

THE KWAJALEIN HOURGLASS



THIS WEEK

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KWAJ NEIGHBORS
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BORO FINTON, LEFT, AND LANGASHO CLANRY BUILD NEW MWR BIKE RACKS FOR THE KWAJALEIN COMMUNITY THIS WEEK.

 JESSICA DAMBRUCH



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Welcome to the workshop—these guys have things under control. From left: Langasho Clanry, Thompson Tarwoj, and Boro Finton are part of the team of MWR recreation specialists currently building new bike racks for the Kwajalein community.

MWR BUILDS CUSTOM BIKE RACKS FOR KWAJALEIN

BY JESSICA DAMBRUCH

If you spot a blue MWR logo the next time you park your bike, you've found one of the island's newest bike racks. In the coming weeks, more custom-built wooden bike racks will begin to appear throughout the island, courtesy of MWR and a weeks-long project.

Standing amongst their more than 20 completed racks March 24, Thompson Tarwoj, Boro Finton and Langasho Clanry continued work at Building 702.

Trained to perform carpentry tasks, each of the technicians has worked to cut and assemble the lumber needed for the project, Thompson said.

After each rack is assembled, it is sanded and set aside. The sturdy wood-

en frames are each stenciled with blue MWR lettering.

The technicians hope the community will appreciate the new racks. There are more to come.

"After this, we have maybe 20 more to build," said Thompson. He mopped his brow and pointed to a fresh stack of lumber. "Next, we start on that."

Already, the sight of the growing number of bike racks has caused a stir on the island, as island residents and work groups inquire about whether they can replace a rusted rack with a new one.

A distribution plan is in development for the bike racks, said LOGCAP V V2x Task Order Kwajalein Community Services Director Scott Hill.

Racks will be allocated to high-traffic areas where they can be utilized to assist the greatest number of people and areas where racks must be replaced.

In the distribution plan, Hill hopes to include suggestions from the community about places where racks ought to be installed.

"I would also like to invite the community to share with us places which they feel could really use a new bike rack," Hill said.

"For example, apt places are a bachelor quarters where a rack is badly needed, or a favorite island spot with no rack. We are really excited to have these new items for the community. I want to thank Thompson and the "Guyz" for working hard to do this for all of us."

MARCH IS WOMEN'S HISTORY MONTH



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

From left to right: Photographed in 2020, Mary Inok, Jebllali Leslai, Rosa Jibas and Herna Samson are longtime employees of the Zamperini Dining Facility who work each day in support of the mission on Kwajalein.

This month, the Kwajalein community honors the women of the Marshallese workforce supporting U.S. Army Garrison-Kwajalein Atoll.

They represent a significant portion of the daily mission support effort, as each day, they work as translators, administrators, teachers, custodians, food service and laundry professionals and flight ops experts. The community appreciates the efforts of its friends and neighbors as each day, they work to make Kwajalein history.

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. Ernest Miller
 Public Affairs Officer.....Mike Brantley
 Editor.....Jessica "JD" Dambruch



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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1-2) Langasho Clanry, left, and Boro Finton assemble bike racks this week at Building 702. 3) A stack of unfinished lumber is ready to be cut to size for the next set of bike racks. MWR recreation specialists have built more than 40 racks to date. 4) Clanry, left, and Finton carry a finished rack outside the warehouse. 5) Blue MWR lettering is painted on each of the new racks. Keep an eye out for the blue brand the next time you park your bicycle.

COMMUNITY-LED DONATION DRIVE WILL PROVISION EBADON RESIDENTS

BY JESSICA DAMBRUCH

Island residents can contribute goods through April 6 for a community-led donation drive to support families on Ebadon island. Donations of sundries, supplies and other materials can be dropped off at the downtown RMI Liaison Office.

The remote island community is approximately 74 miles from Kwajalein. Residents there do not have consistent regular access to public works utilities, which can impact their access to drinking water.

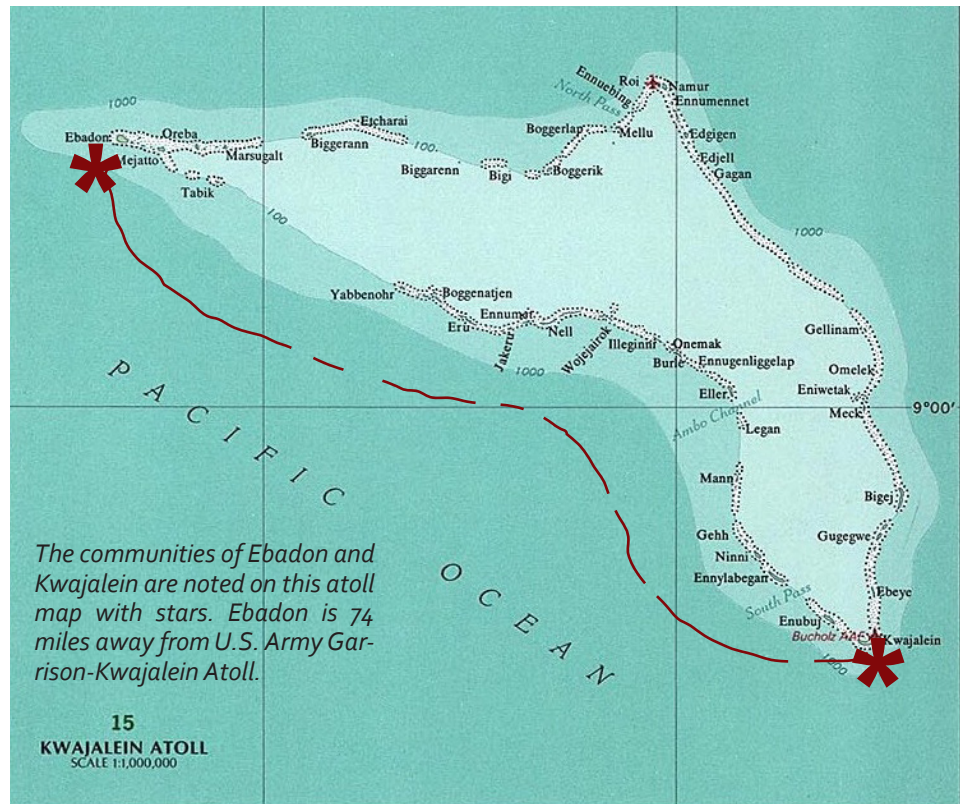
Recent drought conditions have impacted the community, said Kalani Riklon, RMI Liaison Office specialist, in a recent interview.

