

# THE KWAJALEIN HOURGLASS



## THIS WEEK

**SHARP OFFICERS**  
SPEAK AT KWAJ HIGH SCHOOL 2

**SCHOOL SUPPLIES**  
SHIPPED TO ENNIBURR 3

**AIRFIELD TEAM**  
KEEPS TRAVEL MOVING 4

ROI-NAMUR RAMP CREWMEMBERS DIMI DAMON, LEFT, AND KONIO RUBON ARE READY TO BEGIN THEIR SHIFT ON DYESS ARMY AIRFIELD.

 JESSICA DAMBRUCH





U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1



2

1) U.S. Army Garrison-Kwajalein Atoll Sexual Harassment/Assault Response & Prevention Coordinator Chief Warrant Officer Two Nathan Elkins, left, and SHARP Victim Advocate Sgt. 1st Class Effie Banks addressed Kwajalein High School students at an assembly Oct. 12 to share resources and strategies to maintain personal safety and healthy relationships. 2) Banks shares candy with the students after their SHARP discussion.

# ARMY SHARP ADVOCATES ADDRESS KWAJALEIN HIGH SCHOOL

BY JESSICA DAMBRUCH

**Members** of the U.S. Army Garrison-Kwajalein Atoll Sexual Harassment/Assault Response & Prevention team hosted a discussion for Kwajalein High School students about how to identify, deter and prevent harassment and assault while protecting the personal safety and dignity of oneself and others.

SHARP Victim Advocate Sgt. 1st Class Effie Banks and SHARP Coordinator Chief Warrant Officer Two Nathan Elkins shared relatable examples to inform students about healthy and unhealthy relationships, assault, consent and harassment. They encouraged them to adopt wise standards for personal conduct. USAG-KA Commander Col. Tom Pugsley joined in the discussion to provide additional guidance and resources about island services.

One student offered an example of a stable, healthy relationship: "When you care for the other person and you both respect each other."

In contrast, a situation in which touch was used to hurt someone would never be right, said Banks.

"That is unsafe," Banks said. "That is an unhealthy, abusive relationship. There is no excuse for it. There is nothing that can be said to make up for it. [If that is happening,] you need to contact somebody to talk about that—a family member, a teacher."

Exhibiting manipulative

and abusive online behavior could have long-lasting consequences for cyberbullies and their victims, said Elkins. He discouraged students from posting anything that could be harmful, unkind or detrimental to others or their own future lives and careers.

"If you are undermining someone's dignity and are disrespecting them, you are doing something wrong," Elkins said. "If it's not respectful of another person, please, do not post it."

Forcing others to experience physical touch without their consent and commenting or posting with attacks based on sex and gender also undermined basic human dignity and respect, Elkins said.

"It must be consensual," Elkins said. "The person must let you know, verbally, or give freely. If they are trying to push away, and you are trying to hug, it's not good."

Pugsley reminded the students to think of their own support networks of trusted individuals.

"Don't underestimate the power of a trusted teacher, friend or family member," Pugsley said. "They are all active places to start having those conversations if you have an issue come up and you need help."

He encouraged the students to use communication as an effective tool.

"It's about communication always," Pugsley said. "Don't feel pressured to act a certain



During his presentation, Elkins encouraged students to always opt to treat others with dignity and respect.

way. Be yourself. Your friends, partners and families will understand."

In closing, KHS Principal Matt Gerber encouraged the students to do their part to maintain the school's safe learning environment.

"Thank you for considering these things," said Gerber. "Thank you for doing your part to make this school feel as safe and healthy as we would want it to feel at all times."

## Resources

### The USAG-KA SHARP Program.

Officers are ready to help any members of the atoll community in need. After initial support is provided, advocates will submit cases to the appropriate authority for action.

Marshallese women aged 14 years and older who have become targets of assault and abuse can receive ser-

vices provided by the non-profit organization Women United Together Marshall Islands. For more information, contact the SHARP Program Victim Advocate: Work phone: 805-355-0660 or 805-355-1419; USAG-KA SHARP Pager: 805-355-3241 #0100; and the DOD SAFE Helpline: 877-995-5247.

**The EAP Program.** The Kwajalein Hospital offers an Employee Assistance Program to all employees and dependents who would like to partake in free counseling services.

Program counselor Kenneth Thomas is a Licensed Professional Counselor and Licensed Clinical Alcohol and Drug Counselor. He also holds a Master of Health Science. For questions, email [kenneth.thomas@internationalsogs.us](mailto:kenneth.thomas@internationalsogs.us) or call 805-355-5362.

## 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





Personnel and students from Enniburr High School and Louis Berger Services commemorate an Oct. 13 pier-side school supplies donation from Kwajalein with a photo. The donation is expected to be the first of more deliveries as the LBS program continues.

# LOUIS BERGER SERVICES DELIVERS SCHOOL SUPPLIES TO ENNIBURR

BY JESSICA DAMBRUCH

**Bearing boxes** of donated school supplies and sports equipment, Louis Berger employees received a warm welcome from high school students and residents of Enniburr Oct. 13.

The donation is the second LBS contribution to a Marshall Islands school over the past two weeks, and the first of many, according to a long-term donation drive plan.

