?
TA IN HMWPP?

HMWPP stands for Hazardous Materials, Wastes, and Petroleum Products. This includes hazardous materials, substances and waste; petroleum products; regulated medical waste; asbestos waste; pesticides; waste oil; compressed gas cylinders (except for air); PCBs; and PCB items that are not in active service.

Questions? Call Environmental Department at 5-2004.

HMWPP ej men ko rekauwatata, kobij in oil. Ebar kobatok kobij ak bwe in kein jerbal; kobij in uno ko jen jikin ejmour; asbestos; kobij in cylinder in kiaj; kobij in fluorescent toma ko; im men ko jet.

Kajjitok? Kurlok Environmental Department ilo 5-2004.

FACILITIES

RACQUETBALL COURT CODE. Residents can obtain the door code from the MWR Desk at the Grace Sherwood Library. The code will not be given out over the phone. Contact MWR at 5-3331 with questions.

JOBS

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov. Write to kwajaleinhourglass@vectrus.com to remove your listing.

AKIMA is hiring for the following on-island positions: Communications Clerk (ID: TRU01101); Communications Specialist (ID: TRU01100); and Fiber / Cable Technician (ID: TRU01099). Applicants must currently reside on USAG-KA and possess a valid passport. For more information and a list of required qualifications, visit https://akima.ta-leo.net/careersection/akimallc_cs/jobsearch.ftl. Apply online or send resume to Jeannette McIlwain at jeannette.mcilwain@akima.com.

ADMINISTRATIVE ASSISTANT. This position provides daily administrative task support for operations at the Island Memorial Chapel. For questions or to submit a resume, please call 5-3505. Send to kwajchapel@gmail.com and Ch. Brian Conner at brian_conner@sbcglobal.net.

CALIBRE seeks a Military Material Specialist. For more information, or to apply, visit <https://jobs.silkroad.com/calibresys/httpscalibresyscareerssilkroadcom/jobs/4013>.

COMMUNITY BANK seeks a banking center service specialist/teller. This is a part-time on-island hire position for 20 hours per week. Submit applications to www.dodcommunitybank.com. Call Camellia Bobo at 5-2292 for more information.

INTERNATIONAL SOS seeks a dental assistant and applicants for administrative positions. Send your resume to marykathleen.bryan@internationalalsos.com.

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.

NAN, INC. seeks a project engineer, welder, welding inspector, 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, 5-4995 or 5-4996.

QUANTUM DYNAMICS, INC., is accepting resumes for positions on Kwajalein and Roi-Namur in the following areas: vehicle maintenance, transportation motor pool, movement control and custodial. Apply at <https://qdyncorp.com/home/careers/>. Contact Dolly Bakhsh, HR manager, at 5-0782 and dbakhsh@rmi.qdyncorp.com, or Sammy Juda, administrative assistant at 5-4916 and sjuda@rmi.qdyncorp.com. You may also visit the HR Office in Bldg. 700.

RGNEXT, LLC seeks qualified candidates to fill several open positions on Kwaj and Roi in engineering, technical, COMSEC and other areas. For information and to apply, go to www.rgnext.com.

SUBSTITUTE TEACHERS. Kwajalein School System is hiring part-time substitute teachers. These are on-island hire positions with no guaranteed hours. Minimum requirements: confidentiality, four-year degree and love of working with children in grades K – 12. Teaching certificate preferred. CNACI background check must be completed after receipt of job offer. Apply at Careers.Vectrus.com, search for “substitute teacher,” or, send resume and letter of application to uhrenp@kwajalein-school.com.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Visit www.tribalco.com/careers.html.

ATMOSPHERIC SCIENCE TECHNOLOGY seeks technician with a strong background in electronics for a position on Kwajalein. Experience in radar maintenance and repair is highly desirable. This is a full-time contracted position with benefits. Call Chester Snoddy at 5-3482 or Nick Mirsky at 5-2136 for more information. To apply, visit <https://www.aq-ast.com/careers>.

MEAL CARD HOLDERS

If you are isolating due to a positive COVID test result, do the following to receive meals from Zamperini Dining Facility using your meal card with the help of a designated caretaker:

- 1) Provide proof of your positive COVID test result to International SOS and their corresponding human resources representative with:
 - Name
 - Meal card number
 - BQ or Facility Name/Number
 - Room number
 - Local phone (not cellphone, WhatsApp, Teams, etc.)