Kwajalein resident David House volunteered to be a point of contact for the community supplies drive. A new island resident, he learned about the drought through a group of friends who wanted to take action to help their Ebadon neighbors.

"I had assisted with the Angel Tree efforts to give gifts to Ebeye families in December," House said, "and I wanted to help Ebadon."

The group reached out to the RMI Liaison Office to express their interest. In concurrence with the office personnel, a public notice to welcome donations was posted on island social media outlets.

"I want everyone with bandwidth to be involved," said House, of the sup-



The communities of Ebadon and Kwajalein are noted on this atoll map with stars. Ebadon is 74 miles away from U.S. Army Garrison-Kwajalein Atoll.

plies drive. "We are given so much. It's easy to give back if you open an avenue for us to contribute."

Canned foods, rice, bottled water and school supplies, hygiene products and snacks suitable for children are welcome, Riklon said.

Those with questions can visit the office to learn more about the Ebadon

community.

Please note: This donation drive is not an activity sponsored by USAG-KA Command. Contact the USAG-KA Host Nation Office to learn about ways you can become involved in upcoming outreach events and Command activities.

For more information, please contact the Host Nation Office at 480-5325 and 480-2103; the RMI Liaison Office at 480-3400; and David House, at 480-1824/0133.

ISLAND REORIENTATION

PUBLIC SAFETY ANNOUNCEMENT

Ever hear the siren test and wonder what it means? Here are the basics of the garrison's siren warning system.

PENDING DISASTER AND SIREN WARNING SYSTEM

Two short blasts repeated five times at 25 second intervals. Tune radio to 101 FM and TV channel 14-1.

EVACUATE TO SHELTERS

One three-minute warble.

FIRE RECALL

One minute steady blast

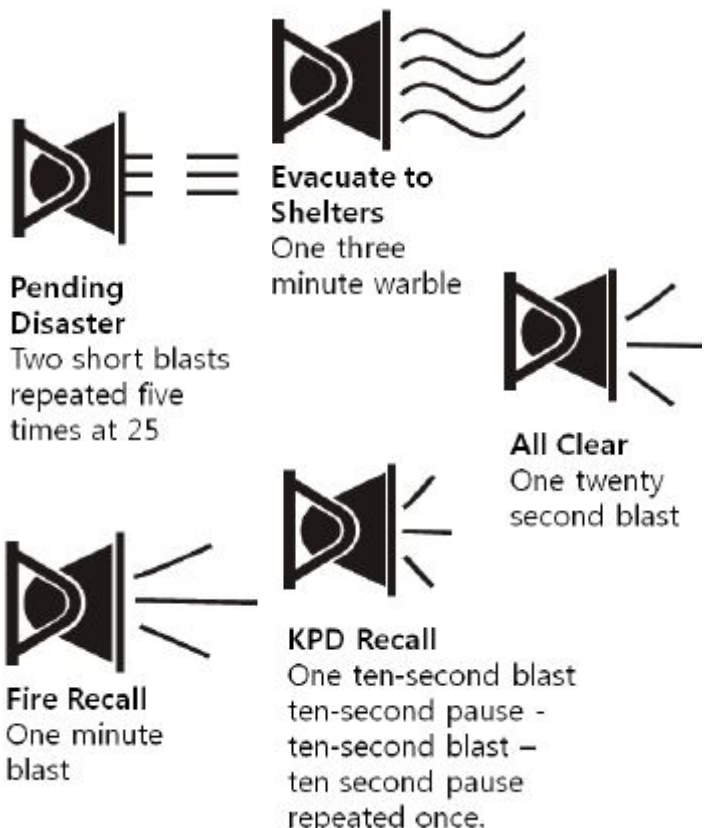
KPD RECALL

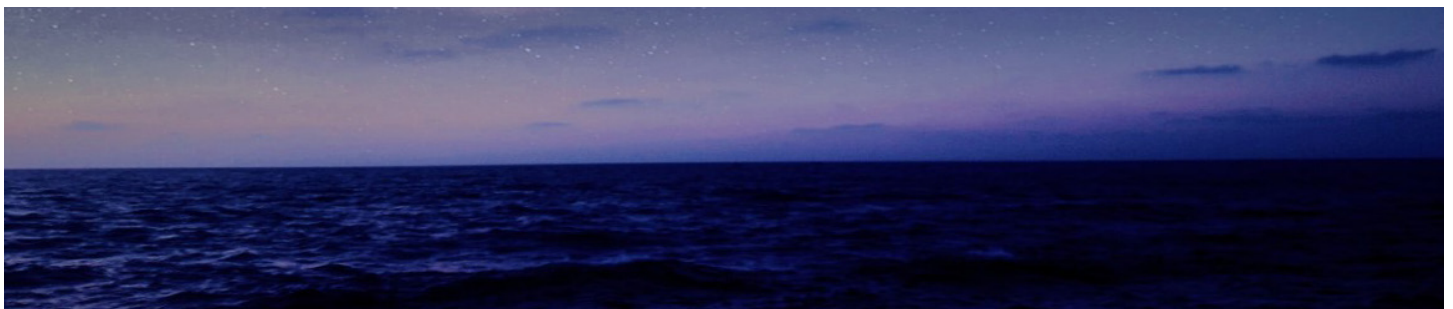
One 10-second blast, a 10-second pause, 10-second blast and a 10-second pause. The entire sequence will repeat.