To establish classroom supply needs, before their visit, LBS employees met with teachers. Items like donated soccer balls, volleyball equipment, schoolbooks and writing implements were sourced for each classroom from purchases submitted and shipped through an online school supplies drive.

As changing classroom needs are reported throughout the year, the online inventory will be updated to reflect those new needs. Items added will be available for contributors to select and purchase for donation from on or off-island.

On Enniburr, students presented flower leis, fresh coconut juice and handshakes to their visitors, and broke into song in a showing of gratitude.

LBS Human Resources Supervisor George Navarro, Passenger Services Representative Nipaporn Schafer and Operation Specialists Monica Calep and Emina Kemem greeted all of the students, their educators and a traditional community leader who came to thank them.

It was their first trip to Enniburr, Navarro and Schafer said.

“We didn’t do any of this for the credit,” Navarro said. “We just want the schools to have what it is they need, and to give them the best shot. We will be back with more supplies for Enniburr.”

LBS Site Lead Gregory Binford shared thoughts about the donation program in an email to The Kwajalein Hourglass. He said he was encouraged by the school supplies drive.

“It is so inspiring to think that if everyone helps even one student enjoy education just a bit more, it can create such a cycle of inspiration and good will towards our fellow humans.”



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Enniburr High School keep an eye out for an approaching ferry. 2) Thanking newcomers in island style involves a knockout live music performance. 3) LBS Human Resources Supervisor George Navarro, center, and Passenger Services Representative Nipaporn Schafer, left, greet Enniburr students and residents during the gift drop.





1) A beautiful relic from Kwajalein's missile test history is a landmark for new arrivals at the Roi air terminal. 2) Dimi Damon checks the tire on a Kwajalein metroliner before takeoff. 3) A luggage loader is ready to accept cargo at the air terminal. 4) Kim Lemari, flight specialist, works at her console in the Flyroi operations area.

BY JESSICA DAMBRUCH

**For the** many commuters who travel to Roi, the experienced flight operations personnel on both islands are an integral part of daily life. Each day, these valuable employees work together to help commuters and cargo reach their destinations and go above and beyond to provide aid when needed.

When it's time for passengers to travel back to Kwajalein, Roi-Namur Air Transportation Supervisor Kim Lemari checks passenger billets and baggage weights before slotting commuters into seats on the small metroliner. At a moment's notice, she may also be called on to help a new passenger find their destination, serve as public information contact and share tips as an acting Roi life expert.

Lemari has lived in the Roi community for four years and has family on the atoll. She finds it humorous that she works in flight operations and is the one staying put.

"I did not go anywhere [during lockdown]," Lemari said.

Working either end of the short hop between the islands means spending long, hot hours on the tarmac for Roi ramp crew members Dimi Damon and Konio Rubon.

Originally from Enniburr, Damon has worked as a cargo loader for eight years. Rubon lives and works on Roi and is a self-described "Roi rat." In a day's work, the duo transports hundreds of points



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Dimi Damon, left, and Konio Rubon joke together during a brief break at the Roi air terminal. As members of the ramp crew team, Damon and Rubon help move cargo, equipment and people to where they are needed.

of luggage, tools and equipment. Working in a close team, they have learned to joke with each other.

Damon described his own day on the job as "not too hard."

After hearing this, Rubon smiled and offered his assessment: "He's lying."

Transporting fresh produce for their remote community is a key task for cargo loaders. At 5 a.m. on Kwajalein, as personnel are loading garlic, citrus fruits and vegetables, the Roi ramp crews are standing by to receive it. They transport the precious cargo to storage areas and the Roi Surfway, also known as the Third Island Store, and can drive the island's looping roads throughout

the day to support the airfield with transportation or deliveries.

After many years working to sustain Roi life and operations, the operators have come to know the small population and quiet roadways of the island well. When asked about the toughest part about a day on the job as a vehicle operator, one detail stands out to Damon above all the rest.

It isn't the heavy lifting, the time in the sun or the perpetual motion of supporting logistics. It's something someone from off-island might not recognize, but cannot help but notice, as Roi becomes a more familiar destination.

"The truck is loud," Damon said.





Attendees learn about volunteer opportunities with the Yokwe Yuk Welcome Club Oct. 8 during an Emon Beach barbecue meet-and-greet event.

# YOKWE YUK WELCOME CLUB LAUNCHES NEW YEAR WITH MEET-AND-GREET

BY JESSICA DAMBRUCH

**More than** 50 island residents explored volunteer opportunities with the Yokwe Yuk Welcome Club Oct. 8 at a barbecue meet-and-greet event hosted at the Emon Beach main pavilion.

Attendees sampled a potluck buffet and visited tables staffed with YYWC members to check out the club's numerous activities and to learn about its continuing mission to support education in the Marshall Islands.

The YYWC has several longtime initiatives which rely on volunteer support throughout the year. Among them, the Bargain Bazaar, a longtime resale shop near Kwajalein's Dock Security Checkpoint; and Mic Shop, a Marshallese handicrafts and Pacific products outlet, offer opportunities to support business operations, to serve as chairpersons and to lead activities.

The club also hosts silent auctions and fundraiser events, such as the upcoming Oct. 24 plant sale.

Proceeds donated from club activities fund everything from teaching supplies to student books. Grant awards are made by the club's Education Assistance Committee.