2) HR's must supply the above information to clint.weaver@vectrus.com to ensure the isolated individual's information is added to the list. Listings are updated daily.

3) Caretaker(s) who will be picking up the meal(s) for the isolated individual must have the meal card number for the isolated individual and their own K-badge in order to sign in at the Zamperini Dining Facility.

4) It is the responsibility of the caretaker to deliver the meal to the isolated individual.

LEGAL SERVICES

USAG-KA LEGAL COUNSEL SERVICES for Powers of Attorney are available by emailing benjamin.b.clancy.civ@army.mil for an appointment. Attorney Dr. David Creed is on travel.

NOTICES

COMMON ACCESS CARD APPOINTMENTS VIA NIPR. If trying to make a Common Access Card appointment using a NIPR account, please utilize the following link: <https://safe.menlosecurity.com>. Follow the instructions to access the website. It will then ask you to enter the CAC appointment website which is as follows: <https://idco.dmdc.osd.mil/ldco/>. Follow the instructions provided.

CYS GOLF. Open to all registered patrons of USAG-KA Child and Youth Services enrolled in grades 6-12. Meets Oct. 5 – 14 from 4 – 5:30 p.m. on Wednesdays, Thursdays, and Fridays. Program will conclude with a Glow Ball night golf match. Cost is \$45. Register at Central Registration.

SPORTS REGISTRATION. Registration for volleyball and single-league baseball is ongoing now through Oct. 4. Managers meetings are Oct. 7. Seasons begin Oct. 11.

TEMPORARY CLOSURE. The oceanside perimeter road will close to pedestrian, bicycle and vehicle traffic 20 minutes prior to heavy aircraft arrivals and departures. Contact Airfield Operations at 5-2131 with any questions.

THE COUNTRY CLUB AND GOLF COURSE ARE CLOSED. Until further notice, the Kwajalein Country

Sgt. 1st Class Effie Banks SHARP Victim Advocate

Work: 805-355-0660

or 805-355-1419

USAG-KA SHARP Pager:

805-355-3241 #0100

DOD SAFE Helpline:

877-995-5247

SHARP

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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

Club & Golf Course are closed from 6 p.m. to 6 a.m. during the road closure. Your continued patience is appreciated.

ISLAND ORIENTATION and Newcomer's Briefings take place in the Religious Education Building behind the Island Memorial Chapel. Email KWAJ_OSO_Ops@Vectrus.com or call 5-3511 to register.

ARMA. Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. For more information, please contact DPW at 5-3550.

QUARTERLY INNOVATION CHALLENGE. Send great ideas for improvements and innovations to Col. Tom Pugsley. Winners will receive an official innovator's award and a special AAFES gift card. To submit your idea, call the Commander's Hotline at 5-1098 or email US-AG-KA Public Affairs Officer Mike Brantley, at james.m.brantley4.civ@army.mil.

AUTOMOTIVE LICENSING. The Automotive Licensing Office has moved to Bldg. 808. Please visit during regular hours of operation to complete license testing and documentation.

The SELF HELP CENTER is 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 for household upkeep projects.

DON'T TAKE CULTURAL ARTIFACTS. Remember, it is illegal to remove cultural resources from the atoll. This includes any protected species, unexploded ordnance, WWII-era artifacts and ancient Marshallese artifacts. These resources are protected under U.S. federal and RMI law. Please do not remove these pieces of atoll history from Kwajalein. For questions contact the Kwajalein Archaeology Office at 5-8867.

CALL THE VET CLINIC. Call 5-2017 or email the Veterinary Clinic at kwa-jaleinveterinaryclinic@internationalsosgs.us



**Perimeter Road Closed
For Airfield - Road Construction
September 1 - October 15
6 P.M. - 4 A.M.**

jaleinveterinaryclinic@internationalsosgs.us to make an appointment.

EQUIPMENT RENTALS. When requesting a tent, two weeks' notice is required for dig permit approval. To request tables, linens, chairs, bounce houses, or MWR equipment, call 5-3331/3332 or visit the Grace Sherwood Library in Bldg. 805 Tuesday through Friday from 8 a.m. - 5 p.m.