ALL CLEAR

One 20 second blast. This blast also sounds each work day at 6 p.m.

New to Kwajalein? Need a refresher on where to go? No worries: The Kwajalein Hourglass can help. Check back here each week for island how-to's. You can also reach out to the Commander's Hotline by calling 480-1098 with questions. Have a tip you want to share with the community? Write to kwajaleinhourglass@vectrus.com.





SLEEPLESS IN KWAJALEIN

BY DR. KENNETH THOMAS, KWAJALEIN EAP COUNSELOR

Many people have reported and/or experienced problems with the inability to sleep, stay asleep or waking earlier than intended without being able to fall back to sleep. People often describe the experience as “not being able to turn off their brains.”

Frequently, people experience significant anxiety because they are worried about not sleeping, which can cause the inability to sleep, and on and on. The Diagnostic and Statistical Manual of Mental Disorders- 5-Text Revised (DSM-5-TR) identify 10 disorders or disorder groups under the “Sleep-Wake Disorders” section. Of the 10, insomnia is the most prevalent.

The predominant criteria for an insomnia diagnosis are “a complaint or dissatisfaction with sleep quantity or quality, associated with one or more of the following:

- 1) Difficulty initiating sleep
- 2) Difficulty maintaining sleep
- 3) Early-morning waking with inability to return to sleep.

The condition must be causing significant distress in life dimensions, the sleep difficulty has a frequency of three or more nights a week and has persisted for at least three months. Chronic insomnia persists for six months or longer. Although there are other nuances to the diagnostic criteria, the ones listed above are the primary characteristics. According to statistics, approximately one third of adults report insomnia symptoms. Another 10 - 15% report daytime impairment and 6% - 10% meet the diagnostic criteria for insomnia.

Restful regenerative sleep is necessary for health and healthy functioning.

Abraham Maslow, in “Maslow’s Hierarchy of Needs,” identifies sleep at the base of the pyramid along with breathing, food, water, sex, homeostasis and excretion. It is well documented that sleep disorders contribute to the development of chronic health conditions such as asthma, cardiovascular disease, diabetes and arthritic conditions.

The National Highway Traffic Administration attributed 846 vehicular fatalities to daytime drowsiness in 2014. There were 83,000 auto crashes reported each year between 2005 and 2008 caused by drowsy driving. The National Commission on Sleep Disorders suggest the direct economic cost of insomnia in the US is \$13.9 billion.

Insomnia is a primary disorder. However, it is often comorbid with depression, anxiety, post-traumatic stress disorder and other mental disorders. Insomnia can occur at any point throughout the life cycle, but the initial episode is usually experienced in early adulthood. The prevalence is less frequent in childhood or adolescent populations.

According to the DSM-V, women may experience the onset of insomnia symptoms during menopause and the symptoms can persist well after other symptoms have subsided.

So, you may be asking by this point, what can I do about improving my sleep quality?

I’m glad you asked. Here are some practical sleep hygiene tips recommended by sleep professionals.

- 1) Avoid naps during the day
- 2) Avoid stimulating drugs like caffeine, chocolate, nicotine, and alcohol
- 3.) Engage in your most strenuous activities early in the day and more relaxing activities for the evening.

- 4) Establish a consistent sleep/wake routine even on non-workdays
- 5) Avoid eating too close to bedtime (several hours if possible)
- 6) Make your bedroom a nice place to sleep and only use you bed for sleep and other activities
- 7) Exercise daily
- 8) Avoid the use of technology at least 45 min to an hour before bedtime and avoid looking at your phone or computer if you wake (The blue light activates the brain making it difficult to sleep or fall back to sleep)
- 9) Turn off TV’s, radios and other media devices (your brain will continue to process information even on a subconscious level)
- 10) Lower your light levels as you get closer to bedtime
- 11) Avoid long-term use of sleep aids to include over the counter (they are for short-term use and may exasperate the problem by creating tolerance and a rebound effect).

Lastly, the criterion for insomnia is persisting for three months or longer. However, most of us have or will experience the phenomena of jet lag, which is caused by traveling over multiple time zones. Research suggests that for every hour of time change your body will need at least a week to reset.

So, if have recently experienced travel over multiple time zones, poor sleep is not uncommon. However, if you are past a reasonable time of readjustment, please schedule an appointment with your behavioral health provider for an assessment. Cognitive Behavioral Therapy is recognized as the first line intervention above pharmacotherapies for insomnia, though in some cases medication may be a warranted adjunct.

You are not alone. You can reach out to the EAP at kenneth.thomas@internationalsosgs.us or 480-5362 to schedule an appointment.

If an emergency or disaster occurred, would you and your family be notified?

- 1) Visit the USAG-KA Emergency Management webpage at <https://home.army.mil/kwajalein/index.php/my-fort/EM>
- 2) Click on “Mass Notification”
- 3) Follow the registration instructions.