The YYWC formed on Kwajalein in the early post-World War II era as a women's philanthropic and social club. Over the years, the growing organization has adapted, and now includes a cultural liaison, executive board members and subcommittees. The YYWC continues to host an array of events that bring club membership together with women's civic organizations on Ebeye.

YYWC President Amber Bates said she was pleased with the turnout.

"I'm so excited for the new direction the club is going in," she said.

1) Lori Range, right, signs up to assist with a club activity with Lisa McCutcheon.

2) A group photo of the first YYWC meet up of the summer. 3) YYWC President Amber Bates, left, shares information with two prospective volunteers.



1



2

COURTESY OF JULIE MAKOVEC



3

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH





1 RMI MINISTRY OF FOREIGN AFFAIRS AND TRADE PHOTO



2 PHOTO BY V7AB YOUTUBE

1) Republic of the Marshall Islands Minister of Foreign Affairs and Trade Kitlang Kabua, left, meets with Australian Foreign Affairs Minister Penny Wong, center, and Australian Ambassador to the RMI Brek Batley on Majuro this week. 2) RMI Minister of Internal Affairs and Culture Ota Kisino, left, signs a commemorative memorandum of understanding with Wong for the reintroduction of Radio Australia in the RMI.

# RMI RECEIVES AUSTRALIAN FOREIGN AFFAIRS MINISTER

## HOURLASS REPORT

Compiled by Jessica Dambruch

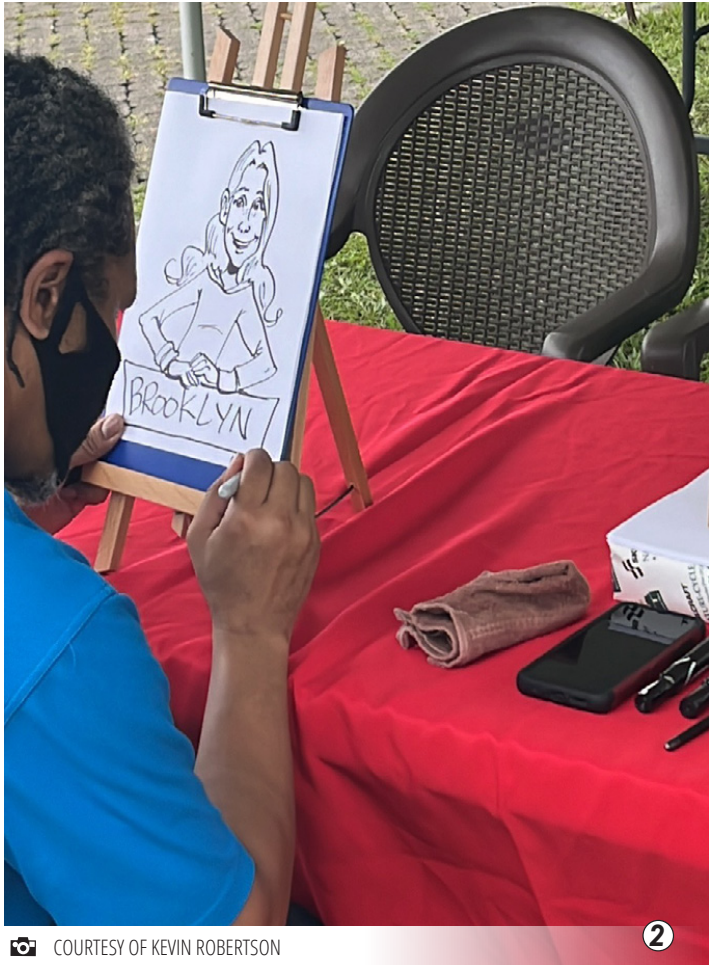
The Republic of the Marshall Islands national government welcomed Australian Foreign Affairs Minister Penny Wong on a visit to Majuro this week. Wong's visit marks the official opening of the Australian Embassy to the RMI which commenced operations in 2021. Her agenda included meetings with traditional and government leadership to explore partnerships, climate change and other topics of mutual in-

terest. Among the local leaders, Wong has met with the Marshall Islands' Council of Iroij Chairman Jimata Kabua; Climate Envoy Kathy Jetnil-Kijiner; and RMI Minister of Foreign Affairs and Trade Kitlang Kabua. On Oct. 13, Wong toured the Alele Museum of Marshallese culture, where she signed a commemorative memorandum of understanding with RMI Minister of Internal Affairs and Culture Ota Kisino. After more than five years, Marshallese citizens will be able to tune in to hear Radio Australia on the airwaves.

"I will also be putting to air the first Australian Broadcasting Corporation (ABC) radio programme on the Republic of the Marshall Island's national broadcaster in six years," Wong announced in an Oct. 12 press release. A formal agreement has already been signed by managing director of Radio Australia ABC and Marshall Islands officials, as confirmed in a RMI Radio V7AB YouTube video livestream. "Even more content made by, and for, our Pacific family, will be heard soon," Wong announced in a social medial post this week.



1 COURTESY OF USAG-KA CHILD AND YOUTH SERVICES



2 COURTESY OF KEVIN ROBERTSON

On Kwajalein, multitallented community members work part-time and volunteer their time to help others. 1) John Thygerson, left, plays ukulele for young students at the Child Development Center during a recent volunteer visit. 2) Google Mohammed Rasheed and you'll encounter a robust catalog of excellent sequential art. Pictured here, Rasheed draws caricatures at the Oct. 10 MWR Fall Fest.