POSTAL CARETAKER

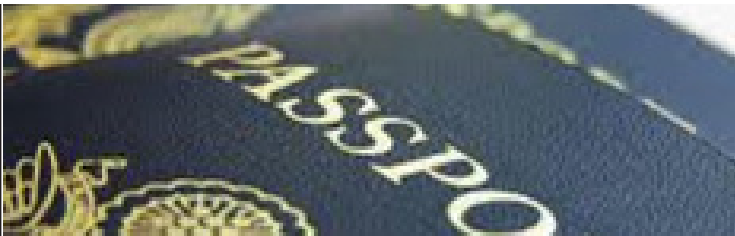
You can designate a postal caretaker to retrieve your packages and mail from the post office when you are not able to do so. Island residents may opt to assign a caretaker when planning vacation, while self-isolating after exposure to COVID-19 or a positive COVID-19 test, and while recovering from an injury. Email your caretaker request to jon.jenkins@vectrus.com and isaac.larios@vectrus.com.

EMPLOYEE ASSISTANCE PROGRAM SERVICES

The Kwajalein Hospital team welcomes Kenneth Thomas, the island's Employee Assistance Program counselor.

Ken's is a Licensed Professional Counselor and Licensed Clinical Alcohol and Drug Counselor. He also holds a Master of Health Science. Ken will work remotely to help the island community by providing residents

Telemental Health sessions until he arrives on the atoll. Clients can expect education about mental health disorders from a multicultural perspective with the goal of moving toward acceptance and ultimately to mitigate symptoms. Contact Ken at kenneth.thomas@internationalsosgs.us or 805-355-5362.



PASSPORT PROCESSING

Need to renew your passport?

- Complete the passport application online at travel.state.gov.
- Print the completed form and ensure you have a copy of your existing passport and other documents, including parents' identification cards, birth certificates, etc.
- Photos must be from within the last six months. The applicant should not wear eye-glasses in the photo.

Schedule of Fees

Adult passport renewal: \$130
Adult passport (first time application): \$165
Minor passport (15 and younger): \$135
Adult Passport Card: \$30
Minor Passport Card: \$15

Only money orders and cashier's checks payable to "U.S. Department of State" are accepted. These can be purchased from Community Bank or at the post office.

Passport Photos Are Now Available For Free

Contact Host Nation Activities at 5-2103 for more information.

COVID-19 VACCINE BOOSTERS AVAILABLE

The new COVID booster is now available at the Kwajalein Hospital.

This bivalent vaccine replaces the old monovalent vaccine and is eligible to anyone who has had the original Moderna, Pfizer or Johnson & Johnson vaccines, if they meet the following criteria:

No active COVID-19 infection within the last 90 days.

No monovalent booster shot within the past 60 days.

For appointments, email Sean Holbrook at Sean.Holbrook@internationalsosgs.us. He will email you a form to fill out and bring to your appointment.

NAMU COMMUNITY OUTREACH



Thank you for your support! This mission wouldn't be possible without community involvement.

Volunteers are needed. Contact Chief Warrant Officer 3 Michael Schafer at 5-3421 or Kalani Riklon at 5-3600 for more information.

The Shelter and Billeting Office will be closed in observance of the holiday on October 11th. All sponsors of incoming new island residents must pick up keys no later than 4:30 p.m. on Saturday, Oct. 8.

For questions, please contact Shelter and Billeting Supervisor Robert Kent at 5-9335 and pager number 5-3243 #0287.

ONCE A KWAJ RESIDENT,
ALWAYS A KWAJ RESIDENT.
HELP US PROTECT THE MISSION.
OPSEC DOESN'T END WHEN YOU PCS.
PLEASE THINK BEFORE POSTING PHOTOS
AND VIDEOS TO SOCIAL MEDIA.



UXO REMINDER

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) bokitun ak kein kabokklok eo ien eo emokajata non EOD ilo nomba kein (5-1433) ak CPS (5-4445).

Ken melele kein: Ia 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 lo-jet ko rekauwotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eok-we jouj im koba lok ilo Island Orientation allon otemjej.

Playing Pokémon Go?

You "gotta catch 'em all" while practicing good OPSEC.