Don’t wait. Connect to the information flow.



U.S. EMBASSY Majuro **U.S. EMBASSY MAJURO**

COURTESY PHOTO

Congratulations to the officers from the RMI National Police for completing their course in basic criminal investigation techniques this week. Participating organizations in this Majuro-based training included the Federal Bureau of Investigation, the U.S. Air Force, the Internal Revenue Service, Naval Criminal Investigative Service and Office of Special Investigations. Embassy social media reported that the class will be the first of many designed to provide training opportunities to local officers. The program is part of the Pacific Law Enforcement Capacity Building program supported by the Department of State and the Bureau of International Narcotics and Law Enforcement.

MANIT: MARSHALLESE FAMILY STRUCTURE

HOURLASS REPORT

Compiled from The USAG-KA Marshallese Primer

Language is a tool used to express and build unique and complex ideas about the world in which we live. For example, the terms "immediate and extended family" have very different meanings for Marshallese and western cultures.

The Marshallese language illustrates the difference in family relationships.

In western cultures, immediate family is usually recognized as your nuclear family—that is, parents, grandparents, and siblings.

In Marshallese, mama is the name you would call your mother, as well as all her sisters. Papa is the name you would call your father, and all his brothers.

Bubu (grandmother) and jimma (grandfather) is the name for your grandparents and all of your grandparents' brothers and sisters. Brothers, sisters, and cousins are simply referred to as brothers and sisters, and nephews and nieces are generally thought of as sons and daughters.

The names of relatives are the same, and the obligations are the same as well.

A Marshallese citizen, then, would have the same filial obligation to his mother as he would have to his mother's sisters.

These obligations cover all aspects of family life, including financial support, child rearing, caring for family during illness, birth and death.

The family clan, or jowi, is the foundation of Marshallese family life. There are approximately 30 - 60 jowis throughout the Marshalls and the root of each clan can be traced back to one woman who is referred to as the mother of that clan.

As in the family unit, responsibilities including providing shelter and food for visiting jowi members, caring for jowi members who may be hospitalized on Ebeye or Majuro, caring for the children of other jowi members when necessary, and assisting during funerals for members of the jowi.

THIS WEEK IN U.S. SPACE AND MISSILE DFENSE COMMAND HISTORY

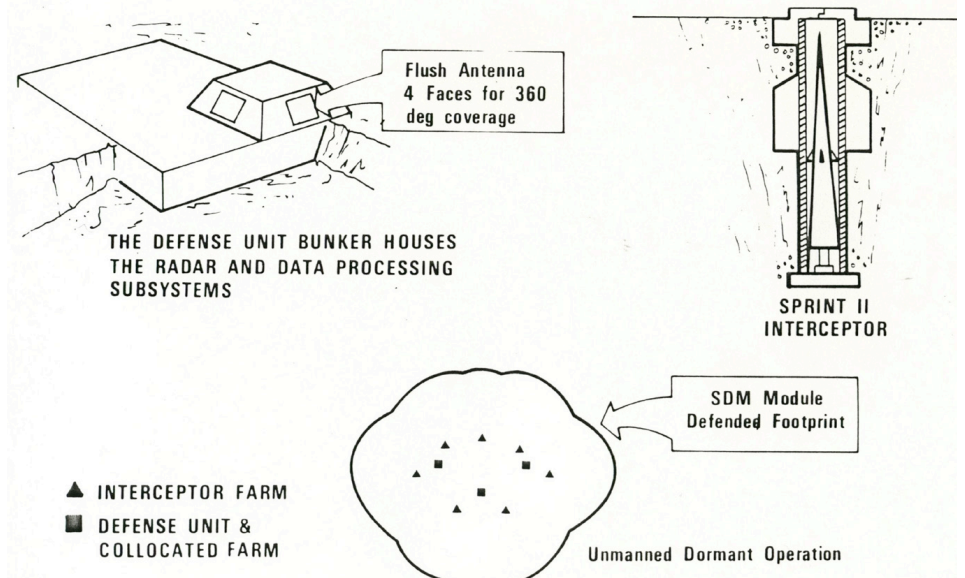
BY SHARON WATKINS-LANG, USASMDC HISTORIAN

Speaking to the Congress on March 23, 1970, Secretary of Defense Melvin Laird referenced a new evolving concept for missile defense: the Hardsite concept, a follow-on to the Safeguard program.

As Laird recommended, "If in the future the defense of Minuteman has to be extended, new and smaller additional radar placed in the Minuteman field would be less costly than the Safeguard missile site radar, because they would not have to cover such large areas.

For this reason, we will pursue a program to determine the optimum radar for such a defense, and begin the development of this radar and associated components in fiscal year 1971."

SD SYSTEM ELEMENTS



COURTESY PHOTO

THE CLASSIFIEDS

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

ACTIVITIES

ELEMENTARY SCHOOL ART SHOW. Tuesday, March 28, 4:30 – 6:30 p.m. at the George Seitz Elementary School Art Studio, classroom 14 (near Millican Family Pool). This year's theme is myths and legends. Thematic costumes are welcome. Fun to-go snacks are provided.

KWAJALEIN CYS T-BALL. Registration is open now for the upcoming spring season, through April 13. Registration is open for kids aged 3 to years. Sessions meet Thursdays from 5 - 5:30 p.m. at the Namu Weto Youth Center Field. For more information, call 480-2158.

CYS INNER TUBE WATER POLO is open to CYS-enrolled students in grades K-6 at the Millican Family Pool. Registration is \$45 and runs now through March 25. The season runs from March 29 - April 22.