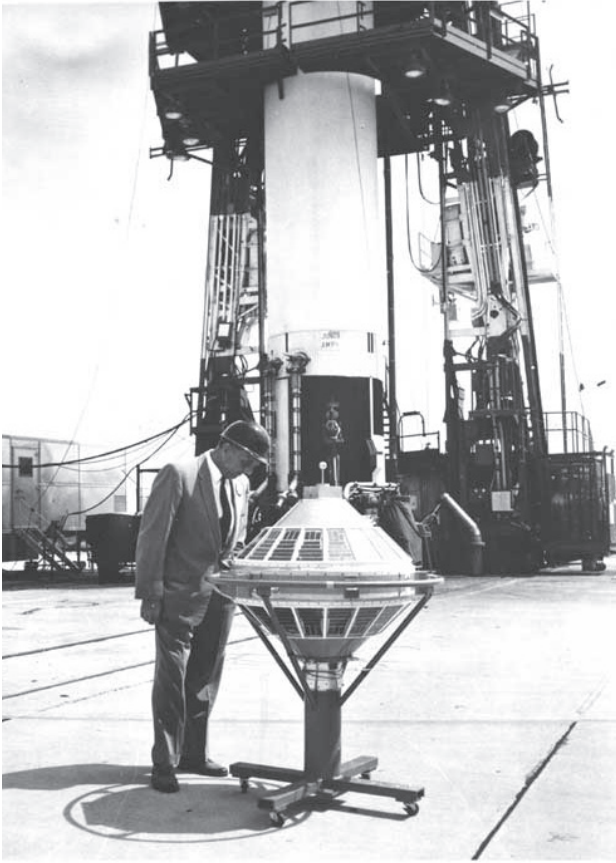
U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

**Early** Army space history encompasses several Army organizations. In 1959, the Army Ballistic Missile Agency, a precursor to today's Aviation and Missile Command, launched its last Explorer satellite.

A Juno II rocket launched the Explorer VII, part of the American International Geophysical Year program, to study the X-rays emitted by the sun and their influence on the ionosphere. It also identified the heavy particles constituting cosmic rays and measured the heat emitted by the Earth: "Explorer VII 'relayed more information from outer space than had any other U.S. satellite to date.'"

An Explorer VII satellite is pictured in this photo from the U.S. Army Aviation and Missile Command Collection.



LEARNING DIRECTIONS  
MARSHALLESE LANGUAGE LESSON

Ion	North
Rok	South
Rear	East
Rilik	West
Lon	Up/above
Lal	Down
Ewi/la	Where
Ako	How about
Mon-wia	Store

Ewi mon-wia ko ilo enin?  
Where are the stores on this island?

Triple J ebed rear in obe en.  
Triple J is east of the pier.

Ak Sunrise. Ebed ia?  
What about the Sunrise store. Where is that?

Ebed ion in SDA, turin wot police station en.  
It's north of SDA, close to the police station.

Ako Ace Hardware?  
How about Ace Hardware?

Ebed rok in.  
It's south of here.

Ewi mon wia nuknuk kein ilo Eb-eye?  
Where are the clothing stores on Ebeye?

Juon en ilo lon in Triple J Retail im ilo Sunrise.  
There is one above Triple J Retail and at Sunrise.

"FACE THE MUSIC" WITH THESE ZINGERS AND OBSERVATIONS

Even if an opera isn't that great, it ought to end on a high note. Enjoy these thoughts, observations, criticisms and downright zingers from musicians and artists through time.

- "Beethoven tells you what it's like to be Beethoven and Mozart tells you what it's like to be human. Bach tells you what it's like to be the universe."

- Douglas Adams
- "I like your opera —I think I will set it to music."

- Beethoven
- "Listening to the fifth symphony of Ralph Vaughan Williams is like staring at a cow for 45 minutes."

- Hugh Copland
- "If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music."

- Albert Einstein
- "Music is a safe kind of high."

- Jimi Hendrix
- "One good thing about music: When it hits you, you feel no pain."

- Bob Marley
- "Wagner has beautiful moments, but awful quarters of an hour."

- Rossini, on Wagner
- "He was a six and-a-half-foot scowl."

- Igor Stravinsky, on Rachmaninov
- "The audience expected the ocean. Something big, something colossal, but there were served instead with some agitated water in a saucer."

- Louis Schneider, on "La Mer," by Debussy
- "The best music is essentially there to provide you something to face the world with."

- Bruce Springsteen
- "Handel is only fourth rate. He is not even interesting."

- Tchaikovsky, on Handel
- "A gentleman is someone who knows how to play the banjo and doesn't."

- Mark Twain
- "I like beautiful melodies telling me terrible things."

- Tom Waits
- "Music is the art which is most nigh to tears and memory."

- Oscar Wilde



Kajitok? Abnōnō?  
Questions? Concerns?  
Call the Commander's Hotline at 5-1098.