- Do not chase Pokemon into controlled or restricted areas, buildings or homes on USAG-KA.
- Do not use the camera function on your phone in areas where taking videos or photos is prohibited.
- Always be vigilant of your surroundings, especially in parking lots or while crossing roads.
- Do not play while driving; watch out for pedestrians or cyclists who may be engrossed in the game themselves and not mindful of their surroundings.
- Report any suspicious or criminal activity to your appropriate chain of command.



RTS WEATHER STATION STAFF

WEATHER DISCUSSION

The Intertropical Convergence Zone will remain over the Republic Marshall Islands bringing periods of unsettled weather through the week-end, with winds increasing early to middle of next week.

Occasional unsettled weather continues next week with low-level disturbances bringing periods of rain...locally heavy at times with the threat of isolated thunderstorms and a few strong winds gusts.

SATURDAY

Partly sunny with widely scattered showers, with stray thunderstorms possible. Winds light and variable with higher gusts near showers.

SUNDAY

Partly sunny with widely scat-

tered showers. Winds E-ESE at 5-10 knots with higher gusts near showers.

MONDAY

Partly sunny with widely scattered showers. Winds ENE-ESE at 4-9 knots with higher gusts near showers.

NEXT WEEK

Potentially increasingly unsettled weather on Tuesday and Wednesday as the ITCZ remains nearby.

Areas of modest low-level convergence bring occasional periods of rain...locally heavy at times with threat of isolated thunderstorms and a few strong wind gusts to close out the week.

Winds next week E-SE 3-9 knots Tuesday and SE-S Wednesday. Winds more easterly and breezier Thursday.



	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:37 a.m. 6:36 p.m.	6:13 p.m. 5:47 a.m.	3:43 a.m. 4.4' 4:04 p.m. 4.3'	9:56 a.m. -0.9' 10:08 p.m. -0.8'
MONDAY	6:37 a.m. 6:36 p.m.	6:55 p.m. 6:37 a.m.	4:14 a.m. 4.4' 4:33 p.m. 4.5'	10:22 a.m. -0.9' 10:41 p.m. -0.9'
TUESDAY	6:37 a.m. 6:35 p.m.	7:37 p.m. 7:27 a.m.	4:44 a.m. 4.3' 5:00 p.m. 4.6'	10:48 a.m. -0.9' 11:12 p.m. -0.8'
WEDNESDAY	6:37 a.m. 6:35 p.m.	8:20 p.m. 8:18 a.m.	5:12 a.m. 4.0' 5:27 p.m. 4.4'	11:12 a.m. -0.7' 11:42 p.m. -0.6'
THURSDAY	6:37 a.m. 6:34 p.m.	9:06 p.m. 9:09 a.m.	5:38 a.m. 3.6' 5:53 p.m. 4.2'	11:35 a.m. -0.4' -----
FRIDAY	6:37 a.m. 6:34 p.m.	9:54 p.m. 10:01 a.m.	6:04 a.m. 3.2' 6:18 p.m. 3.9'	12:12 a.m. -0.3' 11:57 a.m. -0.1'
OCTOBER 15	6:37 a.m. 6:33 p.m.	10:44 p.m. 10:54 a.m.	6:30 a.m. 2.7' 6:44 p.m. 3.4'	12:43 a.m. 0.1' 12:18 p.m. 0.2'



Work and play safely.

For additional weather information, please click the logo to visit the RTS Weather Station online.



USAG-KA is starting back up the Yard of the Month program for all residents of Kwajalein Army Family Housing.

The Kwajalein Housing Office will choose three island quarters for consideration. One lucky winner will take the prize.

Prizes could include a free MWR cart rental, pizza from the Sunrise Bakery, or a game of bowling.

UNITED AIRLINES FLIGHTS THROUGH OCTOBER

Monday

UA155 (HNL)

Check-in: 3:15 – 4:30 p.m.

Tuesday

UA154 (GUM)

Check-in: 10:45 – 11:15 a.m.

UNITED AIRLINES FLIGHTS - NOVEMBER - DECEMBER

Monday

UA155 (HNL)

Check-in: 3:30 – 4:45 p.m.

Tuesday

UA154 (GUM)

Check-in: 10:45 – 11:15 a.m.