KAG SPRING CRAFT FAIR. March 27, 9 a.m. – 1 p.m. Kwajalein High School Multi-Purpose Room. Submit applications by March 20.

EASTER EGG HUNT. Saturday, April 8. Brandon Softball Field. Bring your own baskets and cameras for pictures with the Easter Bunny. Candy, toys, and special prizes will be available for the hunters. Egg hunts begin at 5:30 p.m. Peter Cottontail photos are from 5- 6 p.m. Bounce house, slip-n-slide and games will take place from 6 - 8 p.m.

FAMILY MOVIE NIGHT UNDER THE STARS. April 8 at 7:30 p.m. at Brandon Field. "Big Trip 2: Special Delivery." (PG)

ADULT MOVIE NIGHT UNDER THE STARS. April 16 at 7:30 p.m. at the Ocean View Club. "You People."

HARBOR CLEAN-UP. Monday, April 17, from 1-4 p.m. at the Small Boat Marina. We will dive and clean up the harbor in honor of Earth Day. There will be no boat traffic. Divers must attend the 1 p.m. safety briefing to dive. The first 50 people to register on dive day receive a Kwajalein Scuba Club towel. Contact Cliff Pryor at islecliff1@aol.com.

WATER WARS. Wednesday, April 26, 5 – 7:30 p.m. at the Millican Family Pool. Toddlers through 6th grade boys are invited to bring a chaperone to this event. Hot dogs and juice will be provided. Bring a side dish to share. Free squirt guns while supplies last.

MEMORIAL DAY EMON BEACH BASH. Monday, May 29. Enjoy bounce houses, water slides, games and food and beverage sales from 5 - 6 p.m. If you would like to perform in this year's edition of Kwajalein Idol, please contact MWR at 480-3331. Karaoke, acapella and special arrangements can be accommodated.

CAC OFFICE

Ensure all paperwork is completed by your human resources representative before making an appointment. Bring two forms of government-issued IDs with you to your appointment. Walk-in appointments are welcome, but there may be a wait. CAC Office Hours, Bldg. 835, are Tuesday – Friday, 8 a.m. – 4 p.m.; (Lunch: noon - 1 p.m.); Sat. 8 a.m. – 3 p.m. Questions? Call 480-8496.

EAP SERVICES

The Kwajalein Hospital team welcomes Kenneth Thomas, the island's Employee Assistance Program counselor. 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 480-5362.

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 480-3331 with questions.

FLIGHTS

****Please note that all flights are subject to change.****

March
Monday—UA155 (HNL)
Check-in: 2:30 – 4:30 p.m.

Tuesday—UA154 (GUM)
Check-in: 10:45 – 11 a.m.

April – June
Monday and Friday
UA 155 (HNL)
Check-in 2:30 – 4:30 p.m.
(Flight at 5:15 p.m.)

Tuesday and Saturday—UA 154 (GUM)
Check-in 10:45 – 11:30 a.m.
(Flight at 1 p.m.)

FLIGHT UPDATES. For the latest update on your flights on United, ATI or Air Marshall Islands, contact the Passenger Services number at 480-2660. United passengers can also call United directly at 1-800-UNITED1.

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 Spe-



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

Sgt. 1st Class Effie Banks
SHARP Victim Advocate

Work: 480-0660 or 480-1419

USAG-KA SHARP Pager:
808-580-3241

DOD SAFE Helpline: 877-995-5247

cialist (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. Apply online or send resume to Jeannette McIlwain at jeannette.mcilwain@akima.com.

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

ENVIRONMENTAL HEALTH AND SAFETY MANAGER. KFS LLC is accepting resumes for a Health and Safety Manager to support an upcoming Environmental Project on Kwajalein. Visit <https://honuservices.jobs.net/en-US/job/health-and-safety-manager/J3N1RL6K-DG9RWPTYQDF> for additional information, including the full job description, qualifications, and resume submission instructions.

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 480-2632, 480-4995 or 480-4996.

TRIBALCO is hiring for an infrastructure drawing specialist (AutoCAD drafter), a finance project control specialist, a telecommunication specialist (CAIRS/database entry) and an Enterprise project specialist (scheduler). Applicants must meet job requirements. Apply online at tribalco.com/jobs.

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 custo-

dial; and Apply at <https://qdyncorp.com/home/careers/>. You may also visit the HR Office in Bldg. 700. Contact the Human Resources manager at 480-0782 or administrative assistant at 480-4916 for more information.

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, visit rgnext.com.

SUBSTITUTE TEACHERS. Kwajalein School System is hiring part-time substitute teachers for on-island hire with no guaranteed hours. Minimum requirements: confidentiality, 4-year degree and love of working with kids. Teaching certificate preferred. CNACI background check must be completed after receipt of job offer. Apply at careers.vectrus.com, or send resume and letter of application to uhrenp@kwajalein-school.com.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 480-4344 and visit <https://www.akima.com/careers/>. Visit www.tribalco.com/careers.html.

NOTICES

Not feeling well? Call 480-2223 to make an appointment for a COVID test, Tuesday through Saturday from 7:30 a.m. – 4:30 p.m. If you are not feeling well, please wear a mask when you are around others in the community.

COVID TESTS. Get free at-home COVID-19 tests this winter. Every US household is eligible to order four free at-home COVID-19 tests. Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

GLASS BEACH ACCESS LIMITED. Until April 15, access to the lower half of the beach is limited with the following restrictions. Contact Patrick Chauvey at 480-0129 with questions.