**Oct. 16, 5 - 10 p.m.**  
**Camp Hamilton Beach**  
**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

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



## 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

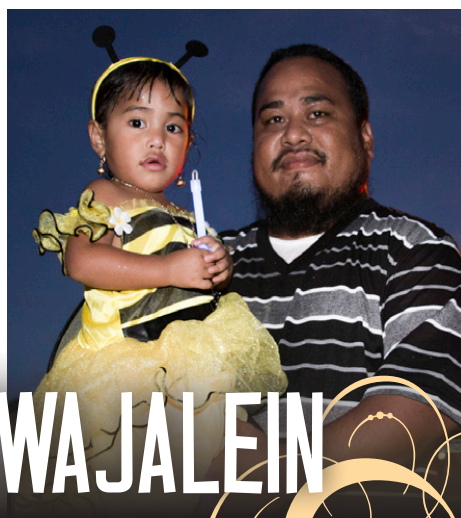
5:40 – 6 p.m. – junior and senior high school students

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.

# Shaving Cream Social

October 22 at Emon Beach





# HAUNTED HAPPENINGS ON KWAJALEIN



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](mailto: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](mailto: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

**Saturday, Oct. 29**  
**9 - 11:15 a.m.**

Get ready for daylight trick-or-treat! Child Development Center-enrolled children will don their costumes to visit an array of offices for treats to kick off the Hallo-weekend. This activity will include stops like USAG-KA Command and the Kwajalein Hospital.

It's a great way to help your child learn about gratitude. Help them practice saying "thank you" before visiting offices with the CYS team.

OCT 29  
8 p.m.

COSTUME PARTY

Oceanview  
Bar

CO  
CO  
COST  
COSTUME PARTY

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



# 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

# OUTRIGGER BAR & GRILL

# HALLOWEEN PARTY

OCTOBER 30

FROM 9 P.M. – 1:30 A.M.

MUSIC, GAMES & PRIZES FOR BEST COSTUME






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!

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## Enter if you dare!










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 FROM 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 – 6<sup>th</sup> 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



## 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**



## YYWC PLANT SALE

**\*\*Time Change!\*\***

**Monday, Oct. 24  
4 - 6 p.m.**

Lagoon Road, close to Surfway  
 Email [yywcinfo@gmail.com](mailto:yywcinfo@gmail.com)  
 or find Julie Makovec on Facebook.

All proceeds benefit the  
 YYWC Education Assistance Fund

## MOVIES

Movies begin at 7:30 p.m.

### YUK THEATER KWAJALEIN

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

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.



# COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to [kwajaleinhouglass@vctrus.com](mailto:kwajaleinhouglass@vctrus.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 Ordinance 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.

## EAP 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@international-sosgs.us](mailto:kenneth.thomas@international-sosgs.us) or 805-355-5362. Contact 5-3550 with questions.

## 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](http://usajobs.gov). Write to [kwajaleinhouglass@vctrus.com](mailto:kwajaleinhouglass@vctrus.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.taleo.net/careersection/akimallc\\_cs/jobsearch.ftl](https://akima.taleo.net/careersection/akimallc_cs/jobsearch.ftl). Apply online or send resume to Jeannette McIlwain at [jeannette.mcilwain@akima.com](mailto: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](mailto:kwajchapel@gmail.com) and Ch. Brian Conner at [brian\\_conner@sbcglobal.net](mailto: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](http://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@internationalosos.com](mailto:marykathleen.bryan@internationalosos.com).

**KAIHONUA** is hiring for multiple positions. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit <https://honuserservices.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](http://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](mailto:dbakhsh@rmi.qdyncorp.com), or Sammy Juda, administrative assistant at 5-4916 and [sjuda@rmi.qdyncorp.com](mailto:sjuda@rmi.qdyncorp.com). You may also visit the HR Office in Bldg. 700.

**RGNEXT, LLC** seeks qualified candidates to fill open positions on Kwaj and Roi in engineering, technical, COMSEC and other areas. For information and to apply, go to [www.rgnext.com](http://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](http://Careers.Vectrus.com), search for "substitute teacher," or, send resume and letter of application to [uhrenp@kwajalein-school.com](mailto: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](http://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@vctrus.com](mailto:clint.weaver@vctrus.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](mailto: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.

# E-WARENESS

**HAZARDOUS MATERIALS, WASTES, AND PETROLEUM PRODUCT (HMWPP) TRAINING (ENV-110) SPILL RESPONSE AWARENESS (SPA) TRAINING (ENV-110)**

This training is required for tenants that manage HMWPP storage areas (i.e., facilities that store an aggregate quantity greater than 55-gallons of HMWPP). Each HMWPP facility is to have, at a minimum, two custodians (primary and alternate) appointed for training session. The Environmental Department will offer combined training sessions on the following dates:

Ewor kommalmel ko rej aikuj komman nan ro rej bok eddoin HMWPP storage area ko (ainwot imwon kakkon HMWPP ko rellaplok jen 55-gallon). Aolep mwon kakkon HMWPP ko kajojo rej aikuj bare-inwot wor ruo rikarreo (primary im alternate custodian) ie im raikuj bar bok training kein. Environmental Department enaj kommane ien training ko (2 awa aitokier) ilo raan im awa kein ilal:

**KWAJALEIN**  
Religious Education Building  
Conference Room

Wednesday, October 19  
9 a.m. – 11 a.m.  
12:30 p.m. – 2:30 p.m.