- The top crest of the beach area, to include all vegetation near the orange fence are off limits.
- Access to the beach only at the southwest end of the orange fence line; do not overstep the fence line.
- No large group/party gatherings are permitted. Visitors should pick up any trash before leaving the area.
- Report any violators of these safety orders to USAG-KA
- Avoid flight-operation hours and observe all applicable airfield-runway restrictions and safety rules.

RMI ENTRY REQUIREMENTS. Updated entry requirements for the RMI by air or seaport include the following requirements: Adults aged 18-years-old and up must have completed one primary COVID-19 vaccine series. Primary series: Johnson & Johnson single dose; Pfizer completed series (two doses); or Moderna completed series (two doses) Boosters are not currently mandated. There is no vaccination requirement for children under age 18.

TEMPORARY CLOSURE. The oceanside perimeter road will close to pedestrian, bicycle and vehicle traffic 20 minutes

You can make a difference.

The Micronesian Handicraft Shop seeks volunteers to fill the following positions:



- Board Secretary
- Handicraft Buyer for Pohnpei, Kosrae and RMI products

For more information, contact Crockett at crockettdavies@hotmail.com.



Myths and Legends

George Seitz Elementary School Student Art Show

Tuesday, March 28

4:30 - 6:30 p.m.

Studio 14, GSES

Join George Seitz Elementary School's K-6 art students for their spring art exhibition Tuesday, March 28, from 4:30 - 6:30 p.m. at the Room 14 Art Studio (located across the street from the Millican Family Pool). The art theme this year is "Myths and Legends." Thematic costumes are welcome. Fun to-go snacks provided. We hope to see you there!

prior to heavy aircraft arrivals and departures. Contact Airfield Operations at 480-2131 with any questions.

ISLAND ORIENTATION and Newcomer's Briefings occur in the Religious Education Building, behind the Island Memorial Chapel. Email KWAJ_OSO_Ops@Vectrus.com or call 480-3511 to register.

ARMA. Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. Contact Public Works at 480-3550.

COL'S INNOVATION CHALLENGE. Send 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 480-1098 or email USAG-KA Public Affairs Officer Mike Brantley, at james.m.brantley4.civ@army.mil.

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

DON'T TAKE CULTURAL ARTIFACTS. 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. Do not remove these pieces of atoll history from Kwajalein. For questions contact the Kwajalein Archaeology Office at 480-8867.

NOTIFY THE VET. Pet owners must notify Kwaj Vet Services before going on vacation. A pet sitter authorization form for

treatment is required prior to departing the island. Reach Veterinary Services at 480-2017 Tuesday through Saturday from 7:30 a.m. – 4:30 p.m.

POST OFFICE. Customers must notify the post office before leaving for 30 days or PCS'ing. Per DOD 4525.6-M, mail is only allowed to be held for 30 days with or without prior notice. Mail is considered unclaimed on day 31 and will be returned to the sender. Email the post office to authorize pick up for your mail and packages. When PCS'ing, provide a forwarding address. Contact James Smith with questions at 480-3461 and james.e.smith2295@army.mil.

SMOKING SAFETY TIP FROM THE OFFICE OF FIRE PREVENTION.

- Fires have occurred while e-cigarettes were being used, the battery was being charged, or the device was being transported. Battery failures have led to small explosions. Never leave charging e-cigarettes unattended. E-cigarettes should be used with caution.
- Keep cigarettes, lighters, matches, and other smoking materials up high out of the reach of children, in a locked cabinet.
- Ensure ashes and butts are completely out before discarding.
- Do not discard cigarettes in vegetation such as grass, bushes, potted plants, leaves, or other things that could ignite easily.
- E-cigarettes are considered by the Army to be in the same category as tobacco products and may not be utilized in any government building.
- Army Regulations provide guidance

and enforcement as to where smoking is or is not permitted – No Smoking within 50-feet of any buildings Entrance, Exit or Air Intake.

- All unaccompanied personnel housing (UPH or BQ's) is designated as no smoking.

FIRE PREVENTION OFFICE BUILDING MANAGER EVACUATION COORDINATOR TRAINING. BM/EC Training is conducted first and third Wednesdays on Kwajalein (REB Bldg.) and the second Wednesdays on Roi (Bldg. 8212). To register, contact Celal Kosak of the Kwajalein Fire Prevention Office first at 480-2137 or Hubert Tish at the Roi Fire Department at 480-6334.

PASSPORTS

Complete the passport application 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 not be older than six months. The applicant should not wear eyeglasses in the photo.

Free passport photos are available. Contact Host Nation Activities at 480-2103 for more information.

PASSPORT FEES

Adult passport renewal: \$130
 Adult passport (first 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 the post office.

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.

E-wareness: Ocean Dumping

"Garbage in, garbage out." Waste disposal into the ocean is not permitted. Keep the ocean clean and be rewarded with beautiful water and plentiful fish!



"Jokbej Ilojet." Ejab melim jolok kwobej ko ilojet. Kejbarok lojet in ad nan emanlok eo an kab lonlok in ekk!

The Kwajalein Art Guild presents

THE 2023 SPRING CRAFT FAIR

March 27, 9 a.m. - 1 p.m.

Kwajalein High School Davye Davis Multi-Purpose Room

Registration is still open! Sign up now to sell your art. Registration packets are available at the Kwajalein Hobby Shop. Applications are due by March 20.



The Zamperini Dining Facility
proudly announces

Breakfast Fried Chicken & Waffles

Sundays, beginning March 26

with assorted toppings:

Blueberries, strawberries, apples, bananas, syrup,
chocolate sauce and whipped cream**

**Toppings and menu based on availability

MOVIES

**Yuk Theater
Kwajalein**

Saturday, March 25
"Madagascar 3: Europe's Most Wanted"
(PG) 90 min

Sunday, March 26
"Till"
(PG-13) 130 min.

Monday, March 27
"The Batman"
(PG-13) 106 min.

Movie Night With Dad

Saturday, April 1
7:30 p.m.
"Strange World"
(PG) 102 min.

**Tradewinds Theater
Roi-Namur**

Saturday, March 25
"Captive State 2"
(PG-13) 94 min.

Sunday, March 26
"Avengers: Endgame"
(PG-13) 99 min.

Saturday, April 1
"The Unholy"
(PG-13) 117 min.

Sunday, April 2
"Pet Sematary"
(R) 133 min.

Saturday, April 8
"The Hustle"
(PG-13) 90 min.

Sunday, April 9
"Rampage"
(PG-13) 112 min.

Unless otherwise indicated, all movies begin at 7:30 p.m. Contact MWR at 480-3331 for more information. Show times may vary for special "Movies Under the Stars" events.

23 ANNUAL

SPRING BREAK MUSIC FEST

Sunday, April 2 at 3 p.m.
at the Kwajalein Yacht Club
and Camp Hamilton

Enjoy local musical talent
at this community beach day.




SPM

CONNECT TO PROTECT: SUPPORT IS WITHIN REACH WE'RE IN THIS TOGETHER

DO YOU WANT A
WEEKLY CHALLENGE?

VISIT WWW.ARMYRESILIENCE.ARMY.MIL

1 Call a battle buddy to go rock climbing. Scaling to the top is a great bonding experience.	2 Find a healthy recipe and cook with a Family member. It makes eating together even more enjoyable!	3 Gardening can be relaxing but requires some labor, ask a friend if they'd like to join the fun.	4 Take a break and get out for a hike or hit the gym. Physical activity can help clear your mind.	5 Text a fellow Soldier and go for a run to start the morning right! It's physically and mentally refreshing.	6 Bring a sibling to a yoga class. Together you can relax your body and your mind!	7 Call on your unit for a two-man buddy tennis match. Doing fun activities can help you feel energetic.
8 Focus on your self-care by meditating, practicing mindfulness, or praying for 15 minutes.	9 Go kayaking with a buddy. Teamwork will make your relationship stronger!	10 Sit down with your spouse and discuss budgeting. Financial readiness significantly reduces stress.	11 Gather your colleagues for a game of mini golf. A relaxing and fun way to connect with your team.	12 Is a Family member behaving differently? Pull them aside and have a chat.	13 Contact a Soldier and ask about their day. Let them know if you've had a rough day, it's a great conversation starter!	14 Take your spouse out for date night. Stay connected and keep the bond going strong.
15 If you see a new recruit struggling to blend in, take them out for coffee and get to know them. A strong team works together!	16 Get online and play a video game with a stranger. You never know how a new friendship forms but it's one more person to get together with.	17 Feeling blue? Go out to a music festival and meet new people with the same taste in songs!	18 Volunteer with a partner at a soup kitchen. Helping others is a very rewarding experience!	19 Reach out to a leader for safety tips on how to store firearms. Storing lethal means properly saves lives!	20 In need of spiritual guidance? Connect with your unit chaplain. They're there to listen to and guide you through any concerns or problems you may be experiencing.	21 Going on an adventure takes you out of the mundane daily grind.
22 If you're thinking about suicide, call: 988 for the 988 Suicide and Crisis Lifeline.	23 Sign up for coaching/counseling at https://www.militaryonesource.mil/	24 Find resources through the Army Suicide Prevention Program at https://www.armyresilience.army.mil/suicide-prevention/index.html .	25 If you're in crisis, visit www.veteranscrisisline.net/get-help/chat to talk to caring professionals. Support is free, anonymous, and confidential.	26 Develop active listening skills. Schedule ACE-SI training through your local installation ASAP office or the SP2 Manager. https://go.usa.gov/xFv6n	27 Attend an ARD webinar with a friend to learn more about suicide prevention. https://connect.apan.org/rtvby76iofpi/	28 Text 838255 for the Military Crisis Line if you or someone you know needs help immediately.
29 There are people out there with the same thoughts as you. Find a support group to connect. https://afsp.org/find-a-support-group/	30 Find out how to properly dispose of medication to reduce chances of accidental overdose. Search by zip code at https://go.usa.gov/xSN6R	 <h3>30-DAY SPM CHALLENGE</h3>				



THIS IS OUR ARMY.

@ArmyResilience

www.armyresilience.army.mil

**It's everyone's problem.
Please lend a hand.**

Pollution and litter in and around the world's oceans poses a growing problem. Plastic waste and other discarded trash endangers wildlife, negatively affects natural habitats and ruins the natural world for all of us. Please remember to discard trash in the proper receptacles around Kwajalein.

EASTER EGG HUNT

Saturday, April 8

**Brandon Softball Field
Bring your own baskets,
and cameras for pictures
with the Easter Bunny!**



**Candy, toys and special prizes for the hunters!
Egg Hunts begin at 5:30 p.m.
Peter Cottontail photos from 5 - 6 p.m.
Bounce House, Slip-N-Slide, and games 6 - 8 p.m.**



UXO SAFETY REMINDER

PUBLIC SAFETY ANNOUNCEMENT

Unexploded ordnance should be treated like dangerous sea creatures: Look, but do not touch.

You can play an important role in keeping Kwajalein safe by knowing what to do when you spot unexploded ordnance.

Remember the three R's of UXO:

- Recognize an item as possible unexploded ordnance;
- Retreat from the area of the UXO;
- Report suspected UXO immediately.