Friday, October 21  
9 a.m. – 11 a.m.  
12:30 p.m. – 2:30 p.m.

**ROI-NAMUR**  
TRADEX Conference Room

Thursday, October 20  
9 a.m. – 11 a.m.  
12:30 p.m. – 2:30 p.m.

Personnel need to attend one two-hour session. Preregistration is not required to attend trainings. Call Environmental at 5-2004 for more information.

Juon wot alen ped ilo ien training (2 awa aitokin). Im kwojab aikuj register mokta jen training eo. Kajitok ko? Call e lok Environmental Department ilo 5-2004.



## 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**



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.

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 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.

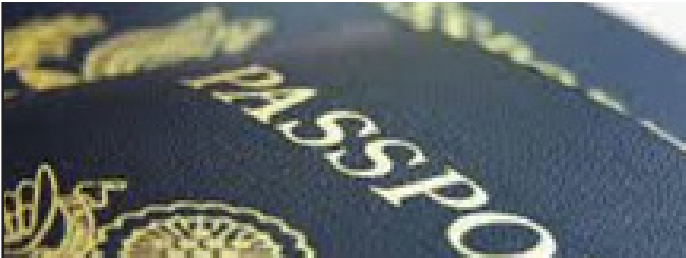


### Perimeter Road Closed For Airfield - Road Construction September 1 - October 15 6 P.M. - 4 A.M.

CALL THE VET CLINIC. Call 5-2017 or email the Veterinary Clinic at [kwa-jaleinveterinaryclinic@international-sosgs.us](mailto:kwa-jaleinveterinaryclinic@international-sosgs.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](mailto:jon.jenkins@vectrus.com) and [isaac.larios@vectrus.com](mailto:isaac.larios@vectrus.com).



## PASSPORT PROCESSING

**Need to renew your passport?**

- Complete the passport application online at [travel.state.gov](https://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 eyeglasses 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](mailto:Sean.Holbrook@internationalsosgs.us). He will email you a form to fill out and bring to your appointment.





## JOUJ IM KOKA TOK ILO IEN TOWN HALL KEIN!

### RMI WORKFORCE TOWN HALLS

Oct. 18, 11 a.m. - noon — Tradewinds Theater, Roi

Oct. 18, 5 - 6 p.m. — Island Memorial Chapel, Kwajalein

The USAG-KA command team encourages all Marshallese employees on Kwajalein to join in the October RMI Workforce Town Hall. Please bring your questions, concerns, compliments and ideas to share with the USAG-KA command team. Kommol tata!



## UXO REMINDER

PUBLIC SAFETY ANNOUNCEMENT

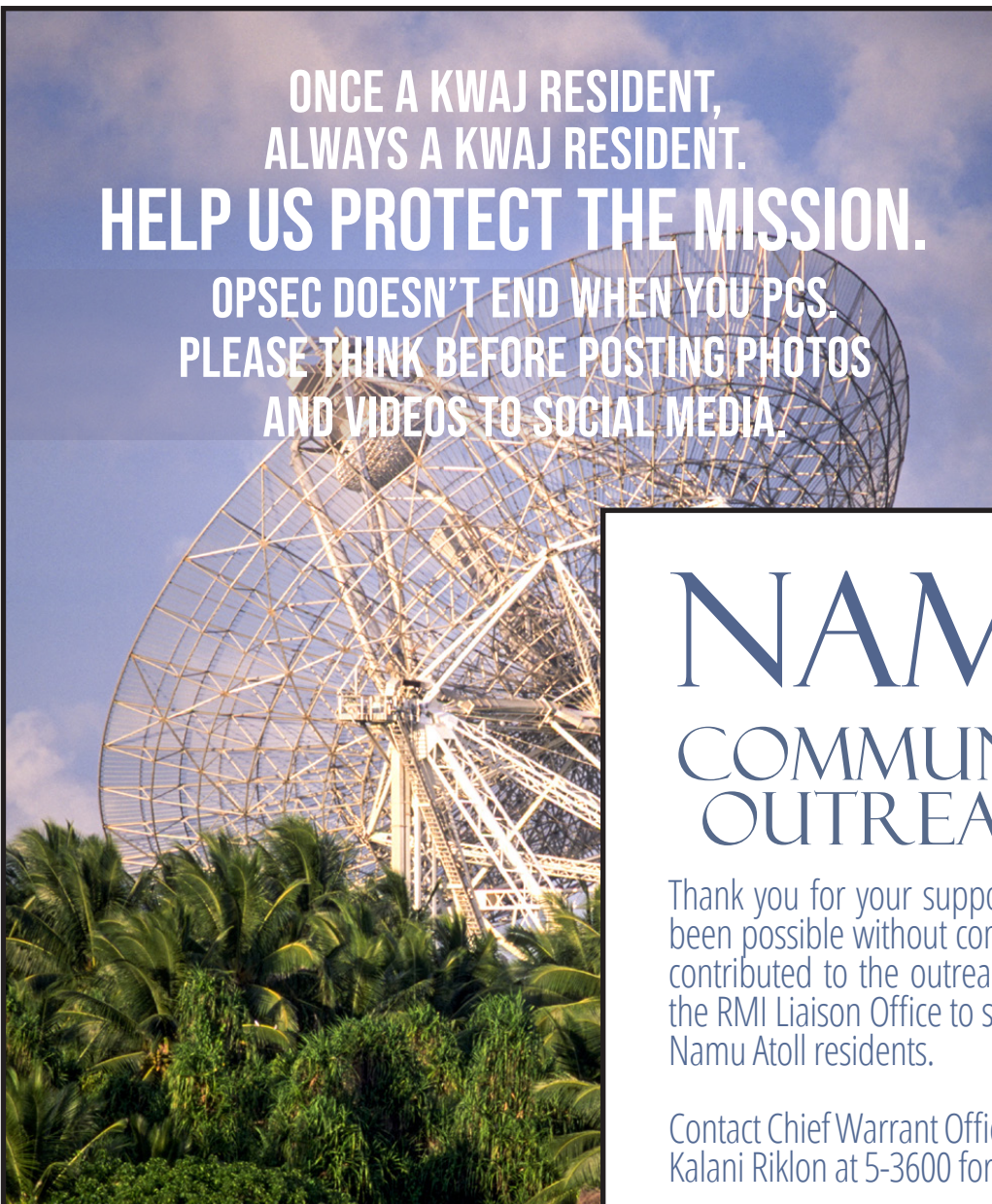
Remember the three Rs of UXO: **Recognize** an item as possible Unexploded Ordnance. **Retreat** from the area of the UXO. **Report** suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445).