If you discover an object that could be UXO, notify Kwajalein Explosive Ordnance Disposal immediately by calling 480-1433. You can also call CPS at 480-4445. Provide the following information about what you found:

- Location. Note helpful details like the building number, GPS coordinates and any prominent landmarks

- Size of the UXO as compared to common items like a football or scuba air cylinder

For a detailed refresher on UXO safety, attend the new island orientation or call Kwajalein EOD at 480-1433.

Kemejmej R ko 3.

Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolo (UXO).

- Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo.
- Report (Ripoot e) boktun ak kein kabokklok eo ien eo emokajtata non EOD ilo nomba kein (480-1433) ak CPS (480-4445).

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 koparok menin mour in lojet ko rekawotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eokwe jout im koba lok ilo Island Orientation allon otemjej.



Call the Command.

If you have questions or comments for USAG-KA Command, call the Commander's Hotline at 480-1098.



Tune in to local live radio, 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m., on AFN 99.9 and 97.9.

Community Information Exchange

March 31

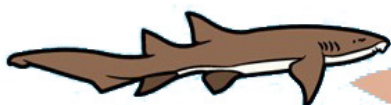
5:30 - 6:30 p.m.

Kwajalein High School

Davey Davis Multi-Purpose Room

The community is invited to attend.

Topics will include island emergency services, crime statistics, fire emergency response, a disaster alert update, community activities and Kwajalein School System events.



HARBOR CLEAN UP DIVE

Monday, April 17 from 1 - 4 p.m. at the Kwajalein Small Boat Marina

We will be scuba diving and picking up trash in the marina in honor of Earth Day. There will be no boat traffic during the afternoon. To participate, divers must be present for the 1 p.m. safety briefing. On dive day, the first 50 divers to register will receive a free Kwajalein Scuba Club towel. For more information, contact Cliff Pryor at islecliff1@aol.com

Kwajalein



MIA Project

NEVER FORGET

<https://kwajaleinmiaproject.us/>



Calling All Hands!! Help gather food/water for the families of Ebadon!

- **(Why)** The community of Ebadon has and continues to experience droughts, low water supply, and food shortages. They need our help immediately!
- **(What)** Requesting water, canned, dry, and transportable food stuffs, other donations such as hygiene kits, soaps, medical supplies will be accepted and delivered.
- **(When)** Deadline of **April 6**, donations can be dropped off at the local RMI office, downtown Kwaj, or picked up by calling **480-1824/0133**.



Water donations will be delivered ASAP

****This activity is not sponsored by USAG-KA.**

USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION:

Breezy conditions are in store for Kwajalein through the middle of next week as high pressure dominates over the northwest Pacific.

As the high-pressure system retreats, winds should slacken later next week into the first weekend of April. Shower coverage will stay generally low this weekend with plenty of sunshine.

Some showery weather could return on Tuesday, though better chances for heavy rainfall will be from next Thursday onward.

SATURDAY:

Partly sunny with widely scattered showers. Winds NE-E at 13-18 knots with occasional higher gusts, especially near showers.

SUNDAY:

Mostly to partly sunny with isolated showers, especially during the afternoon. Winds NE-E at 12-18 knots with occasional higher gusts, especially near showers.

MONDAY:

Mostly to partly sunny with stray showers. Winds NE-E at 13-19 knots with occasional higher gusts, especially near showers.

NEXT WEEK:

Conditions will be breezier Tuesday and Wednesday with winds near 20 knots possible at times and more showers possible on Tuesday.

There are better chances for showers from Thursday onward, with a decreasing trend in wind speeds.



	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:50 a.m. 7:00 p.m.	10:06 a.m. 11:02 p.m.	6:41 a.m. 4.3' 6:49 p.m. 3.3'	12:24 a.m. -0.2' 12:58 p.m. 0.2'
MONDAY	6:50 a.m. 6:59 p.m.	10:56 a.m. 11:56 p.m.	7:08 a.m. 3.8' 7:12 p.m. 2.8'	12:45 a.m. 0.2' 1:30 p.m. 0.7'
TUESDAY	6:49 a.m. 6:59 p.m.	11:47 a.m. -----	7:35 a.m. 3.4' 7:32 p.m. 2.3'	1:03 a.m. 0.7' 2:08 p.m. 1.2'
WEDNESDAY	6:49 a.m. 6:59 p.m.	12:39 p.m. 12:50 a.m.	8:11 a.m. 2.9' 7:43 p.m. 1.8'	1:16 a.m. 1.1' 3:28 p.m. 1.6'
THURSDAY	6:48 a.m. 6:59 p.m.	1:31 p.m. 1:42 a.m.	10:53 a.m. 2.4' -----	12:53 a.m. 1.5' 8:22 p.m. 1.3'
FRIDAY	6:48 a.m. 6:59 p.m.	2:22 p.m. 2:31 a.m.	2:50 a.m. 2.0' 1:47 p.m. 2.8'	7:23 a.m. 1.7' 8:37 p.m. 0.9'
APRIL 1	6:47 a.m. 6:59 p.m.	3:12 p.m. 3:18 a.m.	2:44 a.m. 2.5' 2:27 p.m. 3.2'	8:15 a.m. 1.3' 8:56 p.m. 0.6'



Work and play safely.

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



BETTER SAFE THAN SORRY.

HOBBIES SHOULDN'T COMPROMISE OPSEC.

Visitors and residents on U.S. Army Garrison-Kwajalein Atoll must abide by applicable physical security regulations for island photography. Please contact an island security representative for more information about how you can do your part to take great pictures while supporting the mission of the U.S. Army.