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.

Kemeymej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) bokitun ak kein kabokkolok eo ien eo emokajtata 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 kakemeymej eok, eok-we jouj im koka lok ilo Island Orientation allon otemej.

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.



## NAMU COMMUNITY OUTREACH



Thank you for your support! This mission would not have been possible without community involvement. Those who contributed to the outreach program are welcome to visit the RMI Liaison Office to select a thank-you gift provided by Namu Atoll residents.

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





# RTS

## WEATHER STATION



### RTS WEATHER STATION STAFF

#### WEATHER DISCUSSION

The Intertropical Convergence Zone will drift northward, reaching Kwajalein Atoll by early Sunday morning and bringing the threat for increased showers, stray thunderstorms and a few strong gusts of wind throughout the day.

Decreased shower coverage is expected Monday as the ITCZ pushes back south of Kwajalein Atoll. Presently, only modest shower coverage is expected on Tuesday before the ITCZ pushes north with more showers and a few thunderstorms by Wednesday.

Winds will remain light to moderate before decreasing towards the end of the upcoming work week.

#### SATURDAY

Partly sunny to cloudy with stray showers increasing to scattered, and stray thunderstorms in the evening. Winds E-ESE at 9-14 knots with higher gusts near showers.

#### SUNDAY

Mostly cloudy with scattered showers and isolated thunderstorms, especially in the morning. Winds ESE-SE at 8-16 knots with higher gusts near showers.

#### MONDAY

Mostly cloudy to partly sunny with scattered showers and stray thunderstorms in the morning decreasing to stray showers in the afternoon.

Winds ENE-ESE at 8-13 knots with higher gusts near showers.

#### NEXT WEEK

Only modest shower coverage expected Tuesday before unsettled weather returns Wednesday as the ITCZ remains nearby.

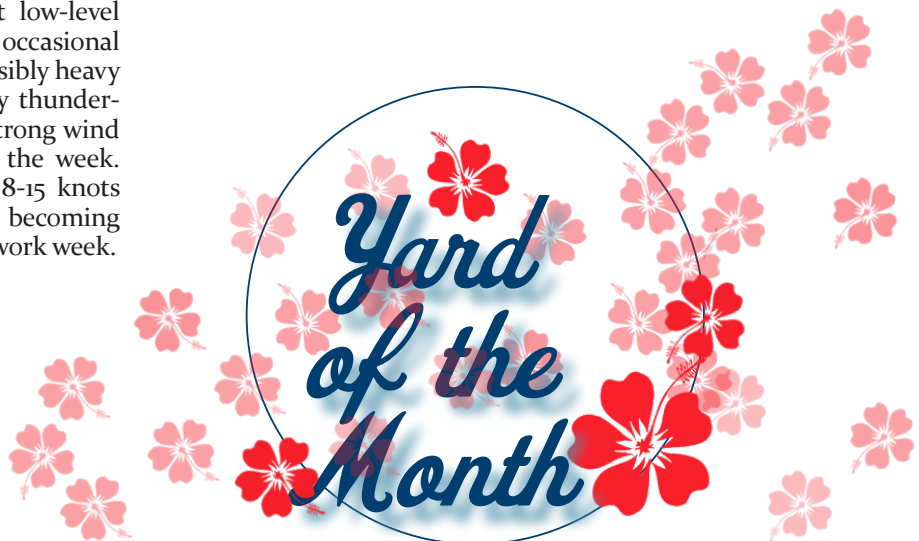
Areas of modest low-level convergence bring occasional periods of rain, possibly heavy at times, with stray thunderstorms and a few strong wind gusts to close out the week. Winds ENE-SE at 8-15 knots to start the week, becoming lighter later in the work week.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:37 a.m. 6:33 p.m.	11:35 p.m. 11:46 a.m.	6:57 a.m. 2.3' 7:13 p.m. 3.0'	1:17 a.m. 0.5' 12:38 p.m. 0.6'
MONDAY	6:37 a.m. 6:33 p.m.	----- 12:37 p.m.	7:30 a.m. 1.8' 8:00 p.m. 2.5'	2:03 a.m. 0.9' 12:56 p.m. 1.0'
TUESDAY	6:37 a.m. 6:32 p.m.	12:26 a.m. 1:26 p.m.	10:10 a.m. 1.5' 10:56 p.m. 2.3'	4:01 a.m. 1.2' 12:31 p.m. 1.5'
WEDNESDAY	6:37 a.m. 6:32 p.m.	1:17 a.m. 2:12 p.m.	1:45 p.m. 1.9' -----	7:14 a.m. 1.0' 6:47 p.m. 1.4'
THURSDAY	6:37 a.m. 6:31 p.m.	2:07 a.m. 2:55 p.m.	1:03 a.m. 2.6' 2:03 p.m. 2.4'	7:49 a.m. 0.6' 7:41 p.m. 0.9'
FRIDAY	6:37 a.m. 6:31 p.m.	2:56 a.m. 3:37 p.m.	1:48 a.m. 3.0' 2:24 p.m. 2.9'	8:15 a.m. 0.2' 8:15 p.m. 0.5'
OCTOBER 22	6:37 a.m. 6:31 p.m.	3:43 a.m. 4:17 p.m.	2:21 a.m. 3.5' 2:47 p.m. 3.4'	8:39 a.m. -0.2' 8:45 p.m. 0.0'



**Work and play safely.**

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



Enter your yard for the chance to win! The USAG-KA Yard of the Month program is for all residents of Kwajalein Army Family Housing.

Each month, the Kwajalein Housing Office will choose three island quarters for consideration. One lucky winner will take the prize and bragging rights for a month! Prizes could include a free MWR cart rental, pizza from the Sunrise Bakery, or a game of bowling. For more information, contact USAG-KA Public Affairs at 5-4848.

### Republic of the Marshall Islands Driver's License Renewal and New Issue

Republic of the Marshall Islands Department of Motor Vehicle will visit USAG-KA to process RMI driver's license renewals and new issues on the following dates:

Roi-Namur  
Roi-Namur Library  
Thursday, Oct. 27, 9 a.m. - 5 p.m.

Kwajalein  
RMI Liaison Office, Downtown  
Monday, Oct. 24, 9 a.m. to 5 p.m.

If you would like to renew or receive a new RMI driver's license, please bring a current picture-identification card (i.e., stateside driver's license, K or C-badge, passport). The cost for a license renewal or new issue is \$20.

Questions? Contact the RMI Liaison Office at 5-3620 or 5-3600 or the USAG-KA Host Nation Office at 5-2103 or 5-5325.

### 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.**

### FLIGHTS FOR NOVEMBER - DECEMBER

**Monday**  
**UA155 (HNL)**  
**Check-in: 3:30 - 4:45 p.m.**

**Tuesday**  
**UA154 (GUM)**  
**Check-in: 10:45 - 11:15 a.m.**



## A SNAPSHOT

# DIABETES IN THE UNITED STATES

### DIABETES

**34.2  
MILLION**

34.2 million  
people have  
diabetes

That's about 1 in every 10 people

1 in 5 don't know they have diabetes

### PREDIABETES

**88  
MILLION**

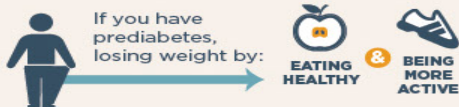


88 million adults —  
more than 1 in 3 —  
have prediabetes

MORE THAN

**8 IN 10**

adults don't  
know they have  
prediabetes



If you have  
prediabetes,  
losing weight by:



can cut your risk of  
getting type 2 diabetes in  
**HALF**

### COST



**\$327  
BILLION**

Total medical costs and lost  
work and wages for people  
with diagnosed diabetes

Risk of early death for  
adults with diabetes is

**60%  
HIGHER**

than for adults  
without diabetes



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY  
FAILURE



HEART  
DISEASE



STROKE



LOSS OF  
TOES, FEET,  
OR LEGS

### COMMON TYPES OF DIABETES

#### TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

**5-10%**

of all diagnosed cases of diabetes



Just over 18,000 youth diagnosed  
each year in 2014 and 2015

#### TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

**90-95%**

of all diagnosed cases of diabetes



Nearly 6,000 youth diagnosed  
each year in 2014 and 2015

### RISK FACTORS FOR TYPE 2 DIABETES:

**1.5  
MILLION**

People 18  
years or older  
diagnosed  
with diabetes  
in 2018



BEING  
OVERWEIGHT



HAVING  
A FAMILY  
HISTORY



BEING  
PHYSICALLY  
INACTIVE



BEING  
45 OR  
OLDER

## WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE  
WEIGHT  
IF NEEDED



EAT  
HEALTHY



BE MORE  
ACTIVE

LEARN MORE AT [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)  
OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A  
HEALTH  
PROFESSIONAL



EAT  
HEALTHY



STAY  
ACTIVE

LEARN MORE AT [www.cdc.gov/diabetes/managing](http://www.cdc.gov/diabetes/managing)  
OR SPEAK TO YOUR DOCTOR

#### 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.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

CS3136438





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>.